

Visiting Buddies Volunteer Visitor Program Information Sheet



The **Well-Being HUB Visiting Buddies Program** (Visiting Buddies) serves community members from Lake Echo to Ecum Secum, and through the Musquodoboit Valley. The aim of Visiting Buddies is to address isolation amongst older adults, which is shown to negatively impact health in a variety of ways, both physically and mentally. Having access to support in the form of a volunteer visitor can help connect community members to services they need, reduce isolation, and lengthen the time they can remain in their homes and communities.

Through this program, isolated older adults are matched with volunteers who visit them in their homes and/or in the community, depending on the client's needs. If needed, pairs (volunteer & client) have access to MusGo Rider for transportation support during visits.

Volunteer Role & Responsibilities

The volunteer will visit with the client in their home or community for **two to three hours per week** for a **period of six months**, with the option to extend if volunteer resources are available.

Visits are primarily social, and can include:

- outings
- doing an activity at the client's home
- providing accompaniment for errands
- providing navigation support and connecting to required resources, etc.

Visits do not include:

- housework, cooking, or other related tasks
- providing personal care
- providing financial support.

Volunteers and clients will decide on a visit schedule that works for both, which can change from week to week depending on the client's needs and the volunteer's availability. Our local community transportation service, MusGo Rider, can be booked for outings and errands that the client needs accompaniment for.

All individuals volunteering in the program undergo an application process which includes the submission of a valid Criminal Record & Vulnerable Sector Check, an interview and an orientation meeting. On-going training is provided to volunteers. The Well-Being HUB Project Coordinator is available to support clients and volunteers who are participating. Should any conflicts, challenges or problems arise in the match, the Project Coordinator will help mediate.

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Getting a volunteer

Volunteer matches are available to isolated seniors (age 55+) who identify as vulnerable and isolated and who could benefit from the support of a volunteer. Isolation may be due to:

- location
- physical disabilities
- health challenges
- lack of a social support system
- inability to leave home
- lack of transportation, among other factors.

If you are interested in being matched with a volunteer through Visiting Buddies or would like more information, please contact Lesley Magee, Well-Being HUB Project Coordinator, at 902-889-2735 or wellbeinghubs@gmail.com. Lesley will assess your eligibility and help you complete the intake process.