

## What People Are Saying About the Senior Companion Program

“ He is there to talk when I feel blue. He is a great help.”

“I look forward to Mondays. My Senior Companion makes my day very happy.”

“She has become a true friend of our family. Thank you!”



“Due to the Senior Companion, I am able to leave my mother in good hands, which gives me less stress.”

“Because of this program, someone was there when my loved one had a seizure and needed help.”

**DHS IS** responsible for providing and administering publicly funded services to Allegheny County residents.

**DHS PRINCIPLES**  
All services will be

- high quality, comprehensive, and accessible.
- individualized and designed to be respectful of the unique cultural characteristics of each individual and/or community
- integrated and offered through a team approach that recognizes the capacity of individuals and families to identify their own strengths, needs, and goals; create relationships with natural supports; and take steps necessary to accomplish these goals.



**Area Agency on Aging**

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The Senior Companion Program is part of Senior Corps. Senior Corps programs are administered by the Corporation for National and Community Service, which provides opportunities for all Americans to serve their communities and country through two programs, Senior Corps and AmeriCorps.

The Allegheny County Department of Human Services does not discriminate against anyone on the basis of a protected class including: race; color; religion; national origin; ancestry or place of birth; sex; gender identity or expression; sexual orientation; disability; marital status; familial status; age (40 and older); use of guide or support animal because of blindness, deafness, or physical disability.

DHS funding information is available at [www.alleghenycounty.us/dhs/funding.aspx](http://www.alleghenycounty.us/dhs/funding.aspx)  
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## Senior Companion Program

 **Area Agency on Aging**



## Make Independence a Reality

**ALLEGHENY COUNTY  
DEPARTMENT OF  
HUMAN SERVICES**

[alleghenycounty.us/dhs](http://alleghenycounty.us/dhs)



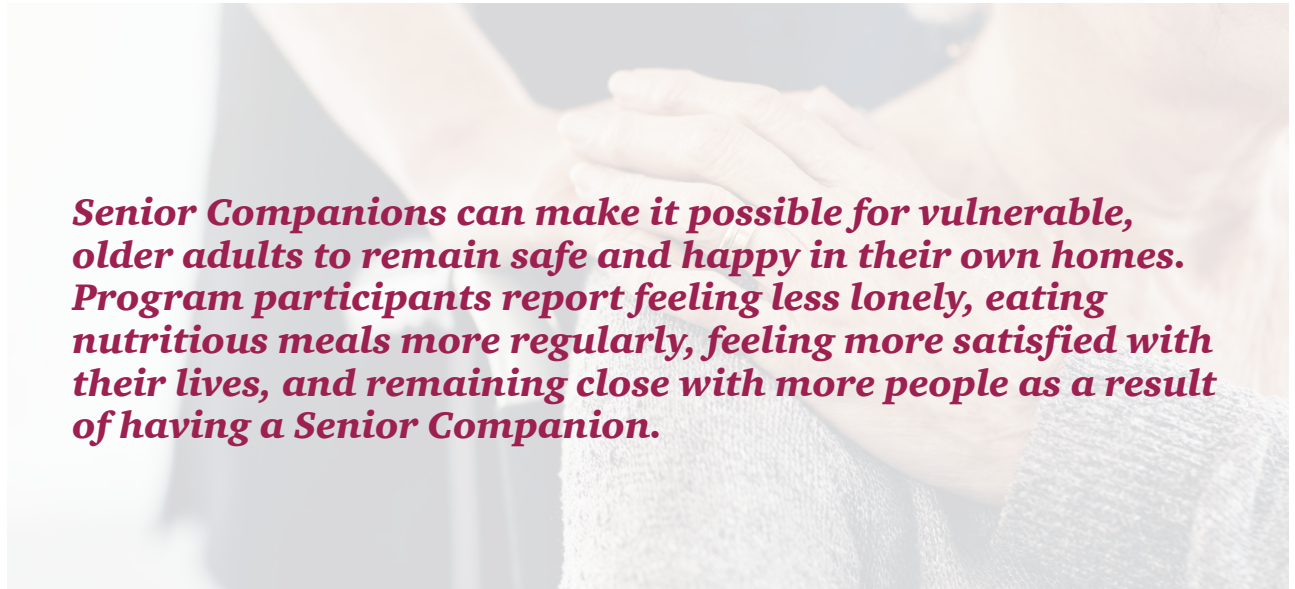
## Program Overview

The Senior Companion program provides assistance to older adults with various health issues as well as older people who are lonely and could benefit from a friendly visitor. Often, these individuals have difficulty with daily living tasks, and Senior Companions help them retain their dignity and independence by providing regular, helpful visits.

The program offers many benefits that include:

- › Increased socialization
- › Decreased loneliness
- › Increased functioning at home
- › Respite for family caregivers
- › A friend to count on

Participants decide how they would like to spend time with their Senior Companion. Some activities include talking, watching a favorite show together, playing games, or participating in hobbies. Senior Companions can provide some light help at home such as preparing a meal or tidying up. They can also accompany participants to medical appointments or other outings.



***Senior Companions can make it possible for vulnerable, older adults to remain safe and happy in their own homes. Program participants report feeling less lonely, eating nutritious meals more regularly, feeling more satisfied with their lives, and remaining close with more people as a result of having a Senior Companion.***

## Senior Companion Program Participants

This program is for you if you care for a loved one

- › Must be at least 60 years of age.
- › Must need some assistance to maintain independent living in their homes.
- › Must live in Allegheny County.
- › Pay nothing to participate in this free program.

## How to Apply for Senior Companion Services

Call the AAA SeniorLine at 412-350-5460 to request an application or to apply by phone.

## Senior Companions

- › Are thoroughly screened through an interview process before being assigned to an individual.
- › Do not perform home health aide, personal caregiving, or housekeeping duties.
- › Visit for several hours once or twice a week, from Monday through Friday.
- › May coordinate the timing of visits with family caregivers to provide them respite.
- › May use public or shared-ride transportation when accompanying an individual, but are not permitted to use their own vehicle to provide transportation.