



**Little Brothers** Embracing the Elderly

Be part of a **mission** that changes lives!



By **bridging the gap** with the elderly, we can **put an end** to their isolation.

[littlebrothers.ca](http://littlebrothers.ca)

## Our mission

To counter the isolation of seniors until the end of their lives.



**JEAN — FRANÇOIS**

## A commitment that changes lives

**In Québec, more than one out of five seniors lives without the support of family and loved ones.**

Since 1962, we have been supporting people aged 75 and over who suffer from social isolation. Regardless of their physical and cognitive condition, we provide free companionship. They can count on us for lasting and caring relationships.

## Who are our Great Friends?

<b>83 years old</b> (average age)	<b>73%</b> women
<b>29</b> centenarians	<b>61%</b> widowed or separated



## Who can be part of the Little Brothers extended family?

Regardless of their social or economic condition, their physical or psychological health, we provide free support to all seniors who are:

- 75 years of age or older;
- Québec residents;
- socially isolated or suffering from exclusion;
- without significant emotional connection to their family or immediate circle.

## Our impact in numbers



**2,600 seniors** on average whose lives are changed each year



**2,900 volunteers** on average recruited and trained annually



**78 % of seniors paired** with a long-term volunteer



**165,000 hours** of volunteering and companionship on a yearly basis



**15 local teams** present in 12 Québec regions



**20,000 individuals, companies and foundations** who have donated generously, including **800** who have been loyal donors for over 30 years

## The Little Brothers Foundation: making the most of your generosity

All activities and campaigns organized by the Foundation are done so for the sole purpose of increasing the organization's capacity and ensuring that our support is sustainable and free of charge. It also supports initiatives to rally more donors and partners to the cause of senior's isolation.

## Our promise to the elderly

- Ensure a presence for life for isolated seniors: companionship pairings, phone calls, visits, etc.
- Offer activities that foster social connections.
- Celebrate important moments: vacation getaways, end-of-year celebrations, birthdays, etc.
- Help seniors cope with life changes and feelings of vulnerability.
- Speak out for seniors and raise awareness about our cause.



**I was in darkness and feeling lost. And then Little Brothers came into my life and promised to stay with me until the end. Now, I have a family."**

Ms. Malouin,  
Great Friend since 2010

## The social isolation of seniors, a reality

Québec's population is aging. 1.1 million people will be 75 or older in 2030 and 220,000 will suffer from social isolation if we do not respond quickly.

**Many factors contribute to isolation:** retirement, loss of a driver's licence, moving to a seniors' residence, loss of a loved one or a life companion, physical or cognitive limitations, mental health problems, non-existent family support, and poverty, among others.

## How can we improve the lives of isolated seniors?

Social isolation and loneliness are common phenomena that are detrimental to the health and well-being of seniors. Your neighbours and loved ones may be affected today, but tomorrow it could be you. Through your kindness and involvement, you are part of the solution.

There are many ways to get involved:

- Make a donation;
- Become a volunteer;
- Involve your business;
- Organize a fundraiser;
- Refer a senior;
- Learn about the issues and raise awareness about the cause.

Donate

### Would you like to learn more?

littlebrothers.ca  
info@littlebrothers.ca  
514 527-6229 or 1 866 627-8653 (toll free)

Follow us on social media:



**Little Brothers** Embracing the Elderly

**Head office:** 4624, Garnier Street,  
Montreal (Québec) H2J 3S7

Charity Numbers:  
Fondation 118922160 RR 0001 / Corporation 119017259 RR 0001

Our organization is a member of the **International Federation of Little Brothers of the Poor**, which unites associations in 10 countries.