

How Do I Become A Volunteer

The CRIS Nutrition Department performs wellness checks by telephone on seniors participating in the Home-Delivered meals program on the week-days we are not conducting deliveries.

Volunteers are required to make this a successful and vibrant program. Volunteer shifts are available during the morning and lunch hours. Training sessions are provided to all new volunteers.



CRIS encourages participation from civic and church groups, college organizations, student healthcare programs and community organizations.

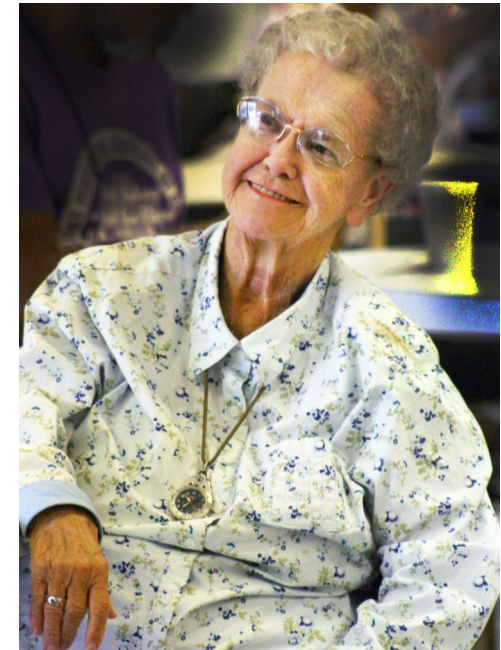
All CRIS volunteers must complete a volunteer application and background check. If you are interested in volunteer opportunities, contact the CRIS Nutrition Program at (217) 443-2999.

CRIS Healthy-Aging Center Main Office:
309 North Franklin Street, Danville, IL 61832

Phone:
(217) 443-2999



www.agestrong.org



Wellness Check Program

A Member of:

WE ARE
Meals On Wheels
ASSOCIATION OF AMERICA
so no senior goes hungry.

Program Funding Provided By:





CRIS Healthy-Aging Center provides services and activities to persons age 60 and over that assists the individual to remain healthy, active and maintain their quality of life well into the advanced years.

Wellness Checks are an innovative and personalized service that can allow seniors to continue independent living. CRIS Volunteers provide this service to seniors, allowing them to enjoy the benefit of staying at home.

With the help of volunteers, CRIS offers Wellness Checks for:

- Home Delivered Meal Participants
The CRIS Nutrition Department offers Meals On Wheels™ delivery twice a week in most areas.* Seniors have the opportunity to receive a friendly phone call on non-delivery week days to ensure they are doing well.
- Respite Care Participants
CRIS will provide wellness checks on a temporary basis to seniors while their family members or caregivers are away.

*In remote areas deliveries are once a week.

All participants are introduced to the Wellness Check Program when they receive an assessment. A compassionate, qualified staff member will sit with the participant, family member or caregiver and through a conversational interview will ask tailored questions allowing us to get to know each senior and their needs.

Topics incorporated are:

- Overall wellbeing of the participant
- Attitude of the participant
- Safety issues
- Function of the participant
- Comments or concerns of the participant or caregiver

It is the right of all older adults to make their own choices and to remain as independent as possible. Seniors have the option to enroll in the Wellness Check Program at any time. When assistance is needed our volunteers may be there to provide the highest quality care.



If concerns are expressed during the interview, the appropriate intervention is initiated. In the event of an immediate concern, the participant's emergency contact or the local first responders will be notified. For all non-immediate concerns, a formal referral will be made to the appropriate service agency.

Services may include:

- Emergency Home Response
- Health Education
- In-Home Services, Care and Visitors
- Medical Equipment

No Phone Service & Non-Response Calls

For participants without phone service, CRIS will work with participants and local social service providers to ensure phone service is offered. Programs are available to low income persons to receive a free cell phone.

When a Wellness Check receives a non-response, CRIS activates our Non-Response Service which notifies:

- the participant's emergency contact
- the participant's physician's office
- the local hospital
- the local rescue authorities