**Background Information:**

* The In-Home Supportive Services (IHSS) program provides in-home assistance to eligible aged, blind, and disabled individuals as an alternative to out-of-home care and enables recipients to remain safely in their own homes.
* The IHSS program is considered an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services that can be authorized through IHSS are chores and related services (such as housecleaning, meal preparation, laundry and grocery shopping), and personal care services (such as bowel and bladder care, bathing and paramedical services).

**Application**

* Call **(209) 558-2637 to apply**

**Address:**251 Hackett Rd, Modesto, CA 95358

**Website**

<http://www.agingservices.info/in-home-help.shtm>

**Homemaker Program (Catholic Charities)**

* Offers 2 hours of assistance with light housekeeping once every 2 weeks, to frail elderly aged 60 or older who live alone.
* There is no fee for the service, but donations are encouraged. Limited availability.

there is often a waiting list for services. For more information call: **(209) 529-3784**

Note: Catholic Charities also offer a fee-based service “Senior Options” with 2-hour minimum.