

The value of conversation, stimulation and social interaction as you get older

Never underestimate the power of social interaction for those in aged care facilities. Likely to be less active and more isolated, the lack of stimulation and friendships can have many drawbacks. Whether it is experiencing poor health, declining mobility or a lack of strength, it is important more than ever to have the stimulation of social contact and companionship.

Weekly visits from family, friends or even a friendly volunteer can make the world of distance. [MannaCare](#) is lucky to have amazing volunteers, those who give up their time to do any number of activities. Without these generous volunteers our organisation would not function as effectively as it does.



One such volunteer is Cheryl Lennox who assists Lifestyle staff in Cassia House. Cheryl comes in and does what is referred to as ‘friendly visiting’, states Tanya Warms, Volunteers’ Coordinator. “She is very genuine and caring towards our residents,” says one staff member.

One of the purposes of ‘friendly visits’ is to provide social interaction and company

to those in aged care facilities. Having a chat in a native language, reading aloud or even a conversation while someone is having a meal can make an enormous difference to somebody’s day or even their week. Such visits can provide a boost to physical, emotional and mental wellbeing.

Back to Cheryl, who Tanya says comes in to have a chat as well as “helping residents with games and other leisure pursuits, such as sewing.” Staff again comment, “She is very attentive with the residents. If she was not there, they would miss-out on the additional attention Cheryl gives them and miss someone who loves them. She needs minimal direction as she has a great affinity with the residents.” And that is a fantastic wrap for anyone to have!

For more information about MannaCare’s Services:

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