



Senior Buddy Program Volunteer

Thank you for your interest in applying to volunteer in StudentsCare's Senior Buddy Program. If selected for this role, you will be serving seniors in residential living facilities (or those that are homebound) to provide fun, friendship, and support and help reduce loneliness. We hope you will find this to be a meaningful experience!

Selected students will spend up to 3 hours weekly "visiting" seniors through weekly phone or video calls. In-person visits may also be possible, if allowed by the facility and all safety precautions are adhered to. You will be matched with a senior buddy (or multiple buddies), based on interests, language, availability, etc. You will have an opportunity to engage in conversation, build connections, and become a vital source of support for seniors who may not have support from family or others. Overall, as a StudentsCare volunteer, you will help offer a temporary reprieve from the physical and emotional demands of isolation your senior buddy may be experiencing.

Please note the application process is competitive, in order to offer high quality support. Students should be flexible, dependable, and have the ability to commit fully to this experience. Students should be prepared to work independently and practice good judgement. Students should be prepared to fully commit to this service during their time in college, as these seniors will look forward to your visits each week. Priority will be given to Sophomores and Juniors who can stay with the program for 2+ years.

Selected volunteers in the Senior Buddy Program should be prepared to meet the following requirements:

- Students will commit to at least one full academic year as a volunteer in the program.
- As students will be working directly with seniors, they must commit to up to 3 hours/week connecting with their senior buddy. Excessive absences may lead to dismissal from the program. Students are expected to value this opportunity and make it a top priority in their college years.
- Students should be flexible, dependable, and have the ability to commit wholeheartedly to this experience.
- Students will be expected to maintain confidentiality to protect the privacy of their buddy and only disclose private information to StudentsCare and facility staff. Information regarding your visits should not be shared in any other setting, unless prior approval has been obtained from your senior buddy and appropriate staff members.
- Selected students will be required to participate in StudentsCare's mandatory training



session, and provide all required paperwork.

- Students will be required to submit weekly volunteer logs in a timely manner. These logs will detail your interactions and provide insights to facility staff on the well-being of seniors so they can provide follow-up care if needed.
- Students will engage in fundraising initiatives to help support program costs, such as Senior Comfort Kits-- items to share with seniors, such as activity books and other comfort items.
- Students will carefully review, sign, and adhere to all exceptions outlined in the [Senior Buddy Program Contract](#)

You will receive many benefits as a part of this program. First and foremost, you will have the opportunity to serve seniors who have great wisdom and life experiences to share. As you volunteer each week, you will become more comfortable in your interactions with seniors. You will learn about providing compassionate care to a vulnerable population in your community. It is our hope that you will gain a better understanding of empathy and how to express it more fully with others. We will support this development in the following ways:

- Our program offers a detailed training to prepare you for this experience. We have curated resources to help you better connect with your senior buddy, understand empathy, provide optimal support to seniors, among other topics related to your service as a volunteer. These resources will be made available in an easy to use format on our custom mobile application.
- Being a part of the StudentsCare family allows you to connect with other students across the country, as you work together in doing good for others in your community.
- On-going individual support is provided through appointed facility staff advisors as well as StudentsCare program staff.

StudentsCare will provide all the necessary materials for you to succeed in this role.

We hope you will join us in brightening the days of isolated seniors.