

**UNITED WAY OF THE OHIO VALLEY
UNION COUNTY
PARTNER AGENCY: SENIOR COMPANION PROGRAM**

Sheila, aged 70, has lived in her trailer in Union County for 16 years. She suffers from crippling arthritis and for the past year, her vision has been deteriorating. Her son and daughter-in-law live right next door and do their best to help Sheila maintain her independence, while both continue to work full time and raise their three children. She deeply appreciates their help, but knows their schedules are full and she feels badly that they must spend their weekends assisting her with cleaning and other household duties. Sheila was fearful that, due to her degenerative health conditions, she would eventually be admitted to a long term care facility. She self-referred to the Senior Companion Program and was placed with Judy, a Senior Companion volunteer, in November 2015. Judy, aged 75, provides assistance with light housekeeping, grocery shopping, and meal preparation. Together, Sheila and Judy have reorganized Sheila's home to make it more accessible and to prevent falls. Judy remarked that she, herself, greatly benefits from her volunteer service. She explained that it is a daily incentive for her to get out of bed, to get dressed and to take care of someone else. She added that it helps to take her mind off of her own issues that could possibly get her down and it keeps her physically and mentally active. An eight year veteran of the Senior Companion Program, Judy claims that helping others live independently also helps her to live independently in return.

WHAT DIFFERENCE WILL YOUR INVESTMENT MAKE?

With your investment of \$100 the **Senior Companion Program** can:

- Pay a Senior Companion's stipend for 37 hours of one-on-one attention to a homebound, frail, elderly client that is at risk of institutionalization and/or their caregiver

