

# I want to know more about volunteering ...

## With the Texas Department of Aging and Disability Services

<p><b>Long-term Care Ombudsman</b></p>	<p>Volunteer ombudsmen help people living in nursing homes and assisted living facilities resolve concerns. They are trained problem-solvers and help ensure residents' rights and choices are respected. <a href="http://www.dads.state.tx.us/news_info/ombudsman">www.dads.state.tx.us/news_info/ombudsman</a></p>
<p><b>Surrogate Decision-making Program</b></p>	<p>Volunteers make decisions on behalf of people with intellectual and developmental disabilities who receive community-based services through the intermediate care facility program and who can't make certain treatment decisions for themselves and have no guardian. <a href="http://www.dads.state.tx.us/services/crs/surrogate/">www.dads.state.tx.us/services/crs/surrogate/</a></p>
<p><b>Benefits Counselors</b></p>	<p>Volunteers work with local area agencies on aging (AAA) benefits counseling program staff to serve:</p> <ul style="list-style-type: none"> <li>• people age 60 and older</li> <li>• people with disabilities who are eligible for Medicare, families and caregivers of individuals who receive Medicare or who are disabled and receive Medicare.</li> </ul> <p>Counselors help people apply for benefits and explain their legal rights around those benefits. <a href="http://www.dads.state.tx.us/news_info/benefits/">www.dads.state.tx.us/news_info/benefits/</a></p>
<p><b>Foster Grandparent</b></p>	<p>Foster Grandparents, age 55 and over, are role models, mentors and friends to children and youth. Foster Grandparents serve from 15 to 40 hours a week at schools, hospitals, juvenile correctional institutions, daycare facilities or Head Start centers. Volunteers who meet certain income guidelines also receive a small stipend. If you're 55 or older and want to share your experience and compassion with children/youth in need, contact <a href="mailto:Elizabeth.Yocum1@dads.state.tx.us">Elizabeth.Yocum1@dads.state.tx.us</a></p>
<p><b>State Office Volunteer</b></p>	<p>Volunteers at the state office headquarters in Austin support the DADS mission by preparing informational packets for health fairs and other events, organizing the Texercise incentives, and support the Artistic Visions event. Call 1-800-889-8595 for more information</p>
<p><b>Community Services Volunteer</b></p>	<p>Volunteers help people complete applications, perform clerical duties, and serve as information and assistance representatives. <a href="http://www.dads.state.tx.us/volunteer/communitysvs/index.html">www.dads.state.tx.us/volunteer/communitysvs/index.html</a></p>



*Volunteer*

You'll be amazed.

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<p><b>State Supported Living Centers</b></p>	<p>State supported living centers provide round-the-clock treatment and training services to people with intellectual and developmental disabilities.</p> <p>Opportunities may/can include:</p> <ul style="list-style-type: none"> <li>• Recreation volunteer: Helping with activities, assisting with art and music classes, or religious services</li> <li>• Advocate</li> <li>• Friendly visitor</li> </ul> <p><a href="http://www.dads.state.tx.us/volunteer/sslc.html">www.dads.state.tx.us/volunteer/sslc.html</a></p>
<p><b>Nursing Home or Assisted Living</b></p>	<p>Many nursing home and assisted living facility residents enjoy regular visitors. Share your time and talents at a nursing home or assisted living facility by bringing the gift of companionship.</p> <p>Some ways volunteers can help include:</p> <ul style="list-style-type: none"> <li>• Visiting with residents</li> <li>• Helping with recreation activities</li> </ul> <p><a href="http://www.dads.state.tx.us/volunteer/nursinghomes.html">www.dads.state.tx.us/volunteer/nursinghomes.html</a></p>
<p><b>Area Agency on Aging</b></p>	<p>Volunteers at area agencies on aging (AAA) :</p> <ul style="list-style-type: none"> <li>• Lead health and wellness classes</li> <li>• Serve at certified volunteer ombudsman</li> <li>• Support benefits counselors</li> </ul> <p><a href="http://www.dads.state.tx.us/services/faqs-fact/aaa.html">www.dads.state.tx.us/services/faqs-fact/aaa.html</a></p>
<p><b>Silver Lining</b></p>	<p>Silver Lining is a partnership between DADS and the Girl Scout councils in Texas that connects Girl Scouts with a nursing home or assisted living facility. Participating scouts improve the quality of life for the residents and they make friends.</p> <p><a href="http://www.dads.state.tx.us/volunteer/partners/silverlining.html">www.dads.state.tx.us/volunteer/partners/silverlining.html</a></p>
<p><b>Texercise</b></p>	<p>Volunteers host Texercise Classic, a 12-week program, for groups of 25 or more. Groups meet once a week for 12 weeks, engage in physical activity, and learn about healthy eating. A Texercise Classic coordinator kit containing the necessary resources and materials to host the program is provided. <a href="http://www.Texercise.com">www.Texercise.com</a></p>

*Looking for other volunteer opportunities? Give us a call at 1-800-889-8595 and we will point you in the right direction!*



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