



STUDENT-RUN DELIVERY VOLUNTEER PROGRAM FOR THE AGING POPULATION



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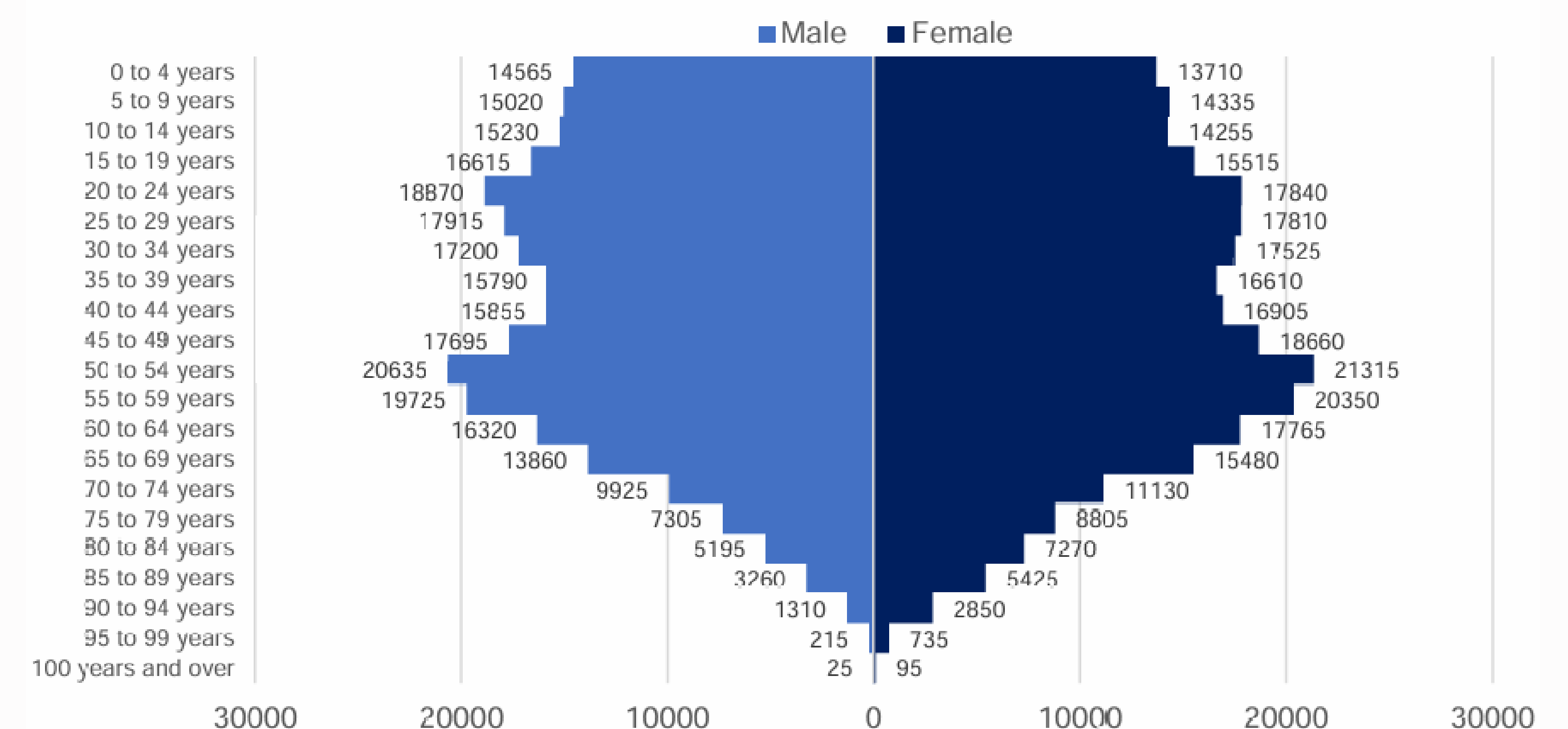
PROBLEM

How Might We connect the local youth and the aging population to create community support and enhancing quality of life at home in Hamilton by addressing daily needs?

- Large demographic of the aging population are low-income, with a lack of services in the community for support¹
- Individuals want to stay at home as they age, but carrying out daily tasks can be time-consuming and inefficient
- Student volunteer opportunities for stronger resumes fill up quickly and are highly competitive

22% of older adults live alone ²

Figure 1: Population Pyramid, City of Hamilton 2016



83% of surveyed pre-med McMaster students reported high or moderate interest in finding a volunteer position

SOLUTION

After discussions with representatives with the McMaster Institute of Aging and CityHousing Hamilton, we have developed a student-run volunteer program based in McMaster University that offers mail, grocery, and pharmacy deliveries for those aging in their homes struggling to run such errands. This solution:

- Provides a pool of student volunteers that can fulfill delivery appointments that are scheduled in advance
- Creates free time and eliminates stress for those aging in their homes.
- Allows pre-medical and other ambitious students to fulfill a high number of hours in meaningful volunteer work
- Creates opportunities for students to fulfill delivery errands by car, transit, bike, or foot.
- Funded by the MSU as an official ratified club, as well as external grants and donations



NEXT STEPS



1. Apply for official club ratification with MSU
2. Apply for external funding and grants
3. Gather volunteers and collaborations
4. Target specific neighbourhoods

REFERENCES

1. Press, J. (2019, January 22). *Feds want more low-income seniors to take advantage of benefit program*. The Toronto Star.
2. Epidemiology & Evaluation. (2019, March). *A statistical profile of older adults in Hamilton*. City of Hamilton.

ACKNOWLEDGEMENTS (OPTIONAL)

