

Client Services Volunteer Opportunities

❖ ECHO Telephone Reassurance

Phone a senior citizen daily (Monday-Friday) to check on his or her well-being.

❖ Respite Care

Spend time with a frail and/or disabled senior so a family members who is a full-time caregiver can have a short time away.

❖ Friendly Visiting

Visit a senior and read to him or her, take a walk together, etc.

❖ Grocery Shopping

Drive a senior to the supermarket and/or retail store and assist him or her with purchases.

❖ Indoor Chores

Help a senior by vacuuming, mopping, dusting, washing dishes, windows and walls, etc.

❖ Outdoor Chores

Assist a senior with yard work, including raking, mowing, pulling weeds or washing windows and shoveling snow.

❖ Minor Repair Work

Perform simple household repairs for a senior citizen, including changing light bulbs, fixing leaky faucets, fixing a broken fence, repairing a small appliance, etc.

❖ Paperwork

Help seniors with insurance forms and applications; etc.

❖ Professional Assistance

Includes counseling, legal, and accounting services from professionals who volunteer their time to help seniors.

❖ Transportation

Drive a senior to medical appointments, and for errands, etc.

❖ Office Jobs

- ◆ Front desk receptionist, including answering the phone and making copies.
- ◆ Outreach aide, which includes phoning seniors to check on their well being.
- ◆ Miscellaneous phone work, such as calling agencies to update our database information.

**To become a Client Services Volunteer,
phone Senior Solutions at 345-7777 and ask to
speak to the Volunteer Coordinator.**



*"Solutions for
Independent Living"*

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