

WISE & Healthy Aging at a **GLANCE...**



Since 1972, WISE & Healthy Aging (formerly WISE Senior Services and Center for Healthy Aging) has been known for our innovative programs and services designed to meet the needs of seniors and caregivers.

Care Management and Home Care Many more seniors are aging in place. And 90% of baby boomers indicate that they want to remain in their homes as long as possible. Our In-Home Services team helps to coordinate care for **346** seniors.

**WISE
HomeCare**
A WISE & Healthy Aging Service

WISE & HEALTHY AGING
**LONG-TERM CARE
OMBUDSMAN PROGRAM**

COVERING CITY AND COUNTY OF LOS ANGELES

Elder Abuse Prevention The City and County of Los Angeles Long-Term Care Ombudsman Program at WISE & Healthy Aging, the largest program in the nation, advocates for the rights of disabled adults and senior residents in more than **1,800** long-term care facilities throughout the county. Our regional offices are located in Van Nuys, Santa Monica, Pasadena, Montebello and Long Beach. Last year, **55** state-certified volunteers logged more than **14,500** hours assisting staff. Together, they conducted **7,474** unannounced facility visits. **10,446** cases were investigated by ombudsmen, with 20% involving elder abuse and neglect. Our community trainings on elder abuse prevention reached **1,968** people.



Our **Adult Day Service Center** provides day care programming to **281** frail seniors and family member caregivers. Most program participants are dealing with early memory loss, dementia or Alzheimer's

Disease. Our Center is the only state-

designated Alzheimer's Day Care Resource Center on the Los Angeles Westside. We offer a safe, enjoyable environment with trained and caring staff. WISE Minds is our customized programming for those with early memory loss. And "Somos Amigos" is for Spanish-speaking adult day care clients.

A Program of WISE & Healthy Aging

WISE Minds



Supporting Caregivers Caring for an elderly loved one is never easy. More than **200** family members attend support groups and trainings to learn from other family caregivers and experts.



Alleviating Hunger Nutrition is one of the most critical aspects of staying healthy. **22,115** hot meals were served to low-income seniors at three locations in Santa Monica.

For active older adults, Club 1527 (Santa Monica) and Los Angeles Oasis programming (Westside and Baldwin Hills) offer lifelong learning opportunities, volunteer engagement and activities that promote health and wellness. With **1,543** members, our facilities offer all types of exercises, creative arts and personal growth as well as discussion groups, book groups, events and excursions through WISE Adventures.



A 'Village' Model to Support Aging in Place

This concierge-level service within Club 1527 provides services and assistance to encourage members to stay active, meet other people, participate in community activities and tap into trusted, vetted vendors for services.



Transportation & Mobility Program When seniors no longer drive

and cannot walk long distances, getting to and from doctor appointments, the grocery store or pharmacy can be a real challenge. **5,298** seniors have access to transportation resource information, AARP Driver Safety classes, and a transport service through MODE (Mobility on Demand Everyday), including door-through-door service.



Training & Education Center Our certified instructors provide nationally-recognized, evidence-based trainings in healthier living, fall

prevention, diabetes education and chronic disease self-management. Our WISE Caregiver Training Academy focuses on evidence-based trainings for lay, family and career caregivers. We also conduct specialty trainings in Alzheimer's Disease and dementia (available in multiple languages).

Mental Health Counseling Trained mental health professionals and peer counselors provide individual and group therapy to more than **200** seniors. On-site and field-capable clinical services are also available. We offer workshops and support groups for men, women, those transitioning into the next chapter of their life's journey, seniors who are primary caregivers for grandchildren, those dealing with the loss of a loved one, and people challenged by clutter and hoarding issues.



1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
wiseandhealthyaging.org



WISE & Healthy Aging, a nonprofit social services organization, advances the dignity and quality of life of older adults through leadership, advocacy and high quality innovative services.