

What's a Senior Companion?

If you're 55 and want to share your experience and compassion, you have what it takes to be a Senior Companion. By becoming a companion to a frail person, you help that person stay in their own home. Whether you're giving families or professional caregivers much-needed time off, running errands, or simply being a friend, you'll make a difference that strengthens and helps preserve an individual's independence. And you'll join with thousands of others to help control the rising costs of health care.

Senior Companions is funded by the National Senior Service Corps through the Corporation for National Service, the Western CT Area Agency on Aging & DSS CT Home Care Program for Elders.

**NEW OPPORTUNITIES INC.**
Building Relationships to End Poverty
Elder Services Division
232 North Elm Street
Waterbury CT 06702

Senior Companions Make Independence



**NEW OPPORTUNITIES INC.**
Building Relationships to End Poverty

Helping Adults Remain Independent

Senior Companions serve 15 hours or more per week. Some volunteers may qualify to earn a tax-free, hourly stipend. With Senior Companions, you'll receive pre-service orientation, training from the organization where you serve, and supplemental accident and liability insurance while on duty.

And remember: 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 promotes a positive outlook on life. So get involved, and join Senior Companions today!



Companion Volunteers Can Receive:

- A tax free hourly stipend
- Reimbursement for transportation or mileage by car
- An annual physical if you don't have insurance for one
- Paid time off (vacation, personal and sick time),
- 13 paid holidays
- Flexible hours
- Case assignments in an area near you!

For More Information Contact:
The Senior Companion Program at
203-575-4214 or
elders@newopportunitiesinc.org
Para Español llame 203-575-4276

Senior Companions touch the lives of adults who need extra assistance to live independently in their own homes or communities. They serve frail older adults, adults with disabilities, those with terminal illnesses, and offer respite for caregivers. They assist their adult clients in basic but essential ways.

WHAT OTHERS ARE SAYING:

"My companion is the best thing to happen in my life. She is a wonderful, caring, patient person and she is greatly appreciated by myself and my family".

"It is a privilege to be one of the people to serve in the program. I believe this is one of the most important in the whole city."

"All the little things the volunteer helps with make living at home possible."