



IOWA DEPARTMENT ON AGING

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## Social Connectedness for the Homebound

### Well Connected by Covia

- *Well Connected* connects individuals to virtual classes, conversations, and other activities and are accessible by telephone. Programs are available in both English and Spanish. They are facilitated by volunteers and professional staff members. Whether you like art or zoology, music or meditation, there is a program for you. Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.
- *Social Call* matches individuals on a one-to-one basis for weekly friendly phone chats.
- Located in California, but the program is available to older adults nationwide *free* of charge.
- Website for more information: <https://covia.org/services/well-connected/> and <https://covia.org/services/social-call/>
- Referral:
  - (877) 797-7299 (English)
  - (877) 400-5867 (Spanish)
  - [coviaconnections@covia.org](mailto:coviaconnections@covia.org)

### Lifetime Connections Without Walls by Family Eldercare

- Telephone activities program that provides opportunities for older adults to connect with others in their community and across the country using a telephone conference call system. They offer social and educational sessions, friendly conversation, and support groups from the comfort of home. Sessions are facilitated by volunteers and professionals. All you have to do is register for a session and the system will call you at the time of your session. You just have to answer the phone and press 1 to connect. You may also call into the session on your own.
- Located in Austin, TX, but the program is available to older adults nationwide *free* of charge during COVID-19 pandemic.
- Website for more information: <https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>
- Referral:
  - (888) 500-6472
  - [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org)

### Friendship Line by Institute on Aging

- The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. It is a 24-hour toll-free lines and the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. Knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide, we created the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.
- Website for more information: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>
- Toll-Free Line: (800) 971-0016

\*Note: Well Connected and Lifetime Connections without Walls are always looking for volunteers, too! If you're interested in being a volunteer facilitator, contact the organizations.