

How do I become a volunteer?

Contact:

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to learn more about the
Family Caregiver Support
Program and the Care Partner
Support Program

or

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to learn about becoming
a volunteer at GLSS

For more information about aging services in Massachusetts, call 1-800-243-4636 or visit www.massoptions.org.

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability religion or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Aging and Independence, MassHealth, and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders. Credits The Family Caregiver Support program is federally funded.

Services available through GLSS:

- **Information and referral.**
With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores and more... to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at a number of Community Cafés or delivered to your home by Meals on Wheels.
- **Transportation.** We help you find and navigate the options in your community, so you can safely get to the places you need to go.
- **Housing.** Each year, GLSS finds safe and affordable housing for elders, including many who have lost their homes.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home.

One number for everything:

Call GLSS at 781-599-0110
We'll listen. We'll help.

THE CARE PARTNER SUPPORT PROGRAM



*Do you want to make
a difference in the life of
someone who is caring for a
person living with dementia?*

**Join our
Volunteer Corps
to support area
caregivers**



Caregiving is one of the most important and hardest jobs there is. Can you help us support individuals caring for a person living with dementia?

GLSS is looking for compassionate, empathetic individuals to support people who are doing the important, rewarding, and often challenging work of caring for a person living with memory challenges.

You Can Make a Difference!

Join our Volunteer Corps—a trained and supported network of community volunteers providing emotional support, skills coaching, resource navigation, education, and respite to area caregivers.

Caregivers are vital to our families and communities. Our Care Partner Support Program can train you in the skills needed to assist and encourage people who are caring for individuals living with memory loss.

What does this volunteer position involve?

Volunteers receive 10–12 hours of training led by a specially certified “Champion Teacher” prior to beginning this role.

As a participant in this program, you will be trained in the Positive Approach to Care© model, created by dementia care expert Teepa Snow. You will learn practical, proven techniques and interventions for supporting individuals living with memory loss or dementia.

Once trained, volunteers can help by:

- Making regular visits and phone calls
- Providing respite support when appropriate
- Attending monthly Volunteer Corps meetings
- Assisting caregivers to find services, supports, and other helpful resources.

Who funds this program?

This program is provided by a grant as part of the federally funded Family Caregiver Support Program at GLSS. The program provides free assistance, including education, counseling, training, and support groups, to caregivers in Lynn, Lynnfield, Nahant, Saugus, and Swampscott, with a special focus on serving families and individuals who are caring for a family member living with memory challenges.



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