

## 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 weekdays we are not conducting deliveries.

Volunteers are what make this a successful and vibrant program. 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 CRIS at (217) 443-2999 or [info@agestrong.org](mailto:info@agestrong.org).

### CRIS Healthy-Aging Center

309 North Franklin Street  
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**Phone**  
(217) 443-2999

**E-mail**  
[moneymangement@agestrong.org](mailto:moneymangement@agestrong.org)

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[www.facebook.com/CRISHealthyAgingCenter](http://www.facebook.com/CRISHealthyAgingCenter)



# 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 help them remain healthy and active and maintain their quality of life.

**Wellness Checks** can allow seniors to continue independent living. Volunteers provide this service, allowing seniors to enjoy the benefits of staying at home.

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 nondelivery 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.*



Participants are introduced to the program when they receive an assessment. A staff member will sit with the participant, family member, or caregiver and, through a conversational interview, ask questions allowing us to get to know each senior and their needs.

Topics incorporated are...

- Overall wellbeing of the participant
- Participant's attitude
- Safety issues
- Function of the participant
- Participant's or caregiver's comments or concerns

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 program at any time. When assistance is needed, our volunteers can 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 & Nonresponse Calls

*For participants without phone service, CRIS will work with them 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 nonresponse, CRIS activates our Nonresponse Service, which notifies...*

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