

We Can Connect You to the Help You Need!

HOUSEWORK

- Wash Inside Windows
- Wash Clothes/Put Away/Fold Laundry
- Clean and Organize Living Area
- Iron/Mend Clothes
- Sweep/Vacuum/Mop Floors
- Clean Refrigerator
- Change Linens/Make Bed
- Clean Kitchen Surfaces/Appliances
- Wash and Put Away Dishes
- Prepare, Cook, and Clean Up Meals
- Water Plants
- Pet Care/Walk Pets
- Bag up Trash/Declutter

YARD WORK

- Water Plants/Tend to Gardens
- Pet Care/Walk Pets
- Mow Lawn
- Bring in Mail/Paper
- Rake Leaves/Yard Waste

COMPANIONSHIP

- Play Board Games/Cards
- Socialization
- Practice Musical Instruments
- Learn Technology

TRANSPORTATION

- Deliver Groceries
- Medical Appointments
- Public Business Facility
- Senior Center Facility
- Town Recreation Facility

Who is

UR Community Cares?

UR Community Cares is made up of a network of volunteers providing services to older and disabled adults to try to improve their quality of life. Collaborating with town departments, health and social service providers, we are able to understand the needs across the state of Connecticut.

People in need of help put in requests and volunteers can view and accept appointments on URCommunityCares.org. The automation of the website allows for a unique support system.

All of our volunteers age 18+ are screened by UR Community Cares and must pass a background check.

We are fully insured at the recommended level of coverage for an org. of our size.



Testimonial

FROM COMMUNITY MEMBER SUSAN C:

"Can't thank Pam enough for all the time and help she's giving me. What a fun time we have had. Very hard worker. Pam is so easy to work with, she's amazing. I love UR Community Cares and appreciate all the help I'm receiving. Wonderful teamwork."

URCommunityCares.org



UR Community Cares



LIFE IS BETTER WITH A FRIENDLY NEIGHBOR.

♥ **Community-Based in Connecticut**

♥ **Free for Residents**

♥ **Assistance for Aging and Disabled Residents**

♥ **Flexible and**

Customizable Schedules for Volunteers

860-430-4557

URCommunityCares.org

Do You Need Help?

Are you over 70 years old or 18+ and temporarily or permanently disabled? Are you stuck at home because the CDC recommends you take extra precautions? Do you or someone you know need help with household chores, yard work, or would like a companion? There are volunteers in your community that are willing to help you out with chores around the house and yardwork, or just to be a companion!

We understand that not all residents have access to or familiarity with the internet. Connecticut town social workers, as well as friends or family members, can help advocate and sign up people in need as Community Members on their behalf.

Go to URCommunityCares.org or scan the QR code below, with your camera, to get started!



Becoming a UR Community Cares Volunteer Benefits the Entire Community -- Starting with You!

VOLUNTEERS CAN GAIN PROFESSIONAL EXPERIENCE. Volunteering can help you test out a new career or hobby. You can practice your musical instrument, or teach technology, the possibilities are endless.

VOLUNTEERS HELP BRING PEOPLE TOGETHER. Volunteers help unite those from diverse backgrounds and age groups to work toward a common goal, unity.

VOLUNTEERING PROMOTES PERSONAL GROWTH AND SELF-ESTEEM. Understanding community needs helps foster empathy and realize the needs that you may not be aware of.

VOLUNTEERS LEARN AND GROW. Through volunteering, you can discover hidden talents and new interests.

VOLUNTEERING GIVES YOU THE CHANCE TO GIVE BACK THROUGH YOUR EMPLOYER OR SCHOOL. You can use your employer or educational institution's community service benefits to give back in your community and benefit your neighbors.

Communities Benefit from Volunteers!



VOLUNTEERS HELP SAVE MONEY. Volunteering provides both a valuable community service and savings for people on fixed income. The estimated value of a volunteer's time in Connecticut is \$33.35 per hour -- one visit from a URCommunityCares volunteer has the potential to save a community member in need hundreds of dollars.



VOLUNTEERS HELP COMMUNITIES BENEFIT FROM NEW RESOURCES.

People who would like to receive community service credit from their school or employer can direct these resources to giving back directly in your community, to benefit your neighbors.



VOLUNTEERING STRENGTHENS YOUR COMMUNITY BY ENCOURAGING CIVIC RESPONSIBILITY. Volunteering brings community members together and helps to build a foundation in your community of "Neighbors Helping Neighbors". Community service and volunteerism are an investment in your community and the people who live in it.

Go to www.URCommunityCares.org for full list

Special requests will be considered.

Household Tasks

- Wash inside windows
- Dust
- Wash, fold, put away laundry
- Iron, mend clothes
- Clean, organize living area
- Sweep, vacuum, mop floors
- Change linens, make bed
- Clean bedroom
- Clean kitchen surfaces, appliances
- Clean refrigerator
- Wash/put away dishes
- Prepare meal, cook, clean up
- Water indoor plants, maintain plants
- Pet care, walk pets
- Bag up trash, declutter
- Organize cabinets, closets, drawers

Yard Work

- Water plants, tend to gardens
- Mow lawn
- Rake leaves, clean up yard
- Trash
- Bring in mail, papers

Companionship

- Play board games, cards
- Socialization
- Share music, play instruments
- Coach technology use

Local Transportation

- Medical appointments
- Shopping trips, errands in town

About UR Community Cares, the online platform for home-based assistance at no charge

Our mission: To connect people who need at-home help with those who want to help, town by town.

Our model: We provide a secure digital platform with free access for all enrolled participants at URCommunityCares.org.

Who we help: Community members age 70+ or age 18+ with a permanent or temporary physical disability.

Who helps us: Volunteers contribute their time on a monthly or weekly basis. Local agencies refer and enroll residents in need of free home-based support.

What supports us: Municipal funding, grant awards, sponsorships and donations from individuals and organizations.

What funds are used for: Annual background checks for the safety of all participants, top-tier website security and updates, insurance (including transportation) and COVID-compliant supplies.

We are a 501(c)(3) nonprofit organization and 100% volunteer-based.