The Virtual Senior Center (VSC) gives older adults a place to go, learn, explore and socialize without having to go anywhere. An active online community with live courses 12 hours a day, 365 days a year, the VSC is a constant and welcoming companion to help make meaningful connections.

**WHO WE ARE**

Selfhelp was founded in 1936 to help those fleeing Europe maintain independence and dignity as they forged new lives.

Selfhelp created the **Virtual Senior Center (VSC) 10 years ago** to serve the homebound senior community and has operated it continuously ever since.

35 million seniors age 65+ (11%) reported that they live alone. Nearly one-fourth are considered socially isolated. The VSC has been shown to reduce social isolation in seniors by up to 85%.

The VSC platform provides organizations the ability to **create, customize and deliver online programming** focused on the needs of its members and overall organizational goals.

**WHAT WE OFFER**

The VSC offers a senior friendly interface that keeps our members connected and engaged. We offer a diverse curriculum across 18 categories, including:

- Computers / Technology
- History
- Music
- Art, Literature & Culture
- Exercise & Wellness

Over **1,500 classes** offered in 2020 in 5 different languages, including **English, Russian, Korean, Spanish and Mandarin**.

The VSC **connects** homebound seniors to events in their local community, statewide and beyond.

For more information, please email **vsc@selfhelp.net | vscm.selfhelp.net**
Time tested: over 10+ years of experience & user feedback

We provide the infrastructure for organizations to create community-specific virtual programming that can be shared with others on the platform.

A framework that allows organizations to easily communicate with their members.

Strict Privacy Policies keep members safe

Fully Administrator-controlled: organizations maintain complete control over their members.

An organization can customize a curriculum using Selfhelp’s classes or a combination of its own and Selfhelp’s classes.

HOW WE DELIVER

1. “Sticky” menu – menu items are always visible
2. Opportunity for seniors to bond – reduce isolation
3. Quick “at-a-glance” schedule

4. Customizable announcement
5. Customizable RSS / feed (ie. News and information)
6. Content: promo / ad space

UNLIMITED SECURE, SIMPLE SCALABILITY FOR COMMUNITIES OF ANY SIZE

VSC Member Communities: Case Studies

<table>
<thead>
<tr>
<th>Government Entities</th>
<th>Rehabilitation &amp; Assisted Living Centers</th>
<th>Senior Centers</th>
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<tbody>
<tr>
<td>NY State Office for the Aging</td>
<td>Gurwin Healthcare Systems</td>
<td>City of Ashland, MA Senior Center</td>
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<tr>
<td>Currently running a pilot to implement VSC across its statewide centers</td>
<td>Clients are setup with VSC access as part of home discharge plan</td>
<td>VSC implementation for seniors in the Ashland, MA community</td>
</tr>
</tbody>
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