

A Community-Based Agency

LIFE ElderCare helps older adults improve the quality of their life so that they can age in the place they call home.

Imagine:

- A life where the changes that accompany aging are understood;
- A life where you can freely choose from a few simple, yet highly effective options to help you maintain your independence;
- A life that feels right.

At LIFE ElderCare, this approach is both our vision and our mission.

Since 1975, we've been bringing people in the Tri-City area together to build aging friendly neighborhoods.

Services are provided by well-trained, caring volunteers and nursing students. We request a small donation when possible for the meals and the rides, but no one is ever turned away for the inability to pay.



LIFE ElderCare

3300 Capitol Avenue
Fremont, CA 94538
510-574-2090

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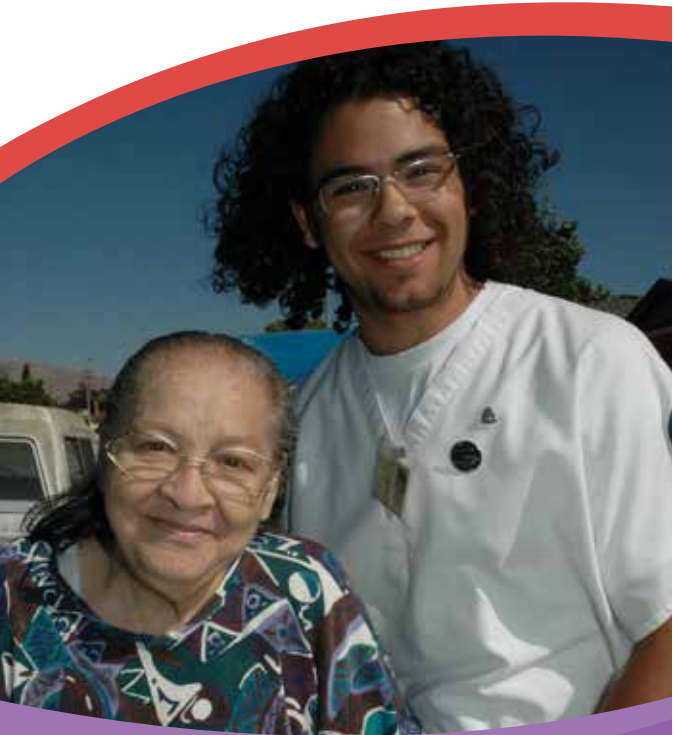
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LIFE ElderCare provides equal opportunity without regard to race, color, creed, national origin, age, disability, gender identity, HIV/AIDS status, marital status, parental status, religion, sexual orientation, or political beliefs.



Community-Based Services and Supports



Be Part of LIFE

Get the Help You Need for Yourself or a Loved One

- Limited access to food or can't cook meals?
- Need help not only getting to the doctor or grocery store, but also help when you're there?
- Afraid of falling? Or falling again? Want to become steadier on your feet, more confident?
- Alone? Would like more human connection or just want a friend or someone to hang out with?

Anyone, age 60+, or with disabilities, living in Fremont, Newark or Union City can call us to find out if you're eligible. We have no income or citizenship requirements. We exist to serve those who truly need it.

If you need a little extra help to stay healthy and stay at your home, give us a call.

Major Funding

- Alameda County Area Agency on Aging
- Alameda County Meals on Wheels
- California Wellness Foundation
- City of Fremont
- Measure B Gap Funds
- Sobrato Family Foundation
- True North

Be Part of Life





Friendly Visitors

We match isolated seniors with screened volunteers to provide companionship through weekly visits, phone calls and sometimes outings. These friendships are mutually beneficial and often last years.

Contact:

Bernie Thien
(510) 574-2097
bthien@fremont.gov



Meals on Wheels

We deliver fresh, hot, nutritious meals every day to seniors and disabled adults who aren't able to get a good meal otherwise. It also happens to work as a daily contact and well-check.

Contact:

Barbara Emge
(510) 574-2092
bemge@fremont.gov



VIP Rides

Volunteers provide destination assistance for seniors with no family members or friends who can help them with their necessary errands and appointments. For example: we can drive someone who needs help with things like finding their way around an office park, or selecting groceries, or picking up medications.

Contact:

Lori Vogel
(510) 574-2096
lvogel@fremont.gov

Be Part of Life



Fall Prevention

In partnership with Unitek College, we work with older adults in their own homes to create a personalized physical activity routine. Participation reduces the risk of fractures, can help reduce BP, and usually improves muscle strength and mood.

Contact:

Sandy Hallgren
(510) 574-2087
shallgren@fremont.gov

