



FriendshipWorks is a leading nonprofit organization dedicated to reducing social isolation and improving the quality of life for older adults in Greater Boston.

THE CHALLENGE:

Over one third of older adults in Boston live alone or are separated from their families, leading to feelings of loneliness and social isolation, which is proven to have serious effects on their mental and physical health.

In 2023, the U.S. Surgeon General issued an advisory on the Epidemic of Loneliness and Social Isolation, reporting that social connection is as critical to our health and well-being as food, water, and shelter.

THE FRIENDSHIPWORKS SOLUTION:

Since 1984, FriendshipWorks has been working to address this issue by creating connection and reducing social isolation through five critical programs that provide friendship, assistance, and emotional support to help older adults remain happy, healthy, and thriving in their communities. Caring volunteers are recruited, trained, and matched with older adults based on their shared interests and needs. All programs are free to participants ages 60 and older or 55+ for those with vision or hearing impairment.



“There’s a difference when your wheelchair is pushed by a friend. Dayna makes me feel like I’m 40 again!” - Joan Hill, Program Participant (L) with Friendly Visiting Volunteer, Dayna Gallagher



“Even though we come from different generations and different places and different backgrounds, there’s a lot that we have in common, like our love for our family and our cultural and social traditions.”

- Sarah Klein, Friendly Visiting Volunteer (L) with her friend Carolyn Bascomb



FriendshipWorks currently offers five programs to help older adults remain connected, happy, and healthy in the communities of Boston, Brookline, Newton, Somerville, and Cambridge:

Friendly Visiting: Offers friendship and support through weekly visits.

Medical Escorts: Accompany older adults on their medical appointments.

Friendly Helping: Assists with short-term tasks or errands such as organizing, shopping, or picking up prescriptions or library books.

PetPals: Brings the unconditional love of pets to nursing homes, assisted living residences, and senior centers.

MusicWorks: Provides live music to elders in residential buildings for socialization and connection.

“FriendshipWorks’ mission, and the thousands of individuals and families it impacts, is profound. Older adults are treasures, and your services help to sustain them.”

- Garey Lywood, Sr. Manager,
Community Engagement & External
Affairs, Boston Medical Center Health System



Annual Program Impact



1,800
Older Adults
Participating



600
Caring
Volunteers



451
Friendly Visiting
Matches



395
Medical Escort
Trips



706
Elders Connected
Through
MusicWorks



493
Elders Comforted
Each Month
by PetPals Visits



164
Tasks & Errands Completed by
Friendly Helpers

 **FriendshipWorks**

Creating connections to end elder isolation.

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