



Duet: Partners In Health & Aging is a nonprofit organization based in Phoenix, Arizona, providing free-of-charge services for over 45 years to improve the quality of life for homebound older adults, family caregivers, and grandparents raising grandchildren. Duet’s vision is a community where every person ages with compassion, dignity, and hope.

Core Services Impact – FY2025

Individuals Served	Services Provided	Active Volunteers
2,615	9,776	404

Family Caregiver Services

Supporting family caregivers with emotional support and practical guidance:

- Support Groups**
 Virtual and in-person opportunities to be in a caring and understanding environment with others in similar situations. Support groups help caregivers find camaraderie, express frustrations in a safe space, and learn coping strategies.
- Educational Workshops & Webinars**
 Our educational events are designed to help family caregivers manage stress and improve their caregiving skills. These events feature expert speakers who provide valuable insights and practical strategies, helping them stay informed and empowered on their journey.
- One-on-One Guidance**
 Family caregivers connect with community services, ask questions, and receive helpful suggestions and referrals from Duet staff.
- Meaning & Hope Institute**
 Duet’s Meaning & Hope Institute offers family caregivers of individuals with dementia on-demand tools, meaningful connections, and critical support such as the *Finding Meaning and Hope* (FMH) discussion series, based on Dr. Pauline Boss’s groundbreaking book *Loving Someone Who Has Dementia*. The Institute also hosts a virtual platform with on-demand [emotional support](#) and [physical support](#) to support family caregivers and professionals.
- Next Chapter in My Life**
 This five-session program helps caregivers nearing the end of their journey find meaning, connection, and purpose in life after caregiving. Caregivers gain tools to help them reflect, reset, and move forward with confidence as they navigate the transition.
- Peer Mentor Program**
 Our peer support program pairs seasoned caregivers with those new to the caregiving journey. Through regular check-ins and shared experiences, this program offers emotional support and practical advice from someone who understands the challenges they face.

Family Caregivers Impact – FY2025

Caregivers Served	Services Provided	Peer Mentors	FMH Facilitators
1,051	3,827	35	87

Homebound Adult Services

Helping homebound older adults (neighbors) age in place with confidence:

- **Compassionate transportation and grocery shopping**
Duet matches vetted and [trained volunteers](#) with homebound neighbors to take them to the grocery store or pick up groceries for them. Volunteers also drive neighbors to and from medical appointments and essential services. Our compassionate volunteers provide more than just a ride, they're someone to check-in and socialize with along the way.
- **Friendly visiting and friendly phoning**
Duet matches volunteers with neighbors for weekly in-home visits and/or phone calls to stay connected and combat the negative impacts of loneliness and isolation.
- **Paperwork and technology assistance**
Volunteers help neighbors once or twice a month sort and/or read mail, handle correspondence, and pay bills. They can also help neighbors stay connected with others using a smartphone, tablet, or computer by teaching them how to utilize technology.
- **Minor handyperson services**
Duet has volunteers who can take care of minor home and safety repairs. Examples include changing air filters, light bulbs, and smoke detector batteries.

Homebound Neighbors Impact – FY2025

Neighbors Served	Services Provided	Active Volunteers	Volunteer Hours
446	2,008	254	9,941

Kinship Care Services

Empowering grandparents raising grandchildren with support and connection:

- **GrandKin Café Support groups**
Virtual and in-person groups in English and Spanish where grandparents raising grandchildren can connect with others facing similar journeys to learn about community resources and explore topics that impact their grandfamily.
- **Educational workshops**
Virtual and in-person, special topics on how to care for the kinship caregiver and their grandchildren. They connect with peers, acquire new skills, and strengthen their support networks.
- **Grandfamily outings**
Recreational outings for grandchildren to socialize with children in similar situations and a way for grandparents to participate in fun activities with grandchildren.
- **Legal guidance & assistance**
Grandfamilies get help preparing legal documents such as guardianship, non-parent custody, and private dependency petitions from a certified paralegal through a referral.
- **Kid's activities funds**
Kinship caregivers receive up to \$250 per grandchild/year for extracurricular activities and camps for grandchildren to have fun while grandparents take a little break.
- **Personalized guidance**
Duet staff help grandfamilies navigate community services and resources, providing helpful suggestions and referrals for critical needs.

Grandfamilies Impact – FY2025

Grandparents Served	Grandchildren Served	Services Provided	Active Volunteers
447	671	3,941	28