One in three older adults 65 years and older are living with some form of memory impairment or dementia. Brain Buddies Volunteers meet one-on-one with these older adults to help keep their minds healthy, active and engaged. Meetings include evidence-based socialization, games and structured activities like games, music and art.

Volunteers are recruited, trained and then matched with appropriate participants on the basis of need and compatibility.

**QUALIFICATIONS**

- Must be 18 or older
- 1-year commitment
- Empathetic and understanding of the needs of older adults and/or disabled adults experiencing memory loss or dementia.
- Ability to attend once-monthly case conference
- Must be 18 or older

Questions? Contact Kate Ekman at kate.ekman@bchd.org or 310-374-3426, x199.