

Appendix E.2 – Senior Companion Volunteer Position Descriptions

Senior Companions serve adults with physical, emotional, or mental health limitations, especially older persons, in an effort to achieve and maintain their highest level of independent living. Senior Companion volunteers serve 5 – 40 hours per week and involve person-to-person relationships with the individuals served.

Older adults with physical, emotional, or mental health limitations may face the following challenges:

- Early institutionalization of homebound adults who need outside assistance;
- Release from residential health-care facilities without home care (especially acute care hospitals);
- Need care for the aged to prevent institutionalization;
- Need assistance for terminally ill persons.

Some appropriate activities Senior Companions may be involved in include:

Personal Care:

1. Feeding, dressing, grooming.
2. Assisting client with walking, getting out of bed, getting to bathroom.
3. Assisting with medical or physical therapy and/or monitoring medication.
4. Accompanying a person to a doctor or nurse for treatment.
5. Providing grief support.
6. Assisting in reality orientation/awareness.
7. Encouraging exercise, providing information on exercise or recreation.

Nutrition:

1. Preparing food, planning meals, light grocery shopping, labeling/organizing food.
2. Providing health or nutrition information.
3. Accompanying client to a nutrition site.

Social/Recreation:

1. Providing companionship, talking, listening, cheering up, playing games/cards, etc.
2. Providing peer support.
3. Fostering client contact with family and friends.
4. Accompanying client to a recreational or social event.

Home Management:

1. Light shopping, doing errands.
2. Writing letters, reading, and filling out forms.
3. Doing light housekeeping.
4. Doing light gardening.
5. Making non-strenuous home repairs/weatherization improvements.

Respite Care:

1. Assisting homebound clients to temporarily relieve caretaker burden.