

Studies have shown that maintaining and promoting independence in seniors gives them a sense of pride and achievement, and can prevent them from giving up on life.

Last year **over 90% of our clients** remained in the living situation of their own choosing.

YWCA Senior Services offers a wide variety of support services to low-income seniors that allow them to maintain healthy, independent lives in the safety and comfort of their own homes.

senior services

YWCA Senior Services emphasizes building supportive relationships and offering accessible activities, and include home safety, nutrition, fitness, and social activities.

Services are also offered for caregivers, giving them the support they need to care for their loved ones.

The program provides opportunities to attend social activities and workshops on issues vital to seniors and their caregivers, as well as support groups, and even a senior-customized exercise room with access to a trainer specializing in senior fitness.



“Just getting together brightens up my day. The YWCA is a second home away from home.”

— Doris,
on her experience with the YWCA’s Senior Services

Senior Services provides access to:

- advocacy
- case management
- transportation assistance
- housekeeping
- respite for caregivers
- personal care
- legal assistance
- adult day care
- thrift store



doris's story

A longtime Portlander, Doris traveled all over the USA with her husband for ten years after they retired. Doris is widowed now, and when she moved back to the Portland area, she needed help to keep living on her own.

Doris called Senior Services and she says, "My life has been much better since going to the YWCA."

"At the women's group, they're all around my age, so they've got all these life experiences. It's the talking and sharing that seems to make the days go better."

senior services thrift store

In response to increasing need, Senior Services has created a thrift store both to serve the community with its affordable goods and to sustain senior programs with its income.

The thrift store provides valuable job skills training to participants of workforce development programs, and accepts tax-deductible donations from the public. Working in the thrift store is also one of several volunteer opportunities available through our program for those who are looking for a meaningful way to donate their time.

Doris keeps her inquiring mind sharp at Senior Services.

"If I have a concern or something I'm curious about, well I just ask the coalition that I'm in at the YWCA. Now if other people in the group are interested, we get a speaker on the subject and then I get my answers."

"Where else can you get that? The YWCA is a second home away from home."

The YWCA of Greater Portland provides life-changing social services for women, children and families from all walks and phases of life, guiding them through three stages of empowerment: Safety, Opportunity, and Independence.

Our comprehensive programs create positive impact in the community by encompassing four key service areas. In addition to Senior Services, we provide Domestic Violence Services, Transitional Services, and Youth Services.

