

# “GIVE-BACK” Program Overview

The effects of aging could make some seniors feel they can no longer give back to their community or help family and friends.

But every day, older adults across North America prove that – with a little help – seniors can still make a difference. The Home Instead Senior Care® network has captured simple and adaptable ideas from seniors and care community professionals to create the “Give-Back” program.

The “Give-Back” program is a series of activity resource sheets for caregivers and care community activity professionals who are trying to help keep even frail and isolated seniors engaged and provide them opportunities to help others. Some projects can be adopted by an individual; others are ideal for group projects or as a meaningful activity with friends.

The need to be needed does not diminish with age, experts say. Keeping seniors connected and giving back might even help them age with better health, and help reduce feelings of isolation and depression.

If you’re a family caregiver who needs help keeping your senior engaged, contact your local Home Instead Senior Care office to learn how a CAREGiver<sup>SM</sup> could assist you and your senior.



And be sure to check out incredible stories of senior volunteerism at  
**SalutetoSeniorService.com.**

