

# GIVING BACK: A Talent

Older adults have spent a lifetime honing talents and hobbies. Learn the many ways they still can utilize those skills, with a little assistance.

**Knitting, crocheting and sewing** – Some seniors, including those with dementia, can still knit and sew. **Get started:** Contact a church or hospital guild to learn of service projects that a senior could help with such as making prayer shawls or “Linus” blankets, or booties, blankets or hats for newborns.

**Woodworking and Stained Glass** – Whether they are skilled artisans or just hobbyists, many seniors enjoy working with natural materials. **Get started:** Encourage seniors to continue their hobbies, looking for ways they could give their creations to others who would appreciate their gifts.

**Writing** – Some older adults have the gift of writing. **Get started:** Look for projects where a senior could still use this skill, such as helping with a care community or church newsletter.

**Entertaining** – Many seniors enjoy playing music or performing for their contemporaries at care communities and hospitals. **Get started:** Call a hospital or care home to learn how a senior could share his or her talents.

**Crafting and Scrapbooking** – Many older adults like to craft and scrapbook. **Get started:** Encourage and help, if needed, a senior to create an ornament, scrapbook or other memento to give back a treasured keepsake to a family member or friend.

**Baking and Cooking** – Seniors who have always loved to cook or bake will value help doing what they still enjoy. **Get started:** Whether it’s Grandma’s dinner rolls or Aunt Beth’s famous pecan pie, help a senior bake these family goodies that you can give away, along with the recipe – if it’s not a secret!



**For more resources and volunteer stories, go to [SalutetoSeniorService.ca](http://SalutetoSeniorService.ca).**

Or, to learn how a Home Instead CAREGiver<sup>SM</sup> could help a senior give back, contact your local Home Instead Senior Care<sup>®</sup> office.

