

SENIOR COMPANION PROGRAM
Sponsored by Christian Senior Services
13420 Nacogdoches Rd., San Antonio, Texas 78217
(210) 599-7405 Fax (210) 599-7415

Medical Release Form
Primary Care Physician

Mr/Ms _____ Date of Birth _____ has been under my medical care. **Based on the criteria described in the letter on the reverse side of this form:**

_____The named individual has no restrictions that would prevent participation in the Senior Companion Program

OR:

_____The named individual has the following restrictions (please describe in as much detail as possible):

_____Physical

_____Cognitive

_____Contagious Disease

Limitations: _____

In the physician's opinion (please check one):

_____The above limitations make the individual unable to serve in the role of Senior Companion

_____The individual may serve if reasonable accommodations can be made for the above limitations

Information regarding these limitations has been discussed with the patient.

Signature (MD,RN, FNP, PA) Date

Print Name and Address

COMPANION'S NAME ADDRESS ZIP

Name- Primary Care Physician Date of Last Visit

Dear Primary Care Physician:

The individual named on the reverse side of the form has applied to become a Senior Companion volunteer or is seeking to continue as a volunteer. The Senior Companion Program is a federally legislated national service program that is sponsored locally by Christian Senior Services. Low-income volunteers age 55 and older are recruited to perform 20 service hours per week and are paid a small stipend for their service. According to government regulations that apply to this program, Senior Companions must have a physical examination prior to assignment and annually thereafter. If enrollees are found to be physically unable to serve or service would be a detriment to themselves or their clients, enrollment must be ended.

The Senior Companion volunteer service involves placement with one to two disabled adults (clients). The volunteers normally serve four hours, five days a week for a total of twenty hours. The Senior Companion is responsible for their own transportation to and from their client's home each day. This may involve driving, taking the bus and walking up to two blocks twice a day. Responsibilities performed in the Companion's supportive role include the following physical activities:

- Assisting the client with personal care (such as ADL's)
- Assisting the client with light housekeeping tasks such as sweeping, making beds, dusting, washing dishes
- Assisting the client with shopping and errands
- Social interaction with the client

Physical requirements include:

- Mobility, up to two blocks twice a day, 5 days a week (if using the bus for transportation)
- Ability to sit for extended periods
- Ability to help with light housekeeping functions
- Free from any disease that would be considered contagious in normal social interactions

Responsibilities performed which require cognitive abilities include:

- Assisting homebound clients in accessing social, medical and community services
- Companionship and friendship
- Recognizing situations in which emergency medical attention or caregiver attention is needed
- Socialization and self help
- Ability to sit in four hour training sessions and learn about topics related to the service
- Ability to handle some stress associated with caretaking and various personalities of clients

Please complete the form on the reverse side of this letter and note any limitations. As the primary care physician you have the best information about the physical and cognitive abilities/limitations of your patient.

Should you have any questions about Senior Companions, please do not hesitate to contact our office at 210-599-7405.

Sincerely,

Carol Lozano, LMSW
Senior Companion Program Director