



UNIVERSITY OF NEBRASKA AT OMAHA GERONTOLOGY

Do You Have The Cour**AGE** to Care?



Eastern Nebraska Office on Aging Volunteer Program

More than 800 men, women, and young people answer ENOA's call to volunteer. They provide services worth at least \$4 million per year by donating over 200,000 hours, making a difference in Cass, Dodge, Douglas, Sarpy and Washington Counties in Nebraska. While our volunteers come from all walks of life and range in age from 12 to 98, they share a common bond: the need to help people. While our volunteers are helping others, the many health benefits of volunteering for older adults include fewer physical limitations, decreased depression, and an increase in energy, strength and level of well-being. Meaningful volunteer opportunities are available through the Eastern Nebraska Office on Aging through the following programs:



The mission of the Long Term Care Ombudsman Program is to advocate for rights and improve the quality of life for residents of long-term care and assisted living facilities. Ombudsman advocates help ensure that residents enjoy the best possible quality of life by promoting the rights of residents and serving as a liaison between residents and staff. The role of the Ombudsman is to listen to residents' concerns, inform residents, families and facility staff about residents' rights, and to serve as a resource person and a problem-solver. Volunteers receive orientation and ongoing training and serve a minimum of two hours each week at their assigned facility.



The SeniorHelp Program works with over 300 volunteers of all ages to provide assistance to older adults that help them remain in their homes and improve their quality of life. Volunteers donate their time, abilities and goodwill to provide such help as: Companion, Escort/Transportation, Handyman, Holiday Gift Delivery, Meals on Wheels Delivery, Personal/Household Assistance, One-time Clean-ups, Painting, Snow Removal, Telephone Reassurance, Telephone Visiting and Yard Care. Volunteers reduce the burden of care and responsibility for caregivers, family, neighbors, and friends through the services they

provide. In addition, their services reduce the direct costs for services for clients and families.



Retired and Senior Volunteer Program (RSVP) serves as an important resource for organizations seeking volunteer help. Over 400 RSVP volunteers are placed at public and non-profit organizations, public agencies, transportation services, health institutions, food pantries and senior meal centers. They serve community needs in the areas of healthy futures, resulting in increased food security, an increase in blood donations, increased capacity for thrift stores, transportation to medical appointments, improved services for veterans and improved environmental stewardship. RSVP Volunteers are age 55 and older and committed to serving their community.



The Foster Grandparent Program provides opportunities for individuals age 55 and older to remain physically and mentally active by serving as a positive role model to children and youth in their communities. Foster Grandparents serve a minimum of 10 hours per week assisting children needing special attention in education, healthcare and social development. They volunteer in schools, Head Start Programs, hospitals,

and child development centers. Through regular interaction with a Foster Grandparent, children needing special attention have an opportunity to improve their physical, mental, emotional, and social development.



The mission of the Senior Companion Program is to recruit and train volunteers to assist individuals in maintaining their independence. Whether it is someone who is lonely and isolated, physically or mentally disabled, or someone living with Alzheimer's disease, Senior Companions help people in ways true friends help one another. Senior Companion volunteers visit the homes of older individuals who can benefit from the company of another older adult. Companions talk with their clients about the news of the day, share stories about family, play cards, read mail, or perhaps watch television. Some Companions help their clients run errands or provide respite to caregivers.

Contact:

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VOLUNTEER SERVICES

Eastern Nebraska Office on Aging

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