



## **Appointment Companion:**

**Locations:** Minneapolis, Robinsdale, Brooklyn Center (based on needs)

**Hours:** Business Hours

**Days:** Monday thru Friday (Based on volunteer availability)

**Contact:** Maria Figueroa (612)735-7138 or email: [mariaf@restartincmn.org](mailto:mariaf@restartincmn.org)

### **Description: “Help make a trip to the doctor less lonely”**

Companions serve adults who need support when family members or staff cannot be there.

Assist a client to a medical appointment which may include Dental, Physical Therapy, Counseling or Medical. Some visits can last only a few minutes and others up to an hour or more. In some cases, the volunteer may come into the appointment with the resident in order to be sure that Restart Inc. staff gets the information they need to care for the resident. At times, residents may need some reassurance if things do not go as planned or will need direction to find the office. This is a great role for someone who is social and comfortable as well as interested in learning more about the healthcare system.

Volunteers are assigned to a specific client based on time, place and schedule of both volunteer and clients. Appointments are during regular business hours. Transportation is provided by a professional medical transport company, **volunteers are not expected to use their own vehicles.**

**Qualifications:** 18+ or older

No Special skills needed. Training is provided.

Punctual, reliable, ability to interact/communicate with diverse clients, positive attitude and an open mind.

**Timeframe:**

Minimum commitment of 6 months. Approx. 2 - 4 times/month. Hours and days to be arranged with staff and volunteer as needed.

**Benefits:**

Training, gain valuable experience as a volunteer. Volunteer hours are recorded to provide good job references. Feel good making a difference in someone’s life and giving back to your community