



MEALS ON WHEELS DELIVERY DRIVER Volunteer Position Description

Delivering Meals on Wheels is a great opportunity for someone that wants to help meet the needs of homebound seniors in their local area, helping them to maintain independence.

Program Description	VPAS delivers meals to homebound older adults within the food safety time guidelines in all of the regions we serve. Depending on the location of the recipient, they may be receiving hot meals a few times a week or frozen meals a few times per month.
What will I be responsible for?	You will be provided a route sheet detailing meal recipient address and other necessary information (such as “knock loud” or “use side door”, etc.) You are expected to inform the meals coordinator if a meal recipient is not home to receive the meal or if the meal recipient’s appearance, behavior or living conditions are a cause for concern.
What is my time commitment?	This would depend on what routes currently need coverage and your availability. Normally, from start to finish, the whole process takes approximately 2 to 2.5 hours.
What skills or abilities do I need?	Volunteers must have reliable transportation, have the physical ability to walk short distances, climb stairs, and carry meals, boxes and paperwork needed to complete the delivery. A friendly personality that can bring a smile to an older homebound adult is a must!
What will VPAS require of me before I begin to volunteer?	You will need to complete the following prior to your orientation: <ul style="list-style-type: none"> • Volunteer Application • Confidentiality Agreement • Photo Release Form • Criminal Background Check
What training is required?	We will provide an orientation to the mission vision of VPAS and the programs offered in the community. Volunteers will receive training specific to the Meals on Wheels program which will include confidentiality, food safety, reporting processes, and dealing with an ill or injured meal recipient.

Do you have additional questions about the volunteer position or the application process and the documents you have received?

Please reach out to Pam Bennett, Administrative Services Coordinator
at 540-949-7141 or pam@vpas.info for further assistance.

You can also find additional information about VPAS programs at www.vpas.info