

STRENGTHENING NH COMMUNITIES

By Investing in Senior Volunteer Programs



NH'S SENIOR VOLUNTEER PROGRAMS

Senior volunteer programs offer opportunities for adults 55 years and older to make a difference in their community. Volunteers connect with local organizations to provide services that meet community needs. New Hampshire has three senior volunteer programs:



Senior Companion Program

Volunteers provide assistance and companionship to older adults who have difficulty with daily living tasks, helping them continue to live in their own homes and relieve family caregivers.



Foster Grandparent Program

Volunteers serve as role models to young people, helping ensure a bright future. They may guide students, care for premature infants or children with disabilities, or mentor teenagers and young parents.



Retired Senior Volunteer Program (RSVP)

Volunteers partner with local organizations that need assistance and put their skills to work. They may provide transportation, help with groceries, support schools, and more.

CURRENT LEGISLATION

2025 legislation aims to strengthen Granite State communities by investing in New Hampshire's existing high-quality senior volunteer programs. **These programs benefit everyone in New Hampshire, allowing volunteers to provide services that address the needs of communities across the state.**



THE BENEFITS FOR OLDER ADULTS

Senior volunteer programs offer valuable benefits not only to the individuals and communities they serve but also to the volunteers themselves. Volunteers in AmeriCorps Seniors program experience improved health and well-being and a stronger sense of community.

84% of volunteers report stable or improving health after one year of service ¹

88% of volunteers who felt a lack of companionship reported fewer feelings of isolation after becoming a volunteer ¹

THE IMPACT IN NEW HAMPSHIRE

In 2023, **1,901** AmeriCorps volunteers served at **230** locations across New Hampshire, including schools, food banks, homeless shelters, health clinics, youth centers, veterans' facilities, and other nonprofit and faith-based organizations. ²



For every \$1 invested in these programs, there's an estimated return of \$8.

Sources:

1. AmeriCorps Seniors (n.d.). AmeriCorps. <https://americorps.gov/serve/americorps-seniors>

2. AmeriCorps (2023). National Service in New Hampshire 2023 Year in Review.

https://americorps.gov/sites/default/files/upload/state_profiles/pdf_2024/NH_Combined.pdf

SUPPORTING FAMILIES WITH AGING ADULTS

By Investing in Caregiver Respite Services



FAMILY CAREGIVERS IN NH

Family caregivers play a crucial role in sustaining New Hampshire's long-term services and supports (LTSS) system. An estimated 168,000 Granite State caregivers provide necessary care to loved ones with dementia. This helps older adults remain living in the community and often delays or avoids the need for more costly services.

While caregiving can be rewarding, it often comes with a toll. Many family caregivers find themselves balancing multiple responsibilities including jobs, parenting, and managing their own health. This can lead to stress, burnout, and physical illness. Caregiver respite programs provide essential support, giving family caregivers a much-needed break from the physical and emotional demands of 24-hour caregiving.



FAMILY CAREGIVER STATISTICS

168,000

family caregivers in NH in 2023 ¹

24%

of caregivers are under the age of 35 ¹

\$2.8 BILLION

provided in unpaid care every year by family caregivers in NH ²

30%

of all caregivers are caring for two generations ²

2025 LEGISLATION PROVIDES RELIEF FOR CAREGIVERS

The proposed legislation maintains funding for Alzheimer's Disease and Related Disorders (ADRD) caregiver respite, which allows caregivers to rest, recharge, and continue to provide quality care to family members. Supporting caregivers through respite services is an investment in their overall well-being and in the state's LTSS system.

TAKE ACTION



Share your experience as a family caregiver, a senior volunteer, or an individual benefiting from these programs



Contact your lawmakers to urge them to support funding for caregiver respite and senior volunteer programs



Spread the word on social media - follow @NewFuturesNH for shareable posts!



Scan the QR code or visit new-futures.org/Caregivers-and-Volunteers

Sources:

1. Reinhard, S. C., PhD, Caldera, S., Houser, A., Choula, R. B., & AARP Public Policy Institute (2023). Valuing the Invaluable: 2023 update. *Insight on the Issues*. <https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-the-invaluable-2023-update.doi.10.26419-2Fppi.00082.006.pdf>
2. National Alliance for Caregiving & AARP (2020). Caregiving in the U.S. 2020. <https://www.caregiving.org/wp-content/uploads/2021/01/full-report-caregiving-in-the-united-states-01-21.pdf>