OPEN YOUR HEART TO A SENIOR

United Way of Southwestern Pennsylvania is recruiting and connecting volunteers to help older adults stay in their own homes, more safely and longer, because we all deserve to live our lives to the fullest with dignity.

7,900 +

seniors received **71,779** hours of service from a network of **2,000+** volunteers

15,900+

rides were provided by volunteers so that seniors could get to the doctor, grocery store, and more

Countless family caregivers – spouses, daughters, sons, friends – supported in their efforts to keep their loved ones in the communities they call home

FOR SENIORS, REMAINING INDEPENDENT IN THEIR OWN HOMES IS OFTEN THE BEST WAY TO REMAIN SAFE AND HEALTHY.

United Way helps extend the time older adults can spend in their own homes. In Allegheny, Westmoreland and Fayette Counties, Open Your Heart to a Senior connects older adults with caring neighbors of all ages.

- Living at home costs an estimated two-and-a-half times less than living in a nursing home, so the benefits are felt throughout the community
- Volunteers help with:
  - Rides to the doctor
  - Meals on Wheels deliveries
  - Grocery shopping
  - Friendly phone calls and visits
  - Home safety checks

United Way of Southwestern Pennsylvania

GIVE. ADVOCATE. VOLUNTEER. **MAKE AN IMPACT.**

United Way of Southwestern Pennsylvania serves Allegheny, Butler, Westmoreland, Fayette & Southern Armstrong Counties