



## **AgeOptions Volunteer Interest Sheet**

Volunteers are an integral part of AgeOptions service and improve our effectiveness. We would like to explore your talents and how you can support the mission of AgeOptions. If you would like to consider volunteering with AgeOptions, please complete this form to let us know what interests you. We realize everyone has different time availabilities and we appreciate all of your contributions on behalf of AgeOptions! Our programs are listed on our website: [www.AgeOptions.org](http://www.AgeOptions.org)

### **CONTACT INFORMATION:**

Name: \_\_\_\_\_

Email and/or phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Best Method & Time to Reach You: \_\_\_\_\_

### **Skills I Have to Contribute or Skills that Interest Me: (CHECK ALL THAT APPLY):**

- |   |   |
|---|---|
| <input type="checkbox"/> Caregiving/Respite Care            | <input type="checkbox"/> Public Speaking                      |
| <input type="checkbox"/> Facilitating/Teaching Older Adults | <input type="checkbox"/> Computer or Internet Technology      |
| <input type="checkbox"/> Counseling                         | <input type="checkbox"/> Fundraising/ Soliciting Sponsorships |
| <input type="checkbox"/> Advocacy on Aging Issues           | <input type="checkbox"/> Money Management/Budgeting           |

### **Other skills not mentioned above? Please describe:**

\_\_\_\_\_

### **I am most interested in service lasting (check all that apply):**

- |  |  |
|--|--|
| <input type="checkbox"/> 3-6 months (short-term project)                   | <input type="checkbox"/> 1 year        |
| <input type="checkbox"/> Periodic/Intermittent                             | <input type="checkbox"/> 2 years       |
| <input type="checkbox"/> Virtually (volunteer from home over the Internet) | <input type="checkbox"/> No preference |

### **Please return to:**

Please return this application via mail, fax or email to:

AgeOptions  
1048 Lake Street, Suite 300  
Oak Park, IL 60301

Email: [volunteer@ageoptions.org](mailto:volunteer@ageoptions.org)  
Fax: (708)524-0870  
Phone: (708)383-0258