

## *Our Mission:*

We believe that every senior, regardless of race or religion, has the right to live a full, independent, dignified life. Further, we believe that peer support specialist, being of similar age and experience, can act as the vehicle for seniors to help them regain or maintain their independence allowing them to live with dignity.



## *Our Programs*

The Community Support for Seniors Program offers two main programs available for seniors 50+.

Our goal is to enhance the well being of seniors and support independent living by providing encouragement, information or referrals. The seniors are referred from Home Health Care, Mental Health, Doctors, Family, Friends and Self. Confidentiality of the senior is assured!

## Good Morning Program



Start Your Day with a Ring!

Our good morning calls give interested seniors a telephone check on their physical/mental well being helping them maintain their independence. The calls assure the seniors of daily contact with the outside world, providing them peace of mind and a consistent social contact.

The service is ideal for:

- seniors who do not have any local family or support to check on them.
- for seniors who are recovering from hospitalization
- socially isolated or shut-in seniors
- seniors temporarily alone when family members or caregivers are away. Calls may also be used as a reminder to take medication.
- Available 9am - 10am Monday to Friday,

If the volunteer caller is unable to reach the senior, an emergency protocol is then followed. The senior is required to provide an emergency contact.

# A NEW WAY OF LIFE

A RISING HOPE COMPANY



## Successful Aging

Community Support  
Services  
for  
Seniors of Franklin  
County, Ohio



Only in this environment can the peer supporters empower others to address their concerns, identify their strengths and set goals to move forward in a positive direction.

The future can be faced with renewed confidence and increased self-esteem. Quality of life is improved- both current and future.

Lastly, the peer support volunteers are resilient adults who are “bridges to the community,” identifying resources, especially those to decrease feelings of social isolation and loneliness.



## Peer Support Specialist

Peer support specialist in this program are over the age of 50, as we believe seniors prefer to talk to other seniors who have similar life experiences. When interviewed after application to join our program, they are asked to undertake a basic 40-hour training course and commit to ongoing training as offered after that. A criminal record check is required as well as a commitment to work with us for a minimum of 12 months.

Ongoing training/information for all graduate senior peer support staff continues throughout the year at our monthly networking breakfasts or workshops.



## *Successful Aging*

The primary focus of this program is for adults age 50 and older to assist their peers through weekly home/community visits. The peer supporters are specially trained mentors and advocates who provide encouragement for positive change, personal growth and adjusting to major life changes which may occur as one ages. They offer support to older adults facing difficulties such as:

- family estrangement
- anxiety
- loneliness
- depression
- addiction
- grief
- or recent diagnosis of a medical condition (cancer, dementia, macular degeneration).

The seniors we serve may be experience feelings of sadness, guilt, hopelessness, emptiness, or marked changes in sleep, appetite, and energy.

Peer supporters are not professional psychologists or advice givers. Rather, they are individuals who genuinely listen to and respect others. This fosters relationships built on mutual trust and acceptance.