



HOPE Project

Helping Older People Engage

Do you feel isolated during these challenging times?

You could be eligible for a research study to learn about isolation and promote social connections in adults 60 and older

This study will compare 2 ways to improve well-being and social connections:

- Looking back (Life review) vs
- Giving Back (Volunteering)

Participation will last 1 year and involve:

- Phone or zoom interviews with online surveys at study start, 6 and 12 months
- Online surveys at 3 and 9 months
- Participation in a life review program or volunteering over the course of the year
- All parts of the study can be done from your home including volunteering, such as friendly calling

Eligible subjects will be paid up to \$140 for their time.

If you or someone you know would like to learn more, contact the HOPE coordinator at 585-273-1811 or HOPE@urmc.rochester.edu.

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