Become a Junior Senior

**Are you looking for a rewarding way to give back to the community?**

**Would you like to support the greatest generation that ever lived while supplementing your income at the same time?** If you’re a caring, loving and compassionate adult, aged 50 or older, and you can see yourself as a *Junior Senior*, we’d like to talk to you.

Many *Junior Seniors* join Independent Seniors just before they retire or once they are fully retired. They come to us with decades of life experiences and a host of professional skills in nursing, teaching, business, social services, home management and government, to name just a few categories.

By strict definition, *Junior Seniors* are 50 years of age or better, but the majority of our caregivers typically falling into the late 50’s-60s category.  The closeness in age between the caregiver and care receiver ensures that *Junior Seniors* share many life experiences and hold similar opinions on work ethic, responsibility, morality and reliability with their *Senior Senior* clients.

However, the most important factor in becoming a *Junior Senior* is being the type of person who wants to give back by helping others. As a caregiver, the key focus is on assisting senior citizens who are striving to remain independent as long as it is feasibly possible. Some have the goal of remaining in their own homes; some live in retirement residences or assisted living facilities; others may have entered long-term care facilities. Wherever they live, our *Senior Seniors*deserve loving, caring and compassionate people to assist them.

Independent Seniors aims to nurture relationships between seniors. That’s why we endeavor to assign *Senior Senior* clients to specific caregivers, with the same *Junior Senior* delivering services on a long-term basis.

**There are many benefits to becoming a *Junior Senior*:**

* Choose how many part time hours per week you would like to work (up to 29)
* Give back to your community
* Supplement your income
* Get paid for “volunteer” work
* Achieve fulfillment by helping others
* Add meaning to your life

**For the right person, becoming a *Junior Senior* is a way to both give and receive: you make an important contribution to someone’s well-being and quality of life, while earning an hourly stipend that adds to your income.**

Do you have what it takes? If you’d like to offer companionship—or any other special skill—we would welcome the opportunity to explore the possibilities with you. You don’t need any special skills. You don’t need a degree. You don’t even need any experience. All this job takes is the desire to make a difference, one person at a time.

To find out more about Independent Seniors, to see if you qualify as a *Junior Senior*, simply fill out our contact form or email us at [Jeff@independent-seniors.com](mailto:Jeff@independent-seniors.com).

**We are looking to fill positions that offer the following non-medical in home care services:**

* Companionship: The Companion-*Junior Senior* is like the friend who drops by to see how a person is fairing. He/She provides conversation, interpersonal connection and general assistance. In addition to daily tasks such as managing medications, helping with paperwork, and providing social stimulation, the Companion may also provide assistance with technology, assist with meal preparation, and complete light housekeeping chores. Care is age-appropriate, available on an unlimited 24-hour basis and always dependent on specific needs.
* Cooking
* Light Housekeeping: Laundry
* Personal grooming and dressing
* Shopping
* Errands
* Worship Services
* Entertainment (theatre, plays, movies, outings)
* Hobbies
* Medical or Dental Appointments
* General Transportation: Driver Companion *Junior* *Seniors* can accompany clients wherever they need to go. Whether to a professional appointment or just out for a drive, our drivers will pick them up in their own cars and stay with them to assist in errands, or enjoy an outing. Whether visiting a museum, watching a favorite team at the ball field or visiting friends in a nearby town, a *Junior* *Senior* Driver ensures that the client doesn’t have to make the trip on their own. We accommodate special needs, such as collapsible walkers and wheelchairs, in addition to other physical or cognitive impairments.
* Pet walking
* Yard work
* Mobility assistance
* House maintenance and small repairs:  Experienced DIYers, our repair experts love to help others by fixing things. While they do not attempt jobs that require trained professionals, such as complicated electrical work that must be done to code, they can assist with minor jobs like cleaning windows, fixing minor leaks, hanging art work, or the installation or removal of window fans or air conditioners. They are also pros at taking care of Spring or Fall clean-ups and gardening chores.
* Overnight stays (24-hour care): Live-In *Junior* *Seniors* manage a household as necessary. We assign two *Junior* *Seniors* to *Senior Seniors* in need of long-term comprehensive care, so that they receive the constant care they need without disruption and caregivers are able to balance care with the responsibilities of their own lives. Each *Junior* *Senior* provides 24-hour live-in care for half the week and, barring unforeseen circumstances, the same two *Junior Seniors* attend for as long as needed.
* Respite care
* **Alzheimer’s/Dementia care** : The Alzheimer’s Society of Upstate New York provides ongoing training for *Junior Seniors*, many of whom have personal experience in working with Alzheimer’s patients.

<http://independent-seniors.com/employment/>

* [Junior Seniors assisting Senior Seniors](http://independent-seniors.com/assisting/)
* [Why non-medical in-home care?](http://independent-seniors.com/care/)
* [The financial effects of senior care](http://independent-seniors.com/the-financial-effects-of-senior-care/)
* [Do you need assistance?](http://independent-seniors.com/do-you-need-assistance/)
* [Does a loved one need assistance?](http://independent-seniors.com/does-a-loved-one-need-assistance/)

Call 518-982-1188 Today!