



Community & Senior Services



Area Agency on Aging
Evidence-Based Programs





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Demographics on Senior Growth

- In 2006, the baby boomers began to turn 60 and in 2011, they turned 65.
- 9,000 Boomers a day turned 60 in 2007.
- From 2010 to 2020, the 65+ population is projected to "spike" by 72%.



Legislation Governing Senior Programs

(Area Agency on Aging)

- The Older Americans Act (OAA) is a federal legislation enacted in 1965 to provide funding to states in order to assist them with the development and administration of programs for seniors.
- The Older Californians Act (OCA) is a state legislation that supports the policy mandates of the Older Americans Act of 1965, and sets forth the state's commitment to serve its senior population.

Congregate Meals



Family Caregiver Support Program (FCSP)



We Serve Seniors & Dependent Adults ...



Home-Delivered Meals



Supportive Services Program (SSP)



Adult Protective Services

Linkages



Long-Term Care Ombudsman



Legal Assistance



"Be Well" Program Overview

- Fitness and exercise program
- Provides nutritional counseling, low impact exercise, and weight management
- The intensive program is delivered over a 4 month period, two days per week

The goals are:

- To help improve self-management of older adults health
- To reduce hospitalizations
- To improve quality of life and well being
- To help older adults to remain independent

"Be Well" Services

- Nutrition Education, Medication Management, or Cognitive Behavior Therapy (1 hour)
- Exercise Prescription & Activity taught by fitness instructors (1 hour)
- Healthy Food/Healthy You Cooking Presentations
- Individual Nutritional Counseling
- 32 training modules taught by registered dietitians, therapists, and pharmacists
- Adult orientated curriculum with personal workbooks available in English or Spanish

Evidence-Based Outcomes:

Decreases in:

- Blood pressure
- Weight
- Inches
- Lipid (i.e. cholesterol /triglycerides) levels trending beneficial
- Rates of depression
- Nutrition risk scores
- Emergency medical services for emergency room and hospitalization in 12 months follow-up

Increases in:

Exercise levels

<u> "Be Well" - Interdisciplinary Team</u>

- Registered Dietitian (RD) (Team Leader)
- Exercise specialists: ACSM, Yoga, Nia, Ace CPT
- Certified Health Education Specialist (CHES)
- Psychologist/Therapist (PhD)
- Gerontologists (MD)
- Pharmacists (PharmD)
- Nurses (LVN/RN)
- Chef

"Be-Well" - Awards & Publications

2012 Journal of Applied Gerontology

 2011 Senior Center Innovations Award (Ca. Comm. on Aging)

 2011 Challenge Awards Merit Award, (Ca. State Assoc. of Counties)



Poster Session: American Dietetic Assn., 2008

Who do you call when assistance is needed?

General Public

- ✓ To file an Adult Protective Services

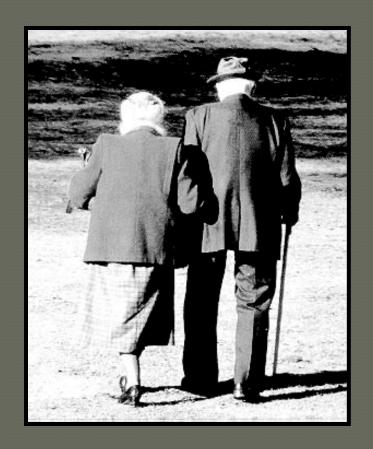
 Report
- **✓ 877-4-R-SENIORS (877-477-3646)**
- ✓ To obtain information on senior services
- √ 800 510-2020 California only
- **√800 243-8081 Nationwide**

Who do you contact at CSS for assistance?

Questions:

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Age is an issue of mind over matter. If you don't mind, it doesn't matter.

Mark Twain