



TRAIL VOLUNTEER SERVICES DESCRIPTIONS*

Transportation

Volunteer drivers provide door-to-door transportation and often door-through-door 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.

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.

Yard and Garden

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

Technology Support

Volunteers can provide assistance to members with technical equipment that may include computers, DVD players, phones, TV/streaming, 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 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.

Friendly Visit Program

For members living in facilities that include assisted, memory, or nursing home level of care, TRAIL offers friendly visits that will include the social interaction the visit brings as well as simple tasks such as watering plants, sorting mail, playing board games, reading aloud, lifting or moving boxes.

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!

** Note: Many TRAIL volunteer services have been altered due to COVID. Please contact the TRAIL office at (319) 800-9003 or membersupport@trailofjohnsoncounty.org for more information.*