

# BCAAA Respite & Companion Volunteer Program



- Matches each volunteer with one older adult
- Weekly visits for two hours
- Visits are activity-based
- Minimum six-month commitment for volunteers





*You don't always make a best friend like this in old age.*

*She is more like a friend than a volunteer. I can vent to her. She is just very energetic and understanding and she likes my dog and she takes him for walks, just knowing she's here helps me!*

*She had her own friend, everyone needs to vent somewhere and it gave her that opportunity... maybe mom wants to complain about me or what I do.*