



OMBUDSMAN

ADVOCATES FOR QUALITY OF LIFE IN RESIDENTIAL CARE

FRIENDLY VISITOR PROGRAM



Friendly Visitor Program

Volunteer to make a difference in the life of an older resident living in a licensed San Mateo County long term care facility.

"I look forward to visits. I'd love to just play checkers with someone."

Why Volunteer?

Social isolation can lead older residents into depression. Just knowing that someone else cares about them can improve their outlook on life. Through in-person, one-on-one visits with an older resident in licensed care facilities, the friendly visitor volunteers develop a relationship that provides social contact and a meaningful connection. For many residents, the friendly visitor may be their only personal contact each week. Volunteers find that there is much to learn by listening to the stories of residents with rich life experiences across a variety of backgrounds and career paths. The friendly visitor program is offered free of charge to all residents who wish to participate.

Requirements

- At least 18 years of age
- Seeking an opportunity to connect with an older population
- Ability and interest in exploring creative ways to connect
- Pass a background screening
- Short training provided

Contact Michele Epstein to Apply

Call 650-780-5707

or email

volunteer@ossmc.org

