

Finger Lakes Living Healthy Senior Companion Program

Finger Lakes Living Healthy Senior Companion Program assists older adults who are living more isolated lives. In addition to providing companionship, the Senior Companion will assist with ensuring seniors are able to obtain adequate nutrition. Meals can be delivered to the senior, or the senior to the senior can be accompanied to a Senior Nutrition site with the assistance of Senior Companion Volunteers. Senior Companions are able to provide companionship in a wide range of activities and services, to ensure our senior populations remain healthy and socially active.

Senior Companions are volunteers aged 55 years or older from Wayne, Ontario and Seneca counties who meet income eligibility requirements of 400% of the poverty guidelines. Senior Companions are supervised by the professional staff of Wayne County Action Program, Inc., and other collaborating agencies, including County Offices for the Aging. All Senior Companions receive 20 hours of pre-service training, as well as four hours of in-service training monthly. Senior Companions earn a tax-free hourly stipend of \$3.15 and are reimbursed for mileage at the Federal rate when using their own vehicles in their service.



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