

You have a neighbor who needs a helping hand

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

Senior Companions offers adults contact with the world outside of their homes and make their lives less lonely. Along the way, Senior Companions find out that few things feel as good as knowing you're needed.

Visit our web site at
www.seniorcorps.org



Supporters of this program

Eastern Shawnee Tribe of Okla.
Vinita Area Red Feather Fund
Northeast Oklahoma Rural Electric
Coop, Fairland Lions Club, Eastern
Shawnee Tribe of Oklahoma,
Vinita Red Feather Fund

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Oklahoma State
Department of Health



Eastern Shawnee Tribe of Okla.
Vinita Area Red Feather Fund

Senior Companion program

Serving with Compassion,
Caring as friends

Serving Ottawa, Craig and
Roger Counties



WHAT IS SCP?

The Senior Companion Program is part of Senior Corps, a network of national service programs that provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and help with many other household tasks and they also alert doctors and family members to potential problems. Seniors Companions provide short periods of relief to primary caregivers. Because of the program, thousands of citizens are able to live with dignity in their own homes.



The Senior Companion Program is a free service for people age 60 and over who need assistance.

Eligibility:

- ◆ Must be age 60 and over
- ◆ Live in Roger, Craig or Ottawa Counties
- ◆ Need assistance on a weekly basis

Please call your local SCP office to obtain more information.



Eligibility to become a Senior Volunteer

The Senior Companion Program is open to healthy individuals age 60 and over with limited incomes. All applicants undergo a background check and a telephone interview, as well as pre-service and in-service training on such topics as Alzheimer's disease, diabetes, and issues related to mental health. Senior Companions serve 20 hours a week.

Volunteer Benefits

For their service, Senior Companions receive \$2.65 an hour (tax free), reimbursement for transportation, annual physical examinations, meals, and accident and liability insurance during their term of service.

