



# Improving the Quality of Life for All Generations



Independent research sponsored by the Corporation for National and Community Service (CNCS) shows that Senior Corps volunteers are **healthier, less depressed, and more connected** compared with those who do not volunteer regularly.

Through its Foster Grandparent Program (FGP) and Senior Companion Program (SCP), Senior Corps provides national service opportunities for adults age 55 and older with low incomes. This is a group that is racially, educationally, and financially diverse; is at risk for poor health outcomes; and is often underrepresented in traditional volunteering opportunities – and they are making a difference in their communities:



**22,000** FGP volunteers help more than **149,000** children each year



**11,000** SCP volunteers provide **35,000** individuals with independent living services

Through a survey of more than 1,200 first-time FGP and SCP volunteers, the study found that:



**80 percent** of the volunteers report a household income of less than \$20,000 per year



**16 percent** have a college degree



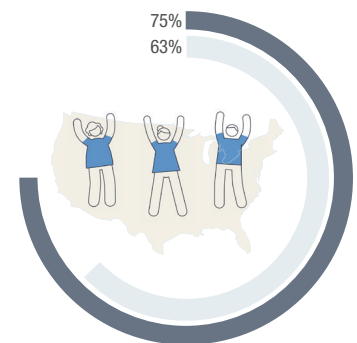
**34 percent** have a condition that limits their physical ability

Lack of physical activity, depression, and social isolation are often associated with older adults, and can contribute to a variety of negative health outcomes. However, the study found that after two years of volunteering with Senior Corps, participants had notable improvements:

- **62 percent** reported that their health was stable, and **22 percent** improved over a two-year period
- **78 percent** of the volunteers reported fewer symptoms of depression
- **88 percent** reported decreased feelings of isolation

Volunteers reported high satisfaction with their volunteer experiences, with most saying that they would recommend the program to a friend. Senior Corps volunteers also were likely to continue serving:

More than **75 percent** of Senior Corps volunteers continue serving after their first year compared with **63 percent** of other volunteers nationally



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