Information for new volunteer friends

Assistance from volunteer friends:

- complements the work of professionals
- improves the quality of life of older people and reduces loneliness
- gives the older person an opportunity to be heard
- makes it possible for the older person to engage in meaningful activities in their home or in the neighborhood

In practice:

- Volunteers and clients are matched based on their preferences.
- You will learn preliminary information about your older friend before meeting them.
- You and your older friend schedule meetings together.
- Volunteers **meet with their older friend on average once a week or every other week, one or two hours at a time.**
- You decide whether you give your phone number to your older friend.
- **Please let your older friend know if you take a break. If the break is longer or if you wish to stop meeting them altogether, please inform your designated coordinators.**

As a volunteer, you are expected to:

- be considerate of your older friend's needs but respect your own limits, too
- **keep your older friend's information confidential - you are committed to confidentiality even if you no longer continue volunteering**
- respect the home and the lifestyle of your older friend
- inform your designated coordinators of any changes in your volunteer activities or your contact information

Support for volunteers:

- Your designated Mummon Kammari coordinators give you individual guidance.
- Volunteers have an opportunity to participate in peer meetings, trainings and excursions.
- Mummon Kammari has insured volunteers for accidents during volunteer activities and on their way there.

Practical guidelines:

- Do things together with your older friend – not on their behalf. For example, do not run errands on behalf of your older friend.
- Volunteers are not allowed to drive with their older friend, regardless of which one of them drives. Mummon Kammari cannot ensure the safety of the volunteer or the client. Our insurance does not cover driving.
- Professional work is not part of volunteering. Please do not do care work (for example, do not assist with medications, do not assist the client in the bathroom). Please do not clean their apartment (assisting with small things is all right). Volunteers are also not allowed to do service coordination.
- Do not take the key to the older person's apartment.
- Mummon Kammari assistance is free of charge for our clients. Do not accept any monetary or other financially valuable compensation. If the older person wishes to make a donation, please advise them to address it to Mummon Kammari.
- If you have any concerns about your older friend's ability to function in their daily life, always let your coordinators know.
- If your older friend does not open the door at the time you are supposed to meet, inform their contact person, such as a relative or their home care nursing team.
- In case of emergency, please contact the emergency service 112.

Picture used is a file photo from Mummon Kammari archives.

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Designated Coordinators of Volunteer Friends:

Alma Saulamaa, volunteer coordinator
050 583 8002
alma.saulamaa@evl.fi

Sini Perkiö, volunteer coordinator
040 804 8119
sini.perkio@evl.fi

- **www.mummonkammari.fi** (current events, volunteer peer meetings, useful tools for volunteer activities)
- Gathering Place (Hämeenkatu 28) is open for all. You're welcome to stop by for a cup of coffee or tea with a friend or to shop in Mummon Puoti!
- Instagram, Facebook, Threads #mummonkammaritampere @mummon_kammari
- Tell a friend, like, follow, share and spread the word!



Thank you for sharing your valuable time to help and brighten the daily lives of older people!

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