

WHO WOULD YOU VISIT?

Community Visitors are matched with residents taking into account personal interests, background, health status and availability for visiting.

Residents love to know that someone cares enough to pop in to pass the time of day with them. The commitment is minimal, but the rewards are great.

Visitors find that they enjoy the friendship as much as the resident does and that the relationship is positive and rewarding.



With the assistance of the Auspice, volunteers will be required to work within the guidelines of the Australian Government Department of Health - CVS, provide a current National Police Check, and participate in training and orientation sessions. Care facilities will also require volunteers to abide by WHS regulations set by the Department.

IF YOU WOULD LIKE TO KNOW MORE

or if you would like to become a Community Visitor - or maybe you know someone else who might be interested - please contact the CVS Co-ordinator, Wendy Davis, at the Anglican Parish of Glenelg on 8295 2382 or email: glenang@bigpond.net.au.



Community Visitors Scheme

An Australian Government Initiative

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COMMUNITY VISITORS



FRIENDS FOR OLDER PEOPLE

WOULD YOU LIKE TO BRIGHTEN SOMEONE ELSE'S DAY?

Bring comfort to a lonely or isolated person by becoming a Community Visitor at a local Aged Care facility.

The Community Visitors Scheme (CVS) is a national program funded by the Australian Government.

The Scheme places people in residential care facilities as visitors for residents who are without family or friends, or who just need companionship.

The CVS aims to enrich the quality of life of residents of residential care homes who are socially or physically isolated or lonely, and who would benefit from a friendly visitor. The CVS also helps to establish links between people living in aged care homes and their local community. A Community Visitor is a volunteer who is matched with a resident in a care facility and visits that person regularly.

VOLUNTEERS FOR FRIENDLY VISITING

You can bring happiness to someone who is confined and lonely

As an Auspice of the Community Visitors Scheme, the Anglican Parish of Glenelg provides visitors for residents at

- **Charles Young Residential Care**, Austral Terrace, Morphetville.
- **Estia Health Lockleys**, Mellor Road, Lockleys
- **Kapara**, Moseley Street, Glenelg South,
- **Murray Mudge**, Moseley Street, Glenelg

Our dedicated volunteers commit to regular visits, spending at least an hour with their 'friends' over a two week period.

A Visitor's Comment:

I visit Helen, a particularly bright young soul of 90+, for an hour each week and we wear one another out with constant chatter about things old and new, over a cup of tea. I make sure to read the daily paper which can provide current news to share as she may not have had the opportunity to listen to the radio or watch television.

WHAT CAN A COMMUNITY VISITOR DO WITH THEIR RESIDENT?

- Sit and chat
- Reminisce
- Read
- Listen
- Enjoy music or games
- Share in activities

Sharing your time and interests with the resident will help them feel better about themselves and enjoy their life more.

It has been proven that appropriate companionship can:

- Increase self esteem or a general feeling of well being,
- Diminish feelings of depression and anxiety,
- Increase a sense of purpose,
- Enhance the feeling of being cared for and/or connected to the community,
- Reduce feelings of loneliness and isolation,
- Create a sense of achievement through participation in a one-to-one relationship,
- Maintain or increase independence.