

The upside of being beside!

# GOOD NEIGHBORLINESS A HELPING HAND



CARING  
NEIGHBORS

 **Rawdon**  
Forte de sa diversité

# GOOD NEIGHBORLINESS

## The upside of being beside

### Some neighbors may need a helping hand. It is easy to make small gestures that will make a big difference.

- Send a sympathy card to a neighbor who just lost a loved one.
- Change a lightbulb for someone with reduced mobility.
- Regularly call a neighbor who is convalescing.
- Lend an ear, whether on the phone or in person, to a senior living alone and show them empathy.
- Occasionally offer a lift to a neighbor who does not have a car.
- Offer a neighbor with reduced mobility to run their errands when you are running your own.

### Helping elderly people living alone feel safe.

- Suggest giving a signal that the day has begun and that all is well by opening the curtains before 9 am, for example.
- Obtain and save family contact information, in case of an emergency.
- Locate services offered by neighborhood organizations and help a person in need to contact them.
- Make certain complicated telephone calls, to an institution for example.
- Offer support to parents of young children.

### Search the Internet or show them how.

- Help fill out a questionnaire required by an institution.
- Provide light support with electronics, such as saving important telephone numbers or using Skype to stay in touch with loved ones.

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**Proud of its supportive neighbors**

