



**SENIOR  
COMPANIONS**

**Make Independence a Reality**



**Public Health**  
Prevent. Promote. Protect.

**Panhandle  
Health District**

*Healthy People in Healthy Communities*

## **Volunteer Position Description**

Under the direction of the Senior Companion Project Director and the assigned Volunteer Station Supervisor, the Senior Companion will carry out the following duties, providing services to home-bound seniors. The volunteer understands that the goals of this project are to assist the client with their independent living needs, increase social ties, and decrease the client's feelings of loneliness, depression and/or isolation.

### **Responsibilities**

- a. Visit a maximum of 8 assigned clients, spending a minimum of 2 hours per visit with each client.
- b. Offer companionship and socialization, which may include reading, playing games, talking, listening, participating in recreational activities or assisting with filling out forms or other paperwork.
- c. Advocate for the client when appropriate to assist the client in obtaining necessary community resources or services that prolong independence and improve the quality of life. This may include access to personal care devices and assistance in transitioning from a hospital or other facility or in receiving hospice care services.
- d. Update client on current events and community activities, encouraging socialization and participation as appropriate.
- e. Assist with household management activities such as: organization, mail, correspondence
- f. Perform other appropriate Senior Companion duties. This may include light housekeeping, light meal preparation, and transportation assistance.
- g. Assist the client with building their support system, maintaining a safe environment, planning for disasters or emergencies.
- h. Submit monthly time sheets to the program office in a timely manner. Assist with Client Satisfaction Surveys.
- i. Adhere to all SCP policies and procedures and the directives of SCP staff.

### **Qualifications**

- a. Companion must be 55 years or older and determined through a physical examination to be capable of fulfilling the responsibilities required of the program as stated above without detriment to self or the client served.
- b. Companion must be willing and able to volunteer between 15 to 40 hours per week.
- c. Companion must have reliable and safe means of transportation.
- d. Companion should have compassion for people with a kind and friendly attitude.
- e. Companion must complete and pass all background checks and applicable SCP training.

I agree to serve as a Panhandle Health District Senior Companion Volunteer. I understand that I am not an employee of the Panhandle Health District, the Senior Companions Program, or the Federal Government. I further acknowledge that, as a volunteer, my services may be discontinued at any time.

**SCP Volunteer Signature**

**Date**

**SCP Staff Signature**

**Date**