



A TRUSTED ADVISOR IN AGING SERVICES

Selfhelp is dedicated to maintaining the independence and dignity of older New Yorkers through a range of social services, affordable housing, and home health care.

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HOLOCAUST SURVIVOR PROGRAM

Operating the oldest and largest program in North America, Selfhelp provides comprehensive services to over 5,400 Holocaust survivors. Served by professionals trained in the principles of Person-Centered Trauma-Informed Care, survivors are offered a full continuum of services, including enhanced case management, home health care, housekeeping, financial management/guardianship, social programs, emergency financial assistance, and more.

VIRTUAL SENIOR CENTER (VSC)

The Virtual Senior Center is a social wellness platform that engages participants through live interactive online classes, virtual community events, and virtual chats hosted by volunteer facilitators.



HOME HEALTH CARE

A leading provider of home health care, Selfhelp delivers over two million hours of home care annually to elderly and frail individuals, and families at-risk. Services are designed to maintain independent living and include skilled nursing, assistance with activities of daily living, housekeeping, homemaking, and therapeutic care.

Selfhelp's intensive training program provides high-caliber job training free of charge, certifying over 250 new home care aides each year.

AFFORDABLE SENIOR HOUSING

Selfhelp Realty Group | *The Melamid Institute for Affordable Housing* ensures that older New Yorkers have access to safe, clean, and affordable housing. At each of our 17 buildings, we offer SHASAM (Selfhelp Active Services for Aging Model), a unique service model that addresses residents' health, wellness, social and economic needs. Our residences are home to more than 1,500 older adults, and with four new projects under construction and in pre-development, we'll soon be providing even more safe and affordable housing options to meet the needs of older New Yorkers.



COMMUNITY-BASED PROGRAMS

Community-based programs provide much-needed social services to older New Yorkers in their own communities, including:

- 5 Older Adult Centers (formerly Senior Centers)
- 4 Naturally-Occurring Retirement Communities (NORCs)
- Social Adult Day Care for those with dementia
- Adult Protective Services and Community Guardian Programs
- Case Management through Project Pilot, Queens North, NY Connects, and Safety Net
- Virtual Senior Center

Our social workers provide a range of services for thousands of older adults, including:

- In-person and virtual programming
- Advocacy for entitlements, benefits and financial assistance
- Hands-on assistance resolving complex situations
- Assessments for home-delivered meals, home care, and more

