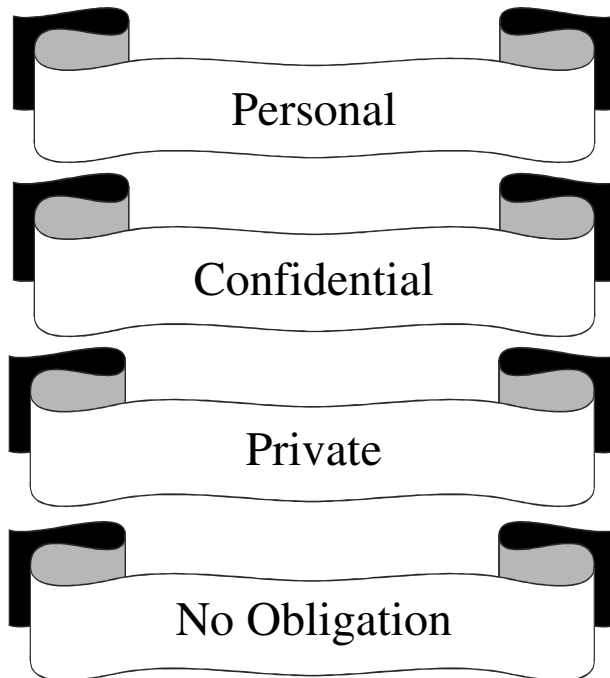


Supportive mentoring to anyone age 60 and over living in Clatsop, Marion, Polk, Tillamook or Yamhill County.



NorthWest Senior & Disability Services observes strict state and federal laws which cover confidentiality. We always make our best efforts to safeguard the privacy of your personal information.

NorthWest Senior & Disability Services

☎ Senior Services Information

Marion or Polk County:

Phone: 503-304-3420
or Phone: 1-866-206-4799

McMinnville Phone: 503-472-9441
Tillamook Phone: 503-842-2770
Warrenton Phone: 503-861-4200

☎ Disability Services Information

Marion or Polk County:

Phone: 503-304-3420
or Phone: 1-866-206-4799

McMinnville Phone: 503-472-9441
Tillamook Phone: 503-842-2770
Warrenton Phone: 503-861-4200

General Information

Toll Free: 1-800-469-8772
Adult Protective Services: 1-800-846-9165
TTY: 1-888-370-4307
Web Page: <http://www.nwsds.org>
E-Mail: webmaster@nwsds.org

Information is current as of publication date and subject to change without notice. For alternate formats, contact us at any number listed above.
SSA#B05 (April 2010)



NorthWest Senior & Disability Services

Center for Successful Living

SENIOR PEER COUNSELING PROGRAM

Support During Life Transitions



Advocacy. Action. Answers on Aging.

Serving Clatsop, Marion,
Polk, Tillamook & Yamhill
Counties

Senior Peer Counseling Program

You are **not** alone. Senior Peer Counselors at NorthWest Senior & Disability Services can support you through challenging times. As we get older, certain challenges become especially troublesome:

- depression
- chronic illness and/or disability
- end-of-life concerns
- difficulty in family relationships
- isolation, anxiety, and loneliness
- caregiving for an ill family member
- overwhelmed with life
- multiple losses
- a constant sadness
- problems with alcohol and/or prescription medications

Sound familiar? Probably, because all of us will face many of these challenges as we journey through older adulthood. Sometimes challenges just become too distressful – we are not quite sure of how to respond.

If this describes you or someone you know, age 60 or older, the Senior Peer Counseling Program can help.

How much does it cost?

There is no cost to you. Senior Peer Counselors do not accept pay or tips.

Donations to NorthWest Senior & Disability Services (NWSDS) are always welcome.

Who are Senior Peer Counselors?

They are volunteers (age 45 and older) who are trained and supervised to provide confidential, personal, and supportive mentoring. They are not just a friendly visitor or companion.

Like you, Senior Peer Counselors have a lifetime of experience in coping with transitions. They are available to share new insights as you discover personal ways to meet your life challenges.

Senior Peer Counselors receive on-going supervision and training from a qualified professional.

How can I benefit from talking with a Senior Peer Counselor?

Who knows better about issues and concerns older adults face than another older adult?

The Senior Peer Counselor meets with you to become aware of the challenges particularly troublesome to you and, then, work with you to identify clear, realistic goals and ways for you to accomplish responses to those challenges. Usually, you know how to respond; you just need someone else that will share insights, offer suggestions from their life experiences and training, and bolster your confidence.

How can I connect with a Senior Peer Counselor?

You can call NWSDS and request the service. Or, a referral can be made for you by anyone—a professional (physician, social worker, nurse, etc.), a family member, a friend and/or neighbor. Anyone referring you must have your permission. You are not obligated to see a Senior Peer Counselor and you may stop the visits at any time.

Meetings between you and a Senior Peer Counselor will occur in your home. Typically you will meet for one hour each week at a mutually convenient time. The length of time for visits varies from a few weeks to a maximum of one year. All conversations are strictly confidential and private.

Who do I contact about the Senior Peer Counseling Program?

Jeff Lukehart, Ph.D., Coordinator
Center for Successful Living
NorthWest Senior & Disability Services
3410 Cherry Ave. NE
Salem, Oregon 97303
P.O. Box 12189
Salem, Oregon 97309

Phone: **503-304-3414**

or

1-800-469-8772

E-Mail: jeff.lukehart@state.or.us