



# On Lok: Supporting seniors for 50+ years

**Founded in 1971**, nonprofit On Lok provides a full range of healthcare and supportive services to help older adults age with dignity and independence in their community.

We are best known for creating **PACE (Program of All-Inclusive Care for the Elderly)**, a nationally recognized model of integrated healthcare and social services.

On Lok operates **seven PACE centers** in San Francisco, Santa Clara and southern Alameda Counties. We also have **seven alternative care settings**, providing specialized services and some PACE services at more geographically convenient locations.

On Lok also provides **131 low-income housing units** at three San Francisco locations, including housing for frail elderly under the HUD Section 202 Supportive Housing for the Elderly program and single-occupancy rooms.



**On Lok 30th Street Senior Center** is the largest multi-purpose senior center in San Francisco.

With our partner Openhouse, we have created **Openhouse + On Lok Community Day Services**, the first adult day program co-designed with and for the LGBTQ+ senior community.

In 2023, On Lok contracted with San Francisco Health Plan under California's CalAIM initiative to provide the **On Lok Enhanced Care Management** and **On Lok Medically Tailored Meals** programs.

# Age at home with On Lok PACE

**On Lok founded PACE**, a groundbreaking model of coordinated healthcare and support services and capitated financing, to empower frail seniors age 55 and older who are at risk of institutionalization to age safely in their community, instead of a nursing home. Today, there are **154 PACE programs** operating more than **300 PACE centers** in 32 states and the District of Columbia, serving more than **70,000 older adults**.

PACE provides all Medicare and Medicaid services plus additional services authorized by the PACE interdisciplinary team, including transportation, meals, and specialized care. PACE participants receive culturally and linguistically appropriate care at PACE centers, at alternative care settings, and in the home.

On Lok PACE serves a diverse community of more than **1,800 seniors**.



**TRANSPORTATION**  
**491,370 miles**

driven to transport participants and to deliver food, medicine, and essential supplies



**MEDICAL APPOINTMENTS**  
**12,953**



**MEALS**  
**407,134**



**HOME CARE SERVICES**  
**349,867 hours**

*\*On Lok PACE data, CY2022*



**96%**

**of PACE participants live in the community**

**98%**

**of family caregivers would recommend PACE**



## Openhouse + On Lok Community Day Services (Club 75)

**On Lok and Openhouse**, a leading provider of LGBTQ+ senior services, partnered to create Openhouse + On Lok Community Day Services, the nation's first community-based adult day program designed for and with the LGBTQ+ senior community.

Affectionately called "Club 75" by its community, it offers meals, personal care services, LGBTQ+-themed activities, and transportation to and from the program, in a safe and life-affirming space where LGBTQ+ seniors can connect with their community and the services they need to maintain their independence.

This program serves seniors who are enrolled in On Lok PACE and seniors who receive healthcare benefits from other providers in the community.

## On Lok 30th Street Senior Center

**On Lok 30th Street Senior Center** serves a diverse community of active seniors, providing a broad range of culturally and linguistically appropriate programs, including congregate and home-delivered meals, case management, exercise programs, lifelong learning opportunities, social activities, and an Aging & Disability Resource Center.

**ACTIVITIES:** 1,179 seniors participated

**CLASSES:** 1,450 hours in English, Spanish, and Chinese

**ON LOK MISSION NUTRITION:** 287,630 meals served

**AGING & DISABILITY RESOURCE CENTER:** 707 clients served



SAN FRANCISCO HUMAN SERVICES AGENCY  
**Department of Disability and Aging Services**

*These programs serving the community are partially funded by the City of San Francisco's Department of Disability and Aging Services.*





## Aging Mastery Program

The Aging Mastery Program® (AMP), created by the National Council on Aging and presented by On Lok, is a 10-week course to help older adults master the art of aging well. Participants learn skills for making the most of longevity, taught by experts in aging, financial planning, nutrition, healthy relationships, and other topics. AMP is offered in English and Spanish.

## New Programs

In 2023, On Lok contracted with San Francisco Health Plan (SFHP) to launch On Lok Enhanced Care Management and On Lok Medically Tailored Meals. These programs are part of California Advancing and Innovating Medi-Cal (CalAIM), the multi-year initiative to improve the quality of life and health outcomes of Medi-Cal beneficiaries with complex needs.

- **On Lok Enhanced Care Management**

On Lok provides SFHP Medi-Cal members at risk of institutionalization with care management services to support their health and independence. Participants are assigned a dedicated care manager who works with them and their healthcare team to assist in coordinating care and resources for daily living, including meals, transportation, and in-home services.

- **On Lok Medically Tailored Meals**

On Lok provides SFHP Medi-Cal members with meals tailored to their specific health needs. On Lok Medically Tailored Meals are home-delivered to SFHP participants with congenital heart failure or chronic kidney disease, based on their primary care physician's recommendations.

