WHY SHOULD SENIORS VOLUNTEER?

BENEFITS OF VOLUNTEERING FOR SENIORS

1. PROVIDES A SENSE OF PURPOSE
   As seniors retire, volunteering can provide new and exciting ways to stay engaged with the community and learn new skills. Seniors who volunteer report higher levels of satisfaction with life, according to research performed by the Corporation for National and Community Service (CNCS).

2. GREATER SOCIAL INTERACTION
   Volunteering is a great way to meet new people and find new friends. Volunteers who serve together share passions, interests, and experiences.

3. LOWER LEVELS OF DEPRESSION AND MORTALITY
   CNCS found that seniors who volunteer report lower levels of depression later in life and experience lower levels of mortality.

4. GREATER FUNCTIONAL ABILITIES
   Volunteering can help keep seniors in good physical shape. As they stay active through volunteering, they can experience rejuvenation through service.

5. DECREASED LEVELS OF CHRONIC PAIN
   CNCS reports that individuals who volunteer experience less chronic pain as they age!

6. KEEPS BRAIN SHARP, ACTIVE, AND HAPPY
   The challenges and new experiences that come with volunteering will help keep minds in good shape. Nonprofit organizations need the experience, wisdom, and wit of seniors!

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SOURCES
Volunteering and Older Adults, Final report.