

# Selfhelp

Selfhelp Community Services provides comprehensive services to help older adults live life independently and with dignity in their own homes. For more than 80 years, Selfhelp has been committed to serving thousands of New York's most vulnerable, including operating the oldest and largest program serving Holocaust survivors in North America. Today, Selfhelp serves more than 20,000 older adults through a range of home care, affordable housing, and social services.

## Our services include:

- the oldest and largest program serving **Holocaust survivors** in North America, providing comprehensive services to over 4,300 individuals with case management, home care, and opportunities for socialization
- eleven **affordable housing residences** in Queens, Brooklyn, the Bronx, and Long Island that provide housing to over 1,400 individuals with access to services as needed
- five **senior centers**, including one of the first to be designated by New York City as an Innovative Senior Center
- an **Alzheimer's Social Day Program** to care for those coping with Alzheimer's and related disorders, as well as respite for their caregivers
- 1,800 **home health care workers** who provide approximately 2 million hours of care each year to the elderly and families at risk, and over 300 who were trained by Selfhelp last year
- comprehensive services for seniors living in four **Naturally Occurring Retirement Communities (NORCs)** in Queens
- a **community guardian program**
- our **Virtual Senior Center**, a program that engages over 400 participants through live and interactive classes
- three **case management programs** in Manhattan, Queens, and parts of Brooklyn, as well as NY Connects in Queens

[www.selfhelp.net](http://www.selfhelp.net) | 212-971-7600 | 520 8th Ave, New York, NY 10018