SAGE is seeking volunteers with interest in serving homebound seniors residing in the greater Bakersfield community. The goals of the program are to reduce isolation and to promote autonomy and independence.

Community volunteers make regular contact with this specific population and act as advocates on their behalf. The program currently operates in remote areas of Kern County and is being organized in metropolitan Bakersfield. The model uses trained volunteers to regularly interact with clients to encourage independence and stability.

SAGE is a collaborative effort between Kern County Mental Health (KCMH), Kern County Aging and Adult Services Department, (AASD), and local agencies.

How do I link a senior to services or volunteer?

Please call one of the numbers listed below:

661-868-5050
661-868-5033

Characteristics of Volunteers:

- Compassion for Older Adults
- Willingness to Serve
- Available to Make the Commitment
- Ability to Engage with Others
- Ability to Express Empathy
- Active Listener
- Flexible and Willing to Work in a Team
- Eager to Learn and Practice New Skills
WHY VOLUNTEER?

SAGE volunteers assist isolated/homebound seniors to remain connected and engaged in their community. They receive training, act as observers, and collaborate with professional helpers to reduce one of the primary risk factors associated with aging; isolation from others whether intentional, or resulting from a change in the life process.

Isolation Factors:

- Geographic Boundaries
- Lack of Transportation
- Loss of Close Relationships
- Family Living Out of the Area
- Physical Disabilities
- Loss of Independence

Isolated Senior Adults are more at risk of:

- Depression
- Physical Illness
- Unresolved Grief
- Mental Confusion
- Suicide
- Dementia
- Elder Abuse
- Psychosis
- Substance Abuse

Successful Aging Requires:

- Relationships with Others
- Consistent Interaction with Others
- Mental and Physical Stimulation
- Need to be Needed by Others
- Making a Difference

Prevention Strategies for Aging:

- Develop New Relationships in the Community
- Maintain Interest in Daily Activities of Life
- Sharing Life Experience with Others
- Maintain Physical and Mental Health
- Seek Help when Needed

SAGE: Seniors Active Giving and Engaged volunteers can:

- Stimulate Active Interaction
- Create New Relationships with Others
- Develop a New Purpose in Life
- Prevent Institutionalization (loss of independence)
- Reduce Hospitalization
- Maintain Mental Stimulation
- Maintain Mental Stability

What training and skills can I hope to learn as a SAGE Volunteer?

- Confidentiality Standards Training
- Driver and Field Safety Training
- Knowing Yourself/Personal Awareness
- Psychology of Aging Training
- ABC’s of Counseling
- Case Linkage Training
- Reports and Record Keeping
- ASSIST Suicide Prevention Training