



## How to Connect with Homebound Individuals

We all need some level of human interaction to stay healthy, and seniors or homebound individuals often don't receive enough of it. The gift of quality time volunteers share with a homebound friend may be some of the only interaction they experience, so it's especially important to make this time meaningful.

Here are some questions that can help volunteers and homebound individuals connect on a deeper level:

*What do you think has stayed the same about you throughout life? What do you think has changed from when you were younger?*

*Are there times of your life that you remember more vividly than others? Why?*

*What are you most proud of?*

*What's the greatest piece of advice you've ever received?*

*What is your legacy? How would you like to be remembered?*

With senior's or homebound individual's permission, volunteers can record these answers in video or audio format and later share with that individual's loved ones. Having that personal memento can mean a lot to that individual's family.

Though positive in nature, an older or homebound friend may become emotional in these reflective conversations. Follow their lead; if they want to continue sharing, listen to them. If they seem upset, try to move onto something else.

These are just a few examples of questions to ask that can lead to a deeper connection with someone who is homebound.