



Aorta Advocates

Volunteer requirements and expectations 2024

In 2023, The John Ritter Foundation for Aortic Health (JRF) established the Aorta Advocates program. Aorta Advocates are trained volunteers who have personal experience with thoracic aortic aneurysm and dissection. They're here to guide others on their journeys, offering resources, information, and a unique connection based on shared experiences.

In the first three months of this program, our 20 Aorta Advocates have assisted over a hundred individuals who were able to connect with someone who understands. We are excited to expand this program in 2024 by offering an additional training class. **Applications will be accepted from February 1 to February 29. You will be notified of the outcome by April 1, 2024.**

Please take a moment to review the requirements below and ensure that you meet them before applying:

- **Training:** Attending in-person training is required and will take place from July 18-21, 2024, in Dallas, TX. The JRF will provide up to \$500 to cover transportation to Dallas. Additionally, The JRF will cover costs during training including accommodation, food, and local transportation.
- **Time Commitment:** Being an Aorta Advocate requires a two-year commitment. Since training is a significant investment by The JRF, we ask you to carefully consider your other commitments (family, work, social) before applying.
- **Availability:** You should expect to spend two-three hours a week on Aorta Advocate volunteer work. Demand is variable, with some weeks being busier than others.
- **Compassion and Empathy:** You should possess strong interpersonal skills, empathy, and the desire to connect with others. Sensitivity to diverse backgrounds and experiences is crucial.
- **Confidentiality:** Aorta Advocates are required to adhere to our confidentiality policies to protect the privacy of those seeking support.
- **Minimum Age:** Volunteers must be at least 18 years old due to the sensitive nature of this work.
- **Other requirements:** You must have internet access and at least intermediate computer skills to use our tracking program and email system. Currently, Aorta Advocates must reside in the United States. We hope to expand this program internationally soon!