Caring Neighbors is a program provided by Peninsula Agency on Aging.

Transportation
PAA’s Out and About Caring Neighbors Transportation program provides rides, at no cost, to everyday activities such as the grocery store, beauty salon/barber shop, church, pharmacies, library and so many other locations. Transportation does not include rides to medical appointments.

Friendly Visits
The Caring Neighbors Friendly Visits program will match background checked volunteers to meet individuals in their homes to offer valuable socialization opportunities for isolated older adults and adults with disabilities.

Become a Caring Neighbors Volunteer Today!
We need your help! Call us! (757) 873-0541

Peninsula Agency on Aging
www.paaInc.org

NEWPORT NEWS
739 Thimble Shoals Blvd, Suite 1006
Newport News, VA 23606
Phone: 757.873.0541

WILLIAMSBURG
4551 John Tyler Hwy Suite 101
Williamsburg, VA 23185
Phone: 757.345.6277
Who We Are

The Peninsula Agency on Aging (PAA) has been providing services that have enabled seniors to live independently since 1974.

PAA provides services including home delivered meals, medical transportation, adult day care, and in-home care for seniors. PAA’s services are provided throughout Newport News, Hampton, Williamsburg, Poquoson, James City County and York County.

We can connect you with services that promote your independence. PAA exists to help and make our community a healthier, more livable area for older adults.

Caring Neighbors

Peninsula Agency on Aging’s Caring Neighbors Program utilizes volunteers to help family caregivers, older adults and persons with disabilities with non-medical services to maintain independence in their own homes. Services provided include non-medical transportation such as grocery shopping, and running errands, to friendly visits, canine companion visits and a volunteer to work program.

Program participants must be 60 and older or 18 and older with a disability. Program participation is limited to Newport News and Hampton residents only.

www.paainc.org

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Caring Neighbors program is supported by Community Care Corps.
Friendly Visits
Without the stimulation that social interaction and friendship provide, an isolated senior can experience poor health, a lack of strength and energy, depression, and other physical, emotional, and mental health problems. Weekly visits from our friendly volunteers can change all that.

PAA goes to great lengths to ensure matches are favorable for both the volunteer and recipient. We take into consideration personality, location, and many other criteria, which allows for shared interests and activities.

How it Works
Volunteers visit with their friends for an hour or two each week. Some other activities that our volunteers enjoy with their friends include:
• A friendly chat over a meal
• Reading aloud
• Playing games
• Walk or listen to music during this weekly visit
• Any other activity that friends enjoy!

Transportation
Volunteer drivers provide free, personalized, and safe transportation for older adults and adults with disabilities. Transportation is provided to any non-medical services to include the grocery store, beauty salon, barber shop, church, pharmacies, library and so many other locations. Rides provided only during operating hours of Monday-Friday, 8:30am-5:00pm.

Rider Eligibility
To be an eligible rider for our Caring Neighbors Transportation program, clients must be:
• Newport News or Hampton residents ages 60 and over or an adult, 18 and over with a disability.
• Able to transfer into a private vehicle with minimal assistance
• Limited transportation options

Canine Visits
The Caring Neighbors Canine Visit program increases the well-being of seniors and their caregivers by matching them with a therapy dog for visits in the comfort of their own home. The dogs and their handlers are carefully matched with clients at a time and date that is convenient for both parties. All dogs are certified and insured therapy dogs and have basic obedience and training for this work.

Safety Check-In Calls
A phone call, made by volunteers, provides a daily touchpoint to remedy feelings of loneliness and check in on senior’s health and wellness. Never underestimate the power of a meaningful conversation. Daily phone calls help maintain a senior’s social connectedness and can improve their mental health.

Volunteer
Volunteers are an integral part of the Caring Neighbors program. Volunteer opportunities include transporting seniors to various locations, friendly visits and safety check-in calls.

The role of a volunteer within the transportation program can be varied based on the determination of the client’s needs. Volunteers use their own vehicles and must have insurance coverage. The role of the volunteer within the Friendly Visits program include face to face visits with a client for conversation, shared experience, and companionship. Time commitment for volunteers vary. Hours are based on you and your client’s schedules.

Volunteers will be required to complete a full background check. Visit www.paaainc.org for more information and to sign up.