

Supporting Older Adults through Volunteering

Support older adults through these simple, easy volunteer connections.

Volunteering is a profound way to connect with others. Through service and solidarity we can help meet the needs of not only others, but of ourselves as well. [A research review](#) shows volunteering can help people enjoy a sense of purpose and fulfillment, can reduce stress, and decrease risks of depression as it increases social interactions. Volunteering during a pandemic may sound difficult, but there are many creative ways to get involved at a time folks need it most.

Check out volunteer opportunities in your area on [VolunteerMatch.org](https://www.volunteermatch.org). Using the search function, select the cause area 'Seniors' to find local opportunities. Or find [virtual opportunities](#) and volunteer activities to [help with COVID-19](#).

If you are interested in volunteering to help a neighbor or friend, here are some tips to create your own volunteer activity:

- Reach out to a friend or neighbor who may need help from time to time or on a regular basis.
 - Run errands like picking up groceries, prescriptions, etc.
 - Help with yard/outdoor housework
 - Help with pets
 - Pick up newspapers/magazines/books to read
- Choose an older adult or relative to:
 - Share a call with every week. Looking for things to talk about? Try our [conversation starters with older adults!](#)
 - Write a letter or card to every week
 - Send a photograph to every week. Visit our [Connecting through Sharing Photos and Stories](#) activity for tips and ideas.