

Portside Reach Out Registration

Request Free Telephone Connection and Wellness Support

Thank you for your interest in Portside Reach Out.

Please complete the form below to request scheduled telephone connection and wellness-support calls.

A member of the Portside team will review your registration and contact you regarding next steps.

Completing this form does not guarantee immediate enrollment or a specific call frequency.

Participant Information

Full Name:

Preferred Name:

Telephone Number:

Alternate Telephone Number:

Email Address:

City or Town:

Preferred Method of Contact:

☐ Telephone

☐ Email

☐ Other: _____

Preferred Call Schedule

How often would you like to receive a call?

☐ Daily

☐ Several times per week

☐ Weekly

☐ Every two weeks

☐ Occasional calls

☐ I am unsure and would like to discuss options

Preferred Days:

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐ Friday

☐ Saturday

☐ Sunday

Preferred Time of Day:

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Flexible

Preferred Time Range:

Are there times when we should not call you?

Why Are You Interested in Portside Reach Out?

Please check all that apply.

- ☐ I would like friendly conversation.
- ☐ I experience loneliness or isolation.
- ☐ I would appreciate regular social connection.
- ☐ I would like someone to talk with.
- ☐ I would appreciate wellness reminders.
- ☐ I would like medication reminders.
- ☐ I would like encouragement with daily routines.
- ☐ I am going through a life transition.
- ☐ I have limited opportunities for social interaction.
- ☐ I would like to talk about hobbies and interests.
- ☐ I would like help connecting with community resources.
- ☐ Other: _____

Please tell us a little more about what you are looking for:

Conversation Interests

What would you enjoy talking about?

- ☐ Family
- ☐ Friends
- ☐ Pets
- ☐ Hobbies
- ☐ Books
- ☐ Music
- ☐ Movies or television
- ☐ Sports
- ☐ Games or technology
- ☐ Art or creativity
- ☐ Nature or gardening
- ☐ Faith or spirituality
- ☐ Daily activities
- ☐ Other: _____

Is there anything that helps you feel comfortable during a conversation?

Wellness or Medication Reminders

Would you like a reminder during your call?

- ☐ No reminder requested
- ☐ Drink water
- ☐ Eat a meal or snack
- ☐ Rest or take a break
- ☐ Attend an appointment
- ☐ Complete a wellness activity
- ☐ Call a support person
- ☐ Take medication as prescribed
- ☐ Other: _____

Please describe the reminder you would like:

Preferred reminder time:

Please note: Portside Reach Out provides reminders only. Volunteers and students do not provide medical advice, change medication instructions, handle medication, or determine whether medication has been taken.

Communication Preferences

Please check any that apply.

- ☐ I prefer the caller to speak slowly.
- ☐ I prefer short calls.
- ☐ I prefer longer scheduled calls.
- ☐ I may need extra time to answer questions.
- ☐ I prefer being asked before discussing personal topics.
- ☐ I prefer general conversation.
- ☐ I prefer the caller to ask about my day.
- ☐ I prefer reminders to be brief and direct.
- ☐ I have hearing or communication needs.
- ☐ Other: _____

Please describe any communication needs:

Privacy and Telephone Safety

Is it safe for Portside Reach Out to call you at the number provided?

- ☐ Yes
- ☐ No

- ☐ Only during certain times
- ☐ Please contact me another way first

Are there any privacy instructions we should follow?

For example, should we avoid leaving voicemail messages or avoid mentioning Portside Reach Out?

If someone else answers your telephone, what should the caller say?

Emergency Contact Information

Portside Reach Out is not an emergency or crisis service.

If you are experiencing an emergency or believe you are in immediate danger, contact emergency services.

Emergency Contact Name:

Relationship:

Telephone Number:

May Portside contact this person if a serious safety concern arises, according to program procedures?

- ☐ Yes
- ☐ No
- ☐ I would like to discuss this first

Understanding the Program

Please check each box to confirm that you understand.

- ☐ Portside Reach Out is a free community telephone connection program.
- ☐ Calls are provided by trained volunteers, students, staff, or other approved personnel.
- ☐ Calls are scheduled according to program availability.
- ☐ Completing this form does not guarantee immediate enrollment.
- ☐ Portside Reach Out is not psychotherapy, counselling, medical care, nursing care, or emergency support.
- ☐ Volunteers and students cannot provide medical advice.
- ☐ I should contact emergency services if I am experiencing an emergency.
- ☐ I may decline a call or end a call at any time.
- ☐ I may request a change to my call schedule.
- ☐ I may discontinue participation in the program.
- ☐ Calls may be documented for program coordination, supervision, safety, and quality purposes.
- ☐ Information may need to be shared with authorized personnel if there is a serious safety concern.

Consent to Participate

By submitting this form, I am requesting participation in Portside Reach Out.

I understand that:

- Participation is voluntary.

- I may decline a call or end a call at any time.
- Calls are provided within the boundaries of the program.
- Portside Reach Out is not a counselling, therapy, medical, or emergency service.
- My information will be handled according to Portside privacy and confidentiality procedures.
- Portside may not be able to provide calls at my preferred time or frequency.
- I may contact Portside to request changes or discontinue participation.

Participant Name:

Signature, if required:

Date:

Consent to Telephone Contact

- ☐ I consent to Portside Reach Out contacting me by telephone regarding registration and scheduled calls.
- ☐ I would like to discuss telephone contact before providing consent.

Preferred Telephone Number:

Additional Information

Is there anything else you would like us to know?

Thank You

Thank you for registering with Portside Reach Out.

A member of the Portside team will review your information and contact you regarding availability and next steps.

Portside Reach Out

A friendly call. A meaningful connection. A reminder that you matter.