



Keeping Seniors Engaged Between Visits

The presence of a volunteer can mean a great deal to lonely homebound individuals, but there are other ways to keep them socially engaged in between visits.

One great way is with pen pal programs, which allow people who are homebound to feel connected to others across the city, country or even the world without having to leave home.

Pen pal programs like this offer several benefits to those who are seniors or homebound, one being a timeless way to connect with others from different generations and backgrounds, without the struggle of navigating technology. Additionally, the reading and writing required in this type of activity keeps seniors mentally *and* socially stimulated.

This is just one way to help volunteers keep a homebound individual socially engaged, in between their in-person visits.