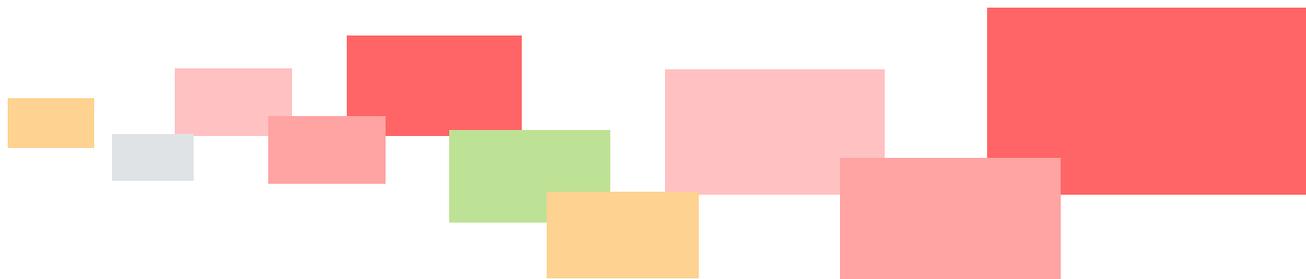


RESPONSIBILITIES OF THE VOLUNTEER

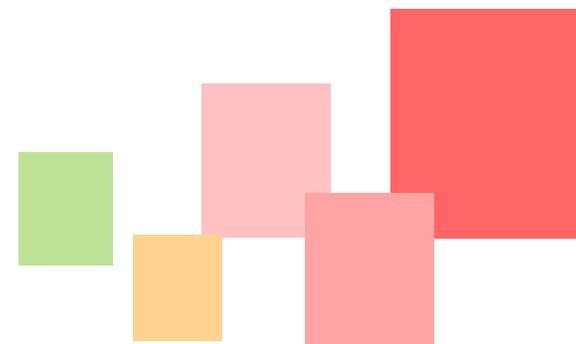
- Respect the Code of Ethics of the Centre d'action bénévole Le Hauban inc. and follow their training.
- Respect the rhythm of the beneficiary and agree with them on a schedule, according to common availabilities.
- Respect confidentiality.
- Respect the elderly person's values.
- Express yourself so that the person feels appreciated and respected.
- Provide attentive listening, compassion, empathy, respect and trust.
- Do not impose your own values; put aside any prejudices.



CENTRE D'ACTION BÉNÉVOLE
LE HAUBAN

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CENTRE D'ACTION BÉNÉVOLE
LE HAUBAN

**FRIENDLY
VISITS**

DESCRIPTION OF THE SERVICE

The Friendly Visits service consists of a match between a volunteer and a person living in solitude in order to break social and physical isolation through a supportive relationship. These visits allow people to create a friendly relationship based on trust. Also, the visits can give a break to the family by allowing them to rest, run errands or do other activities.

ELIGIBLE PEOPLE

People aged 65 years and over who are losing their autonomy or not, who live at home (single-family home, apartment, collective or private residence), on the territory from l'Anse-à-Valleau to Coin-du-Banc.



Source : Health and Wellness

WHAT CAN WE DO DURING A FRIENDLY VISIT?

- Share your passions and interests;
- Play cards or board games;
- Go for a walk;
- Drink coffee;
- Read;
- Listen to music;
- Draw, paint or do crafts;
- Gardening;
- Look at photos;
- Etc.



IMPORTANT

This service is free of charge.

The frequency of the visits is once or twice a week, depending on the needs expressed by the beneficiary and the availability of the volunteer.

The volunteer is not allowed to do household chores, such as cleaning or preparing meals. They also cannot run errands or grocery shop with the beneficiary.



Source : Centre d'action bénévole Le Hauban inc.