

## Ways to help

- **Patient Visits** - providing companionship, the gift of presence, lavender oil hand massage, live or recorded music by the bedside, and opportunities for life review. Volunteers visit patients in private homes, facilities and at Casey House (Montgomery Hospice & Prince George's Hospice's acute care, inpatient facility).
- **Family Support** - providing respite for family members and caregivers, assisting with household chores or errands.
- **Pet Therapy** - providing pet visits for patients (with pets that are certified by specific agencies).
- **Administrative Support** - providing office work at our Piccard office or at Casey House.
- **Outreach and Special Events** - attending health fairs, community events and annual memorial services as a representative of Montgomery Hospice & Prince George's Hospice and providing support to Montgomery Hospice & Prince George's Hospice staff.
- **ThresholdChoir** - singing at the bedside in groups of three or four, performing at memorial services or at Montgomery Hospice & Prince George's Hospice events, attending weekly practices at the Piccard office (auditions required).
- **Comfort Touch**<sup>®\*</sup> - providing nurturing touch for patients and caregivers.
- **Reiki**<sup>\*</sup> - providing a gentle energy technique to promote relaxation for patients and caregivers.
- **Bereavement Support**<sup>\*</sup> - providing grief support, a listening ear and emotional comfort for family members after the death of a loved one

*\* activities that require additional training*

*Please Note: Activities are subject to availability.*

## Required training

All Montgomery Hospice & Prince George's Hospice volunteers are required to attend an intensive three-day training that include topics such as communication, confidentiality, the hospice team approach, professional boundaries, spirituality, ethics and grief. After the initial training, volunteers continue to be supported with ongoing educational programs and coaching circles.

## Apply

Interested adults (18 years and older) are asked to make a commitment to volunteer for a minimum of one year, with an availability of four hours per week. The formal application process and required forms can be found at [www.MontgomeryHospice.org/volunteer](http://www.MontgomeryHospice.org/volunteer) or requested at 301-921-4400.

**301-921-4400**

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[www.montgomeryhospice.org](http://www.montgomeryhospice.org)



[www.princegeorghospice.org](http://www.princegeorghospice.org)