

Friendly Visiting

SCHC General Information



Scarborough Centre for Healthy Communities



@SCHCONT

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We are always looking for dedicated volunteers to spend some time with seniors in our community

Volunteer-based service
No fee for the client

What is Friendly Visiting?

This is a support program that 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, by matching them with a volunteer who will visit or call on a regular basis at an arranged time. 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.

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.

November 2018

Eligibility Requirements

Isolated individuals over the age of 55

Catchment Area:

North – Steeles Avenue East,
East – Scarborough-Pickering Townline,
South – Lake Ontario, and
West – Victoria Park.

How to Get Involved
Volunteering with SCHC

416-847-4127

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