## **Digital Friends – best practice:** Challenges and solutions

## **Starting point:** COVID-19-situation and isolation

| Launched:    | October 2020                               |
|--------------|--|
| Purpose:     | Reduce isolation and loneliness            |
| Method:      | Volunteer and RMD-friend call on the phone |
| Can request: | Same RMD, gender, geography, age etc.      |

## **Challenges:**

- Recruiting volunteers and RMD-friends
- ... and keeping them

## Solutions:

- Make awareness of the project; use all of your communication channels.
  And keep reminding people again and again and ...
- Be aware of the type of project (and volunteers) and accept that the demands change due the reopening of the society post COVID-19



**91 volunteers** *12 well known, 79 new* 





