

Volunteer report

[Business](#), [Human Resources](#)



Volunteer Report Overview I have always been keen to get involved in volunteer work so that I can add value to the society. In order to get engaged in volunteer related work, I availed the opportunity of being a part of nursing activities of elder people at Good Samaritan Society – Bonell Community located in Greeley, Colorado (Good Samaritan Society, 1). It was my first experience to make old people happy and give them a purpose of living life in an enjoyable way.

Since people of old age bracket require immense support in fulfilling their routine tasks, I assisted them in enhancing their health by helping them in developing an exercise regime. I made sure that the activities were adequate so that they did not feel exhausted at the end of the workout. I assisted them in the form of groups and visited the place thrice a week i. e. Monday, Wednesday and Friday. My tenure ended on April 10, 2014. The only difficulty which I had to face was communicating with the people as two of the group members had listening problem.

How I used helping skills

It is true that elderly people are like new babies who require a lot of attention and care. I allocated sufficient time and efforts during the whole volunteer period so that I could provide them a marvelous experience of their life. There were about six people in my group and I had to make sure that I address the demands of each person appropriately. One person spoke at such a low volume that I had to listen to her talk with complete attention. I even made sure that I gave time to each individual so that they could share their feelings and thoughts effectively.

I even asked them open ended questions to have clarity about their requests

so that their queries were resolved. I even did physiotherapy of a person on his request as his legs were hurting and I asked him to guide me so that I could perform the exercise effectively. I definitely feel that the helping skills have to be used according to the situation and they should be in alignment with the instance so that the desired results are attained.

Critique

I believe that my clients were contented with my behavior and they appreciated my efforts. One of the clients even mentioned that she feels relaxed after talking to me. Also, other person was satisfied with my helping actions as he stated that I have the ability of proactively responding to other individual's requests efficiently. Despite all these points, I think that I have to develop an understanding about people's psychology so that I can assess their demands from the body language and assist them in resolving their queries instantly.

How this experience will inform my future work

This work revealed my intellectual capabilities as I realized that I have the potential of being empathetic to people. I even have the proficiency of responding to the people's demands without getting frustrated. However, I have to learn the art of reading the body languages and excellent listening skills have to be developed so that I am a good observer and enhance my volunteer services proficiently. In future, I would like to work for disable children as it will allow me to create a tolerant behavior required for handling such special people.

Work Cited

Good Samaritan Society. " Home – Good Samaritan Society." www. good-

sam. com. The Evangelical Lutheran Good Samaritan Society, 2014. Web. 24 April 2014.