

VOLUNTEER VACANCY

<u>ORGANISATION</u>	:	GREENDALE HOUSE PALLIATIVE & HOSPICE CARE
<u>DEPARTMENT</u>	:	Clinical
<u>TITLE</u>	:	Complementary Therapist
<u>DATE</u>	:	July 2025
<u>REPORTS TO</u>	:	Nursing Services Manager / Unit Leader / Doctor

PURPOSE

Greendale House Palliative and Hospice Care is seeking a **Volunteer Complementary Therapist** to enrich the well-being of our patients and their families. This is a unique opportunity to offer comfort, reduce stress, and enhance the overall quality of life through the therapeutic benefits of complementary therapies. The Volunteer Complementary Therapist will provide non-pharmacological interventions aimed at promoting relaxation, alleviating symptoms, and supporting emotional and spiritual well-being for patients facing life-limiting illnesses. Your gentle and compassionate approach will contribute significantly to creating a peaceful and supportive environment, complementing the medical care provided and enhancing the holistic experience for those in our care.

KEY RESPONSIBILITIES

- **Therapy Provision:** Deliver complementary therapy sessions to patients, tailored to their individual needs, preferences, and medical conditions. This may include (but is not limited to) therapies such as:
 - Gentle massage (e.g., hand or foot massage)
 - Aromatherapy (using diffused essential oils or topical application with caution)
 - Reiki or other energy healing modalities
 - Guided relaxation or meditation techniques
 - Mindfulness practices
- **Assessment & Safety:** Conduct a brief assessment of the patient's condition and preferences prior to each session, ensuring the chosen therapy is safe and appropriate given their medical status and any contraindications.
- **Comfort & Support:** Focus on providing comfort, reducing anxiety, managing pain, and promoting a sense of peace and well-being.
- **Communication:** Communicate effectively and compassionately with patients and their families, explaining the therapy and responding to their needs and feedback.
- **Collaboration:** Work respectfully and collaboratively with the multidisciplinary healthcare team, understanding how complementary therapies integrate with conventional medical care.

- **Documentation:** Maintain accurate and confidential records of sessions provided, noting any observations or patient responses.
- **Hygiene & Safety:** Adhere strictly to all hygiene, infection control, and safety protocols of Greendale House.

QUALIFICATIONS

- **Certification/Accreditation:** Possess a recognised qualification and, where applicable, professional accreditation/registration in at least one specific complementary therapy (e.g., certified massage therapist, qualified aromatherapist, registered Reiki practitioner). Proof of qualification will be required.

SKILLS ABILITIES

- **Experience:** Previous experience working with individuals in palliative care, hospice, healthcare, or with vulnerable populations is highly desirable.
- **Understanding of Palliative Care:** A clear understanding and sensitivity to the unique needs, challenges, and emotional dynamics of patients and families in a palliative and hospice care setting.
- **Compassion & Empathy:** Exceptional empathy, patience, and a non-judgmental approach, with a genuine desire to provide comfort and support.
- **Communication Skills:** Excellent active listening and gentle communication skills.
- **Professionalism:** A high degree of professionalism, reliability, and respect for patient confidentiality.
- **Self-Awareness:** Ability to work independently while also understanding personal boundaries and when to seek guidance from the healthcare team.

If you are a skilled and compassionate Complementary Therapist eager to share your healing touch and make a profound difference in the lives of those facing serious illness, we invite you to connect with us.

Should you wish to apply for this vacancy, please include a CV and completed volunteer application form. Applications must be forwarded to the Volunteer Coordinator for attention:

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Email: volunteer@greendalehouse.co.za