

VOLUNTEER

Volunteers:

- are 18 years of age and older from all cultural backgrounds
- can visit daytime, evening, or weekends at a mutually convenient time for the person and/or family and the volunteer
- provide companionship for the person being cared for, and short-term relief to the caregiver in need of a break
- frequently visit in the clients' home, however, short walks or outings are a possibility (a car is not necessary)
- understand and respect confidentiality
- are screened with a police records check, references and an interview
- receive training and ongoing support from staff

"I am happy that I have met my friend. She has enriched my life!"

Joan

Friendly Visiting Volunteer



FRIENDSHIP GROWS

Sponsored by:



The Corporation
of the City
of Cambridge
www.cambridge.ca

Community Services Department

For more information about
The Friendly Visiting Program please call:

Program Co-ordinators

519.740.4681

ext. 4423

OR

ext. 4425

Located at:

Allan Reuter Centre

507 King Street East

Cambridge, Ontario N3H 3N4

Office Hours:

Monday to Friday

9:00 am – 4:00 pm

Programs are made possible thanks to funding provided by the Ontario Ministry of Health and Long Term Care through the Waterloo Wellington Local Health Integration Network and the City of Cambridge



**The Friendly Visiting
Program of Cambridge**

A COMMUNITY SUPPORT SERVICE



**Do you know a senior
or physically disabled
adult who is lonely and
isolated at home?**

What is Friendly Visiting ?

The Friendly Visiting Program is a free community support service that matches a volunteer with a socially isolated senior or physically disabled adult.

Regularly scheduled visits for companionship and friendship increase social contact and reduce isolation.

A compatible match is carefully made so the individuals may share interests, time and friendship.

Volunteers do not provide personal care, housekeeping, meal preparation or professional medical care.

The Benefits for Participants

- Companionship, friendship, conversation
- Social and leisure activities
- Decreased social isolation and loneliness
- Opportunity for the occasional outing

The Benefits for the Family

- Caregiver relief and support
- Information and referral to other community support services

The Benefits for the Volunteer

- Make a friend
- Build a relationship
- Make a difference



Shared activities can include:

Pleasant conversation, playing cards and games, sharing a book, taking a walk, sitting outside or enjoying an outing to the coffee shop or mall.



Visiting Service is offered to those who:

- Live alone in the community or with family members
- Live in the Cambridge/North Dumfries area
- Have limited social contacts outside of the home
- Will welcome a volunteer and benefit from the social visit
- Will not require personal care during the visit
- Have chronic illnesses or physical disabilities and/or may experience memory loss
- The availability of service is dependent upon the need and number of available volunteers.

Referrals

Referrals are accepted from Community Care Access Centre (CCAC), community support agencies, doctors, social workers, family members, or YOU can simply refer yourself. The Friendly Visiting staff will contact you for a home visit.



Participants have the opportunity to receive a telephone call while waiting for a visiting friend.



Why get Involved ?

Over time, individuals and/or their caregivers may begin to isolate themselves and become socially withdrawn as they find it more and more difficult to stay connected to friends, the community or to leave the safety and comfort of their homes.

The Friendly Visiting Program can Help!