



## *Caring Connections Telephone Reassurance Program*

### **A Great Volunteer Opportunity!**

The *Caring Connections* Telephone Reassurance Program provides a friendly telephone call from a volunteer to an older adult who is living alone and/or homebound.

The goal of the program is to eliminate or reduce some of the concerns facing homebound seniors: isolation, loneliness, depression, anxiety and cognitive decline.

Many older adults want to remain independent and age in place in their own homes; however because they are isolated or housebound, meaningful relationships are difficult to come by. *Caring Connections* volunteers will reach out by phone regularly to these seniors to offer a friendly check-in and an opportunity to feel connected to the community beyond their front door.

### *Want to Become a Caring Connections Volunteer?*

This is a wonderful volunteer opportunity for someone looking to make a difference in the life of a senior. All volunteers must:

- Be willing to establish a friendly, caring relationship with seniors over the phone.
- Have great listening skills.
- Be willing to make a commitment to call a senior at least once a week for a minimum of six months to a year.
- Agree to a background screening and reference check.
- Attend orientation and training sessions.



### *About the Seniors in the Program*

Seniors can sign themselves up for the program, or they can be referred by a caregiver, family member, friend or service provider. Eligibility requirements:

- Must be 60 or older.
- Live alone or are homebound.
- Reside in Baker, Clay, Duval, Flagler, Nassau, St. Johns or Volusia County.
- Complete an application

**For more information on this program**

**please contact Vanessa Boyer.**

**[Caringconnections@myeldersource.org](mailto:Caringconnections@myeldersource.org)**

**or call 904-391-6631**