

**UNITING**  
**SA** Together  
We can



## **BECOME A PASTORAL CARE VOLUNTEER**

Are you a good **listener**, **empathetic** and **passionate** about your community? Then this could be an **opportunity** for you.

UnitingSA is giving people the chance to become a trained **Pastoral Care Volunteer** within our aged care facilities.

As a Pastoral Care Volunteer you will receive free training and use the gift of pastoral care to connect with seniors in your community.

**As little as an hour a week can change another person's life.**

### **What is the role of a Pastoral Care Volunteer?**

UnitingSA's **Pastoral Care Volunteers** offer support and companionship to aged care residents of all faiths and none, who live in our facilities.

Through regular visits, you will spend time with individual residents, sharing stories and memories, and taking an interest in their life.

### **So how does it work?**

All volunteers will complete a free four-week pastoral care course.

You'll then be matched with UnitingSA residents, where you'll spend a couple hours a week visiting them and using your new pastoral care skills to provide them with emotional and spiritual support.

### **What training will I receive?**

Training will occur in a small group setting, with four 3.5 hour sessions in total. Training will cover the following topics:

- Understanding the Ageing Journey
- Spirituality in Ageing
- Good Communication
- The Power of Storytelling
- Dementia
- A New Home and a New Way of Life
- Loss, Grief, Death and Dying
- Roles, Boundaries and Self Care

### **Get in touch for more information or an application form.**

If you're interested in becoming a Pastoral Care Volunteer, contact Rev **Dr Leslie Underwood**:

- in-person at 70 Dale Street, Port Adelaide
- via phone on **0438 927 224**, or
- by email at **lunderwood@unitingsa.com.au**