

# Linkages

## Helping people with disabilities live independently at home

The independence of living in your own home or apartment is very important. And while independence and self-reliance are wonderful, some of the tasks of living independently can be difficult. Whether it be installing grab bars in your home or helping with your shopping or having activities to interest you during the day, Linkages can help you find the services to keep you independent.

Through the Linkages program, a social worker visits you in your home to determine with you what services you require. With this information, a Care Plan is developed to meet your needs.

Using this Care Plan, a social worker at Linkages arranges for the appropriate services. To make sure that you are getting what you need, the social worker stays in close touch with you, adjusting your Care Plan as necessary until your needs are met.

## Who is eligible?

Linkages is available to low income disabled San Francisco residents, 18 and older, who are unable to manage their care by themselves.

## Linkages can connect you to a wide array of services, including:

- Transportation
- Home safety modifications
- Medical Care
- Housekeeping
- Legal assistance
- Senior companion
- Home-delivered meals
- Money management
- Day activity programs
- Vocational skills
- Housing
- Counseling
- Government benefits
- Emergency help with problems such as abuse or eviction notices

For more information, call 415.750.4111

*The Linkages program is funded by the San Francisco Department of Aging and Adult Services. Services are available in English, Spanish, Cantonese, and Russian. Translation services are available for most other languages.*

Support @ Home

Ages 18 and Up



Support @ Home provides financial assistance for:

- Recovering surgical patients
- Temporary injuries
- Temporary disabilities
- Permanent disabilities
- And others


Home care services include:

- General housework
- Errands
- Appointment accompaniment
- Non-medical personal care
- And others

Space is limited!

Call 415.750.4111 or visit [www.ioaging.org/supportathome](http://www.ioaging.org/supportathome)

Institute on Aging's mission is to enhance the quality of life for adults as they age by enabling them to maintain their health, well-being, independence, and participation in the community.

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