



United Way of Greater Houston

We will all be seniors one day if we are lucky. And as more Baby Boomers come of age, they need the help of their families, friends and all of us to make it. Thanks to United Way, our whole community is looking out for the good of our seniors. We're using our combined resources to help them stay independent and receive nutritious meals, help with daily chores, home visits, medical care and transportation and companionship. Caring in so many ways makes such a big difference.



Do something

caring

FOR SENIORS

Do something about it.



The reality

1 in 3

seniors has an income below \$25,000.

25%

of seniors in Harris County live alone.

26%

of seniors list a loss of independence as their top concern.

2 in 5

seniors has difficulty paying for prescription medications.

We know that seniors have a better quality of life if they stay in their own homes. It also happens to be more cost efficient.

Yet, many seniors in Houston have no immediate relatives or a strong support network nearby. Under those conditions, it is easy to become isolated, depressed and unable to handle normal day-to-day activities.

Last year, we assisted more than 80,000 seniors in our area with meals, transportation, help with daily life and companionship. And through Care For Elders, United Way is working to ensure the quality of life of seniors for the future.

Understanding the need

In 2010, our 2-1-1 Texas/United Way HELPLINE answered more than 802,500 calls for help, which included:

- 3,646 calls for transportation to medical appointments
- 8,505 calls for medical assistance
- 6,996 calls for home repair
- 2,717 calls for prescription drug assistance

Mario and Patsy's story



Mario and Patsy just celebrated their 60th wedding anniversary. The couple keeps their love alive by sharing laughter and joking with one another. However, things took a turn for the worse earlier this year when Patsy got sick and was hospitalized for three months.

A mother of nine, Patsy was always very independent and never asked for help in the past. She figured there were always other people who needed the help more. But after injuring her leg, a family member suggested Mario and Patsy sign up for home-delivered meals.

For the first time in her life, Patsy decided to finally accept some help. The couple enjoys the home-cooked meals and the interaction with the friendly volunteers who visit them every day.

The couple says that if it weren't for the help of United Way, there would probably be very few hot meals on their table.

Did you know?

86% of seniors in United Way programs received the help they needed to stay in their own homes.

What your dollars can do



\$3 A DAY (\$1,095 GIFT) CAN PROVIDE

274 meals delivered to a home-bound, low-income senior

\$200 A MONTH (\$2,400 GIFT) CAN PROVIDE

40 trips to medical appointments for seniors

\$500 A YEAR CAN PROVIDE

12 seniors with intensive case management and referral services

In Houston, we do something caring for seniors.

Nutritious meals • Social interaction • Home visits and care

Help with daily living • Citywide support network • Advocacy for senior issues

Senior specialists on call through the 2-1-1 Texas/United Way HELPLINE



The results

80
thousand

area seniors were assisted with meals, transportation, help with daily life and more.

86%

of seniors in United Way programs were able to remain independent in their own homes.

26
thousand

seniors received help with basic needs.

7
thousand

home visits supported senior independence.

IN HOUSTON, WE MAKE IT POSSIBLE FOR SENIORS TO HAVE THE SUPPORT THEY NEED.

Thanks to United Way, seniors in our community have access to help with daily living and household chores, home visits and medical care, transportation to doctors, companionship and activities, assistance with home repairs, nutritious meals and a robust support network. We make it possible for seniors to live alone without being alone.

Please stand up for our community and join others who share your can-do spirit by giving generously. Together, we *do something about it ...* the United Way.



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