

Volunteer Opportunities to Support Older Adults & Families in Your Community



Are you an older adult looking for volunteer opportunities? Or maybe you are a younger adult wanting to help older adults and give back? There are many ways to donate time, build your skills in the helping economy, or apply your expertise to support others.

Volunteering: Offices for the Aging

No matter what your age, offices for aging rely on volunteers to help older adults with:

- **Transportation** to appointments
- **Delivering meals** to older adults at home (home-delivered meal driver)
- **Staffing congregate meal sites**
- **Administrative assistance** at local offices
- **Telephone reassurance** or friendly-visiting programs to combat social isolation

How to Help? Contact your local office for the aging using our directory at: <https://aging.ny.gov/local-offices>

Statewide Programs with Local Volunteer Opportunities

Statewide programs are available for volunteers to provide technical assistance and problem-solving on behalf of older adults.

NYS Health Insurance Information, Counseling and Assistance Program (HIICAP)

HIICAP provides free and objective counseling and education to Medicare beneficiaries, their families, and caregivers to help them make informed decisions about their care and benefits. Become a volunteer counselor!

Complete the volunteer interest form at <http://aging.ny.gov/volunteer>

NYS Office of the State Long Term Care Ombudsman (LTCOP)

LTCOP seeks volunteers to serve as certified ombudsmen to improve quality of care for New Yorkers who live in long term care facilities.

Complete the volunteer interest form at <http://aging.ny.gov/volunteer>