



# Come and be a friend

Anyone can become a Red Cross volunteer friend for a lonely person. If you have the skill of listening and being present, you are a suitable volunteer friend candidate. No special skills are required. You will be trained for the task.

## You can become

- a friend to a lonely older person, young person or immigrant
- a friend to a family carer or an instructor in a family carers' group
- an online friend, irrespective of time and place
- a friend at an assisted living facility, care home, hospital or prison
- an instructor in group activities for older people, immigrants, peer groups
- someone to talk to, go outdoors with or engage in activities with
- a one-time helper or a more permanent one.

## A Red Cross volunteer friend

- brings cheer to the everyday life of a lonely person
- works without pay
- has been trained for the task

- is reliable
- is bound by confidentiality.

A friend can keep their friend company at home or outdoors, and can also be asked to accompany their friend to an appointment, for example. Each volunteer does things their own way, with the skills of an ordinary person and taking into account the wishes of the person who asked for a friend, in accordance with the rules of the friend visitor activities.

## A Red Cross volunteer friend DOES NOT

- do any household chores, e.g. cleaning or cooking
- administer medication
- provide medical treatment
- handle financial matters.

## Contact us:

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