

WHAT IS THE ARCHCARE TIMEBANK?

The ArchCare TimeBank is a free volunteer service exchange program open to everyone.

Members “bank” their time helping each other, providing and receiving services, assisting neighborhood organizations, and participating in member-led group activities.



Do an Errand
+1 Hour



Get Tech Help
-1 Hour

INCLUSIVE, DIVERSE & INTERGENERATIONAL



1,800+ members

From kindergarteners to great-grandparents, speaking 30+ languages.



100+ organizational members

Including neighborhood centers, houses of worship, soup kitchens, healthcare organizations, and more.

ESSENTIAL SERVICES

On a daily basis, members generously assist each other, providing key services including escorting to the doctor, assistance with food shopping, prescription pick-ups, tutoring, English lessons, minor home repairs, alterations, and so much more!



Thousands of hours of service are provided by TimeBank members every month.

KEY TIMEBANK BENEFITS

- Informal support network
- Post-hospital stay support
- Assistance for caregivers
- Help with instrumental activities of daily living



IMPACT OF THE TIMEBANK ON ITS MEMBERSHIP

A study on older adult TimeBank members, funded by the Fan Fox & Leslie R. Samuels Foundation, Inc., found that **100% of those surveyed experienced positive benefits from being a TimeBank member**, with 90% reporting an increase in socialization.



48% of those surveyed reported improvements in physical health.



72% of those surveyed reported improvements in mental health.

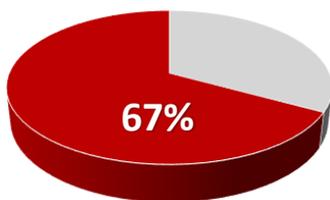


79% of those surveyed reported receiving support to stay in their community as they get older.

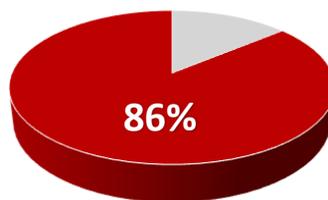
Additional benefits reported included **increased access to health & other community services, improved quality of life, increased socialization**, as well as an **increased sense of belonging to the community**.

CROSSING THE DIVIDES

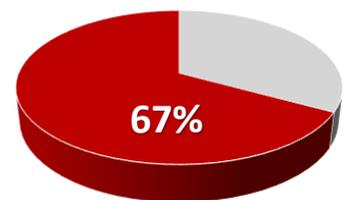
An analysis of TimeBank member service exchanges found that **most exchanges spanned across different age groups, income levels and ethnic backgrounds**.



2 out of every 3 exchanges were between members of **different generations**.



6 out of every 7 exchanges were between members in **different income groups**.



2 out of every 3 exchanges were between members of **different ethnic backgrounds**.

FOR MORE INFORMATION

Contact us at **844-880-4480** or timebank@archcare.org
Find us online at www.archcaretimebank.org

