Volunteer Opportunities

Main Programs • Special Projects • Seasonal Events

Make a difference in your community. Bring your skills, interests, and talents to an engaging volunteer role at Full Life Care. Whether it's an interest in crafts, music, or other hobbies, joining walks and outings, sharing your gift of gab, or lending an empathetic ear, all are welcome!

Full Life Care is a 501(c)(3) not-for-profit organization dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion. This dedication of care really shows in our volunteer programs that focus on the independence and well-being of all participants and providing respite for caregivers.

ElderFriends

Our **ElderFriends Volunteer Companionship Program** alleviates loneliness experienced by isolated older adults by connecting an elder with a trained volunteer. Build a powerful friendship by committing regularly to one-on-one visits and outings with an elder, based on your mutual interests. One elder expressed her feelings about Full Life volunteers: "Just know how much you are really helping someone's emotional and physical state with the help that you're giving."

Care Teams

Our **Care Teams for Caregiver Respite Program** relieves caregiver burnout by providing a group of trained volunteers to support an unpaid family caregiver and the person they care for. Join a team of like-minded volunteers to offer social companionship, emotional support, and help with practical tasks, customized to each family. One volunteer shared, "Volunteering has allowed me to channel my energy towards a meaningful cause, brought happiness through contributing to the well-being of others, and provided a sense of calmness and peace through the connections formed."

Adult Day Health

Our **Adult Day Health Care Program** in Beacon Hill provides health and wellness services, enriching clients' mind, body, and spirit. Offer friendly conversation, and support client engagement in group exercise, games, and other cognitive activities. Support premade activities, or design and lead your own. One client expressed, "There are a lot of people that have disabilities that need some place to go, enjoy themselves, and get better. See what you can do to make things better and have a great time!"

Program	Location	Commitment	Connection	Client
ElderFriends	King County / Seattle; In-home visits / outings	2+ visits monthly for 1 year; Self-scheduled, flexible	One-on-one	Senior 60+ living alone
Care Teams	King County / Seattle; In-home visits / outings	4+ hours monthly for 1 year; Self-scheduled, flexible	Serve with 1-3 volunteers, visiting together or individually	Caregiver and Care Recipient (senior 55+ or veteran of any age)
Adult Day Health	Adult Day Health Center (Beacon Hill)	Weekly shift for 3+ months (M-F 9:30-12, 2-4:30)	Help one-on-one, and support group activities (15+ clients)	Adults with disabilities

Program roles require a minimum age of 18, a background check, references, and additional training.

Additional opportunities are available. Compare our main programs above, and explore more options to join special projects and seasonal events listed below. Participation in multiple opportunities is encouraged.

Front Desk Assistance

Enhance our welcoming atmosphere during weekdays at Full Life's administrative offices in Beacon Hill. Welcome and assist caregiver staff and guests at the front desk. Engage in additional projects, including organizing supplies and mailings, and handcrafting posters. One administrative staff explained, "Office support is so important to help our nonprofit thrive, so we can both sustain and amplify our essential services."

Gardening

Lend your gardening expertise during weekdays at Full Life's headquarters in Beacon Hill. Plan usage, plantings, maintenance, and more for garden beds and containers. Help engage others by designing gardening activities for Adult Day Health Care program participants, and volunteer work parties. Accessible gardening offers a wide range of benefits. One manager explained how it "offers opportunities for relaxation, stress relief, and creative expression," and helps us "promote physical fitness, mental well-being, and social connection."

Greeting Card Crafting & Sorting

Even the simplest acts of caring can boost spirits. Full Life randomly distributes over 1000 handmade greeting cards to clients each year, helping participants feel a sense of belonging and connection to their greater community. Use your own craft supplies to create and donate greeting cards, along with handwritten inspirational messages. In addition, join us weekdays at our Beacon Hill office to sort and inventory our supply. One recipient exclaimed, "I look forward to getting *real mail*," and another has described each card as "a wonderful gift to find in my mailbox."

Handmade Hats & Scarves

Calling all knitters and crocheters! Handmake donations of hats, scarves, and shawls to spread joy to Full Life's clients. We welcome your creativity in choosing patterns, designed for adults. We also request contributions to be soft and tightly woven for warmth, machine washable, and ready to use. Each item is hand delivered to clients. As one staff reflected, "the smiles of delight are amazing! Having new items brings a sense of comfort and care. The clients feel seen and remembered. It's incredibly special."

Thanksgiving Day Meal Deliveries

Interested in making a difference on Thanksgiving Day? Become a part of our holiday tradition, and sign up to volunteer for Full Life's annual Thanksgiving day delivery event. Pick up festive packages and reheatable meals at our Beacon Hill headquarters. Offer friendly phone calls and deliveries to the homes of 1-3 elders or caregivers in Seattle or greater King County, who may otherwise be alone for the holiday. "You get to hear a little bit of their life story, and they're always so appreciative," shared one volunteer. Another volunteer added, "You get as much out of it as the person that you're visiting."

More custom opportunities are available for students and community groups. We design fieldwork, internships, and other academic placements, based on each student's unique learning goals. In addition, we offer projects for corporate days of service, clubs, and other types of community groups serving together.

Learn More, Apply, and Help Spread the Word: *https://fulllifecare.org/ways-to-give/volunteer*
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