



Brain Injury Association of Florida, Inc. Walking Buddies Project

Target Population

- Be respectful
- Be on time
- Use Mr. & Mrs. unless otherwise indicated by senior partner
- Ask if they would like for you to fill out forms or would they prefer to do it themselves.
- Do not patronize or act as though they are children
- Open doors, and assist as necessary
- Treat people the way you would want to be treated

Pedometer Use

- Attach pedometer to yourself
- Make sure senior participant has pedometer attached
- Set the pedometers at 0 before each walk
- Record the number of steps after each walk on the Walking Log
- Remove pedometers and reset to zero at time of removal (Record information first)

Stipend Payment/ Mileage Reimbursement

- All paperwork must be submitted at wrap up session with Intern Specialist
- Checks for mileage and stipend will be sent via mail from BIAF
- Payment will be made after the 12 weeks of walking
- Record all mileage driven to and from senior center on WB2009 Mileage Form.