



Southeast NM Community Action Corporation

Taking Action. Changing Lives.



Who are Senior Companions?

Senior Companions are older adults (55 years of age or older) who help others live independently by assisting with grocery shopping and other daily tasks. They are friends from the community who care.

Senior Companions assist others to maintain the highest level of dignity and independent living possible by:

- Visiting homebound isolated adults
- Providing support to family caregivers
- Assisting with vital services such as doctor appointments
- Acting as a friend who listens and cares

Benefits for Senior Companions:

- Annual physical examinations
- Supplemental insurance
- A small stipend for those who qualify
- Help with meal and transportation costs
- The joy of knowing they are making a difference in the lives of others

Other benefits may include:

- Setting their own hours with a flexible schedule
- Meeting new people
- Learning new things
- Feeling the satisfaction of being involved

Senior Companions share their time and talents, which impact and enhance the lives of many older adults who are attempting to remain independent in their own homes. Marshalling the time, talents, and compassion of senior volunteers to help other seniors has proven to be an effective model. Informal care networks for an ever increasing elderly population can reduce care costs to individuals, their families, and play a significant role in reducing stress on family caregivers.

A Senior Companion is a
volunteer & friend

