

Konocti Senior Support serves Lake County with two popular and highly regarded programs:

- **Senior Peer Counseling**
- **Friendly Visitors Program**

“*Our mission is to provide companionship and advice to seniors in their homes and at senior centers.***”**

We provide free public workshops and lectures focusing on senior issues.

We are a non-profit funded by grants from the County, other institutions, donations and fund raising efforts which recruits and trains volunteers county wide.

We relish and support diversity. E O E



LAKE COUNTY BEHAVIORAL HEALTH

Konocti Senior Support can assist you or a senior you care about.



We have a strong board and great staff to provide these services to you.

Francois van Wyk
LMFT (Left)
Senior Peer Counseling
Program Director

Norma Shepherd
Friendly Visitors Program Director

Visit our web site to find out more about our programs. If you would like to volunteer, refer a client, schedule a speaker, or just to talk about your situation . . .

Contact Us Now!

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Life to Life **SERVICES** *for* **SENIORS**



KONOCTI SENIOR SUPPORT
Senior Peer Counseling
Friendly Visitors Program

About Konocti Senior Support Programs

Senior Peer Counseling helps with clients' worries and concerns. The senior peer counselors are trained to listen and coach to help seniors find their own solutions.



During weekly visits, the senior peer counseling volunteers provide listening and support and offer resource information about care giving, transportation, aging, housing, food banks, grieving, and health clinics, etc.

Our Senior Peer Counseling director provides initial and ongoing training and supervision. He makes the initial visits to assess clients and match them with an appropriate volunteer.

Who Benefits?

Lake County seniors 55 + qualify for this free, confidential service regardless of income. Seniors may be seen at their home or a senior center. Call to schedule an intake for yourself or a loved one. Friends, families and caregivers can call to discuss options or to ask questions about the program.

Friendly Visitors Program provides contact with seniors who are isolated. A free weekly in-home visit is made by a volunteer who becomes a companion to an isolated senior. The volunteer provides a good listening ear, conversation and laughter. Volunteers join in hobbies and games or read during the visit.

Keeping potentially isolated seniors connected helps increase their independence and gives them something to look forward to on a weekly basis.

The Friendly Visitor director matches each volunteer with a senior to visit and provides monthly training and support. She develops other venues for senior interaction at the various senior centers.

Who Benefits?

Lake County seniors 55 + who are home bound due to health issues, disabilities, lack of transportation, or age qualify for weekly visits regardless of income. Contact the office to schedule an intake for yourself or someone in need.



Why Volunteer?

You have a lifetime of experience to share with others that can make a difference in their lives. Meet like minded people to share in this rewarding experience. A mileage reimbursement is included and other perks.

- **Senior Peers** are 55 + and are keen to learn compassionate listening, non-judgmental problem solving, and coping skills to best deal with life issues.

Volunteers typically spend three to four hours a week for training, supervision and visitation.

- **Friendly Visitors** are 20 +, warm, and non-judgmental people who enjoy making a senior's life a little brighter one day a week.

Friendly Visitors will receive an initial training and then attend a monthly meeting for ongoing support and training.

- **Board Members** are 55 + and have a desire to participate in a monthly meeting to help guide these senior orientated programs.

