



Senior Services

OUTREACH HANDBOOK



WELCOME

Welcome to the Community Action Partnership of North Alabama's Senior Companion Program.

Our goal for the Senior Companion Program is to engage senior adults in our local communities. Through the engagement of our seniors, our volunteers and staff can spread the word about our program, which is available in Morgan, Cullman and Lawrence counties of North Alabama.

Senior Companion Program supporters play a vital role in serving the senior members of our communities, who have unmet needs and wish to continue living independently in their own homes. We thank you for your consideration to help.

Senior Companion Program volunteers can serve as many as 40 hours per week and as few as 5 hours per week. Anyone serving over 20 hours per week, earns 15 days of paid leave a year.

Senior Companion Program volunteers earn a tax-free stipend for the hours they work, which cannot affect other income such as Social Security, and will not affect other benefits such as rent.

Senior Companion Program volunteers report feeling more satisfied with life, feeling less tired and feeling mentally better because they have helped a fellow senior continue to live independent lives.

Thank you for showing interest in our Senior Companion Program.

Thank you so much for showing interest in our volunteer Senior Companion Program and the mission of Community Action Partnership of North Alabama. Our goal is to engage senior adults in our local community and spread the word about our program. We are grateful for your interest to help.



SENIOR COMPANIONS

“I don’t know what I would do without my volunteer. She is very protective of me. There is no doubt, I could not live alone if she wasn’t here helping me. I appreciate all the little things she does for me.” (Client 2022)

“Our volunteer is great and does a lot for my dad. He especially likes to be out and going, and our volunteer is helping to get him out more, and things are going well.” (Primary caregiver 2022)

Senior adults age 55 and older can volunteer as a Senior Companion. Senior Companion volunteers provide assistance to frail, disabled and homebound seniors who need help with activities of daily life in order to remain living independently in their own homes.

Senior Companion volunteers can help prepare meals, do light housekeeping such as vacuuming, dusting and washing dishes, run errands if they drive and other simple tasks an individual may not be able to do for themselves.

Senior Companion volunteers also provide companionship and often become close friends with those they serve, helping alleviate the loneliness felt by seniors who are confined to their homes. They also help alleviate stress on family members by freeing up their time, thus positively impacting not only the ones who receive their care, but also their families.

RECOGNITION

Our Senior Companion Volunteers provide so much happiness and needed services to our clients, we feel they need as much recognition and fun as we can provide. At Thanksgiving, we have our Recognition Dinner where volunteers receive awards, certificates and gifts. During our trainings, we also have a little fun!



Drumming fun taught by Decatur Youth Symphony



In May, 2022, we celebrated Older Americans Month



Program Director and volunteer sharing hugs and laughter during in-service break.

Staff

We would love to spend time talking with your organization, congregation or group. Please let us know if you would like to schedule a time.



If you have any questions or concerns you would like to discuss, our contact information is below. Let us hear from you!

CONTACT INFORMATION



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