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

<table>
<thead>
<tr>
<th>INCREASES</th>
<th>DECREASES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Functioning</td>
<td>Chronic Pain</td>
</tr>
<tr>
<td>Physical Fitness</td>
<td>Depression</td>
</tr>
<tr>
<td>Social Connections</td>
<td>Social Isolation</td>
</tr>
<tr>
<td>Sense of Purpose</td>
<td>Risk of Disease</td>
</tr>
<tr>
<td>Longevity</td>
<td>Stress</td>
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</tbody>
</table>

Why Volunteer?

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: volunteer.uwri.org

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