

# GIVING BACK: To Children

Seniors and children typically find it easy to bond. Even older adults in care communities still can connect with youth, often with the help of a caregiver, in the following ways.

## Get started

Contact a local school district or community center to learn how your senior or group of older adults might give back. Keep in mind that school districts often have policies that may impact student travel or have in place certain security measures – such as conducting background checks – to protect their school's children.

- **Pen Pals** – Older adults can serve as pen pals to children. Caregivers may need to help if a senior no longer can write. At the end of a school year, seniors and their pen pals can arrange a get-together to meet. It's a great idea for a care community group activity as well.
- **Mentors** – Some schools and community centers need mentors. A participating school matches youth with senior mentors in a care community to provide direction on anything from history lessons to tips on making positive life changes. Request that a representative from the school or community center accompany the youth.
- **Advisors** – Talking with seniors might be better than reading a history book. Find out from the local school if teachers are planning units on the Great Depression, the wars of the last 50 years or what life was like in the past for the seniors living today. Even seniors who can't meet with students could write about their experiences with a caregiver's assistance.
- **Foster Grandparents** – Foster Grandparents, a Senior Corps program, provides seniors the opportunity to fill many of the roles mentioned above. Go to [SeniorCorps.org](http://www.SeniorCorps.org) (<http://www.nationalservice.gov/programs/senior-corps/foster-grandparents>) to learn more and to find a location.



**For more resources and volunteer stories, go to [SalutetoSeniorService.com](http://SalutetoSeniorService.com).**

Or, to learn how a Home Instead CAREGiver<sup>SM</sup> could help a senior give back, contact your local Home Instead Senior Care<sup>®</sup> office.

