

DIY

A PROGRAM BY



United Way
for Southeastern Michigan

SENIOR CARE KIT



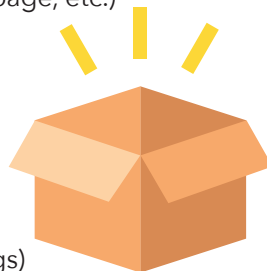
Overview/The Need:

Most seniors who live in group residences spend long stretches of time alone – even those who are able to socialize regularly. And many seniors are still recovering from the additional isolation brought on by the pandemic.

Building a DIY Senior Care Kit is a great way to lift the spirits of seniors while providing resources to counter the effects of loneliness. We encourage you to get your friends and neighbors involved in building these kits!

Supplies Needed:

- Sturdy container such as a cardboard box, plastic bin, or drawstring bag (one per kit).
- Items (Please include a minimum of three items per kit plus a greeting card.):
 - Letter/greeting card with generic salutations
 - Playing cards and/or small game sets (checkers, dominoes, cribbage, etc.)
 - Activity books (crossword, word search, sudoku)
 - Jigsaw puzzles
 - Basic craft kits
 - Large-print books
 - Artwork by children and families (drawings/colorings)



Please note that one kit can range greatly in price depending on where the items are purchased, which items are selected and in what quantity. The average range in cost per kit is \$7 to \$25.

How to Build Your Kit:

- Select your box/bin/bag and a minimum of five items from the supplies list to put in the kit.
- Collect or purchase the items. They must be new or unopened.
- Build a minimum of five kits.

Host a Drive:

Involve your friends, family and neighbors in your volunteer efforts! Instead of purchasing items alone, host a virtual or in-person item drive. Coordinate a time and place to have the items dropped off or one location to have online purchases shipped to. Be sure to set a goal of how many kits you want to complete together.

Delivery Information:

Once you sign up at UnitedWaySEM.org/DIYKits, we will share delivery information with you. All kits will go to local nonprofit agencies. We will also send you tips and tricks for where to purchase items and how to keep costs down.

Share Your Progress:

Don't forget to take pictures of your progress and final products before delivery! Share them on social media with #UWVolunteer, #LiveUnited, and tag us with @UnitedWaySEM.