

VOLUNTEERISM

MEANINGFUL UNPAID SERVICE WITHIN A WIDE RANGE OF CIVIC AND EDUCATIONAL SETTINGS



AGING TEXAS WELL MEANS THAT TEXANS PREPARE FOR AGING IN ALL ASPECTS OF LIFE AND THAT STATE AND LOCAL SOCIAL INFRASTRUCTURE FACILITATES AGING WELL THROUGHOUT THE LIFESPAN.

TRENDS

- Volunteers, especially older adults, are the backbone of home and community-based services and nutrition programs.
- Older adults not only have a wealth of life experience but also the knowledge and expertise to perform a variety of tasks.
- Volunteering fosters an increased sense of well-being, an enhanced self-image, and a sense of usefulness and productivity.
- As people age they often reduce informal social interaction such as memberships and volunteering.

Volunteerism contributes to a more positive attitude and healthier outlook among older adults.

POLICIES, PROGRAMS & SERVICES

Federal, state and local programs provide opportunities for an estimated 800,000 new volunteers each year to support programs such as:

AAA Volunteer Opportunities

- Ombudsman programs
- Volunteer benefits counselors
- Nutrition sites

- Adopt-a-Nursing Home
- Texas Money Management Program
- Meals on Wheels
- Retired and Senior Volunteer Program (RSVP)
- Family Friends Program
- Senior Corp of Retired Executives (SCORE)
- Volunteers in Parks (VIP)
- AARP-sponsored programs including: Tax Aid, Drivers Safety Programs, and the Grief and Loss Program

GET INVOLVED

- Increase volunteer programs' flexibility and consider changing benefits to increase older-adult participation (e.g., enhanced prescription drug benefits).
- Create volunteer positions that are compelling, meaningful, satisfying, and intergenerational.
- Increase outreach — direct mailings to members, special events, word of mouth — to spread the message about volunteerism.

Support opportunities that capture older adults' imaginations, interests, and needs.

FOR MORE INFORMATION ON VOLUNTEERISM

Contact your local **area agency on aging** at: **800.252.9240** for Aging Texas Well resources and services in your community. Or, visit TDoA at **www.tdoa.state.tx.us** for this and other Aging Texas Well publications.