

# Senior Companion Program of the Concho Valley

## Concho Valley Council of Governments

5430 Link Road San Angelo, TX 76904  
Phone: (325) 944-9666 Fax: (325) 944-9925

Dear Prospective Client,

I appreciate your interest in the Senior Companion Program of the Concho Valley. This program brings together volunteers aged 55 and above with adults in the community who are frail or elderly and who have difficulty with the simple tasks of day-to-day living, and/or who need social interaction. The Senior Companion Program is funded through federal and state grants, and volunteers are placed with clients at no cost to either the client or their family. Another service of the Senior Companion Program is Respite Care, in which the volunteer is assigned to provide temporary relief for full-time caregivers (usually family members), allowing them to take a break from the stresses of caregiving and attend to other responsibilities or spend personal time away from the home setting. Senior Companions provide an additional element of service for clients, but they should not be used to replace paid personnel in the home or residential community.

While persons serving as companions are considered volunteers, they do receive a small hourly stipend. Therefore, it is essential to establish a regular work schedule for the companion. Companions are commonly assigned Monday through Friday, between 8:00 a.m. and 5:00 p.m. Although some early evening assignments are possible, depending on the situation and availability of companions. Companions are never given overnight assignments. A regular schedule will be worked out with the client, and a companion will not be placed with a client for less than 10 hours per week. Adjustments may be made to the schedule to accommodate client doctor visits, family visits, illnesses, holidays, and other personal matters. Our program does not offer services on an on-call basis.

Companions attend monthly in-service training programs and may not be available for their assignments on those days. The Senior Companion Program observes twelve holidays each year, and companions may additionally need to be absent occasionally due to illness or other personal issues. Whenever possible, clients are notified if a companion will be absent. In the event of illness, the companion will inform the client by 9:00 a.m. if they will be unavailable that day. The Senior Companion Program does not provide replacement companions for these short-term absences. Consequently, companions should not be relied upon as the only source of in-home assistance if the client needs constant observation.

The Senior Companion Program limits the type and scope of duties that volunteers can perform. This program should not be confused with other services that may offer more extensive in-home care or other personal services. The following lists will help you better understand the types of services that are permitted under our program.

### **PERMITTED ACTIVITIES:**

- Feeding and grooming (including brushing hair and painting fingernails).
- Assisting the client by walking and getting to the bathroom **without lifting**.
- Assisting with medical or physical therapy regimens and/or monitoring medication usage. Companions are not allowed to administer medication.
- Providing grief support.
- Running some errands for the client.
- Encouraging exercise, taking walks with clients, and providing information on exercise, recreation, or nutrition.
- Planning and preparing light meals for the client. Light grocery shopping, labeling, and organizing food only for the client.
- Providing companionship, talking, listening, cheering up, and playing games.
- Doing light gardening.
- Doing light housekeeping. Light housekeeping is defined as the minor tasks of dusting furniture and floors (without mopping), washing dishes, doing laundry if facilities are available in the home, disposing of trash, and making the client's bed.
- Bringing unmet needs to the attention of community services and other care providers.

### **SERVICES WE ARE NOT ALLOWED TO PROVIDE:**

- Bathing clients (including sponge baths).
- Changing the client's adult disposable briefs, undergarments, or pads.
- Administering medication to the client.
- Transporting a client in a vehicle or accepting a ride with a client. The companion and client may ride together on the bus or with someone of the client's choosing.
- Housekeeping services are generally provided by paid staff.
- Borrowing from or advancing funds to clients.
- Deposit cash in banks or handle clients' money.
- Doing extensive shopping and food preparation for persons other than the client.
- Doing major household repair work, lawn mowing, major raking, trimming, window or car washing.
- Moving or lifting heavy furniture, equipment, boxes, etc.
- Providing babysitting services for family members.
- Accepting money from the client or client's family for services, even if the services are rendered outside of regular working hours.

To apply to be a client with the Senior Companion Program, please complete the enclosed form and return it to our office. There will be an in-home evaluation visit, and we also want to have the client and prospective companion meet before placement to help assure compatibility. If we are unable to place a companion due to limited funding or the unavailability of volunteers, you will be placed on a waiting list for future assignments.

Sincerely,

*Yolanda Jasso*

FGP/SCP – Coordinator  
Concho Valley Council of Governments

## SENIOR COMPANION PROGRAM CLIENT APPLICATION

Client Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Pets: \_\_\_\_\_ Homebound: Yes or No

Military Veteran: Yes or No Spouse of Military Veteran: Yes or No Smoker: Yes or No

Marital Status: Single \_\_\_ Married \_\_\_ Divorced \_\_\_ Widow \_\_\_ Language Preference: English or

Spanish Ethnicity: Hispanic \_\_\_ African-American \_\_\_ White \_\_\_ Other: \_\_\_\_\_

What are the primary health issues of the client? Can client go to bathroom on their own?

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What are the client's primary needs that can be addressed by the Senior Companion Program?

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What is the preferred schedule for the Senior Companion?

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### CONTACT INFORMATION:

Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Home or office: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Signature of Person Submitting Request: \_\_\_\_\_

Printed Name of Person Submitting Request: \_\_\_\_\_

Date of request: \_\_\_\_\_

Please mail or fax: **Concho Valley Council of Governments**  
**AmeriCorps Seniors - Senior Companion Program**  
5430 Link Rd., San Angelo, Texas 76904  
Fax: (325)944-9925