

What is Friendly Visiting?

The Friendly Visiting Program is a free support service intended to help individuals maintain social interaction with the community and alleviate isolation.

Regularly-scheduled visits are established for companionship, emotional support and friendship.

Volunteers are carefully chosen and matched with a senior based on similar backgrounds, interests, and personality types.

Volunteers do not provide personal care or housekeeping services.

Benefits for the Client

- Emotional support, conversation, companionship, friendship
- Shared social and leisure activities
- Decreased social isolation and loneliness

Benefits for the Family

- Caregiver relief and support

Benefits for the Volunteer

- Build a relationship
- Make a difference

Shared Activities

- Conversation
- Playing cards
- Recreational activities such as bowling, billiards, reading a book or newspaper, taking a walk, sitting outside or enjoying a cup of coffee at Ina's Café



Who Benefits?

Services are offered to those who:

- Live alone in the community
- Have limited social contacts outside the home
- Will benefit from a social visit
- Have chronic illnesses or physical disabilities and/or may experience memory loss

You can make a difference in a person's health, well-being and quality of life!

Why Get Involved?

Over time, individuals and/or their caregivers may begin to isolate themselves and become socially withdrawn as they find it more and more difficult to stay connected to friends, the community or to leave the safety and comfort of their homes.



Volunteering Can Make a Difference

- Meet other people who share your interests and passions
- Learn new skills and discover new talents
- Bring fun and fulfillment to your life
- Be part of your community
- Enhance your social and relationship skills
- Build your network and establish contacts in your field of interest

Volunteers

- Visit daytime, evening or weekends at a mutually convenient time for the client and/or family and the volunteer
- Provide companionship for the client and short-term relief for the caregiver
- Visit in the client's home as well as in the community
- Understand and respect the client's privacy and confidentiality
- Provide a police record check, references and an interview before volunteering
- Receive training and ongoing support from staff



A volunteer is a person who is a light to others, being aware of another's needs and doing something about it!

Contact Us

For more information about the Friendly Visiting Program please contact:

Mary Gordon
Volunteer Coordinator
905-935-6080, Ext. 224

Volunteer Applications are available at the Administration Office
Village Centre, "B" Building

Niagara Ina Grafton Gage Village
413 Linwell Road
St. Catharines, Ontario
L2M 7Y2

Administration Office Hours
Monday to Friday
9 am - 4 pm



Continues to Grow

www.niggv.on.ca

*Niagara Ina Grafton
Gage Village*

Friendly Visiting Program



Volunteers are people who want to make a difference in their community

