



VERMONT SENIOR COMPANION PROGRAM FREQUENTLY ASKED QUESTIONS

What is the Vermont Senior Companion Program?

The Senior Companion program focuses on providing assistance and friendship to older adults who have difficulty with daily living tasks, such as shopping or paying bills. Through this program, AmeriCorps Seniors volunteers keep older Vermonters independent longer and provide respite to family caregivers. Senior Companion Volunteers serve as a friend and companion to older neighbors, making sure they can live in their own homes for as long as possible. AmeriCorps Seniors volunteers themselves report better health and longevity having served their community.

The Vermont Senior Companion Program recruits individuals who are age 55 and older, and who meet low income eligibility guidelines (see below):

2022 AmeriCorps Seniors FGP/SCP Income Eligibility Levels [Based on 200 percent of DHHS poverty guidelines]

Family Units Of:	One	Two	Three	Four
States: All, except Alaska & Hawaii	\$27,180	\$36,620	\$46,060	\$55,500

Do I get paid?

Senior Companion members receive a non-taxable stipend of \$3.15 per hour, and a mileage reimbursement of \$.625 per mile.

How many hours a week do I need to serve?

People can serve anywhere from 5-40 hours a week.

So, is this a job?

No, this is not a job. It is a volunteer position that receives a stipend. The stipend you receive is non-taxable and does not count against other benefits such as 3SquaresVT or subsidized housing.

Will I receive training?

Yes, every Companion receives an orientation and is then expected to attend an average of four hours of in-service training per month. The training is provided by the Coordinator at each Area Agency on Aging.

So, if this is not a job, then why would I want to do this?

The Senior Companion Program is meant to serve those individuals who want to help older folks in their communities, while maintaining a flexible schedule, and receiving a small non-taxable stipend. Those involved in this program often say they get more out of it than they give.

To learn more call the Helpline at 1-800-642-5119.