

If you or anyone you know needs our help, please contact your local Age Concern 0800 65 2 105 or visit www.ageconcern.org.nz

Our website is full of great information and resources.

It will help you learn:

- more about Age Concern
- information on our services
- how you can change disrespectful attitudes towards older people
- how you can support the work of Age Concern.

Do you want to volunteer for us?

We would love to hear from you so please contact us today.

Everyone is welcome and valued.



**AGE
CONCERN
NEW ZEALAND**

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Would you like more company?



Are you feeling that you spend too much time on your own?

There are lots of reasons why this can happen as we get older, and Age Concern can help.

Age Concern brings people together across generations, places and cultures. In the Age Concern whānau, everyone is welcome and valued.

Our visiting service has caring volunteers who are keen to spend time with an older person. We can match you with a volunteer who shares your interests and would love to get to know you. Our volunteers visit for about an hour each week.

Having a visitor can make a real difference

People tell us that a regular visit is something to look forward to, that it makes them feel happier, and that it's reassuring to have someone popping in each week.

Our volunteers tell us that they enjoy the time they spend with their older friends and also look forward to their visits.



We'll find the right visitor for you

If you decide that you would like a visitor, one of our team will come and see you at home, to get to know you and find out about your interests. This will help us to match you with the right person.

If you would prefer to go out rather than have visits in your own home, let us know so that we can look for a visitor able to do that with you. There may also be other Age Concern social activities that you would enjoy.

We will keep in touch with you and your visitor to make sure that you are both enjoying your visits, and you can give us a call at any time if you have any concerns.

Who is the service for?

If you are over or close to 65, and wanting more social contact, the visiting service may be right for you. The service is not just for people living alone. Older people who live with others also sometimes feel the need for more company.

One thing to be aware of

The visiting service aims to provide company. Visitors may take people out if they feel able, but it is not their role to help with household tasks or regular shopping.

To find out more about the Age Concern Visiting Service call us now, pop into our office, or visit the Age Concern New Zealand website.

