

Senior Companion Program



**AmeriCorps
Seniors**



What is a Senior Companion?

Senior Companions provide frail, disabled, or terminally ill homebound seniors with assistance, compassion, support, and friendship.



Statistics

- ◇ *One-fourth of adults aged 65 and older are considered to be socially isolated.*
(Source: tinyurl.com/onefourthstat)
- ◇ *65% of adults over the age of 65 require help with one or more activity of daily living, such as doing laundry, brushing their teeth, or making a simple meal.*
(Source: tinyurl.com/65percentstat)

Be part of the change to improve these statistics!



For more information, contact Ryan Sanders, SVP Specialist, at (575) 439-4150, or stop by the Alamo Senior Center at 2201 Puerto Rico Ave.

Requirements

- ⇒ Be 55 years or older
- ⇒ 5-40 hours per week available to volunteer
- ⇒ Always put others first & have patience

Benefits

- * Modest stipend of \$3.15 per hour for those who qualify
- * Meal & mileage reimbursement for those who qualify
- * Pre-service training + Ongoing monthly in-service training (plenty of chances to learn!)
- * Complimentary secondary liability insurance
- * Amazing feeling of giving back to the community!

Examples of SCP Activities

- Providing companionship and friendship to isolated adults (socialization)
- Assisting with simple chores
- Providing transportation for client (e.g. to doctor appointment)
- Preparing a snack for a client
- Helping client with grocery shopping
- Helping client sort their mail, letters, and bills