**Throughgrace, Inc.**

**Role**

The Mission for volunteering is to promote dignity, safety, and quality of life for the homebound residents. As advocates, we assist residents in their homes by providing socialization, friendship and support.

**Volunteering with Throughgrace,** would be helping local seniors in their homes with some of the following:

* Basic home chores such as: mopping, vacuuming, clean bathtub or any other tasks that get harder to achieve as we get older.
* Errands
* Meal delivery (meals are prepared and prepped and ready to deliver on weekends)
* Companionship. Offering oneself to become a friend

**Volunteer Qualifications:**

* 18 years old or accompanied by an adult.
* Has good listening and communication skills
* Is objective, sensitive and diplomatic
* Compassionate, enjoys caring, serving and sharing your skills
* Must complete a Family Care Safety Registry.

**Responsibilities**

* Visit seniors in their homes according to an agreed schedule
* Be attentive to surroundings for negligence in food insecurity, etc.
* Companionship
* Report to coordinator with any concerns for needed additional resources.

**Skills**

* Kindness
* Empathy
* Compassionate & Caring heart

**Benefits to Volunteering**

* Connect with others in your community.
* Increase social and relationship skills.
* Brings fulfillment to your life.
* Keeps you active, which benefits your mind and body
* It makes you feel healthier and happier.

**Mission/Vision**

*Our mission* is to help those that are suffering with isolation, food insecurities and limited housekeeping.

*Our vision* is to increase the additional resources for opportunities to access in-home care services to those who do not have access to informal support.