



VOLUNTEER SERVICES DESCRIPTION

TRAIL volunteer services and opportunities cover a wide range of categories, including:

Medical Advocacy

TRAIL's Medical Advocacy Program pairs a specially trained volunteer and a TRAIL member to form a supportive relationship to provide transportation to and from medical appointments, a second set of ears for questions and note-taking, and gentle guidance about follow-up tasks.

Rise and Shine Program

Rise and Shine is for members who want to connect with TRAIL on a daily basis to ensure their safety and enjoy the social interaction TRAIL provides. Participating members are paired with a TRAIL volunteer and the two become Rise and Shine partners, agreeing on a time and method of communication, whether by phone call, e-mail, or text.

In-Home Support

The assistance provided by volunteers in the home is as varied as the members we serve. Volunteers can assist with tasks such as helping with paper work, minor household chores and simple repairs, meal preparation, mailing packages, shopping for groceries, running errands, watching your home while you are away, or going for a walk with a member.

Outdoor Home Services

Volunteers can help with outdoor tasks such as landscaping, gardening and weeding.

Technology

Volunteers can provide assistance to members with technical equipment that may include computers, DVD players, phones or social media support.

Transportation

Volunteer drivers provide door-to-door transportation and often door-through-door transportation. Drivers can provide transportation for regularly scheduled trips and periodic trips. When appropriate, the volunteer driver will assist the member to and from/through the front door of his or her home, and help carry packages.

Member Support Specialist

TRAIL welcomes long-term volunteers for our Member Support team to respond to member inquiries and coordinate volunteer requests from our Full members. Member Support Specialists typically work four-hour shifts on a weekly basis in the TRAIL office, located in Room 201 of the Iowa City-Johnson County Senior Center.