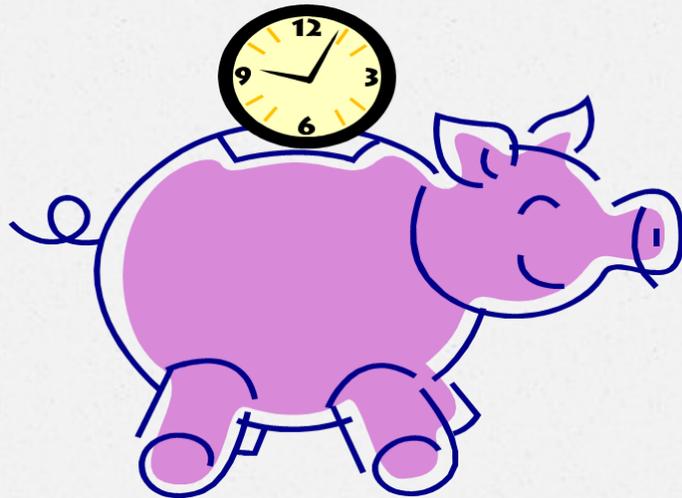


# Time Banking



Presented by  
Julie Bordelon, LMSW  
City of Phoenix

# Reasons to Address Aging in Phoenix

- Respond to high priority of residents
- Increase choices and quality of life for all ages
- Make services relevant for diversifying needs

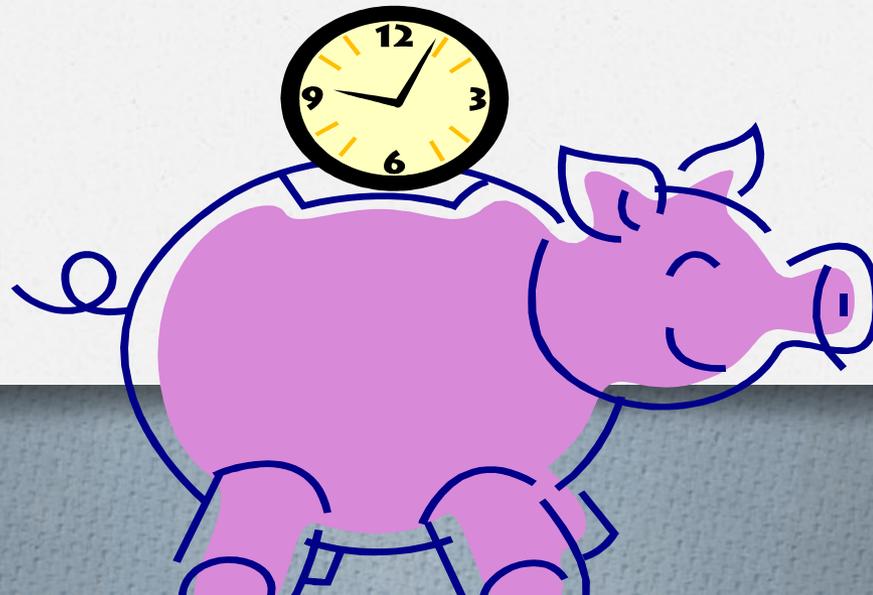


Middle photo credit: Virginia G. Piper Charitable Trust

# What is a Time Bank?

**It's a Network of People  
Helping people!**

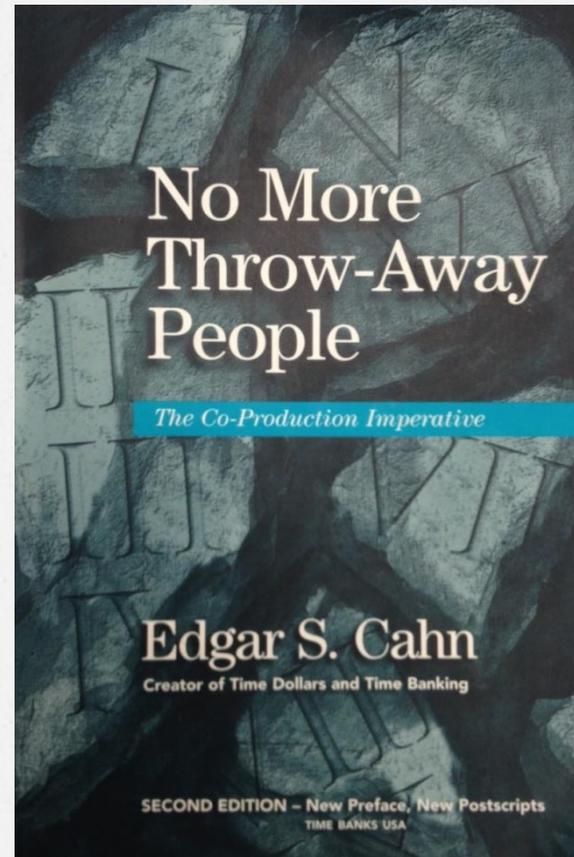
**Give a Service, Get a Service**



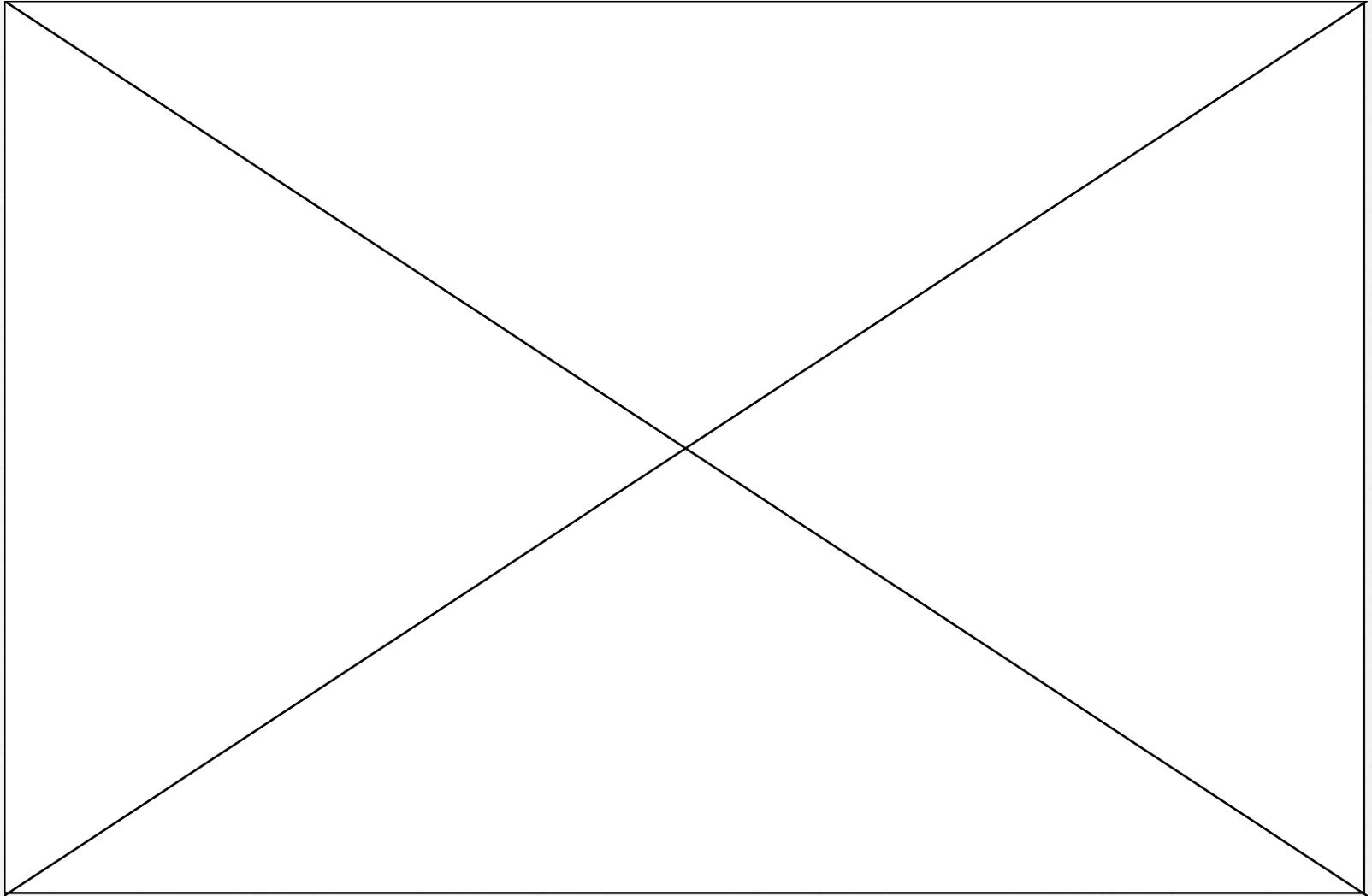
# Father of Time Banks



Dr. Edgar S.  
Cahn



# Onion River Time Bank





# Community Exchange Allentown, PA

- o Funded by Dorothy Rider Pool Health Care Trust
- o Est. 1999 by Lehigh Valley Hospital Network
- o 600 members; 20 member organizations and businesses
- o Top Service is transportation
- o Senior focused; low income
- o 10,000 exchanges annually
- o Palliative Care



# Four Core Principals of a Time Bank

- o Everyone is an Asset
- o Redefining Work
- o Reciprocity
- o Community Building

# What type of services do you want to Offer? Receive?

- o What makes you happy,
- o Not what you need, but what do you want?



# Time not Money



Time Banking is

- o Based on the currency of time and not money
- o No legal contract
- o Not based on cash
- o Neighbor to Neighbor Friendly Exchange

# Biggest Worries



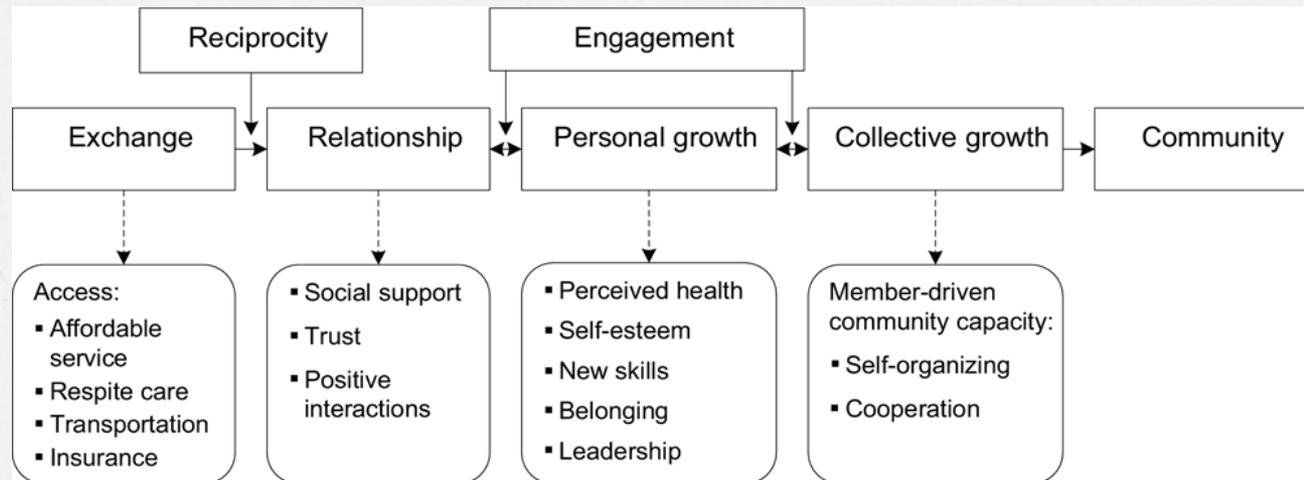
- o Trust/Safety
- o I Say 2 hours and She Says 5 hours
- o Quality of Work
- o Personality Match
- o Technology

# Top Reasons People Say They Cannot Join an Time Bank

- o No Time (Chuckle)
- o I Have *Nothing* to Offer
- o I Love Just Volunteering!  
(Charity)
- o I Don't Need *Anything* in Return



# How Time Banking can Impact the Individual/Community



# Local Time Banks



Centralvillagephx.org



<https://hourworld.org/bank/?hw=1068>



### Mission Statement

“To connect one another, strengthen our families, and build our community through the exchange of services.”

### Active Villages in the United States



## START HERE

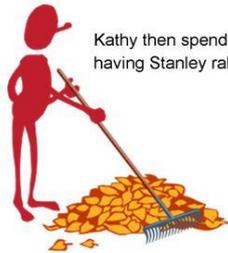


Stanley checks the Central Village's website to look for more ways to earn or spend his hours through the Time Bank.

Stanley joins Central Village's Time Bank. He lists the skills he has and the things he might need.



Stanley gets a call/email from Martha, who is also a Central Village member, requesting help her with grocery shopping.



Kathy then spends her hours having Stanley rake her yard.

# Central Village Time Bank

Give a Service, Get a Service



Stanley drives Martha to the grocery store and earns time banking hours.



Kathy earns hours cleaning Raul's house.

Raul then knits Kathy an afghan and earns hours.



Stanley spends his hours having Raul provide entertainment for his monthly gathering.





# Time Bank Software



[hOurworld.org](http://hOurworld.org)



**TimeBanks™**

[Timebanks.org](http://Timebanks.org)

“We don’t need *another* Movement; we need the movements to move together”



Questions?

Give me a call or send an  
email.

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