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## Volunteer Description: Support Buddy

### **Purpose**

By offering practical support, accompaniments, and companionship, a Support Buddy assists our members in maintaining autonomy and independence to the greatest extent possible. The Buddy Program plays a special role in support our members who are aging with HIV.

### **Duties**

- Liaise with the Buddy Program Coordinator to determine current member needs
- Support members with various practical needs, offering non-judgmental and non-discriminatory support
- Tasks my include:
  - Accompaniment during grocery shopping and errands
  - Accessing information or services over the internet
  - Preparing meals
  - Light housekeeping
  - Support on public transportation
  - Accompaniments to medical appointments
  - Home and hospital visits

### **Personal qualifications and skills**

- Commitment to supporting the autonomy of people living with HIV
- Strong communication and listening skills
- Strong understanding of personal strengths and limitations
- Clear sense of personal boundaries
- Strong sense of empathy, compassion, and patience
- Ability to provide support without judgement or discrimination
- Punctual, reliable, and flexible with the needs of members and volunteer hours
- Physically capable of light manual labor (eg. Carrying groceries up stairs, helping someone out of a car)
- Bilingualism is an asset
- Access to a car is an asset

### **Time Commitment**

In addition to volunteer orientation and Buddy Program training, expect to give approximately four hours per week. All volunteers are asked to make a six month commitment.