

Alaska's Elders



...Forget Me Not...

YOU can make a difference for OLDER ALASKANS....

BECOME A VOLUNTEER

Thousands of seniors live in Alaska's long term care facilities. The Office of the Long Term Care Ombudsman is seeking volunteers to visit with long term care home residents and help improve their lives.

What Do Volunteer LTC Ombudsmen Do??

- Visit with residents to build a trusting relationship.
- Educate residents of long term care homes about their rights.
- Assist in connecting elders with community services and activities.
- Encourage self-advocacy and interaction between residents, staff and the community.
- Help ensure residents are being treated with dignity and respect.

What do you need to become a Volunteer?

- *An interest in Elders
- *Empathy
- *Good Communication Skills
- *Compassion
- * Common Sense

You will receive comprehensive training that fits your schedule as well as on-going training and support.

Visit our website: www.akoltco.org to find out more about the Office of the Long Term Care Ombudsman program and download an application packet, or contact:

Janice Olsen, Asst. LTC Ombudsman/Volunteer Coordinator
3745 Community Park Loop, Ste 200
Anchorage, AK 99508
907-334-4485 / Fax: 907-334-4486
Toll-Free: 1-800-730-6393



VOLUNTEERS NEEDED

No prior experience required

Training: 8 am to 5 pm
Saturday, April 21,
Saturday, April 28
And
Saturday, May 12

The State of Alaska, Office of the Long Term Care Ombudsman, OLTCO, is seeking volunteers to visit older Alaskans in long term care settings. Volunteers will complete 24 hours of comprehensive training, prior to assignments, to be able to provide information on resident rights and assist elders in problem-solving and self-advocacy. Trained volunteers will arrange visits to fit their schedules.

The next training series will be held in Anchorage at:

3745 Community Park Loop,
8:00 am – 5:00 pm
Saturday, April 21st, Saturday, April 28th and Saturday May 12th.

All three sessions must be attended. To secure space in this training your application must be received by **April 13th**. Applications are available on-line at www.akoltco.org; by calling 334-4485 or picked up at 3745 Community Park Loop, Ste 200.

Submit your application today!

Office of the Long Term Care Ombudsman
3745 Community Park Loop
Anchorage, AK 99508
(907) 334-4480 Fax (907) 334-4486
Toll Free 800-730-6393
www.akoltco.org