



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

Call 904-391-6600 or

Email: volunteers@myeldersource.org