



Age-Friendly
RHODE ISLAND

YOUR COMMUNITY NEEDS YOU!
Volunteer Today. Improve Tomorrow.

Volunteerism For Older Adults



Why Volunteer?

- Opportunities that suit many interests
- Do what you love
- Flexible schedules
- Utilize your skills
- Make new friends
- Improved health benefits

Contributions to Health

INCREASES

- Mental Functioning
- Physical Fitness
- Social Connections
- Sense of Purpose
- Longevity

DECREASES

- Chronic Pain
- Depression
- Social Isolation
- Risk of Disease
- Stress

Looking to Kick Start Your Volunteer Career?

Choose from the following websites to learn about opportunities in Rhode Island:

AARP® Real Possibilities
Rhode Island

aarp.org/rivolunteers

AARP®
Create the Good

www.createthegood.org



NationalService.gov/senior-corps

United Way
United Way of Rhode Island

volunteer.uwri.org

Your knowledge, professional skills, and life experiences are needed in our communities. *You can make a difference.*