



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.

We Serve Seniors & Dependent Adults ...



Congregate Meals



Home-Delivered Meals



**Adult Protective
Services**



**Long-Term Care
Ombudsman**



**Family Caregiver
Support Program
(FCSP)**



**Supportive Services
Program (SSP)**



Linkages



Legal Assistance



**Senior Community Service
Employment Program**

“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

“Be Well” - Interdisciplinary Team

- ◉ 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)
- National Association of Counties 2008 NOMA Award
- 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