



PeopleInc

Volunteer as a Senior Companion



Companionship, Friendly Visiting and Help for Seniors

The People Inc. Senior Companion Program has lots of benefits. Here is how you can help:

Our program assists seniors who have difficulty with daily living tasks so that they can retain their dignity and independence. Among other activities, Companions assist with tasks such as:

- Grocery shopping and errands
- Providing friendship and companionship
- Alerting doctors and family members to potential problems
- Providing respite for caregivers

Senior Companions are volunteers 55 years or older from Erie County who meet income eligibility requirements.

Companions are recognized at events throughout the year.

“It’s nice to know that someone is coming over. I don’t feel like I am alone all the time. It’s a very meaningful part of my day spending time with my companion.”

- Participant of the Senior Companion Program

**To become a Senior Companion or to receive services, call
716.768.2381**

