

# GIVING BACK: To Local Senior Care Communities

Seniors in care communities still need to feel useful. If a senior is living in an independent or assisted living community, or in skilled care, or if you are a staff member looking for a way to interest a senior in activities, check out these ideas.

Likewise, learn how seniors who are living independently can find fulfillment volunteering to help those living in a care community.

## Get started

Encourage a senior living in a care community to give back by doing things they did at home. Work with care community staff to request they adapt activities that fit an older adult's interests and abilities, such as having the senior:

- Deliver mail or newspapers
- Help bake cookies or cupcakes for a birthday (Some care communities have resident kitchens or use a transportable convection oven.)
- Arrange flowers
- Help decorate for holidays and special dinners
- Establish a community garden, walking club or recycling program for their neighbors,
- Work in a candy store or gift shop
- Serve on the resident's council (Many care communities have these councils to plan activities and help serve as a voice for care community residents.)
- Call bingo
- Help with programs (Read poems or tell stories for Remembrance Day, Thanksgiving or Canada Day, play the piano, sing, and help make and distribute programs for the event.),
- Introduce new members to the care community
- Provide transportation for another senior who can still get out to volunteer



Remember to encourage a senior living independently to visit and give back to those seniors who are in skilled care by helping them write cards and letters, play bingo or board games, scrapbook and craft, or by hosting a coffee or social hour.

**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.

