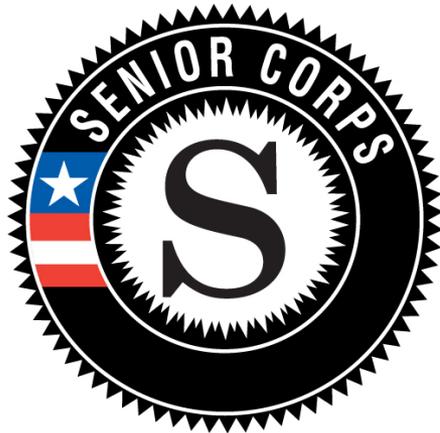


*Providing Independent
Living Support:
Types of Independent Living
Services Delivered by Volunteers*



Trainer:

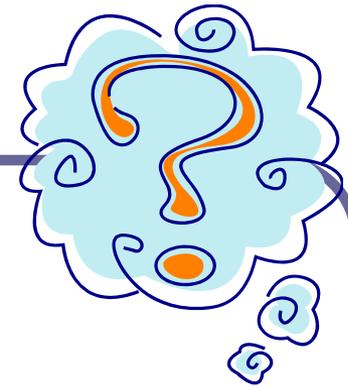
Date:

LEARNING OBJECTIVES

By the end of the session, participants will further their understanding of:

- *Services available to assist seniors to remain living independently*
- *Who provides these services and how clients benefit*
- *Volunteer roles in the delivery of these important services*

*What do you already know
about independent living
services?*



What questions do you
have?

WHAT ARE INDEPENDENT LIVING SERVICES?

- A variety of services that contribute to helping seniors remain in their homes longer
- Volunteers, in large part, make these services possible

WHO PROVIDES INDEPENDENT LIVING SERVICES?

- Area Agency on Aging, other county agencies
- Hospitals
- Home health agencies
- Community organizations and senior centers
- Senior housing complexes

WHO ARE THE CLIENTS?

- Frail elderly
- Seniors who may need a little help to remain living independently
- Some younger adults with disabilities
- Mainly seniors who live alone



MEAL DELIVERY AND CONGREGATE MEALS

- Nutritious meals delivered to the home on a schedule
- Nutritious meals offered at a meal site where clients can socialize
- Volunteers deliver meals, assist in the kitchen, escort seniors, serve meals

TRANSPORTATION

- Clients receive rides to appointments, errands, recreational/social events
- Volunteers drive and escort clients, provide company and safe transit



COMPANIONSHIP/OUTREACH AND HOME VISITS

- Homebound seniors and nursing home residents receive one-on-one visits (usually 1-2 times a week)
- Volunteers do “what friends do for friends”. May go on outings, sit and visit, enjoy hobbies together, etc.

RESPITE CARE

- Clients get needed time to themselves, peace of mind that elder is being looked after
- Volunteer stays with elder while caregiver takes a break



ACTIVITIES OF DAILY LIVING

- Clients receive help with light housework and errands that they have difficulty managing on their own
- Volunteers help with household management tasks, errands, correspondence, medication reminders, etc.

SAFETY CHECK

- Clients receive household repairs/upgrades and information to improve home safety
- Volunteers provide information and follow-up to help seniors prevent falls, injuries, and burglaries

AND MORE...

- Assist at adult day care centers
- Conduct disaster preparedness trainings
- Help seniors complete tax forms
- Exercise classes
- Provide telephone reassurance
- Hospice care

VOLUNTEERS ALSO...

- Respect their client's privacy and maintain confidentiality
- Help obtain information about other needed services, where possible
- Advocate: bring unmet needs to the attention of supervisor

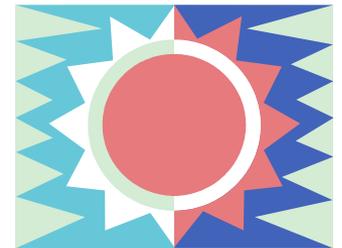
EXERCISE: HOW WOULD YOU HELP THIS CLIENT?

- In small groups, read the situation your group has been assigned.
- One person should record:
 - What do you think is the problem?
 - What kind of service would you recommend?
Extra Credit: Name a local agency that provides the service
- Be ready to share with the group

REFLECTION: OTHER SENIORS IN YOUR LIFE

Is there anyone you know who could benefit from...

- Receiving independent living services
- Participating in volunteer opportunities



SURVEY OF CLIENTS

- “Don’t know what I would do without her.”
- “He’s my eyes.”
- “A life saver.”
- “Without him I would be in a nursing home.”
- “The best thing in my life.”
- “I used to have a sour attitude, she sweetened me up.”
- “Life is much more interesting.”