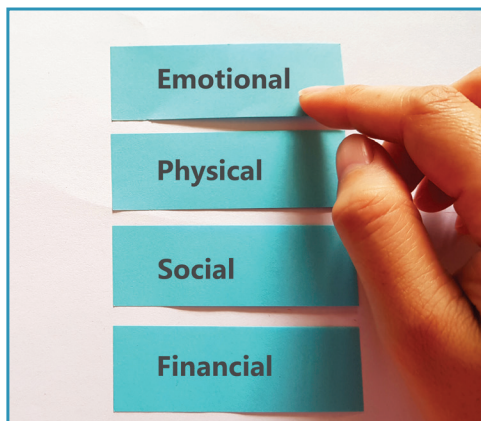


## What is MASH?

The MASH project was originally launched for low-income older adults aging in place with limited income and fear of losing their housing. Thanks to the data points we collect through BetterAge, our MASH Unit may be able to offer opportunities for improving other aspects of your health and wellness.

## How is it funded?

Thanks to a grant from Ventura County Behavioral Health, Volunteer Caregiving has been able to explore this innovation project with the goal of developing a useful program that can be scaled to other Volunteer Caregiving Organizations in California and throughout the nation.



## What can you expect?

- Education
- Recommendations
- Referrals
- Personalized Assistance
- Guidance
- A Sounding Board

## How does it work?

- 1) BetterAge will provide insights into areas of health and wellness where Volunteer Caregiving may be of assistance
- 2) Depending upon your score in any given Health & Wellness measure, you may be eligible to explore your risk level, currently targeting financial wellbeing and sustainability
  - a. In many cases, a few simple revisions to one's approach can shift the way a person takes action and resolve challenges with minimal effort.
- 3) In cases where the solutions are not as evident, Volunteer Caregivers will take a deeper dive through our Risk & Referral assessment. Results may indicate an opportunity for you to work on a more personal basis with a volunteer team who will evaluate your financial profile.
- 4) The volunteer team, known as a MASH Unit, will work together with the goal of offering recommendations to you within 90 days. You are not required to follow any one of the recommendations. However, if you need assistance making updates to your financial plan, the MASH Unit will be there to assist.

## Voluntary Participation

Participation in MASH is voluntary and you can choose to withdraw or no longer participate at any time. If you do choose to not participate in MASH, you may still receive support from your Volunteer Caregiving Organization.



## About our Volunteers

- Vetted with livescan background checks
- Trained with informed consent
- Retirees with diverse professional experience
- A sounding board for ideas and possible options
- Learn what questions to ask
- Learn where to find the answers

## Your Relationship with Money

Not every financial situation is just about the money. You may be struggling to make decisions that are overwhelming. In cases like this, it may be helpful to speak with a professional counselor and your MASH Unit is available to coordinate this support as well.

# 7 Steps for Transforming Your Relationship with Money

- ✓ Take an honest look at your current relationship with money
- ✓ Identify how you want your new relationship to be
- ✓ Establish an intention or goal
- ✓ Start setting a foundation for this new relationship
- ✓ Remember to give yourself grace
- ✓ Seek professional guidance if needed
- ✓ Celebrate your new relationship and approach to money

Remember that Volunteer Caregiving is here to lend a helping hand. Our organization is not designed to solve every problem. We can help you identify resources and potential solutions that may be a good fit for you—whether they're through our Volunteer Caregiving Organization or not. **Your decisions are your own. We're here to help identify options you may not have considered.**