

## Volunteer Dementia Peer Supporter – Role Description

**Title:** Dementia Peer Supporter

**Responsible to:** Dementia Peer Support Coordinator

**Based:** Darlington and Area

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### About the Role

Caring for someone with dementia can be extremely difficult. At Age UK, we want to help. We are looking to recruit compassionate individuals with lived experience of dementia care to provide peer support to family carers.

### About You

We want to welcome caring, patient, and dedicated dementia peer supporters to support family dementia carers in the Darlington area. You may or may not have experience in peer supporting, but you will be open, honest and passionate about helping the people we support to live well as dementia carers.

This is a fantastic opportunity for someone who wants to make a difference to the lives of people affected by dementia.

We want to hear from you if you:

- Have **lived experience** of caring for someone with dementia and a **willingness to use your experiences in a constructive way** to support other dementia carers.
- Have an awareness of the effects of caring for someone with dementia from your **personal perspective**, and **enough distance** from your own experience to be able to effectively support others.
- Can **listen attentively and empathetically** to people in emotional distress and **remain calm** while showing **compassion and concern**.
- Are a **caring communicator** who recognises the need for **tact, consideration and confidentiality**.
- Are able to travel, this entails having a full driving licence or access to public transportation.

### Role Responsibilities

- To visit a dementia carer in their own home and build a safe and trusting relationship with them based on non-judgemental listening and shared experience.
- To inspire and be an example of hope and positivity through appropriate and intentional sharing of personal experience.
- To participate in a 6-week training programme and use the experience/training to cascade support into future years.
- To adhere to all the relevant Age UK North Yorkshire and Darlington policies and procedures, and inform the project coordinator where issues arise.

At Age UK you will be made to feel welcome, included, and respected. You will receive training, regular supervision and ongoing support to ensure that you feel confident in your role.

### Disclosure & Barring Service (DBS)

Please note that volunteers are required to consent to an Enhanced DBS check (previously Criminal Records Bureau, CRB check) and two provide references in accordance with our volunteer recruitment procedures.

### Expenses

Age UK North Yorkshire & Darlington will reimburse any agreed expenses on production of receipts paid out in the course of your journeys. Travel expenses will be paid on a mileage basis for all authorised journeys at 40p/mile.