



Friendships
are forged that
will last a lifetime.

"The Senior Companion Program is a tremendous service to our community. The services demonstrate good stewardship of time and financial resources available to seniors in need.

It's a win-win for all involved."

- a Director of Home Health Services

For more information, contact:

Senior Companion Program
1510 14th Street
Rock Valley, Iowa 51247
Phone: 712-476-2628
Toll free: 888-712-1474

Senior Companion Program
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Sioux City, Iowa 51109
Phone: 712-224-2610

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The program is free to you while costs are covered by a grant from the Corporation for National and Community Service. Donations appreciated.

*Confidentiality is honored
by volunteers and staff.*



Help is Here

Senior Companion program

Serving Sioux, O'Brien, Lyon, Osceola,
Plymouth, Monona, and Woodbury Counties



The Senior Companion Program helps adults maintain the dignity of staying in their own homes with the help of a compassionate and well-trained volunteer.

Senior Companions can be a friend to talk to or play cards, assist with food preparation, help run errands or provide respite to caregivers.

The role that a Senior Companion can play in a life is as different as each person and their individual needs.

You may receive

- assistance with daily tasks.
- encouragement to be active.
- a helping hand to make sure you take your medicine.
- a watchful eye to notice when you need extra care.
- a friendship to last a lifetime.

The weekly visits by a Senior Companion volunteer are a free service to the home-based adults who have been referred to the program by themselves, family, pastors or home health agencies.

