



VOLUNTEER OPPORTUNITIES AND SERVICES

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.

No Contact Deliveries

Volunteers provide deliveries to members' homes in a manner that does not require in-person contact.

In-Home Tasks

Volunteers can assist with tasks such as helping with paperwork, minor household chores and simple repairs, meal preparation, mailing packages, shopping for groceries, running errands, or watching your home while you are away.

Outdoor Tasks

Volunteers can help with outdoor tasks such as landscaping, watering plants, gardening, weeding, mulching, sweeping, and shoveling.

Technology

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

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 or Phone Buddy Program

TRAIL Rise and Shine check-ins ensure safety and social interaction on a daily basis. As a TRAIL Phone Buddy, members are matched to a volunteer for regular phone calls, with frequency and day/time agreed upon by both member and volunteer.

Member Support Specialist

TRAIL welcomes long-term volunteers to be part of our member support team to cover the TRAIL office as needed. Member Support Volunteers typically work four-hour shifts covering the office during planned vacation times and potentially at other times, as needed. Specialized training may be required.

Friendly Visit Program

TRAIL offers friendly visits that will include the social interaction the visit brings to the member as well as simple activities such as sorting mail, playing board games, reading aloud to the member, going for walks, etc.

Life Transitions

TRAIL's Life Transitions Service pairs a specially trained volunteer and a TRAIL member to provide additional support in times of transition, family/personal crises, declines in health and wellness, and increased caregiving responsibilities.

Board and Board Committee Service

You can play a leadership role in TRAIL by serving on one of our board committees and/or on our Board of Directors. Experience in fields such as finance, fundraising, marketing, events, and volunteer coordination is especially useful. Join us and help guide, support and grow TRAIL!