

# HELP UDS AS A CAREGIVER SUPPORT VOLUNTEER

*Caregiver Support volunteers enhance life experiences for people with disabilities.*



*your way of living*

# UNITED DISABILITIES SERVICES

# CAREGIVER SUPPORT

# VOLUNTEER

The core of the UDS mission is to provide personal care and support services to people with disabilities, including veterans and the elderly, to enhance their independence and enrich their lives. Volunteers help to provide relief for caregivers by:

- Running errands
- Spending time with the individual while the caregiver runs errands
- Reading a book or newspaper to an individual
- Making phone calls or writing letters
- Providing caring companionship

By working with these individuals and the people around them, you make their lives just a little bit easier and enrich your own life by becoming a UDS Caregiver Support volunteer.

**For more information or to  
download a volunteer application:**

**[udservices.org](https://udservices.org)  
or call UDS at 888-UDS-4235**