



Little Brothers Embracing the Elderly



Our mission

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

You are part of the **solution!**



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

littlebrothers.ca



MARIE — JOSÉ



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 the way they arrive at our door, they are welcomed into our extended family with open arms. We strive to provide them with free companionship to bring them the comfort and dignity they deserve, until their very last breath.

A diverse companionship offer

Fostering social interactions

Our Great Friends are supported through companionship pairings, visits, phone calls and group activities.

Providing an ongoing presence

We are always there for our Great Friends, ensuring they maintain their dignity and sense of well-being.

Celebrating important moments

We organize events to bring people together and strengthen connections: holiday stays, end-of-year celebrations, birthdays, etc.

Who can be part of the Little Brothers extended family?

We take care of all seniors provided they are:

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



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



Who are our Great Friends?

At Little Brothers, the seniors who join our extended family are affectionately referred to as “Great Friends”.

Expertise in providing support for seniors

Little Brothers has developed a great deal of expertise with regard to the realities of older persons. We offer tailored support adapted to their needs and situations so that we can best help them.

Led by our regional teams across Québec, our community outreach initiatives are based on a social gerontology approach recognized by the government.

Little Brothers in brief



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



2,900 volunteers recruited and trained on average each year



15 local teams located in 12 Québec regions



Keep an eye out, you are part of the solution

Have you noticed an elderly person who seems alone in your circles? You can refer them to our organization.

In fact, 40% of the seniors we support are referred to us by social workers and community resources.

Through your commitment, you actively support the fight against social isolation for seniors.

Together, we can take action to help the elderly maintain the social ties that are essential to aging well. Your vigilance and kindness contribute to the well-being of seniors in Québec!

[Refer a senior](#)



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