

# PROGRAM REPORT

**ELDERHELP'S MISSION IS TO PROVIDE PERSONALIZED SERVICES AND INFORMATION THAT HELP SENIORS REMAIN INDEPENDENT AND LIVE WITH DIGNITY IN THEIR OWN HOMES.**

## AREAS OF IMPACT

Our programs are proven to improve social determinants of health providing cost savings to the healthcare system, seniors, and their loved ones. Our services impact:

Cost savings

Home safety & falls reduction

Food insecurity & nutrition

Housing & homelessness

Health & mental health

Hospital/ER utilization

Isolation & loneliness



## MORE INFORMATION

619-284-9281

[www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)

9590 Chesapeake Dr., San Diego CA 92123



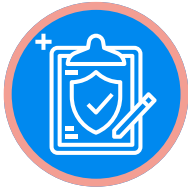
# CARE COORDINATION PROGRAM

Care Coordination provides in-home assessment and care planning to help connect seniors to the supports and services they need, including in-home and virtual help provided by volunteers.



**160**

clients served each month



**3 X**

more requests for home safety projects



**550+**

calls, home visits, & check-ins from Care Coordinators to create & update care plans

# RUOK CALLS / INFORMATION & REFERRAL

RUOK are live check-in calls to ensure safety and wellbeing of isolated seniors. Information & Referral calls provide resources and support to seniors, their families, and the community.



**7000**

RU OK calls made



**2,500+**

information & referral calls received in FY



**30+**

minute calls act as "mini assessments" to better understand needs

# VOLUNTEERS

ElderHelp's caring volunteers provide critical services that keep seniors living independently, providing a safety net and source of connection and engagement.



**350+**

volunteers supported our seniors



**68**

new volunteers



**9,360**

hours of volunteer service



**2100+**

Family caregivers supported

**OFFERED ONLINE:** webinars and courses to educate and support family members caring for aging loved ones.

# TRANSPORTATION



Seniors A Go Go is a volunteer driver program to provide rides for seniors to medical and non medical appointments, as well the delivery of food and essential supplies.



**6,800+**

rides to medical appointments, social activities, & errands



**76**

new riders enrolled



**29% MORE**

rides provided this year than last year

## NUTRITION SERVICES

To help seniors access healthy, nutritious foods, we deliver food from our Food Pantry, as well as match seniors with volunteers to help take them grocery shopping.



**452**

clients served through our 3 pantry locations



**2,196**

deliveries from our main office, 9% increase in FY24



**65**

new clients receiving grocery shopping assistance



## HOUSING SERVICES

We help seniors find and maintain safe, affordable housing through shared housing, housing consultations, and onsite residential services.



**30**

ongoing HomeShare matches - 60 people in secure housing



**55%**

homeless or at risk



**1,700**

people assisted

NEW THIS YEAR: the **Housing Support Fund** helped prevent senior homelessness by reducing barriers to stable housing.



**104**

individuals supported through the Housing Support Fund

# OUR IMPACT



## FOR 50 YEARS, ELDERHELP

has been as a beacon of hope for older adults. With our support, ElderHelp clients stay in their homes longer, stretching out their finances and retaining their independence and dignity.

When compared with national averages, **ElderHelp clients are 12.5 times less likely to experience a fall and 8 times less likely to be hospitalized.**

The average age of an ElderHelp client moving into long-term care is 10 years older than the average senior.

### FISCAL YEAR 2024

**1,200**

seniors served each month

**7,667**

individuals served

**33,429**

instances of care

### IN OUR 50 YEARS

**270,000+**

seniors & their families assisted

## FACTS ABOUT BEING A SENIOR IN SAN DIEGO

By the year 2030, **1 in 4 San Diegans will be age 60 or older.**

Average social security income is \$1,827/mo. The **income needed to meet daily needs is 2.1 times that.**

One fourth of San Diego's 60+ population **do not have access to 3 meals a day.**

3 out of 5 senior renters **spend 30% or more of their income on rent.**

In San Diego, 1 in 3 seniors **lives alone.**

1 in 5 seniors **don't have access to transportation.**