



Why Volunteer for Alabama SHIP? The Top Five Reasons

1 Help People in Your Community

The Medicare program has more than 44 million beneficiaries – people who are 65 and older or who have a permanent disability – nationwide. More than 780,000 Medicare beneficiaries live in Alabama, and this number will continue to grow. Many have difficulty navigating Medicare and the health care system on their own. Some cannot afford to pay for the care they need and do not know about programs that may help them. Others – the many caregivers who assist family members, friends, and neighbors – need answers and guidance to make informed decisions. SHIP provides this kind of one-on-one assistance.

“I helped a friend get a drug card for his mother. The card reduced the cost of one drug from \$100 to \$20. Every time he sees me he thanks me, and he tells other people about what I did. If you want to feel good about helping someone, become a SHIP volunteer.” – Specialized Volunteer, Montgomery

2 Be Part of a Dynamic Team

SHIP programs exist throughout Alabama and the United States. Together with SHIP staff at the state and local level, SHIP volunteers serve a variety of roles to provide an important client-focused community service. SHIP volunteers receive training and support from local program sponsors, which include Alabama’s 13 Area Agencies on Aging and the state SHIP office.

“I really enjoy working with the local SHIP staff. They do a good job, and they’re fun to be around!” – Volunteer Counselor, Centreville

3 Set Your Own Schedule

SHIP volunteers can set their own schedules to accommodate other family, volunteer, or work responsibilities. Volunteers are asked to commit to a minimum of 4 hours per month.

“I love the flexibility. One of the big things that attracted me to SHIP was not having to go to a certain place from nine to noon. Sometimes it may be a phone call from home, or a couple of hours at the office. I like that variety.”

– Volunteer Counselor, Montgomery



4 Enjoy Rewarding Experiences and Personal Growth

It takes a special kind of volunteer to help people understand their insurance plan options or to address coverage or billing problems. It also takes a special kind of volunteer to speak to the community about Medicare options that many find confusing. There is nothing more rewarding than to help neighbors and your local Medicare community understand Medicare and make it work best for them.

SHIP offers its volunteers the opportunity to:

- stay on top of the latest health insurance information affecting Alabamians,
- specialize in an area of interest or develop a new skill, and
- provide direct services that meets real needs everyday.

“Volunteering for SHIP gives me a purpose and a direction in retirement. When I’m in the community working with seniors, I feel needed and useful.”

– Volunteer Educator, Dothan

5 Choose a Volunteer Position that Is Right for You

SHIP offers many volunteer opportunities. Become a member of the **SCREAM** team by choosing a position that is right for you:

- **Specialized volunteer** - provide topic-specific information, assistance, and referrals
- **Counselor** - provide one-on-one assistance in person or by phone
- **Recruiter** - help identify candidates for volunteer positions
- **Educator** - give presentations and deliver training programs
- **Administrator** – help with program administration tasks such as data entry, filing roster updates, and mailings
- **Marketer** - help promote the SHIP program within your community

“I like to stay current on Medicare. It’s fun to know what’s going on!”

– Volunteer Educator, Centreville

**For more information about Alabama SHIP:
1-800-AGE-LINE • www.AlabamaAgeline.gov**