You can help local seniors

The Volunteer Senior Outreach Program uses people like you to provide support and companionship to adults over 60.

VSOP works with seniors who are homebound, have a limited support system and/or family support or may have experienced a significant loss. This may result in loneliness, mild-moderate depression, anxiety, grief or other issues that impact their mental health and quality of life.

You could be the one to make a difference in their lives!

Duties of a Volunteer…

- Socialize with seniors in their homes
- Provide support, companionship and encouragement
- Act as an advocate
- Assist seniors with achieving their goals
- Communicate as part of a team
- Attend meetings and trainings to gain new skills
- Participate in community outreach events

Get Involved!

Are you?

- 18 years old or older
- Have a compassion for seniors
- Empathetic
- Have active listening skills
- Able to make a commitment to volunteer

Contact

Melissa Gibson-Enciso at 661-868-1021 or gibsonm@kerncounty.com

The Volunteer Senior Outreach Program is a collaborative effort between

KERN BEHAVIORAL HEALTH & RECOVERY SERVICES
KERN COUNTY CALIFORNIA AGING & ADULT SERVICES
CCS

VOLUNTEER