

VOLUNTEER OPPORTUNITY

(Updated: 8/26/25)

Agency Name: Full Life Care

Agency Description: Full Life Care is a non-profit working toward a future where adults with chronic and terminal illnesses or disabilities can be compassionately supported in their communities rather than living in isolation or having to resort to institutional care. We are dedicated to enhancing individuals' quality of life, respecting their dignity, and providing for them with care and compassion, regardless of income.

Various locations available in Seattle/King County and Beacon Hill headquarters.

Position Description:

Join Care Teams to collaborate with a group of volunteers to offer social, emotional, and practical support for a caregiver of a senior or veteran (Seattle/King County)

Join ElderFriends to offer one-on-one friendly companionship for an isolated older adult (Seattle/King County)

Join Group Activities to design and lead games, show-and-tell, and other activities for adults with disabilities in our Adult Day Health Care programs (South Seattle: Beacon Hill)

Additional opportunities may become available. Contact us for more details on all options.

Qualifications: Must be at least 18 years old. Strong verbal communication skills, patience, compassion, positivity, and willingness to take initiative and responsibility. Able to work independently and as part of a team.

Total number of weekly hours:

ElderFriends/Care Teams: 2-4+ hours/month

Adult Day Health: 2.5+ hours/week

Additional hours may be available for project-based, operational support.

Days/Hours:

ElderFriends/Care Teams: Self-scheduled, flexible

Adult Day Health: M-F, 9:30-4:30

Start Date: Continuous

Volunteer Services Mailing Address: 1625 South Columbian Way, Seattle, WA 98108

Contact Person: Jessica Chin, Volunteer Program Supervisor

E-mail Address: JessicaC@fulllifecare.org

Phone: (206) 224-3764

Web Address: <https://www.fulllifecare.org>

Application Instructions: Email or online application:

<https://www.fulllifecare.org/ways-to-give/volunteer/>