Volunteering in Health
Supporting - Connecting - Empowering

Enabling

- Promoting independence.
- Engaging in social activities.
- Finding solutions to problems the person faces and working together.
- Building confidence in the home, and out of the home.
- Shopping
- Companionship.
- Support with household jobs.
- Support with admin jobs.
- Maintaining relationships with friends and family.
- Support with health appointments, taking notes.