



SENIOR COMPANIONS

Make Independence a Reality

What is the Senior Companion Program?

- **Volunteers 55+ who visit older adults in their homes to reduce isolation and loneliness**
- **Services include: Companionship**

Respite care for caregivers

Light meal prep

Escort to medical appointments

Someone to talk to

Errands and light shopping



“My companion has become a good friend. Life feels so much better.”

PCA

PHILADELPHIA CORPORATION FOR AGING

Enriching lives, preserving dignity.™

Senior Companion Program: (215) 765-9000, ext. 5126
www.pcaCares.org