



**Self-Help for
the Elderly**
安老自助處



ANNUAL REPORT

2022 • 2023



Self-Help for the Elderly promotes independence, well-being, and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area.



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A MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS:

During the Fiscal Year July 1, 2022 to June 30, 2023, Self-Help for the Elderly continued to focus on the “transformation” of our seniors having persevered through the COVID-19 Pandemic. Not only did the Pandemic bring about new challenges and needs for our senior population, but the pandemic also seemed to have “transformed” and changed our seniors personally. Fortunately, Self-Help for the Elderly has recognized this sort of “transformation” among our seniors and has dynamically and innovatively responded.

One noticeable post-Pandemic “transformation” among the seniors is fearfulness of the outside world - - which has caused many to become more isolated from even their friends and loved ones. To help ease their fears, Self-Help for the Elderly offered an array of new and different services and activities that the seniors are willing to participate in with other seniors and community members.

“Hybrid” services continue to be popular programs offered by Self-Help for the Elderly that are widely utilized by our seniors. “Hybrid” services are services that cater to both homebound seniors and to those who are able to physically congregate at a particular site. Since these “hybrid” services are essentially two services under one umbrella, the costs associated with “hybrid” services are naturally high. Though some necessary cuts may have been made, Self-Help for the Elderly has stayed committed to providing as many “hybrid” services as it can to aid in creating better, more independent lives for all of our seniors.

Another challenge that Self-Help for the Elderly continued to face this past fiscal year was the economy and other related external factors. Higher costs of goods and services across the board and throughout the organization has made operating its programs difficult at times. However, our seniors are disproportionately impacted by these same factors, which creates even more trouble for our seniors with food insecurity, affordable housing, transportation, and affordable elder care. Therefore, Self-Help for the Elderly remains firmly committed to provide services to help our seniors find affordable housing, nutrition, and affordable elder care facilities for as many people as it can possibly serve. Therefore, even in difficult economic times, Self-Help for the Elderly continues to look for new funding opportunities to expand on existing programs and possibly add new services.

Self-Help for the Elderly is grateful for its funders, both private and public. While the continued support from our local, state, and federal funders is greatly appreciated, private donors are the lifeblood of this organization and are the true “backbone” of our organization and community. Though hard work and relentless energy to provide the best for our seniors, Self-Help for the Elderly continues to be a model organization thanks to its dedicated staff and generous donors.

Thank you.

Nicholas K. Jay
Chair, Board of Directors

THANKS TO OUR 2022/2023 FUNDERS

- 2nd Harvest Food Bank
- Asian Pacific Fund
- AT&T California
- California Department of Aging
- California Department of Education
- California Public Utilities Commission
- Caltrans
- Cathay Bank Foundation
- City of Sunnyvale
- Comcast Corporation
- CTBC Bank Corp.
- Dignity Health
- Direct Relief
- Family Caregiver Alliance
- GBC International Bank
- Good Hope Seeders
- Independent Living Resource Center San Francisco (ILRCSF)
- James Irvine Foundation
- Joseph L. Barbonchielli Foundation
- Kaiser Permanente
- Lillian Lincoln Foundation
- Marin Community Foundation
- Matthew Kelly Family Foundation
- Metta Fund
- McNabb Foundation
- Office of Civic Engagement and Immigrant Affairs
- Pacific Gas and Electric Company
- Paisley Family Fund
- Ray and Dagmar Dolby Family Fund
- Robert Joseph Louie Memorial Fund
- Rose Pak Community Fund
- San Francisco Culinary / Bartenders & Services / Welfare Fund
- San Francisco Department of Disability and Aging Services (DAS)
- San Francisco Foundation
- San Francisco Human Services Agency
- San Francisco Mayor's Office Of Housing
- San Francisco Office of Economic and Workforce Development
- San Francisco Paratransit
- San Mateo County Department of Aging and Adult Services
- Santa Clara County Department of Human Relations
- SF Marin Food Bank
- Silicon Valley Community Foundation
- STUPSKI Foundation
- Sunset Heights Association of Responsible People
- Sutter Health
- The Abe and Kathryn Selsky Foundation, Inc.
- Thriving in Place
- U.S. Department of Housing and Urban Development

OUR MISSION



Self-Help for the Elderly promotes independence, well-being and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area.

We envision a world where all elders have the respect, care and support to lead dignified and vibrant lives. Every effort has been made to provide inclusive services along a continuum of care for seniors. These now include ten service departments specializing in Adult Day Services, Digital and Technology Learning Program, Employment & Training, Health Insurance Counseling and Advocacy Program, Home Health Care Program and Hospice Care Program, Nutrition & Senior Centers, Residential Care Facilities for the Elderly, Senior Housing, and Social Services.

Founded in 1966, we empower and support the elders to make lifestyle choices that maintain their health, safety, and self-reliance. We serve over 40,000 seniors a year in San Francisco, San Mateo, Santa Clara, Alameda, and Contra Costa Counties.

This annual report highlights our accomplishments for Fiscal Year (FY) 2022-2023.

1. ADULT DAY SERVICES



The mission of the Adult Day Services (ADS) department is to provide an alternative to premature institutionalization of frail and/or disabled adults and seniors, and those with Alzheimer's disease or other dementias. ADS assists by restoring or maintaining their optimal capacity for self-care in their own homes. We also aim to provide respite to the family.

ADS is a Medicaid-licensed facility that provides nursing and personal care services, rehabilitative therapies, recreational activities, and social services. Participants are able to receive services and support from center. Our participants attend center for maintenance exercise program, therapeutic activity, care coordination, community resources/referral, emotional support/counseling, caregiver support group, physical health/psychosocial monitoring, medication monitoring, family training from center's multi-disciplinary team which includes Registered Nurse, Registered Dietitian, Physical Therapist, Occupational Therapist, and Social Worker, Speech Therapist and Psychiatric Consultant.

In addition, under specified emergency situations, the center provides EMERGENCY REMOTE SERVICES (ERS) for participants who cannot attend center for in-person services. ERS is provided at an alternative setting such as the community, in or at the doorstep of the participant's home, or via telehealth.

In FY 2022-2023, we served 154 participants in our three programs: Adult Day Program (ADP), Adult Day Health (ADHC), and Alzheimer's Day Care Resource Center (ADCRC). Our participants range from ages 59 to 100 with an average age of 83. 95% of our participants are Chinese with 88% being monolingual; 66% are female and 34% are male; 92% reside in San Francisco and 8% in San Mateo; 82% are Medi-Cal participants and 18% are

private pay participants. We take pride in providing quality day care services to seniors for 27 years and will continue to provide respite to hundreds of families in the community. At Self-Help for the Elderly Adult Day Services, we strive to promote the independence, dignity, and self-worth of seniors.



2. AFFORDABLE HOUSING FOR INDEPENDENT SENIORS

The Lady Shaw Senior Center (LSSC) is a 6-story building located between the Nob Hill and Chinatown neighborhoods in San Francisco. The senior center is conveniently located in an urban area with easy access to grocery shopping, restaurants, public transportation, and medical services. There are 70 units – 63 studios and 7 one-bedroom apartments, housing a total of 76 residents. Each unit is equipped with a private kitchen and bathroom. The staff at LSSC strives to provide a safe, stable, decent, healthy and affordable living environment to low-income seniors aged 62 or older as well as provide supportive services for people with disabilities. Our goal is to enable seniors to live happily and independently in their golden years.

3. RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

The Autumn Glow Alzheimer's Care Home in San Francisco is a 15-bed facility that provides 24/7 care and supervision to seniors with Alzheimer's, Parkinson's, or other Multi-Infarct Dementia diseases. Services include board and care, meals, personal care, housekeeping, medication management, and daily physical activities appropriate for their health condition. We strive to ensure our residents live happily with dignity and respect. Our goal is to provide

high-quality 24-hour care and supervision to frail seniors in a safe and comfortable environment.



4. HOME HEALTH PROGRAM

Home Health Care is intermittent care provided in the home by licensed healthcare professionals. Home Health services help individuals over the age of 18, would be recovering after a hospital, rehabilitation center or other health facility stay, or needing additional support to remain safely at home and avoid unnecessary re-hospitalization. These Medicare-certified services may include intermittent nursing, rehabilitative, therapeutic and assistive home care. Registered nurses, physical therapists, occupational therapists, speech therapists home health aides, and medical social workers. The primary care physician to curate for patients' situation.

Self-Help's Home Health Program began in 1983 as a Medicare and Medi-Cal licensed and certified agency. The coverage area for home health services spans across the San Francisco Bay Area. Our Home Health program's commitment to provide quality care reflected in the long-term clinical experience and tenure of our clinical staff. In FY 2022-2023, Home Health Staff made almost 2,508 home health visits to 132 patients residing in San Francisco and Northern San Mateo Counties. Home Health provides essential medical and supportive services to elders and people with professional medical care needs, enabling them to live at home. Home-based care is also an important alternative to facility-based care, especially to help patients minimize medical and transportation costs. While home health care is available for all ages that qualify, our patients are between the ages of 50 to 100 and up.

5. HOSPICE PROGRAM

Self-Help for the Elderly's Hospice Service was licensed and certified by Medicare through the California Department of Public Health (CDPH) in 1995 to provide services in San Francisco Bay Area. We provide culturally sensitive supportive care and education in the home by licensed homecare professionals. We are the only nonprofit hospice agency specializing in serving the needs of the monolingual and limited English-speaking Chinese communities in the Bay Area. Hospice services help terminally ill patients accept their prognosis and live comfortably in the privacy of their homes and in harmony with their families. These Medicare-centered services include primary care by registered nurses, home health aides, and medical social workers, and secondary care by physical therapists, occupational therapists, and speech therapists. In addition, our services include spiritual counseling, bereavement support, and volunteer services.



6. EMPLOYMENT TRAINING & ECONOMIC DEVELOPMENT

Employment Training & Economic Development (ETED) department provides quality workforce services to job seekers and employers and develops business services that employ skilled workers and support economic self-sufficiency. ETED services include:

1. The Chinatown Neighborhood Access Point (CNAP) provides job search assistance, career planning, job placement, and case management.
2. Vocational skills training in custodial, appliance repair training, home health aide, caregiver and healthcare career preparation.

3. The Greater Chinatown Corridor Manager Program provides integrated services to local businesses and promotes economic development in the Chinatown Commercial Corridor.

4. Business services include housekeeping, gardening, home health aide, commercial cleaning and bill pay services for PG&E, AT&T, Comcast, and Clipper Card.

5. The Senior Community Service Employment Program (SCSEP) provides community service and work-based, paid job training for older workers in Alameda, Contra Costa, San Mateo, San Francisco and Santa Clara Counties.

6. The Light Duty Community Service Program (LDCS) provides job readiness training and work opportunities to welfare recipients who have some work limitations.

7. The Bilingual Job Readiness Service Program provides workplace job readiness training to limited-English speaking job seekers.

8. The Language Access Community Grants Program provides outreach and education on the Language Access Ordinance.

During the FY 2022-2023, the Employment Training and Economic Development (ETED) initiative has continued to bolster small business support in both Chinatown and the Sunset District. This period has seen a strategic expansion of our services, with a particular emphasis on enhancing local businesses through community festival events. In May 2023, we launched our first community festival in the Sunset District, a move that significantly supported the surrounding small businesses by drawing in more visitors to shop and dine in the area. Despite this new focus, our dedication to Chinatown remained strong. We organized two key events, including the *Mother's Day Promotion Week* and *Craving Chinatown* that involved more than 50 small businesses. These efforts were instrumental in boosting foot traffic and visibility for Chinatown's local businesses.



On the workforce development front, ETED has been vigorously working to assist clients in advancing their career paths. Our team's efforts have led to the successful job placement of at least 90% of our clients, many of whom have progressed to higher-paying positions. This year, we enriched our training offerings by incorporating maintenance services training into our existing appliance repair training program. This addition is poised to open up even more job opportunities for our trainees, underscoring our commitment to their ongoing professional development and success in the workforce.

7. NUTRITION & SENIOR CENTERS

The Department of Nutrition and Senior Centers aims to promote active and healthy aging for seniors at 13 locations in San Francisco, San Mateo, Millbrae, and Sunnyvale. Participants attending our centers enjoy nutritious congregate meals and a wide range of social, educational, and recreational activities. Our centers continue to provide stable and suitable services to match the needs of the senior population. For FY 2022 – 2023, we served 676,607 meals in San Francisco, San Mateo, and Santa Clara Counties.

Our congregate meals program aims to promote better physical and mental health for seniors by providing nutritious meals and opportunities for social contact. For FY 2022 – 2023, all San Francisco Centers continued to serve in-person dine-in and meal pickup. The Nutrition Department provided 309,178 congregate meals at all sites; 66,822 meals at our three Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) partner restaurants; and 300,607 home-delivered meals for seniors and young adults with disabilities.

The Home-Delivered Meals service has expanded with a new facility on Burke Avenue in San Francisco. This new location enables the preparation of hot meals for weekday delivery and provides much-needed additional storage. Owing to the success of the meal service over the past few years, the San Francisco Department of Disability and Aging Services has extended Self-Help for the Elderly HDM services to cover the entire city of San Francisco. At present, we cater to 1,000 seniors in San Francisco every weekday. Additionally, the new facility provides sheltered and secure parking for our buses and vans in a centralized location.

On September 17, 2022, our San Mateo Activity Center at Central Park celebrated its 30th milestone year with an Autumn Moon Festival celebration. What began as a “leap of faith” has become 30 incredible years devoted to empowering seniors.

To promote Healthy Eating and an Active Living lifestyle, our San Francisco Community Services Program and San Mateo Activities Program resumed in-person classes/activities to encourage the seniors to socialize more and kept some virtual classes/activities to assist homebound seniors remain mentally and physically healthy. For FY 2022 – 2023, 7,356 classes were hosted, totaling 12,249 hours. The classes/activities included Dance, Exercise, Tai Chi, Health Education, Support Groups, Birthday Parties, Cultural Events, and more.

In November 2022, the Nutrition Department collaborated with Fund Development to host the Annual Thanksgiving Luncheon. The Nutrition Department served dine-in Thanksgiving meals at Lady Shaw Activity Center and take-out Thanksgiving meals at four centers: Geen Mun Activity Center, Jackie Chan Activity Center, South Sunset Activity Center, and Geneva Community Center. A total of 2,050 meals were served at five service locations. Meanwhile, in collaboration with the San Francisco Police Department, San Francisco Fire Department, and San Francisco Sheriff's Department. Our delivery teams brought over 1,500 meals to homebound seniors.

In March 2023, the Nutrition Department resumed the Spring Banquet. 190 seniors, including 14 super seniors (age 90 or above), attended the banquet. We honored each super senior with gifts to express our care, respect, and appreciation.



8. SOCIAL SERVICES

The mission of the Social Services Department is to enable seniors and adults with disabilities to remain independent while living in their own homes and communities by providing quality social services and support. In FY 2022-2023, we served over 16,000 seniors and adults with disabilities through multiple programs:

- **The Case Management program** provided comprehensive assessments, care planning, service authorizations, and case monitoring to 283 clients. Provides short-term casework and crisis intervention services and long-term care management which targets functionally impaired individuals who need assistance in organizing and maintaining their care.
- **The Community Living Fund** provided a short-term program that assisted over 20 individuals at risk of institutionalization this year by connecting them to needed medical and psychosocial services supporting independent living. We act as caring representatives within an extended network of programs and services, helping our clients manage care and find secure living arrangements. For vulnerable aging adults and people with disabilities, we can be the guiding hand that ensures independent living and peace of mind.
- **The Community Care Coordination Program** in over 46 patients' discharge care coordination, hosted 41 Advance Health Care Planning workshops and outreach activities, and reached 32,187 participants. In addition, the program helped 121 individuals to complete their Advance Health Care Directives in FY 2022-2023. Our collaborators included Asian American Medical Group (AAMG), Chinese Community Health Care Association (CCHCA), California Pacific Medical Center (CPMC); and Dignity Health (St. Mary and St. Francis Hospital).
- **The Aging and Disability Resource Centers (ADRC)** provided translation assistance, information, and community service referrals to 6,094 seniors and adults with disabilities. The ADRC program provided more than 7,265 information and referrals, 18,578 assistance, and 2,161 follow-ups. ADRC program has WeChat, WhatsApp, and Text accounts to connect over 1,000 seniors with resources.
- **The Naturalization Program** offered ESL/citizenship classes throughout San Francisco and provides support services such as completing naturalization applications and making inquiries



and legal service referrals. In FY 2022-2023, 932 clients received one-on-one assistance in the citizenship process, while 276 students benefited from the in-person and Zoom citizenship/ESL classes. In addition, 510 naturalization N400 applications were completed, and 422 Forms I-912 Fee waivers were achieved through the San Francisco Pathways to Citizenship Initiative.

- **Housing services** supported 866 clients and provided 666 housing application assistance in this fiscal year. The program assisted 265 clients to set up DAHLIA accounts to search for affordable housing. Over 270 clients attended monthly housing workshops both in English and Chinese over Zoom. The workshops covered housing application assistance, setting up DAHLIA accounts, housing resources, tenant rights, financial coaching and credit building, lease, and annual recertification.
- **The Long-Term Housing Subsidy Program** provided housing subsidies and case management to over 154 clients in FY 2022-2023. In partnership with community partners and property management, the housing program successfully helped 15 clients to improve their housing situation. They achieved a 100% stability rate for clients remaining housed after the 12-month exit from the program.
- **The Family Caregiver Support Services** offered information, assistance and support services to improve informal caregivers' physical and mental health, enabling them to maintain their caregiving role and to reduce stress and depression. The program made 206 outreach contacts through 3 public information activities, provided 786 information and assistance and 356 interpretation contacts, 225 assessments, 119 case management, 123 counseling, 357 training hours, and five assistive devices to assist caregivers.

- **The Short-Term Home Care for Older Adults** served 255 seniors and 2,544 service hours for housekeeping, chores, and personal care services in FY 2022-2023. This program promoted older adults' ability to maintain the highest possible levels of function and dignity in the community. Seniors who have trouble in their homes with activities of daily living or after being discharged from a hospital or institution but do not qualify for IHSS services will significantly benefit from this program.
- **Peer Ambassador** promoted DAS-funded services in Districts 1, 2, 4, and 11 through in-person and digital outreach on Zoom, Instagram, Facebook, and WeChat. The engagements reached over 2,800 seniors or adults with disabilities.
- **Senior Escort Program** provided chaperoning services to over 720 seniors with over 5,697 visits and 13,191 service hours for activities like medical appointments, bank visits, walks, wellness classes and interviews.
- **SF Connected Program**, funded by San Francisco City and County's Department of Aging and Adult Services (CDA), provided training to 856 participants with 2,248 quality digital literacy training hours in multiple languages including English, Chinese, Spanish, Russian, and Vietnamese. Classes were hosted online via Zoom and onsite at partnered community based organizations, housing facilities, and San Francisco Public Library locations. In addition, 416 Tech support services hours have been provided in 2022-2023.
- **CHAT and DC projects** were made possible with the funding by CDA. 314 devices were distributed to eligible recipients who are qualified for a device. The recipients then enrolled in the SF Connected training classes to enhance their digital literacy, learn to surf the internet for reliable resources, and stay connected with their friends and family online.



Immediate Response to Half Moon Bay Tragedy were acted upon by the Social Services Department's case management team. The social services team applied a comprehensive case management to the six identified Chinese farm worker victims/survivors who were affected by the mass shooting. The comprehensive case management plan included assessment, case planning, care coordination, and implementation. Case managers met with the victims/survivors and provided progress reports of each client to San Mateo County.

9. HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)



HICAP is the only source in the Counties of San Francisco and San Mateo that provided free, unbiased information and assistance to Medicare beneficiaries. Well-trained and state-registered volunteer HICAP Counselors provided individualized counseling to Medicare beneficiaries of any age. They discussed Medicare benefits and enrollment periods; explained supplemental coverage plan options and beneficiary rights; provided information and application assistance on ways to save money on Medicare costs; reviewed and compared long-term care insurance policies; and screened for denials of coverage that may be appealed. HICAP programs served 2,800 clients during FY 2022-23.

From these 2,800 clients, around 50% of these individuals were Limited English Proficiency (LEP) beneficiaries with incomes below 150% of the federal poverty level. The estimated dollars saved by the HICAP program last fiscal year was almost \$3,400,000

HICAP also provided free community education to the public about Medicare and related topics.

HICAP constantly looks for new volunteer counselors to assist Medicare recipients with their benefits and related health insurance issues as part of our program. Through one-on-one counseling and informal advocacy, HICAP Volunteer Counselors support the independence of people making choices that affect their health and financial well-being. If you are interested in assisting the HICAP program, please visit hicap.org.

10. DIGITAL & TECHNOLOGY LEARNING PROGRAM

In FY 2022-2023, the SF Connected digital literacy training program achieved its goal of serving over 880 unduplicated clients with over 2,000 training hours in six languages (Mandarin, Cantonese, English, Russian, Spanish and Vietnamese). The program served the seniors and adults with disabilities. The services included providing informative training sessions to educate and introduce participants with new technologies to bridge the digital equity gap; offering individual tech support sessions in a one-on-one hybrid format to address, explain, and resolve tech-related issues and challenges that the users might face with their personal smart devices.

Self-Help for the Elderly is one of the leading agencies to launch a pilot tablet program called Loan to Own. The program provided digital literacy training and a free tablet to each senior participant. To keep the loaned devices, the participants were required to attend a series of digital literacy classes. 54 devices were loaned to participants using Chromebooks, iPads, and Galaxy. By October 2022, 180 data-equipped iPads were assigned to Self-Help for the Elderly with the support from the San Francisco Department of Aging and Adult Services from the Connections, Health, Aging and Technology (CHAT) project administered by the California Department of Aging. In addition, the CHAT participants took part in a pre- and post-test survey conducted by SSRS, a third-party vendor, for academic research.

The Digital and Technology Learning Team participated in TECH WEEK 2023 hosted by San Francisco Public Library. Self-Help offered five classes on basic photo/video editing, online banking, check deposit via banking apps, cybersecurity, and an in-person tech support pop-up at Self-Help's Geneva Community Center. Two seniors, who are SF Connected participants, were invited to speak at the Dignity Equity Workshop in Downtown Oakland on how the SF Connected program and CHAT iPads

helped them utilize technology skills to promote independence and enhance their quality of life.

SERVICE LOCATIONS OF SELF-HELP FOR THE ELDERLY 2022-2023

ADULT DAY SERVICES

Adult Day Services (ADS)
415-677-7556
408 22nd Avenue
San Francisco, CA 94121

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

**Autumn Glow Alzheimer's
Care Home**
415-934-1622
654 Grove Street
San Francisco, CA 94102

AFFORDABLE HOUSING FOR SENIORS

Lady Shaw Senior Housing
415-677-7572
1483 Mason Street
San Francisco, CA 94133

Lincoln Court Senior Apartments
510-336-1952
2400 MacArthur Boulevard
Oakland, CA 94602

COMMUNITY & SENIOR CENTERS

Santa Clara

South Bay / 408-873-1883
550 East Remington Drive
Sunnyvale, CA 94087

San Francisco

Woolf House / 415-981-2166
801 Howard Street
San Francisco, CA 94103

Mendelsohn House / 415-243-9018
737 Folsom Street
San Francisco, CA 94107

Manilatown / 415-398-3250
848 Kearny Street, #306
San Francisco, CA 94108

Geen Mun / 415-391-3843
777 Stockton Street
San Francisco, CA 94108

Geneva / 415-347-7194
5050 Mission St., Suite C
San Francisco, CA 94112

South Sunset / 415-566-2845
2601 40th Avenue
San Francisco, CA 94116

Jackie Chan / 415-677-7571
5757 Geary Boulevard
San Francisco, CA 94121

West Portal Clubhouse
/ 415-650-9796
131 Lenox Way
San Francisco, CA 94127

Lady Shaw / 415-677-7581
1483 Mason Street
San Francisco, CA 94133

John King / 415-239-9919
500 Raymond Avenue
San Francisco, CA 94134

San Mateo

San Mateo / 650-342-0822
50 E. 5th Avenue
San Mateo, CA 94401

Millbrae

Millbrae Senior Lunch Program
415-770-3739 to leave a message
450 Poplar Avenue
Millbrae, CA 94030

SOCIAL SERVICES

Social Services Dept.
t: 415-677-7585 f: 415-391-3760
829 Kearny Street, Basement
San Francisco, CA 94108

Programs include:

Aging and Disability Resource Centers (ADRCs)
Community Living Fund
Family Caregiver Support
Information & Assistance (I&A)
Housing Services

Case Management 415-677-7596

**Community Care Coordination
Project 415-533-6440**

**Housing Services
/ Long-Term Housing Subsidies**
415-533-6899

Naturalization Services
(Citizenship, Civics & ESL Classes)
415-677-7696
e: citizenship@selfhelpelderly.org

Senior Escort Services
415-533-4714

SF Connected
415-781-9919 / 415-677-7648

**Short Term Home Care for
Older Adults 415-677-7645**

Utilities Assistance
(TEAM & CHANGE) 415-677-7645

Geen Mun Center
415-773-2060 / 415-438-9804
777 Stockton Street
San Francisco, CA 94108

South Sunset Center
415-533-6859
2601 40th Avenue
San Francisco, CA 94116

West Portal Clubhouse
415-741-8877
131 Lenox Way
San Francisco, CA 94127

Lincoln Court / 510-336-0144
2400 MacArthur Boulevard
Oakland, CA 94602

HOME HEALTH & HOSPICE
t: 415-677-7628 f: 415-398-5903
e: hchservices@selfhelpelderly.org
731 Sansome Street, Suite 100
San Francisco, CA 94111

CHINATOWN NEIGHBORHOOD JOB CENTER (CNJC)

CNJC Center / 415-677-7500
601 Jackson Street, Ground Floor
San Francisco, CA 94133

**Richmond Neighborhood Job
Center / 415-290-0103**
5757 Geary Boulevard
San Francisco, CA 94121

**Sunset Neighborhood Job
Center / 415-279-0995**
3133 Taraval Street
San Francisco, CA 94116

**Senior Community Service
Employment Program (SCSEP)**
415-624-9530
• 825 Kearny St., San Francisco, CA 94108
• 4071 Port Chicago Highway, Suite 250
Concord, CA 94520
• 330 25th St, Richmond, CA 94804
• 2400 MacArthur Blvd., #103
Oakland, CA 94602

ETED Business Services
415-677-7618
825 Kearny Street
San Francisco, CA 94108

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

San Francisco HICAP
415-677-7520
601 Jackson Street, 2nd Floor
San Francisco, CA 94133

San Mateo HICAP
650-627-9350
1710 S. Amphlett Boulevard, #100
San Mateo, CA 94402

DIGITAL & TECHNOLOGY LEARNING PROGRAM

SF Connected / 415-781-9919
e: sfconnected@selfhelpelderly.org

Self-Help for the Elderly offers a comprehensive range of multicultural and multilingual services in five Bay Area counties: Alameda, San Francisco, San Mateo, Santa Clara, and Contra Costa.

SAN FRANCISCO

(415) 677-7600

(415) 677-7500

SAN MATEO

(650) 342-0822

SOUTH BAY

(408) 733-1883

ALAMEDA & CONTRA COSTA

(510) 336-0144

VISIT OUR WEBSITE

www.selfhelpelderly.org

FOLLOW US ON SOCIAL

@SelfHelpElderlyorg @SelfHelpElderly



掃一掃二維碼，
關注我們中文
微信號《安老篇》

HEADQUARTERS

731 Sansome Street, Suite 100

San Francisco, CA 94111

t: 415-677-7600

f: 415-296-0313

e: info@selfhelpelderly.org

SUPPORT OUR SENIORS

Fund Development

415-677-7670

e: info@selfhelpelderly.org

Self-Help for the Elderly is a non-profit organization with 501(c)(3) tax exemption status. Federal Tax ID# 94-1750717.