ELDERHELP
SOLUTIONS FOR LIVING | A NONPROFIT

MISSION

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

WHY THE NEED IS URGENT

- By 2030, 1 in 4 San Diegans will be age 60 or older.
- Average Social Security income is $1,976/month—nearly half the amount needed for basic needs locally.
- 2 in 3 older adult renters spend 30% or more of their income on rent.
- Falls are the leading cause of injury death among San Diegans age 65+.
- In 2023, 1 in 3 older adults lived alone.
- 1 in 5 older adult lacks access to transportation.
- Nearly 1 in 4 lacks access to three nutritious meals a day.

THIS FISCAL YEAR*

- 1,495 clients/month
- 474 monthly volunteer matches
- 14,000+ volunteer hours
- 43,000+ instances of care
- 13,423 rides
- 8,000 bags of food
- 1,200+ housing assists
- 155 new volunteers

HOW ELDERHELP HELPS

Care Coordination — assessments, care plans, shopping, check-ins, friendly visits, and home-safety support.

Seniors A Go Go — escorted rides to appointments and errands, with door-to-door help.

HomeShare — housemate matching that can provide rent or in-home support to older homeowners.

Resident Services — short-term care management and social activities provided at low-income housing for older adults.

Nutrition Services — food and supply delivery, plus check-ins that identify changing needs.

Caregiver Support— webinars and resources for caregivers balancing work and care.

NaviGuide— new division helping older adults and their families navigate the aging journey.

FY26 BY THE NUMBERS

9,168 Individuals served

521 Direct volunteers

29 ElderHelp staff

FY26 OPERATIONAL REVENUE



*Fiscal year July 1, 2025 through June 30, 2026.