

# #I Rely On

**Senior Services Coalition** of Alameda County

AGING IS SOMETHING WE ALL HAVE IN COMMON

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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](mailto:kweli@seniorservicescoalition.org).

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

### #IRelyOn...

... 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

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