

# Would you like the opportunity to gain more direct experience in your career field?

Gain direct care experience by working in the home setting as a companion for local senior citizens and those with disabilities.

- Care recipients include those with limited mobility, cognitive losses due to stroke or Alzheimer's, and those who are visually and hearing impaired.
- Gain experience working with people from diverse socio-economic groups and backgrounds.
- Provide transportation, simple meal preparation, and help with daily tasks.
- Participate in the Veterans History Project and record interviews that will become part of the permanent collection at the Library of Congress.
- Learn about the civil-rights and women's rights movements from those involved.
- Speak a foreign language with someone who rarely hears or speaks their native tongue.
- Give assistance to the visually impaired by reading or helping with correspondence and home organization.
- Gain an understanding of the role and challenges of the family caregiver.

***Paid internships*** are tailored to your major and require a minimum of 12 hours per week. Federal Work-Study students are encouraged to participate.



***Unpaid internships*** can also be tailored to your major but only require 3 to 5 hours per week. You may participate in a 50, 100, or 150 hour internship.

**Flexible hours can be coordinated around your class schedule.**

Contact ***A Helping Hand*** at (919) 969-7111 for more information, or email [info@ahelpinghandnc.org](mailto:info@ahelpinghandnc.org).  
[www.ahelpinghandnc.org](http://www.ahelpinghandnc.org)