

## **DUET - We're your partner in health and aging.**

For nearly 30 years, Duet has worked diligently to improve the quality of life for older adults across the Valley. We've focused particular attention on the needs of homebound elders and adults with disabilities, family caregivers, and grandparents raising grandchildren. We've reached out to the wider community by teaching nurses how to combine their faith with their professional skills – to promote health and well-being in their respective faith communities. By working in tandem with others, we create a stronger and more caring community. While we help thousands of elders, we promise to give each person individualized attention and respect, understanding and support.

### **Partner Highlights**

Each year, we serve more than 17,000 people, and provide over 39,000 hours of volunteer service to over 800 homebound adults.

More than 280,000 person-to-person contacts to promote health and well-being are made through our network of faith community health programs. Last year alone, 3600 days of respite helped support grandparents raising their grandchildren.

We offer compassionate help and the promise of a more hopeful future.

### **Volunteering for Homebound Adults**

If you are interested in directly helping a homebound elder, you may provide a variety of simple services. After you attend a one-time orientation, we will work to find someone in your neighborhood who you can help. Note: these volunteer services are only provided in Phoenix, Peoria, Glendale, Scottsdale (south of Frank Lloyd Wright), Paradise Valley and Fountain Hills.

We're flexible! Choose the following:

- Service you would like to provide
- Area of town in which to serve
- Hours and days you would like to help

Here are the services you may choose from:

- **Grocery shopping** "For" or "With" someone to grocery store, 1x per week
- **Transportation** Escort someone to medical appointment, 1x per week
- **Friendly visiting** 1 visit per week for about 1 hour
- **Friendly phoning** 2 or 3 phone calls per week, 10 minute conversations
- **Paperwork Assistance** Sort mail, bill paying, insurance forms, etc. 1x per week/month
- **Handyman Services** Minor home repairs, completed in 1 or 2 visits
- **Respite Assistance** Break for caregiver; companion to homebound person; 1x week, no hands-on care
- **Computer Assistance** Teach homebound seniors basic email, internet skills; 1x week, 1 – 2 hours, 12 weeks

### **Who can volunteer to provide these services?**

Anyone who is interested in directly helping a homebound adult. If you are under 18, you can participate as a volunteer, but you cannot help provide transportation. Many volunteers also work full time jobs – most services are flexible enough to be done in the evening or on weekends, around the volunteer's schedule.

### **Can I start volunteering today?**

You start by attending a volunteer orientation. All of our volunteers are trained and insured. We want you to be comfortable when you start helping a "neighbor."

Contact: [Rev. Chuck Milhoan](mailto:Rev.ChuckMilhoan)

Duet (founded by [Church of the Beatitudes](#))

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