



What is the Senior Companion Program?

The Senior Companion Program is a person-to-person service program for older adults. Senior Companions visit with consumers who need assistance in order to remain in their homes.

The program is administered by Philadelphia Corporation for Aging (PCA), with major funding from the Corporation for National and Community Service.

Who are Senior Companions?

Senior Companions are men and women age 60 and over who meet the program income requirements and are able to serve 20 hours a week. Senior Companions are matched with homebound older persons whom they visit on a regular basis.

Senior Companions receive their assignments from non-profit organizations that serve as volunteer stations throughout Philadelphia. The volunteer stations provide day-to-day supervision for the Companions.



Philadelphia Corporation for Aging (PCA), a private, non-profit Area Agency on Aging, was established in 1973 to coordinate social services for Philadelphians who are older or who have disabilities and to assist them in achieving optimum levels of health, independence, and productivity. One of the region's largest non-profit organizations, PCA is funded in part by the federal Older Americans Act, Medical Assistance, and the Pennsylvania Lottery, all channeled through the Pennsylvania Department of Aging.

Guided by its Board of Directors and an Advisory Council, PCA employs more than 650 people and contracts with over 100 community organizations and service providers to deliver a variety of services to more than 100,000 older Philadelphians and people with disabilities each year.



PHILADELPHIA CORPORATION FOR AGING™

642 North Broad Street
Philadelphia, PA 19130-3409

Administration: 215-765-9000 • Fax: 215-765-9066

PCA Helpline: 215-765-9040

215-765-9041 (for hearing impaired)

www.pcaphl.org

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Photos by Candace diCarlo, Ed Eckstein, and Bruce Stromberg

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SENIOR COMPANION PROGRAM



Older adults serving the homebound



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Enriching lives, preserving dignity.™



What are the Companion's duties?

A Senior Companion's duties may include activities such as:

- Conversation, reading, and reminiscing
- Light meal preparation
- Errands and light shopping
- Taking walks
- Accompanying person to medical appointments
- Respite care for family caregivers



What are the benefits of the program?

The benefits of the Senior Companion Program are twofold: to the Companions themselves and to the people they visit.

In addition to the personal satisfaction of helping others, Senior Companions receive:

- Tax-free cash stipend
- Travel and meal reimbursements
- Accident and liability insurance
- Holiday, sick, and vacation time
- Paid pre-service training, plus four hours a month of continuing training

Companions make a difference in the lives of the people they visit by:

- Reducing isolation and loneliness
- Helping to maintain independence
- Obtaining help with health and social service needs
- Contributing to family members' peace of mind

How can I get more information?

If you want to become a Senior Companion, call PCA at 215-765-9000, ext. 5124.

If you need a Senior Companion, call the PCA Helpline at 215-765-9040 or 215-765-9041 (TDD), weekdays between 8:30 a.m. and 5:00 p.m.



About the Corporation for National and Community Service

The federal Corporation for National and Community Service sponsors several service programs for older Americans. These include the Senior Companion Program, the Foster Grandparent Program, and the Retired and Senior Volunteer Program. Together these programs make up the National Senior Service Corps.