



You Are the Blessing



By Volunteering with Houston Hospice, You Make A Big Difference in the Lives of Patients and Families

What Volunteers Mean to Us

Volunteers are an integral part of the hospice team, filling roles that range from direct contact with patients and their families to providing clerical and fundraising support for the organization. Hospice volunteers often express their work as a blessing – to us **You** are the blessing. You help us carry out our mission.



Compassionate Care Wherever Our Patients Need Us

Volunteers help set the tone for the compassionate care our patients receive. Volunteers serve our patients and families with caring expertise in our Texas Medical Center inpatient care facility, in patients' homes and in assisted living communities throughout our 10-county service area.



Houston Hospice At A Glance

- Houston Hospice was founded in 1980
- In 2017, we served 2,361 patients
- Houston Hospice is a nonprofit 501(c)(3) organization that is community-based and community-supported
- Our service area includes Austin, Brazoria, Colorado, Fort Bend, Harris, Jackson, Matagorda, Montgomery, Waller and Wharton Counties
- Our interdisciplinary teams (IDT) work together, along with patient's primary care physician to create a customized, all-encompassing care plan
- Each IDT consists of a physician, nurse, hospice aide, chaplain, social worker and volunteer

About Us

Our mission is to provide uncompromising, compassionate and respectful physical, social and spiritual support to individuals facing life-limiting illness, as well as their loved ones and caregivers, irrespective of their ethnicity or beliefs. We believe no one should live in pain or in fear of being alone. Houston Hospice utilizes a team-oriented approach to medical care, pain management, and emotional and spiritual support tailored to each patient's unique situation.

Benefits of Volunteering: A Happy Effect

- Bring vital help to people in need, worthwhile causes, and the community
- Helping others can help reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose
- Giving in even simple ways can help others and improve your health and happiness

When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks.

4 Ways to Feel Healthier and Happier

- Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering can advance your career
- Volunteering brings fun and fulfillment to your life



Shell employees volunteer at Houston Hospice every year for the holidays, helping hang lights on trees throughout our garden.



Kindle Hearts, Touch Lives



Tips for Getting the Most Out of Volunteering

- **Ask Questions.**
Make sure that the experience is right for your skills, goals and time you want to spend.
- **Make sure you know what's expected.**
You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don't overcommit. Give yourself some flexibility to change your focus if needed.
- **Don't be afraid to make a change.**
Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike.
- **Enjoy yourself.**
The best volunteer experiences benefit both the volunteer and the organization. If you are not enjoying yourself, ask yourself why. Is it the tasks you're performing?

Questions

Ready to sign up and volunteer? Call 713-467-7423 or visit our website at houstonhospice.org/volunteer to submit an application.



Angel Care Packages Program Helps Hospice Patient Families In Need



Types of Volunteer Opportunities

Patient Care Volunteers

Volunteers may choose to work directly with patients and families in our inpatient care center or in assisted living communities or private homes. These opportunities include, but are not limited to: sitting with patients, translating, making phone calls, and providing music or pet therapy. Volunteers interested in direct patient and family assistance are required to complete a 25-hour training course.

Non-Patient Care Volunteers

Volunteers may choose to serve in non-patient assistance efforts. These services include, but are not limited to: office help, assisting in fundraising events, representing Houston Hospice at community education events. Non-patient volunteers may attend abbreviated training.

Volunteer Training

Patient care volunteers are invited to attend orientation and training sessions that provide 25 hours of engaging instruction. These sessions are offered several times yearly, primarily at our Texas Medical Center site. Training classes are also held in the El Campo area. A shorter course of training is provided for non-patient care volunteers.

Our volunteer training is more extensive than most hospices because we believe our training thoroughly prepares volunteers for the challenges of working with seriously ill patients and their families. Topics include listening skills, grief and loss, the medical aspects of end-of-life, and the psychosocial and spiritual aspects of care. Hospice volunteers encounter situations that require a calm and caring presence, and we believe our training helps develop these skills.



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