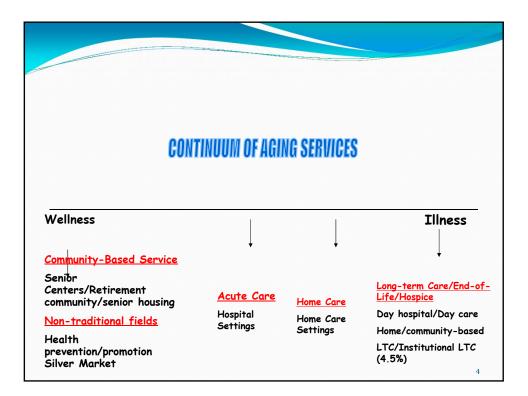
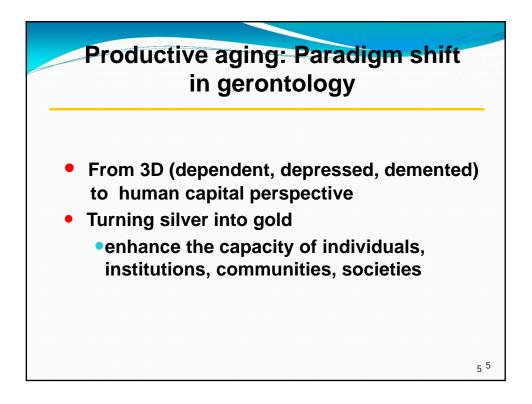


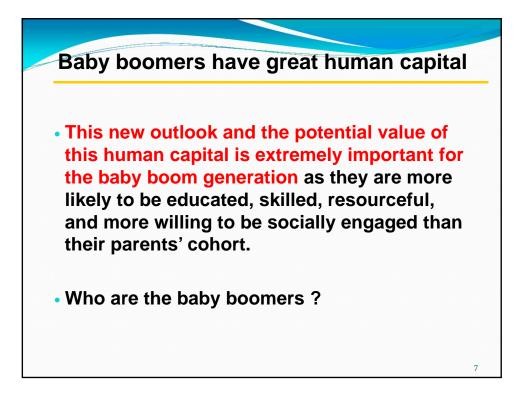


e behaviors to support
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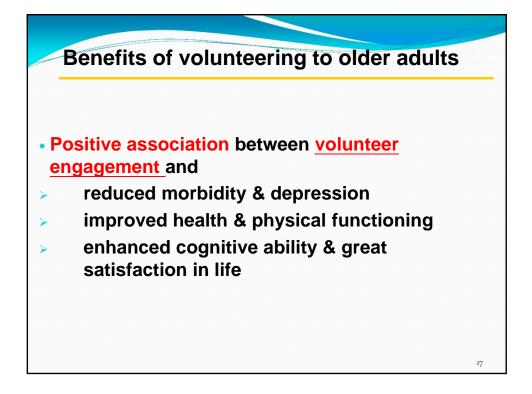








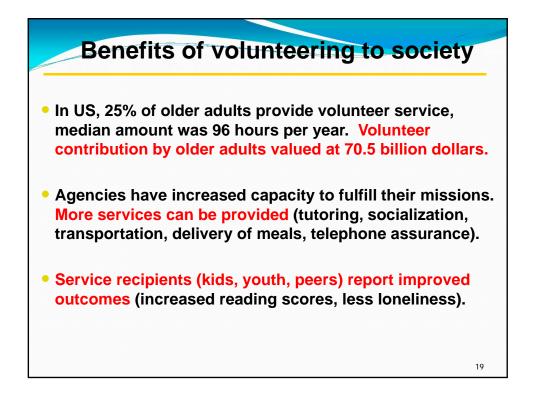


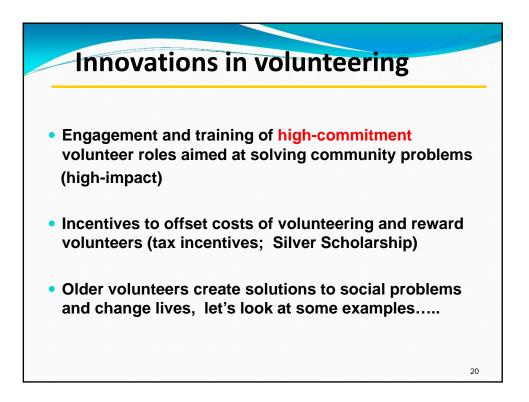


Older adults benefit from volunteering : Social Learning & Stimulation

 Training and learning associated with volunteer work may encourage older adults to develop more knowledge and skills that would increase their sense of selfefficacy, intellectual capacity, and motivation to learn

 Older volunteers show improved physical and mental health and often gain personal fulfillment, a sense of purpose when helping people in need, an on-going meaningful social interactions with fellow volunteers, a new set of social relationships and support system



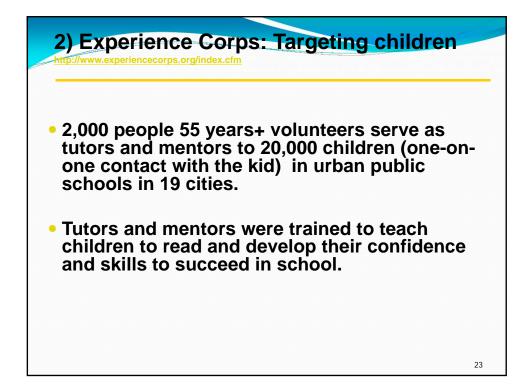


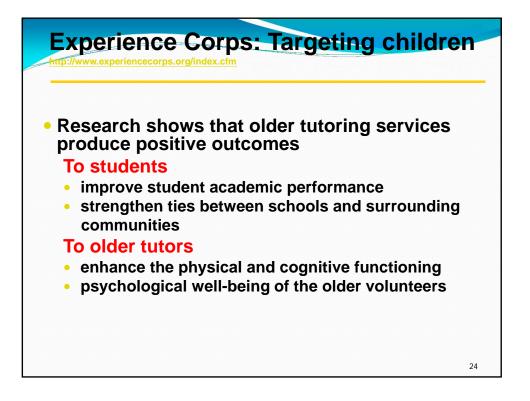
Examples of High-Commitment, High Impact, Evidence-based Older Adult Volunteer Programs In United States

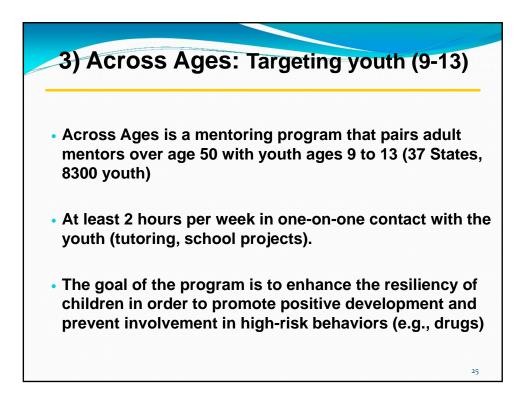


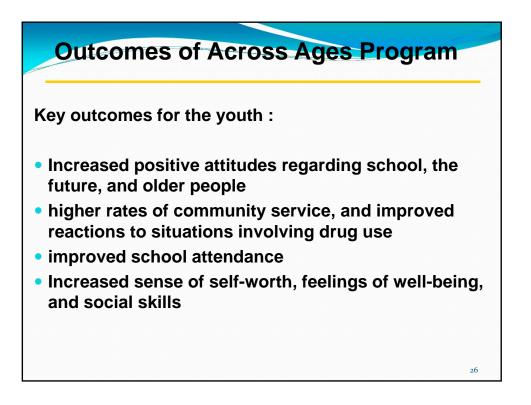
targeting non-profit organizations

- Using the experience of retired managers and executives to deliver solutions to create change.
- It is the region's largest NGO provider of capacitybuilding programs and services for non-profits & public agencies
- Volunteers work with organizations that need help with strategic planning, human resources, marketing, board development, program evaluation, etc.



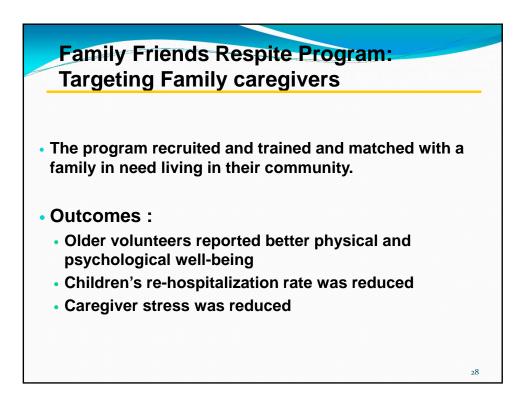








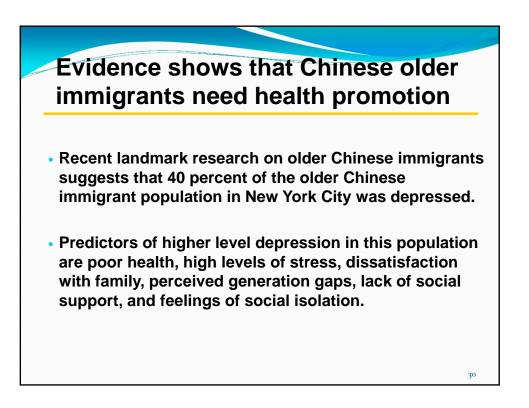
- The Family Friends Respite network of older volunteers provides a range of supports for families who have children with disabilities and/or chronic illnesses
- These invaluable volunteers pay regular visits to the family and allow parents to have an opportunity to catch up on household chores or spend time with other family members, attend support groups or simply take a much-needed rest & respite.



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5) Phone Angel Program: targeting family caregivers in NY's Chinese community

- "Phone Angels" were older Chinese volunteers. They were recruited and trained to provide telephone assurance, emotional support, & referrals to caregivers of sick relatives in the NY Chinese community.
- Most of the Phone Angels and caregivers were first generation Chinese immigrants who came to the US at an older age. They were socially and linguistically isolated and with some depressive symptoms because of language barriers.



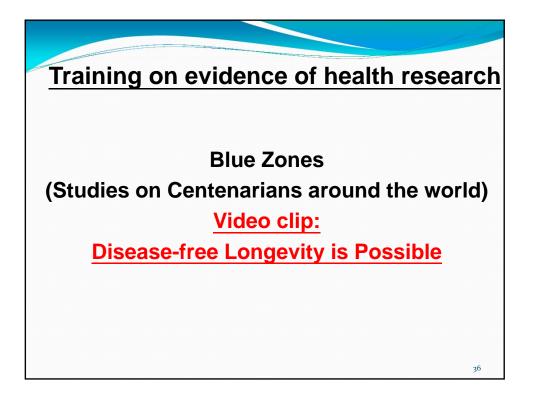


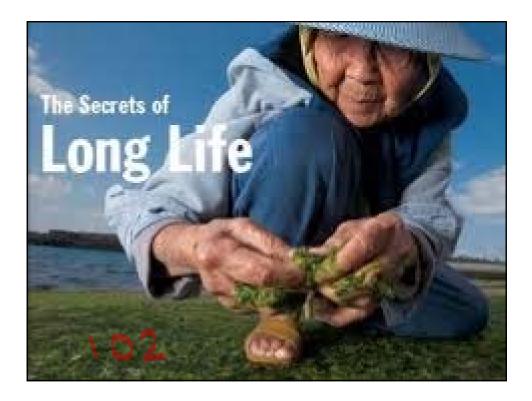




健康快樂腦年 •退休後30年的日子(第三齡) •怎樣才可以健康快樂 •活到老,多用腦,學到老, •助己助人 34

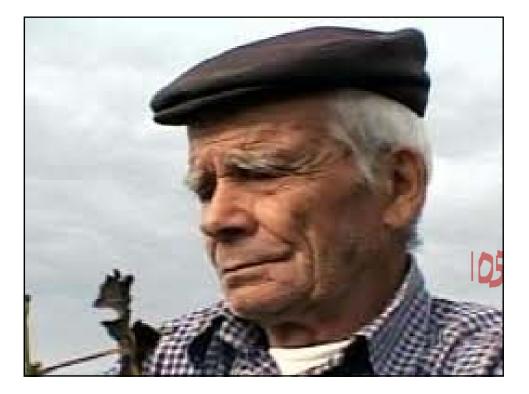


















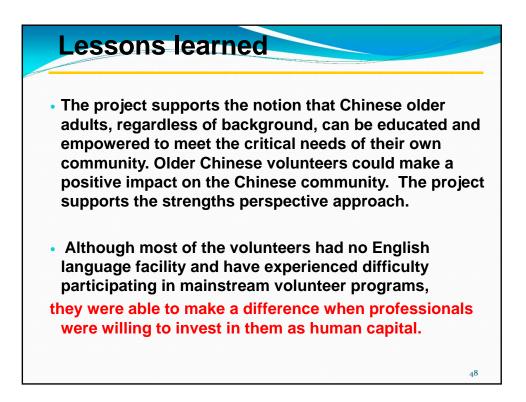




Training Curriculum of Phone Angel Program (Targeting the need of these older Chinese volunteers, packaging it as skills to help caregivers)

- Public health information
- Caregiver burden/stress
- Active listening skills
- Communication skills
- Dynamic of family relationship
- Stress management skills
- Cognitive reframing techniques (half-full vs. half-empty)
- Community resources





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Professional social workers are critical to the development & training of older volunteers

 Engagement & training of volunteers requires professional social work skills

 Social work curriculum should include aging content, especially knowledge and skills in engagement and training of volunteers. Old adults serve as volunteers is a win-win situation. Older adults will benefit, recipients of services benefit, agencies benefit, communities benefit





