

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 Visits Program or our
Good Morning Calls 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.

—●—
Criminal record searches have been
completed on ALL volunteers!
—●—

OFFICE HOURS

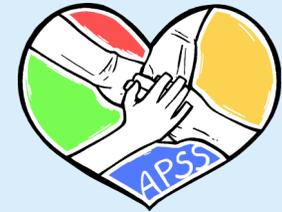
Tuesday to Thursday
9:00 am. - 1:00 p.m.
Office Phone: 604-850-0011
Cell Phone: 604-300-1457

Thank you to the following for their financial
assistance:

The BC Gaming Grant, Abbotsford Bingo,
Abbotsford Community Foundation, New Horizons
Grant, and Maplewood Care Foundation.

Abbotsford Peer Support For Seniors

Peer Support Visits



Seniors Helping Seniors

2499 MCMILLAN ROAD
ABBOTSFORD, BC
V3G 1C4

PHONE: 604-850-0011
CELL: 604-300-1457

EMAIL: apss.seniors@telus.net
admin.seniors@telus.net

WEBSITE:
www.abbotsfordpeersupportforseniors.ca

PEER SUPPORT VISITS PROGRAM

The Peer Support Visits 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.

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.

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!

Our **Peer Support Visits Volunteers** are asked to undertake a basic training course.

Ongoing information and tips for all volunteers continues throughout the year.

