

## Senior Companion Program

Available 24/7

No

Other Eligibility Criteria

Volunteers must be 55 or over and be able to serve between 15 and 40 hours a week.

Family

No

Intake Process

Call, complete application

Self Refer

Yes

Senior Corps

<http://www.nationalservice.gov/programs/senior-corps/senior-companions>

Main

(202) 606-5000

TTY/TTD

(800) 833-3722

1201 New York Avenue NW

20525 DC

United States

Fee Structure

No Fee

Languages Spoken

English

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 serve 15 to 40 hours 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.

Senior Companions is a program of Corporation for National and Community Service.

To find a volunteer program in Virginia, visit [Senior Corps in Virginia](#) .

Service Area(s)

Statewide