HELPFUL LINKS

Description

List your service here: $60 for one month; $150 for three months; and $250 for six months. Nonprofits list for free.

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ADULTS WITH DISABILITIES

Aging and Disability Resource Centers (ADRCs) offer the public a single source for connecting to free information and assistance on issues affecting older people and people with disabilities, regardless of income.

Independent Living Resource Center of San Francisco is a disability rights advocacy and support organizations that offers a variety of programs and resources.

San Francisco Human Services Agencyâ??s Benefits & Resources Hub â?? Seniors and people with disabilities can drop in to ask questions about various public services and apply for multiple programs.

The Cross-Bay Mutual Aid Project has been working since 2020 to make sure people have access to food, medicine, and other necessities as well as connections alleviating isolation and loneliness. Itâ??s a volunteer-led effort supported by Senior and Disability Action, Bay Resistance and other community organizations. You can sign up to get help or volunteer to help.



COMMUNITY BUILDING

ElderChicks help each other master the art of a senior life. This blogging site offers a wide range of conversations, ideas, and topics.

The San Francisco Community Living Campaign supports and advocates for seniors and adults with disabilities. It also sponsors a variety of community-oriented services and activities, such as tech

training and assistance, neighborhood community connector and exercise programs neighbor, food delivery assistance, various classes and job opportunities.

The San Francisco Human Services Agency sponsors activities for seniors at community centers throughout the city, such as exercise, art and crafts, computer, and English as a second language classes as well as day trips and neighborhood programs. Services are free or low-cost.

Well Connected is a national, virtual community free to adults over 60 that offers phone and online activities that build community through group conversations, games, and education.



CONTINUING EDUCATION

City College of San Francisco Older Adults Department offers non-credit classes specially designed for those 55 plus at locations throughout San Francisco that are accessible by bus or BART. Many classes are free.

ElderCollege at San Francisco State University gives people 50 and older the opportunity to sit in on any regular university course on a space-available basis with instructor approval. Cost is $55 per

semester.

Osher Lifelong Learning Institute (OLLI) at San Francisco State University offers adults age 50 and older a number of educational events and programs.

SeniorPlanet offers free, weekly online classes to anyone 60 or older. It is sponsored by AARP. Call the free Senior Planet Hotline at 888-713-3495 for help signing up.

The Fromm Institute of Lifelong Learning at the University of San Francisco offers non-credit daytime courses for retired adults over 50 years of age.

Treehouse is an educational platform that teaches coding and web development skills. Free to San Francisco Library card holders.



EMERGENCY PREPAREDNESS

Neighorhood Emergency Response Team (NERT) is a San Francisco Fire Department program that offers community based training dedicated to a neighbor-helping-neighbor approach.

SF72 is about prompting San Franciscans to get connected before an emergencyâ??so we can be that much better off when something happens.

Vial of Life is a simple, free form that lists all your important medical information in a location that medical personnel can find quickly in an emergency.



HEALTH & EXERCISE

Chair Yoga at the Potrero Hill Neighborhood House, 953 DeHaro Street. Every Thursday from 11 a.m. to noon. Free. Contact kuzuri@sfcommunityliving.org for help finding transportation to the classes.

Mesothelioma Guide offers a variety of information and resources, some free, for patients and their families.

Vision and Hearing Disabilities â?? a directory of resources provided by the San Francisco Community Living Campaign.

Lotus Foot Care at Home â?? routine foot care services by a registered nurse for adults who may be unable to care for their own feet, or unable to be transported to a provider.



HOUSING

San Francisco Human Services Agency provides assistance with transitional and long-term housing, emergency shelter as well as eviction prevention assistance.

How to Purchase a Home in Retirement â?? Tips from Angi, formerly Angiâ??s List.

Home Match connects community members seeking housing with older adults who have extra space in their home. Each match is personalized by staff with no cost to participants.



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INDEPENDENT LIVING

AgingInPlace.org provides free information as well as ratings on tools, from hearing aids to walk-in tubs and home modifications to retirement planning.

San Francisco Human Services Agency has a number of programs to help you find and receive in-home care as well as support for family members or friends providing that care.

Benefits Checkup, a program of the National Council on Aging, can help you determine what benefits youâ??re eligible for, where to apply online and how to get help from a benefits counselor.

The Jewish Community Center of San Franciscoâ??s programs for seniors include Seniors At Home, a home care and case management program, Lâ??Chaim Adult Day Health Center, and Holocaust Survivor Services.



JOB HELP

Jewish Vocational Service helps people build skills and find jobs. Numerous training programs and one-on-one job search assistance are available.

Job Forum SF Chamber of Commerce is a free job search meeting where you can get advice from local business managers on your individual job search challenges.

Retirement Jobs lists jobs from many employment services: Full/Part-Time and Hourly jobs in multiple fields.

Self-Help for the Elderly provides unemployed low-income, older adults (55+) part-time community service assignments in San Francisco, San Mateo, Santa Clara or Alameda counties. On-the-job training is provided through assignments in nonprofit or government agencies. Help in transitioning to unsubsidized employment included.

SF Reserve matches seniors and people with disabilities (ReServists) with rewarding part-time, paid opportunities at local nonprofits and public agencies.

JobsNow! is a free program of the San Francisco Human Services Agency that offers over-the-phone and web services that include connecting you to employers for part-time and full-time positions; help

with resumes, job applications, and interviewing skills; educational opportunities, like computer training, and career exploration. Call to apply at (877) 562-1669 or email applyforjobsnow@sfgov.org.



SAFETY

The San Francisco Human Services Agency investigates reports of suspected abuse, exploitation, and self-neglect of children, older adults, and adults with disabilities.

Community and Home Injury Prevention Project for Seniors (CHIPPS) is a program of the SF Department of Public Health that will send an injury prevention specialist to walk with you through your home, listen to your safety concerns, and make suggestions for increased safety. Itâ??s free to residents 60 and older.



SPIRITUALITY

The San Francisco Interfaith Council has information about the cityâ??s diverse faith communities. Visit its website or sign up for emails.



TECHNOLOGY TRAINING

Community Living Campaign offers computer classes and open labs â?? at 1663 Mission Street and other locations. It also can provide free and low-cost Internet access and devices. Contact tech@sfcommunityliving.org or **415-821-1003, ext. 109** to see if you are eligible.

San Francisco Public Library offers drop-in and scheduled computer and Internet training at branches throughout the city.

SF Connected provides computer classes, open labs and individual tutoring at various locations around the city.

Tenderloin Technology Lab. Free classes in navigating around a computer, the basics of MS Word and Excel, how to use the internet and get started with email. We also offer an Intermediate Computer Skills course focusing on topics such as Advanced MS Word Formatting, PowerPoint, Excel, Google Drive, as well as different social media platforms. Sign up for one of our Workshops, such as on Building a Resume, Intro to LinkedIn, or how to use a Smartphone.



TRANSPORTATION

SF MUNI. Check out this site for information on fares and prices on transit cards and Muni Mobile, and its online trip planner,

Paratransit. Get information about the cityâ??s van and taxi services for people with disabilities.

Flywheel â?? wheelchair accessible taxis

Luxor Cabs â?? wheelchair accessible taxis

Silver Ride â?? A platform for paratransit, healthcare providers and senior transportation.



TAX PREPARATION

Free Tax Help. The San Francisco Human Services Agency provides certified tax experts to help you file your taxes. Services are available in-person, via document drop off or conducted remotely using online tools.



VOLUNTEER OPPORTUNITIES

Volunteer Match hooks up volunteers with nonprofit opportunities.

Date Created
29/05/2018
Author
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