Senior Companion Program

Age Requirements 60+ Available 24/7 No Intake Process Contact intake at 757-461-9481 Provider Refer Yes **Residency Requirements** Must reside in the SSSEVA coverage area Self Refer Yes Senior Services of Southeastern Virginia http://www.ssseva.org/ Main (757) 461-9481 2551 Eltham Avenue Suite Q 23513 VA **United States** Monday: 8:30 am-4:30 pm Tuesday: 8:30 am-4:30 pm Wednesday: 8:30 am-4:30 pm Thursday: 8:30 am-4:30 pm Friday: 8:30 am-4:30 pm Saturday: Closed Sunday: Closed Fee Structure No Fee Languages Spoken English

Senior Services of Southeastern Virginia administers the Senior Companion Program throughout Senior Services' coverage area. This program partners senior volunteers with senior adults living in the community who need companionship and a helping hand, or it can also be offered as a respite service to the caregiver of an individual with dementia. In addition to paying a friendly visit, the companion may be able to offer a helping hand by performing a variety of tasks, such as light housekeeping services, writing a letter, or fixing a light meal. Actual tasks are mutually agreed upon by the companion and the senior, with the assistance of the Options Counselor and/or Program Manager. This program is offered at no cost to the recipient.

Service Area(s) Chesapeake City

Franklin City

Isle of Wight County

Norfolk City

Portsmouth City

Southampton County

Suffolk City

Virginia Beach City Email <u>services@ssseva.org</u>