



Enriching Lives through Volunteering

How an individual can qualify:

- ✓ Be 55 or older
- ✓ Complete application
- ✓ Pass background check
- ✓ Commit to 20 hours of training
- ✓ Volunteer 8+ hours weekly
- ✓ Meet income requirements

Benefits for volunteers:

- ✓ Small Stipend
- ✓ Mileage reimbursement
- ✓ Training
- ✓ Improved health and sense of well-being
- ✓ Community involvement

Seniors Helping Seniors

Each year, hundreds of thousands of AmeriCorps Seniors volunteers work alongside each other for the improvement of mental and social health.

To learn how Senior Companions can help your patients contact:

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Senior Companion Program

Service that
Improves
Health





Volunteering and Mental Health

Research has shown that there are significant mental and physical health benefits for our aging population who are involved with their community through volunteering. Volunteering reduces social isolation which improves quality of life. The volunteer in the Senior Companion program provides assistance and friendship to older adults who may have difficulty with daily living tasks or just need companionship.

Volunteering as a Senior Companion can be used as a component of a Senior Wellness Plan

84% of AmeriCorps Seniors Volunteers reported improved or stable health.

88% of AmeriCorps Seniors Volunteers reported decreased feelings of isolation.

78% of AmeriCorps Seniors Volunteers reported feeling less depressed.

“My life has improved since I started serving. I have a reason to get up in the mornings. Some days I'll serve two clients and I can't believe how much energy I have.”

-Lory Farr, Senior Companion volunteer

Program Opportunities

Volunteers — Senior Companions volunteers are carefully screened and receive expert training before and during their service in order to ensure high quality care. They become connected to community events and resources.

Clients — The Senior Companion program works closely with community partners to obtain names of older adults that are in need of companionship and independent living support. Clients receive in-home friendly visits with planned daily activities including: Emotional support, mental and physical stimulation, meal preparation, light housekeeping and accompaniment to doctors appointments or the grocery store.

Respite Caregivers — The Senior Companion program also provides respite care, giving caregivers time to run errands and take care of personal needs while a Senior Companion volunteer cares for their loved one.

