

Who We Are



Our aim is to help the frail, elderly, and disabled living in the Greater Manchester and Nashua areas maintain their independence and dignity through the spirit of volunteerism. Staff

members coordinate volunteers offering food, transportation assistance, and companionship to neighbors in need—all provided free of charge.

The CareGivers operates in Manchester, Nashua, Bedford, Goffstown, Candia, Auburn, Merrimack, Hooksett, Hudson, Litchfield, Milford, Hollis, and Amherst.

CareGivers' volunteers help clients cope with the day-to-day challenges of acquiring transportation, fellowship, and food. CareGivers' clients subsist on meager fixed incomes, do not have transportation, can't afford taxi services, and aren't able to access public transportation.

Who We Help

Despite being challenged by disability or aging, CareGivers' clients want to live independently in their own homes. As one client put it, "They'll have to drag me kicking and screaming from my home." The CareGivers is devoted to helping neighbors age in a dignified manner inside their own homes for as long as it is possible.

And, the number of those needing CareGivers should only expand. Retirement-aged adults are one of the fastest growing population groups in Southern New Hampshire. In Manchester alone, that population is expected to double by 2020, from 14,000 to more than 25,000. The number of frail elders over 85 is projected to inflate even faster.

"No money for a cab. Call CareGivers. The food cupboard is on 'Empty,' along comes my order from the Caring Cupboard. The [CareGivers volunteers] I'm in contact with all seem like longtime friends. Your compassion and kindness count so much when there are few people who understand us."

- Excerpt from a client's letter

What We Do

Transportation Services

Volunteers transport a client to the doctor, dentist, therapist and the pharmacy if necessary before heading home. This program helps clients practice preventable health care.

Volunteers also take clients to the grocery store. Living alone and in need of food without transportation to the grocery store can be a desperate situation. And, many elderly and disabled also face visual or auditory impairments or feel challenged about venturing out alone. Volunteers alleviate these issues by accompanying clients to the supermarket. Volunteers also shop for an individual who can't get out of the house.

The Caring Cupboard

This is a pantry on wheels, a monthly grocery delivery fueled solely on volunteer effort. The program feeds those having trouble accessing area pantries or service agencies and whose fixed incomes often can't finance fundamental basic needs. Volunteers telephone each client to create a shopping list from the pantry's inventory. The order is then packed and delivered one Thursday night each month. The program provides a caring component with volunteers excited for an opportunity to feed a generation that once fed them.



Emotional Support

Volunteers build relationships with clients through friendly visits and telephone reassurance calls, helping to avoid feelings of loneliness and isolation. Careful companion matches link volunteers and clients, resulting in mutually beneficial and uplifting experiences that extend long after the visit or phone call. The CareGivers engages in a variety of outreach activities to help promote a client's independence and sense of well-being. For instance, every month volunteers drop by with cookies and a card to celebrate a client's birthday.



Why We're Involved

Retirement-aged adults are one of the fastest growing population groups in Southern New Hampshire.

By 2020, nearly 25% of New Hampshire's population will be aged 65 or older. This will increase to 33% by 2030.

In New Hampshire, 1 in 9 seniors are food insecure—uncertain about acquiring a sufficient amount of food.

Elderly coping with limited physical mobility, scientifically categorized as frail, are five times more likely to report they don't have enough food to eat than seniors who aren't frail.

Who We Reach

- Over 90% are retired.
- The median age is 76.
- 93% live alone and fight social isolation.
- 85% are female.
- Over 30% are veterans.
- Caring Cupboard clients subsist with an income at or below 130% of the federal poverty level.



Our Impact

- 97% of The CareGivers participants said their quality of life improved.
- 96% believe The CareGivers helps them live independently.
- 92% reported being able to afford prescriptions, utilities, and other costs as a result of Caring Cupboard food deliveries.



How You Can Help

Volunteer

A dedicated group of volunteers make an admirable difference. In a recent survey, 97 percent of the clients stated that CareGivers improved their quality of life. Volunteers determine their own task and level of involvement. Some dedicate a few hours a month, while others are involved a few days each week. Volunteers



may work exclusively with one or two clients or assist a variety of clients. Entire families volunteer time together. Businesses involve employees as a team-building activity. Volunteering can be a rewarding and gratifying experience. Many CareGivers volunteers claim they receive far more than they give while helping out.

Donate

All services are provided free of charge. The CareGivers, a 501(c)3 non-profit organization, receives no state or federal government funding and is financed by donations from kind individuals and benevolent foundations and businesses. Please consider supporting this worthy mission of helping the frail, elderly, and disabled lead independent and dignified lives by making a financial gift. Contributions of any size are greatly appreciated.

To volunteer or to make a donation, go to www.caregiversnh.org or mail a check to either location:

The CareGivers, Inc. 19 Harvey Road Bedford, NH 03110	The CareGivers, Inc. 491 Amherst Street Nashua, NH 03063
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or call the office: (603) 622-4948 or (603) 595-4502



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19 Harvey Road
Bedford, NH 03110



Experience the power of caring!



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