



# In-Home Supportive Services

Get care at home.

The In-Home Supportive Services (IHSS) program provides paid assistance to income-eligible older adults and people with disabilities so they can remain safely in their own homes.

## Eligibility for IHSS

IHSS recipients must:

- Be Medi-Cal eligible,
- Have qualified immigration status,
- Be a California resident,
- Live in their own home, and
- Be at risk for pre-mature institutionalization

County Social Workers do assessments in applicants' homes when they apply, annually, and when there is a change in circumstance to determine service hours.

## IHSS Benefits and Services

Examples of IHSS services include:

- Household chores
- Meal preparation
- Routine laundry
- Shopping and errands
- Personal care services such as dressing, feeding, etc.
- Accompaniment to and from health-related appointments
- Paramedical services as authorized by a physician



## How to Get a Care Provider

IHSS is a consumer-directed program, which means you can hire and manage your own care provider. Most IHSS recipients hire a family member or a person known to them. If you do not have a provider, we can help you find one. Consult with your IHSS Social Worker regarding your options.

## Become an IHSS Recipient

Download a referral form at  
[SFHSA.org/IHSSReferral](https://www.sfhsa.org/IHSSReferral)

Learn more: By phone at (415) 355-6700  
In person at 2 Gough Street  
Online at [SFHSA.org/IHSS](https://www.sfhsa.org/IHSS)

## Enroll as a Care Provider

Visit [SFHSA.org/IHSSProvider](https://www.sfhsa.org/IHSSProvider)  
to start the enrollment process

Call the IHSS Provider Assistance  
Center to learn more: (415) 557-6200

