



UNITED FOR SENIORS

# Leadership that brings new thinking to improve the lives of older adults

United Way of Southwestern Pennsylvania is  
committed to improving the lives of seniors in need,  
a commitment that enriches the lives of all.



United Way of  
Southwestern Pennsylvania

[uwsdpa.org](http://uwsdpa.org)

United Way of Southwestern Pennsylvania serves Allegheny,  
Butler, Westmoreland, Fayette & Armstrong Counties



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Southwestern Pennsylvania



## UNITED FOR SENIORS

United Way of Southwestern Pennsylvania is leading innovative approaches to improving the lives of older adults by promoting their wellness, meeting their basic needs, and supporting their family caregivers.



### THE NEED IS GREAT.

- **78% of seniors** living at home and in need of care depend on family and friends as their only source of support.
- **1 in 6 employees** in Southwestern Pennsylvania is a caregiver. Helping an older loved one can strain a family caregiver's work, health and finances.
- **More than half of adults aged 75+ live alone**, increasing their risk for social isolation and negative health outcomes.

### WHEN YOU SUPPORT UNITED FOR SENIORS, YOUR DONATION PROVIDES SUPPORT SERVICES THAT ENABLE SENIORS TO REMAIN INDEPENDENT LONGER BY:

- **Developing technologies** to identify seniors' health risks early, during weekly meal delivery or rides to appointments.
- **Providing educational and coaching services** for seniors including chronic disease self management, medication management and injury prevention.
- **Funding home repairs and modifications** to make homes safer and more accessible for people to age in their homes.

### UNITED WAY INITIATIVES ARE MAKING A DIFFERENCE.

- **Open Your Heart To A Senior** recruits and connects volunteers with seniors and family caregivers, providing in-home support including meal delivery, transportation, and companionship.
- **United for Caregivers@Work** strategizes with companies to address the needs of employees caring for older loved ones.
- **PA 2-1-1 Southwest** provides a lifeline for seniors and family caregivers through a senior specialized resource navigator.

### TOGETHER, WE ARE MAKING AN IMPACT.

- **42,618 seniors** were helped to meet basic needs and avoid hunger, homelessness, and unsafe conditions.
- **13,566 working caregivers** were supported as they helped older loved ones age in place with dignity, while juggling caregiving responsibilities.
- **15,900 rides** were provided by volunteers so that seniors could get to the grocery store, the doctors and more.
- **18 partner agencies** mobilized more than 3,000 volunteers to help more than 9,000 older adults through Open Your Heart to a Senior.