

## Community Dementia Ambassador (Volunteer Role)

<b>Role:</b>	Community Dementia Ambassador (Volunteer Role)
<b>Responsible to:</b>	Alzheimer Society of Alberta and Northwest Territories, Regional Lead
<b>Time commitment:</b>	As your time allows for a 12-month term
<b>Location:</b>	Community-based connections – Serving (your community)

### What is a Community Dementia Ambassador?

Community Dementia Ambassadors are volunteers who have or create opportunities to talk and meet with community members to:

- share information about the signs of dementia;
- share information about the role and work of AS AB/NT;
- share information about other local supports (e.g., health care providers, social supports) that can be beneficial to people concerned about or living with dementia; and
- provide information sheets and other types of resources from AS AB/NT.

### What is the purpose of Community Dementia Ambassador?

The purpose of Community Dementia Ambassador is to help AS AB/NT reach as many community members as possible to share information about dementia and the resources available to support people living with dementia. Seniors are most likely to be affected by dementia, and we want them to have good information about the signs of dementia and how to access resources and support before it affects them or someone in their life. Community Dementia Ambassadors help the Society to have a presence in as many communities as possible and let people know we can help Albertans living with dementia no matter where they live in the province.

### Who can be a Community Dementia Ambassador?

Community Dementia Ambassadors are individuals who:

- have or are interested in building relationships within their communities;
- want to learn about dementia and the resources available to help people living with dementia achieve a high quality of life; and
- want to share what they learn with their community.

Community Dementia Ambassadors may be:

- in a paid role working with community services or in the health care system with the option to share information about dementia and dementia resources as part of the role;
  - hosting or attending virtual and/or in-person events (e.g., tradeshow, conferences, leisure activities), gatherings, meetings, and is willing to share information in either 1:1 or group settings.

## What does a Community Dementia Ambassador do?

- Participate in an ambassador orientation to learn about:
  - AS AB/NT,
  - signs of dementia,
  - living well with dementia
  - dementia support, and
  - how to be an effective Community Dementia Ambassador.
- Participate in online meetings bi-monthly (Jan/Mar/May/Jul/Sep/Nov).
  - AS AB/NT runs an online Community Dementia Ambassador community of practice; the community of practice is a meeting space to meet other Community Dementia Ambassadors, talk about your experience, and seek information and ideas to help you enjoy and be successful in your role.
  - AS AB/NT provides professional development opportunities to enhance Community Dementia Ambassadors' comfort, confidence, and skills to work effectively in the role.
- Spend Time:
  - Reaching out to seniors groups or networks to share information about the Community Dementia Ambassador program and how it can benefit them.
  - Creating or attending virtual or in-person events (e.g., tradeshow, conferences, leisure activities), gatherings, and meetings, and more to share information about dementia and dementia resources.
  - Providing monthly updates to AS AB/NT's Ambassador Coordinator to report on:
    - organization connected with;
    - number of people;
    - type of information and resources you shared;
    - what type of additional information, resources, or support you require to meet the information needs in the community.

## What skills should a Community Dementia Ambassador have?

To fulfill the role of a Community Dementia Ambassador, AS AB/NT is seeking individuals who:

- are community-minded relationship builders, both creating and taking advantage of opportunities to:
  - get to know seniors in the community and their needs, and
  - share relevant information and resources.
- desire to expand their knowledge of dementia and dementia support and the work of AS AB/NT to make it more accessible to people in the local area.
- demonstrate effective interpersonal skills and empathy communicating with seniors, including people diagnosed with dementia or living with mild cognitive impairment and people who provide care for them.
- demonstrate effective communication skills, with an emphasis on being friendly, approachable, and interacting with a wide variety of people and public speaking.
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### **What skills should a Community Dementia Ambassador have? (Continued)**

- are collaborative and willing to work with AS AB/NT to enhance the Community Dementia Ambassador program.
- are organized, reliable, and willing to share information with AS AB/NT to help evaluate the value and success of the Community Dementia Ambassador role and activities.

### **What do I need to know about volunteering with AS AB/NT?**

Everyone who works and volunteers with AS AB/NT:

- is required to adhere to organizational policies and procedures, included the Volunteer Engagement Manual;
- is committed to the health, safety, and well-being members of the community, clients, other volunteers, and AS AB/NT employees; and
- acts as a representative and ambassador for our organization to enhance our reputation and credibility in Alberta.

All work undertaken and produced by volunteers for and on behalf of AS AB/NT will remain the property of the organization.

As part of ambassadors' volunteer work, all pre-approved travel and other expenses (e.g., tradeshow door prizes) will be reimbursed.