



**Lutheran
Social Service**
of Minnesota

Presentation

ND Companion Services

Becky Telin, Program Director



AmeriCorps Seniors-Senior Companion Program

*Authorized and federally funded by Congress, the **Senior Companion Program** is administered by **AmeriCorps Seniors**, which monitors and advises local projects. Providing grants to organizations with a dual purpose: to **engage persons 55 years and older**, particularly those **with limited incomes, in volunteer service to meet critical community needs**; and to **provide a high-quality experience that will enrich the lives of the volunteers**. The AmeriCorps Seniors **volunteers provide supportive, individualized services to help older adults with special needs maintain their dignity and independence.**" <https://americorps.gov/>*



New Name-
Same Mission



What do we do?

- **Recruit healthy, active senior volunteers to be matched w/ other older adults living in the community who are:**
 - **Lonely**
 - **Homebound**
 - **Isolated**
 - **Frail/Disabled**
- **Ongoing, regular weekly visits**
- **Companionship, social recreation, light help with in-home tasks, respite care**
- **No cost to recipient**



Program Goals

- Promote independence
- Delay need for higher, more costly levels of care
- Reduce feelings of loneliness
- Improve quality of life
- Provide a meaningful volunteer opportunity for lower income seniors



Serving North Dakota

- 123,759 seniors (ages 65+) of 763,509
- Ranked 8th among States population age 85 and above
- 33.4% of seniors also live with a disability
- American Indian largest minority group (38,914)
- New Americans (Asian and African refugees) resettle 400 families a year.



North Dakota -Veterans



Total Veterans: 38,7741

Veterans age 55+:

- **Male -23,876**
- **Female -1,813**

Senior Companion Volunteers -3

Older Adult Clients - 22



Program Objectives

- (1) Enable low-income persons aged [55] and over to remain physically and mentally active through continued participation in needed community services
- (2) Provide supportive services to adults with physical, emotional, or mental health limitations, especially older persons, to achieve and maintain their highest level of independent living
- (3) Provide a stipend and other benefits, which enable eligible persons to participate as Senior Companions without cost to themselves



Senior Companion Program of ND: Quick Facts

1973 - Federal program enacted

1981 – Adopted in North Dakota

Active in **31 of 53** ND counties

Serve **4** Indian reservations + **1** tribal service area

In **2021**...

60 volunteers

42 volunteer stations

68,000 volunteer hours

300 clients served

2-4 hrs/wk per client



Eligibility

Senior Companions:

- Men & women
- 55+ years of age
- Available 5-40 hours/week
- Pre-screened
- Income qualify

Clients:

- Men & women
- Adults (target 60+ years of age)
- One or more special needs
- Living in the community



VOLUNTEER BENEFITS

- \$3.15/hour tax-free stipend
- Mileage reimbursement
- Holiday pay
- Paid time off accrual
- Ongoing training opportunities
- Supplemental insurance coverage
- Recognition events
- Develop new friendships
- Satisfaction of making a positive difference in the lives of seniors in need



VOLUNTEER STATIONS / VOLUNTEER SITES

Community partnerships with other organizations that provide support services to independent living seniors

- Identify potential clients
- Program outreach
- Match clients with volunteers
- Supervision
- Client-related concerns
- Monthly timesheets



Volunteer Stations

Aging Services

South Central Adult Services – Barnes,
Foster, Griggs, LaMoure, Logan,
McIntosh

Valley Senior Services – Fargo

Senior Centers

Harvey

Jamestown

Bismarck

Wahpeton

Churches

First Lutheran – Bottineau

St. John Lutheran – Dickinson

Grace Lutheran - McClusky

Healthcare Facilities

Turtle Mtn. Tribal Health – Belcourt

American Heart Medical Center - Dunseith

Standing Rock Nutrition for Elderly – Ft Yates

Housing Complexes

Milton Young Towers – Minot

CAP- Williston

New American Services

Global Friends – Grand Forks

River City – Fargo

Bismarck Global Neighbors – Bismarck

New American Consortium for Wellness and
Empowerment- Fargo



Program Initiatives



- Increase use of technology to help connect rural seniors
- Connect more closely with our tribal nations and elders
- Connect more closely with our New American population
- Connect more closely with our Veterans
- Fortify the locations we currently serve and work to expand underserved regions of the state



OUTCOMES and IMPACT

As a result of participating in the Senior Companions program, LSSMN expects that older adult clients will report that they

- experience improved quality of life
- can remain living independently in their home
- feel greater social connectedness.

As a result of their service activity, we anticipate that volunteers will feel a sense of purpose and fulfillment and view the experience as fun and rewarding.



Sustainability

For the program to continue to provide companionship and transportation to older adults in need, LSS applies for local, state, and federal grant funds.

These funding sources provide the AmeriCorps Seniors SCP required 10% match and enable us to provide services beyond our federal funding.



AmeriCorps
Seniors



Outcomes Community

Cost effective

Puts family members at ease

Happier, healthier aging
population



Outcomes: Volunteers

- Economic opportunity
- Community engagement
- Sense of fulfillment
- Less lonely
- Increased socialization
- Improved self-esteem



Outcomes: Clients

- Increased independence
- Greater sense of belonging
- Community engagement
- Less lonely
- Higher quality of life



Additional Support

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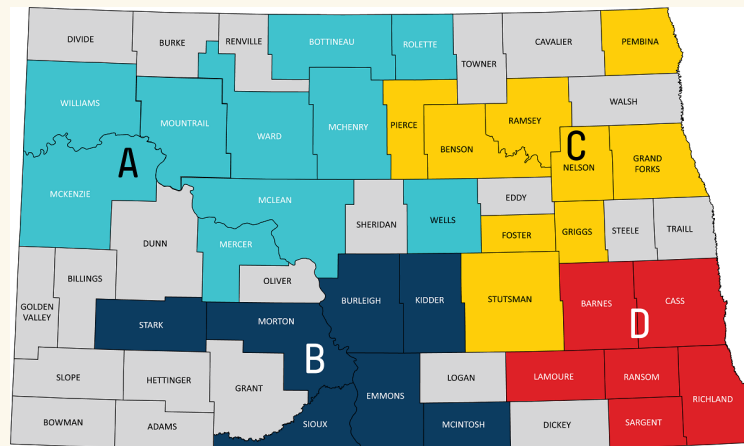
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Volunesia

(noun)

That moment when you forget you're volunteering to help change lives. Because it's changing yours.



How can you help us?

- ❑ Share program information to friends and family
- ❑ Refer anyone to be a volunteer!
- ❑ Refer anyone to be a client!
- ❑ Consider a donation to support our program
- ❑ Reach out if WE can help YOU!



Thank you!

