



Life Steps Foundation, Inc. (LSF) was founded in 1983. LSF is a nonprofit organization which provides in-home support and community-based services for people of all ages with physical, mental, and/or developmental disabilities.

We are committed to providing services in the environment most beneficial to our clients. We select our staff carefully to match the goals and needs that our clients themselves define. Each staff member must also meet standards of competence and must continue to learn in his or her field of expertise.

Life Steps Foundation

Headquarter Office

5757 West Century Blvd., Ste. 880

Los Angeles, CA 90045

(310) 410-8190 Tel

(310) 410-8196 Fax

**Contact the corporate office to inquire about Life Steps services in other geographical areas.*

Central Coast Adult Services Office

1431 Pomeroy Road

Arroyo Grande, CA 93420

(805) 549-0150 Tel

(805) 474-8431 Fax



The Senior Homemaker Program is funded by a grant from the Area Agency on Aging.

www.lifesteps.org

LIFE STEPS



FOUNDATION®

SENIOR HOMEMAKER PROGRAM



***Our goal is to assist in securing
and maintaining maximum
independence and dignity for
senior citizens***

www.lifesteps.org

What We Do

- » Assist with home chores to include laundry, changing bed linens, meal preparation and light cleaning.
- » Assist with personal care to include bathing and dressing.
- » Help clients become connected to other resources in the community that may be beneficial to their needs.

Contact Us

1431 Pomeroy Road
Arroyo Grande, CA 93420
(805) 549-0150 Tel
(805) 474-8431 Fax



Eligibility

Eligible participants must meet the following criteria as defined by the Older Americans Act:

- » Seniors age 60 and over.
- » Seniors who reside in Santa Barbara County (Santa Maria Valley and close surrounding areas) or San Luis Obispo County.
- » Seniors not currently receiving duplicate services by another agency such as In Home Support Services (IHSS).



Who We Are

Senior Homemaker Program

On July 1, 2011, Life Steps Foundation began providing homemaker and personal care services to our local seniors on the Central Coast as there was a need to assist with tasks they are no longer able to complete on their own. Through assessments, Life Steps identifies areas in which the Senior Homemaker Program can help our aging population to remain as independent as possible in their own homes within their own community.

The Senior Home Maker Program is free of charge. We receive funding from the Central Coast Area Agency on Aging and Donations are welcomed.

For more information contact our local office at (805) 549-0150.