

# Friendly Visiting



## What is Friendly Visiting?

This support programs matches a volunteer with an isolated senior living in the community to provide one to one visits in their home and/or to provide social support to them over the phone at an arranged time.

The purpose of this program is to provide frail, isolated seniors, adults with disabilities and/or dementia with a long lasting connection to their community. Volunteers and clients engage in meaningful social relationships that are not only beneficial for the clients, but the volunteers as well. Visits are primarily social in nature and do not involve personal care or homemaking services.

Clients are matched with volunteers based on the results of their home assessment and the volunteers' interests/skills. All clients will be professionally assessed and provided appropriate referrals internally or externally.

## CONTACT:

416-642-9445 ext. 4418 or  
[FriendlyVisiting@schcontario.ca](mailto:FriendlyVisiting@schcontario.ca)

## ELIGIBILITY

Isolated individuals over the age of 55

Catchment Area:

North to Steeles Avenue East  
East to Pickering Townline  
South to Lake Ontario and  
West to Victoria Park

## Risks associated with social isolation may include:

- Depression
- Loss of interest
- Inability to make decisions
- Self-medication
- Anxiety
- Lack of concentration
- Irritability and fatigue
- Sleep disorders
- Decrease of motor skills

The Friendly Visiting program aims to prevent and alleviate the physical and mental health risks linked to social isolation by addressing loneliness and isolation often experienced by individuals who have no family members or support system. The goal is to develop a warm and friendly relationship with the client while encouraging independent living within the community.

## VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement at  
416-847-4127 OR  
[volunteerprogram@schcontario.ca](mailto:volunteerprogram@schcontario.ca)

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**Contact SCHC 416-642-9445**

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