



3575 Geary Boulevard, San Francisco, CA  
[ioaging.org/volunteer](http://ioaging.org/volunteer)



## Benefits of Volunteering

- Provide the dignity and respect our older adults deserve.
- Learn new skills and explore your passion for helping others.
- Become part of the Institute on Aging family of professionals and volunteers.
- Gain course credit or service learning hours.
- Create valuable connections and make an impact on the lives of others.
- Flexible schedules and commitments available.

## Getting Started

Contact the Institute on Aging today to start your volunteer service.

- Access the Volunteer Application online at: [www.ioaging.org](http://www.ioaging.org).
- Contact our Volunteer Coordinator at 415-750-4102 or email [volunteer@ioaging.org](mailto:volunteer@ioaging.org).
- After submitting your volunteer application, our Volunteer Coordinator will contact you for an intake interview. You will be offered an assignment that matches your interests, goals, and skills.

## Help support Institute on Aging

The Institute on Aging is a nonprofit community-based organization serving older adults, adults with disabilities and their caregivers. We depend upon on the generosity of donors to help us serve our clients.

Institute on Aging  
c/o Development Department  
3575 Geary Boulevard  
San Francisco, CA 94118  
[ioaging.org/donate](http://ioaging.org/donate)  
*Donations are tax deductible.*

## More about Institute on Aging

Institute on Aging works to enhance the quality of life for adults as they age by enabling them to maintain their health, well-being, independence, and participation in the community.

We serve a diverse population of older adults and adults living with disabilities by providing innovative, community-based programs that enable our clients to live at home for as long as possible. We serve as an essential partner in the continuum of care by providing health services, social and emotional support, and education and advocacy.



## Volunteer Opportunities

[ioaging.org/volunteer](http://ioaging.org/volunteer)

*"My experience has been absolutely amazing. I am so proud to be part of this organization and I cannot wait to spend more time volunteering...the participants are just the sweetest and wisest people I have ever met and the staff have welcomed me warmly."*

*- L.S., Social Day Program Volunteer*

### Make a Difference in Someone's Life

With the aging of our society, there is a growing need for care and support for older adults and people with disabilities in the San Francisco Bay Area. Volunteering a few hours of your time at the Institute on Aging (IOA) will make a positive impact on our aging community and can make all the difference to an elder in need.

### Institute on Aging's Volunteer Program

Our volunteer program matches your skills and interests with existing and developing opportunities, creating a partnership between volunteers, staff, and clients to best serve our mission of helping Bay Area older adults live independently.

### Ways to Volunteer at the Institute on Aging

**Serve on the Friendship Line** – Answer and make phone calls to lonely, isolated, vulnerable older adults and adults with disabilities. Provide emotional support, reassurance, crisis intervention, abuse prevention, information and referrals.

**Social Day Program Visitor** – IOA welcomes volunteers to be friendly visitors in our Social Day Program. You will interact with participants, and help facilitate fun activities organized by staff.



**Rehabilitation Center Support** – The Rehabilitation Center welcomes students and community members interested in occupational therapy and physical therapy to help older adults stay strong and vital.

**Use your Professional Skills** – Depending on your skills and talents, we may have an opportunity for you to tap into those. We welcome artists, teachers, yoga instructors, nutritionists, students, office workers, etc.