

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 55 and older, who meet the program income requirements and are able to serve 20 hours a week. Senior Companions are matched with homebound older people whom they visit on a regular basis.

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

Philadelphia Corporation for Aging (PCA) is the first place for older Philadelphians and adults with disabilities to turn for information and services to help maintain or improve the quality of their lives.

Established in 1973, PCA is a private, nonprofit, nationally-recognized Area Agency on Aging. PCA contracts with more than 180 community organizations to deliver services aimed at helping older Philadelphians and adults with disabilities achieve their maximum levels of health, independence and productivity. Through its work, PCA touches the lives of more than 100,000 individuals each year.

One of the region's largest nonprofit organizations, PCA is funded primarily through the Older Americans Act, Medical Assistance and the Pennsylvania Lottery, channeled through the Pennsylvania Department of 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)
Toll free 888-482-9060 (outside Philadelphia)

www.pcaCares.org

Visit us on Facebook: www.facebook.com/pcaCares.org
Follow us on Twitter: www.twitter.com/pcaCares_org

Photos by Candace diCarlo, Ed Eckstein, and Bruce Stromberg ©2016 Philadelphia Corporation for Aging

SENIOR COMPANION PROGRAM

Older adults serving the homebound



PCA
PHILADELPHIA CORPORATION FOR AGING
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?

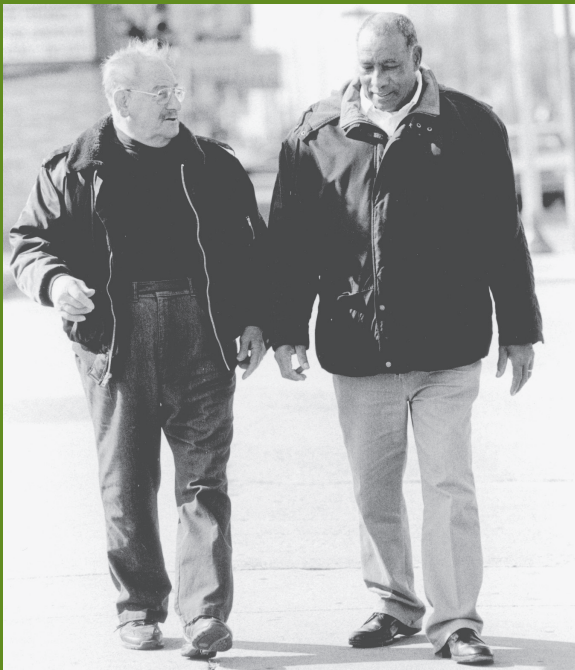
The benefits of the Senior Companion Program are twofold: to the Companions themselves and to the people they visit.

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

- Tax-free cash stipend
- Travel and meal reimbursements
- Accident and liability insurance
- Paid 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. 5126.

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.