



Improving the Quality of Life for All Generations

MAKING A DIFFERENCE ...

A new, independent report funded by the Corporation for National and Community Service (CNCS) took a deeper look at Senior Corps and how it's improving communities and the lives of its volunteers. In 2017, the Foster Grandparent Program (FGP) and Senior Companion Program (SCP):

Served at **9,800 service locations** nationwide



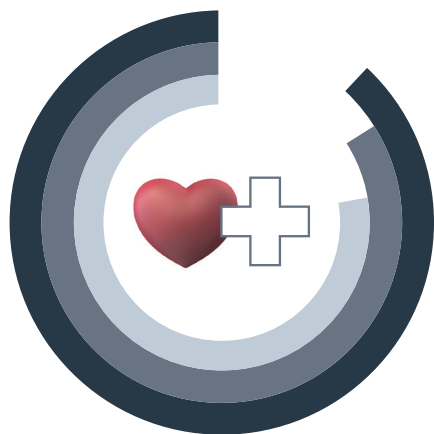
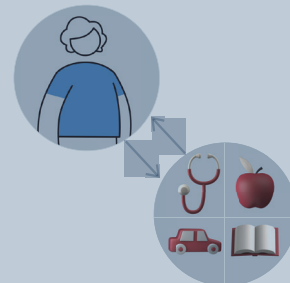
Mentored or tutored **150,000 children**



Provided **35,000 individuals** with independent living services



33,000
VOLUNTEERS
MATCHED
WITH SERVICE
OPPORTUNITIES



IN THEIR LIVES ...

Comparing baseline scores with a second-year follow-up, Senior Corps volunteers were **healthier, less depressed, and less socially isolated** than those who did not serve:

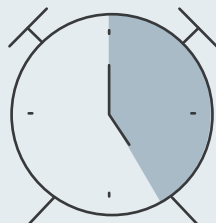
- LESS SOCIALLY ISOLATED**
88 percent reported fewer feelings of isolation
- BETTER HEALTH**
84 percent reported stable or improving health
- LESS DEPRESSED**
78 percent reported fewer symptoms of depression

AND IN THE COMMUNITY

Two-thirds of new Senior Corps volunteers joined FGP or SCP to make a difference in their community:

FOSTER GRANDPARENT PROGRAM

Foster Grandparents spend an average of **five hours a day** supporting young people with exceptional needs



SENIOR COMPANION PROGRAM

Three-quarters of caregivers reported that respite services offered by SCP volunteers helped them better manage their lives



Get involved with your community and learn more by visiting www.seniorcorps.gov/healthyvolunteers

¹ Source: 2017 Senior Corps Progress Report Supplement