

JABA's Neighbor to Neighbor Program

Fast Facts

Are you an older adult who would enjoy companionship with a caring person? Does your loved one have early dementia and could benefit from less time spent alone?

People used to do everything together – work on projects, gather for meals, chat over the fence and lend a helping hand. JABA's Neighbor to Neighbor Program brings people together from different walks of life so they can connect with each other in a meaningful way.

Getting Started: Call JABA's Volunteer Services Department to participate. Participants requesting a volunteer will receive a home visit before being matched. Volunteers are screened and trained before placement.

Types of Activities You May Enjoy Together:

- Talk and reminisce
- Play games or do crafts
- Receive help with small tasks (such as bringing in mail, removing fall hazards or picking up groceries or prescriptions)

For Caregivers:

- Have some time each week for respite
- Know that your loved one is with a trusted companion

Important for You to Know: JABA volunteers are not professional care providers and cannot give medications, do housekeeping chores, handle finances, help with physical transfers or offer advice (legal, medical, etc.).

Call JABA at 434.817.5226 to participate or get more information about Neighbor to Neighbor.

www.jabacares.org



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