

**Want a challenging and rewarding volunteer position?
Enjoy talking with people, and being there to listen?**



BECOME A SENIOR PEER COUNSELOR

What is Senior Peer Counseling?

The Senior Peer Counseling program is a free, confidential, in-home program for older adults. It provides well-informed, resourceful peers to visit older adults who are having trouble overcoming difficulties, or facing significant change in their lives.

What is a Peer Counselor?

A Peer Counselor is a trained caring volunteer who helps connect seniors with beneficial services. They have good listening and communication skills. They help peers learn to cope and support them during difficult times. Peer Counselors attend an initial training course and then regular follow-up meetings with a clinical supervisor. A peer counselor can also connect seniors with services that help them maintain independence.

The Peer Counselor is trained to help with a variety of circumstances:

Social isolation, loss of loved one, loss of independence, relationship problems, health decline, indecision etc...

Volunteers must attend an initial 30-hr training course (10-3hr classes). Once assigned to a client, they will then be expected to visit that senior weekly and attend bi-weekly group supervision to discuss the client's progress. Mileage reimbursement is provided.

The Peer Counseling Program is supervised by a professional mental health clinician.

For more information, call the Stanislaus County
Senior & Caregiver information line (209) 558-8698
Aging & Veterans Services



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