

### Take Time to Listen

Loneliness shows no regard for gender, color, race or religion. However, it is something that affects the elderly more than any other group. Studies have shown that over 60% of people over the age of 70 report feeling social isolation and loneliness.



**Project Pro**  
**Refuse to do Nothing**  
**Be the Change**

### What's The Next Step

We want you to encourage others to get involved and show the world preteens care, and can change the world by taking a leading role in reducing the devastating impacts of loneliness and abandonment.

We hope you will find a way of getting two more people or even groups involved in the project. Go to a local place of worship, scouting group or community center and tell them about Project PRO and how they can get involved.

### Finally

Contact us and let us know how it is going in your area.

[Preteens.reaching.out@gmail.com](mailto:Preteens.reaching.out@gmail.com)



# PROJECT PRO

## Preteens



## Reaching

## Out



**Together Loneliness Falls**



## What is Project PRO

Project PRO is a preteen leadership challenge for 10 to 12 year olds around the world. We want you to take up the challenge and make a meaningful and personal connection with senior adults in your area.



The Elderly have a suicide rate over twice that of the regular population

If we band together in our own areas we can make an impact to the loneliness and depression experienced by abandoned and too often forgotten senior adults.

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We are preteens on a mission to:

1. Reach out to the elderly
2. Enrich lives
3. Reduce loneliness
4. Challenge you to do the same

## Why is it Important

- There are 516 million seniors in the world and they still have a lot to offer us
- Seniors are more than twice as likely to commit suicide than younger adults
- Only 10% of depressed seniors seek treatment and most report loneliness
- Chronic loneliness has serious life threatening affects on health

## 6 Steps to Making A Difference

**Step 1** – Connect to people close to you first

Talk to your parents about your desire to get involved and reach out to senior adults who may be suffering from loneliness or abandonment.

If you have them, write letters to your own grandparents or great grandparents to remind them that you think about them even if you don't get to see them much.

**Step 2** – Find a senior citizen that you can reach out to and spend some time with

If you have a place of worship or community center ask if there are people or groups that already reach out to the elderly community. See if they can help you get involved and connected with a senior citizen that you could share your time with.

**Step 3** – Think about some things to do

Prepare a card or craft to take to them and pick some opening questions to help you get to know each other.

**Step 4** – Organize time together

Have a parent or trusted adult help you organize a time and place to visit with your Care Companion and recruit a friend your age to join you and share the experience.

**Step 5** – Enjoy your visit and keep everyone healthy

**Don't visit if you are sick** or not feeling well so you don't get anyone else ill. And always remember to **wash your hands before and after** your visit.

**Step 6** - Reflect and repeat

Talk about the experience you had with your parents and your peers and try to engage more people in the process. And don't forget to try it again soon!

## Some Do's & Don'ts

- Hearing may be fading but it is better to talk slower and make eye contact than it is to yell
- Do ask them about their childhood. This is usually easier to remember if people are having trouble with their memory
- Ask about games, sports or hobbies they played or if they like to play any games now
- Ask if they have children or grandchildren
- What was life like when they were your age?
- What kind of job did they have?
- Hugs are great but always ask before you touch someone
- If you bring some candy or a snack make sure it is sugar free
- If someone needs help get an adult and don't move someone that falls
- Don't bring distractions like phones or electronic games
- Sometimes health and hygiene get difficult so don't be offended or make fun of someone
- Just listen and enjoy being with them



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