



How we serve our community

Holocaust Survivor Program

The oldest and largest program in North America providing comprehensive services to over 4,500 Holocaust survivors, Selfhelp offers a full continuum of care, including enhanced case management, home health care, housekeeping, financial management/guardianship, social programs, emergency financial assistance, and more.

Affordable Senior Housing

Selfhelp's eleven affordable apartment buildings offer older adults the opportunity to lead independent lives. At each building, we offer the Selfhelp Active Services for Aging Model (SHASAM), which makes available social work services for all the residents.

Case Management

Selfhelp's three comprehensive case management programs help seniors through a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy. Social workers provide expert assistance in accessing entitlements and benefits, as well as financial assistance, home delivered meals and chore services. The goal is to enable vulnerable seniors to continue to live independently in their own homes.

Home Health Care

A leading provider of home health care in the New York City metropolitan area, Selfhelp delivers over two million hours of home care annually to elderly, 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 highly regarded training program provides high-caliber education and certification to more than 400 home health aides each year.

Virtual Senior Center

Selfhelp's acclaimed Virtual Senior Center offers homebound seniors the opportunity to engage and connect with one another and the outside world through stimulating classes and programs. A cornerstone of the program is the real-time instructor-led classes where participants learn about topics and interact with one another to reduce social isolation.

Senior Centers

Selfhelp's five senior centers, including one of the first to be designated by the City of New York as an Innovative Senior Center, offer a wide variety of life-enhancing programs such as computer classes, concerts and lectures, health and wellness workshops, as well as nutritious meals for seniors living in the surrounding communities.

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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NY Connects

Selfhelp NY's Connects Program in Queens provides individuals, caregivers and professionals with consistent, comprehensive, local-based information and referrals regarding long-term services and supports. Our staff work with callers to assess, plan, coordinate, and evaluate the services required to meet their unique medical, emotional, financial, physical and social needs.

Senior Source

Senior Source provides access to a Geriatric Care Manager for older adults and their families seeking information and support. Senior Source helps clients and their families navigate the maze of health care and residential options, monitor and support ongoing care, and prepare for future care needs.

Community Guardian Programs

Selfhelp serves as the court-appointed legal guardian for clients referred by Adult Protective Services (APS) in NYC and the Department of Social Services (DSS) in Nassau County, who are over 18 years of age and unable to manage their financial or domestic affairs.

Naturally Occurring Retirement Communities (NORCs)

Selfhelp's NORC programs provide senior residents in four large cooperative housing complexes with the supportive services they need to continue living in their own homes. Selfhelp's on-site services include case management, counseling, health screenings, and social, recreational, and educational programs.

Alzheimer's Resource Program

The Selfhelp Alzheimer's Resource Program (SHARP) provides social adult day care, assessment and referrals, together with music therapy and other social activities for individuals in the early to mid-stages of Alzheimer's disease. The program also offers support groups for caregivers.

TeleHealth Services

Our telehealth services empower seniors to be proactive in caring for their health. User-friendly kiosks allow participants to self-monitor clinical health measurements. If there is a sudden change in health acuity, a telehealth coach or staff member will be notified to take appropriate action.