Giving Back Is Good For You, Too

Older Americans who volunteer frequently live longer and report better health. Volunteering can also lead to more friendships and a more positive attitude.

> If I didn't have a Senior Companion, I would be really lost. When she comes to pick me up, I'm able to do all my errands and accomplish what I need to be home alone. It's a wonderful bond.
>
> **– ME Leithe**
> Senior Companion Client

SENIOR COMPANIONS
Make Independence a Reality

Join Senior Companions Today.

Friends Are The Best Support.

Just call
800–942-2677

TTY
800–833-3722

Visit our website
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Scan this QR Code to see our website on your mobile device.

The Senior Companion Programs is part of Senior Corps, along with RSVP and the Foster Grandparent Programs. Senior Corps is administered by the Corporation for National and Community Service, the federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering.

Corporation for NATIONAL & COMMUNITY SERVICE

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SENIOR COMPANIONS
Make Independence a Reality

Make a Difference In Your Community Today.

Give the Gift Of Friendship

You value your independence. Now you can help other adults in your community remain independent, too. As a Senior Companion volunteer, you'll join a support network that creates new possibilities and improves the quality of life for adults with physical, emotional or mental health limitations, most of whom are elderly.

As a Senior Companion, you'll instantly join a network of more than 15,000 people with similar interests and values. You'll help other adults live fuller, more independent lives. Your time and companionship will enable other adults to remain in their own homes longer, prevent feelings of loneliness and isolation while improving self-esteem, and give time off to families or family caregivers.

Organized for Impact

Through participating organizations in communities across the nation, Senior Companions have provided crucial assistance to older adults since 1974.

These organizations have clear-cut goals, so you could focus on activities that truly preserve dignity and independence, including:

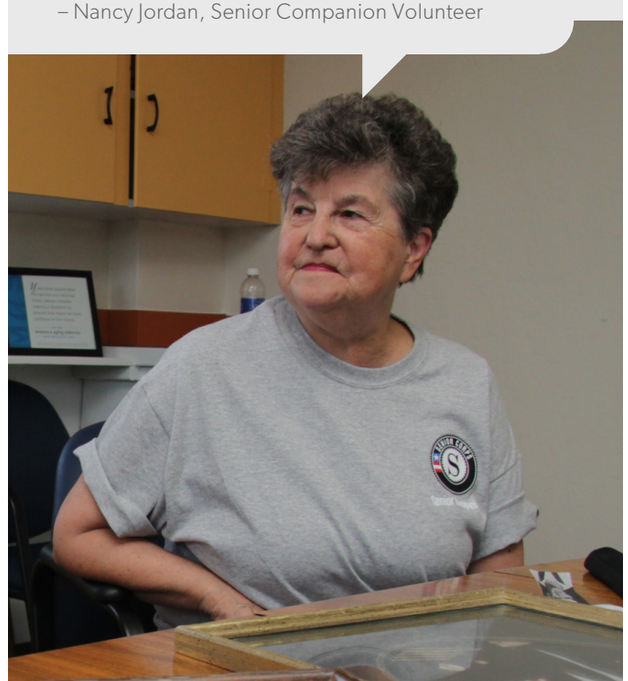
- Supplying transportation to medical appointments.
- Assisting homebound veterans.
- Delivering groceries and preparing nutritious meals.
- Simple chores, such as light housekeeping.
- Connecting clients to additional resources.

We Prepare You For Success

The Senior Companion Program is open to volunteers 55 and over who can serve between 15 and 40 hours a week. You don't need formal experience just time, compassion and the desire to help.

You'll receive pre-service orientation and training from the organization with which you will serve. We also offer a tax-free hourly stipend to help cover costs to income eligible volunteers. You'll even receive supplemental, accident and liability insurance while you're in service.

"I work with my clients so they can live in their own environment – comfortably, safely, and independently. We're all working together to keep clients safe and in their own homes."
– Nancy Jordan, Senior Companion Volunteer



Spotlight

Missoula, Montana

An active group of 35 Senior Companions is serving more than 200 clients of Missoula, Montana. They provide assistance to adult clients to help them live independently in their own homes.

Senior Companions accompany clients to the grocery store, pharmacy and doctors appointments. Alice McGraw benefits from her time spent with her Senior Companion. "I'm able to run my errands with her and I don't have to rely on my son who works full time to help me out," said Alice.

Of the clients served by Senior Companions in Missoula, 99 percent retain their independence, which preserves their personal assets and delays use of Medicaid funds for nursing home placement.