

## Main Aim

The main aim of a Sitter is to enable a carer to have a break from their caring role, with peace of mind from knowing the person they care for will have the company of a trained volunteer.

## Purpose of the Role

- To enable the carer to take time out from caring so they can have a break, or attend appointments.
- To provide the cared for with companionship.
- To be an understanding and empathic listener.
- The volunteer will not undertake any personal care or practical duties.

## Responsibilities

- To develop and promote a positive relationship with the carer and cared for.
- To establish and maintain appropriate boundaries.
- To provide a regular sitting service, or to provide a 'one-off' break as required.
- To inform the Volunteer Coordinator of all client contact on a regular basis, using the standard reporting methods.
- To notify the Volunteer Coordinator of any emerging problems and seek support whenever necessary.
- To review the relationship at regular intervals with the service user and with the Volunteer Coordinator.
- To safeguard the good name, values and mission of West Cumbria Carers.

## Personal Qualities

- Able to form positive, supportive relationships with others.
- Good listening and communication skills.
- Reliable and a good timekeeper.
- Sensitive and caring about others.
- Respectful of confidentiality issues and able to maintain boundaries.
- Able to put your own needs and views to one side allowing you to focus on the needs of the service user.
- Able to work as part of a team and on own initiative, and know when to seek support.

## Training and Support

- Required to attend an Induction and Training Programme prior to the start of volunteering.
- Ongoing support from the Volunteer Coordinator.
- Regular individual meetings with the Volunteer Coordinator for supervision.
- Regular group meetings with other volunteers.
- Ongoing training opportunities.
- Social events with other volunteers.

## About us

West Cumbria Carers offer a range of services to support those looking after someone on an unpaid basis.

A carer is anyone of any age who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Visit our website [www.westcumbriacarers.co.uk](http://www.westcumbriacarers.co.uk) or find us on one of our social media channels below:



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