



Caring Connections

The Telephone Reassurance Program for Seniors

The *Caring Connections* Telephone Reassurance Program is a new ElderSource initiative that 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 homebound, 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.

Know a Senior who Needs a Call?

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

- Seniors 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.

About the *Caring Connections* Volunteers

Program volunteers are special people who are looking to make a difference in the life of a senior. All volunteers:

- Undergo a background screening and reference check.
- Attend orientation and training sessions.
- Work toward establishing a friendly, caring relationship with seniors over the phone.
- Are willing to make a commitment to call a senior at least once a week for a minimum of six months to a year.



For more information on this program

call 904-391-6600 or

Email: volunteers@myeldersource.org