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 two-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.” The Aging with Gusto Task Force works in partnership with the Vital Aging Network Board of Directors to develop program plans and marketing and to develop relationships with community partners to support program activities.

Qualifications and Skills Needed:
- 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.
- 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 two three-session Aging with Gusto sessions during one year of service. The Vital Aging Network will develop partnerships for sessions, arrange for location and provide all materials needed.

Timeframe:
One-year commitment. Approximately six hours of training; eighteen hours of preparing and co-facilitating Aging with Gusto sessions over the course of the year.
Report:
Aging with Gusto Task Force

Location: AWG series are held across the Twin Cities metro area. Training location TBD.

Benefits to the Volunteer:
- Be a part of promoting positive aging in our communities.
- Help to provide an Aging with Gusto experience to participants that can provide positive change in their lives.
- Develop relationships with other Aging with Gusto team members, like-minded people in the Twin Cities.
- Increase your knowledge base on topics and resources related to aging with gusto.
- Opportunity to explore and re-examine own views on aging
- Further develop group facilitation skills

Other comments