



Senior Companion Program

The Senior Companion Program (SCP) assists seniors and adults retain their independence. Companions must be age 55+, retired and meet established income eligibility guidelines. Senior Companions serve between 15 and 40 hours a week in the following capacities: assisting with daily living tasks; providing friendship and companionship; playing games with the client; going for walks; encouraging clients to participate in social activities; light grocery shopping; accompanying clients to doctor appointments; and alert family members about changes in the client in order to address potential problems. Senior Companion also provide respite to family caregivers so that they can continue caring for their loved one at home.

The Corpus Christi SCP is federally funded by AmeriCorps Seniors. The City of Corpus Christi is the local sponsor. During the last 10 years, Senior Companions have provided 445,992 hours resulting in a value of \$10,436,212 of volunteer service to our community. (This calculation is a result of using the Independent Sector's Value of volunteer time in the State of Texas.)

BECOME AN SCP VOLUNTEER!

You know how much you value your independence. Now you can help others stay independent in their own home instead of being prematurely institutionalized. If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Senior Companion.

Families in every community struggle to care for their loved ones. Whether you're giving families or professional caregivers much-needed time off, or simply being a friend, you'll make a difference that strengthens and helps preserve an individual's independence. In addition, you'll join with thousands of others across the nation to help control the rising costs of health care.

Senior Companions can serve 15 to 40 hours a week. Volunteers have a unique opportunity to earn a tax-free, hourly stipend if qualified. Think of what you could do with an extra \$270–\$670 a month, tax-free! This money will not affect governmental benefits such as Social Security, SSI, housing, etc. In addition, Senior Companions will receive pre-service orientation, help with transportation costs, as well as earn vacation and sick leave. Volunteers will also receive free supplemental accident and liability insurance that covers them while traveling to and from their assignment. Not to mention, companions participate in special activities such as health fairs and holiday celebrations. The volunteers are also celebrated at the annual recognition event.

When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promote a positive outlook on life.

So, get involved and join today! For more information on becoming a volunteer, please call the Senior Companion office at (361) 826-3154 or (361) 826-3167.

The office is located at Oveal Williams Senior Center (1414 Martin Luther King Drive, Corpus Christi, TX 78401).

We invite you to serve our community. Visit www.ccparkandrec.com

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The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief, or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.