



Hospital Elder Life Program (HELP)

A Volunteer Program at Cooperman Barnabas Medical Center

What is HELP?

HELP, Hospital Elder Life Program, is a program at Cooperman Barnabas Medical Center that aims to provide extra attention and care to older adults admitted to the hospital.

The program's goals are:

- To maintain physical and cognitive function throughout hospitalization and prevent delirium
- To maximize independence at discharge
- To assist with the transition from hospital to home.
- To prevent unplanned readmissions

Whether it's reading together, engaging in conversation, providing company during a meal, or interacting through activities, volunteers can make a significant impact in the mental, social, and physical health of elderly patients.

Who can HELP?

To become a HELP volunteer you must meet the following requirements:

- Be 18 years or older
- Complete all volunteer application requirements
- Commit to a minimum of one, consistent 3-hour shift per week
- Commit to 6 months of volunteering
- Attend classroom education and unit training
- Be reliable, have strong communication skills, and an interest in helping others

What can I gain as a volunteer?

- Experience working with older adults
- Interest and experience working in the field of healthcare
- Confidence working with patients
- Satisfaction in knowing you helped improve the hospital stay of older adults and by providing companionship, stimulation, orientation, and therapeutic activities

For more information about the HELP Program at Cooperman Barnabas Medical Center and how you can make a difference, please contact:

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