



Senior Companion



InterFaith Works of Central New York, Inc.
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InterFaith Works of CNY is a 501(c)3, not-for-profit, organization. All donations are tax-deductible to the extent permitted by law.



Working to Affirm Dignity.

Please support our efforts.

"This program is a good program. It gives me the chance to reach out to help other people. I like helping other people. I don't care what their condition. I like bringing a smile on other people's faces especially when they are having a bad day. The program helps a lot of people and gives them a place to go and enjoy themselves."

- Emanuel Davis, *Senior Companion*

"I have been involved with the Senior Companion Program at the Salvation Army Adult Day Care Center for the last ten years. They are the eyes and ears of the staff in keeping us aware of changes in our clients, and informing us of concerns and also achievements in our clients while they are at the center."

- Julia Rouse, *Senior Companion Supervisor, Salvation Army Adult Day Center*

Yes! I Would Like More Information!

Name: _____

Address: _____

Phone: _____

Email: _____

Someone from Senior Companion will contact you shortly.

For more information about the Senior Companion Program, please complete and mail this card to:

InterFaithWorks of Central New York, Inc.
Attn: Senior Companion
3049 East Genesee Street
Syracuse, NY 13224-1644



About Us

The Senior Companion Program was established as a result of the first National Conference on Aging which was convened in Washington, D.C. in 1950. The program was designed as a way to enrich the lives of older Americans – whether they were caregivers or receiving care themselves.

For more than 20 years, InterFaith Works' Senior Companion Program has been operating through the ongoing support of the Corporation for National and Community Service. InterFaith Works provides additional in-kind and staff support for the program which ensures that we are able to provide unique experiences for our Senior Companions and those they serve – everything from community outings and events to an annual luncheon which recognizes their dedication and service.

Senior Companions, working in Onondaga, Madison, and Cayuga counties, touch the lives of adults who need extra assistance to live independently in their own homes. They serve frail older adults, adults with disabilities, and those with chronic illnesses – and their volunteer service helps to lower health care costs by keeping people out of hospitals and nursing homes while they are able to live independently with some assistance. Our Senior Companions are a diverse group, some are bilingual, and they work with the elderly of all racial, ethnic, and faith traditions.

Our Work

Senior Companions serve a vital function by providing friendship, understanding and daily assistance to older adults. By sharing their time and talents, companions ease loneliness and build meaningful relationships. More than running errands or offering friendship and kindness, Senior Companions provide social, recreational, home management, and advocacy services.



In addition to the training that Senior Companions receive when they begin their service, each month Senior Companions participate in half-day in-service training sessions to ensure that they are able to be effective when working with their clients. In-service topics range from changes in Medicare and Social Security benefits to learning how to identify elder abuse.

Our Scope & Reach

- There are more than 83,000 people over the age of 60 in Onondaga County; more than 15,000 people over the age of 60 in Cayuga County; and over 10,000 people over the age of 60 in Madison County. The number of seniors continues to grow and the services provided by Senior Companions continue to be in demand.
- A study done by the Office of Aging in Madison County, one of our service areas, found that an average of 20% of seniors lack a support network necessary to help alleviate the loneliness and isolation they often experience.
- InterFaith Works Senior Companions serve more than 200 clients each year with each client receiving an average of 10-15 hours of companionship a week.
- Each year our Senior Companions provide approximately 65,000 hours of volunteer service.



Ways to Get Involved

Senior Companions are men and women who are 55 years of age or over. They must meet income eligibility guidelines in order to qualify for the tax-free stipend and transportation reimbursement. Senior Companions spend 15-25 hours per week, in total, assisting older persons so that they can remain independent in their own homes.

Senior Companions provide...

- Caring Companionship
- Friendship
- Respite for Caregivers
- Maintenance of Independent Living
- Peer Support
- Advocacy for Older Persons

Senior Companions receive...

- Tax-Free Stipend
- Transportation Reimbursement
- Annual Physical
- Orientation
- In-Service Training
- Annual Recognition
- Enriched Social Contacts