



*Rural Health Coach*



## **Rural Health Coach: Volunteer Approach**

### Preliminary Questionnaire

#### **Program Design Introduction**

The Rural Health Coach program is aimed directly at preparing volunteers to meet with clients from a variety of settings in partnership with a regionally-located small, rural hospital. Community volunteers who are interested in providing support to someone in their community must complete an application and return it to Memorial Hospital for review.

<b>Name</b>	<b>Employment Status</b>
<b>Address:</b>	<b>Employer or Previous Employer</b>
<b>Home Phone</b> <input type="checkbox"/> Best Number to Call	<b>Email Address</b>
<b>Cell Phone</b> <input type="checkbox"/> Best Number to Call	<b>CPR Trained:    yes or no</b>
<b>Emergency Contact/ Relationship</b>	<b>Emergency Contact/Phone Number</b>
<b>Vehicle Available:    yes or no</b>	<b>Valid Driver License:    yes or no</b>
<b>(2) References: Name and Phone Number</b> •  •	

Please identify days and times that you are available for at least 2 hours on a regular basis. We will use the allotted time to schedule initial training and introductory visits with your assigned clients. In addition, as part of your course requirements, every week you will need to report on your client to the care coordination team.

Monday: \_\_\_\_\_ Tuesday: \_\_\_\_\_  
Wednesday: \_\_\_\_\_ Thursday: \_\_\_\_\_  
Friday: \_\_\_\_\_ Saturday: \_\_\_\_\_  
Sunday: \_\_\_\_\_

### **Rural Health Coach Program Overview**

The Rural Health Coach program involves a 2-day training that is offered at Memorial Hospital. The program involves a Professional Coach Advocate training and learning about various chronic diseases you may encounter as a Rural Health Coach. The Care Coordinator will work with you to assign a client and introduce you to the client. Client visits are approximately one hour in length. Time will involve travel to and from the client's home, the client visit, and completing the report document to share with the Care Coordinator and health care team. Client visits involve approximately **3-5 hours** each week. Reliable transportation to meet with clients is a requirement. There is considerable flexibility built into the program to accommodate individual schedules, but coaches must be able and willing to put the required time into the client visits. It is essential to consider in advance what other activities (e.g. work, sports, and volunteer activities) that you are likely to have to balance with the rural health coaching program.

**Please list those activities or commitments and explain why you are confident you can achieve the necessary balance to work with clients in the area.**

**What is your motivation for applying for this program?**

**What is your primary health coaching area of interest? What would you like to learn?**

Completed applications should be returned to [mclark@mhtlc.org](mailto:mclark@mhtlc.org) or dropped off in Administration. Applications and interviews will be processed through Memorial Hospital. Participants will be required to have a background check and fingerprinting per the Illinois Department of Public Health regulations. This is provided by the hospital for those who are accepted into the program. Immunization records will also be reviewed by the infection control nurse with recommendations based on state regulations for seeing clients.