WHO WOULD YOU VISIT?

There are three streams to the CVS that volunteers can be involved:

- One-to-one visits in aged care homes
- Group visits in aged care homes - visiting two or more residents at the same time
- Visiting older people living in their own home who are receiving a Home Care Package

Community visitors are matched by the Lifeline Coordinator to the older person or aged care resident you will befriend. Lifeline will provide you with training, orientation and support in undertaking this role as a community visitor.

The Coordinator will endeavour to match you with an appropriate older person, taking into account your interests and background. Most community visitors find that they enjoy the friendship as much as the older person does and that the relationship is both positive and rewarding.

IF YOU WOULD LIKE TO KNOW MORE

If you would like to know more about the Programme please contact:

**One-to-One Visits in Aged Care:**
Sally Steffan on 03 6282 1557
cvs@lifelinetasmania.org.au

**Group Visits in Aged Care:**
Lib Cooper on 03 6282 1515
lib.cooper@lifelinetasmania.org.au

**One-to-One Home Care Visits:**
Lib Cooper 03 6282 1515
lib.cooper@lifelinetasmania.org.au

Lifeline Tasmania office is Level 5, The Quay Building, 31 Cambridge Road, Bellerive 7018    Phone: 03 6282 1500

Enriching the lives of:

- Residents living in aged care homes
- People living in their own home who are a care recipient of a Home Care Package
WHAT IS THE COMMUNITY VISITORS SCHEME?

The Community Visitors Scheme (CVS) is a national programme funded by the Department of Social Services.

The CVS aims to enrich the quality of life of older people:

- Living in the community who are care recipients of a Home Care Package to help extend the time they can remain living in their home independently.
- Aged care residents who are socially isolated or lonely, and would benefit from a friendly visitor.
- Group Visits to aged care residents can be spent undertaking an activity that you enjoy i.e. gardening, board games

The CVS helps to establish links between residents living in aged care homes and their local community.

WHAT DO COMMUNITY VISITORS DO?

As a community visitor, you need to commit to visiting the person you have been matched with weekly or at least once a fortnight. A regular face-to-face commitment is required.

Group visits in aged care are also weekly or once a fortnight.

Visits should be spent doing something you both enjoy – you might want to read, listen to music, chat and reminisce, or watch a favourite TV program. You may want to go for a walk together or have an outing.

The activities you undertake will depend on the health of the person/s you visit.

Sharing your time and your interests will help them feel better about themselves and enjoy their life more.