



Center on Aging

mainecenteronaging.umaine.edu



Photo by Edwin Remsburg

Senior Companion Program

The University of Maine Center on Aging Senior Companion Program connects adults age 55 and older with the people and organizations that need them most. The Senior Companion Program provides guidance and training to help volunteers become companions to people in need, or contribute their skills and expertise to community projects and organizations.

Senior Companions are part of a network of volunteers who create new possibilities and improve the quality of life for adults with physical, emotional or mental health limitations. Senior Companions provide friendly visits and help with everyday activities to enable adults to live independently. Senior companions give families or professional caregivers much-needed time off from duties, run errands and often provide friendship for clients.

Volunteers participate in a pre-service orientation, receive training from UMaine Center on Aging staff, benefit from supplemental insurance while on duty, and may qualify to earn a tax-free hourly stipend.

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** ★★ ★



How a Senior Companion can help:

- Provide companionship
- Foster contact with families and friends
- Prevent feelings of loneliness and isolation and improve self esteem
- Provide emotional support at medical appointments
- Encourage exercise and recreational activities
- Provide time off for families and family caregivers
- Assist with meal planning, food preparation, organizing food and developing shopping lists
- Provide nutrition information
- Accompany client to a senior meal site or food distribution site
- Fill out forms, read mail, write letters and plan a budget
- Run errands and help arrange home maintenance
- Assist with occasional light daily chores
- Provide information about community services and eligibility requirements

How to become a Senior Companion client

If you are 18 years of age or older, chronically ill, homebound or isolated and need some help with the activities of daily living but do not need trained medical care you may be eligible to receive the services of a Senior Companion. There are no charges for services.

The Senior Companion Program does not provide services usually done by doctors, nurses, therapists or other medical or allied health professionals or provide personal care.

Learn more:

207.262.7915; umaine.edu/seniorcompanion.



Contact us:

Camden Hall, 25 Texas Ave., Bangor, ME 04401-4324

Phone: 207.262.7920 • Fax: 207.262.7921

info@mainecenteronaging.org • mainecenteronaging.umaine.edu

Find us on Facebook