

MISSION

ElderHelp provides personalized services and information that help seniors remain independent and live with dignity in their own homes.

FACTS ABOUT BEING A SENIOR IN SAN DIEGO

- By the year 2030, 1 in 4 San Diegans will be age 60 or older.
- The average Social Security Income in San Diego County is \$1,976 /month. The income needed to meet daily needs in San Diego County is nearly 2 times that amount.
- 3 out of 5 senior renters spend more than 30% of their income on rent making, them cost burdened according to HUD.
- Falls are the leading cause of death from injury for San Diegans age 65 and older. In 2030, it is estimated that, without prevention, 7 older San Diegans will die from falls every day.
- In 2023, 1 in 3 seniors were living alone.
- 1 in 5 older adults don't have access to transportation.
- Nearly a quarter of San Diego's 60+ population do not have access to 3 nutritious meals a day.

This Fiscal Year* ElderHelp:

- Provided services to approximately 1,450 clients each month including:
 - 140 RUOK (Are You Okay) check-in calls provided each week
 - 384 volunteer service matches occurring at least once a month
- Provided nearly 39,000 unique instances of care
- Provided information and resources to over 2,400 non-clients
- Gave 8,484 rides with seniors to medical appointments and errands
- Delivered 8,000+ bags of food
- Provided over 9,700 hours of volunteer services
- Recruited and vetted 86 new volunteers
- Assisted over 900 people with housing services

*runs July 1st through June 30th

PROGRAM OVERVIEW

Care Coordination- provides comprehensive in-home solutions to address the growing health and social challenges that seniors and their families are facing. Services include assessment and care planning, grocery shopping, daily check-ins, friendly visiting, and home safety inspections and modifications. Offers virtual friendly visits and enhanced check-in calls for those that are more comfortable with contactless services.

Seniors A Go Go – volunteers provide escorted transportation picking clients up at their door and making sure they get home safely. Drivers are available to help clients during their appointments or errands if needed.

Housing Services – provides a variety of solutions to address the housing needs of seniors. Services include:

- ***HomeShare*** a unique housemate matching program connecting seniors who want to remain in their own homes with adults of all ages who are in need of housing. Housemates provide in-home services for the seniors in exchange for a room or pay rent to subsidize the seniors' incomes.
- ***Resident Services*** short-term care management and social activities that improve health and quality of life for over 250 residents at two low-income senior buildings.

Employed Family Caregiver Support – offers webinars and resources to employees and local corporations to help those balancing work/family responsibilities.

Nutrition Services – offers delivery of food and essential supplies from ElderHelp's pantry, or the grocery store. Check-in calls help us identify changing nutritional needs or barriers to accessing food so we can connect seniors to other nutrition services and benefits, or other non-nutrition services as needed.

FY25 INTERESTING FACTS

Seniors Served	Total Number of Direct Volunteers	Total Number of EH staff
8,433	350	28

FY25 OPERATIONAL REVENUE BREAKOUT

Grants	Contracts	Individual	Corporate	Client Donations	Special Events	Other/Bequests
33%	27%	16%	8%	1%	10%	5%