



### COMPARISON OF VOLUNTEER OPPORTUNITIES AT SELF-MANAGEMENT BC

| Self-Management Group Programs                         | Health Coach Program                                                                                | Frailty Coaching Program                                                                           |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Group programs, virtual and in person                  | Telephone support from home                                                                         | Telephone support from home                                                                        |
| 2.5 hours once per week for 6 weeks + preparation time | 30 minutes once per week for 13 weeks + preparation time for each call                              | 30-45 minutes once per week for 13 weeks + preparation time for each call                          |
| Follows scripted Leader’s Manual                       | Participants learn about self-management strategies to support themselves in achieving health goals | Participants learn about the AVOID strategy that slows down and/or prevents progression of frailty |
| Adult education setting                                | Listen and guide approach                                                                           | Educate and guide approach                                                                         |
| Resource book provided to participants                 | Resource book provided to participants                                                              | Resource book provided to participants                                                             |

Please note that all candidates for English language programs must be proficient in speaking and reading English as these are standardized programs.

Each volunteer receives an honorarium for delivering a Self-Management group program or for being matched with a participant for the Health Coach or Frailty Coaching program.

As a volunteer you will receive the benefit of learning self-management and leadership or coaching strategies which can be transferred to other areas of your life.

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