



DOROT Volunteer Opportunities; An Overview 2023

Thank you for volunteering with DOROT. We offer varied opportunities to meet a wide range of schedules and interests. We hope you find this summary helpful.

In-Person Volunteering

Friendly Visiting: Friendly Visitors are carefully matched with DOROT older adults to form lasting friendships. There are options for those who live in Manhattan and Westchester. While a weekly in person visit is preferred, there is also an option for Manhattan volunteers to select a twice per month option (one meeting per month in person and one by phone). Volunteers and older adults make a 1-year commitment to this program. This includes a trial period to ensure the match is working well.

Manhattan Tech Coaching (for volunteers in the NYC area only): Volunteers help DOROT older adults with e-mail, Zoom, downloading apps and other requests. Help is provided in-person (with limited options for phone or video chat meetings). Volunteers typically meet with each older adult for 4-6 weekly sessions and are asked to work with two older adults over the course of 3-4 months.

Response Team: Volunteers address requests of older adults as they emerge. Requests include birthday visits and calls, neighborhood walks and errands among other choices. There are two Response Teams - one in Manhattan and one in Westchester with both incorporating similar activities. The volunteer commitment is a minimum of 8 activities in six months.

Hybrid Volunteering

Legacy Projects: Volunteers assist older adults record their memories through art, photography, video, spoken word or written projects. Meetings between the older adult-volunteer pair focus on developing the project and may be conducted via phone, video chat or in-person. Each project involved 4-6 meetings plus additional time for the volunteer to work on and revise the project.

Remote Volunteering

Caring Calls: Volunteers are matched with a DOROT older adult for 20-30-minute friendly phone calls once per week for 8 weeks. At the end of the 8-week series, there is the option to continue.

Telephone Friends: Volunteers and DOROT Westchester older adults are matched for weekly calls on an ongoing basis (rather than just for an 8-week cycle like Caring Calls). This program was established because driving distances in Westchester presented a barrier to in-person visiting for many. Volunteers do not have to live in Westchester to participate. Volunteers and older adults are asked to make a 1-year commitment to this program. This includes a trial period to make sure the match is working well.

University Without Walls Facilitators: Volunteers lead a series of group discussions (up to 15 participants) by phone on current events, film or the topic of their choice. Each series lasts 3-10 weeks and individual sessions are 50 minutes. University Without Walls programming takes place 10am-4pm daily (on Fridays until 2pm).

GENuine Connections: This program brings together groups of age 65+ volunteers and teens on Zoom on for a variety of workshops and programs, including creative writing, art, current events and brain games. The purpose is to promote peer to peer as well as intergenerational communication and connection. The typical commitment is to a single weekly 6-7 session workshop with an option to participate in multiple workshops over the course of the year. (Must be 65+ years)

Special Volunteer Roles

Aging Alone Together Facilitators: Serve as a group facilitator for DOROT's Aging Alone Together Program which supports solo agers in planning for the future. Each Aging Alone Together Workshop Series is comprised of 6 sessions and led by a DOROT staff member with help from the volunteer facilitators. Volunteers are asked to commit to a minimum of 2 series, some of which are in-person and some on Zoom.

DOROT Ambassadors: Join DOROT's Ambassador Corps to represent DOROT in the community during Zoom programs and on- and off-site events with both older adults and other volunteers.

Presenters/Instructors for Zoom, Telephone or Onsite Programs: Authors, museum educators, college level instructors and professional performers are invited to volunteer on a one-time or ongoing basis to share their expertise and knowledge.