

LIFT Services Overview

Building stronger communities through compassionate support, empowering individuals to achieve independence and meaningful connections.

About LIFT

LIFT is dedicated to creating meaningful connections and providing comprehensive support services that empower individuals and strengthen communities. Our mission is to foster independence, dignity, and well-being through person-centered care and community-focused programs.

Contact Information: - Email: contact@lift.com - Phone: (555) LIFT-HELP - Website: www.lift.com

Our Core Services

Personal Care Support

Compassionate assistance with daily living activities

Our personal care support services provide individuals with the assistance they need to maintain dignity and independence in their own homes. Our trained caregivers offer:

- Daily living activities assistance
- Personal hygiene support
- Health management and medication reminders
- Mobility assistance
- Meal preparation and nutrition support
- Light housekeeping and organization

Who We Serve: Individuals who need support with daily activities while maintaining their independence at home.

Service Areas: San Francisco Bay Area including San Francisco, Oakland, Berkeley, and surrounding communities.

Community Integration

Connecting individuals with their local communities

Our community integration programs are designed to help individuals build meaningful relationships and participate actively in their communities. Services include:

- Social skills development
- Community activity participation
- Transportation assistance to community events
- Volunteer opportunity coordination
- Peer support groups
- Cultural and recreational activities

Benefits: Reduced isolation, increased social connections, enhanced quality of life, and stronger community ties.

Housing Assistance

Comprehensive support for stable housing

We provide comprehensive housing support to help individuals find, secure, and maintain stable housing. Our services include:

- Housing search assistance
- Application support and documentation help
- Landlord communication and mediation
- Home maintenance skills training
- Budgeting and financial planning for housing costs

- Emergency housing support

Eligibility: Available to individuals experiencing housing instability or those at risk of homelessness.

Employment Services

Career development and job placement support

Our employment services help individuals achieve economic independence through meaningful work opportunities. We offer:

- Career assessment and planning
- Resume writing and interview preparation
- Job search assistance and placement
- Workplace skills training
- Ongoing employment support
- Employer relationship development

Success Rate: Over 80% of participants secure employment within 6 months of program completion.

Life Skills Training

Essential skills for independent living

Our comprehensive life skills training programs cover essential areas for successful independent living:

- Financial literacy and budgeting
- Cooking and nutrition education
- Transportation training
- Communication skills development
- Problem-solving and decision-making
- Technology and digital literacy

Format: Individual and group sessions available, with flexible scheduling to meet participant needs.

Crisis Support

24/7 emergency support and intervention

Our crisis support services ensure individuals have access to immediate help during challenging times:

- 24/7 crisis hotline
- Emergency response services
- Safety planning and risk assessment
- Mental health crisis intervention
- Temporary emergency support
- Connection to additional resources

Availability: 24 hours a day, 7 days a week, 365 days a year.

Getting Started

Eligibility and Enrollment

Who Can Access Our Services: - Individuals with disabilities seeking community-based support - Adults needing assistance with daily living activities - People experiencing housing instability - Individuals seeking employment support - Anyone in need of crisis intervention services

How to Get Started: 1. Contact our intake team at (555) LIFT-HELP 2. Complete an initial assessment 3. Develop a personalized service plan 4. Begin receiving services

Service Areas

We proudly serve the San Francisco Bay Area, including: - San Francisco County - Alameda County (Oakland, Berkeley, Fremont) - San Mateo County - Santa Clara

County (San Jose, Palo Alto)

Funding and Costs

Many of our services are funded through: - Regional Center funding - Medi-Cal waiver programs - Private insurance - Sliding scale fees based on income - Grant funding for specific programs

Financial Assistance: We work with individuals and families to ensure cost is never a barrier to receiving needed services.

Quality Assurance

Our Commitment to Excellence

- All staff undergo comprehensive background checks
- Ongoing training and professional development
- Regular quality assurance reviews
- Participant feedback and satisfaction surveys
- Compliance with all state and federal regulations

Accreditation and Licensing

LIFT is fully licensed and accredited by: - California Department of Social Services - Community Care Licensing Division - CARF (Commission on Accreditation of Rehabilitation Facilities)

Contact Us

Main Office: 123 Community Way San Francisco, CA 94102

Phone: (555) LIFT-HELP **Email:** contact@lift.com **Website:** www.lift.com

Office Hours: Monday - Friday: 8:00 AM - 6:00 PM Saturday: 9:00 AM - 3:00 PM Sunday:
Emergency services only

Emergency Line: Available 24/7 at (555) LIFT-HELP

This document was last updated: July 2025 For the most current information, please visit our website or contact our office directly.