

# Are you interested in making Kingston a more compassionate community?



At some point in each of our lives, we will either become caregivers for our loved ones, or require caregivers for our own wellbeing. Volunteer caregiving benefits both those giving and those receiving care. By participating in the Kingston Cares (KINCARES) study, you will contribute to the advancement of compassionate care research in Kingston.

## What Volunteers WILL Do:

- Volunteers will be partnered with someone with a life-limiting illness.
- Provide respite from social isolation by visiting your study partner at home and establishing a companionship with them.
- Activities may include developing a rapport through conversation, making a cup of tea, walking in the park, or engaging in a hobby.
- Patients involved in this study are being followed by palliative care physicians and nurses. The goal of volunteering is to supplement their medical care through social connection and emotional support.

## What Volunteers WILL NOT Do:

- Volunteers will not be involved in any direct personal care (e.g., administering medication, adjusting equipment, assisting with transfers, etc.).

## Compensation:

- \$0.50 per kilometer for travel costs to visit study partners at home.

## Time Commitment:

- 12 hours of participation over 3 months; 3 hours of online informal caregiving training and 9 hours of partnership visitation over the course of 3 months.

## Eligibility Criteria:

- Access to your own transportation
- CPIC Criminal Record Check

**WANT TO LEARN MORE? PLEASE CONTACT:**

 [kincares@kingstonhsc.ca](mailto:kincares@kingstonhsc.ca)

**SCAN OR CLICK**

