



Give Me a Break! ... Become a Respite Volunteer



- Stay with an older or disabled adult while their caregiver takes a break.
- Help someone who is struggling to keep their older or disabled loved one at home.
- Choose the days, times & location that fit your schedule.
- Get involved in an on-going one-to-one match, or just volunteer to be on-call for one-time needs.
- NO hands-on care required — just sit with someone for a few hours at a time.

Many people in our community care for a loved one 24 hours a day, 7 days a week. Sometimes they need a little break. As a Respite Volunteer you can provide these family caregivers a chance to run important errands, get to their own medical appointments, or simply take a walk and relax for a short time. With your help these older and disabled adults can remain in their family home for as long as possible. Your gift of time can be a big relief to the caregiver, allowing them to take care of some basic needs of their own, knowing their loved one is safe and in good hands at home.

**Have a Heart.
Be a Hero.
Volunteer.**

MAKE A DIFFERENCE!

For more info contact us at:

Interfaith Volunteer Caregivers
8075 Ritter, Center Line, MI 48015
2600 Pontiac Road, Auburn Hills, MI 48326

**(586) 757-5551
www.ivcinfo.org**



Other Volunteer Opportunities:

Friendly Visits — with those who are lonely & isolated;

Transportation — for doctor appointments & other destinations;

Errands — help with grocery shopping, etc.;

Chores — indoor & outdoor jobs such as washing windows & raking leaves;

Home Repairs — fixing leaky faucets & replacing broken door locks;

Housekeeping — light routine cleaning & heavier projects;

Respite Breaks — for full time family caregivers;

Office Help — clerical, data entry & phone work;

Fundraising & Event Planning — for our many annual events;

Board, Committee and other Leadership Opportunities, too!

**Be Creative!
Tell us your special skills.**

***Someone who is struggling to remain at home
needs the time, talents & energy that you have to offer.***