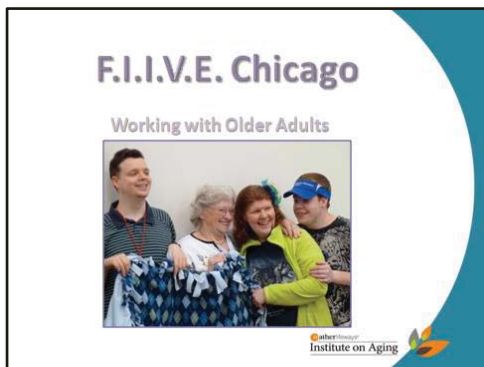


Working with Older Adults Training

► PRESENTATION SLIDE



SLIDE 1 – TITLE SLIDE

► SCRIPT

“Hello everyone! We are so excited that you are joining the F.I.I.V.E. Chicago program through our volunteer club called F.I.I.V.E. The letters in F.I.I.V.E. each represent five different words: Fostering Intergenerational Inclusive Volunteer Engagement. In other words, this program is about building relationships with others while participating in volunteer activities. You are so valuable as a volunteer. This year’s volunteer club is going to be a great success!

NOTE: If older adults from a senior living community will be serving as volunteers for your F.I.I.V.E. program, we strongly encourage that you have a representative from the senior living community come to speak with your participants about considering the unique needs and functional abilities of some of the residents.



SLIDE 2 – INTRODUCTIONS

“Before we begin the fun activities next _____ (INSERT TIME E.G., WEEK, MONTH, DAY OF THE WEEK), we want to talk with you about the other volunteers in the club. The F.I.I.V.E. program works so that young adults are partnered with older adults. We want you to learn from the wisdom of older adults, and we want them to learn from you! It is a special relationship where you and an older adult work together to help your community. We need your skills, talents, and abilities to give back to your community.”

► PRESENTATION SLIDE



SLIDE 3 – WORKING WITH OLDER ADULTS



SLIDE 4 – CONSIDERATIONS OF OLDER ADULTS



SLIDE 5 – HOW OLDER ADULTS HELP

► SCRIPT

“You may be asking yourself, what is it like working with older adults? Will we get along? Will they be friendly and understanding? The answer is yes!”

“The adults you will be working with have a lot of life experience. They have lived through childhood and young adulthood. They are now middle aged or older. Many have volunteered before, but some are volunteering for the first time. Some may be parents or grandparents, but some may not. Some may have careers, and others may be retired. The older adults you will be volunteering with are all different. They all have different skills and abilities, and interests - just like you!”

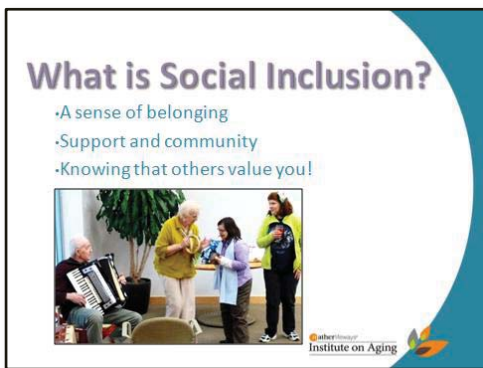
(Read slide text)

(Read slide text)

► *PRESENTATION SLIDE*



SLIDE 6 – STRIVING FOR SOCIAL INCLUSION



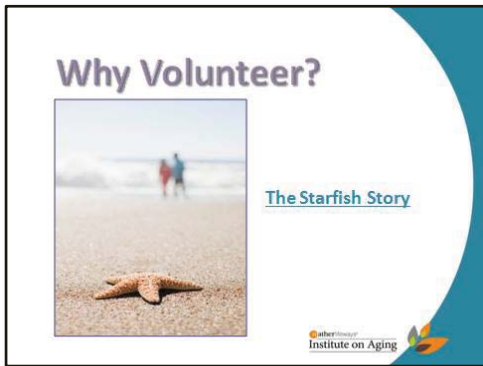
SLIDE 7 – WHAT IS SOCIAL INCLUSION?

► *SCRIPT*

“The goal of F.I.I.V.E. is to strive for social inclusion.”

“To strive for social inclusion means we want every member of the volunteer club to be included. You want to feel like you belong, right? That your talents and skills are recognized? The older adults feel this way, too, so you must show them that they belong and that you value your time with them. A friendly hello goes a long way to make others feel included.”

► PRESENTATION SLIDE



SLIDE 8 – THE STARFISH STORY

► SCRIPT

“This parable begins in many different ways but always ends the same.

“A young girl was walking along a beach upon which thousands of starfish had washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean.

“She had been doing this for some time when a man approached her and said, ‘Little girl, why are you doing this? Look at this beach! You can’t save all these starfish. What difference does it make?’

“The girl seemed crushed, suddenly deflated. However, after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied,

“I made a difference to that one!’

“The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea.” - *adapted from the Star Thrower by Loren C. Eiseley*

“What we can learn from the parable of the starfish is how far our individual efforts can go when they inspire others to do the same. Although individually our work for change may seem small, our efforts are worthwhile if they make a difference in the life of just one person. When our individual efforts motivate others into a global movement, there is great change.”

► PRESENTATION SLIDE



SLIDE 9 – TYPES OF VOLUNTEER ACTIVITIES



SLIDE 10 – INSPIRATION



SLIDE 11 – ENJOY

► SCRIPT

“Now that we have discussed the importance of individual efforts, let’s brainstorm a few fun examples of volunteer activities we can do together in the future. Here we have a few examples of fun activities that your volunteer club may complete!

- ~ Making dog and cat treats and blankets for animal shelters
- ~ Making placemats and centerpieces for a soup kitchen
- ~ Creating framed art with dried flowers for homeless shelters
- ~ Making keychain kits for children’s oncology unit

What are some ideas you have?”

“I’d like to end with a quotation from the poet Maya Angelou, which speaks of the importance of volunteering.”

(Read slide text)

“Does anyone have any questions or comments? HELP US SUPPORT, INCLUDE, AND LOVE ALL VOLUNTEERS! Thanks for coming everyone and see you for our next activity!”