

ABBOTSFORD PEER SUPPORT FOR SENIORS





WHO WE ARE



**ABBOTSFORD PEER SUPPORT IS A NON-PROFIT
SUPPORT SERVICE WHO IS READY TO HELP
SENIORS.**

**AS OF DECEMBER 2022 THERE WERE 28,115
PEOPLE IN ABBOTSFORD WHO WERE 65 +
YEARS OLD**

WHAT WE DO



**OUR MISSION IS TO ENHANCE THE
WELL BEING OF SENIORS THROUGH
SERVICE, COMMUNICATION,
AND/OR REFERRAL TO:**

***OUR PEER SUPPORT PROGRAM**

***OUR GOOD MORNING PROGRAM**

***OTHER RELATED AGENCIES AS
REQUIRED.**

WHO WE HELP



**WE BELIEVE THAT EVERY SENIOR,
REGARDLESS OF RACE OR RELIGION,
HAS THE RIGHT TO LIVE A FULL,
INDEPENDENT, DIGNIFIED LIFE**

HOW WE OPERATE



**FINANCIAL ASSISTANCE IS PROVIDED BY
THE BC GAMING GRANT.**

**CRIMINAL RECORD SEARCHES HAVE
BEEN COMPLETED ON ALL VOLUNTEERS.**

**CONFIDENTIALITY OF THE SENIOR IS
ASSURED!**

TRAINING



**ALL OUR VOLUNTEERS GO THROUGH
A TRAINING COURSE FOLLOWING
THE GUIDELINES SET BY THE
MINISTRY OF HEALTH AND GIVEN BY
EXPERIENCED SENIOR PEER SUPPORT
TRAINERS.**

**ONGOING TRAINING/INFORMATION
FOR ALL GRADUATE VOLUNTEERS
CONTINUES THROUGHOUT THE YEAR
AT OUR MONTHLY VOLUNTEER
NETWORKING BREAKFASTS.**

**TRAINING OF NEW VOLUNTEERS
NORMALLY TAKES PLACE TWICE A
YEAR IN THE SPRING AND FALL.**

GOOD MORNING PROGRAM



HOW THE GOOD MORNING PROGRAM WORKS



OUR GOAL FOR THE PROGRAM IS TO ENCOURAGE AND SUPPORT INDEPENDENT LIVING BY PROVIDING SUPPORT, INFORMATION OR REFERRALS. THE CALLS GIVE THE SENIORS DAILY CONTACT WITH THE OUTSIDE WORLD, PROVIDING THEM PEACE OF MIND AND A CONSISTENT SOCIAL CONTACT WHICH ENABLES THEM TO MAINTAIN THEIR CURRENT LIFESTYLE WITH DIGNITY.

**WHO IS THE GOOD
MORNING
PROGRAM FOR?**



THIS SERVICE IS IDEAL FOR SENIORS WHO DO NOT HAVE ANY LOCAL FAMILY OR SUPPORT TO CHECK ON THEM, EVEN ON A TEMPORARY BASIS.

**IT IS ALSO GOOD FOR SENIORS
RECOVERING FROM
HOSPITALIZATION, ARE SOCIALLY
ISOLATED OR SHUT-IN OR SENIORS
TEMPORARILY ALONE WHEN FAMILY
MEMBERS OR CAREGIVERS ARE
AWAY.**

**CALLS MAY ALSO BE USED AS A REMINDER
TO TAKE MEDICATION.**

ABBOTSFORD PEER SUPPORT



HOW PEER SUPPORT WORKS



PEER SUPPORT IS A PROCESS IN WHICH TRAINED PEER SUPPORT VOLUNTEERS OFFER ONE-ON-ONE LISTENING AND EMOTIONAL SUPPORT, GUIDANCE, EMPATHY AND INFORMATION TO IN-NEED SENIORS LIVING ALONE.

**WE BELIEVE THAT PEEER
SUPPORT VOLUNTEER, BEING OF
FIMILAR AGE AND EXPERIENCE
HELP SENIORS TO MAINTAIN
THEIR INDEPENDENCE ALLOWING
THEM TO LIVE WITH DIGNITY.**

**MOST VISITS ARE ONCE A WEEK
AND ABOUT ONE HOUR IN LENGTH
AT A MUTALLY AGREEABLE TIME.**

WHO ARE OUR PROGRAMS FOR?



**SENIORS IN BOTH PROGRAMS ARE
OVER THE AGE OF 50 AND ARE
REFERRED FROM ARCHWAY
COMMUNITY SERVICES, MENTAL
HEALTH, URGENT CARE, DOCTORS,
FAMILY MEMBERS, FRIENDS OR
REQUESTED BY THE SENIORS
THEMSELVES.**

WORDS FROM OUR VOLUNTEERS



“I am learning that I have more patience with myself as things don’t turn out the way I think it should, as I spend time with my client. I am here for her, and she is dealing with a difficulty in her life – her hearing and her ability to see.”

“I had the privilege of knowing John for about 4 years. He was in his nineties, still driving & sharp cognitively. We had many interesting conversations on various topics such as politics, headline news, travels, religion etc.”

“Frequently I brought some home baked goods like carrot cake, shortbreads & blueberry scones on my visits. On several hot summer visits I brought ice cream cones. One time I invited him & his guest to a Christmas concert at a local church.”

**CONSIDER
VOLUNTEERING
WITH US!**



**DO YOU KNOW SOMEONE WHO WANTS
TO MEET NEW AND INTERESTING PEOPLE?**

**DO YOU KNOW SOMEONE WHO WANTS
TO FEEL PART OF THE ABBOTSFORD
COMMUNITY, OR PERHAPS THEY'RE
FEELING LONELY THEMSELVES?**

WE ARE A WELCOMING GROUP WHO ENJOYS GETTING TO KNOW SENIORS, GETTING TOGETHER AT OUR MONTHLY BREAKFASTS AND WORKSHOPS, OUR ANNUAL PICNIC AND ANNUAL HOLIDAY LUNCHEON.

**A VOLUNTEER NEEDS TO BE
50+ YEARS OLD.**

**BOTH MEN AND WOMEN
ARE NEEDED!**



ABBOTSFORD PEER SUPPORT FOR SENIORS

2499 MCMILLAN ROAD

ABBOTSFORD, BC V2S 7S5

604-850-0011

LOCATED IN THE ABBOTSFORD REC CENTRE

KAREN HARDY, COORDINATOR OF VOLUNTEERS

APSS.SENIORS@TELUS.NET

Abbotsfordpeersupportforseniors.ca

OFFICE HOURS ARE TUESDAY THRU THURSDAY

9:00AM TO 1:00PM