



# MAKE A DIFFERENCE. VOLUNTEER WITH THE ALZHEIMER'S ASSOCIATION



Throughout the year, hundreds of volunteers across Washington State and North Idaho help move our mission forward. They all have one thing in common: the desire to make a difference in the lives of people facing Alzheimer's and all other dementia. Busy schedule? Unsure how your skills would help? No problem. There are many ways to get involved!

## **ADVOCACY**

Join advocates who are making Alzheimer's a federal and state priority by writing, emailing, calling or visiting your government officials.

## **COMMUNITY EDUCATORS**

Present online or in-person to groups in your community about topics related to Alzheimer's and other dementia.

## **COMMUNITY REPRESENTATIVES**

Attend local community events, promote programs and services, and help make connections for constituents.

## **OFFICE VOLUNTEERS**

Provide general assistance like putting together resource packets, helping with mailings or assisting with data entry.

## **SUPPORT GROUP FACILITATORS**

Create a safe, open environment where people share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared problems of dementia.

## **DO WHAT YOU LOVE TO END ALZ**

Join The Do What You Love To End ALZ Committee to help recruit participants, provide coaching on fundraising and event planning, and spread the word about this exciting event.

## **WALK TO END ALZHEIMER'S**

Get involved in the world's largest fundraiser to fight Alzheimer's. Volunteers are needed to help plan the event and to provide support on the day of the Walk.

## **EARLY STAGE ENGAGEMENT LEADERS- MEMORY CAFES**

Help provide an opportunity for persons living with Alzheimer's or other dementias to meet and socialize in an environment that is accepting and nonjudgmental.

Getting started is easy! Learn more and sign up today at [alzwa.org/volunteer](http://alzwa.org/volunteer). Questions?  
Contact [inquirywa@alz.org](mailto:inquirywa@alz.org) or (206) 363.5500