

The Senior Peer Activity Motivator – Role and Job description

The Senior Peer Activity Motivator Project is designed to help people aged 50+ to help themselves achieve a healthier lifestyle by make decisions about incorporating more physical activity into their lives.

The aim of the programme is to provide support and encouragement to either individuals or small groups to improve their health by increasing physical activity. Support and encouragement will be given to people of this age group to make their own decisions about the enhancement of the quality of their life. Training and support will be given to all mentors.

Hours of work.

These will be flexible to both the needs of the mentor and the client. As little as two hours a week may be required for each client but mentors may volunteer for as many hours as are convenient to themselves. All that is requested is a regular commitment to ensure continuity of support.

Main Purpose.

To support, encourage and motivate people aged 50 + to take the necessary steps to improve their health by becoming more physically active.

Main Tasks

To discuss with and identify the client's needs, facilitate, to support and encourage them to take the necessary steps towards a more physically active lifestyle.

Where necessary, to provide support and encouragement on a one-to-one basis, to enable individuals to participate in opportunities for physical activity of their own choice.

To keep necessary records and maintain a Mentor's Diary.

To attend regular Mentor Support Group meetings, individual support meetings and regular training.

To promote the concept of a physically active lifestyle.

Requirements

Volunteers will be aged 50+ and they will need to be friendly and supportive and able to work individually or as part of a team. Good communication skills and a willingness to attend training to develop skills and knowledge are also required. Volunteers should also be willing to demonstrate their own commitment towards regular physical activity.