



# Institute on Aging

Helping Bay Area Seniors Live Independently

## ~ Keep in Touch ~

Volunteers for IOA's ~ Keep in Touch ~ Program visit an older adult in their home, providing a welcome opportunity to socialize and connect. Volunteers are matched with seniors based on compatibility and mutual interests. This visit can also provide much needed respite for a family caregiver. Volunteers often find that they develop a close friendship with their companion; a relationship that can last a lifetime!

After completing a background check and training, volunteers will be placed with a senior and connected to the senior's IOA case manager. An initial visit will be assessed for compatibility by both the volunteer and the senior client. Volunteers will then be asked to commit to at least two visits per month for a six month minimum commitment. Ongoing training, communication and support will be offered by both the Volunteer Resource Department and the senior's IOA social worker.

Please fill out our [Volunteer Application](#) and return to [volunteer@ioaging.org](mailto:volunteer@ioaging.org) or fax to 415-750-4127.

For more information about this and other IOA programs and volunteer opportunities, please contact Susan Lee Lindeman.

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