



Transportation Volunteer

- **What is the SOS Transportation program?**
 - A Volunteer, using their own vehicle, transports a senior to a routine medical appointment or to a quality of life drive, then returns them to their home
- **What is a “routine medical” drive?**
 - A routine medical appointment is typically a medical check-up, eye appt., dental appt., or specialist appt.
 - A Volunteer will pick client up, stay the duration, and return client home ☐
 - **What is a “quality-of-life” drive?**
 - A quality-of-life drive could be taking a senior to the grocery store, pharmacy, bank, beauty salon/barber shop, etc., or doing their grocery shopping or picking up a grocery order
- **How long does a typical drive last?**
 - Drives are typically 2 - 3 hours and cover the northeast Tarrant county region, including the downtown Ft. Worth Hospital District and the north Arlington Hospital District
- **How many times per month will I be expected to drive?**
 - It’s up to you, you can drive as often as you like ○ If you have 3 hours per month to share, you can be a volunteer driver

Helping Hands Volunteer

- **What is the SOS Helping Hands program?**
 - Assisting seniors with minor home repairs and seasonal lawn care
- **What type of services are provided?**
 - Home Safety Inspections (S4S) – annual home inspections
 - Minor Home Repairs - minor interior/exterior carpentry, electrical and plumbing repairs
 - Adopt-A-Lawn – mow a lawn through the growing season
 - Certified Tech – professional partners for projects beyond volunteer capacity
 - Group Service Days – church, student or company groups perform seasonal and cleanup or minor exterior work (painting)

- **Who can do it?**
 - Home repairs: Individuals or groups with handy man skills
 - Lawn care: individuals, families, small church groups, companies, anyone who can walk behind a lawn mower; mower can be provided
- **What if repairs are beyond our capability?**
 - Serving Our Seniors can engage a professional partner to make repairs based on available funding
- **How often am I expected to volunteer?**
 - Home repairs: It's up to you; you can select a project based on your skill set and availability
 - Adopt-a-lawn; every other week or as dictated by grass growth

Social Outreach Volunteer

- **What is SOS Social Outreach program?**
 - Outreach efforts to alleviate senior isolation
- **What type of services are provided?**
 - **Visiting/Phone Friends** – A Volunteer shares quality time with a senior, visiting, going to lunch, calling, or other activity, if they choose, once or twice a month
 - **Senior Socials** – A social event is held once a month with a theme, games, with lunch provided. You can help with planning, hosting, or driving seniors to the event
 - **Connecting Hearts** – Groups of 10 or more make cards and write notes monthly to isolated seniors.
 - **Holiday Outreach** – Groups and/or individuals donate and deliver food baskets and/or gifts for our senior clients who otherwise might not experience the spirit of the season
- **Who can do it?**
 - Individuals, families, church groups, etc. with a caring heart and willingness to share quality time
- **How often am I expected to volunteer?**
 - 3 hours a month is a rule of thumb, but you can volunteer as much as you like and as your schedule allows