



**BECOME A
VOLUNTEER
IN THE
INNOVATIVE
PLEASE[®]
PROGRAM**



Baycrest
100 YEARS
1918-2018



PLEASE®: Program for Leisure Engagement for Active and Spontaneous Experiences

Volunteers in the PLEASE® program receive specialized training and may also be part of the research team evaluating the success of this program.

The PLEASE® program provides training modules and workshops for volunteers to understand how to interact with residents in long-term care. Volunteers will learn unique approaches to adapt activities to residents' abilities and strengths.

Research has shown that PLEASE® at Baycrest:

- Improves residents' social interest, active engagement and mood
- Helps to maintain residents' function
- Enhances residents' quality of life, staff satisfaction and volunteer confidence

As a Baycrest PLEASE® volunteer you may be

1. Part of the research team for its next phase of evaluation
2. Participating in focus groups and feedback sessions

Steps to becoming a Baycrest PLEASE® Volunteer:

1. Become a registered Baycrest volunteer
2. Complete the pre-requisite PLEASE® training and e-learning modules
3. Attend a PLEASE® Workshop and meet your PLEASE® mentor
4. A one year commitment is required

Contact us for more information about becoming a Baycrest volunteer and participating in PLEASE®.

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