



The Social Services Department at Self-Help for the Elderly provides a variety of social service programs designed to enable seniors to remain independent and live in their own homes and communities.

The programs include:

- Case management
- Family caregiver support program
- Aging and disability resource centers
- Telecommunications Education and Assistance in Multiple-Languages (TEAM) and Community Help and Awareness of Natural Gas and Electric Services (CHANGES)
- California Alternate Rate for Energy (CARE) and CARE Community Ambassador program

Who is eligible ?

We care for individuals who are San Francisco residents age 60 or older and unable to take care of daily activities on their own due to health conditions. We accept IHSS applicants and referrals from social and medical workers, non-profit organizations, landlords and property managers.

SERVICES SCHEDULE

Monday – Friday

9 am – 12 noon

2 pm – 5 pm

- ▶ A total of four (4) sessions per recipient per year.
- ▶ Each session will not exceed three (3) hours.
- ▶ Recipients to provide cleaning supplies and tools.



SERVICES INFORMATION

- ◆ Your social worker will call to confirm each scheduled service.
- ◆ Requests to be submitted 5 business days prior to the service date.
- ◆ Notify your social worker 24 hours in advance to cancel or reschedule an appointment.
- ◆ Personal health care and hygiene services including bathing, grooming, transferring, cooking, shopping, and cleaning services.
- ◆ Housekeeping services include homemaking, dusting, vacuuming, meal preparation, grocery shopping, laundry (machine wash only), and light housework.

THE SERVICES ARE FREE FOR ELIGIBLE RECIPIENTS.

ElHSS is funded by the City and County of San Francisco Human Services Agency: Department of Aging and Adult Services



Our Commitment to Seniors

Originally created as a “War on Poverty” program, Self-Help for the Elderly began serving seniors in San Francisco’s Chinatown community in 1966. Today, Self-Help for the Elderly serves over 40,000 seniors each year in San Francisco, San Mateo, Santa Clara and Alameda counties. Over 90% of our clients are from low-income and minority communities.

Under our attentive care, seniors will gain access to programs and services which empower them to make lifestyle choices, to enhance their standard of living and to achieve the best possible health. We are firmly committed to seniors’ security, freedom and peace of mind.

Self-Help for the Elderly is 501(c)(3) tax exempt organization.

Mission

We strive to promote the independence, dignity and self-worth of seniors. We will achieve this mission by empowering seniors to help themselves and by providing a comprehensive range of multicultural and multilingual services.



Social Services
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EIHSS



Emergency In-Home Support Services (EIHSS)

Self-Help for the Elderly’s EIHSS program provides temporary or short-term non-medical in-home services program for older adults who need emergency help with everyday activities, such as bathing, dressing laundry, shopping and cooking. Those who are eligible can hire a caregiver so they can remain safely in their homes. Our in-language caregivers are well-trained and experienced in helping the clients with certain activities around their home.

Providing strength, hope and empowerment to seniors since 1966.



www.selfhelpelderly.org

APPLY FOR EIHSS

Contact us today.

Susan Zhou 415-677-7587

Or email:

shuxianz@selfhelpelderly.org

Our social workers and caregivers speak English and fluent in Cantonese, Mandarin, Taishanese and other Chinese dialects.