

Visiting At-Home Members

Plan a visiting program which matches a volunteer with a person who cannot leave home, lives alone, or in a care community. The pair get together weekly or monthly to socialize and share experiences.

Tips for visiting:

Connect with the person right where they are
Bring empathy and compassion
Be in the moment
Listen with no advice or judgment

Maintain eye contact
Give your full attention
Turn off your phone or other distractions
Stay calm and comforting despite their words or even tears

Take their lead
Talk about what they want to talk about
Don't interject your opinions
Offer to pray together

The Benefits of a Visiting Program:

- Improving the quality of life for both of the participants, especially those who are experiencing loneliness.
- Increasing socialization, perhaps lightening one's mood and feelings of loneliness.
- Providing an outlet for conversation, bonding, and special relationships.
- Encouraging independence while maintaining dignity.
- Supporting health, nutritional and spiritual needs with resources, if needed.
- Reminiscing while learning from the past, and looking to the future.
- Engaging in activities using music, games and reading aloud
- Potentially improving memory, eye-hand coordination, and focus.