

Geriatric Companionship And Respite Experience (C.A.R.E.) Program Guide



Cause for Action:

- Social and emotional support has been shown to [improve health-related quality of life](#) and mental health for geriatric patients.
- Additionally, the physical presence of volunteers [reduces risk of falls](#).
- By spending time with geriatric patients, students can help improve patient outcomes while learning about the elements of care unique to this vulnerable population.

Where is the program?

Geriatric C.A.R.E. is located in the [Upstate Medical Hospital Geriatric Ward](#) – 8th Floor.

What does Geriatric C.A.R.E. do?

Students provide companionship for senior citizen (geriatric) patients in the geriatric ward of Upstate University Hospital.

Who does Geriatric C.A.R.E. serve?

Hospitalized older adults.

How does the program provide for this population?

The goal of this program is to improve mental health of Upstate's geriatric patients by providing social support and companionship.

What would I do as a student?

Students serve as a companion by engaging in recreational activities elderly inpatients at University Hospital (8th Floor). Some of these patients rarely get visitors. Students play games and read books with patients, as well as other social activities as desired by the patient.

How often would I serve?

Student volunteers visit the geriatric ward from 1-2PM once per week on a day of their choosing.

What are the community impacts?

Through weekly social activities, students support and form friendships with older patients, which has been shown to improve quality of life and mental health.