



About Project Hope

Project Hope is offered by the Stanislaus County Area Agency on Aging. Services include simple visits from a friendly volunteer, peer support, as well as professional support from trained counselors.

Project Hope also works to connect seniors through various community groups.

For more information about Project Hope services please call and speak with one of our staff members.

(209) 558-8698 or 1 (800) 510-2020

www.agingservices.info

Hours: 8:00 a.m. - 4:30 p.m.
Monday - Friday

LONELINESS

FRUSTRATION

Why do I feel this way?

Often the losses we endure as we age: loss of loved ones, our independence, our health, etc., can lead to feelings of loneliness, sadness, frustration, or anxiousness. These feelings may interfere with how well we function, how active we are, and our relationships with others. These feelings can negatively affect our health and quality of life. There are things we can do to help ourselves feel better.

Call Project Hope - We can help!



Project Hope is sponsored by the Stanislaus County Board of Supervisors & Behavioral Health and Recovery Services

www.stanislausmhsa.com



Free in-home services that provide emotional support and social visits to older adults.

(209) 558-8698

Stanislaus County Area Agency on Aging

*"Once you choose hope,
anything's possible."*

- Christopher Reeve

What to Expect

A caring staff member will come to your home and explain the details of our Project Hope programs, as well as other available services and local resources.

There is never a charge or cost for our services. All volunteers and staff are pre-screened and go through a background check. Please call for more information. All calls are completely confidential.

Eligibility

These programs are for seniors age 60 or older who reside in Stanislaus County. Participation is voluntary. Clients may stop services at any time.

60 Years or older

Stanislaus Resident

Project Hope Programs

Friendly Visitors

Friendly Visitors are volunteers who come to your home for social visits and support. Visits are usually twice a month for at least one hour. Activities may include reading together, playing cards, having coffee and conversation, playing games, going for walks; the opportunities are endless!

Peer Support

Senior & Peer volunteers are caring people that are there to help you connect to the often complex social and healthcare systems. Our volunteer "Navigators" provide guidance and encouragement to help you reach your goals and stay connected to helpful services and resources. After the initial face to face meeting, regular phone support will be provided to check in on your progress and wellbeing

Professional Support

Our Master's Level Social Workers provide short term counseling in the home environment. Clinicians are professionally trained and registered/ licensed by the State of California to help you negotiate life's changes and challenges. 8 counseling sessions are offered with emotional support to explore current concerns, encouragement of establishing goals while providing you with coping and problem solving skills to assist in improving your situation.

For more information about any of our programs or services
please call: (209) 558-8698 or 1(800) 510-2020