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MEDIA RELEASE

We are using our Caring Hands to help our seniors!

This Caring Hands Day, *organisation name* is taking the challenge to stamp out social isolation and loneliness amongst our seniors.

We will be using our caring hands to help the 1 in 4 people aged over 65 who live alone.

Many seniors need help around the home, and many don't speak to anyone from one day to the next.

Spokesperson name said it's just not good enough that our older neighbours are suffering, and doing something to help is easy.

Ways we will be reaching out to seniors include:

- Picking up the phone and checking in
- Asking if they need a hand around the home or in the garden
- Helping with everyday errands or having a treat at their favourite café

We will also be donating to Southcare at www.caringhandsday.org.au.

"Everyone has the power to make a difference and the power is literally in our hands," *spokesperson name* said.

"Connection with others improves mental, physical, and emotional wellbeing and helps fight the risks of dementia, elder abuse, and premature death.

"A small act of kindness is huge to someone else, and the time is right for us all to be carers.

Caring Hands Day runs annually on 6 April and is organised by Southcare who has been using its caring hands since 1982. Take up the challenge and make a difference at www.caringhandsday.org.au.

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