

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).

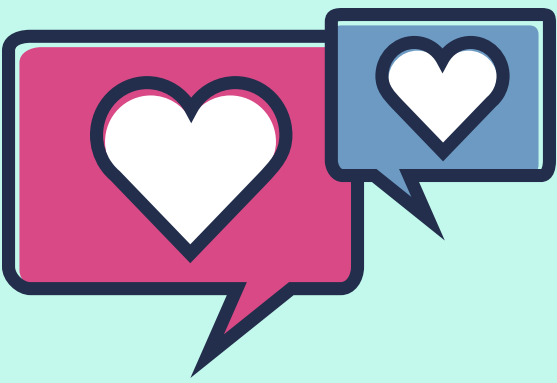
2 GREATER SOCIAL INTERACTION

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 tip-top shape. Nonprofit organizations need the experience, wisdom and wit of seniors!



Find Volunteer Opportunities for You and Your Family at

USERVE.UTAH.GOV

SOURCES

Office of Research and Policy Development. *The Health Benefits of Volunteering*. Corporation for National and Community Service, 2007.

Volunteering and Older Adults, Final report