

## Referrals

Referrals are accepted from Waterloo Wellington LHIN, community support agencies, doctors, social workers, family members, or YOU can simply refer yourself. The Friendly Visiting staff will contact you for a home visit.

## Our Volunteers:

- are 18 years of age and older from various backgrounds
- can visit daytime, evening, or weekends at a mutually convenient time for the person and/or family and the volunteer
- provide companionship for the person being cared for, and short term relief to the caregiver in need of a break
- frequently visit in the client's home; however, short walks or outings are a possibility (a car is not necessary)
- understand and respect confidentiality
- are screened with a police records check, references and an interview
- receive training and ongoing support from staff

## For more information about The Friendly Visiting Program

please call:  
(519) 740-4681 ext. 4820 or visit  
[www.cambridge.ca/friendlyvisiting](http://www.cambridge.ca/friendlyvisiting)

Office located at:  
William E. Pautler Centre  
1145 Concession Road  
Cambridge, Ontario N3H 4L6

Programs are made possible thanks to funding provided by the Waterloo Wellington Local Health Integration and The City of Cambridge



# FRIENDLY VISITING PROGRAM

A CITY OF CAMBRIDGE  
COMMUNITY SUPPORT PROGRAM



# The Friendly Visiting Program

## A Community Support Service

Do you know a senior or an adult with a physical disability who is lonely and isolated at home?

### What is Friendly Visiting?

The Friendly Visiting Program is a free community support service that matches a volunteer with a socially isolated senior or an adult with a physical disability.

- Regularly scheduled visits for companionship and friendship increase social contact and reduce isolation
- A compatible match is carefully made so the individuals may share interests, time and friendship
- Volunteers do not provide personal care, housekeeping, meal preparation or medical care

### Why Get Involved?

Over time, individuals and/or their caregivers may begin to isolate themselves and become socially withdrawn as they find it more and more difficult to stay connected to friends, the community or to leave the safety and comfort of their homes.

**The Friendly Visiting Program can help!**

### The Benefits for Participants:

- Companionship, friendship, conversation
- Social and leisure activities
- Decreased social isolation and loneliness
- Opportunity for the occasional outing

### The Benefits for the Family:

- Caregiver relief and support
- Information and referral to other community support services

### Shared activities can include:

Pleasant conversation, playing cards and games, sharing a book, taking a walk, sitting outside or enjoying an outing to the coffee shop or mall.

**Visiting Service is offered to those who:**

- Live alone in the community or with family members
- Live in the Cambridge/North Dumfries area
- Have limited social contacts outside of the home
- Will welcome a volunteer and benefit from the social visit
- Will not require personal care during the visit
- Have chronic illnesses or physical disabilities and/or may experience memory loss
- The availability of service is dependent upon the need and number of available volunteers



## Our Volunteers:

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- provide companionship for the person being cared for, and short-term relief to the caregiver in need of a break
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# VOLUNTEER WITH THE FRIENDLY VISITING PROGRAM

A CITY OF CAMBRIDGE  
COMMUNITY SUPPORT PROGRAM



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## A Community Support Service

Do you want to make a difference in the life of a socially isolated senior or an adult with physical disabilities?

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- Caregiver relief and support

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### Who are our clients?

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- Will not require personal care during the visit
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