

Volunteer Helping Hands

Our highly trained and screened volunteers provide visits and support services, **at no cost to the client**, for up to four hours each week. Services are individualized to meet the client's needs.

What services are provided?

- Companionship and socialization
- Emotional support
- Respite for family caregivers
- Limited transportation within Montgomery County, MD
- Errands, meal preparation, and other household tasks
- Accompaniment on outings with ambulatory clients

Services are provided
anywhere in Montgomery County,
including homes, assisted living
facilities, nursing homes, and hospitals.



Who is eligible?

- Individuals in Montgomery County with a serious, life-limiting illness who could benefit from extra support.
- Individuals facing acute decline in functioning or progression of illness.
- Individuals who may be pursuing curative treatment or receiving hospice services.

Self-referrals are welcome, as are referrals from healthcare providers and other community agencies.

*No one needs to feel alone.
We're here for you.*

To request services, contact us:
caring@caringmatters.org
301-869-HOPE (4673)

Complementary Services

Promoting a client's well-being is a top priority for CaringMatters. Our team of volunteers includes experienced practitioners who can bring a variety of complementary services to clients. These services include:

Massage

Essential oils and light touch offer relief and relaxation.

Mindfulness

Mindful breathing patterns and body dynamics may help patients release muscle tension that contributes to pain.

Music

Clients enjoy beautiful, calming music at their bedside, performed by instrumental musicians.

Pet Therapy

Dogs are brought to the patient's home for them to enjoy and touch, which may increase their mental stimulation, create laughter and improve quality of life.

Reiki

Reiki is a gentle touch technique that reduces stress through the practitioner's hand placement and can result in relaxation and feelings of peace, security and well-being.

What our clients and their families are saying about Volunteer Helping Hands:

"You were like a guardian angel who arrived at the perfect time to help Mom."



"CaringMatters shows me that there are people who care and their love is unconditional. It's more than a job to them. It's personal and I'm so grateful."

"You made our lives livable and gave us all peace of mind."

Volunteer Helping Hands is a program of CaringMatters (formerly Hospice Caring, Inc.), a nonprofit organization that provides social supports and community education so that no one dies or grieves alone.

Other Programs of CaringMatters

- Adult Bereavement Support Groups
- Camp Erin© Montgomery County
- Community Education
- Family Nights
- Good Grief Clubs



All programs are free of charge.
Contributions of any size are appreciated.
United Way #8365 · CFC #42512
Catalogue of Philanthropy Washington, DC

For more information or to donate:

CaringMatters.org
301-869-HOPE (4673)
Fax 301-990-4909

CaringMatters
518 South Frederick Avenue
Gaithersburg, MD 20877

Volunteer Helping Hands



Community-based,
social/emotional support,
provided free of charge,
for Montgomery County
residents with serious,
life-limiting illnesses

A program of

