

VOLUNTEER

Make a difference in the lives of Seniors!

VOLUNTEERS NEEDED ACROSS ALASKA



“To the world you may be one person...
but to one person you can be the world!”

Alaska Long Term Care Ombudsman

3745 Community Park Loop, Suite 200
Anchorage, Alaska 99508

(907) 334-4480 / (800) 730-6393 toll free

Email: akoltco@alaska.gov

Visit our website at: www.akoltco.org



ADVOCATING FOR THE RIGHTS OF OLDER ALASKANS



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WHAT DOES A LONG TERM CARE VOLUNTEER OMBUDSMAN DO?

- **Visit** older Alaskans, **60 years of age or older**, who live in assisted living or nursing homes
- **Educate** older Alaskans and their families about their rights in a facility
- **Support and Empower** older Alaskans to advocate for themselves
- Assist older Alaskans in **Resolving** issues and concerns
- Provide **Information and Referrals** to older Alaskans having difficulty with guardianship, financial exploitation or housing

WHAT EXPERIENCE AND SKILLS DO VOLUNTEERS NEED?

- a passion for older Alaskans
- friendly and outgoing
- creative problem solving skills
- ability to be observant and nonjudgmental
- a good listener who likes talking with older Alaskans



WHAT DOES BEING A VOLUNTEER OMBUDSMAN INVOLVE?

- Complete 18 hours of classroom training
- Complete 6-10 hours of facility visits with staff
- Complete 1 visit to a facility each month
- Complete monthly report in a timely manner
- Attend our monthly training for 1.5 hours
- Give a 1 year commitment



WHO CANNOT BE A VOLUNTEER OMBUDSMAN?

- An owner or employee of an assisted living home or a nursing home
- Volunteers under the age of 18
- Individuals who have a criminal or abuse history



HOW DO I APPLY TO BE A VOLUNTEER OMBUDSMAN? Complete an application online at www.akoltco.org. Contact Alvin Ancheta at (907) 334-2359 or alvin.ancheta@alaska.gov