

Volunteer Role Description

Role: Aging with Gusto Facilitator

Description of the Program

The Vital Aging Network's Aging with Gusto program is a series of three 1 ½ to 2 hour discussions about aging. The goals of Aging with Gusto are to 1) encourage more positive views of aging; 2) heighten appreciation for the capacity of people of all ages to contribute in their families and communities; 3) Increase awareness of ideas, behaviors and practices that are based on misconceptions and biases about older people; 4) Develop ideas for how to "age with gusto." Aging with Gusto is a program of the Vital Aging Network. VAN's Aging with Gusto Task Force develops program plans and marketing and delivers the program.

Qualifications and Skills Needed:

- Participated in an Aging with Gusto series prior to training.
- Interest in furthering the goals of Aging with Gusto and helping to achieve VAN's mission of promoting self-determination, civic engagement and personal growth for people as they age.
- Willingness to examine own views of aging, and to engage in ongoing discussions with other Aging with Gusto stakeholders to deepen and broaden understanding of elements of aging and damaging effects of ageism.
- Ability to work collaboratively with Aging with Gusto Task Force members to achieve goals.
- Experience facilitating group discussions with ability to engage participants, ensure everyone's voice is heard and managing group dynamics.

Responsibilities

- Participate in Aging with Gusto facilitator training to understand the purpose of the program and the methods used to achieve goals.
- Prepare for and co-facilitate an Aging with Gusto session with an experienced AWG facilitator.
- Co-facilitate at least one (hopefully more) three-session Aging with Gusto sessions during the year. The Vital Aging Network will develop partnerships for sessions, arrange for location and provide all materials needed.
- Participate in two-hour community of learning each month

Time Requirements

One-year commitment. Approximately six hours of training; 16 hours of preparing and co-facilitating Aging with Gusto per session; two hours per month for the Community of Learning.

Reports to:

Aging with Gusto Task Force and VAN executive director

Location: AWG series are held across the Twin Cities metro area. Training and Community of Learning locations TBD.

Benefits to the Volunteer

- Be a part of promoting a more positive narrative about aging in our communities.
- Help Aging with Gusto participants have experiences that can ignite change in their lives.
- Develop relationships with other Aging with Gusto team members, like-minded and engaging people.
- Increase your knowledge of topics and resources related to aging with gusto.
- Explore and deepen your views on aging.
- Further develop group facilitation skills.
- Do something that's fun and fulfilling.