



## The Buddy System

The Buddy System is an arrangement where two people work together as a single entity to help each other. They can assist in tasks and also monitor activities for safety reasons. Each person may also help the other in a time of crisis or accident.

Seniors should always have a “buddy” when doing activities especially when away from home. Typically a buddy is a friend or family member that is with you while shopping, going to movies, visiting doctors, visiting others or just about anything you do when not at home. It’s always safer to be with a buddy.

A buddy can also be neighbors who check on each other on a regular basis.

Remember to always walk with a buddy or in a group whenever possible.



## Telephone Reassurance

Some communities offer a telephone reassurance program that provides a quick daily call to the elderly or disabled to check on their well being. This service may also provide useful information such as safety tips during their calls.

In some areas, this service is free to those living alone or isolated. To see if a program like this is available in your area, check with your local senior centers, AARP or law enforcement agencies.

A major benefit of using this service is that in the event the person being called does not answer when called, an emergency is assumed and action is taken to have someone personally check on the person. This service also allows the senior or disabled to have daily contact with someone.