

# Privacy Policy

**Last updated: February 25, 2025**

Self-Help for the Elderly (“us,” “we,” or “our”) operates the [www.selfhelpelderly.org](http://www.selfhelpelderly.org) website (the “Service”).

This page informs you of our policies regarding the collection, use, and disclosure of Personal Information when you use our Service. We will not use or share your information with anyone except as described in this Privacy Policy.

We use your Personal Information for providing and improving the Service. By using the Service, you agree to the collection and use of information in accordance with this policy. Unless otherwise defined in this Privacy Policy.

## Information Collection And Use

While using our Service, we may ask you to provide us with certain personally identifiable information that can be used to contact or identify you. Personally identifiable information may include, but is not limited to, your name, phone number, email, postal address, and other information (“Personal Information”).

SMS opt-in or phone numbers for SMS purposes are not being shared with any third party or affiliate company for marketing purposes.

We will not trade, sell, rent, or lease your personal information with anyone else, nor will we send you mailings on behalf of other organizations. Routinely, donor names might be published in lists to recognize donor support. However, we respect anonymity and provide donors with the opportunity to remove their names from the list if desired. Please contact us if you wish to be fully or partially removed from our list.

## Log Data

We collect information that your browser sends whenever you visit our Service (“Log Data”). This Log Data may include information such as your computer’s Internet Protocol (“IP”) address, browser type, browser version, the pages of our Service that you visit, the time and date of your visit, the time spent on those pages, and other statistics.

## Cookies

Cookies are files with a small amount of data, which may include an anonymous unique identifier. Cookies are sent to your browser from a website and stored on your computer’s hard drive.

We use “cookies” to collect information. You can instruct your browser to refuse all cookies or to indicate when a cookie is being sent. However, if you do not accept cookies, you may not be able to use some portions of our Service.

## Security

We value the security of your Personal Information, but remember that no method of transmission over the Internet or method of electronic storage is 100% secure. While we strive to use commercially acceptable means to protect your Personal Information, we cannot guarantee its absolute security.

## Links To Other Sites

Our Service may contain links to other sites that we do not operate. If you click on a third-party link, you will be directed to that third party’s site. We strongly advise you to review the Privacy Policy of every site you visit.

We have no control over and assume no responsibility for the content, privacy policies, or practices of any third-party sites or services.

## GDPR FAQ

In summary, we never sell your data to third parties directly or via advertising. We also minimize the amount of personal data that we process and store.

- **Mandatory data** – We collect your First Name, Last Name, Username, Email address, and IP Address. This data is used in communications, user tracking, and marketing.
- **Optional data** – We allow you to enter your profile photo and links to your WordPress, Facebook, Twitter, and personal websites. This data is optional and not used in any automated processing or profiling. However, if you choose to register and/or login with your social media account, your social media profile will become mandatory.

### **Changes To This Privacy Policy**

We may update our Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page.

You are advised to review this Privacy Policy periodically for any changes. Changes to this Privacy Policy are effective when they are posted on this page.

### **Contact Us**

If you have any questions about this Privacy Policy, please contact us at [info@selfhelpelderly.org](mailto:info@selfhelpelderly.org).