

Senior Companions usually visit their client one time per week, always on the same day and during the same hours. Clients can expect between 2 and 5 hours of service depending on what their needs require. This will be determined when the Volunteer Center Staff, Senior Companion and client meet for orientation. This allows the client to make appointments in advance as they will know when to expect their Companion.

Should a need arise to make any changes to the schedule, please call the Volunteer Center Staff.

For further information, please contact The Volunteer Center at HANCI  
**Senior Companion Program**  
1302 Main Street  
Niagara Falls, NY 14301  
Phone: 716-285-8224 ext. 217  
Fax: 716-285-8233

The Senior Companion program is funded through a federal continuation grant from the Corporation for National and Community Service. Additional funding comes from the Niagara County Office for Aging, the United Way and local contributions.



Senior  
Companion  
program



## About the Senior Companions Program:

Senior Companions are volunteers age 55 and over who make a difference by providing assistance and friendship to adults aged 60 and over who have some difficulty with daily living tasks. They may assist with shopping, transportation to the doctor or hair dresser, paying bills, running errands, social activities and a variety of other tasks to help you remain independent and in your own home.

Senior Companion visits frequently allow earlier discharge from rehab facilities and hospitals and prevent premature institutionalization. Senior Companions can also provide respite, a personal break from the role of caregiver, for individuals who care for an elderly person in their home.

Senior Companions receive initial program training as well as monthly in-service training to give them the knowledge to be successful in working with their clients. All Senior Companions have two background checks.

There is no charge to have a Senior Companion.

## Senior Companions may assist clients with:

Socialization  
Preventing isolation  
Lessening anxiety and fear  
Encouraging personal hygiene  
Transportation  
Respite for caregiver  
Providing safe environment  
Tidying in the home **with** the client  
Encouraging exercise  
Writing cards and letters  
Reading for the vision impaired  
Reminding clients to take medication  
Shopping  
**Assist** with meal preparation  
Listening and talking  
Informing clients about appropriate community services and benefits  
Assist with forms

## Senior Companions may not assist clients with:

Personal care  
Toileting  
Administer medications  
House Cleaning