

**Living alone has its risks...
Regardless of the status of your health!
A sudden illness, an accident, or a fall...**

What if you could not call for help? Who could do it for you?

The Pair program permits a subscriber to remain in their home longer by safeguarding their health and security while providing peace of mind to both themselves and their loved ones. **FREE**, flexible, and multilingual, it has already saved many lives in Quebec!

Pair is intended to reach the elderly who are in loss of autonomy and who are living alone. The subscriber is also considered to be living alone if no one at home can be of assistance in case of an emergency.

How does the Pair program work?

The service provides a daily automated phone call at an appointed time chosen by the subscriber. By answering the call, the subscriber reveals that he is fine. However, if there is no answer, the automated system will call back up to two times in a short period of time. If there is still no answer, an alert procedure will be launched and a visit to the subscriber's home will be made. In our area, the service is offered 24 hours a day, 365 days per year.

Thanks to the following financial partners, the Pair program is offered free of charge:

**Caisse Desjardins du Lac-Memphrémagog
and
Municipalité Régionale de Comté
(MRC) de Memphrémagog.**

The Pair program's partners:



819 843-3334 ext. 0



**CENTRE
D'Action BÉNÉVOLE
DE STANSTEAD**
SEANSTEAD VOLUNTEER CENTER

819 876-7748

**CENTRE
D'Action BÉNÉVOLE
DE LA MRC DE MEMPHRÉMAGOG**

819 843-8138

**CENTRE
D'Action BÉNÉVOLE
DE LA MRC DE MEMPHRÉMAGOG**

450 292-3114



Centre de santé et de services sociaux
de Memphrémagog



To sign up, or for more information, please call one of the MRC Volunteer Centers, or the Régie de police de Memphrémagog at 819 843-3334 extension 0. You can also visit us on the web policerpm.com programmepair.ca

Pair

Une présence rassurante !
programmepair.ca

(English version on back)

Pour demeurer chez soi
en toute quiétude



« C'est avec enthousiasme que j'ai accepté de devenir le porte-parole du programme Pair. En plus d'être gratuit, il permet aux aînés du Québec de demeurer en toute quiétude chez eux, et ce, le plus longtemps possible. Il offre une tranquillité d'esprit aux proches aidants. »

N'attendez surtout pas d'en avoir besoin pour vous abonner. Je vous invite à le faire à titre préventif, même si tout va bien. Il suffit d'un appel pour vous renseigner. »

MICHEL LOUVAIN,
porte-parole