Comets HELP Components

**Weekly Volunteering**

Volunteers will commit to volunteering a minimum of three hours per week at Clements University Hospital (UT Southwestern), visiting patients that are admitted to the geriatric inpatient unit. Volunteers also can conduct weekly phone calls with patients outside the hospital.

**Monthly Workshops**

Volunteers will receive education and training in engaging and interacting with elderly patients in monthly workshops. You also will learn how to communicate with patients, particularly those who are cognitively impaired.

**Monthly Lectures**

Volunteers will attend monthly lectures. These lectures are run by UTSW physicians, healthcare workers, and other guests who will discuss topics related to medicine. Topics have included discussions on Parkinson’s by a neurologist, a discussion on social work, and much more.