

For further information
please complete the following
and return to:
**ABBOTSFORD PEER SUPPORT
FOR SENIORS**
2499 McMillan Road
Abbotsford, BC
V3G 1C4

Name: _____

Address: _____

Postal Code: _____

Phone: _____

- I am interested in training as a senior peer support volunteer.
- I am interested in training as a good morning call volunteer.
- I would like to talk to someone about one of these programs.
- I would like to make a donation.

Amount: \$ _____
Income Tax Receipt Available



Abbotsford Peer Support for Seniors is a non-profit support service ready to help seniors. We have been in operation since 1992!

Our mission is to enhance the well being of seniors through service, communication and/or referral to our Peer Support Program or our Good Morning Program or other related agencies as required.

We believe that every senior, regardless of race or religion, has the right to live a full, independent, dignified life.



Financial assistance is provided by The BC Gaming Grant, Abbotsford Bingo, and Abbotsford Community Foundation



Criminal record searches have been completed on ALL volunteers!



Confidentiality of the senior is assured!

**Call us at 604-850-0011
Tuesday through Thursday
9am to 1pm**

Abbotsford Peer Support For Seniors

Peer Support

Funded by the
BC Gaming Grant



Seniors Helping Seniors

**2499 MCMILLAN ROAD
ABBOTSFORD, BC
V3G 1C4**

**PHONE: 604-850-0011
FAX: 604-850-1230
E-MAIL: apss.seniors@telus.net**

WEB-SITE:

www.abbotsfordpeersupportforseniors.ca

PEER SUPPORT PROGRAM

The Peer Support Program is a FREE service for seniors 50+ in Abbotsford.

Peer support is a process in which trained senior peer support volunteers offer one-on-one listening and emotional support, guidance, empathy and information to in-need peers living alone. This enables them to help themselves with feelings of loneliness, depression, isolation or loss of loved ones.

We believe that peer support volunteers, being of similar age and experience, act as the vehicle for seniors to help them regain or maintain their independence allowing them to live with dignity.

Our senior peer support volunteers have been trained to deal with the special problems of the senior years. After training, the peer support volunteers are matched with a senior and work in cooperation with the coordinator.

The seniors are referred from Home Health Care, Mental Health, Victim Services, doctors, family, friends and self. They are usually isolated and living either alone or with family in a variety of circumstances.

CLIENT / VOLUNTEER RELATIONSHIP

You may find yourself relying on your peer support volunteer for emotional support - until you discover your own strengths and are able to make independent choices.

Most visits are once a week and one-hour in length.

Volunteers are **NOT** allowed to accept gifts of any kind.

Be prepared that the relationship will possibly end at some time.

What Your Senior Peer Support Volunteer CAN Do For You:

- ◆ offer a listening ear
- ◆ talk over any problems you may have
- ◆ provide information needed to help you in making informed choices
- ◆ acquaint you with seniors' services available

What Your Senior Peer Support Volunteer CANNOT Do For You:

- ◆ provide transportation
- ◆ do housework
- ◆ do shopping

They can give you information on who will do these things for you.

TRAINING

Senior Peer Support Volunteers undergo an intensive training course following guidelines set by the Ministry of Health and given by experienced Senior Peer Support Trainers and Consultants.

The topics covered are:

- Listening
- Problem management
- Community information

Ongoing training/information for all graduate senior peer support volunteers continues throughout the year at our monthly volunteer networking breakfasts

Do you want to use your life skills and experiences to help other seniors?

Volunteer as a senior peer support volunteer.

Both men and women 50+ are needed!

Training takes place twice a year in the Spring and Fall.

