



# VOLUNTEER

with DIGNITY FOUNDATION



# Start a virtual fundraiser for our programmes

Dignity Foundation runs unique and impactful programmes for senior citizens. Our most popular crowdfunder is for ration distribution among the poor elders living in slum communities. However, we encourage volunteers to start and run crowdfunding campaigns for all our programmes, as under



## **ANANDA DAAN (RATION DISTRIBUTION)**

We provide a month's worth of dry provisions and Covid-19 essentials to the very poor senior citizens who cannot fend for themselves.



## **INTEGRATED DAY CARE CENTRE**

We run Day Care Centres in Bengaluru, Chennai and Mumbai where seniors are exposed to knowledge & skill building activities and entertainment.



## **DIGNITY HELPLINE SERVICE**

Dignity Helpline enables senior citizens to reach out for help against abuse and for information dissemination & counselling in a number of matters.



## **DEMENTIA DAY CARE CENTRE**

We operate two dedicated Dementia Day Care Centres in Chennai and Mumbai. At these centres, members receive tender loving care and affection.



#### **MOBILE PHYSIOTHERAPY PROGRAMME**

We have launched a mobile physiotherapy van, which is staffed with a licensed physiotherapist and caters to the eligible poor in Thane and nearby areas.



#### **LONELINESS MITIGATION CENTRES (LMCs)**

Our LMCs provide various activities that help senior citizens with social interactions, learning new skills and physical and spiritual wellbeing.



#### **CHAI MASTI CENTRES**

Dignity Chai Masti Centres provide a platform for senior citizens to interact socially, build a support network, boost their self-esteem and lead an active life.



#### **DIGNITY DIALOGUE**

Dignity Dialogue is India's pioneering magazine for senior citizens that provides a platform for senior citizens to become budding writers and travel journalists.

**For more information or for assistance in drafting your virtual fundraiser campaign, please feel free to contact us at 915 2017 120 or email us at [responsedignity@dignityfoundation.com](mailto:responsedignity@dignityfoundation.com)**

### **BE OUR CHAMPION FUNDRAISER**

Champion Fundraisers are individuals or social groups/corporate teams that pledge to raise a minimum donation on popular online crowdfunding platforms like ImpactGuru, GiveIndia and Tata Mumbai Marathon.

To qualify as an **Individual Champion Fundraiser**, raise a min of **₹ 5 Lakhs** in three months.

To qualify as a **Group Champion Fundraiser**, raise a min of **₹ 25 Lakhs** in three months.

As a token of our thanks, we will gift you a FREE membership to our flagship programmes for productive ageing - Chai Masti Centres online programme OR Dignity Dialogue monthly magazine - for a lifetime.



# **Young Buddy for the Elderly**

## **Tele-counselling for our helpline callers**

With lockdowns and social distancing norms still in place, senior citizens have lost personal interactions with their friends. While nothing can replace the joy of being in the physical presence of friends, we are offering lonely, anxious and depressed senior citizens the facility of interacting with a 'young buddy' over the telephone. While seniors may struggle with smartphones and video calls, they are very comfortable making and receiving phone calls. They can chat comfortably and open up their hearts to the volunteer on the other end. We need volunteers who can listen to them patiently and emphatically.





# Become a mentor for companionship programmes

Take online/offline skills and knowledge building sessions for our members

Our most popular programmes are our companionship offerings like Loneliness Mitigation Centres and Chai Masti Centres. Through these programmes, we address the root cause of senior citizen's distress – Loneliness. On a consistent basis, we provide them opportunities to not only socialize but also benefit from knowledge and skill building events and activities. For this, we are constantly in need of resource people who can share their expertise or hobby skills with our members – be it gardening, origami, physical fitness or art & craft. We also encourage our resource people to conduct informative talks on pertinent issues like finance, senior citizen rights, mental wellbeing, spirituality, etc.

**JOIN CHAI MASTI CENTRES OR REFER A SENIOR CITIZEN:**

Scan this QR code to join or refer our Chai Masti Centres programme.





## **Assist with Senior Citizens’ basic needs**

A small gesture like purchasing Doctor prescribed medicines from a nearby pharmacy, taking a senior for a health check-up or a doctor’s visit or serving a mid-day meal at our centre can be a big service in the eyes of a senior citizen. We encourage psychologists to conduct geriatric counselling for our members and physiotherapists to volunteer at our Mobile Physiotherapy Van. If you would like to engage with us for any of these or other volunteering opportunities, feel free to reach out to us.





# Become an Ambassador for Our Flagship Programmes

Our flagship programmes for productive ageing – Chai Masti Centres and Dignity Dialogue monthly magazine – are very popular among middle-income groups. We encourage volunteers to promote these programmes among their network of family and friends. We also encourage volunteers to spread the word in their neighbourhoods or within clubs such as a Book Club.

As a token of our thanks, you could get FREE membership to our flagship programmes for productive ageing – Chai Masti Centres online programme OR Dignity Dialogue monthly magazine.





# Dignity Foundation

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**Dignity Foundation**