

# PCOA Ambassadors

*Assist older adults and their caregivers by providing accurate information, and coordinating referrals to a network of community resources*

## Who is a PCOA Ambassador?

Ambassadors are adults of all ages who want to help older adults and their caregivers by providing accurate information and referrals, and by delivering educational materials in community-based settings throughout Tucson and Pima County.

- You will complete an 8-hour training
- Attend monthly 1-hour meetings
- Complete a simple record of activities each month
- Distribute copies of Never Too Late, the PCOA newspaper

## What else should I know?

Our commitment is to be sure that PCOA Ambassadors are:

- Knowledgeable about Pima Council on Aging and Ambassador Program educational materials
- Comfortable with the expectations of serving as a PCOA Ambassador
- Informed about the limits of his/her role as a PCOA Ambassador

## Caring for people in the community

The PCOA Ambassador Program is a unique, free service for older adults who may need assistance but don't know whom to ask.

PCOA Ambassadors provide one-to-one confidential consultations in a variety of settings including senior residential communities, faith-based organizations, civic groups, or neighborhood associations.

For further information,  
Call PCOA Volunteer Services  
(520) 546-2002  
Or visit us online at  
[www.pcoa.org/volunteering](http://www.pcoa.org/volunteering)

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Advocacy, action,  
and assistance to  
our community for  
over 40 years.



Call 520-790-0504 or  
go to [www.pcoa.org](http://www.pcoa.org)

# PCOA Ambassadors

## A Program of Pima Council on Aging Volunteer Services

The Pima Council on Aging (PCOA) Ambassador Program provides a unique opportunity for adults of all ages to serve as information specialists who provide accurate information about aging issues and referrals to a network of community resources serving older adults and their caregivers.

- More than 130 Ambassadors have been trained and serve in more than 240 settings throughout Tucson and Pima County.
- Ambassadors have one common motivation: each is passionate about helping others in need.
- The Ambassador trainees complete an initial 8 – hours of orientation to PCOA programs and services and post-training.

- All Ambassadors attend monthly 1-hour continuing education meetings and complete a simple, monthly report of activities.

Ambassadors work as a coordinated team, but also provide information and referral outreach independently by scheduling their own meetings in specific locations.

Some PCOA Ambassadors provide information and referrals to their neighbors through their neighborhood associations, and/or faith communities.

Other Ambassadors serve organized groups as diverse as the American Association of University Women, American Legion Post, TIHAN (Tucson Interfaith HIV/AIDS Network), and the Pan Asian Community Alliance.

The Pima County Public Library formed a partnership with the PCOA Ambassadors which resulted in 30 librarians completing training to serve as Ambassadors.

PCOA Ambassadors distribute about 1,500 copies of PCOA's newspaper, "Never Too Late," each month. They also provide information important to seniors in the newsletters where they serve.

### **PCOA Ambassadors Program History:**

The PCOA Ambassador Program is a grassroots initiative that began in 2000 and has earned national recognition from the National Council on Aging as an innovative community-based volunteer service.

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