

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

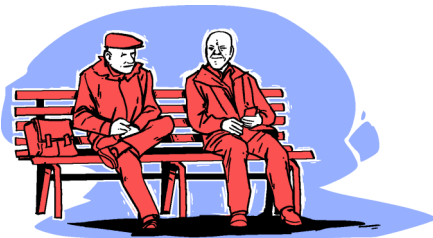
\_\_\_\_\_

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!



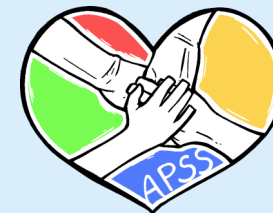
Confidentiality of the senior is assured!

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

# **Abbotsford Peer Support For Seniors**

## **Peer Support Visits**

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](mailto:apss.seniors@telus.net)**

**WEB-SITE:**

[www.abbotsfordpeersupportforseniors.ca](http://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.

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### 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.

### **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!

