



## **MEDIA CONTACT**

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## **FOR IMMEDIATE RELEASE**

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### **Duet Invites Volunteers with Family Caregiving Experience to Become Mentors at June 27 Event**

(Phoenix, Ariz.) – To an isolated family caregiver, having someone provide emotional support throughout their journey can be life changing. Duet: Partners In Health & Aging is home to the caregiver-to-caregiver mentor program and is looking for volunteers with family caregiving experience to provide one-on-one support to other family caregivers in a mentorship capacity. As a caregiver mentor, a volunteer can help isolated caregivers by providing emotional support over the phone for one hour a week. **The next caregiver-to-caregiver mentor program training session is from 10 a.m. to 2 p.m., Wednesday, June 27 at Duet, located at 10000 N. 31st Ave., Suite D200, in Phoenix. Lunch will be provided.**

“Caregivers often feel isolated and misunderstood because of their caregiving situations. Even those who are fortunate enough to have the support of friends and family often express the need to connect with someone who understands what they’re going through,” said Daniela Saylor, family caregiver services program manager at Duet. “Though support groups offer a wonderful opportunity to connect with others who understand this journey, it is not always possible for some caregivers to attend meetings. That’s where our caregiver mentors come in.”

To become a caregiver mentor, the interested person should have some experience in a caregiving role (providing unpaid support for a loved one) and be in a stable place in their own caregiving journey. Duet provides training and coordination for the program thanks to a grant from Virginia G. Piper Charitable Trust.

***Those who are interested in participating in the June 27 training session can RSVP through Daniela Saylor via email at [saylor@duetaz.org](mailto:saylor@duetaz.org) or by calling (602) 274-5022.***

**About Us:** Duet is a nonprofit, interfaith organization that promotes health and well-being through a broad range of services to homebound adults, family caregivers, faith communities and grandparents raising grandchildren. Duet’s free-of-charge services are available in the greater Phoenix area. To volunteer, donate or ask for help, go to [www.duetaz.org](http://www.duetaz.org) or call (602) 274-5022.