

## LSS OLDER ADULT SERVICES

# ACTIVE. HEALTHY. INDEPENDENT.

## With Neighbor to Neighbor Companions



Neighbor to Neighbor Companions is a bridge to a fuller, more active life for older adults who want to live at home, stay healthy, and remain as independent as possible. Our dedicated companions offer assistance with daily activities and appointments, a link to the community, and an opportunity for meaningful friendship. This innovative new service is now available in both metro and rural areas across Minnesota.

### TRUSTED, CUSTOMIZED SUPPORT

We partner with each individual, their family, and health care provider(s) to design the right support plan. Then a trained local companion is carefully matched with the individual and begins weekly visits tailored to support their specific needs, including:

- Reliable transportation to medical appointments, grocery shopping and errands
- Assistance with correspondence, such as paying bills
- Help with simple household tasks
- An ongoing resource, advocate, and friend to help older adults stay independent and healthy

Individuals can depend on quality care from our companions who undergo comprehensive background and driving checks, and our experienced staff are always available to address questions along the way.

### DETAILS & RATES

This affordable service is scheduled for a set number of hours each week. We provide support at home as well as transportation to activities in the community for a fixed rate. Our service includes 20 miles of travel per week, and older adults may choose to purchase additional mileage.

Learn more:

**877.540.9443**

email: [neighbortoneighbor@lssmn.org](mailto:neighbortoneighbor@lssmn.org)

[www.lssmn.org/neighbortoneighbor](http://www.lssmn.org/neighbortoneighbor)

## LSS OLDER ADULT SERVICES

# BE A GREAT NEIGHBOR

Become a  
Companion Today



Make a difference in the life of an older adult, share your skills, meet new people, and have fun in the community.

Neighbor to Neighbor Companions support older adults who need a little extra help to continue living at home, stay healthy, and remain as independent as possible.

Through in-home visits a few hours a week, you will offer older adults assistance with daily activities and appointments, a link to the community, and an opportunity for meaningful friendship. We carefully match each older adult and companion, and visits are scheduled for weekdays during regular business hours. Companions are needed in both rural and metro areas including in Brainerd, Mankato, Rochester, St. Cloud and the Twin Cities.

We look forward to partnering with you –  
the life you change may be your own!

Learn more:

**877.540.9443**

**email: [neighbortoneighbor@lssmn.org](mailto:neighbortoneighbor@lssmn.org)**

**[www.lssmn.org/neighbortoneighbor/companions](http://www.lssmn.org/neighbortoneighbor/companions)**

### COMPANIONS RECEIVE:

- A monthly stipend of \$50/client
- Mileage reimbursement
- Ongoing training opportunities
- Accident and liability coverage while volunteering
- Recognition events

### TO QUALIFY AS A COMPANION YOU MUST:

- Have compassion, patience, and respect for others
- Be 18 years or older
- Have dependable transportation, a good driving record, and be willing to travel
- Pass a background and driving record check
- Work well with diverse individuals, families, groups and organizations