

Senior Companion Program

Grace, 73, who resides in Owensboro (Daviess County), Kentucky, has been a Senior Companion volunteer for Audubon Area AmeriCorps Seniors for almost 2 years. Grace usually serves 5 days a week, 4 hours a day providing in-home and respite care for two clients. To date, Grace has served over 1,710 hours. During her in-home services, Grace provides light housekeeping, meal preparation, laundry assistance, transportation and companionship.

The COVID-19 pandemic and Daviess County Red Zone Restrictions have caused all Senior Companions to temporarily suspend in-person services but they can provide tele-service to their clients until COVID cases decline in their county.

Grace has been contacting her clients through phone on the days she usually serves them in person.

Grace expressed that she heard about the Senior Companion Program while participating in the Veteran's Resource Fair as an RSVP volunteer and decided to get involved in helping other seniors who aren't able to care for themselves. In the 2 years Grace has been a Senior Companion, she stated that she feels like she is serving a purpose in this community by helping other seniors who aren't physically able to care for themselves. Grace also expressed an emotional attachment to her clients. "If my clients feel sad, I'm sad. If they are happy, I'm happy," Grace proclaimed. Grace's respite client, Barbara, revealed that she has really enjoyed having Grace spending time with her mother, even when Grace couldn't serve her mother in-person. "Whenever Grace couldn't be here, she has continued her service by contacting my mother daily to check on her and our family. My mother has really enjoyed the teleservice program because even though she can't see Grace as much due to this pandemic, she's able to communicate with her over the phone. Grace has helped with my mother's memory tremendously due to timeserving her," Barbara expressed.