

## Caregiver Support Group Facilitator

Caregiver support group facilitators create a safe space for caregivers of people living with dementia to share their experiences and strategies in a group setting. Facilitators exhibit discretion, empathy, strong listening skills, and a belief in the capacity of peers to support one another. The program is available in English, Cantonese and Farsi.

*\*Please note that if you are currently or recently supporting a person living with dementia, the Support Group Facilitator role may not work for you at this time due to a conflict in roles. We encourage you to [check our website for other volunteer roles](#). If you wish to discuss further, please feel free to contact us (email below).*

### Role responsibilities:

- Establish a safe and welcoming environment for discussion and support by ensuring the ground rules for discussion are followed.
- Facilitate group discussion, ensuring everyone is included and feels empowered to participate.
- Provide information on programs, services, and education opportunities offered by the Alzheimer Society of B.C.
- Set up room and coordinate logistics.
- Complete a support group report including attendance and regular debriefs with the supervisor.
- Participate in bi-annual support volunteer meetings and/or training sessions.

### Requirements:

- Excellent interpersonal skills.
- Good verbal communication skills including empathic listening skills.
- Personal maturity and ability to establish healthy boundaries.
- Cultural awareness, sensitivity, and respect for diversity.
- A desire to learn more about dementia, person-centred language and the resources available to people living with dementia, their families and caregivers.
- Knowledge of Alzheimer's disease and other dementias an asset.
- Formal or informal caregiving experience is an asset.
- Experience with group facilitation is an asset.
- References, criminal record check and proof of COVID-19 vaccination status required.
- Basic computer skills.

### Training provided:

The Alzheimer Society of B.C. provides an excellent and comprehensive training program to Support Group Facilitators. This includes: an orientation to the Alzheimer Society of B.C.; foundational learning about dementia;

information about caregiving issues faced by families; training in group facilitation and maintaining healthy boundaries; as well as on-going mentorship opportunities. Training takes approximately 28 hours to complete, over a period of 2 to 3 months, and includes a mix of self-directed and supervisor-led learning.

**Commitment:**

- Minimum one year commitment after training is complete
- Groups are held once a month on the same day and time; you must be available to facilitate the group you are assigned to every month
- Groups are 1.5 to 2 hours long, with 1 hour of additional time needed for set up and wrap up (a total time commitment of 3 to 6 hours per month)

**[If you are interested in this role, please complete our online application.](#)**

If you have any questions, please contact the Provincial Coordinator (Volunteer Engagement) at **[agill@alzheimerbc.org](mailto:agill@alzheimerbc.org)**.