

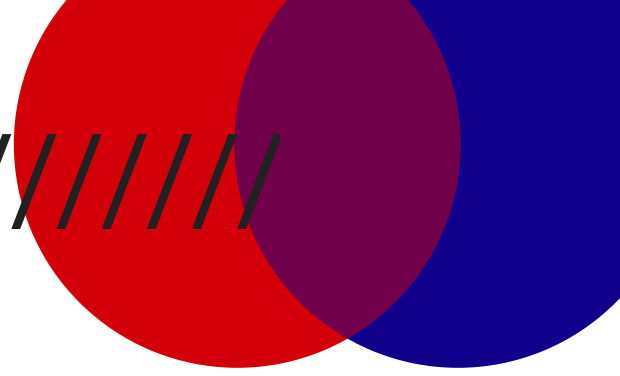
Community Project

ALONE

Supporting older people
to age at home

ALONE Workbook





Leo

Leo, 73, was living alone in Dublin for the past 14 years. When Leo retired he found himself feeling increasingly isolated and lonely.

“I was just sitting in, smoking. I had no exercise. I needed help to look after my daily chores. I wasn’t cooking. I wasn’t doing anything. I was probably depressed but I didn’t know it.”

After ALONE was suggested to Leo by a public health nurse he was introduced to ALONE volunteer Eamon.

“That was the turning point that broke the momentum.”

Eamon helped Leo regain his confidence and now they regularly get coffee together and go to the cinema. Leo is very grateful he was introduced to ALONE Befriending. He is now much more active and has begun cooking for himself again.

“Had I not been put in touch with ALONE I dread to think where I’d be now. It’s shown me a door to a way back into society. Instead of isolating myself I now want to get out.”



Our Services

01

Befriending

02

Support Coordination

03

Housing with Support

About ALONE

Section 1



Use the information from the ALONE School Talk to answer the questions below. The ALONE website and social media pages will also give you more details. Use facts and your own personal opinion when filling out this section.

What is ALONE?

What type of service do ALONE provide?

Fundraising

Section 2



Each team will organise a fundraising event. In your workbook give details on each step you took when preparing your event. This should include, decisions made with your team, the roles you were in charge of, the people you contacted and how you plan to raise money.

What is your fundraising event?

Write a detailed plan of the preparation needed before the event.

E.g. First we must contact our principal to book the p.e hall, make posters to promote the event, buy ingredients for the cake sale.

Volunteering

Section 4

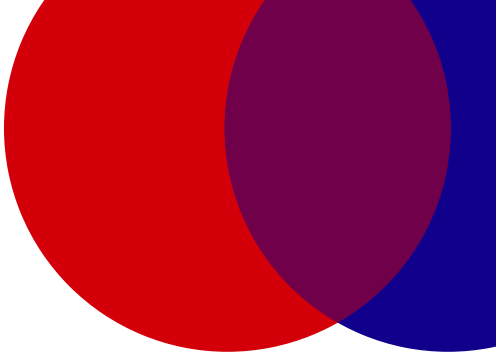


Our volunteers are hugely important to ALONE. In this section you will write about the volunteer work you did. Write out 5 good actions you did to help an older person. It can be one or more than one older person. The older person can be a family member or someone in your community.

What was your first good action?

E.g. I helped my Nana cook the dinner, I had a cup of tea with my neighbour and talked about his favorite TV program, I went to the shop for my great aunt.

What was your second good action?

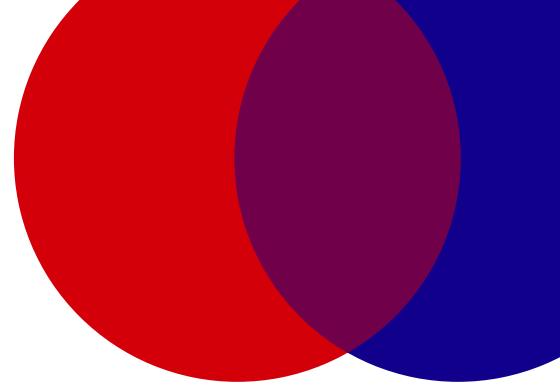


What was your third good action?

What was your fourth good action?

What was your fifth good action?

What did you learn about the challenges facing older people?



How is your life different to an older person's?

How is your life similar to an older person's?
