

Metropolitan Family Service

Volunteer Description

Program: Senior Companion

Program Staff: Nicole Johnson, Scott Gates, Stefana Sardo, 503.249.0471

Position: Senior Companion Volunteer

Program Description: Older adults who need assistance to live independently receive companionship-based services provided by older adult volunteers.

Position Description: Senior Companions provides companionship-based services to older and/or disabled adults to assist them in achieving and maintaining their highest level of independent living. The program also provides an opportunity for volunteers age 60 and older to remain physically and mentally active while helping address critical community needs.

Time Commitment: At least 15 and up to 40 hours per week.

Benefits/Stipend: Tax exempt stipend available for volunteers who are income eligible (\$2.65 per hour); transportations reimbursement (mileage for personal car use or bus pass); a meal allowance when 4 hours or more of service in a day; paid time off once volunteer starts serving 16 hours or more a week (accumulated at a rate of 4 hours per month).

Responsibilities: Senior Companions interact on a one-to-one basis with older and/or disabled adult clients through conversation and shared activities. Senior Companions may **monitor client self care** (assist with grocery shopping and errands, provide transportation to appointments, help with meal preparation, bring unmet client needs to the attention of the volunteer station); **facilitate the client's involvement in social and recreational activities** (provide companionship, accompany a client to a recreational/social activity, provide information about community services and resources); **assist with home management** (light housekeeping, laundry, bill paying); and **provide respite relief care**.

Qualifications: The Senior Companion must have the ability to: be flexible, dependable, and resourceful; provide consistently caring and supportive service to clients; understand and share the Senior Companion program's commitment to maximize the independence of clients; understand and abide by program policies and procedures; and, maintain strict confidentiality.

Supervision & Training: MFS staff will provide orientation to the program and training in specific useful skills prior to volunteer service. Volunteers attend monthly in-service training meetings and receive ongoing volunteer supervision from the program staff. Volunteer station staff may also provide relevant training.

For more information: Contact Metropolitan Family Service at 503.249.8215, ext.22



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SENIOR COMPANION is a program of Metropolitan Family Service. For more than half a century, MFS has played a vital role in the lives of children, families, and older adults. Most people who access our programs are low-income individuals and families.

The mission of Metropolitan Family Service is *to strengthen families and individuals while enhancing their participation in community life.*