



Rural CAP

Rural Alaska Community Action Program, Inc.

Who Are Senior Companions?

Senior Companions are volunteers who offer personalized support to help others maintain their independence and enhance their quality of life. These volunteers, who are at least 55 years old, serve as friends and companions to other older adults. They provide services such as transportation, light housekeeping, running errands, and offering a listening ear.

Who can host a volunteer?

Host sites are public agencies, non-profit organizations, or private healthcare providers that agree to host Senior Companion volunteers. The responsibilities of host sites include:

- Identifying clients in community for volunteers to serve
- Complete a volunteer assignment plan
- Approve monthly volunteer timesheets
- Provide constructive support and feedback

What Benefits does the Volunteer Receive?

Volunteers who serve a minimum of 5 hours/week receive:

- \$4/hour tax-free stipend with paid time off and holidays.
- Mileage reimbursement
- Additional auto and liability insurance
- Ongoing training including annual spring conference in Anchorage

What are the next steps?

For more information or to apply please visit

www.eldermentor.org

or contact Ella Juszczak

ejuszczak@ruralcap.org

907-717-7932



AmeriCorps
Seniors