



Activity Support & Mobility Volunteer

1.0 Role summary

To help patients maintain existing levels of mobility and independence while staying in hospital by encouraging them to go for walks or engage in chair based activity or exercise. Daily activity is particularly important for older patients to prevent muscle wastage and can lead to earlier discharge, improved chance of independent life at home and help prevent falls.

This role is part of a HelpForce pilot project. HelpForce is a national initiative working with NHS trusts to improve volunteering practice and make a positive difference for patients, volunteers and NHS staff.

All duties will be supervised by nursing or therapy staff but will never include clinical tasks or personal care. Volunteers will not be expected, and should not attempt, to lift or move patients.

2.0 Key Tasks

- Report to staff member on arrival on ward to be directed to patients and activities.
- Encourage those patients to dress and engage in movement to maintain their mobility
- Accompany suitable patients who wish to walk.
- Encourage patients to eat and drink
- Co-operate with and assist staff working on the wards
- Chat with patients and listen to them
- Encourage and assist patients with chair based games, activities and movement

3.0 Confidentiality

Volunteers must keep information relating to patients, staff and other Health Service business confidential.

4.0 Health & Safety

Volunteers must be aware of the responsibilities placed on them under the Health & Safety at Work Act (1974) and the Manual Handling Operations Regulations (1992). This ensures that the agreed safety procedures are carried out to maintain a safe environment for employees, patients and visitors to the Trust.

5.0 Equal Opportunities

The Trust has a clear commitment to its equal opportunities policy and it is the duty of every volunteer and employee to comply with the detail and spirit of the policy.

6.0 Smoking

This Trust acknowledges its responsibility to provide a safe, smoke free environment, for its volunteers, employees, service users and visitors. Smoking is therefore not permitted in accordance with the guidelines set down within the Trust Smoking Policy.

