



GETTING STARTED AS A DEMENTIA MINDS VOLUNTEER

The National Council of Dementia Minds (NCDM) is grateful for the time, talents, and compassion you bring as a volunteer. This guide outlines the steps you'll take as you get started, along with what you can expect as part of the NCDM community.

VOLUNTEER ONBOARDING PROCESS

The steps below outline the typical sequence for onboarding new volunteers. NCDM staff will guide you through each step.

1. Complete the Volunteer Application

2. Attend a Volunteer Meet & Greet

All prospective volunteers begin by attending a Volunteer Meet & Greet session via Zoom. This provides an introduction to NCDM's mission, programs, and community.

3. Background Check

All volunteer applications are subject to a background check.

4. Orientation Materials

NCDM will provide you with:

- Sample videos created by our Dementia Minds groups, to be viewed at your convenience.
- Invitations to attend upcoming *Friends & Family, Meeting of the Minds*, or other NCDM events.
- NCDM's Volunteer Code of Conduct for you to review, sign, and return.
- An invitation to begin joining our monthly NCDM Volunteer Support Team meetings.

5. Volunteer Training Curriculum

NCDM is developing a new online volunteer training curriculum on our website. In the meantime, volunteers will be provided with an offline version of the required training materials.

6. Observation of Groups

We will coordinate opportunities for you to observe current Dementia Minds groups in action.

7. Assignment to a Group

After orientation, NCDM staff will work with you to identify a group to join as a co-facilitator. This may involve helping launch a new group, or joining an existing group alongside a seasoned volunteer.

8. Zoom Readiness

NCDM's Director of Support and Communications will meet with you to share best practices for using Zoom, including the use of host keys and other essential functions.

9. Practice Session

NCDM will set up a mock group session for you to facilitate to receive hands-on experience. It will consist of seasoned Dementia Minds group members to provide real-time feedback and coaching.

10. Active Group Participation

Once you are in place as a co-facilitator of a group, you will attend your group's regular meetings:

- Meetings occur via Zoom for one hour, generally once a week.
- Co-facilitators join 15 minutes before and remain 15 minutes after each session.
- Co-facilitators may also connect outside of regular meetings as needed.

VOLUNTEER EXPECTATIONS

- **Commitment to Meetings.** Participate in your weekly group meetings as scheduled. Arrive early and remain after meetings for planning and reflection with co-facilitator(s).
- **Team Collaboration.** Work respectfully and cooperatively with your co-facilitator(s) and group members.
- **Support Team Meetings.** Attend NCDM's monthly one-hour Support Team meeting for all volunteers.
- **Confidentiality.** Maintain confidentiality of participants' personal stories and information shared during group meetings, as described further in NCDM's Volunteer Code of Conduct.
- **Mission Alignment.** Uphold NCDM's mission and values by centering the lived experience of people living with dementia, fostering a supportive and hope-filled environment, and adhering to NCDM's *Volunteer Code of Conduct*.

THE REWARDS OF VOLUNTEERING WITH NCDM

Our volunteers tell us that their experience is as enriching for them as it is impactful for others. By joining us, we hope you will:

- Build meaningful relationships with people living with dementia and fellow volunteers.
- Gain unique insight into the lived experience of dementia and how individuals and families adapt, cope, and thrive.
- Enhance your facilitation and collaboration skills.
- Experience the joy of contributing to a supportive community built on respect and dignity.
- Know that your time and talents are making a real difference in changing the narrative around dementia and empowering people to live well.