



**Self-Help for
the Elderly**
安老自助處

Self-Help for the Elderly

Presenter's information

Anni Chung, President and CEO

Website: [Best Elderly Care | Self-Help](#)

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Our Work

Since 1966, Self-Help for the Elderly has provided assistance and support to seniors in the San Francisco area.

We provide trustworthy and devoted care for seniors to promote their independence, dignity and self-worth.

Our non-profit services and companionship help guide seniors to wellness and happiness. We want to contribute to longer, healthier, more purposeful lives for seniors.



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Our Services & Programs

- Support at Home
- Long-term Housing Subsidies for Seniors and Adults with Disabilities
- Multipurpose Senior Services Program (MSSP)
- Activity Centers
- Health Insurance Counseling and Advocacy Program (HICAP)
- Adult Day Services
- Home Healthcare & Hospice Services
- Employment Training and Placement
- Housing and commercial Cleaning Services
- Housing Services
- San Francisco Pathways to Citizenship Initiative
- SF Connected
- Social Services
- Assistance to resolve energy and telecommunication issues



How can the Mayor's Council on Disability help?

- Advocate and support the Senior Community Service Employment Program (SCSEP), which is authorized under Title V of the Older Americans Act (OAA) to provide paid part-time, work-based training opportunities for older workers.

Community Living Campaign in partnership with the Mayor's Disability Council



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Support Awareness and Engagement

Disability Pride Treasure Hunt

CLC celebrated Disability Pride Month with over 22 hours of virtual and in-person events, showcasing SF's commitment to accessibility and disability rights through treasured service and historical sites. Join the self-paced digital treasure hunt at <https://sfcommunityliving.org/event/dpe25-self-paced/>

Help promote this tour on an ongoing basis as part of the SF Visitor's Bureau and the SF Chamber of Commerce.

Sidewalk Search Party

The sidewalk search party has been organizing and educating neighbors since 2019 to get the city to fix “quacked” sidewalks. Now we have an addition:

ACT: Accessible Community Teams is broadening the organizing to identify and fix more barriers to accessibility.

- **Have more neighborhood associations participate**
- **Ask for hearings in the Oversight Budget & the Transportation and Land Use Committees**

Promote Joint Advocacy with Community Partners

Dignity Fund Coalition

- Protect funding and organize seniors and people with disabilities to strengthen their leadership roles

SF Tech Council

- Promote the SF Tech Council Digital Equity Summit - October 30 from 9:00 to 4:00 at the Women's Building

Support Advocacy Together with Partners on Issues

- Food Security
- Transportation
- Healthcare Bill of Rights

Questions Or Comments?

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Senior and Disability Action Priorities

Shaya French
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A Seat for Everyone on a Bus that Brings them Home

- Muni's \$322 million deficit
- Disability areas of concern:
 - Changes to frequency have big impacts
 - Free MUNI for low-income seniors and disabled people

Other Transit Priorities

- Hallidie Plaza Ramp/Elevator
- Street Safety Act
- Bus Shelters

Health Care

- Vaccine Access and Right to Mask Resolution
- San Francisco Covering some of the Cuts to MediCare and Medi-Cal for residents

Housing

- Accessible and Affordable Housing
 - Implementation of Prop G, Affordable Housing Opportunity Fund
- Resisting Displacement in Upzoning

Thank you!

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Disability Cultural Center

MDC Meeting

September 19, 2025

Mika Kie Weissbuch

5th Principle of Disability Justice

“RECOGNIZING WHOLENESS: People have inherent worth outside of commodity relations and capitalist notions of productivity. Each person is full of history and life experience.” – Sins Invalid

First Disability Cultural District!

- Recognizes our contributions and history
- Solidarity across disability issues, services, and community
- Creates a hub for disability tourism
- Draws attention to existing offerings
- Combats ableism, promoting disability as a source of pride in SF history and culture

Why it Matters

“Disability culture is essential for allowing disabled people to feel connected to one another, see the value in their lives, and recognize their inherent strengths and resilience.” – DCC Survey Participant