



Are you interested in helping reduce depression, anxiety and loneliness in older people living in residential aged care?

The National Ageing Research Institute (NARI) is a national leader in research that focuses on improving the quality of life and health of older people. We are looking for volunteers to help deliver a befriending service to older people living in residential aged care. Befriending involves having a conversation with a person about everyday topics and events in a friendly way without discussing health problems or emotions.

We want to know whether undertaking befriending with older people living in residential aged care helps reduce symptoms of depression and anxiety and decreases their loneliness

Volunteers will be asked to visit a resident once a week for a period of four months. They will undergo a training session prior to beginning the befriending visits and will be provided with support throughout the program. After the befriending program they will be asked some questions about their experience.

All volunteers are required to have a valid police check prior to participating in the program, including the training. This can be organised for you by NARI.

If you would be interested in being involved or would like more information, please contact Marcia Fearn (m.fearn@nari.edu.au or (03) 8387 2512).

This study has been funded by the National Health & Medical Research Council and *beyondblue* and has been approved by the Austin Health Human Research Committee (reference number HREC/45941/Austin-2018).