

Selfhelp



Media Kit



www.selfhelp.net

Promoting independent living through community-based services to older adults and other vulnerable New Yorkers.

Overview

Selfhelp Community Services was founded in 1936 to help those fleeing Nazi Germany maintain their independence and dignity as they struggled to forge new lives in America. Today, Selfhelp offers services that enable older adults to age in their own homes and communities at 27 sites throughout Manhattan, Brooklyn, Queens, the Bronx, and Nassau County. We provide a broad set of services to more than 20,000 elderly, frail, and vulnerable New Yorkers each year, while remaining the largest provider of comprehensive services to [Holocaust survivors](#) in North America.

Mission

Selfhelp is dedicated to maintaining the independence and dignity of seniors and at-risk populations through a spectrum of housing, home health care, and social services and will lead in applying new methods and technologies to address changing needs of its community. Selfhelp will continue to serve as the “last surviving relative” to its historic constituency, victims of Nazi persecution.

[Recent News and Events](#)

About Selfhelp:

- Operates the oldest and largest program serving [Holocaust survivors](#) in North America, providing comprehensive services to over 4,300 elderly and frail individuals.
- Owns and operates ten [affordable apartment buildings](#), in Queens, the Bronx, and Long Island that house over 1,400 low and moderate-income residents in apartments with services that are accessible and on site, as needed. Additional buildings are being developed in Brooklyn and Nassau County.
- Manages five city-funded [Senior Centers](#), including one of the first to be designated by the City of New York as an Innovative Senior Center. Selfhelp also offers an [Alzheimer's Social Adult Day Program](#) to care for those coping with Alzheimer's and related disorders, as well as much needed respite for their caregivers.
- Trains and employs 1,800 home [health care workers](#) who provide approximately 2 million hours of service each year to the elderly, infirm, and families at risk.
- Offers comprehensive services for seniors living in four [Naturally Occurring Retirement Communities](#) (NORCs) in Queens.
- Serves as legal guardian for hundreds of individuals in need through three [Court-Appointed Guardianship Programs](#).
- Is a leader in providing groundbreaking [Aging Services Technology](#), enriching the lives of elders living independently through virtual communication and telehealth monitoring.
- Operates [NY Connects](#) program in Queens, which serves as New York City's point of entry for information and referral to long term services and support for older adults and people of all ages with disabilities.

Fast Facts:

- 24 languages are spoken by Selfhelp's staff and home care workers.
- The average age of Holocaust survivors served by Selfhelp is 85.
- 970 Holocaust survivors approached us for services for the first time last year.
- Our Virtual Senior Center (VSC) offers over 3,200 classes in English, Mandarin, Korean, and Russian.
- 85% of participants on the VSC report a reduction in social isolation as a result of this program.
- Over 200,000 meals were provided at Selfhelp's five senior centers.
- [Residents in Selfhelp's housing are healthier](#). In a recent study, we found that our residents have lower rates of hospitalization and lower costs to Medicaid.
- Over 3,000 clients receive more than 2 million hours of care through our home care program.
- More than 300 aides completed training in English and Spanish to become home care workers.

Media Contact Information

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