**DIGITAL STORY PROGRAM (AGED CARE) 2022**

**Swinburne Wellbeing Clinic for Older Adults Swinburne**

**What is the volunteer program (aged care)?**

AMA Victoria members, including medical students and psychology students and community volunteers have the opportunity to provide befriending digital story services to older adults living in aged care facilities through companionship and social interaction. These services aim to help residents feel valued, acknowledged and less isolated. Sometimes having someone to reminisce with is the perfect medicine for an elder. Visits involve conversations and companionship with a resident, reminiscing, going for walks and doing other things of mutual interest in order to produce a digital story. Volunteers commit to this program for up to one year.

**Benefits for volunteers**

Visits help older adults feel acknowledged, valued and less isolated. Volunteers feel satisfied about making a difference to another person’s life and can also learn about the operations of aged care facilities. Volunteers become more aware of late-life medical and psychological difficulties and develop basic counselling skills. Volunteers are provided support and training in all aspects including reminiscing and interviewing skills, information about psychological and health issues relevant to older adults, and have regular supervision. Volunteers are treated with respect and appreciation.

If you can use a smartphone and use the internet, and you feel confident that you can learn some simple new things about technology, then you will have no problem with this program.

For more information, please contact Rebecca Collins Dept. of Psychological Sciences rebeccacollins@swin.edu.au by Wednesday 1 December 2021.