

# - Friendly Visiting Program -

Many older people experience feelings of loneliness and isolation as a result of events such as:

- a recent move
- ill health
- loss of a loved one
- separation from family and friends

Sometimes it is difficult for an older person to meet new friends or re-establish contact with old ones. Friendly Visiting reaches out to these individuals by matching them with suitable volunteers.

A Friendly Visiting Coordinator will conduct an in-home assessment with individuals interested in being matched with a visitor. Information on interests, hobbies and background is gathered to better ensure a suitable match. The Volunteer Coordinator meets with the volunteers to gather similar information. Then, a match that will provide satisfying friendship to both the senior and the volunteer can be made.

## What do Friendly Visitors do?

Friendly Visitors provide supportive friendship to seniors through regular visits or phone calls. Typical activities include:

- conversations
- reminiscing
- sharing a hobby
- playing board/card games
- outings

Assistance with household chores, daily living activities and provision of escort services/transportation are beyond the scope of friendly visiting.

## **How can you get involved?**

If you would like more information on the Friendly Visiting Program, or would like to volunteer, please call us at 526-2249

## How are matches made?

Friendly Visiting responds to calls from seniors, families, other agencies and the community at large. Once it is determined that a senior can benefit from the service, a suitable volunteer is recruited and a match is made. These are some of the factors considered when making a match:

- common interests of previous work experiences
- compatibility
- personal preferences
- social and ethnic backgrounds

Once a match is made, a meeting is arranged between the volunteer and the senior. Both parties decide upon the future contacts. Friendly Visiting Coordinator contact volunteers and seniors monthly to offer support and ensure that everything is going smoothly.

## What Happens if Matches Do Not Work Out?

When this happens, both the volunteer and the client may be rematched.

# MILES for Seniors Inc.

MILES for Seniors, Inc.

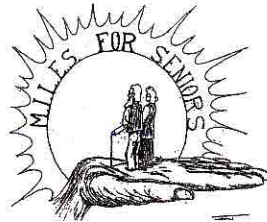
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M.I.L.E.S. is a Senior Support Service, serving all seniors 55+ and disabled people residing in the communities

of Rathwell, Treherne, Holland and Cypress River and/or the R.M.'s of Victoria and South Norfolk. M.I.L.E.S. was developed to enable the older members of our communities to live independently by providing services, programs and supports to enhance the physical, intellectual, emotional, social and spiritual lives of older persons and actively promote participation in all aspects of community life.

For more information about M.I.L.E.S. programs, call the office at 526-2249

M.I.L.E.S. is supported by Manitoba Health, but is community owned and community designed.



*Friendly Visiting Program*



**Serving the area since 1989**

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**I** NDEPENDENT  
**L** IVING WITH  
**E** XTENDED  
**S** ERVICES