



TRU 11th Hour Program

Because no one should have to die alone.

No one enters the world by himself and we don't believe anyone should have to leave it alone, either. That's why TRU Community Care offers an 11th Hour program, made up of volunteers who have received extensive, specialized training on how to companion the dying.

Our 11th Hour volunteers provide a compassionate presence and sense of comfort to your patients who are imminently dying and prefer not to be left alone. They also offer welcome relief for caregivers who are sitting vigil with their loved ones and need a break.

Companionship for your patients. Reassurance for you.

You and your staff have likely grown close to many of your patients. It may be hard to think that those you care deeply about could die alone, yet your responsibility to other patients prevents you from remaining at their bedside. TRU's 11th Hour volunteers can ease the burden for you, and for your patients, simply by being there. Moreover, you can rest assured that your beloved patients

are in good hands, because in addition to specialized training, our 11th Hour volunteers receive support and supervision from TRU's 24/7 staff, as well as from our volunteer coordinators.

You can expect an 11th Hour volunteer to:

- Introduce him/herself upon arrival and be wearing a TRU name badge.
- Be prepared to sit vigil with the dying patient and to act in the capacity of a friend. As with any friend, volunteers may have questions or requests about the care and comfort of the patient.

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formerly HospiceCare of Boulder & Broomfield Counties

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- Act in accordance with TRU's confidentiality rules and universal precautions. He or she will be thoroughly screened, background checked, TB tested, and trained.
- Notify the staff when he or she leaves and, if known, when to expect another companion to arrive.

You should NOT expect to see:

- Volunteers acting as sitters for restless or agitated patients. They are trained to serve as companions for those who are imminently dying.
- The same volunteer over the hours or days the patient is in the dying process. Multiple volunteers will take turns sitting with the patient.
- The volunteer providing personal care (i.e. repositioning, toileting, etc.).

- The volunteer extending his/her time at the bedside beyond the scheduled shift.
- A companion at the bedside 24/7.
- The volunteer taking on tasks that are uncomfortable or staying with a patient whose condition causes the volunteer distress (if a patient's symptoms are not effectively controlled, TRU will be notified to help manage them).
- The volunteer staying if family or friends arrive. The volunteer will excuse him/herself.



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