

## WE BELIEVE



seniors and adults with disabilities are engaged and supported physically, mentally and emotionally and are connected to services

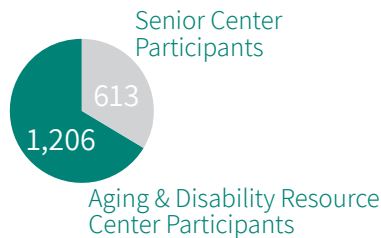


they will stay healthier longer, have improved quality of life and remain independent longer in the community.

## OUTPUTS

**1,819** Seniors and Adults with Disabilities Served

Seniors and Adults with Disabilities Served



**3,250** Group Activity Hours



**1,172** One-on-one Support Hours

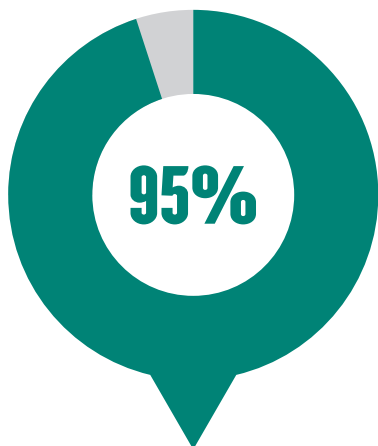


**1,682** Computer Lab Hours

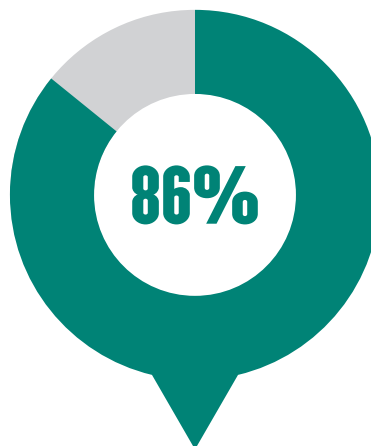


## OUTCOMES

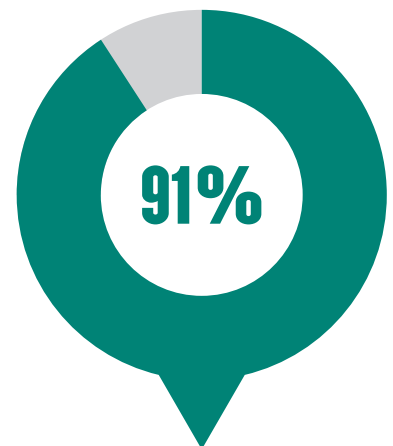
These results are based on client satisfaction surveys administered in the fall and spring.



of clients reported feeling their quality of life had improved



of clients reported feeling able to maintain their independence



of clients reported feeling healthier

## ABOUT

Catholic Charities OMI Senior Center located in the Oceanview/ Merced/Ingleside area of San Francisco offers a safe and welcoming location for seniors and disabled adults. This diverse, safe, and multi-purpose community center offers a daily hot, nutritious lunch, daily fitness activities such as Always Active exercise classes, dance, walking groups, and Tai Chi. Social activities such as karaoke, creative arts and crafts, gardening, and competitive games challenge the mind and allow individuals to learn about each other while having fun. Additionally, OMI offers computer classes, community and educational field trips and seminars, and multicultural celebrations.

OMI Senior Center also offers on-site case management services from qualified staff. The case manager creates a personal care plan for each individual to connect them to appropriate community services and resources which can include home care, meal delivery, adult day programs, environmental safety checks, patient advocacy, mental health counseling and psychological, emotional, and spiritual support.

The OMI Senior Center provides programming that helps seniors and adults with disabilities stay physically, mentally, and socially active while residing in the community.

## SERVICES

- Case management services
- Socialization activities for seniors including computer lab and classes, dance class, arts and crafts, field trips, and games
- Weekly food distribution
- Information and referral
- Daily hot lunches

## CHANGE MODEL

### The Need

Seniors and adults with disabilities living in the community lack:

- Affordable and engaging activities
- Access to community resources
- Adequate nutrition

### Our Response

- 6 days a week of classes and programs
- Daily meals and snacks
- Physical mobility activities
- Computer use education and training
- Community resource linkages

### Client Outcomes

- Improved physical health
- Increased independence
- Reduced isolation
- Enhanced quality of life

### Community Impact

- Healthier communities
- Decreased need for expensive institutional alternatives like skilled nursing facilities
- Decreased use of emergency services

## CONTACT

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