

# Staying Put in New Canaan

## ***What is Staying Put in New Canaan?***

**Staying Put in New Canaan** is a non-profit organization that helps New Canaan seniors live independently in our community.

**Staying Put in New Canaan** is part of the national aging in place movement to help seniors stay in their homes and the community as long as possible. A significant concern as people grow older is that they may have to leave their home, which means leaving behind a comfortable setting, familiar community, and memories. One's home provides a strong sense of control and security. Staying Put provides senior members with important services which allow them to maintain independence and self-sufficiency.

## ***What volunteer opportunities are available?***

### **Friendly Driver**

Friendly Driver volunteers provide transportation to medical and personal appointments, shopping, or wherever the member needs to go within New Canaan or to Norwalk, Stamford, Darien or Wilton. Volunteers must have their own vehicle with current and sufficient insurance, and a clean driving record. Friendly Drivers check online for ride requests or receive emails/phone calls for help from Staying Put staff.

### **Friendly Helper**

Friendly Helper volunteers provide help with small tasks. Volunteers may run errands, provide tech help troubleshooting minor glitches with computers, phones, TVs, etc., change a ceiling light bulb or battery, make minor home repairs, move heavy objects, etc.. Friendly Helpers will receive email/phone requests for help from Staying Put staff.

### **Friendly Visitor**

Friendly Visitor volunteers provide companionship and support for members who would like more opportunities to socialize. Regular home visits are scheduled for activities such as simple conversation, playing a game or reading aloud. The commitment involves approximately one hour a week for a minimum of six months.

### **Friendly Shopper**

Friendly Shopper volunteers do grocery shopping for members who aren't able to do it themselves. The volunteer goes to the senior's home on the agreed upon day and time, picks up the grocery list and payment method, and then returns to the person's home with the purchases and receipts.

### **Friendly Caller**

Friendly Caller volunteers are matched with members who would benefit from regular conversation via the telephone. After introductions, the volunteer will call weekly to check in and chat on an established regular day and time.

### **Friendly Office Volunteer**

Friendly Office volunteers assist in the Staying Put office answering phones and assisting with clerical projects.

***Please contact us to get involved!***

**Staying Put in New Canaan**

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