

GIVING BACK: To The Community

Most of us know someone who is ill, isolated, depressed or down on their luck. Look for opportunities to encourage a senior to help others. A family caregiver can assist by providing transportation and encouragement.

- **Churches/Faith Community** – A senior could be a greeter, either standing or sitting. Or perhaps that older adult could help make a meal, bake cookies or even send greeting cards. **Get started:** Contact your local church or synagogue to find out how your senior may help.
- **Shelters** – Homeless shelters and other emergency shelters rely on the goodness of others to survive with donations of time, talent, food and clothing. **Get started:** Call local homeless shelters and emergency shelters to discuss their needs and how to help.
- **Where others need a friend** – Encourage your senior to invite a friend to dinner, the mall, a museum or a local attraction, such as a botanical garden. Remember those in care communities likely want to go on outings if they still can. **Get started:** Help coordinate a fun activity for a senior and his or her friend.
- **Senior Centre** – Senior centres can be great places for older adults to volunteer. Many centres need kitchen assistance, help with repairs and cleaning, or greeters who can make others feel at home. **Get started:** Encourage a senior to get involved by eating meals at the local senior centre or taking part in the centre's activities.
- **Where people need help** – Needs are all around, from reading to the blind to providing expertise for a community service project. **Get started:** Contact a local senior care nonprofit agency or community group to find out how a senior could help.



For more resources and volunteer stories, go to SalutetoSeniorService.ca.

Or, to learn how a Home Instead CAREGiverSM could help a senior give back, contact your local Home Instead Senior Care[®] office.

