



Would you like to be a Sumner Senior Volunteer?

The Tennessee Respite Coalition is expanding their volunteer service beyond Davidson County, into facilities and homes of Sumner County!

The TRC is currently seeking seniors age 55 and over to serve as Sumner Senior Volunteers.

By partnering with the Tennessee Respite Coalition as a Senior Volunteer you will be able to serve your community by providing much needed respite services to families in need. No special skills or prior respite experience is required. The only requirement is that you have a desire to give caregivers a much-needed break from the daily stresses associated with being a primary caregiver of an individual in need.

As a Sumner Senior Volunteer, you would:

- Attend an in-class orientation
- Complete an FBI fingerprint background check
- Maintain a safe environment for an older adult while the primary caregiver is out of the home.
- Provide companionship to frail older adults who are homebound.
- Enhance the quality of life of family caregivers through respite.
- Assist with meal prep and light household chores.
- Provide moral support to caregivers.

BENEFITS of being a VOLUNTEER:

- (1) Enable persons aged 55 and over to remain physically and mentally active and to enhance their self-esteem through continued participation in needed community services;
- (2) Provide supportive services to adults with physical, emotional, or mental health limitations, especially older persons, in an effort to achieve and maintain their highest level of independent living.
- (3) Professional volunteer placement with organized schedules
- (4) Monthly training to provide the best Caregiving for different diagnosis.

Please contact Mandy Hansen Assistant Director 615.269.8687 or Mandy.Hansen@tnrespite.org

The Tennessee Respite Coalition is a 501(c)(3) nonprofit organization - FEIN # 03-0512876

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"Respite has given me time to focus on me and not feel guilty about it."