

*Want to help others
in their journey to
become healthier?*

**Consider Becoming
a Rural Health Coach**



The Illinois Critical Access Hospital Network is partnering with your hospital and health-care practices to offer *The Rural Health Coach: Volunteer Training Program*.

*Funding for this training provided
by the Medicare Rural Hospital
Flexibility Program.*



ICAHN
Illinois Critical Access Hospital Network

Rural Health Coach
Volunteer Training

ICAHN
Illinois Critical Access Hospital Network

245 Backbone Road East
Princeton, IL 61356
815.875.2999
www.icahn.org



What is a Rural Health Coach?

A Rural Health Coach is a volunteer who is interested in assisting others in your community to become healthier. The curriculum will be taught by your hospital's coordinated care team. As a new coach, you will serve as a trusted liaison between your hospital/rural health clinic and your client to facilitate access to services and improve patient engagement. In addition to helping the at-risk population, you will increase your health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal coaching, social support and advocacy.



Who are We Looking For?*

- A compassionate, resourceful volunteer to meet directly with at-risk clients on a weekly basis
- Someone who is non-judgmental, has great social skills, and is able to develop a rapport with others
- A person who cares about his or her community
- Someone willing to learn about healthcare from the client perspective
- A person interested in helping others on their healthcare journey



How Can I Become Involved?

The Illinois Critical Access Hospital Network (ICAHN) is collaborating with local Illinois hospitals and rural health clinics to provide the training you need to become a Rural Health Coach in your community.

The **“Rural Health Coach Program: Volunteer Training”** course is offered through independent study and involves a training module with assigned readings and preparation for meetings with the coordinator. Client visits involve approximately 1-2 hours of off-campus work each week.

For more information, contact Mary Jane Clark, ICAHN Wellness Coordinator, at 309.331.4472 or mjclark@icahn.org.

What are our Program Goals?

Becoming a Rural Health Coach means that you will work with a multi-disciplinary team to assist clients at high-risk or with chronic conditions to improve health outcomes and provide support through referrals to various community agencies including home health, pharmacy, primary care providers, food pantries, etc. Volunteers assist clients in leading healthier lives and providing social support to improve their well-being.

Who Do Health Coaches assist?

- Clients with multiple chronic diseases
- Patients discharged at high risk or families determined as high risk
- Clients with insufficient income to meet medical need
- Patients who may have frequent falls or who visit the ED frequently

*** Volunteers must provide their own transportation.**