

How Do I Get Connected to Senior Peer Counseling?

To learn how to become a
Volunteer Senior Peer Counselor

or

To make a referral
for yourself or for someone you
know to be connected to a
Senior Peer Counselor

Contact:

SPC Coordinator:
916-787-8859

All referrals are confidential
and are subject to approval by
the Senior Peer Counseling
Coordinator and availability of
a Senior Peer Counselor.



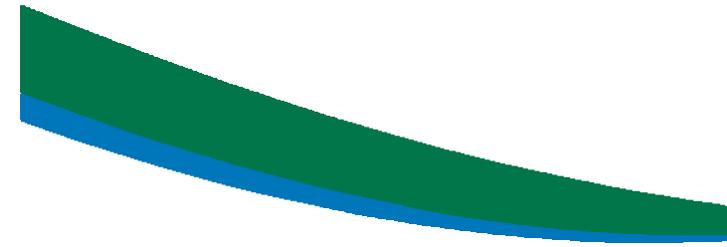
Senior Peer Counseling
Health and Human Services
Adult System of Care

101 Cirby Hills Dr.
Roseville, CA 95678
916-787-8859



Health and Human Services
Adult System of Care

Volunteer as a Senior Peer Counselor!





Who are Senior Peer Counselors?

- Senior Peer Counselors are older adults (55 years or better) who complete the application process, are carefully selected and professionally trained.
- Senior Peer Counselors incorporate life experience along with extensive initial training, on-going weekly supervision and regular supplemental training by a mental health professional.
- Senior Peer Counselors listen, support and gently coach client to reach their solution.

What is Senior Peer Counseling?

As we age, transitions can sometimes be painful.

The loss of a companion, medical illness, physical disability, retirement, relocation and other events can be upsetting and hard to adjust to.

For some people it is helpful to talk to someone removed from the situation and near their own age in order to work through the issue at hand.

As a peer you can help address these transitional concerns in a safe and confidential environment.

Senior Peer Counseling is a free service to all residents of Placer County who are 55 years old or better. The program provides short-term in-home confidential peer support & counseling.



Senior Peer Counselors offer short-term support with issues such as:

- Family Conflicts/Boundaries
- Substance abuse
- Change in independence
- Caregiver stress
- Situational Depression
- Situational Anxiety
- Access to resources
- Loneliness
- Grief/Loss
- Adjustment to retirement, health, living situation
- Other age-related issues