**#I Rely On**

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**#IRelyOn Campaign Instructions**

* **Step 1:** Download and print out our sign. Write in the aging service that you rely on (use the “cheat sheet” on the back for ideas). Or use it as a guide to make your own sign.
* **Step 2:** Take a photo of yourself holding your sign.
* **Step 3:** Post the photo on social media using the #IRelyOn hashtag.

**NEED HELP TO TAKE ACTION?** We’re happy to help! If you’re not on social media, send us your photo and we’ll post it. We’ll join your staff meeting, community gathering, etc. to lead a #IRelyOn virtual activity. Contact Kweli Kitwana at kweli@seniorservicescoalition.org.

**The Services That We Rely On - Suggestions for Write-In Text**

**#IRelyOn…**

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| … my Friendly Visitor  … the wonderful friend that I’ve found through my local Friendly Visiting program  … the connections and friendships that the Friendly Visitor program makes possible in my community  … knowing that my local Visiting Program is adequately funded so that I could have a friendly visitor if I found myself isolated or lonely | … my Case Manager  … the help of a case manager to navigate benefits and coordinate services  … knowing that Case Management services will be there for me or my family if we need help to coordinate care and services  … knowing that Case Management and Visiting will be available in my community should I or my family need them |