




## Small Miracles. Extraordinary Lives.

**Mission:** Full Life is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We are committed to the independence and well-being of all participants and to providing respite for caregivers.

**Vision:** We are working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

# Full Life Care Programs

- Adult Day Health
  - Home Care
  - Housing Services and Supports
  - Health Home
  - ElderFriends Volunteer Companionship
  - *NEW!* Volunteer Care Teams
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- A decorative graphic in the bottom right corner consisting of several overlapping, rounded, leaf-like shapes in shades of orange, blue, and green.



# ElderFriends

- Life's simple pleasures: close friends, laughter, good food and enjoyable surroundings.
- ElderFriends matches elders 1:1 with volunteer visitors to relieve isolation and loneliness.
- Volunteers: visit at least twice monthly for a minimum of a year
- Greater connections to community; mutually rewarding friendships

# Friendly Visiting

Our core service is an on-going visitation program that matches trained volunteers with isolated elders for friendly visits 2-3 times monthly



Activities include:

- phone visits, letters and other creative remote connection
- No-contact and distanced deliveries or “driveway visits”
- Limited home visits according to current covid 19 guidance and precautions



# Who is eligible?

## Elders:

60+

Live alone

Receive few regular visits

Express feelings of loneliness

Desire to meet volunteer twice monthly

Not bed-ridden, dementia or end-of-life

## Volunteers:

18+

Commit to visits at least twice monthly

Must complete background checks

Submit 2 character references

Attend 2 hour training session



# Volunteer Care Teams for Caregiver Respite

Volunteer Care Teams are paired with Caregivers of Seniors and Veterans to provide customized support to relieve stress and improve wellbeing.

This program receives funding from the King County Veterans Seniors and Human Services Levy.



**King County**

**Veterans, Seniors & Human Services Levy**

# Care Teams



- As a team, groups of 3-6 volunteers offer 12 hours of support to caregivers monthly.
- Volunteers join two ways:
  - Together as a self-formed team such as friends, coworkers, family, club or faith community affiliation
  - As an individual interested in being connected with others to build a team
- Each volunteer completes screening and training before beginning service.
- Teams participate training, teambuilding, and receive ongoing support from staff.

Using a proven care team model, dedicated teams of 3-6 volunteers partner with the caregiver to provide customized support to caregivers and care receivers in their homes and communities.



Activities may include social, emotional, and practical support such as:

- Companionship: a walk, a lunch outing, a listening ear
- Visit with care receiver to allow caregiver personal time
- Help with light home chores, gardening, shopping, special projects
- Assistance to ensure favorite activities and events don't fall by the wayside



# Who is Eligible?

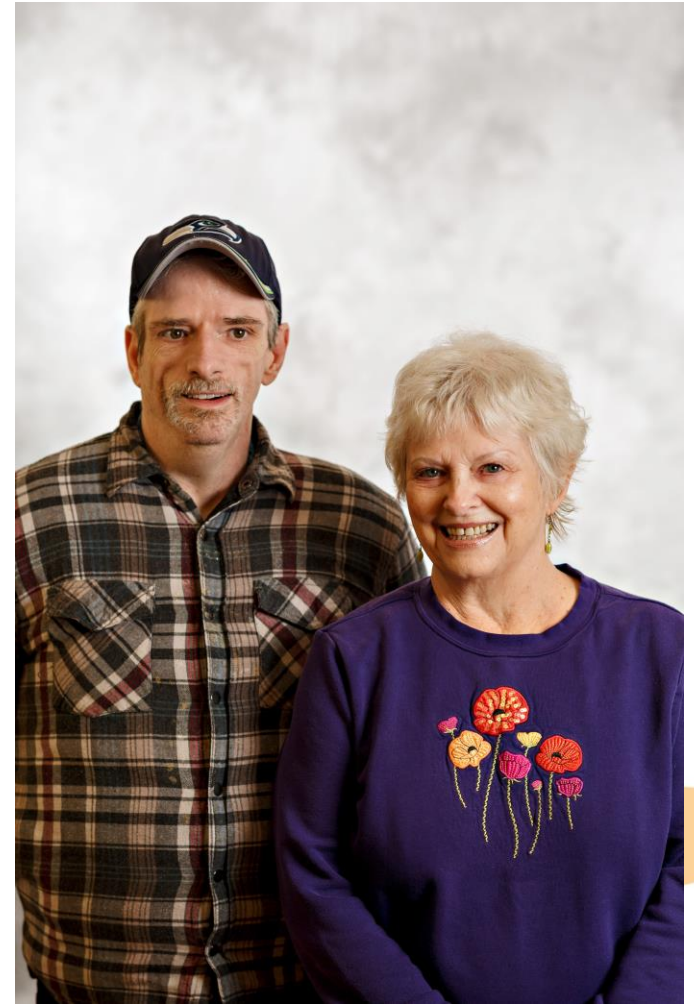
Unpaid family caregivers  
in King County

- Caring for Seniors 55+
- Caring for Veterans of any age, service members and their families.

## Caregiver Referrals

Contact Tegenu Negi: 206-240-2545

[tegenun@fullifecare.org](mailto:tegenun@fullifecare.org)





# Questions?

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