

## Volunteers Are An Important Part Of The Dementia Community



To persons living with dementia, volunteers bring joy when they are meaningfully engaged in fun and creative activities such as arts & crafts, music & dance, and exercises!

For our team, volunteers complement staff on the ground by supporting our operational needs, ensuring smooth delivery of our programmes.

Volunteers who advocate the building of a dementia-inclusive society through awareness and outreach activities are our champions!

**Thank You For Choosing  
To Journey With Us!**

## Possibilities To Contribute

### I Am An Individual

Passionate About  
Building A Dementia-  
Inclusive Society

I am at least 16 years of age  
I am able to commit for at least 3 months  
I am ready to start volunteering

### Dementia Advocacy

I want to create greater awareness of dementia & build a dementia-inclusive society by being actively involved in Dementia Singapore's outreach activities.

### Engage Persons Living With Dementia

I want to plan activities and engage persons living with dementia creatively, through arts, music or exercises.

### Contribute My Skills or Talents

I have skills that may be beneficial to the organisation. Or I can create a resource using my talent - for example, a craft-making video tutorial.

### Offer Support To Staff

I can provide my service & support to the Dementia Singapore team on an ad-hoc/needs basis. Such may include administrative support.

### Run A Fundraiser

I want to pledge & garner more support for Dementia Singapore through a fundraiser activity or campaign!

## Next Steps

### Sign Up

Fill up online registration form available [here](#).  
Our Volunteer Coordinator will reach out to you.



### Volunteer Orientation

Attend a virtual volunteer orientation to learn more about dementia, share your intention & aspiration for volunteering, and understand your roles and responsibilities as a volunteer.



### Start Your Journey

We look forward to having you volunteer with us!  
As we go along, expect opportunities to network with fellow volunteers, invitations to visioning sessions and social activities, as well as avenues for growth.



GET-TOGETHERS

PLANNING SESSIONS

INTEREST GROUPS

TRAINING

LEADERSHIP DEVELOPMENT

I am interested but I am still not sure!  
Perhaps reading answers to some  
Frequently Asked Questions will help.

## FAQs

### **Are there any skills I need to know beforehand?**

We honour your intention to contribute! While there are no skills necessary, an open mind & a willing heart will definitely put you in good stead.

If you have a skill or a talent that you'd like to share (for example, photography), let us know & we'll try to create the opportunity for it!

### **Will there be training provided?**

Yes! In the mandatory volunteer orientation, you will learn how to interact with persons living with dementia, understand the volunteer code of conduct and familiarise yourself with guidelines on volunteer safety & welfare.

### **Do I really have to commit 3 months?**

Ideally, yes, for a meaningful exchange! We're better able to build rapport over the course of 3 months. ;)

However, there are opportunities for ad-hoc/event-based volunteering. We will do a call-out via email when we need support. If you feel that this is a better option for you, do sign up, attend the volunteer orientation & be part of our volunteer strength!

### **A group of us want to volunteer together! Can we & how do we go about it?**

Yes! We are definitely open to exploring that! For group volunteering, we encourage a collaborative approach, where we work through the intention, ideation & execution of volunteering activities together.

## CONTACT US

Kindly reach out to us via email at  
[volunteer@dementia.org.sg](mailto:volunteer@dementia.org.sg) for further enquiries  
or for a chat about group volunteering!

## Our Volunteers Inspire Us

When COVID-19 hit us, a lot of volunteering activities were suspended indefinitely for safety reasons. Yet, this did not stop our volunteers from continuing to support us.



### Keeping Contributions Going, Regardless!

Long-term volunteer, Mr Patrick Choe, first conducted a complimentary art workshop for fellow volunteers on International Volunteers Day 2019.

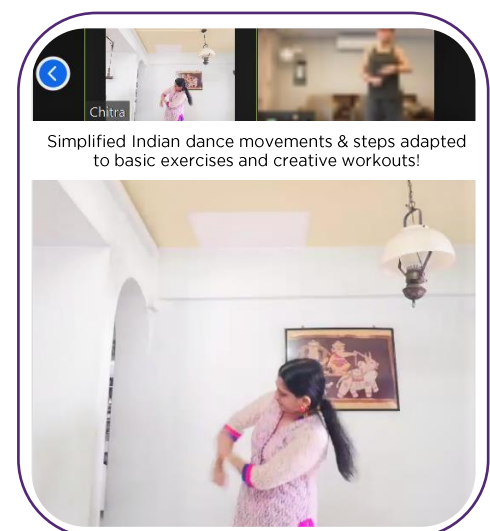
The art workshop was intended to be a regular activity for volunteers to get together & create craft items that Dementia Singapore may utilise to engage clients or to raise funds.

Now that the workshops are put on hold, Patrick continues, on his own, to create craft items for us till this day!

### Every Interaction Is Meaningful

Dr Chitra Krishnakumar, who has been volunteering since 2013, was game to explore a virtual version of her dance lessons, when the pandemic hit!

“When I saw the call to facilitate activities on Zoom, I felt unsure at first, but after giving it a try and seeing clients enjoying themselves, it made me more confident. Even if only one person attends the virtual session with me, I hope they have a good time. I am thankful for the encouragement and guidance from ADA staff too.”



**We Look Forward To A Partnership With You**