

Next Steps

Community-based planning and development of this Strategic Plan for Older Adults has defined several steps and strategies to address the needs of Long Beach's aging population. The foundation of the Plan was conceived with the intent that existing programs will be retained and enhanced and that the community will benefit from increased support and coordination of these and new programs.

The implementation of the Plan will require bold leadership and commitment from older adults, their families and caregivers, providers, and leaders from the public and private sectors. Because the City is currently facing financial and economic limitations, the Planning Task Force recommends that the City collaborate with diverse stakeholders to create innovative approaches for allocating new and existing resources to achieve the Plan's goals.

The Long Beach Strategic Plan for Older Adults provides direction for the City to work with the ad-hoc implementation committee and with the assistance of various well established community networks, to implement the Plan's recommendations.

Adopting the Plan's Vision

The Strategic Plan for Older Adults was developed with a spirit of optimism that the City of Long Beach and the members of the community will embrace and adopt the Plan's call to action and work toward the Plan's vision that ***Long Beach will be the Best City to Live in for a Lifetime.***

KEY INFORMANT INTERVIEW -- April, 2002

Q: Do you have any last comments about the Strategic Plan, or is there anything you want to see included in the Plan?

A: Let's figure out what is needed by the most vulnerable – that is first on the list. If we have seniors who can't eat because they don't have five dollars – it makes me so mad I can hardly stand it. I didn't realize that. We have a problem there.

-- *Russell Brammer*, EXECUTIVE DIRECTOR OF FAMILY SERVICES, Long Beach



- ¹California Department of Aging. *Quick Facts About California's Elderly*. Retrieved August 2003 from California Department of Aging Web site: <http://www.aging.state.ca.us/html/stats/demographics.html>
- ²Administration on Aging. *A Profile of Older Americans: 2002*. Retrieved August 2003, from Administration on Aging Web site: http://www.aoa.gov/prof/Statistics/profile/2_pf.asp
- ³U.S. Census Bureau. *Census Bureau Predicts 65+ Population To Double In Eight States By 2020*. Retrieved October, 2002, from U.S. Census Bureau Web site: <http://www.census.gov/Press-Release/cb96-80.html>
- ⁴Kinsella, Kevin and Victoria A. Velkoff, U.S. Census Bureau, Series P95/01-1, *An Aging World: 2001*, U.S. Government Printing Office, Washington, DC, 2001. p. 28-29. Retrieved March 2004 from U.S. Census Bureau Web site: www.census.gov/prod/2001pubs/p95-01-1.pdf
- ⁵Administration on Aging. *Older Women*. Older Americans Month 2000: In the New Century...The Future is Aging. Retrieved January 2004, from AOA Web site: <http://www.aoa.gov/naic/may2000/factsheets/olderwomen.html>
- ⁶Centers for Disease Control and Prevention, National Center for Health Statistics. *Fast Stats A-Z: Life Expectancy, Health, United States 2003, table 21*. Retrieved March 2004 from CDC Web site: <http://www.cdc.gov/nchs/fastats/lifexpec.html>
- ⁷Administration On Aging. *Statistics: Aging Into the 21st Century*. Retrieved August 2003 from AOA Web site: http://www.aoa.gov/prof/Statistics/future_growth/aging21/health.asp
- ⁸Administration on Aging. *Aging Internet Information Notes: Life Expectancy*. Retrieved March 2004, from AOA Web site: <http://www.aoa.gov/naic/notes/lifeexpectancy.html>
- ⁹U.S. Census Bureau. *Poverty 2002*. Current Population Survey, 2003 Annual Social Economic Supplement. Retrieved November, 2003 from U.S. Census Bureau Web site: <http://www.census.gov/hhes/poverty/threshld/thresh02.html>
- ¹⁰Proctor, Bernadette D. and Joseph Dalaker, U.S. Census Bureau, Current Population Reports, P60-222, *Poverty in the United States: 2002*, U.S. Government Printing Office, Washington DC, 2002, Table A-2: Poverty Status of People by Age, Race, and Hispanic Origin: 1959-2002, p. 28. Retrieved March 2004 from Census Web site: <http://www.census.gov/hhes/www/poverty02.html>

- ¹¹ Koespell, Thomas, MD, MPH; McCloskey, Lon, MD, MPH; Wolf, Marsha, PhD; Mouson, Anne Vernez, DresSc; Buchner, David, MD, MPH; Kraus, Jess, PhD; Patterson, Matthew, MS. *Crosswalk Markings and the Risk of Pedestrian-Motor Vehicle Collisions in Older Pedestrians*. Journal of the American Medical Association, November 6, 2002-Vol 288, No. 17.
- ¹² Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, 2000. *Falls and Hip Fractures Among Older Adults*. Retrieved September 2002 from CDC Web site: <http://www.cdc.gov/ncipc/factsheets/falls.htm>
- ¹³ Pope, Elizabeth. *MIT Study: Older Drivers Know When to Slow Down*. AARP Bulletin, July-August 2003, Vol. 44, No. 7, p. 12.
- ¹⁴ City of Long Beach 2000-2002 Housing Element. *Section 2: Housing Needs Assessment*. "Senior Citizens," p. II-20. Retrieved July 2002 from the Website of City of Long Beach, Department of Planning and Building, Housing Element Update Web site: <http://www.ci.longbeach.ca.us/plan/HousingElement/index.htm>
- ¹⁵ The Center for Universal Design. *What is Universal Design? Definition*. 1997 NC State University, The Center for Universal Design, an initiative of the College of Design. Retrieved August 2003 from the Center for Universal Design Web site: http://www.design.ncsu.edu/cud/univ_design/ud.html
- ¹⁶ L.A. Health Profiles: Results of the 1997 Los Angeles County Health Survey by Service Planning Area. *Chronic Conditions*. A Publication of Los Angeles County Department of Health Services, p.19, 20.
- ¹⁷ Worth, Andrea. *Seniors and Suicide- Elderly Rates Lead All Age Groups*. Amherst H. Wilder Foundation. Retrieved September 2003 from Amherst H. Wilder Foundation Web site: <http://www.wilder.org/goodage/Features/suicide101.html>
- ¹⁸ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. *Suicide in the United States*. Retrieved September 2003 from CDC Web site: <http://www.cdc.gov/ncipc/factsheets/suifacts.html>
- ¹⁹ Pope, Elizabeth. *Second-Class Care*. AARP Bulletin, November 2003, Vol. 44, No. 10, p.7.
- ²⁰ National Institutes of Health. *New Prevalence Study Suggests Dramatically Rising Numbers of People with Alzheimer's Disease*. August 18, 2003. Retrieved August 2003 from NIH Web site: <http://www.nih.gov/news/pr/aug2003/nia-18.html>
- ²¹ Wilson, Robert S., PhD; Mendes de Leon, Carlos F., PhD; Barnes, Lisa L., PhD; Schneider, Julie A., MD; Bienias, Julia L., ScD; Evans, Denis A., MD; Bennett, David A., MD. *Participation in Cognitively Stimulating Activities and Risk of Incident Alzheimer Disease*. Journal of the American Medical Association, February 13, 2002- Vol 287, No. 6.

²²Greider, Linda. *The Old Skills Kick In*. AARP Bulletin, May 2003. Vol. 44, No. 5, p. 12.

²³Family Caregiving Statistic, Compiled by the National Family Caregiver's Association. *AGenda Online: A Quarterly Resource for Older Adults and Their Friends*. Milwaukee County Department on Aging, Fall 2001, Volume 10, Number 3. Retrieved October 2002, from AGenda Online Web site: <http://www.milwaukeecounty.com/agenda/fall2001/8.html>

²⁴Hoffman, Ellen. *Managing Money, From Afar*. AARP Bulletin, June 2003. Vol. 44, No. 6, p.24.

²⁵National Institutes of Health. *Training Improves Cognitive Ability of Older Adults*. Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) study published by the Journal of the American Medical Association, November 13, 2002.

²⁶Elish, Jill. *The Secret to Those Happy Golden Years? Volunteer, FSU Study Says*. Everything FSU, Florida State University, University Communications Group. Retrieved October, 2003 from FSU Web site: <http://www.fsu.com/pages/2003/09/11/volunteering.html>



