

Main Contact

You are welcome to contact the coordinator of this program to learn more.

Chad Cox, L.C.S.W.
Salem: 503-304-3414
Chad.cox@nwsds.org

Donations

Donations to NorthWest Senior and Disability Services to help support this program are always welcome.

NorthWest Senior and Disability Services

Adult Protective Services
(for all of the counties we serve)
Toll-free: 1-800-846-9165

Clatsop, Marion, Polk,
Tillamook, and Yamhill Counties
Local: 503-304-3420
Toll-free: 1-866-206-4799
information.nwsds@nwsds.org

TTY
TTY: 711

Online
www.nwsds.org
www.adrcoforegon.org

The information in this brochure is current as of the date below. The information may change without notice. For other formats, please contact us at any number listed above. (August 2019)

H.O.P.E. Senior Peer Mentor Program

This brochure is for people age 60 or older dealing with life changes or challenges that can lead to mild/moderate depression and/or anxiety, as well as for those who care about them.

This brochure covers:

- ✓ who can get help
- ✓ how we help
- ✓ how to get started



Senior Peer Mentoring

As you get older, there may be things that are hard to deal with or worry you. You do not have to go through these tough times alone.

Senior Peer Mentors are volunteers (age 45 and older) who are trained and supervised. They offer private, friendly, and helpful mentoring.

This program uses a proven workbook model to assist individuals with depression and/or anxiety.

NorthWest Senior and Disability Services

NorthWest Senior and Disability Services serves seniors and people with disabilities in Clatsop, Marion, Polk, Tillamook, and Yamhill counties.

As an Aging and Disability Resource Connection (ADRC), we are here for you. To learn about our programs and services, please contact us. Our contact information is on the back of this brochure.

Who Can Get Help

This program is **free** for people in Marion, Polk, Yamhill, Tillamook or Clatsop Counties who:

- are age 60 or older and
- would like to gain more effective coping skills to address mild to moderate depression and/or anxiety.

How We Help

Senior Peer Mentors meet with you to learn what you are going through. They then work with you to come up with clear goals to work on, using workbooks, to help you cope with depression and anxiety. Common situations addressed by this program:

- constant sadness, feeling stressed by life or isolation
- chronic illness, a disability, or end-of-life concerns
- family problems, caregiving stress, or loss
- difficulty adjusting to change or constant worrying

There are times you already know how to respond to these things, however, it can be helpful to have someone listen to your thoughts and learn new strategies.

These visits take place in your home. Most visits are an hour long and occur once a week. On average, visits last 8-10 weeks.

The things you speak about during these visits are private and confidential.

If you decide to meet with a peer mentor you may stop the visits at any time.

How to Get Started

You can contact our ADRC at 1-866-206-4799, or anyone can refer you to this program if you agree to it. There is no cost to you. Senior Peer Mentors are not paid or tipped for these visits.