



Serving Anderson, Boyle, Franklin, Garrard, Jessamine, Lincoln, Mercer, Scott and Woodford Counties.

**SENIOR COMPANION PROGRAM
PHYSICAL REQUEST – AUTHORIZATION TO VOLUNTEER**

_____ would like to be a volunteer with the Senior Companion Program. The Program requires all volunteers obtain the following information.

_____ is my patient. His/her last physical was on _____.

After reviewing this paper, as a **Senior Companion**, he/she is physically capable of serving the frail elderly or adults with special needs without physical detriment to either themselves or the adult served.

_____ Date

_____ Health Provider's Signature

Please fax this paper to Blue Grass Community Action Partnership @ 502-848-8810.

ELIGIBILITY

Volunteers must be fifty-five years of age or older and determined by a physical examination to be capable of understanding and serving elderly or adults without physical detriment to either those being served or to themselves. To be enrolled, a Senior Companion must meet the income eligibility guidelines; be able to serve 15 hours per week, and willing to accept professional supervision.

**APPROPRIATE
SENIOR COMPANION ACTIVITIES**

Some examples of appropriate activities include may include:

- Encouraging exercise, taking walks, providing information on exercise or recreation
- Accompanying a client to a doctor appointment, the pharmacy, or doing errands
- Monitoring medications (not administering, but reminding that it is time)
- Providing some light housekeeping duties (e.g. dusting, vacuuming, dishes, laundry)
- Helping prepare a light meal
- Assisting homebound clients served by caregivers who are in need of respite
- Providing companionship, cheering up, and most of all listening

**INAPPROPRIATE
SENIOR COMPANION ACTIVITIES**

Some examples of inappropriate Senior Companion activities include:

- Activities normally performed by professional or other paid staff people such as attorneys, nurses, or legal guardians and others with Power of Attorney
- Pulling, tugging, or lifting of a client
- Major household repairs, extensive house cleaning, (e.g. spring cleaning), major shopping or custodial services normally provided by paid staff
- Standing on an object of any kind to enable reaching another object, or to do cleaning

