

The Benefits of your work...

The Community Visitors Scheme aims to ensure that individual lives are enhanced by the visits they receive from YOU, the Community Visitor Volunteer. Ultimately, your kind and caring work will help elderly residents to experience:

- **Reduced feelings of depression, anxiety, loneliness and isolation.**
- **An increased sense of purpose, independence, self-esteem, community connection, well-being and cultural connectedness**
- **A sense of achievement through participation in a one on one relationship**
- **A sense of connectedness with other residents in the aged care home and the community at large.**

Funding

Flexible Living's Community Visitors Scheme is supported by funding from the Australian Government under the Department of Social Services.



About Flexible Living

For 30 years, Flexible Living has been committed to providing responsive, innovative and flexible support services that enhance the quality of life of the elderly, people with a disability, and their carers. Our services enable people to be a part of their community and maintain their independence for as long as possible.

Our focus is on the empowerment of the individual through respecting decisions and choice making, ability and re-ablement, promoting dignity, developing skills, encouraging independence, integration into the community and respecting rights and roles of all human beings. For more, visit flexilivingvolunteer.org.au

Can I volunteer?

YES! If you have genuine care and compassion for older people and enjoy spending time in their company, you can become a Community Visitor Volunteer. We are searching for people from culturally diverse backgrounds, languages, social and lifestyle backgrounds, gender roles and age groups.

All you need is the interest and willing to share your time with someone who's in need of companionship. Someone with a caring heart.

What do I need to know?

The activity that you do will depend on the health of the consumer and you will be matched with a resident appropriately, taking into consideration, availability, location and the visitor's interests and background, this will assist in forming mutual social connections.

In addition, a CVS Co-ordinator will support you and help you to adapt, and offer you training and support in understanding the needs of your new companion.

Sharing your time and your interests for just one hour a fortnight will be rewarded with the satisfaction of enhancing the persons' quality of life... and perhaps yours too!

For more info on how YOU can become a volunteer with Flexible Living's Community Visitors Scheme and help connect socially isolated elderly people,

contact us today

0410 692 140
cvs@flexiliving.org.au
www.flexilivingvolunteer.org.au

**Community
Visitors
Scheme**



Flexible Living

**Volunteering
Service**



0410 692 140

| www.flexilivingvolunteer.org.au

Social isolation is a critical issue facing our aging population. The facts reveal...

“Social isolation is equivalent to the health effects of smoking **15** cigarettes a day...

It is **more harmful** than not exercising & twice as harmful as obesity...

It is estimated that **20%** of older Australians are socially isolated...

Social Isolation can result in **insomnia, depression, and a greater likelihood of developing dementia...**”

But **YOU** can help to change this...

* Reference: Professor Andrew Beer, Director of the Centre for Housing, Urban and Regional Planning at the University of Adelaide, 2011.

Community
Visitors
Scheme

Become a volunteer with the ...
**Community
Visitors
Scheme**

Flexible Living is inviting YOU to JOIN the Community Visitors Scheme (CVS) , A collaborative, state-wide funded program designed to provide one-on-one, VOLUNTEER VISITORS to residents of Australian Government subsidised aged care services living in the community, and residents of aged care homes who are socially isolated.

The CVS program is innovative, designed to alleviate social and or cultural isolation experienced by individuals living in their homes, and residents of aged care homes whose quality of life would be improved by friendship and companionship. And you are invited to join us.

If you would like to find out more or join the Community Visitors Scheme today, please contact one of our friendly staff at Flexible Living's Volunteering Service on 0410 692 140. Your work as a volunteer will create a meaningful difference and create connection and companionship.



**Create connection.
Create companionship.
Change a life.**



As a volunteer, you will visit older people living in their own homes and in aged care facilities who are socially isolated and lonely, needing someone to talk to, spend time sharing a common interest and assisting and supporting residents to engage in activities and hobbies, such as reading, listening to music, reminiscing or going for a walk.

Volunteers will be asked to commit to regular visits with their assigned resident, at least once a fortnight, and visits can be either individual or group based, according to how you have been matched at the start of the process.

The CVS program aims to enrich the lives of residents in aged care facilities and in the community; and increase self-esteem and physical and emotional well-being, through the companionship of a friendly visitor... YOU!

At the commencement of your volunteer work, we will send you out a volunteer visitors pack with everything you need to get started, and offer you support and guidance along the way should you need it.

Best of all, you can do this in your local community knowing your work will directly benefit your own backyard. So please join us! This 'aint no regular volunteering opportunity, and you will change lives.

To get started, please contact us at Flexible Living's Volunteering Service on 0410 692 140 or via cvs@flexiliving.org.au

YOUR help can create meaningful connection, real companionship and support in the lives of elderly individuals living with, or at risk of social isolation.