

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 and resources for more than **400** 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. State-certified staff and volunteer ombudsmen conducted **6,460** unannounced facility visits. **9,378** cases were investigated of which 20% involved elder abuse and neglect. We provided **1,539** hours of community and professional trainings on elder abuse prevention.



Our **Adult Day Service Centers** (Santa Monica and Woodland Hills) provide day care programming to more than **200** frail seniors. Most program participants are dealing with early memory loss, dementia or Alzheimer's Disease. Our Santa Monica Center is the only state-designated Alzheimer's

Day Care Resource Center (ADCRC) 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



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. **22,691** hot meals were served to low-income seniors at three locations in Santa Monica.

For active older adults, Club WISE (an Oasis national network partner) programming offers

Lifelong Learning Opportunities,

volunteer engagement and activities that promote health and wellness. With **1,202** members, we offer all types of exercises, creative arts and personal growth as well as discussion groups, book groups, events and excursions. There is also a concierge-level service, modeled after the national "village" movement, to support members living in their homes for as long as appropriate – "aging in place" with access to community resources, including 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. **2,299** 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, in conjunction with the City of Santa Monica.



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).

Senior Peer Counseling

Trained volunteer peer counselors provide individual and group counseling to more than **185** seniors. On-site and off-site 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.



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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.