

## Why the Telephone Reassurance Program is So Important

- ◆ According to the U.S. Census Bureau, 28 percent of people aged 65 and older live alone.
- ◆ 1 in 3 adults over 50 lack regular companionship.
- ◆ According to the National Center on Elder Abuse, studies show a concentration between social isolation and higher rates of elder abuse.
- ◆ Research has linked social isolation and loneliness to higher risks for high blood pressure, heart disease, obesity, anxiety, depression, dementia, cognitive decline and even death.



*\*CDC: Loneliness and Social Isolation Linked to Serious Health Conditions*

*\*National Institute on Aging: Social isolation, loneliness in older people pose health risks*

*\*facts compiled from AARP.org and aplaceformom.com*

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Putnam County Council on Aging  
1425 E. Fourth Street  
Ottawa, Ohio 45875  
419-523-4121  
Toll-free 1-877-796-1760  
[www.putnamcouncilonaging.org](http://www.putnamcouncilonaging.org)  
Hours: 8:00 a.m. to 4:30 p.m.



Putnam County Health Department  
256 Williamstown Road  
Ottawa, Ohio 45875  
419-523-5608  
[www.putnamhealth.com](http://www.putnamhealth.com)  
Hours: 8:30 a.m. to 4:30 p.m.

## Telephone Reassurance and Friendly Visitor Program



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United Way  
of Putnam County



Partner Agency



### **What is the Telephone Reassurance and Home Visit Program?**

The *Telephone Reassurance and Friendly Visitor Program* provides friendly telephone calls or a home visit from staff and/or trained volunteers to older adults who are living alone and/or homebound.

The goals of the *Telephone Reassurance and Friendly Visitor Program* are to reduce isolation, loneliness, depression, anxiety and cognitive decline often faced by homebound seniors.

Scheduled phone calls or visits from staff or volunteers help seniors stay connected to their community and engaged in meaningful relationships. Keeping seniors socially engaged also improves their overall quality of life.

### **Want Someone to Call or Visit You?**

Maintaining social relationships can become more difficult as we age.

Seniors who are interested in receiving a telephone call or home visit from staff or volunteers can sign up or be referred by a caregiver, family member, or service provider.



### **Eligibility requirements:**

- ◆ Age 60 or better
- ◆ Isolated or homebound
- ◆ Resident of Putnam County
- ◆ Complete an application



### **Want to Be a Volunteer?**

The Telephone Reassurance and Friendly Visitor Program is an excellent volunteer opportunity! Volunteers make a difference in the lives of seniors by keeping them connected to their community. Interested in volunteering? Contact Putnam County Council on Aging at 419-523-4121.

### **Volunteer Qualifications:**

- ◆ Agree to a background screening and reference check.
- ◆ Attend orientation and training sessions.
- ◆ Willing to establish a friendly, caring relationship with seniors.
- ◆ Must be willing to make a commitment to call or complete home visits.
- ◆ Volunteer at least one hour per week.
- ◆ Strick confidentiality will be required.