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LONG BEACH **AGE-FRIENDLY ACTION PLAN**

Long Beach for All Ages:
A Collaborative Approach to
Supporting Our Aging Community

WELCOME AGE-FRIENDLY LONG BEACH



As our nation's demographics shift toward an increasingly older population, it is essential that our communities evolve to meet the needs of all residents. The Long Beach Age-Friendly Action Plan is a proactive step in ensuring that our city remains inclusive, accessible, and responsive to the well-being of older adults and people of all ages and abilities.

This plan is dedicated to the many older adults whose vision, advocacy, and hard work have shaped Long Beach into the vibrant, diverse community it is today. Their efforts have paved the way for a more inclusive future—one where aging is not a barrier but an opportunity for continued engagement, contribution, and dignity. Through this plan, we reaffirm our commitment to creating a city where all generations can thrive and we invite you to join us in shaping a future that works for all.

**City of Long Beach
Department of Health and Human Services
Healthy Aging Center
1150 E 4th Street - Room 111
Long Beach, CA 90802
562.570.3529**

**Visit the Healthy Aging Center at:
longbeach.gov/healthyaging
[@LongBeachCity](https://twitter.com/LongBeachCity)**

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**“OLD AGE IS LIKE
EVERYTHING ELSE.
TO MAKE A SUCCESS
OF IT, YOU'VE GOT TO
START YOUNG.”**

Fred Astaire

Photo above: A Long Beach resident joyfully celebrates their 100th birthday surrounded by family, community, and cheer.

Foreword

Long Beach Mayor

Rex Richardson

Excitement and appreciation surround the launch of the Long Beach Age-Friendly Community Plan. While the City of Long Beach has long valued and supported its aging community, this plan represents a vital step in reaffirming the City's unwavering commitment to older adults and solidifying Long Beach's status as an age-friendly community. The City continues striving to be a place where every person—regardless of age—feels seen, supported, and included.

The implementation of the Long Beach Age-Friendly Community Plan is not only timely but essential, as significant demographic shifts occur across the city. Viewing the community through an age-friendly lens strengthens Long Beach for all who live, work, and visit. Every individual deserves to feel considered in the built, social, and service environments.

The 2025 Long Beach Age-Friendly Community Plan reflects the dedication of countless individuals and organizations who contributed expertise, passion, and vision. Gratitude is extended to all who helped shape this initiative and committed to advancing its goals through advisory roles, participation in workgroups, and strategic collaboration. These efforts will leave a lasting impact on future generations.

Now is the time to embrace the Long Beach Age-Friendly Community Plan, champion its progress, and help foster a city where aging is met with dignity, opportunity, and well-being.



CITY OF
LONG BEACH



Health & Human Services



Dear Older Adults of Long Beach:

I share your enthusiasm for the finalized Age-Friendly Action Plan for Long Beach. As our nation's demographic landscape shifts toward an older population, the thoughtful initiatives outlined in this plan will significantly enhance the health, well-being, and quality of life for all our residents.

The Department of Health and Human Services remains steadfastly committed to creating a community where people of all ages feel valued, supported, and empowered throughout their entire life journey in Long Beach. The successful implementation of this comprehensive plan depends on collaborative partnerships across multiple City departments, nonprofit organizations, local businesses, and—most importantly—the invaluable contributions of our civically engaged older adults who were instrumental in shaping this vision from the beginning.

Our age-friendly journey began meaningfully in 2018 when Long Beach proudly joined AARP's Network of Age-Friendly Communities and established community workgroups to guide this essential planning process. When the COVID-19 pandemic emerged as an urgent public health crisis, our focus necessarily shifted to protecting our most vulnerable community members, particularly older adults. I am proud that we persevered and resumed work on the plan in 2022, culminating in this document that has been so eagerly anticipated by our community.

I look forward with great optimism to witnessing our community bring this plan to life, transforming Long Beach into a truly age-inclusive city where older adults can thrive. My deepest gratitude to everyone who contributed their time, expertise, and perspective to this vital initiative.

Congratulations, Long Beach! Together, we are creating a more inclusive, supportive, and vibrant community for residents of all ages.

Sincerely,

Alison King

Director, City of Long Beach Department of Health & Human Services



Healthy Aging Center



Dear Long Beach,

Our city is shaped by the people who call it home—by generations who have built, nurtured, and strengthened our communities. As a lifelong resident and gerontologist, I've witnessed the invaluable contributions of older adults to the fabric of our city and the importance of ensuring that Long Beach is a place where people of all ages can live, work, and thrive. An age-friendly Long Beach is not just an aspiration—it is a necessity. By embracing this vision, we are creating a more inclusive, vibrant future for all who grow up and grow old in our city.

As our population grows older, we face both an opportunity and a responsibility. By planning intentionally and inclusively, we can build a city where aging is met with dignity, accessibility, and opportunity. The Long Beach Age-Friendly Action Plan reflects this commitment—an initiative shaped by the voices of older adults, community leaders, and dedicated advocates who recognize that the well-being of our aging population strengthens us all.

An age-friendly Long Beach cannot be confined to specific initiatives or isolated sectors—it must be embedded in every aspect of our city. This plan is about more than improving services for older adults; it's about reimagining how we support people at every stage of life. It means designing neighborhoods that are accessible, expanding opportunities for connection and engagement, and ensuring resources are available to those who need them. It's about fostering a culture that embraces aging as a natural and valuable part of the human experience, one to be celebrated and supported.

By taking action now, we are shaping a future where growing older in Long Beach means having the support, opportunities, and community needed to thrive at every stage of life. Together, we can build a city where everyone—regardless of age—can live with dignity, purpose, and belonging.

With gratitude and commitment,

A handwritten signature in black ink that reads "Sofia Hodjat".

Sofia Poulsen Hodjat, MSG, CPG
Healthy Aging Center Manager



**"YOU ARE NEVER TOO
OLD TO SET ANOTHER
GOAL OR TO DREAM A
NEW DREAM."**

C.S. Lewis

Photo above: A Long Beach resident sings in the Older Americans Month Talent Show, sharing their voice and spirit with the community.

Executive Summary

**LONG BEACH AGE-FRIENDLY
ACTION PLAN VISION:
OLDER ADULTS ARE VALUED
AND THRIVE IN ALL
COMMUNITIES IN LONG BEACH.**

The City of Long Beach is committed to becoming a more age-friendly community—a place where residents of all ages, abilities, and backgrounds can thrive. This Age-Friendly Action Plan, created and overseen by the Healthy Aging Center (HAC) of the Department of Health and Human Services (DHHS), serves as a roadmap to enhance quality of life for older adults while benefiting all generations.

The Long Beach Age-Friendly Action Plan represents a collaborative citywide effort to create systems and communities that are inclusive, responsive, and supportive of older adults. As part of a global movement, this plan aims to prepare for shifting demographics, ensuring that older adults are valued and meaningfully integrated into community life. It is organized into nine domains of city life that are interconnected and together impact the health and quality of life of older adults in Long Beach. These nine domains outline specific goals, outcomes, and action steps that address key aspects of aging in Long Beach and can be broken down into the Built Environment (1. Outdoor Spaces & Buildings, 2. Transportation, 3. Housing), Social Environment (4. Social Participation, 5. Respect & Inclusion, 6. Civic Participation & Employment), and Service Environment (7. Health Services & Community Supports, 8. Communication & Information, 9. Safety at Home & In Society).



Executive Summary, **cont'd.**

Long Beach has a diverse population of older adults who bring rich life experiences, cultural heritage, and invaluable contributions to our community. With nearly one-third of the city's residents aged 50 and older, a figure projected to grow significantly over the coming decades, there is a clear need to adapt our policies, infrastructure, and services to meet the evolving needs of our aging population. The City's Built, Social, and Service Environment must adjust to meet the unique perspectives and diverse needs of the older adult population by anticipating and centering those needs in the design and delivery of City's plans, policies, programming, and services. Developing an Age-Friendly community is a citywide responsibility involving every City department. The plan has been developed by incorporating the values and benefits of diverse perspectives to ensure inclusivity. Aging, Diversity, Equity, and Inclusion lenses provide the framework for these efforts.



This Action Plan is distinguished by its iterative and collaborative creation and implementation process. It is informed by extensive input from Long Beach residents, local agencies, experts, stakeholders, and partner organizations ensuring it is both comprehensive and actionable. The plan builds on multi-agency coordination and establishes an infrastructure for cross-sector collaboration on aging-related issues. Recognizing the vital role that systems and communities play in shaping the aging experience, the plan emphasizes the collective effort required to seize opportunities and address challenges associated with an older, more diverse population. **Together, we can build a Long Beach that is truly age-friendly—a city where everyone has the opportunity to live, grow, and thrive with dignity and purpose.**

What is an Age-Friendly Community, and Why Does It Matter?

An age-friendly community is a place where people of all ages can live safely, participate fully, and thrive as they grow older. It is designed to support individuals across the lifespan by ensuring access to essential services, opportunities for social engagement, and an environment that promotes health, wellbeing, and autonomy.

The need for age-friendly communities has never been greater. By 2034, for the first time in U.S. history, adults aged 65 and older will outnumber children under 18. This demographic shift presents both challenges and opportunities. Without intentional planning, cities risk falling short in meeting the needs of older residents, leading to increased social isolation, housing shortages, transportation barriers, and limited access to health and community services. However, communities that embrace age-friendly practices position themselves as vibrant, inclusive places where people of all ages and abilities can thrive.



The Global and National Movement Toward Age-Friendly Cities

The concept of age-friendly communities is rooted in global and national initiatives that recognize the importance of adapting cities, towns, and rural areas to meet the changing needs of aging populations. Recognizing the need for proactive planning, the World Health Organization (WHO) launched the Global Network for Age-friendly Cities and Communities in 2006, providing a framework for cities to become more livable and accessible for aging populations. WHO identified eight key domains that shape the age-friendliness of a community, including outdoor spaces, transportation, housing, social participation, respect and inclusion, communication, civic participation, and access to health services. The network aims to enable cities and communities worldwide to become increasingly age-friendly by developing projects, programs, and policies that demonstrate solutions based on the eight domains. The Long Beach Age-Friendly Action Plan includes an additional ninth domain of livability- Safety at Home and in Society. This domain ensures that the Long Beach older adult population is well-prepared and safe in various scenarios.



As the United States affiliate of this movement, AARP has been a driving force in promoting age-friendly efforts through its AARP Network of Age-Friendly States and Communities, launched in 2012. This network encourages local governments to commit to policies and improvements that enhance the quality of life for older adults while benefiting the entire community. Cities that join the network engage in a structured process to assess their needs, involve residents in planning, and through multisector involvement, implement sustainable changes to ensure they remain livable and welcoming across generations.



**WHO Global Network
for Age-friendly Cities
and Communities**

Why Should Our City Prioritize Age-Friendly Practices?

Long Beach, like many cities, is experiencing demographic shifts with a growing aging population. However, becoming an age-friendly community is not just about accommodating older residents—it's about creating a city that works better for everyone. Here's why adopting age-friendly practices is essential:

- **Enhancing Community Livability for All Ages:** Features like safer sidewalks, accessible public transportation, and well-maintained parks benefit older adults, parents with strollers, individuals with disabilities, and younger residents alike.
- **Supporting Health and Independence:** Age-friendly cities promote active living, access to healthcare, and opportunities for social connection, helping residents maintain independence and reduce healthcare costs associated with preventable conditions.
- **Boosting Economic Growth:** Older adults are a vital part of the economy. They contribute as consumers, employees, volunteers, and business owners. Age-friendly policies support local businesses and ensure that the city remains a desirable place to live, work, and retire.
- **Strengthening Social Connections:** Loneliness and social isolation have significant health risks, comparable to smoking 15 cigarettes a day. Age-friendly initiatives encourage community engagement, fostering intergenerational connections that strengthen social fabric and civic participation.
- **Preparing for the Future:** As the population ages, cities that plan ahead will be better positioned to meet the needs of residents and avoid crises related to housing, healthcare access, and mobility. Investing in age-friendly infrastructure and policies today ensures a more sustainable, resilient future.

The movement toward age-friendly communities reflects a broader shift in how we think about aging—not as a challenge to overcome but as an opportunity to build a more inclusive, supportive, and resilient city for people of all ages. By prioritizing accessibility, social connection, and equitable services, an age-friendly approach helps ensure that individuals can grow up and grow old with dignity, safety, and purpose.





**"THE GREAT THING
ABOUT GETTING OLDER
IS THAT YOU DON'T
LOSE ALL THE OTHER
AGES YOU'VE BEEN."**

Madeline L'Engle

Photo above: Long Beach older adults share smiles and stretches during a lively Laughter Yoga session.

Aging in Long Beach Community Profile



The city of Long Beach, California covers approximately 50 square miles on the southern coast of Los Angeles County. Long Beach is the second largest city in Los Angeles County and the seventh most populous city in California, with an estimate of 450,000 residents. With its ideal location in Southern California, year-round comfortable climate, healthy business environment, and far-ranging cultural pursuits, the City is alive with activity.

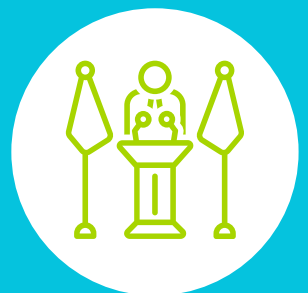


In addition to its traditional services, the City also maintains one of the world's busiest seaports, which serves as a leading gateway for international trade. Long Beach also has its own full-service commercial airport and is one of only three cities in California with its own Health Department.



Long Beach is home to an abundance of cultural and recreational options, providing opportunities for older adults to enjoy boating, golfing, visiting museums, enjoying activities at the beach and in parks, or visiting the iconic Queen Mary and the premier Aquarium of the Pacific.

Long Beach is a full-service Charter City governed by nine City Council members who are elected by district and a Mayor that is elected at large. To learn more about the City of Long Beach, go to: www.longbeach.gov.



Aging in Long Beach Community Profile



The Long Beach Health and Human Services Department (DHHS) has been improving the health of the Long Beach community for over a century. We strive to create a safe and healthy community for all to live, work, and play that is based in proven health equity and trauma-informed care principles. Long Beach is one of only three city-run health departments in California, allowing for better engagement with its people, neighborhoods, businesses, and community partners, and a greater understanding of the City's strengths, opportunities, and needs.



The Healthy Aging Center (HAC), formerly known as the Senior Links Program, was established in 1999 to create a coordinated system of services that connects Long Beach residents age 55+ to health and social service resources with the goal to improve health outcomes and support older adults in living healthy, fulfilling lives. The HAC provides public health nursing and social work case management services, offering home, office, field, and telehealth visits to assess individual needs. Through comprehensive assessments, personalized service plans, health education, advocacy, and linkages to resources, the program helps older adults enhance their well-being and connections to essential support systems. By collaborating with city departments and community organizations, the HAC advocates for the inclusion of older adults in local planning and decision-making processes. To learn more about this program, visit longbeach.gov/healthyaging.



Aging in Long Beach At a Glance

The city's older adult population, those age 65 and older, make up a significant and growing segment of the community.



78.4 years
Avg. Life Expectancy
(up from 75 yrs in 2021)

72.3 years
Median Age

The total population of Long Beach is approximately 450,000 people, of that:

31.3%
are age 50+
(approx. 145,000)

and

13.9%
are age 65+
(approx. 62,000)

Age Distribution of Older Adults 65+

65 to 69 years 70 to 74 years 75 to 79 years 80 to 84 years 85+ years



Gender Percentages of Older Adults (65+) in Long Beach

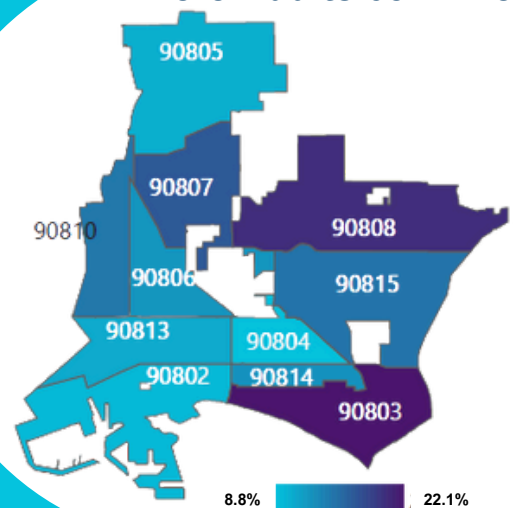


57% Female

43% Male



Where Adults 65+ Live

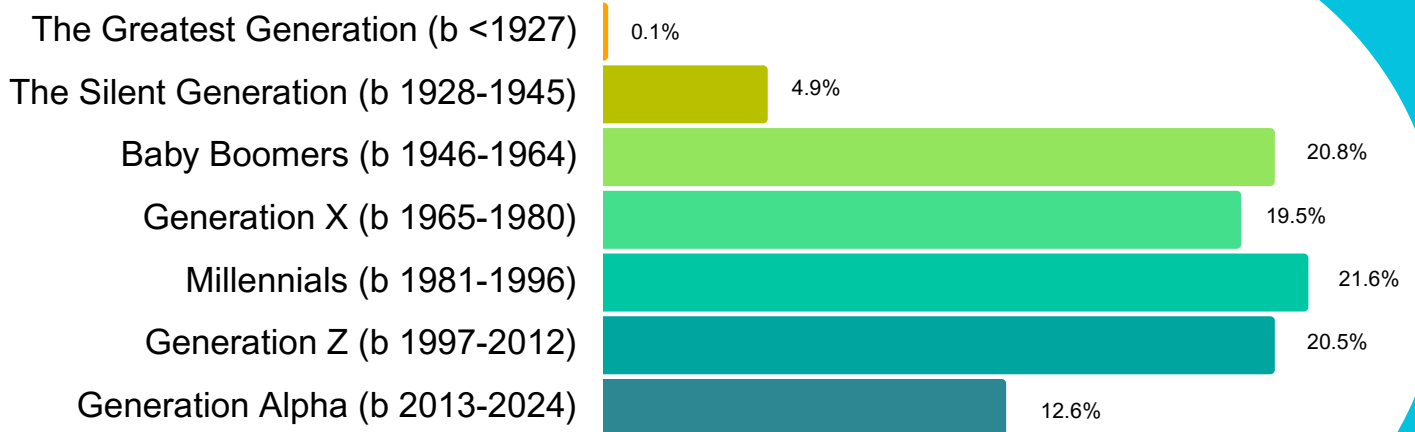


Aging in Long Beach

Demographic Shifts

It is estimated by the U.S. Census, that by the year 2034 there will be more people 65 and older than under 18 for the first time in U.S. history.

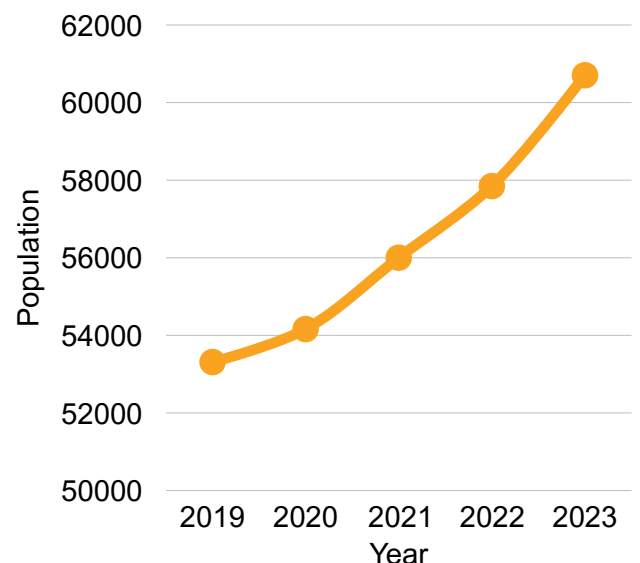
% of U.S. Population by Generation



Since the 1960's sociologists have been watching the Baby Boomers as they age. Their offspring, the Millennials, is a larger portion of the population, reinforcing a growing aging population (Source: U.S. Census data July 2023).

Total Long Beach Population of Seniors (65+)

This graph shows the steady growth of older adults 65+ in Long Beach over the years.

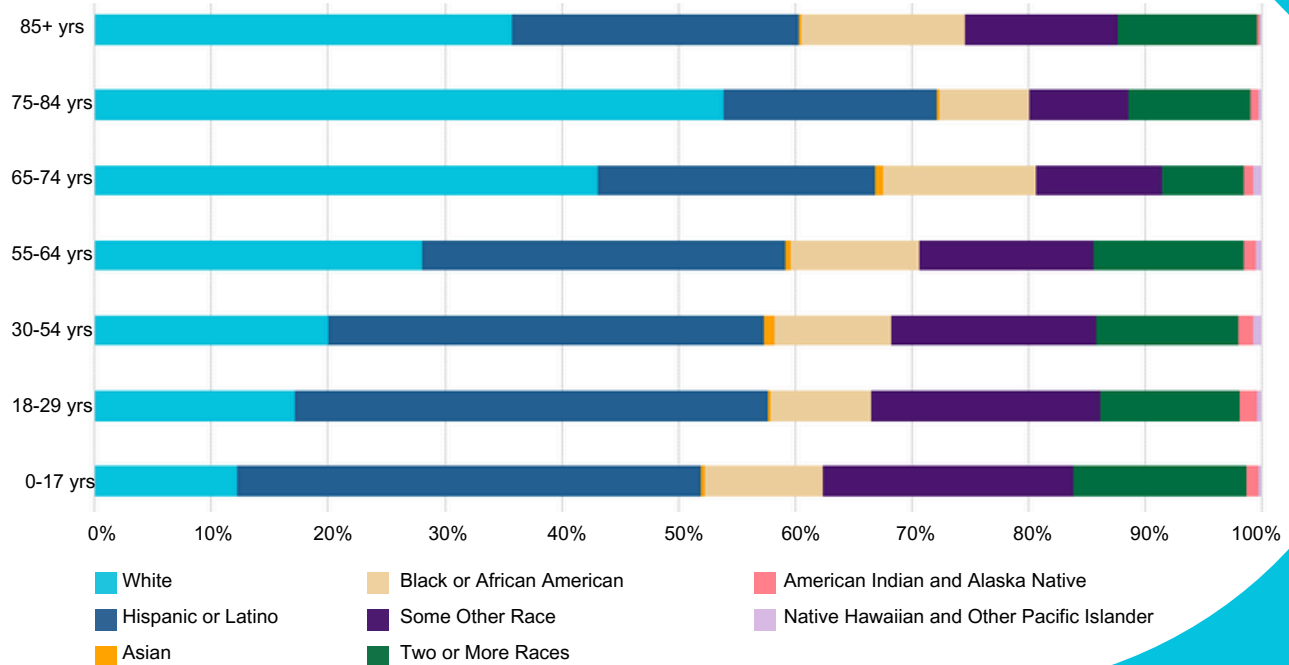


Aging in Long Beach

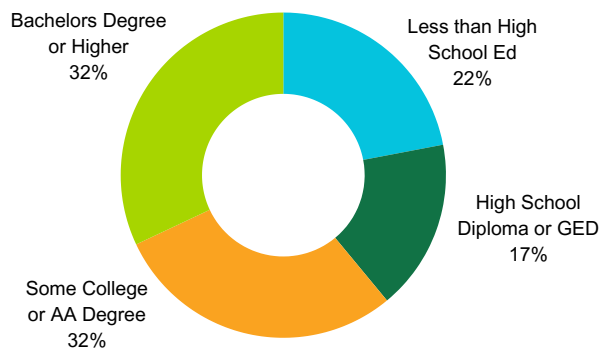
Increased Diversity

A hallmark of Long Beach's culture is its evolving and increasing diversity. This graph shows the growth and decline of different races and ethnicities by age.

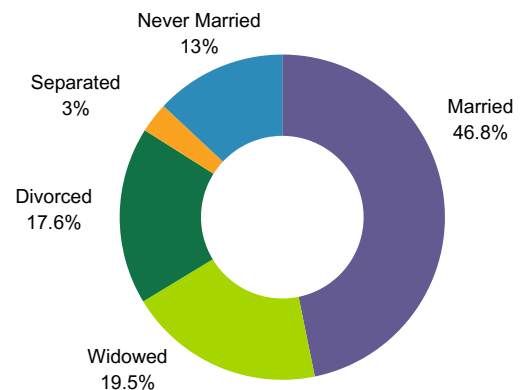
Race and Ethnicity by Age in Long Beach



Education Level Attained of Residents 65+

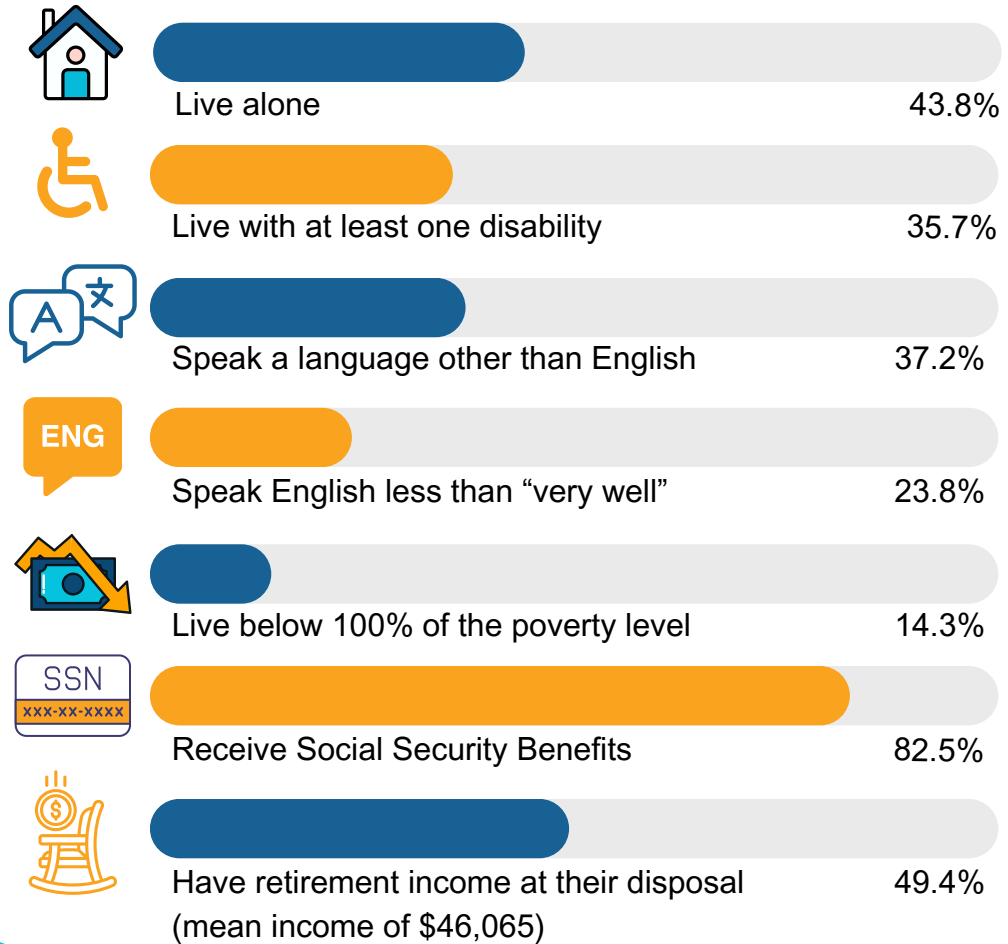


Marital Status of Residents 65+



Attributes Contributing to Long Beach Older Adults' Quality of Life

Of the population of Long Beach residents 65 years and older:

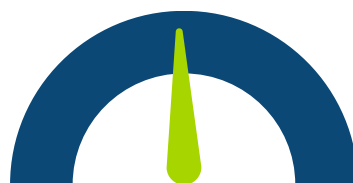


<https://data.census.gov/>



73

Walk Score



49

Transit Score



70

Bike Score

Using a scale of 0-100, Walk Score measures the walkability of any address, based on the distance to amenities and pedestrian friendliness (block length and intersection density). Transit Score measures access to public transit and "usefulness" of nearby transit routes based on the frequency, type of route (rail, bus, etc.), and distance to the nearest stop on the route. Bike Score measures whether an area is good for biking (bike infrastructure - lanes, trails, etc., hills, destinations and road connectivity, and the number of bike commuters).

<https://www.walkscore.com>

AARP Livability Index for Long Beach



The AARP Livability Index scores communities by looking at how livable each neighborhood is within the community based on more than 50 unique sources of data across seven livability categories (assessing the characteristics that would provide a high quality of life for diverse populations of a community, covering all generations).

Overall Score	Long Beach 48	California 52	2024 Median US City 50
Housing: Housing affordability, availability, and accessibility	50	48	56
Neighborhood: Proximity to key destinations, crime rates, etc.	68	60	36
Transportation: Walkability, local transit services, complete streets, etc.	48	53	44
Environment: Energy efficiency, air/ water quality, hazard mitigation plans	24	37	59
Health: Preventable hospitalization rates, exercise opportunities, etc.	60	64	43
Engagement: Voting rate, human rights, and cultural engagement, etc.	44	46	47
Opportunity: Job availability, income equality, graduation rates, etc.	46	54	52



**"THE LONGER I LIVE,
THE MORE BEAUTIFUL
LIFE BECOMES."**

Frank Lloyd Wright

Photo above: A Long Beach resident whose smile reflects a life enriched by connection, purpose, and community.

Our Process

Community Engagement & Methodology

The process for creating this age-friendly plan began in late 2018 with the city's commitment to joining AARP's Network of Age-Friendly States and Communities and the establishment of the Long Beach Age-Friendly Initiative. Five key focus areas were identified to study the current circumstances and possible changes needed to accommodate an aging population. The initial four areas were health, safety, transportation, and quality of life. After the COVID-19 Public Health Emergency Declaration ended, the Healthy Aging Center convened the fifth workgroup with a focus on housing to complete the contributions from stakeholders in all areas of the plan. The workgroups, comprised of experts, agency representatives, and older adult residents, met monthly to provide insights, observations, and innovative ideas. Their findings were reviewed by a Steering Committee, which met quarterly to oversee progress and contribute an additional layer of guidance and expertise. As the community emerged from the COVID-19 restrictions, information developed through the workgroups was presented to groups of older adults and other stakeholders in open forums, one-on-one discussions, and with feedback surveys for their input. While the focus areas resonated with the audiences, their insights and suggestions for refinement were integrated into the plan resulting in a more detailed plan. This plan is the culmination of both grassroots efforts and professional expertise and collaboration.



Our Process, **cont'd.**

During the planning process, cross-cutting themes emerged as several workgroups identified overlapping challenges and opportunities. These findings were integrated into a framework aligning with AARP's Eight Domains of Livability, with an additional section addressing safety. The plan organized these nine domains into three main focus areas:

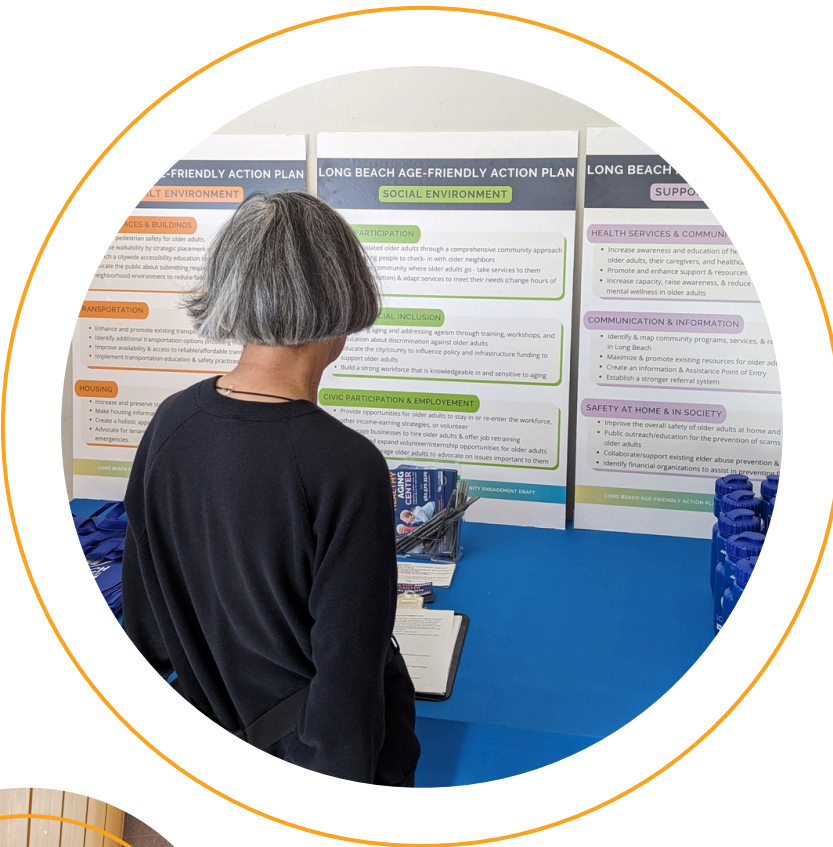
- **Built Environment:** Enhancing infrastructure and spaces to support accessibility and mobility.
- **Social Environment:** Fostering connection, purpose, and engagement to reduce isolation.
- **Service Environment:** Providing comprehensive support throughout the healthspan, including objectives for safety and communication.

Effective communication emerged as a critical priority. While Long Beach already offers many resources and services for older adults, ensuring these are widely known and easily accessible to older adults and their surrounding support systems is essential. Creating reliable communication channels to the city's older adults ensures they will benefit from the many services and resources available to them. To address this, the Long Beach Aging Services Collaborative (LBASC) was established. This network of agencies, nonprofits, and private providers meets regularly to exchange information, updates, resources, and trends on aging-related issues. Efforts are ongoing to develop a robust, searchable database to provide reliable, up-to-date information about services and resources for older adults and their support networks. Together, these initiatives ensure Long Beach moves forward as a city that values and supports residents of all ages.



Our Process, **cont'd.**

The priorities outlined in the Action Plan reflect the voices of community members, subject matter experts, and partner entities over several years. Input was gathered through various methods, (including but not limited to workgroup meetings with residents and subject matter experts, community feedback sessions, and conferring with relevant City staff members), capturing hundreds of ideas and perspectives. For a detailed list of community partners that participated or were identified in this process, see Appendices B and C.





OUR EQUITY FOCUS

Aging is not experienced the same way by everyone.

While Long Beach is celebrated for its high quality of life, significant disparities exist—particularly for historically underserved communities such as LGBTQIA2S+ seniors, veterans, individuals with disabilities, and seniors from racially and ethnically diverse backgrounds. Decades of discrimination and inequities have left many entering later life bearing the cumulative effects of these challenges.

This Action Plan aims to make Long Beach a city where all residents are included, respected, and empowered, regardless of age, income, physical or cognitive ability, sexual orientation, gender identity, religion, geography, race, ethnicity, or culture. Employing an equity lens addresses the needs and voices of those most marginalized, aiming to achieve parity across the city.

The Long Beach Age-Friendly Action Plan is dedicated to the principles of equity, diversity, and inclusion. These core values guide the plan to ensure it addresses the needs of the entire aging population of Long Beach, particularly in key areas that affect daily life, as reflected across its nine domains.

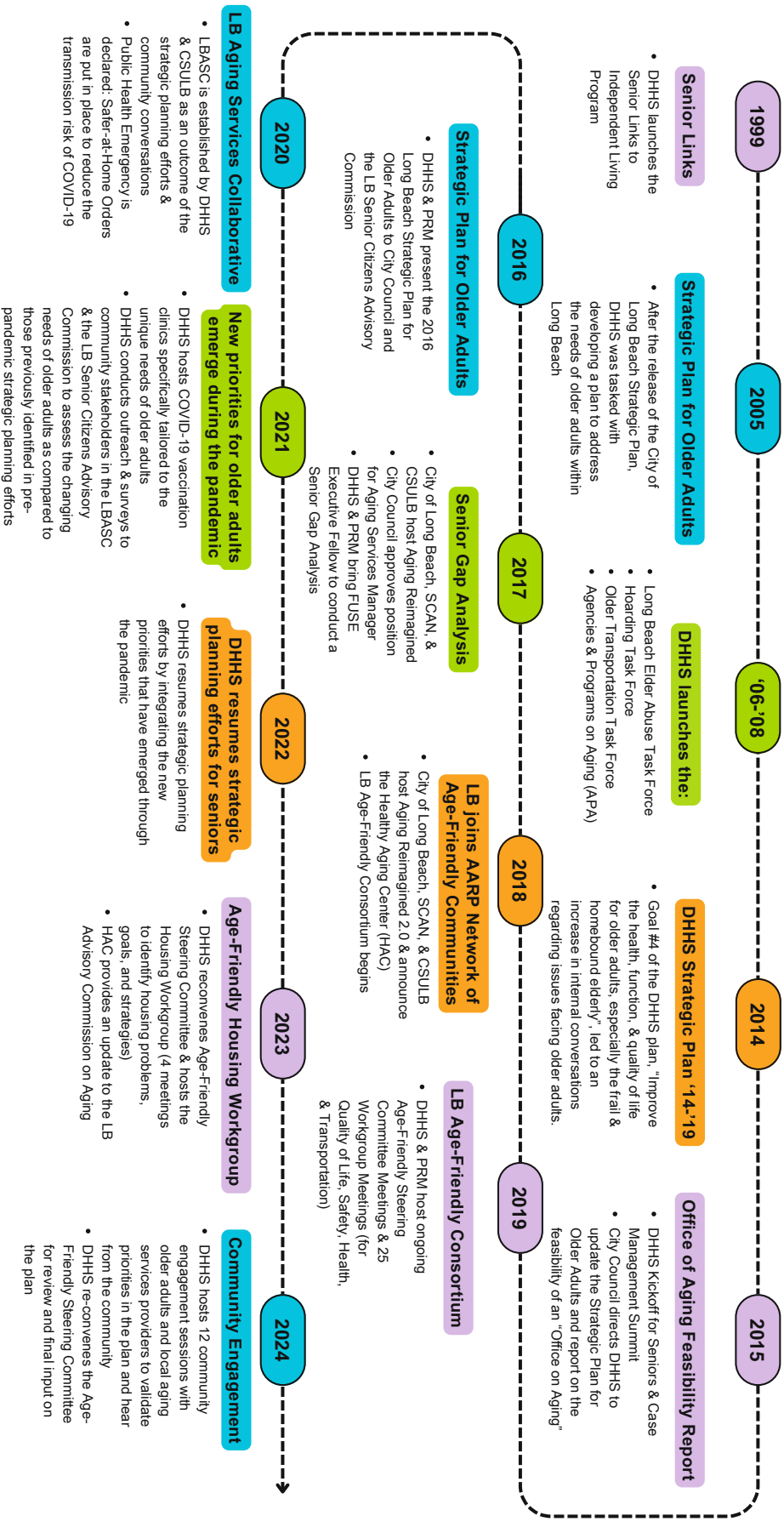
Our Equity Focus, **cont'd.**

The plan aligns with the Office of Equity to educate all City departments on the intersectionality of age, race, gender, dominant language, income, sexual orientation, and other identity attributes. By employing an equity lens, the plan seeks to address the needs and voices of those most marginalized, ensuring parity across the city. In accordance with guidance from the City Attorney's Office, the City of Long Beach prohibits discrimination on the basis of race, color, ancestry, national origin, religion, sex (including pregnancy, childbirth, and related medical conditions), gender, gender identity or expression, sexual orientation, marital status, disability, age, medical condition, genetic information, or any other basis protected by federal, state, or local law. All programs, services, and activities included in this plan will be administered in a manner that ensures equity, inclusion, and non-discrimination.

Embracing diversity and inclusion, the plan recognizes and harnesses the strength of Long Beach's diverse aging population. It commits to offering programs and services in the languages spoken by residents and includes marginalized older adults in decision-making and planning processes. The plan fosters a positive reframing of aging so that older adults of all backgrounds and abilities are seen, heard, appreciated, valued, and included in community activities, communications, marketing, and services.

Addressing pressing needs, the plan aspires to embed equity, diversity, and inclusion in planning, policy creation, and programming while providing opportunities for meaningful engagement and input from all older adult communities. It promotes equitable access to healthy choices, such as nutrition, exercise, hobbies, employment, and purposeful societal involvement. This includes a commitment to reviewing existing social and linguistic resources for older adults and enhancing cultural capacity. Through these efforts, the Age-Friendly Action Plan aims to ensure that Long Beach becomes a truly inclusive and supportive city for older adults.

Long Beach Age-Friendly Timeline





**"WE DON'T STOP
PLAYING BECAUSE
WE GROW OLD; WE
GROW OLD BECAUSE
WE STOP PLAYING."**

George Bernard Shaw

Photo above: Residents engage in lifelong learning opportunities in Long Beach, enriching their minds and community connections.

Age-Friendly Focus Areas



The development of the plan took shape into three main focus areas each encompassing three domains of the city where age-friendly actions and improvements can be implemented. The following pages provide detailed descriptions of each focus area and its corresponding domains, along with the goals and key actions for each. In Appendix E, you will find a comprehensive matrix that further expands each domain with goals, objectives, actions, and tiered progress indicators (short-term, mid-term, and long-term). Also included in the appendices is a list of the potential partners (formal and casual) identified to help champion necessary changes to make Long Beach an Age-Friendly city.



Built Environment

Domain 1: Outdoor Spaces & Buildings

Domain 2: Transportation

Domain 3: Housing



Social Environment

Domain 4: Social Participation

Domain 5: Respect & Inclusion

Domain 6: Civic Participation & Employment



Service Environment

Domain 7: Health Services & Community Supports

Domain 8: Communication & Information

Domain 9: Safety at Home & In Society

BUILT ENVIRONMENT

An aspirational Age-Friendly Action Plan envisions a community where the built environment supports not just the physical needs of older adults but also their social, emotional, and mental well-being. Thoughtful design of the physical environment can encourage active living, reduce isolation, and enable older adults to engage with their community in meaningful ways. Accessibility and safety are especially important attributes in neighborhoods as we emphasize both intergenerational living situations and aging in place throughout the plan.

By prioritizing intentional design, the built environment can enhance proximity to essential services, offer affordable and adaptable housing within mixed-use developments, and integrate smart-city infrastructure to ensure universal accessibility. These improvements benefit not only older adults but also individuals of all ages, creating a more inclusive and connected Long Beach.

Our homes and neighborhoods shape our daily lives, and their importance grows as we age. An age-friendly built environment prioritizes accessibility, safety, and inclusivity—empowering older adults to maintain their independence, mobility, and overall quality of life while fostering a city that works for every generation.

1

**Outdoor
Spaces &
Buildings**

2

Transportation

3

Housing



Domain 1

Outdoor Spaces & Buildings

1

The natural environment and outdoor spaces of Long Beach play a vital role in supporting the mobility, independence, and overall well-being and quality of life for older adults. Thoughtfully designed public and private spaces shape how individuals of all ages engage with and navigate their community. Safe, accessible green spaces, ample comfortable seating, and well-designed and maintained facilities are essential for ensuring that people of all ages can fully enjoy and benefit from their environment.

Vision

Long Beach creates, promotes, and enhances welcoming outdoors spaces that are inclusive, accessible, and safe for people of all ages and abilities. These spaces reflect the city's multicultural vibrancy, support intergenerational engagement, and prioritize environmental and economic sustainability.



Goals

1.1: Improve pedestrian safety in/around buildings, in public spaces and on streets/roads to enhance mobility and reduce accidents among older adults. Ensure key areas of pedestrian safety concerns among older adults are brought to the attention of the appropriate City Departments and community groups to bring changes, improvements, and education around enhancing safety features in outdoor spaces such as good lighting, benches, and clear pathways.

1.2: Create an age-friendly standard for public and private built environments that ensures safety, usability, and accessibility for all ages and abilities.

1.3: Encourage businesses, property owners and/or landlords to proactively adopt age-friendly design elements.

Domain 2

Transportation

2

Moving easily and safely from one place to another significantly enhances quality of life. Residents need affordable public and private transportation options, well-maintained sidewalks, and pedestrian-friendly streets that support easy and safe mobility. A well-designed transportation system enables older adults to access essential services, stay connected to their communities, and fully participate in social, economic, and recreational activities.

Vision

Long Beach's age-friendly transportation system is diverse, efficient, and sustainably multimodal, ensuring safety, affordability, and reliability for people of all ages and abilities. Designed for ease of use and accessibility, it fosters seamless mobility and enhances community connectivity.



Goals

2.1: Enhance public transportation programs (routes, schedules, and accessibility) while increasing awareness of available options for older adults and people with disabilities.

2.2: Improve the safety, availability and accessibility of reliable and affordable transportation services for older adults.

2.3: Implement transportation education and practices that prioritize safety and accessibility, addressing the unique needs of older adults.

Domain 3

Housing

3

Thriving communities offer diverse housing opportunities that accommodate people of all ages, incomes, and abilities. Age-friendly housing includes affordable and accessible options, home modification programs, and supportive services that enable older adults to live safely and comfortably.

Housing should be designed with aging in place in mind, ensuring that every aspect - from entryways to living spaces - is functional, adaptable, and suited to an older adult's needs. Additionally, housing should be conveniently located near shops, healthcare, social services, and public transportation, reducing travel barriers and enhancing daily accessibility .

Vision

Age-friendly Long Beach is a welcoming community with a diverse range of housing options that empower older adults to live where they choose - whether in their long-time homes, within their neighborhoods, or in housing designed specifically for aging populations. Services that support these choices are readily available to all older adults in every community.



Domain 3, cont'd.

Housing

3

Goals

3.1: Expand affordable housing options for older adults and individuals with disabilities to address the current and future housing needs of a growing aging population.

3.2: Identify and promote education opportunities and resources to inform and assist older adults in exploring their housing options, including aging in place, with all information centralized and easily accessible.

3.3: Develop and integrate supportive services to establish localized, equitable housing stability systems that comprehensively support older adults' wellbeing.

3.4: Develop a holistic approach to navigating housing for older adults, including a homeless prevention program to support unhoused or precariously housed older adults.



SOCIAL ENVIRONMENT

Inclusivity, social engagement, and mutual respect are lifelong values that are especially deserving later in life. A well-designed social environment ensures that older adults feel valued, supported, and empowered, enabling them to lead active, fulfilling lives.

Intergenerational programs and volunteer opportunities strengthen community bonds, allowing older adults to share their expertise and life experience with younger generations through mentorship and collaboration. These connections foster mutual respect, reduce isolation, and provide a profound sense of purpose. Older adults are integral to civic success and cultural vitality, enriching society with their wisdom, skills, and historical perspectives. Their lived experiences contribute to a richer cultural fabric, strengthening the foundation of an inclusive and dynamic community. Additionally, age-inclusive programs and intergenerational activities cultivate a culture of respect and support, creating a safer, more welcoming environment for all. Strong social support networks help older adults maintain meaningful connections and combat loneliness. Recognizing the city's rich cultural diversity, local programs celebrate different cultures and offer multilingual services to ensure that older adults from all backgrounds feel welcomed and supported.

The Long Beach social environment supports older adults in their ongoing lifelong development affordably and safely. Older adults are supported in society to enhance their health and wellness, learning and education, and ability to contribute to the community their whole lives.

4

**Social
Participation**

5

**Respect &
Inclusion**

6

**Civic
Participation &
Employment**



Domain 4

Social Participation

4

Long Beach boasts comprehensive services and resources that provide older adults with meaningful opportunities for engagement, enrichment, and connection - both intergenerationally and with their peers. Community centers and social programs feature a diverse array of activities tailored to different interests and abilities, fostering lifelong learning, personal growth, and social interaction. These inclusive programs help ensure that older adults remain active, engaged, and connected to their community.

Vision

Long Beach is a community where people of all ages can connect through accessible and inclusive social, cultural, educational and wellness opportunities. These experiences promote engagement, continuous learning and meaningful relationships, fostering a sense of belonging and a vibrant quality of life.



Goals

4.1: Enhance opportunities for older adults to engage in social connections, lifelong learning, and community involvement.

4.2: Rebuild social connections for socially isolated older adults.

Domain 5

Respect & Inclusion

5

A truly inclusive community values and celebrates older adults, ensuring they feel respected, appreciated, and engaged. Programs in this domain promote education on aging with dignity, fostering awareness and sensitivity around the natural process of growing older. Multigenerational interactions and socially inclusive activities help to dismantle ageism, creating a culture of mutual respect and understanding. These initiatives also prioritize the needs of vulnerable individuals, ensuring that everyone- regardless of age, background, or ability- has opportunities to participate, contribute, and feel a strong sense of belonging.

Vision

Long Beach is a multigenerational and multicultural community that welcomes and connects people of all ages, perspectives, and backgrounds. It fosters an environment where individuals can live, learn, work, and enjoy activities together, free from age-based exclusion or discrimination.



Goals

- 5.1:** Reframe aging and address ageism in the community to foster a culture of respect, inclusion, and appreciation for older adults.
- 5.2:** Create and advance a policy and advocacy agenda addressing aging and dementia on the local and state level.
- 5.3:** Build a strong, age-aware workforce by encouraging businesses and services to adopt age-friendly practices.

Domain 6

Civic Participation & Employment

6

An age-friendly community actively encourages older adults to engage in all aspects of civic life, recognizing their valuable skills, experience, and contributions. Whether through meaningful employment, volunteerism, or participation in local decision-making, older adults are empowered to take on leadership roles, mentor others, and advocate for causes that matter to them. By fostering inclusive opportunities for social, political, and economic engagement, the community ensures that older residents remain connected, influential, and integral to shaping the future.

Vision

Long Beach fosters a community where older adults have a multitude of opportunities for employment, volunteering and civic engagement - offering meaningful ways to contribute, lead, and create lasting impact.



Goals

6.1: Provide opportunities for older adults to remain in or return to the workforce (part-time, full-time, entrepreneurship, or other income-earning strategies).

6.2: Promote opportunities for older adults to become civically active in a variety of ways and take part in advocacy efforts for a variety of causes.

SERVICE ENVIRONMENT

The Service Environment in Long Beach is dedicated to fully supporting older adults with the resources, services, and social connections they need to age with dignity, independence, and fulfillment.

The goals of this plan focus on ensuring that health and wellness resources are accessible, inclusive, and comprehensive. Programs are specifically designed to promote both mental and physical wellbeing, including mental health support, physical wellness classes, and community health resources. These initiatives empower older adults to remain healthy, active, and resilient as they age. Additionally, resources for family caregivers—such as respite care, support groups, and training programs—alleviate caregiving burdens and enhance the well-being of both caregivers and older adults.

Equally important is ensuring that older adults are well-informed about available services and resources. As an age-friendly community, Long Beach is committed to provide information that is accessible, clear, consistent, practical, and shared through a variety of formats and languages. Older adults will have the knowledge to respond effectively in emergency situations and will be connected to a range of trusted community news outlets, personnel, and liaisons to their service providers. They will have access to a strong social network of friends, family members, and community groups.

7

**Health Services
& Community
Supports**

8

**Communication
& Information**

9

**Safety at Home
& in Society**



Domain 7

Health Services & Community Supports

7

Strong community support is essential for lifelong health and well-being. When combined with accessible, affordable healthcare services and wellness programs, it creates a foundation for maintaining independence, safety, and an active lifestyle. By prioritizing preventative care, holistic wellbeing, and equitable access to resources, Long Beach fosters a community where individuals can thrive at every stage of life.

Vision

Long Beach is a vibrant, healthy community that promotes well-being for people of all ages. Through accessible healthcare, supportive services, and a safe, inclusive environment, residents are empowered to make healthy choices and live their best lives.



Goals

7.1: Increase awareness and utilization of healthcare and social services among older adults and their caregivers.

7.2: Promote inclusive, accessible, educational health and wellness programs.

7.3: Promote and enhance supports and resources for caregivers (hired, and/or family and friends).

Domain 8

Communication & Information

8

Effective communication is essential for keeping older adults informed, engaged, and connected to their community. Clear, accessible, and consistent information ensures they can easily find details about local services, events, activities, and emergencies through a variety of formats, including community boards, user-friendly websites, and printed materials. Digital literacy programs provide essential training and support, empowering older adults to confidently navigate technology and stay connected in an increasingly digital world.

Vision

Long Beach ensures that residents of all ages can easily access important resources and services through diverse, timely, and inclusive communication channels that meet a variety of needs and preferences.

Goals

8.1: Maximize and promote existing partners that communicate directly to older adults to ensure all residents have access to clear, accurate, and relevant information.

8.2: Address and narrow the digital divide experienced by older adults.



Domain 9

Safety at Home & in Society

9

Safety is fundamental to the well-being of older adults, whether at home, in public spaces, or throughout the community. An age-friendly Long Beach prioritizes supportive services and infrastructure that enhance security, accessibility, and confidence in daily life. Key initiatives focus on preventing elder abuse, scams, and financial exploitation through education and proactive community programs, enhancing mobility safety in and out of the home, and helping older adults respond effectively to disasters and other emergencies. By fostering awareness and providing the necessary tools for protection and preparedness, Long Beach ensures that all residents can live safely, confidently, and with peace of mind.

Vision

Long Beach empowers residents with the knowledge, resources, and support needed to prevent and report elder abuse and neglect, maintain safe and hazard-free homes, confidently engage in society, and effectively prepare for emergencies—ensuring security and well-being in all aspects of life.

Goals

9.1: Improve overall safety of older adults at home and in society.

9.2: Advance elder justice and promote victim advocacy through public awareness, and education about elder abuse, neglect, and self-neglect.





**"THE OLDER I GET, THE
GREATER POWER I SEEM TO
HAVE TO HELP THE WORLD;
I AM LIKE A SNOWBALL -
THE FURTHER I AM ROLLED
THE MORE I GAIN."**

Susan B. Anthony

Photo above: A woman enjoys a relaxing moment in the vibrant community room at her senior housing residence.

Action Plan Implementation

This plan creates a foundation for the Age-Friendly Long Beach Initiative to strengthen the city's commitment to becoming an age-friendly community. It aims to help all stakeholders take tangible steps to build a community that is accessible and desirable for all to grow up and grow old. Creating an age-friendly community requires a collaborative effort. While the Plan does not commit the City or any of the identified partners to specific projects or investments, this community-wide blueprint outlines goals, objectives, actions, and timeframes to be achieved collectively by elected officials, municipal staff, residents, businesses, and community organizations, that may choose to work towards the shared vision of a vibrant, equitable, and livable Long Beach for all ages.



A Lifespan Approach

Aging is a cross-cutting issue that touches every part of our city, and successfully becoming an age-friendly community requires a united effort across departments, organizations, and neighborhoods. The Long Beach Age-Friendly Initiative seeks to integrate age-friendly practices into every facet of the City's work. By applying a lifespan lens and considering older adult concerns in all areas—beyond the traditional focus—Long Beach aspires to become a more inclusive and equitable community, ensuring residents of all ages and abilities can thrive.

How to Use the Action Plan

This Action Plan is intended as both a roadmap and an advocacy tool. It consolidates strategies to assist the Long Beach City Council, City Departments, and local private and nonprofit organizations in advancing development and activities that foster age-friendly physical, social, and service environments for people of all ages and abilities.



Key features of this Action Plan include:

- **A Focus on Collaboration:** Recognizing the vital role of City departments, community organizations, and residents in addressing a wide variety of tasks, the plan emphasizes shared responsibility and partnership.
- **Guidance for Implementation:** By outlining clear goals, objectives, and potential actions, the plan provides a framework for advancing age-friendly practices in Long Beach.
- **Adaptability:** This plan is designed to evolve as new knowledge, understanding, and technological developments emerge. It is not intended to be static but instead serves as a starting point to inspire additional initiatives and actions.

Next Steps: Moving Forward Together

By taking action and fostering collaboration, we can ensure that Long Beach becomes a model age-friendly community. Individuals, businesses, and organizations are encouraged to review their current practices and identify areas for improvement. Together, we can create an environment that supports residents of all ages, fostering a city where everyone can thrive. A vibrant, equitable, livable Long Beach serves all ages today, tomorrow and in the years to come. This plan has the potential to shape a bright, optimistic future for everyone.

How You Can Help

As older adults make up a growing share of the population in Long Beach and across the nation, it's essential for the entire community to adapt. This plan highlights the key domains of livability that must evolve to meet the needs and abilities of an aging population, creating a more inclusive, supportive environment for everyone.

Building an age-friendly Long Beach is a shared responsibility. It requires collaboration among individuals, organizations, and industries citywide. Below, you'll find practical steps you can take to support the plan's goals, along with key questions to help engage decision-makers in advancing age-friendly policies and practices.

Here's how you can get involved:

Individuals & Community Members

- Plan for personal aging needs and be sure to stay active, eat well, keep your brain engaged, manage stress, and stay connected.
- Recognize ageism, be aware of ageist attitudes and behaviors, and don't be afraid to call them out.
- Speak up against myths and stereotypes about older people.
- Volunteer in programs supporting older adults or help your neighbors (e.g., meal delivery, companionship, errands).
- Advocate for accessible neighborhood infrastructure improvements.
- Support intergenerational activities by participating in or initiating community events.
- Stay informed about and spread awareness of age-friendly initiatives.
- Check-in with your neighbors who are elderly and need moral support.



Nonprofits, CBOs, & NGOs

- Develop programs targeting social isolation and mental health for older adults.
- Help clients plan for aging in place and meet home-based needs.
- Advocate for policies and funding that prioritize age-friendly practices.
- Provide community training on creating inclusive and age-friendly environments.
- Offer programs for home safety assessments, safety equipment, and emergency preparedness.
- Create meaningful, intergenerational volunteer opportunities.



Healthcare Providers

- Incorporate geriatric training for staff to improve the quality of care for older adults.
- Promote preventative care and wellness programs tailored to aging populations.
- Offer community workshops on health topics relevant to older adults.
- Provide clear, accessible materials in large fonts and offer assistance with forms or instructions.
- Educate patients and caregivers about health, wellness, and planning for life transitions, including caregiving and end-of-life care.
- Offer flexible scheduling and longer appointment times for complex health needs of older patients.
- Pursue designations such as Age-Friendly Public Health Systems (AFPHS/AFHS) and Age-Friendly Emergency Department (AFED).



Media

- Combat ageism through the positive depiction of aging/older adults in the media.
- Use age-friendly communication practices (e.g., larger fonts, accessible formats).
- Share information on universal design, aging in place, and accessible environments.
- Highlight success stories in innovative home arrangements, accommodations, & community programs.
- Promote businesses that value older workers/volunteers and foster multigenerational relationships.
- Share resources on senior-friendly design, fall prevention, emergency preparedness, and neighborhood-based support ideas.

Businesses

- Train staff to provide age-friendly customer service (e.g., patience, accessibility).
- Ensure physical spaces can accommodate mobility/sensory needs and are accessible with ramps, seating, parking, lighting, and clear signage.
- Offer accessible communication (e.g., large fonts, sound amplification).
- Provide age-tailored products, services, and affordability options (e.g., senior discounts).
- Partner with local organizations to host events for older adults.
- Develop products/services that support universal design & aging in place.
- Expand flexible, well-paying employment opportunities and offer job training that meets the changing needs of the workforce, including for older workers and caregivers.
- Encourage intergenerational collaboration through mentorship, knowledge transfer, and volunteerism.
- Pursue designations such as Certified Age-Friendly Employer Program (CAFE) and/or the AARP Employer Pledge Program.



Government Agencies

- Integrate age-friendly goals and practices into city planning and budgeting processes.
- Provide age-sensitivity training for government employees to better serve the aging population.
- Ensure older adult representation in advisory boards and decision-making.
- Conduct age-friendly audits of public spaces and facilities.
- Incentivize affordable, universally designed housing through codes and permits.
- Promote accessible and reliable public transportation options for all ages.
- Provide clear, easy-to-read materials in large fonts and accessible formats, and offer assistance with forms, instructions, of navigating resources, programs, and services.
- Support services that help residents age in place and create safer public spaces.
- Regularly assess the city's progress toward age-friendly goals and adjust strategies accordingly.



Promoting Age-Friendly Practices

Engaging Decision-Makers

When engaging with community leaders, elected officials, or other decision-makers, consider posing the following questions to guide age-friendly priorities:

- *How can we ensure that the design and delivery of city programs and services are equitable and inclusive across the lifespan?*
- *What strengths or assets does Long Beach have that can be built upon to support an age-friendly community?*
- *Does this policy or action benefit everyone equitably? Are there groups that will be left out or negatively affected? Who is not included in this work/what can be done to ensure inclusion?*
- *How is the city addressing affordability and access to essential services for aging populations?*

These questions aim to involve community leaders in critical thinking and dialogue, ensuring that age-friendly practices are deeply embedded into the planning and decision-making process.

Additional Questions by Domain:

Domain 1 Outdoor Spaces & Buildings

- *How can we create more inclusive and accessible spaces for people of all ages/abilities in Long Beach?*
- *How are public spaces being designed or updated to encourage use by all generations?*
- *What measures are in place to ensure safe pedestrian pathways, including adequate lighting and seating?*



Domain 2 Transportation

- *What strategies can we implement to ensure transportation options are affordable and accessible for older adults?*



Domain 3 Housing

- *How can we improve the availability of affordable and age-friendly housing options in Long Beach?*



Domain 4 Social Participation

- *What are some effective ways to promote intergenerational connections and mutual support among residents?*
- *What steps can we take to reduce social isolation among older adults in our community?*



Domain 5 Respect & Inclusion

- *How can we encourage businesses and employers to adopt age-friendly policies and practices in the workplace?*



Domain 6 Civic Participation & Employment

- *How can we ensure that older adults are included in decision-making processes about community planning and policy development?*
- *What opportunities exist to promote lifelong learning and skill-building for older residents?*



Domain 7 Health Services & Community Supports

- *How can we better support caregivers with necessary resources and services?*



Domain 8 Communication & Information

- *How can we creatively ensure people can access services, regardless of their location or other limitations?*



Domain 9 Safety at Home & in Society

- *How can we ensure that emergency preparedness plans address the specific needs of older adults and other vulnerable groups?*





**"GROWING OLD IS
MANDATORY;
GROWING UP IS
OPTIONAL."**

Chili Davis

Photo above: Long Beach residents soak up the sun and fun during Senior Beach Day.

Appendices

Detailed Information

The following pages include information about the impetus for the plan and the important people and organizations that contributed to the creation of the Age-Friendly Action Plan. The work is not done, it is only beginning, and these same dedicated professionals will be helping to reshape Long Beach as an age-friendly city in every aspect of daily life.

The glossary is an aid to anyone reading the plan who is unfamiliar with age-friendly terms, issues, and policies.

Finally, the Age-Friendly Action Plan matrix reflects the complete plan. It outlines in detail how the stakeholders involved in this process see what needs to be done and how the work will be progressing. This matrix includes each domain's goals, objectives, action plans, and timed progress indicators (short-, mid-, and long-term). While the Plan does not commit any agency to any specific project, action, or investment, this detailed workable plan is available online for any individual, agency, or business, to download and take part in the changes to be made to better the livability of this city and all who call it home.

Visit LongBeach.gov/HealthyAging to download a copy.

APPENDICES

- A. Acknowledgements (pg. 55)
- B. Contributors (pg. 57)
- C. Age-Friendly Community Partners (pg. 61)
- D. Glossary (pg. 65)
- E. Age-Friendly Action Plan Matrix (pg. 70)
Including detailed action items, and progress indicators.



General Acknowledgements

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Profound appreciation also goes to the Long Beach Age-Friendly Action Plan Steering Committee and the associated Age-Friendly Workgroups for their subject matter expertise and lived experience. Throughout the project, their insights, creativity, and collaborative spirit have profoundly enriched the Long Beach Age-Friendly Action Plan. Their collective expertise and dedication have been instrumental in crafting a plan that not only reflects our shared vision for Age-Friendly Long Beach but also sets a precedent for how communities can come together to ensure a brighter future for residents of all ages.

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SCAN Health Plan

Photo Credit:

Long Beach Department of Health & Human Services (DHHS)

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Meals on Wheels of Long Beach

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Appendix B

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The City of Long Beach (CLB) Department of Health and Human Services (DHHS) gives special thanks to the dedicated people who generously volunteered their time, expertise, insights, and wisdom to shape the goals, objectives, and action items of this long-awaited Age-Friendly Action Plan. Their commitment was evident through active participation in meetings, independent research, and steadfast advocacy for the rights and well-being of older adults in every aspect of life.

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Don Pierce (Home Instead)

Don Darnauer ("Downtown Don")

Ernie Villa (Older adult public transit user)

Francis Emily Dawson Harris (Disabled wheelchair transportation advocate/Citizens Advisory Commission on Disability)

Gayle Ehrenberg* (Alpert Jewish Community Center)

Jazmine Martinez (LB Transit)

Karen Reside (Long Beach Gray Panthers)

Louis Burns (Access Services)

Mary Marshall (Older adult rapid transit citizen advocate)

Paula Prager (Older adult rapid transit citizen advocate)

Pedro Carbajal-Madrid (SCAN IAH)

Stephanie Ramirez (AARP)

Vicky Conley (Older adult rapid transit citizen advocate)



Appendix C

Age-Friendly Community Partners

The following list, although not exhaustive, includes entities who were engaged in the development of the Long Beach Age-Friendly Action Plan (including through meetings, presentations, and/or attending one or more of the Workgroup/Steering Committee meetings) and/or were identified as partners/contributors in this work. The Plan does not commit any of these entities listed to any specific projects or investments.

Age-Friendly Initiative Community Partners	Outdoor Spaces & Buildings	Transportation	Housing	Social Participation	Respect & Inclusion	Civic Participation & Employment	Health Services & Community Supports	Communication & Information	Safety at Home & in Society
5 Wishes									
AARP									
ACCESS									
Adult Protective Services (APS)									
Affordable housing developers									
Alpert Jewish Community Center (JCC)									
Alzheimer's Association									
Alzheimer's L.A.									
Ancillary services that visit homes									
Archstone Foundation									
Assisted Living Facilities									
Assisted Living Waiver (ALW) Providers									
Area Agency on Aging (AAA)									
BASTA									
Bet Tzedek									
Brilliant Corners									
Business Districts									
Business Improvement Associations									
CA Association of Nursing Home Reform									
Cal State University Long Beach (CSULB)									
California Conservation Corps									
California Master Plan for Aging/Dept. of Aging									

Age-Friendly Initiative Community Partners

	Outdoor Spaces & Buildings	Transportation	Housing	Social Participation	Respect & Inclusion	Civic Participation & Employment	Health Services & Community Supports	Communication & Information	Safety at Home & in Society
Centro Cha									
Century Villages at Cabrillo									
Chamber of Commerce									
City Manager's ADA Coordinator									
City of Long Beach (CLB)									
CLB Business Development Center									
CLB Community Development									
CLB Dept. of Health and Human Services									
CLB Dept. of Parks, Recreation, & Marine									
CLB DHHS - All Children Thrive/ECE									
CLB DHHS - Healthy Active Long Beach									
CLB DHHS - Healthy Aging Center									
CLB DHHS - Homeless Services									
CLB DHHS - Housing Authority									
CLB DHHS - LB Resource Line									
CLB DHHS - Walk and Roll Long Beach									
CLB Economic Development Dept.									
CLB Fire Dept.									
CLB PD Senior Police Partners									
CLB Police Dept.									
CLB Public Libraries									
CLB Public Works									
CLB Senior Citizens Advisory Commission									
CLB T&I Dept. Office of Digital Equity & Inclusion									
CLB Utilities									
Community Action Partnership									
Community Advisory Committee on Disabilities									
Community/Neighborhood Watch groups									
Conservation Corps of Long Beach									
Council on Aging of Southern California									
County 5310 funds									
CSULB – Kinesiology/Physical Therapy Depts.									
CSULB - Life Fit, PT at the Beach									
CSULB Center for Community Engagement									
CSULB Center for Successful Aging									
CSULB Gerontology Department									
CSULB Osher Lifelong Learning Institute (OLLI)									
Dementia Friendly America									
Dementia Friends California									
Dial-a-Lift									
Disability Resource Center									
Elder Abuse Prevention Team (EAPT)									

Age-Friendly Initiative Community Partners

	Outdoor Spaces & Buildings	Transportation	Housing	Social Participation	Respect & Inclusion	Civic Participation & Employment	Health Services & Community Supports	Communication & Information	Safety at Home & in Society
Electric Scooters									
Enterprise Community Partners									
Fair Housing Foundation									
Faith-based organizations/ places of worship									
FAME Church									
Foster Care/Kinship Care									
Go Active Long Beach									
Gold Star Manor									
Goodwill									
Gray Panthers									
Group Homes for Disabled									
Health Insurance Counseling & Advocacy Program									
Health Insurance Providers									
Heart of Ida									
Home Instead									
Hospital advocates/social workers									
HUD Buildings									
Human Services Association (HSA)									
I Did Something Good Today Foundation (IDSGT)									
In Home Supportive Services (IHSS)									
Jewish Family & Children Services (JFCS)									
L.A. "Stop Scams" meetings									
L.A. County Aging & Disability Department									
L.A. County Prosecutor's Office									
L.A. Metro - "On the Move" riders' program									
LA Care & BSP Community Resource Center									
LA County Housing Authority									
LA Homeless Services Authority (LAHSA)									
LB Forward									
LB Fresh									
LBCC Senior Studies Program									
Legal Aid Foundation of Long Beach									
Long Beach Residents Empowered (LiBRE)									
Livability Committee									
Local news media (print and broadcast)									
Long Beach Aging Services Collaborative (LBASC)									
Long Beach Alliance for Food and Fitness									
Long Beach City College (LBCC)									
Long Beach City Council									
Long Beach Memorial									
Long Beach Transit									
Long Beach Trauma Recovery Center									

Age-Friendly Initiative Community Partners

	Outdoor Spaces & Buildings	Transportation	Housing	Social Participation	Respect & Inclusion	Civic Participation & Employment	Health Services & Community Supports	Communication & Information	Safety at Home & in Society
Long Beach Unified School District (LBUSD)									
Meals on Wheels									
Memorial Care									
Molina Healthcare									
Neighborhood Associations									
Neighborhood Watch programs									
New Hope									
Nextdoor.com									
Nursing Homes									
Ombudsman									
Pacific Gateway									
Pathways									
Pedal Movement (nonprofit)									
Pedestrian Safety									
Pools of Hope									
Port of LB									
Retired Senior Volunteer Program (RSVP)									
Safe Long Beach									
Salvation Army									
SCAN Independence at Home									
Senior housing facilities									
SoCal Edison									
Southern CA Association of Governments									
St. Mary Medical Center/Dignity Health									
TAP									
The Children's Clinic (TCC)									
The LGBTQ Center									
The Nonprofit Partnership									
Time Exchange (Long Beach Forward)									
Trade Schools									
U.S. Postal Service									
Uber and Lyft									
Unite Us									
United Cambodian Community									
United Way of Greater Los Angeles									
USC Family Caregiver Support Center									
Volunteer Driver programs									
Walk Bike Long Beach									
Walk Long Beach									
Walking Older Adults									
WeLoveLB Neighborhood Block Connectors									
Wider Circle									
Yelp									
YMCA									

Appendix D

Glossary

AGE-FRIENDLY ACTION PLAN GLOSSARY OF TERMS

AAA – Area Agencies on Aging. AAAs coordinate and offer services (through locally contracted agencies) that help older adults remain in their homes, if that is their preference, aided by services such as home-delivered meals, homemaker assistance, and whatever else it may take to make independent living a viable option. By making a range of supports available, AAAs make it possible for older individuals to choose the services and living arrangements that suit them best. AAA services for Long Beach are administered by the Los Angeles County Aging & Disabilities Department.

AARP – Originally the American Association of Retired Persons, now more commonly known as AARP, is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

Accessibility – Easily usable by people with all abilities. In terms of the Age-Friendly Action Plan, accessibility means access to all including older adults who may have sensory attributes that are part of the aging process. Accessibility is encouraged for all agencies and organizations serving older adults as well as the built environment open to the public.

Accessory Dwelling Unit (ADU) – This is a housing unit additional to the primary single-family dwelling on a property. It can be a renovated garage or newly constructed property. Also known as “mother-in-law quarters,” and “granny flats.”

Affordable Housing – Affordable housing is defined by the US Department of Housing and Urban Development as a property that requires 30% or less of a household’s total income.

Age-Friendly City or Community – An initiative from the World Health Organization (WHO -Age-friendly Cities) and AARP (AARP Network of Age-Friendly States and Communities) to make cities livable for people of all ages.

Ageism – The most common form of prejudice, it describes discrimination based on age alone due to negative stereotypes.

Aging/Age in Place – Describes remaining in your home with family, friends, neighbors, and supportive services, rather than moving to a residence solely designed for older adults with or without disabilities.

AMAC – The Association of Mature American Citizens. A senior resources network with a conservative advocacy platform.

Ambassador – No longer active, the Long Beach Transit’s (LBT) Connected Seniors Club provided Long Beach seniors the knowledge and tools to ride the bus with confidence. LBT is committed to working with older adults through similar programming with partner agencies.

Appendix E - Glossary, cont'd.

Business Improvement Districts (BID) – Designated commerce areas/corridors in the City of Long Beach that act independently, using funds that are assessed from those area businesses to revitalize and sustain the economic development of the area for the business owners and local residents.

California Department of Aging (CDA) – The California state government's department that administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the state. These services are provided locally by contracted agencies via County Area Agencies on Aging (AAA). There are 33 AAAs throughout the state.

Circuit Routes – Transportation routes that cover a portion of the city or neighborhood and offer stops at essential businesses, destination community centers, and professional services (doctors, dentists, etc.).

City vs. city – Throughout this Plan, the “City of Long Beach” refers to the municipal government administration, whereas the “city” or “Long Beach” refers to the place and residents living within the city limits.

Community Partners – Various agencies (nonprofits, educational institutions, local and county government, medical providers, etc.) that come together to work collaboratively on local activities that align with their agency's mission and goals. These relationships may be formal (i.e., the partners may have executed Memorandums of Understanding) or informal (for example, partners may attend workgroup meetings).

Co-Housing – The concept of people living together as roommates to share costs and gain companionship.

Collective Impact – When many entities participate cooperatively in working toward a common goal; the net result is greater than if a single person or entity worked alone. This Age-Friendly Action Plan is designed to be implemented with a collective impact philosophy.

Covenants (in terms of senior housing) – Agreements between the land owner and the city or county that obligate the land owner to deem a number of units affordable housing, usually for 55 years.

Data Dashboard – A data dashboard is a website or app that visually displays data regarding a set of metrics all in one place and is often interactive.

Dial-a-Lift – According to Long Beach Transit (LBT), “Dial-A-Lift (DAL) is a curb-to-curb, shared-ride paratransit service exclusively for individuals with qualifying disabilities who are unable to use LBT's fixed-route bus system.” The vehicles are ADA compliant.

Elder Abuse – Elder abuse (also called elder mistreatment, senior abuse, abuse in later life, abuse of older adults, abuse of older women, and abuse of older men) is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Equity Lens – Applying an equity lens allows us to make sure we are inclusive of everyone, regardless of age, ethnicity, race, economic status, gender, sexual orientation, or other defining characteristics.

Appendix E - Glossary, cont'd.

Fair Market Housing – Priced as the market will bear, based on supply and demand, without subsidies or other discounts.

Fiduciary – As a noun, it refers to a person who is in charge of the money for another person and makes decisions in the other person's best interest. As an adjective, it may refer to these duties, as in "her fiduciary responsibility is to make sure all the bills are paid for her client."

First mile - last mile – The distance of a trip to get to or from a transit provider (ex. The distance from an older adult's home to a bus stop).

Go Long Beach App – A mechanism to report online or through a smartphone a variety of nuisances in the city: graffiti, potholes, fireworks, and other items. The app is fully available in Spanish, Khmer and Tagalog.

Healthy Aging Center (HAC) – The primary author and steward of this plan, is a program within the Long Beach Department of Health and Human Services (LBDHHS) that plays a vital role in supporting the city's aging population.



The HAC's key functions include:

- **Age-Friendly Collaboration:** Partnering with City departments and community organizations to promote the integration of Age-Friendly Practices. The HAC ensures that the needs of older adults are considered in the design and delivery of services, fostering inclusivity and accessibility for an aging population.
- **Service Coordination & Gap Identification:** Acting as a central hub for coordinating older adult services provided by the City and external agencies. The HAC identifies gaps in services, explores opportunities to improve access, and strengthens connections to health and social resources. These efforts aim to enhance health outcomes and empower older adults to live healthier, more fulfilling lives.
- **Case Management:** Offering specialized support for adults aged 55 and older through the Senior Links program, which pairs public health nurses and social workers with individuals needing personalized assistance. Through professional interventions, referrals, and short-term case management, the HAC helps older adults maintain their independence and age in place within their community, ensuring they have the resources needed to live a high-quality life.

HHS / Health and Human Services (or DHHS) – The Long Beach Department of Health and Human Services oversees and develops programs that help create a safe and healthy community for all to live, work, and play. Long Beach is one of only three city-run health departments in California, allowing for better engagement with its people, neighborhoods, businesses and community partners, and a greater understanding of the city's strengths and needs.

Information Hubs / Hubs – Central places for resources and services to be provided to older adults. The intent is for existing organizations to act as information centers, helping older adults and caregivers navigate to the services they need.

Long Beach Transit (LBT) – Long Beach's rapid transit service. They manage and operate the buses, dial-a-lift paratransit vehicles, water taxis, and several commuter express routes.

Appendix E - Glossary, cont'd.

Long Beach Aging Services Collaborative (LBASC) – This collaborative was formed from the age-friendly community workgroups in 2018. It was the first success from this work. The workgroups recognized there needed to be a regular meeting of all entities who worked for and with older adults. The collaborative helps create a network of services and strengthens the supports provided locally to older adults and their caregivers.

Micro-mobility – First mile and last mile of a trip that may involve traveling to a transit provider. This intermediary length of travel (usually less than a mile) is often a barrier to older adults traveling to services they need, and enjoyable places they want to go.

Mobility – Refers to an individual's ability to move with or without assistance. It also refers to their ability to travel short or long distances.

Multi-Service Center (MSC) – Located at 1301 W. 12th Street, Long Beach, CA 90813, the Multi-Service Center is a resource center operated by LBDHHS for people experiencing homelessness offering a variety of services to assist individuals in regaining housing and other supports.

Multimodal System – Transportation that involves more than one system or mode of transportation. Without access to curb-to-curb transportation, older adults may take a combination of different transit choices.

Navigators / Resource Navigators / Benefits Navigators – Individuals in a casual or formal role who will help older adults find resources they need, weigh their options, and enroll or partake in the services and opportunities that satisfies their needs and/or wants.

Office on Aging – County offices or AAAs that oversee state and federal funding for programs serving older adults, people with disabilities, and their caregivers.

Older Americans Month (OAM) – From the website of the Administration for Community Living, “When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Celebrated in May, OAM is a time to recognize the contributions of older Americans, highlight aging trends, and strengthen commitments to serving them.

Parks, Recreation, and Marine (PRM) – This department of the City of Long Beach serves the community with recreation programs and services that are offered at 166 parks with 26 community centers. PRM oversees the City's seven Senior Center sites, administers multiple classes for older adults throughout the year, and convenes the Long Beach Advisory Commission on Aging (formerly the Senior Citizen Advisory Commission).

Ride-Share – The practice of sharing transportation in a privately-owned vehicle for free or a fee. This is accomplished with ride-share companies like Uber or Lyft or carpooling with friends and neighbors.

Same Day Dial-up – Transportation that is requested by phone for the same day you want to travel.

Second Act – A term associated with starting a new career after retirement.

Appendix E - Glossary, cont'd.

Senior Citizens Day – This is a national observance celebrated on the third Sunday of August each year. It is not a national holiday.

Senior Police Partners (SPP) – Coordinated through the Long Beach Police Department, a group of older adult volunteers who work with the Long Beach Police officers to supply civilian support and resource referrals for vulnerable older adults in the community.

Sensory Attributes – As we age, our senses may decline making it harder to see, hear, feel, taste, smell, and maintain balance.

Subsidized Housing – Housing that is offset by government funding to low-income families, individuals, older adults, and people with disabilities who cannot afford housing costs otherwise. The US Department of Housing and Urban Development defines low-income and very low income as making 80% and 50% of the county's or metropolitan area's median income.

TAP Card – A reloadable debit card (reload with money or passes) for use on buses and trains, precluding the need to carry cash or other payment cards for transportation use.

TIMS (Transportation Injury Mapping system) – Developed out of UC Berkeley's Safe Transportation Research and Education Center to monitor all crash data throughout the state of California.

Unite Us – An Internet-based platform aimed at streamlining health services and community services through one network, thereby speeding up referrals and delivery of services to any member of the community. The City of Long Beach utilizes this platform through programs such as the Long Beach Resource Line and encourages the use of this system by local nonprofits and other service agencies.

Walk & Roll Long Beach – A program housed within the City of Long Beach's Department of Health and Human Services to promote safe streets for pedestrians, cyclists, and users of other mobility devices and to avoid preventable collisions and injuries. They provide classes and free resources to help avoid injuries.



Appendix E

Long Beach Age-Friendly Action Plan

BUILT ENVIRONMENT	SOCIAL ENVIRONMENT	SERVICE ENVIRONMENT
<i>Domain 1: OUTDOOR SPACES & BUILDINGS</i> <i>Domain 2: TRANSPORTATION</i> <i>Domain 3: HOUSING</i>	<i>Domain 4: SOCIAL PARTICIPATION</i> <i>Domain 5: RESPECT & INCLUSION</i> <i>Domain 6: CIVIC PARTICIPATION & EMPLOYMENT</i>	<i>Domain 7: HEALTH SERVICES & COMMUNITY SUPPORTS</i> <i>Domain 8: COMMUNICATION & INFORMATION</i> <i>Domain 9: SAFETY</i>

BUILT ENVIRONMENT

Domain 1: Outdoor Spaces and Buildings

GOAL 1.1: Improve pedestrian safety in and around buildings, in public spaces and on streets and roads to enhance mobility and reduce accidents among older adults. Ensure key areas of pedestrian safety concerns among older adults are brought to the attention of the appropriate City Departments and community groups to bring changes, improvements, and education around enhancing safety features in outdoor spaces such as good lighting, benches, and clear pathways.

OBJECTIVES:

- Establish a baseline of pedestrian safety incidents affecting older adults and set realistic improvement metrics.
- Collaborate with city departments and nonprofits to address high-risk intersections and develop an education program on outdoor safety.
- Monitor and maintain improved areas, using data to refine safety measures and educational programs.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Educate the public about making requests to the City for changes to the built environment in neighborhoods to reduce falls and injuries and provide more options for older adults' mobility.	<ul style="list-style-type: none"> • Promote the use of the GO Long Beach App and online version to report problems. • Search for a low-tech mechanism to report (phone call) and share that with older adults. 	<ul style="list-style-type: none"> • City is receiving more requests regarding safety issues affecting older adults in the built environment. • The public is aware of age-friendly building accommodations and how to request them if they don't exist 	<ul style="list-style-type: none"> • City is proactive in design elements for older adults and the only requests are for regular or proactive maintenance issues.
b. Prioritize and address the top 5-10 concerns identified by older adults related to walkability and mobility.	<ul style="list-style-type: none"> • Find existing data source(s) or conduct survey of older adults to establish a baseline of current age-friendliness of public spaces. • Share findings with all agencies that work with older adults. 	<ul style="list-style-type: none"> • The top 5-10 issues determine priorities for Public Works and Walk & Roll program. • Improvement agenda is shared with the public via a press release. 	<ul style="list-style-type: none"> • Built environment is safer for adults. • There are fewer trips and falls due to poor walkability.

	<ul style="list-style-type: none"> • Update information and share data regarding pedestrian safety. • Existing materials/data are evaluated and modified if necessary to clearly communicate pedestrian safety status in Long Beach. 	<ul style="list-style-type: none"> • All City departments and appropriate nonprofits or private entities take measures to address existing problems that impede pedestrian safety. 	
c. Improve intersections that provide junctions for a multimodal system, i.e. bike route access around bus stop platforms separating bike lanes/bus/traffic access and may require additional lighting.	<ul style="list-style-type: none"> • Communicate issues to appropriate City Departments and Long Beach Transit. 	<ul style="list-style-type: none"> • City Departments are mindful of the implications for traffic/right-of-way accessibility. 	<ul style="list-style-type: none"> • All built structures around all modes of transportation and right-of-way work congruently toward safety for all through the promotion of Complete Streets/Safe Streets LB.
d. Create/adopt ways for safe street crossing.	<ul style="list-style-type: none"> • Address requests for crosswalks through the Go Long Beach App. • Use information found through TIMS to identify trends (geographically, time of day, seasons, etc.) of accidents involving pedestrians crossing the street. 	<ul style="list-style-type: none"> • Public Works responds to community needs. 	<ul style="list-style-type: none"> • Pedestrians are safe in Long Beach.
e. Strategically place benches and shelters along common walking routes for older adults.	<ul style="list-style-type: none"> • Map common walking routes for older adults, paying attention to the number of rest stops on common routes. • Follow current procedures for obtaining benches in the City and encourage older adults to advocate for improved walkability. 	<ul style="list-style-type: none"> • More rest areas have been installed in commonly walked routes for older adults. • Work with Parks, Recreation, and Marine (PRM) to designate older adult friendly walking paths that have benches and shade trees. 	<ul style="list-style-type: none"> • More older adults walk as a form of transportation and exercise with adequate places to rest if needed.

GOAL 1.2: Create an age-friendly standard for public and private built environments that ensures safety, usability, and accessibility for all ages and abilities.

OBJECTIVES:

- Explore establishing age-friendly building recommendations (minimums) for all public venues used for special events, tourist attractions, etc., including providing adequate space for parking and restrooms for older adults and caregivers, and provide safe elevators, escalators, ramps, doorways, and even pavement for ingress and egress, with adequate seating, shade, lighting, and other elements as needed to let older adults feel safe and comfortable.
- Explore the development of a set of age-friendly recommendations for wayfinding at public venues, events, activity centers, and buildings in the city, including readable fonts, signage color choices, use of non-glare glass on signage, proper instructions, and lighting.
- Acknowledge and celebrate those who have adopted such policies by compiling and sharing a list of age-friendly common areas, destinations, shops and businesses to older adults throughout the city.
- Older adults can move about their daily lives with less hindrance based on their age and abilities. Integrate these standards into building codes and public policy.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Research and benchmark existing standards for age-friendly design.	<ul style="list-style-type: none"> Collect recommendations from older adults, building managers, and City departments and compare them to the standards to find areas where the minimum standards are not adequate. 	<ul style="list-style-type: none"> Empower appropriate agencies to pursue and adopt policies and, if necessary, a local standard. 	<ul style="list-style-type: none"> Long Beach's built public structures are consistently age-friendly.
b. Encourage developers, architects, landscapers, real estate professionals, and city building/permitting departments to integrate age-friendly design standards into new and existing infrastructure.	<ul style="list-style-type: none"> Develop relationships with the design and building community to create awareness and appreciation for meeting or exceeding the standards of livability for older adults and people with disabilities. 	<ul style="list-style-type: none"> Age-friendly recommendations are being made for new designs. 	<ul style="list-style-type: none"> Age-friendly standards are being incorporated into remodels and new construction.
c. Ensure ADA compliance and reasonable accommodations are observed in all public buildings and spaces.	<ul style="list-style-type: none"> Create a mechanism to refer to the appropriate city department to enforce ADA rules. Examine the feasibility to report ADA offenses via Go Long Beach app. 	<ul style="list-style-type: none"> Long Beach residents are accustomed to reporting when a building is not ADA compliant. The system of reporting and addressing the complaints is established. Buildings' ADA accessibility is convenient for the most common use of the building. Improve accessibility in parks, libraries, recreation centers, and public restrooms. 	<ul style="list-style-type: none"> Buildings, public spaces, and other places that older adults frequent are easy to navigate for people with all abilities.
d. Design for intergenerational public/recreational spaces with inclusive features (parks, beaches, pocket parks, gardens, gathering spots, trails) so older adults are welcome in spaces for all ages.	<ul style="list-style-type: none"> Find out from PRM if there are play areas for adults currently. Collaborate with PRM to identify parks and other outdoor spaces that need accessibility improvements; explore funding for improvements. Assess the interest in low-impact, older adult friendly "play" activities/structures or areas for intergenerational play. Designate age-friendly parks with accessible trails, seating, equipment, and shade. 	<ul style="list-style-type: none"> Promote what exists, and/or pursue the building/funding of such areas if there's adequate interest. Encourage the use of colorful and playful designs in public spaces to engage people of all ages, including older adults. 	<ul style="list-style-type: none"> Older adults enjoy play areas in Long Beach for enhanced physical activity.

e. Add a community voice in design for accessibility, mobility, and sensory attributes of public spaces and buildings.	• City departments are educated about older adult accessibility, mobility, and sensory challenges.	• City departments seek older adult community voices in design decisions.	• City built environment is 100% ADA compliant and exceeds building standards.
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GOAL 1.3: Encourage businesses, property owners and/or landlords to adopt age-friendly design elements proactively.

OBJECTIVES:

- Assign a task force, or charge the City's Advisory Commission on Aging, with the duty of creating or promoting existing curriculum that helps businesses incorporate age-friendly practices in their built designs and daily practices.
- Launch a public awareness campaign about the value of age-friendly businesses.
- Showcase exemplary businesses as models for age-friendly design through demonstrations, tours, and trainings.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Development of an Age-Friendly Certification Program that will earn participants an Age-Friendly Business Designation.	• Research criteria from other cities that have age-friendly and dementia-friendly designations, and standard certifications like Green Building to create a local designation.	<ul style="list-style-type: none"> • Community partners develop and champion the designation. • Once developed, community partners promote and recruit businesses to apply/earn the designation via partnerships with local chambers of commerce. 	<ul style="list-style-type: none"> • A directory of age-friendly businesses is created and distributed through all channels (print and digital) to older adults and their caregivers. • Participating businesses create a referral network of all designees.

Domain 2: Transportation

GOAL 2.1: Enhance public transportation programs (routes, schedules, and accessibility) while increasing awareness of available options for older adults and people with disabilities.

OBJECTIVES:

- Conduct a comprehensive inventory of all transportation options available to older adults and people with disabilities, including details on pricing, eligibility criteria, service areas, and limitations. Use community partnerships and outreach initiatives to promote these transportation options to older adults and their caregivers through public-facing events and communication channels.
- Collaborate with transportation providers and pursue services that are affordable, accessible, and user-friendly for older adults and individuals with disabilities. Emphasize practical solutions, such as expanded routes, flexible scheduling, and enhanced accessibility features.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Simplify access to TAP cards for older adults.	• Remove barriers and/or simplify processes for older adults to purchase TAP cards.	• TAP cards are available conveniently and can be obtained easily.	
b. Develop a volunteer corps (peer or community education programs) to teach people how to use public transit.	• Support Long Beach Transit's efforts to educate older adults.	<ul style="list-style-type: none"> • Education materials are readily available and promoted through agencies that serve older adults. • More older adults use buses and are comfortable and confident when they do. 	• Older adults in Long Beach report less barriers as they use public and rapid transit as a viable transportation option.

c. Enact simple financial assistance programs for transit services.	<ul style="list-style-type: none"> • Explore affordable fees for single rides and passes for older adults. • Support, promote, and refer to agencies that offer free bus passes to their older adult clients. 	<ul style="list-style-type: none"> • Recommend subsidized/reduced bus fares if necessary. • Alternately, seek sponsorship of free older adult bus passes. 	<ul style="list-style-type: none"> • Public and rapid transit are affordable for older adults.
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GOAL 2.2: Improve the safety, availability and accessibility of reliable and affordable transportation services for older adults.

OBJECTIVES:

- Conduct an inventory of existing transportation alternatives available to older adults, including details on cost, eligibility, service limitations, and geographic coverage. Promote these options through partnerships with community organizations and targeted outreach efforts at events and platforms frequented by older adults and their caregivers.
- Through community partnerships, optimize the use of existing transportation resources for older adults by identifying innovative ways to expand their application.
- Collaborate with transportation providers and stakeholders to develop and promote a multi-modal transportation network tailored to the needs of older adults. This network should integrate various modes of transportation, such as shuttles, ride-sharing services, and accessible public transit, to provide safe, reliable, and convenient alternatives to private car travel.
- Pursue funding opportunities through state and national grants to subsidize transportation costs for older adults, prioritizing affordability and equitable access to services.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Find opportunities for neighborhood shuttles and first mile/last mile solutions to help with micro-mobility.	<ul style="list-style-type: none"> • Invite Long Beach Transit and Business Improvement Districts to report on the feasibility or status of shuttle services/expansion of the Passport offered Downtown. • Search additional sources of short-distance transportation of any kind. 	<ul style="list-style-type: none"> • First and last mile transit options are available. • Older adults are aware of transit options and use them. 	<ul style="list-style-type: none"> • Transportation is not a barrier for older adults to move around the city. • Lack of transportation is not a cause of isolation nor poor health outcomes.
b. Improve existing services that offer same-day dial-up service.	<ul style="list-style-type: none"> • Create a resource comparing City/County same-day transit services and private cabs and rideshare options. 	<ul style="list-style-type: none"> • Pursue findings of the assessment to address barriers and fill gaps. 	<ul style="list-style-type: none"> • Same-day dial-up transportation is a realistic and reliable option for older adults. • Older adults are confident and competent to use all modes of transit.
c. Promote use of transportation modes in addition to public transit (Ride-share, tricycles and bicycles – bike-sharing, triangle and regular scooters, boating, walking, micro transit, Segway, etc.).	<ul style="list-style-type: none"> • Collaborate with Walk & Roll for promotion efforts. 	<ul style="list-style-type: none"> • Older adults are aware of their transportation options and use them. 	<ul style="list-style-type: none"> • Older adults travel throughout the city efficiently and safely. • Older adults are confident and competent to use all modes of transit.

d. Research feasibility of the City to offer transportation services or vouchers for low-income or mobility limited residents or to partially subsidize, completely underwrite, or freeze current rates on LB Transit and Dial-a-Lift services.	<ul style="list-style-type: none"> Request that Long Beach Transit/City of Long Beach conduct feasibility study on the issue. 	<ul style="list-style-type: none"> Put findings of study to use to request City budget allocation or for private underwriting 	<ul style="list-style-type: none"> Transportation is affordable for older adults in all communities of Long Beach.
e. Explore leveraging senior living housing/senior retirement shuttles (or other community shuttles) to expand transportation services beyond their current population.	<ul style="list-style-type: none"> Inventory number of facilities that have shuttles. Invite owners/operators to participate in a pilot with at least one shuttle. Launch pilot program. 	<ul style="list-style-type: none"> Assess pilot program and if worthy of expansion, devise best practices and a plan to implement. Invite other shuttles to participate. 	<ul style="list-style-type: none"> Private shuttles provide older adults transportation in a program that can easily be replicated.
f. Explore the feasibility of circuit routes for in-Long Beach services through public works or development services.	<ul style="list-style-type: none"> Research number of existing circuit routes and where they serve. Address the barriers to overcome in order to provide equitable coverage of circuit routes to essential services throughout all of Long Beach. Look at models in other cities for funding ideas. 	<ul style="list-style-type: none"> Pursue more shuttle routes that match the largest need(s). 	<ul style="list-style-type: none"> Circuit route shuttles provide older adults transportation.

GOAL 2.3: Implement transportation education and practices that prioritize safety and accessibility, addressing the unique needs of older adults.

OBJECTIVES:

- Conduct a comprehensive assessment of how older adults currently use transportation in the city, including their awareness of transit options and the barriers that impact their ability to travel safely and efficiently. Collaborate with community partners to identify and address gaps in the existing transit systems, prioritizing solutions that enhance safety, reliability, and ease of use for older adults.
- Develop and launch a targeted education campaign for older adults that:
 - Provides resources and training for older drivers to help them maintain their driving skills and stay safe on the road.
 - Offers guidance on using multimodal transportation systems, including how to transition seamlessly between different modes (e.g., taxi, bus, and shuttle services).

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Review age-friendliness of current transportation modalities to identify any needed improvements/adaptations.	<ul style="list-style-type: none"> Find data or conduct survey/focus groups of older adults about the transportation they use. 	<ul style="list-style-type: none"> Collaborate with existing transportation providers and partners to create, improve, and/or expand necessary services. 	<ul style="list-style-type: none"> Local transportation options and capacity meet the needs of older adults in all communities of Long Beach.

b. Improve community and bus stop safety.	<ul style="list-style-type: none"> • Ensure that current safety measures by Long Beach Transit and the City/LBPD are adequate to keep bus stops and shelters safe and clean. • Enlist the help of Long Beach Police Partners or other older adults to ride buses and make recommendations if they report improvement is needed. 	<ul style="list-style-type: none"> • Collaborative efforts create a workable plan toward maintaining safety at bus stops/shelters. • Incorporate more seating and shelters at bus stops. 	<ul style="list-style-type: none"> • All bus riders are safe at bus stops/shelters in all communities of Long Beach.
c. Organize a transit event to demonstrate how older adults can utilize different transportation modalities.	<ul style="list-style-type: none"> • Collaborate with Walk & Roll Long Beach at their community events. 	<ul style="list-style-type: none"> • Older adults are aware of transportation options. • Older adults are aware of their surroundings, so they remain safe and make wise choices while using transit. 	<ul style="list-style-type: none"> • Older adults are safe while using transportation options of their choice.
d. Launch a citywide accessibility education campaign to include educating drivers about pedestrian safety.	<ul style="list-style-type: none"> • Promote Walk & Roll motorist education program. • All agencies who serve older adults promote taking the Walk & Roll classes. • Disseminate a list of driving schools that serve older adults and their pedestrian safety curriculum. Encourage them to mirror Walk & Roll's motorist education materials. 	<ul style="list-style-type: none"> • Motorists are more aware of pedestrians using alternative forms of transportation. 	<ul style="list-style-type: none"> • Pedestrians are safe in Long Beach.

Domain 3: Housing

GOAL 3.1: Expand affordable housing options for older adults and individuals with disabilities to address the current and future housing needs of a growing aging population.

OBJECTIVES:

- Conduct a comprehensive inventory of all existing affordable housing units designated for older adults, including their covenant expiration dates, to establish a clear understanding of the current housing landscape.
- Enhance or develop accessible systems or tools to inform older adults, caregivers, and stakeholders about available affordable housing options.
- Implement targeted outreach programs and support services to ensure older adults are aware of and can easily access housing opportunities that align with their financial, physical, and social needs.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Explore extending existing housing covenants to ensure	<ul style="list-style-type: none"> • Educate general public about covenants and how they may be impacted by them. 	<ul style="list-style-type: none"> • Share information through a dashboard regarding how long a building's covenant will be to 	<ul style="list-style-type: none"> • A system is in place to proactively find housing and/or rental assistance for older

long-term housing needs of older adults.		provide early notification/early warning, i.e., covenant expires/year.	adults prior to a covenant expiring and the rent increasing beyond their means.
b. Encourage co-housing opportunities among older adults.	<ul style="list-style-type: none"> Identify resources that support aging in place. 	<ul style="list-style-type: none"> Support education events that suggest how to co-house successfully; draw attention to older adults who have been successful with this model. 	<ul style="list-style-type: none"> Older adults in Long Beach recognize co-housing as a viable way to age in place.
<p>c. Preserve existing long-term affordable older adult housing and develop permanent affordable housing opportunities to meet the needs of the community with an acceptable standard of living.</p> <p><i>Consider the following strategies to accomplish this:</i></p> <ul style="list-style-type: none"> <i>Relax zoning regulations to create more flexible housing zones,</i> <i>Engage developers to proactively meet housing needs including the development of inclusionary units,</i> <i>Explore universal housing vouchers,</i> <i>Promote accessory dwelling units (ADUs) for multigenerational living.</i> 	<ul style="list-style-type: none"> Study housing models that are successful in other communities and explore barriers to affordable housing developments for older adults in Long Beach zoning regulations. 	<ul style="list-style-type: none"> Celebrate the successes of creative older adult housing options (e.g. City's success streamlining ADU development in neighborhoods). Create incentives for developers for alternative housing models (Land Trusts, ADUs, tiny homes, etc.) 	<ul style="list-style-type: none"> Housing supplies are available for an aging population regardless of income.
d. Coordinate a conference for landlords/owners to convene with current and potential renters on an annual or semi-annual basis.	<ul style="list-style-type: none"> Poll housing government and nonprofit organizations to learn what kinds of communications and opportunities exist catering to landlords and renters. 	<ul style="list-style-type: none"> As needed, help improve, develop, and support opportunities like these. 	<ul style="list-style-type: none"> There is open and constructive communication between landlords and tenants.

GOAL 3.2: Identify and promote education opportunities and resources to inform and assist older adults in exploring their housing options, including aging in place, with all information centralized and easily accessible.

OBJECTIVES:

- Share the findings from the inventory of affordable housing units for older adults with all older adult resources and housing assistance organizations. Leverage the networks of City of Long Beach departments, the Long Beach Aging Services Collaborative, and other key stakeholders to disseminate this information widely.
- Preserve and monitor the housing supply for older adults by:
 - Tracking occupancy rates of affordable housing units designated for older adults.
 - Monitoring the presence of older adults in homelessness counts.
 - Gathering secondary data from city departments and nonprofit organizations to assess housing trends and challenges.
- Develop and implement outreach initiatives to ensure older adults and their caregivers are well-informed about affordable and alternative housing options and can access these resources equitably across all Long Beach communities.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Identify and share details about information hubs throughout the city providing answers and guidance; building on assets in Long Beach and other available resources that can be accessed easily. Hubs exist and are available for both in-person and digital use as a website/dashboard.	<ul style="list-style-type: none"> • Inventory includes information such as lists of FAQs for a variety of issues, acceptable standards of living, tenant and landlord responsibilities, events catering to older adult housing, how-to videos, available subsidies, type of unit/type of subsidy, and a place to voice opinions and issues. 	<ul style="list-style-type: none"> • Identify gaps in information and how the information is shared with the public and develop ways to improve access. 	<ul style="list-style-type: none"> • Information hubs support older adults accessing resources effectively.
b. Develop a workgroup with housing subject matter experts, resident leadership, and other vested individuals or organizations to monitor the supply and stock of affordable housing units for older adults.	<ul style="list-style-type: none"> • Explore a model for such a workgroup and see if any existing nonprofits, collaboratives, or government agencies have, or are interested in, holding space for a workgroup with this mission. 	<ul style="list-style-type: none"> • Support the workgroup's progress and share the information with the population at large (e.g., annual status report). 	
c. Create one system for housing apps/supports that directly refers applicant to qualifying sites/developments and open wait list for affordable housing.	<ul style="list-style-type: none"> • Investigate Santa Monica's process as an example of a five-minute application and measure the feasibility of moving forward with this tactic. 	<ul style="list-style-type: none"> • Move forward if determined a viable solution. 	
d. Launch a public education campaign preparing older adults to successfully plan to age in place.	<ul style="list-style-type: none"> • Research and inventory all support and programs that support aging in place. • Share inventory with aging services providers to share with their clients. 	<ul style="list-style-type: none"> • More people enroll in services and programs that support aging in place. • Older adults avoid entering nursing homes prematurely. 	<ul style="list-style-type: none"> • Older adults are happier and live longer as they are able to age in their own homes.

	<ul style="list-style-type: none"> • Make sure all of these supports are listed on Unite Us, or other centralized resource database. 		
e. Offer workshops on home safety and modification resources.	<ul style="list-style-type: none"> • Tap into resources of existing housing-focused nonprofits to promote their existing educational sessions or empower them to create workshops that will address home safety. • Address any barriers to accessing existing workshops. 	<ul style="list-style-type: none"> • Promote attendance at workshops and offer home safety modification experts guest speaking spots where older adults already gather (Senior Centers, Community Centers, Homeowners Associations, etc.). 	<ul style="list-style-type: none"> • Older adults know where to turn for home modification information.
f. Supply a means for older adults to acquire in-home energy savings and modifications to create energy-efficient homes.	<ul style="list-style-type: none"> • Seek affordable solutions and/or sponsors to retrofit or install energy efficient appliances in older adults' housing. • Establish a minimum energy efficiency of older adults' living areas, or alternatively, set a financial cap on energy consumption charged to elderly energy consumers. 	<ul style="list-style-type: none"> • Support the use of clean energy in new and retrofitted or converted properties. • Support the development of new energy efficient solutions. 	<ul style="list-style-type: none"> • Older adult housing meets the State and City's criteria for their Climate Action Plan.

GOAL 3.3: Develop and integrate supportive services to establish localized, equitable housing stability systems that comprehensively support older adults' wellbeing.

OBJECTIVES:

- Conduct a service mapping exercise to identify wellness-related services available near all older adult affordable housing buildings in the city, including mobile services that visit these locations.
- Assess service gaps in each community and add or expand needed services and supports, prioritizing underserved neighborhoods.
- Ensure older adults have access to neighborhoods or areas equipped with the services they need for housing stability and overall well-being, including healthcare, nutrition, transportation, and social connections.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Ensure needed support and services can be accessed at or near where older adults live, including basic needs like maintenance support, stabilization services, roommate matching, intergenerational housing/shared living, applications, eviction prevention, fair housing, right to counsel, and transportation.	<ul style="list-style-type: none"> • Investigate other cities' models, for instance, Berkeley Home Match Program, and Affordable Living for the Aging (ALA) in Los Angeles. 	<ul style="list-style-type: none"> • Create and train housing navigators to act as liaisons between these services. 	<ul style="list-style-type: none"> • Older adults can access supports and services required to maintain housing status.

b. Support a graduated level of care to meet older adults' needs where they are within developments/senior buildings/units (to curb the need to relocate).	<ul style="list-style-type: none"> • Survey types of services offered in existing older adult housing options. • Seek solutions to reduce older adults' need to relocate. • Ensure adequate transportation is available where older adults may need to travel out of their area for the services needed. 	<ul style="list-style-type: none"> • Assess whether the community's needs are being met in existing older adult housing stock. • Leverage advanced technologies like smart home devices, wearable health trackers, or AI-driven tools to assist with aging in place. 	<ul style="list-style-type: none"> • Ensure that available housing options meet the services needed by all communities in Long Beach.
c. Develop incentives for landlords to improve accessibility features.	<ul style="list-style-type: none"> • Work with rental housing associations and Long Beach Community Development Department to discuss preferences and feasibility to improve rental properties for an aging population. • Research existing buildings that are already adapted for older adults whether inside the apartments, or modified amenities (gym, pool, parking). • Research existing state or national programs that offer rebates for age-friendly modifications. 	<ul style="list-style-type: none"> • Create a tiered incentive program for the level of modifications made. • Help promote the program. 	<ul style="list-style-type: none"> • Landlords take part in the program, improving livability for older adults in all levels of rental properties (HUD, affordable, and fair market housing).

GOAL 3.4: Develop a holistic approach to navigating housing for older adults, including a homeless prevention program to support unhoused or precariously housed older adults.

OBJECTIVES:

- Conduct a comprehensive survey of all existing supports and services available to older adults to address their unique housing needs, including programs that help them maintain or regain stable housing.
- Identify gaps and additional needs in the current housing support system to ensure all older adults have access to safe, affordable housing that meets acceptable standards of living.
- Implement effective interventions and homeless prevention programs designed to keep older adults securely housed. Conduct widespread outreach to ensure older adults and their caregivers are aware of these programs and know how to access the available support and services.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Secure prevention and diversion funds to support older adults who are housed but are imminently at risk. - Funds to cover moving expenses such as a security deposit to new unit, moving assistance	<ul style="list-style-type: none"> • Create a plan to address existing needs, resources, and gaps in housing funding. • Investigate other cities' models for rental assistance including San Diego and Santa Monica. 	<ul style="list-style-type: none"> • Incorporate Senior Center to also encompass the roles of MSC, benefits assistance, social security access, bank, scams/frauds. • Ensure that all resource providers are aware of the 	<ul style="list-style-type: none"> • Create a multilingual, user-friendly, easy-to-navigate website explaining housing supports and how to use the resources available.

<p>(packing/unpacking, moving truck/services), and assistance for both arrearages past three months, and reserve money for a safety net of three months moving forward, and to ensure that people in the hospital-have housing once released.</p> <p><i>And/or</i></p> <ul style="list-style-type: none"> - Funding for rental assistance to fill the income gap that exists for extremely low-income housed seniors 	<ul style="list-style-type: none"> • Galvanize partners to support adequate older adult housing and supports. 	<p>funding available, qualifications, application processes.</p> <ul style="list-style-type: none"> • Address any barriers to accessing or utilizing the allocated funding. 	
<p>b. Explore tenant protections that avoid emergency situations like eviction or becoming homeless, and educate tenants on their rights and responsibilities, including how to read and interpret a lease and ask for addendums requiring the tenant's signature, universal just cause protection, code enforcement, and harassment issues.</p>	<ul style="list-style-type: none"> • Educate residents on renting practices and availability of renter services, their right to counsel, settlement assistance to negotiate with landlords and offer pre- and post-eviction supports. 	<ul style="list-style-type: none"> • Support and promote organizations that offer tenant support and education. 	<ul style="list-style-type: none"> • Tenant negotiation information is clearly explained through all older adult information hubs
<p>c. Promote and broadly share information about housing prevention and intervention with the public and older adult resource and service providers.</p>	<ul style="list-style-type: none"> • Utilize multiple outreach strategies including print, in-person, and digital means. • Offer links to websites to other organizations to share on their respective sites. 	<ul style="list-style-type: none"> • Elicit feedback on effectiveness and usability through workshops with diverse older adult communities. • Establish a housing hotline to answer older adults' housing questions. 	<ul style="list-style-type: none"> • Maintain outreach and promotion of homeless prevention and intervention programs.
<p>d. Allocate more shelter beds or set aside shelter beds for older adults specifically, with gerontology clinical staff to address unique needs of older adults.</p>	<ul style="list-style-type: none"> • Pursue older adult accommodations in shelters. 		

SOCIAL ENVIRONMENT

Domain 4: Social Participation

GOAL 4.1: Enhance opportunities for older adults to engage in social connections, lifelong learning, and community involvement.

OBJECTIVES:

- Collaborate with community partners to gather data on the number of active, engaged older adults, identifying common demographic or geographic trends within the city.
- Develop and promote a comprehensive list of programs, services, classes, and activities tailored to the needs of the identified population and their support networks, including neighbors, healthcare providers, and caregivers, as appropriate.
- Implement a campaign that offers workshops and activities that empower older adults to create individualized plans for healthy aging. Emphasize the importance of cultivating a sense of purpose and engaging in activities that prevent social isolation.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Engage the community where older adults go; take services to older adults (mobile recreation, lifelong learning classes) and adapt services to meet their needs (e.g., change hours of operation, locations, modes of participation, fees).	<ul style="list-style-type: none"> • Promote agencies that already offer mobile services for older adults or programs/classes that are dispersed throughout the community. • Ensure the services are being delivered equitably to all communities in Long Beach. • Address any gaps, barriers, or inequities. 	<ul style="list-style-type: none"> • More older adults enroll in interactive events and classes. • An adequate number of services are offered throughout the community. 	<ul style="list-style-type: none"> • Older adults feel connected and supported in Long Beach.
b. Encourage the use of counseling and other mental health supports especially during any transitions (retirement, loss of a partner, etc.).	<ul style="list-style-type: none"> • Leverage the support of mental health service providers to focus on the unique needs of older adults during life transitions. 	<ul style="list-style-type: none"> • More older adults use counseling services for their mental health needs and challenges. 	<ul style="list-style-type: none"> • Older adults are mentally healthy.
c. Capture the stories of older adults (conducting interviews, oral history, poetry, podcasts).	<ul style="list-style-type: none"> • Inventory what agencies offer these services now. • Encourage older adults to proactively tell their personal memoirs. 	<ul style="list-style-type: none"> • Older adults enroll in classes or self-direct the process. 	<ul style="list-style-type: none"> • An archive of first-person local history exists.
d. Invite older adults and their families to be guest lecturers as part of a speaker's bureau to deliver speeches about significant times in their lives. Include intergenerational partnerships for story sources.	<ul style="list-style-type: none"> • Encourage the Long Beach Aging Services Collaborative to initiate or engage an agency to take ownership of a speaker's bureau for older adults to guest lecture in classrooms or community organizations' speaking engagements. 	<ul style="list-style-type: none"> • Speakers' bureau places older adults in opportunities for them to share their personal histories, wisdom, and accomplishments. 	<ul style="list-style-type: none"> • The community is more aware of local history and gains appreciation for older adults and their contributions to society. • Older adults gain self-satisfaction and self-worth by participating in the program.

e. Partner with local organizations to offer social activities and classes specifically for older adults.	<ul style="list-style-type: none"> Encourage agencies, nonprofit organizations, and City Departments to add older adult series to their programming. 	<ul style="list-style-type: none"> The number of older adult activities is increasing and is well-attended. 	<ul style="list-style-type: none"> There is a wide variety of older adult programming from multiple sources.
f. Offer discounted or free admission to city events for seniors.	<ul style="list-style-type: none"> Work with City Departments to study feasibility and possibly look for funding sources. 	<ul style="list-style-type: none"> If feasible, roll out the program and monitor for attendance. 	<ul style="list-style-type: none"> Admission fees are not a barrier for older adults to attend certain events in Long Beach.

GOAL 4.2: Rebuild social connections for socially isolated older adults.

OBJECTIVES:

- Work with community partners to collect data on socially isolated older adults, identifying key trends, such as intersections with specific groups (e.g., disabled veterans, older adults of color, etc.), to understand their unique needs.
- Address disparities between socially isolated older adults and those actively engaged in fulfilling roles within their community. Develop programs aimed at integrating isolated older adults into social networks and community activities. Promote strategies to help older adults maintain social connections after retirement.
- Monitor, track, and analyze the data collected to assess the effectiveness of interventions. Use this data to refine strategies and improve solutions for combating social isolation among older adults.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Reach isolated older adults through a comprehensive community approach encouraging people to check-in with their older neighbors.	<ul style="list-style-type: none"> Agencies and medical providers encourage this safety precaution. Homeowners' associations and Neighborhood Watch groups encourage this practice. 	<ul style="list-style-type: none"> Older adults know to ask for a check-in buddy as soon as they retire. Reports of social isolation decrease. Older adults feel more secure and safer in their homes. 	<ul style="list-style-type: none"> Older adults experience a connection to at least one other person every day. Older adults are safe in their homes. Older adults' absences are noticed, and public safety is alerted
b. Conduct a survey to explore and map social isolation and offer resources that can address those needs (mobility, hearing issues, etc.)	<ul style="list-style-type: none"> Conduct a survey of older adults using allied partners and agencies to deliver the survey to as many older adults as possible. Survey is offered in multiple ways (digitally, paper, with a scribe or interviewer when necessary). Survey is offered in all threshold languages. 	<ul style="list-style-type: none"> Survey is conducted, tallied, and information shared with all aging services providers and city departments. 	<ul style="list-style-type: none"> Services offered match the needs and wants discovered in the survey.
c. Use volunteers to identify socially isolated older adults to help them establish and maintain a sense of purpose.	<ul style="list-style-type: none"> Identify sources of volunteers who visit older adults (e.g. Senior Police Partners, Meals on Wheels, dog walkers). 	<ul style="list-style-type: none"> Volunteers connect socially-isolated older adults to services and opportunities. 	<ul style="list-style-type: none"> Fewer older adults experience isolation and the resulting loneliness, depression, and hopelessness.

d. Expand intergenerational programs and community events to reduce isolation.	<ul style="list-style-type: none"> • Augment and expand existing intergenerational programs offered. • Promote events for all ages throughout Long Beach. 	<ul style="list-style-type: none"> • Encourage City Departments to use images in their promotions showing people of all ages. • Invite the Aging Services Collaborative members to promote and celebrate intergenerational activities. 	<ul style="list-style-type: none"> • Older adults participate more in general activities, not just activities designed specifically for older adults.
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Domain 5: Respect and Inclusion

GOAL 5.1: Reframe aging and address ageism in the community to foster a culture of respect, inclusion, and appreciation for older adults.

OBJECTIVES:

- Partner with community organizations and the Long Beach Aging Services Collaborative to promote a positive image of healthy aging. Foster community-wide awareness and acceptance of age-friendly principles through information campaigns, training, and activities that address the needs of older adults.
- Work with all City departments to ensure they integrate an age-friendly perspective into their plans and activities, promoting inclusiveness in all sectors of city governance and services.
- Continue collaboration between LBDHHS and PRM to host and organize events that raise awareness of aging experiences and highlight the community's support for its older adult population.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Destigmatize use of services with respect, dignity, and sensitivity.	<ul style="list-style-type: none"> • Encourage older adults to talk about their use of services and become advocates to defy ageism and remove shame and/or stigma 		
b. Recruit resource navigators to help older adults.	<ul style="list-style-type: none"> • Ensure that there are sources of navigators currently and encourage older adults to rely on their assistance. 	<ul style="list-style-type: none"> • Train older adults to help their peers. 	<ul style="list-style-type: none"> • Older adults are aware of services and where to find assistance. • Available services are accessed regularly.
c. Create a positive narrative/perception about aging, address attitudes toward older adults and knowledge gaps about aging. Promote awareness campaigns to highlight the contributions of older adults.	<ul style="list-style-type: none"> • More people show an interest in successful aging as more attend aging educational events. • Local media demonstrates healthy aging in ads and news articles. 	<ul style="list-style-type: none"> • Fewer complaints/reports/lawsuits of ageism. 	<ul style="list-style-type: none"> • No complaints/reports/lawsuits about ageism. • Perceptions of older adults are positive. • Recognize older adult achievements in public events.
d. Incorporate education programs about different forms of ageism into university and community college education programs to inform the future workforce.	<ul style="list-style-type: none"> • Research the existing curriculum that informs college students of ageism issues. 	<ul style="list-style-type: none"> • If needed, create and offer/share updated curriculum to College/University departments. 	<ul style="list-style-type: none"> • Perceptions of older adults and aging are positive.

e. Promote intergenerational interactions, programs, and opportunities to meaningfully engage. Be inclusive of all intergenerational activities including grandparents as parents.	<ul style="list-style-type: none"> Promote and enhance number of intergenerational opportunities in resource databases. Consider how existing events and functions can be promoted as intergenerational opportunities (e.g. concerts in the park, tutoring children in school, etc.). 	<ul style="list-style-type: none"> More adults report engaging in intergenerational activities. News media demonstrates multiple generations participating in events. More television shows feature older adults in active and starring roles. 	<ul style="list-style-type: none"> Multi-generational activities are common and well-attended.
f. Encourage older adults to update and maintain their technological skills/understanding as they age, so they stay relevant by embracing emerging/new technology.	<ul style="list-style-type: none"> Promote classes that teach media and computer skills. Encourage older adults to use new technology to participate in society and access services. 	<ul style="list-style-type: none"> Use of online services for older adults is explained and taught from an older adult's frame of reference. Encourage agencies to offer additional options to access services for older adults unable to navigate via computer or smartphone. 	<ul style="list-style-type: none"> Older adults are confident and proficient with social media and other emerging forms of technology. Analytics of older adult resource agencies and City departments show an increase in users over 65 years old.
g. Focus on equity and elder justice in messaging and communications about elder abuse, neglect and self-neglect, and promote victim advocacy.	<ul style="list-style-type: none"> Survey the general public to assess their current knowledge about elder safety. 	<ul style="list-style-type: none"> Multiple education partners offer elder safety education. More people become aware and educated. Classes and promotional efforts around keeping elders safe are provided to the general public. 	<ul style="list-style-type: none"> The public takes an active role in the care and respect of older adults in the community at large.
h. Focus on the intersection of age with other demographics, such as LGBTQIA2S+ seniors, veterans, individuals with disabilities, and seniors from racially and ethnically diverse backgrounds — including Black, Latino/a/x, Indigenous, Asian American, Native Hawaiian and Pacific Islander communities — and tailor initiatives to help ensure inclusivity across all groups.	<ul style="list-style-type: none"> Celebrate organizations or agencies where inclusion exists. Encourage other organizations or agencies to follow a model of inclusivity to accommodate all who wish to access the services or resources. 	<ul style="list-style-type: none"> Refine systems/policies to remove barriers for all older adults. Support initiatives that prohibit and/or dismantle exclusionary practices. Create a mechanism for older adults to report policies or situations where intersectionality has not been accommodated. 	<ul style="list-style-type: none"> Ensure that institutional bias does not exist in policy or practice among social service agencies, nonprofit organizations, health providers, and departments of the City of Long Beach.

GOAL 5.2: Create and advance a policy and advocacy agenda addressing aging and dementia on the local and state level.**OBJECTIVES:**

- Support community partners in developing an age-friendly legislative agenda for local, county, and state governments. Focus on securing funding and advocating for accommodations that benefit older adults in society.
- Provide ongoing education to local representatives about the importance of maintaining an age-friendly community. Offer local representatives a forum to speak to and hear from older adults.
- Formalize a comprehensive age-friendly legislative agenda with specific action items that service providers and resource agencies will advocate for at all levels of government.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Create a plan to educate city, county, state, federal staff and elected officials and key funders on age-friendly practices and policies to improve understanding, and influence policy and infrastructure funding to support older adults.	<ul style="list-style-type: none"> • Disseminate education to elected officials regarding older adults and their caregivers. This includes Senior Sensitivity, Dementia/Age Friendly Cities certification opportunities as goals for Long Beach, and Los Angeles County. • Assess barriers to services/resources from the state and federal level. 	<ul style="list-style-type: none"> • With allied partners, create ways to supply continued education to government entities and funders. • Support agencies who advance the agenda. 	<ul style="list-style-type: none"> • Policies reflect and recognize the needs of an aging population and demonstrate preparations to change the built and social environment.
b. Encourage City departments and community services to adopt an equity lens that includes aging adults.	<ul style="list-style-type: none"> • Introduce this practice to City Departments; find out if already being applied in some departments currently. • Departments who already use aging as an equity lens can share best-practices and outcomes to create a rubric of how it can be applied in all departments. 	<ul style="list-style-type: none"> • The practice is adopted by the City of Long Beach and practiced for better livability for older adults. • The practice is shared with businesses who are encouraged to also be mindful of older adult issues. 	<ul style="list-style-type: none"> • The City of Long Beach is a model of an age-friendly city.

GOAL 5.3: Build a strong, age-aware workforce by encouraging businesses and services to adopt age-friendly practices.**OBJECTIVES:**

- Compile a list of agencies, services, restaurants, and retailers that cater to older adults. Recognize and celebrate these businesses as models for others to emulate in order to foster broader age-friendly practices.
- Create a network of aging awareness/sensitivity training programs, coordinated by community partners. Collaborate with business associations (e.g., Chamber of Commerce, Business Improvement Districts) to offer training for business members throughout Long Beach.
- Ensure that businesses and service industries adopt intergenerational hiring policies and engage a diverse client base, creating a more inclusive environment for people of all ages.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term

<p>a. Create and maintain network provider consortium that meets regularly to share new and ongoing information, trends, and services. Established the Long Beach Aging Services Collaborative (LBASC).</p>	<ul style="list-style-type: none"> • Long Beach Aging Services Collaborative (LBASC) meets quarterly. • LBASC members share information about what an age-friendly workforce needs to understand with their respective employers and with others in the community. 	<ul style="list-style-type: none"> • Agencies of all types attend on a regular basis. • Satisfaction surveys indicate participants find it effective and important toward their success. 	<ul style="list-style-type: none"> • Network is a thriving self-sustaining collaborative that shares information and ultimately improves patient/customer experience.
<p>b. Create a network of training and educational events offered to City Departments, area businesses and nonprofits in general, service providers, healthcare professionals, and older adults including these and other topics:</p> <ul style="list-style-type: none"> - Older adult sensitivity and dementia training, - How to apply an aging lens to their work - Information and counseling on different healthcare and social service topics, - In-service dementia/Alzheimer's training for providers that build awareness and provide insight for engaging this growing population. 	<ul style="list-style-type: none"> • Inventory: <ul style="list-style-type: none"> - The number and topics of existing training offered to businesses and their employees via partner agencies, - number of trainers administering training to professionals who serve older adults and their caregivers. - the number of businesses/agencies/employees reached. • Identify gaps that may exist in topics, industry, and the audiences served. • Identify and recruit in-service providers/educators who can provide training to social service providers, doctors, and care agencies on aging and caregiving health/social topics. 	<ul style="list-style-type: none"> • Create a system of tracking number of reports or cases of age insensitivity. • Effective training and education for older adults and all who serve them in any capacity. are readily available and/or improved. • Classes are available and convenient for vulnerable and under-served populations. 	<ul style="list-style-type: none"> • Reports of workplace discrimination and ageism are diminished. • Professionals serving older adults and their caregivers receive regular training as part of their employers' onboarding/training practices. • Awareness and sensitivity toward people with dementia and Alzheimer's improved.
<p>c. Explore Long Beach to achieve dementia-friendly city designation.</p>	<ul style="list-style-type: none"> • Assess the current level of dementia-friendly businesses, stores, and services in the community. • Research what is required for the designation. • Pursue resources to earn dementia-friendly status. 	<ul style="list-style-type: none"> • More businesses, stores and services seek and earn the designation. 	<ul style="list-style-type: none"> • Long Beach is a dementia-friendly city • Caregivers report high satisfaction in dementia-friendly businesses.
<p>d. Promote and encourage age-friendly efforts at local universities that lead to building a competent workforce from academic concentrations including gerontology, social</p>	<ul style="list-style-type: none"> • Recruit local businesses to offer internship opportunities for students to gain experience working with older adults. 	<ul style="list-style-type: none"> • Encourage universities to track the students as they enter the workforce and survey them to study the impact the internships had on them. 	<ul style="list-style-type: none"> • Follow-up surveys show an increase in age-friendliness and a decrease in ageism among local employees.

work specializing in adulthood and aging, etc.	<ul style="list-style-type: none"> • Survey the businesses to measure satisfaction with interns' contributions. • Establish a baseline of age-friendliness and ageism in the workforce through a survey. 	<ul style="list-style-type: none"> • Use data to further enhance the program. 	
e. Encourage businesses to re-evaluate business practices that may unintentionally affect service delivery to older adults (e.g., voice-activated systems), and host training(s) for community-facing employees about discrimination against older adults.	<ul style="list-style-type: none"> • Inventory: <ul style="list-style-type: none"> - the number and topics of existing training offered to businesses via partner agencies, - the number of businesses reached, - the number of employees reached, - gaps that may exist in topics or industry, - number of businesses observing age-friendly business practices. 	<ul style="list-style-type: none"> • Businesses regularly enlist in age-friendly training opportunities. 	<ul style="list-style-type: none"> • Businesses include older adults as part of an equity lens when devising systems and standard operating procedures. • Reports/complaints/lawsuits of age discrimination decrease.

Domain 6: Civic Participation & Employment

GOAL 6.1: Provide opportunities for older adults to remain in or return to the workforce (PT/FT, or other income-earning strategies).

OBJECTIVES:

- Assess employment opportunities for older adults and publish a comprehensive list through all channels reaching older adults and caregivers.
- Collaborate with the Long Beach Aging Services Collaborative to offer job placement training and entrepreneur workshops tailored for older adults.
- Highlight testimonials from older adults who have achieved successful job placement or meaningful work experiences through a series of promotional pieces to inspire more older adults to engage in the workforce.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Encourage businesses to hire older adults and offer job training and skill-building workshops for older adults.	<ul style="list-style-type: none"> • Highlight and celebrate businesses observing age-friendly business/employment practices. • Create a kit for employers to learn why and how to hire older adults. • Share information with local Chambers of Commerce. 	<ul style="list-style-type: none"> • More businesses subscribe to age-friendly hiring opportunities. • Workforce development includes upskilling and reskilling older adults for modern/digital jobs. 	<ul style="list-style-type: none"> • Employment after retirement is a viable option for older adults.
b. Help older adults explore entrepreneurship opportunities.	<ul style="list-style-type: none"> • "Second-act" classes are offered through extended education programs like the Osher Lifelong Learning Institute (OLLI) at CSULB and the Lifetime Learning 	<ul style="list-style-type: none"> • The City's Workforce Development department includes older adults in entrepreneurship and business incubator programs both as entrepreneurs and consultants. 	<ul style="list-style-type: none"> • Older adults are entering entrepreneurship with purpose.

	Center Senior Studies Program at LBCC.		
c. Encourage businesses and the City to pursue CAFE (Certified Age-Friendly Employer) status/designation and making their companies better places for older adults to work.	<ul style="list-style-type: none"> Find out what benefits this strategy brings to the employer and employees. Promote this process to HR departments and business associations. Encourage companies to adopt flexible, part-time, or remote work options. 	<ul style="list-style-type: none"> Adults are working longer or being hired into the workforce post-retirement. Working older adults are more self-reliant, happier, and healthier. 	<ul style="list-style-type: none"> The median age of the local workforce has gotten older.

GOAL 6.2: Promote opportunities for older adults to become civically active in a variety of ways and take part in advocacy efforts for a variety of causes.

OBJECTIVES:

- Encourage older adults to find fulfillment as volunteers and active participants in government and other civic processes by providing clear pathways and resources.
- Increase the number of older adults serving on boards, commissions, and other civic positions through targeted outreach/support.
- Foster intergenerational collaboration within commissions, boards, and volunteer groups, ensuring mutual respect and recognition of each generation's contributions

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Collaborate with The Nonprofit Partnership and the City of Long Beach to help create a roster of available older adults for nonprofit boards and commission service.	<ul style="list-style-type: none"> Older adults learn how to develop community résumés and how to apply to be on boards and commissions. Promote opportunities through The Nonprofit Partnership and other entities that help promote service on nonprofit boards of directors Encourage the Mayor to appoint older adults to City commissions. 	<ul style="list-style-type: none"> Resource and information hubs include lists of openings on commissions and nonprofit boards. Information for volunteer service openings is shared among and through the Long Beach Aging Services Collaborative members. 	<ul style="list-style-type: none"> Older adults are integral to the success of boards and commissions in Long Beach.
b. Promote and expand opportunities for older adults to contribute to the community through volunteer opportunities, structured mentorships, or knowledge sharing programs	<ul style="list-style-type: none"> Long Beach Aging Services Collaborative members encourage older adults to seek volunteer opportunities. Establish an age-friendly volunteer matching system. 	<ul style="list-style-type: none"> More older adults are volunteering in meaningful ways. 	<ul style="list-style-type: none"> Older adults seek out meaningful volunteer activities post-retirement. Older adults contribute to the community and impart wisdom to younger generations.

c. Support older adults in advocacy efforts for issues important to them.	<ul style="list-style-type: none"> • Highlight civically involved older adults through recognition/awards. • Older adults seek advocacy efforts on the local level (League of Women Voters, Gray Panthers, etc.). 	<ul style="list-style-type: none"> • Local media reports stories of older adults advocating for causes and making a difference. 	<ul style="list-style-type: none"> • Older adults are proficient advocates for themselves and issues/candidates they care about.
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SERVICE ENVIRONMENT

Domain 7: Health Services & Community Supports

GOAL 7.1: Increase awareness and utilization of healthcare and social services among older adults and their caregivers.

OBJECTIVES:

- Explore a single comprehensive resource (one phone number/one database) platform with robust search functionality to meet the needs of older adults and their caregivers.
- Leverage the strengths of the Long Beach Aging Services Collaborative, the Department of Health and Human Services - Healthy Aging Center, and Parks, Recreation, and Marine Senior Centers to promote access to resources through a user-friendly and practical network for older adults.
- Secure funding to implement a broad promotional campaign that informs older adults and caregivers about the range of available resources.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Education for Older Adults (workshops on accessing benefits and social services).	<ul style="list-style-type: none"> • Provide a list of existing resources to older adults via Medi-Cal/Medicare enrollment centers. • Assess whether there are barriers to these services and how those can be removed. 	<ul style="list-style-type: none"> • Encourage peer-to-peer assistance. 	<ul style="list-style-type: none"> • Older adults know what to expect and how to navigate the services available to them.
b. Coordinate and support public education resources campaign.	<ul style="list-style-type: none"> • Members of the Long Beach Aging Services Collaborative share information with their clients including the use of Unite Us, as appropriate. 	<ul style="list-style-type: none"> • Long Beach Aging Services Collaborative and City Departments participate in and promote healthy aging information fairs/events. • PRM and HAC collaborate on older adult events (education & activities) annually during May's Older American's Month. 	<ul style="list-style-type: none"> • Older adults in the greater Long Beach Area know of the services and resources available to them as they age.
c. Encourage healthcare providers to screen for social drivers of health in clinical settings to identify seniors who need additional support.	<ul style="list-style-type: none"> • Communicate with local medical providers to encourage this practice. • Provide a self-assessment to older adults they can share with 	<ul style="list-style-type: none"> • Older adults in the Long Beach area are supported and their needs are met. 	<ul style="list-style-type: none"> • Older adults in the Long Beach area demonstrate better health outcomes and live longer.

	their physicians and self-advocate for services.		
d. Ensure geriatric care expansion is on pace with the needs of our aging population.	<ul style="list-style-type: none"> Assess how many local physicians have geriatric certification. Research Bureau of Labor Statistics to see numbers of professionals/para-professionals in these roles. Research data on the numbers needed to service the needs of an aging population. Share this data with Steering Committee members in healthcare. 	<ul style="list-style-type: none"> Encourage the City's Workforce Development to encourage entry into these health careers. Agencies/companies offer incentive scholarships to strengthen the workforce pipeline including paid or stipend interns. 	<ul style="list-style-type: none"> Long Beach has a robust healthcare workforce with full programs at local educational institutions.
e. Improve access to primary care, mental health, and preventive services.	<ul style="list-style-type: none"> Assess barriers to access, including supply of providers and develop strategies to increase access. Investigate waiting times for appointments and address lags if they exist. 	<ul style="list-style-type: none"> Engage with community partners to recommend solutions and policy changes if necessary. 	<ul style="list-style-type: none"> Adequate medical resources are available for older adults throughout the community.
f. Increase the availability of mobile health units or telehealth options.	<ul style="list-style-type: none"> Assess the supply and demand of mobile health/telehealth options for older adults and any barriers to such services. 	<ul style="list-style-type: none"> Monitor the use of services and any remaining barriers. Use promotoras or resource navigators to assist older adults in using telehealth services. Engage City Technology and Innovation Department if digital tools are needed in the home for older adult use. 	<ul style="list-style-type: none"> Older adults can access the care they need in a way that is convenient for them.
g. Promote health screenings, flu shot clinics, and wellness programs.	<ul style="list-style-type: none"> LBDHHS and other health organizations continue to be inclusive of older adults, and to bring awareness to issues that face older adults almost exclusively (shingles, cataracts, hearing loss, dementia, etc.). 	<ul style="list-style-type: none"> Encourage all community partners to share information about screenings, clinics, and prevention programs. Use City communication channels to broadcast the occurrence of these programs. 	<ul style="list-style-type: none"> Older adults are proactive agents of their own health and take advantage of the many programs offered in and by the City.

GOAL 7.2: Promote inclusive, accessible, educational health and wellness programs.**OBJECTIVES:**

- Conduct research to identify popular programs for older adults and determine the elements that make them successful; use these components as a model to share with service providers.
- Develop a circuit of activities and training based on research findings to provide older adults with resources, help them establish healthy routines, and build resilience for aging with confidence.
- Encourage community partners to create innovative programs that address service gaps & unmet needs identified by older adults.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Identify gaps in services and needed resources.	<ul style="list-style-type: none">• Rely on secondary data collected from members of the Aging Services Collaborative (local perspective) and other organizations that monitor and address the needs, challenges, and interests of older adults (AARP data, University studies).• Encourage all aging services agencies to collect and share data and recruitment techniques that have successfully attracted and served those who benefit.	<ul style="list-style-type: none">• Use asset mapping to ensure there are inclusive, accessible, educational programs relating to physical, mental health, and overall wellbeing offered equitably throughout the city and for all communities.• Discover and share best practices for attracting older adults and delivering the services and resources they want and need.	<ul style="list-style-type: none">• Older adults' health and wellness needs are met.
b. Increase capacity, raise awareness, and reduce stigma to treat and support mental wellness in older adults	<ul style="list-style-type: none">• Disseminate mental health self-assessment to older adults through all allied agencies and departments.• Work with LBDHHS Mental Health regarding older adult mental health needs.	<ul style="list-style-type: none">• Focus on ways to help older adults avoid mental health issues that spring from isolation, and loss of purpose.• Ensure mental health resources are included on Unite Us, or other resource database.• Ensure that mental health agencies serve the unique needs of older adults.	<ul style="list-style-type: none">• Older adults in the Long Beach area are mentally healthy.
c. Identify and increase proven, public health/public education tools and community-based evidence-informed health promotion/disease prevention initiatives that address healthy aging priorities (e.g., brain health, physical activity, nutrition, oral health, tobacco, mental health, substance abuse, trauma).	<ul style="list-style-type: none">• Encourage the coordinators and champions of the many LBDHHS initiatives to be inclusive of older adults, including incorporating the communication guidelines for any printed or digital promotions.• Integrate information from these initiatives into databases and clearinghouses of older adult resources.	<ul style="list-style-type: none">• Monitor data collected on behalf of these programs to measure outcomes among older adults.• Use data to guide further activities by the City and other age-friendly community partners.	<ul style="list-style-type: none">• Share data collected in Healthy Aging Center reports and in updates of the Age-Friendly Action Plan

GOAL 7.3: Promote and enhance support and resources for caregivers (hired, and/or family and friends.)**OBJECTIVES:**

- Research caregiver support opportunities and benefits to establish a baseline for caregiver needs currently being met.
- Develop or encourage community partners to create programs that address gaps in caregiver support and unmet needs, integrating caregiver services with older adult services whenever possible.
- Monitor the health and wellbeing of caregivers over time to ensure sustained support and address emerging challenges.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Provide training to caregivers to prevent physical injury in the course of their work.	<ul style="list-style-type: none"> • Based on the number of injuries reported by caregivers, organizations promote training and resources. • Encourage them to offer more classes if needed. 	<ul style="list-style-type: none"> • Caregivers report fewer injuries. • Training and public education messaging are provided to caregivers. 	<ul style="list-style-type: none"> • Caregivers are aware of and access available resources in the Long Beach community as reported by agencies offering those services.
b. Provide information and training that outlines how to access local community caregiver resources, including respite care, support groups, training, etc. available also as digital resources for easy, convenient retrieval.	<ul style="list-style-type: none"> • Identify gaps in topics and delivery to vulnerable populations. • Encourage the development of more/expanded classes as needed. • Identify/distribute helpful lists that assist accommodations and preparation for aging/caregiving. • Investigate whether the lists are also printed and how they are made available. 	<ul style="list-style-type: none"> • Address gaps in resources and in their mode of distribution. • Caregivers report feeling more supported. 	<ul style="list-style-type: none"> • Caregivers know where to access all resources as soon as they are in the role. • Digital lists are visited and downloaded often. • Paper lists are available as needed and numbers used are cataloged.
c. Identify or create a caregivers' checklist of items to consider when suddenly faced with caring for an older adult.	<ul style="list-style-type: none"> • Disseminate the checklist across multiple agencies and services that see older adults and caregivers. 	<ul style="list-style-type: none"> • More people download the list as it is promoted. • Resources for caregivers are utilized more often. 	<ul style="list-style-type: none"> • Caregivers know where to access all resources as soon as they are in the role.
d. Provide sensitivity training to senior service providers regarding LGBTQIA2S+ seniors.	<ul style="list-style-type: none"> • Compile a list of quality resources that exist and provide it to people who need such resources. • Promote services that are currently reaching LGBTQIA2S+ individuals with respect and sensitivity. 	<ul style="list-style-type: none"> • Service providers acknowledge unique needs of individuals identifying as LGBTQIA2S+. 	<ul style="list-style-type: none"> • LGBTQIA2S+ individuals access the same quality resources as anyone else without discrimination.
e. Initiate multi-tiered recreational services for older adults and their caregivers.	<ul style="list-style-type: none"> • Research number of older adults served. • Research number of caregivers served at the same locations. • Assess the data and if a shortage exists, encourage 	<ul style="list-style-type: none"> • Share information about resources offered to older adults and their caregivers concurrently. 	<ul style="list-style-type: none"> • Older adults and their caregivers enjoy many of the same services at the same time and location.

	providers to offer services for older adults and their caregivers at the same facilities, possibly at the same time.		
f. Emphasize to older adults and their family/caregivers the importance of early planning for end-of-life care and the value of care planning to support an individual's (and their family's) choices for care (this includes understanding options, identifying health priorities, discussing care wishes with family and providers, and putting medical care wishes in writing, etc.).	<ul style="list-style-type: none"> Promote education around hospice, palliative care, and culturally sensitive end-of-life options to improve patient outcomes and support family/caregivers. Promote education and tools for end-of-life planning (advanced planning directive, wills, trusts, selecting a healthcare proxy, power of attorney, etc.). Promote tools for older adults to use before they are in a health crisis, for instance MyHealthPriorities.org 	<ul style="list-style-type: none"> Recruit professionals (health care providers, legal experts, end of life doulas, hospice professionals, etc.) who work with individuals and families to plan final wishes to participate in aging services networks. Workshops on creating advanced directives, healthcare proxies, wills, and estate planning are well attended. 	<ul style="list-style-type: none"> Older adults' end of life wishes and priorities for care are honored. Families and caregivers are aware of their loved ones' priorities and wishes and have documentation to guide decision making.

Domain 8: Communication & Information

GOAL 8.1: Maximize and promote existing partners that communicate directly to older adults to ensure all residents have access to clear, accurate, and relevant information.

OBJECTIVES:

- Leverage the Long Beach Aging Services Collaborative as the primary communications network to reach older adults and their caregivers/support systems.
- Develop age-friendly communication guidelines for HAC-published materials, specifying the number and types of languages to include, establishing a minimum font size, and enforcing these standards through a message management system. Encourage community partners to adopt similar guidelines for age-friendly communications.
- Utilize City department communication resources to promote age-friendly practices, share news and information that enhances the lives of older adults, and support all aspects of an age-friendly community.
- Evaluate the effectiveness of education and awareness campaigns by tracking usage of older adult programs and services, and by assessing the integration of age-friendly principles into City department plans. Collaborate with LBDHHS data analysts to create metrics and measurement tools.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Identify and map community programs, services, and resources for older adults in Long Beach and invite the organizers to participate in the Long Beach Aging Services Collaborative.	<ul style="list-style-type: none"> The Aging Services Collaborative is the hub of networking for all agencies and services in the aging services space. 	<ul style="list-style-type: none"> The Aging Services Collaborative shares information to older adults via its membership to effectively inform older adults where to find and contact the services they need. 	<ul style="list-style-type: none"> Gaps in services are identified and filled through the network of services within the greater Long Beach area.

		<ul style="list-style-type: none"> • The Healthy Aging Center provides support and services to older adults on a regular basis. 	
b. Create a centralized city website and easily accessible point of entry for age-friendly resources.	<ul style="list-style-type: none"> • Resource database is offered digitally, telephonically, and in print. 	<ul style="list-style-type: none"> • Resource is maintained regularly, database is accessed on a regular basis per analytics (showing diverse zip codes) and phone call tracking, • PRM and LB Public Library report requests for information and information assistance. 	<ul style="list-style-type: none"> • Service providers and activity coordinators report increased attendance and usage including vulnerable populations and zip codes.
c. Develop and launch a multimedia campaign to raise awareness and promote the use of a resource database. Use a variety of communication channels to effectively reach and engage older adults and individuals with disabilities, highlighting available resources and benefits.	<ul style="list-style-type: none"> • Long Beach Aging Services Collaborative shares information directly to their older adult clients. • Recruit stakeholders for shared launch of the campaign. • News media invited to a press-conference to roll out the plan. • Announcement/press conference is also shared on social media. 	<ul style="list-style-type: none"> • Healthy Aging Center promotes the Age-Friendly Action Plan and the use of Unite Us or other resource and referral platform city wide. • City shares information on City website, ads on social media, and ads in local media. • Long Beach older adults and caregivers use a resource database, such as Unite Us, regularly. 	<ul style="list-style-type: none"> • Resource database, such as Unite Us, is used regularly by all members of all communities. • Establish baseline use of services from data provided from service providers and activity coordinators. • Identify a resource or entity to maintain newly created database of resources. • Translation of educational information and materials in several languages
d. Establish a seamless, closed loop referral/case management system where an agency can refer an older adult and track them to the services they were referred to make sure the connection was made.	<ul style="list-style-type: none"> • Unite Us or other resource database is adopted by the CoLB and agencies are invited and encouraged to participate. • If possible, establish a baseline for number of older adults, caregivers, and agencies serving those populations who use the platform. 	<ul style="list-style-type: none"> • Maintain and update Unite Us system as a reliable engine for connections and referrals. • More older adults and caregivers access the multiple platforms and resources. • More agencies access the database on behalf of their clients/patients/customers. 	<ul style="list-style-type: none"> • There is no wrong entry point for older adults to find and receive the services and supports they need. • A survey of older adults finds that they are aware of the site. • Resources in the database are visited and downloaded often.
e. Create a set of age-friendly communication guidelines that the Healthy Aging Center will model and share with other Long Beach City departments.	<ul style="list-style-type: none"> • Offer marketing materials, information, and newsletters in accessible formats, such as large print, audio, and multiple languages. 	<ul style="list-style-type: none"> • Regularly monitor the use of the guidelines and encourage others to adopt. 	<ul style="list-style-type: none"> • Acknowledge the City Departments who are especially dedicated to using age-friendly communication guidelines.
f. Explore a free subscription friendly caller registry for community notices and alerts (AlertLB) via telephone and text to share information regarding	<ul style="list-style-type: none"> • Research logistics, costs, and feasibility of a system like this. 	<ul style="list-style-type: none"> • If approved, widely promote the service and urge community partners to help their older adult clients to enroll. 	<ul style="list-style-type: none"> • Continue to improve the services and enroll all who age into the service. • Promote the registry through all City communication channels.

new older adult programs, resources, services, special events, and safety information (e.g. sandbag availability, cooling center locations, etc.).		<ul style="list-style-type: none"> • Monitor how older adults heard about programs and other information that was shared through the alerts. 	<ul style="list-style-type: none"> • Monitor and adapt services if subscriptions decline or increase.
GOAL 8.2: Address and narrow the digital divide experienced by older adults. OBJECTIVES: <ul style="list-style-type: none"> • Partner with the City's Technology and Innovation Department to align with the Digital Inclusion Plan and collaborate with nonprofit organizations offering technology classes for older adults. • Design and promote adaptive and evolving technology education programs to help older adults maintain relevance and engagement in a digital society. • Ensure older adults have access to adaptive technology and assistive devices, along with the confidence and skills needed to foster digital inclusion to the greatest extent possible. 			
Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Provide training on using digital tools for older adults.	<ul style="list-style-type: none"> • Develop partnerships with existing organizations that provide digital literacy workshops for older adults. • Encourage older adults to be open to adopt "new to them" technology. 	<ul style="list-style-type: none"> • Supply short how-to articles for simple information retrieval for older adults in print via bill stuffers, news media (print and broadcast public service announcements on LBTv), and flyers in places that older adults frequent. • Engage older adults who are tech savvy to host peer workshops. • Work with the Technology and Innovation Department to supply devices to low-income older adults that may be used for health and daily needs (grocery shopping) or leisure activities (streaming, reading, puzzles). 	<ul style="list-style-type: none"> • Older adults are more integrated and connected to society and their friends and family members through increased digital literacy. • Older adults report higher competency in using technology throughout their daily lives.
b. Use diverse communication channels to reach older adults and people with disabilities.	<ul style="list-style-type: none"> • Apply equity and inclusion practices for all technology classes and devices offered to and distributed to older adults. • Promote classes offered in multiple languages. • Assess barriers to older adults & people with disabilities regarding current communication means. 	<ul style="list-style-type: none"> • Encourage agencies to develop programming that addresses gaps in any facet. • Promote classes and technology learning resources via many diverse media channels. • Partner with nonprofits to distribute adaptive technology and assistive devices. 	<ul style="list-style-type: none"> • Older adults report feeling accommodated and satisfied with the digital inclusion efforts of the City.

Domain 9: Safety at Home & In Society

GOAL 9.1: Improve overall safety of older adults at home and in society.

OBJECTIVES:

- Conduct surveys and analyze existing data to identify incidents of falls, accidents inside and outside the home, and cases of fraud, physical abuse, and neglect affecting older adults.
- Monitor collected data and adjust services in areas where accidents, injuries, or crime are not decreasing as expected.
- Identify/develop innovative interventions/solutions to address persistent safety challenges and improve outcomes for older adults.

Actions	Progress Indicators		
	Short-Term	Mid-Term	Long-Term
a. Coordinate and support public outreach and education for prevention of scams and fraud that target older adults.	<ul style="list-style-type: none"> • Promote agencies that offer Cyber-Security/fraud prevention classes for older adults. • Educate family and caregivers of the warning signs of cognitive impairment, which make older adults at risk for abuse/scams. 	<ul style="list-style-type: none"> • More people enroll in fraud prevention education classes. 	<ul style="list-style-type: none"> • Scams and fraud against older adults in Long Beach decrease.
b. Encourage all older adults to establish a daily check-in or phone call with a family member, friend, or neighbor.	<ul style="list-style-type: none"> • Agencies and medical providers encourage daily check-ins as a safety precaution. • Homeowners associations and neighborhood watch groups encourage this practice. • Increase neighborhood watch programs to support a safer community. 	<ul style="list-style-type: none"> • Older adults know to ask for a check-in buddy as soon as they retire or transition to living on their own. • Fewer older adults experience social isolation. • Older adults feel more secure and safer in their homes. 	<ul style="list-style-type: none"> • Older adults experience a connection to at least one other person every day. • Older adults are safer in their homes. • Older adults' absences are noticed, and public safety is alerted
c. Increase awareness, collaboration, and implementation of community safety work in partnership with police and community to improve public safety for older adults and residents of all ages.	<ul style="list-style-type: none"> • Engage Long Beach Violence Prevention/Advancing Peace Program (out of LBDHHS) for community building in specific neighborhoods (Washington neighborhood, West Long Beach, North Long Beach). • City departments and non-government agencies engage older adults in community building and community safety solutions. • Support Long Beach Transit's older adult programming to teach public transit safety awareness through allied partnerships. 	<ul style="list-style-type: none"> • Volunteer community safety programs have adequate enrollment to serve the community. • New opportunities for older adults to participate in community building and safety issues emerge. 	<ul style="list-style-type: none"> • The City of Long Beach is safer overall. • Older adults in Long Beach feel safer.

d. Support and implement emergency preparedness and climate resiliency strategies for an aging population that engage older adults and individuals with functional/access needs, aligned with the Long Beach Climate Action Plan (LB CAP), DHHS Disability, Access and Functional Needs (DAFN) Partnership, and the Department of Disaster Preparedness and Emergency Communications (DPEC).	<ul style="list-style-type: none"> • Research and support agencies that offer emergency preparation for older adults or offer emergency prep in general and can expand to meet the special needs of older adults. • Invite representatives from LB emergency programs to present at the LB Aging Services Collaborative at least once a year with tips, recommendations, and advances in emergency prep. • Encourage homeowner associations and neighborhood watch groups to organize prep for the older adults in their neighborhoods. • Ensure senior housing buildings have adequate emergency & disaster plans in place. 	<ul style="list-style-type: none"> • Emergency preparation classes are offered and older adults and/or their caregivers participate. • Relief centers (such as cooling centers) are accessible to older residents, and public transit to these centers is supplemented when possible • Emergency related public announcements (such as sandbag distribution sites, cooling center locations, power outages, emergency shelter locations, etc.) go out as needed and reach older residents 	<ul style="list-style-type: none"> • Older adults in Long Beach have an emergency plan if needed. • Older adults have access to cooling, heating, or clean air stations during extreme weather events. • The needs of older adults are incorporated into emergency and climate disaster preparedness policies and interventions.
e. Find and promote senior self-defense classes and situational awareness trainings.	<ul style="list-style-type: none"> • Research and support agencies that offer self-defense for older adults. 	<ul style="list-style-type: none"> • Self-defense and situational awareness classes are offered and older adults and/or their caregivers participate. 	<ul style="list-style-type: none"> • Older adults in Long Beach feel confident and prepared to defend themselves if necessary.
f. Reduce risks of accidents or falls in homes and public spaces.	<ul style="list-style-type: none"> • Offer/promote fall-prevention programs and home safety inspections. • Promote home safety checklists that are downloadable. 	<ul style="list-style-type: none"> • Monitor public areas where multiple falls or injuries have occurred and make sure adjustments are made to avoid further accidents. • Encourage community partners to follow-up with victims of falls in their homes to take corrective action. 	<ul style="list-style-type: none"> • Injuries from falls are less prevalent as the built environment becomes more conducive to the needs of older adults, and older adults are more proactive about home modifications and falling correctly.

GOAL 9.2: Advance elder justice and promote victim advocacy through public awareness, and education about elder abuse, neglect, and self-neglect

OBJECTIVES:

- Create and/or distribute materials that educate older adults on abuse, neglect, and fraud in all its forms, ensuring these materials adhere to age-friendly guidelines, are multilingual, and culturally sensitive.
- Leverage the strength and knowledge of anti-abuse organizations to raise public awareness about elder abuse, neglect and self-neglect through workshops, seminars, and community outreach.
- Develop and launch an educational awareness campaign to highlight the signs of abuse and neglect and provide actionable steps for reporting and prevention.
- Support a self-advocacy program empowering older adults to protect themselves from scams, fraud, and victimization.

Actions

Progress Indicators

	<i>Short-Term</i>	<i>Mid-Term</i>	<i>Long-Term</i>
a. Educate gatekeepers (including service providers who might visit older adults on any given day: repairman, letter carriers, pharmacies, doctors' offices, physical therapists, fire department, etc.,) on recognizing and reporting all forms of elder abuse and neglect.	<ul style="list-style-type: none"> • Support agencies that offer education about elder abuse in all of its forms to older adults and caregivers. • Ensure that information is offered in several languages 	<ul style="list-style-type: none"> • Workforce who interacts with older adults are aware of red flags of elder abuse, neglect, and self-neglect, and are willing to report the suspicion of such abuse. 	<ul style="list-style-type: none"> • Older adults and those who interact with older adults take action against all forms of elder abuse.
b. Work with financial organizations (banks, credit unions, conservators) who serve older adults to assist in preventing fiduciary abuse and other financial fraud.	<ul style="list-style-type: none"> • Support agencies that offer education about financial literacy and elder financial fraud. • Ensure that information is offered in several languages 	<ul style="list-style-type: none"> • Older adults are aware of red flags of fraud and scams. • The incidents of fraud and theft decreases. 	<ul style="list-style-type: none"> • Older adults take action against all forms of fraud and scams.
c. Administer self-assessment for older adults to raise awareness of elder mistreatment which can include intentional or neglectful acts by a caregiver or trusted person that harm a vulnerable older person.	<ul style="list-style-type: none"> • Older adults are educated on their rights and the process of gaining justice for mistreatment. • With the intent to educate older adults about the red flags of elder abuse and neglect, survivors are encouraged to share the stories and remove shame. • Possibly create a movement where it is safe to share the abuse and crimes against older adults to empower victims and raise awareness. 	<ul style="list-style-type: none"> • Older adults learn not to fear retaliation. • Older adults report mistreatment as it occurs. • Partners advocate for strict enforcement of the laws that may lead to increased prosecution. 	<ul style="list-style-type: none"> • Older adults experience justice for mistreatment through increased prosecution of perpetrators of financial, emotional, physical, sexual, and other elder abuse.
d. Remove existing barriers for victims or family/caregivers to report neglect and fraud.	<ul style="list-style-type: none"> • Address the barriers and seek solutions to streamline and expedite the process for older adults to report mistreatment. 	<ul style="list-style-type: none"> • Process of reporting improves. • Barriers are removed. 	<ul style="list-style-type: none"> • Incidents of mistreatment decrease.
e. Collaborate and support existing elder abuse prevention and prosecution efforts.	<ul style="list-style-type: none"> • Join with advocacy efforts to strengthen the punishment for elder abuse. 	<ul style="list-style-type: none"> • Public education campaigns teach anyone who interacts with older adults to be aware of and identify red flags of elder abuse, neglect, and self-neglect, and are willing to report the suspicion of such abuse. 	<ul style="list-style-type: none"> • Older adults and those who interact with older adults take action against all forms of elder abuse.



**“AGING IS AN
EXTRAORDINARY
PROCESS WHERE YOU
BECOME THE PERSON
YOU ALWAYS SHOULD
HAVE BEEN.”**

David Bowie

Photo above: A Long Beach resident takes the spotlight in the Older Americans Month Talent Show.

THANK YOU

A City for All Ages

Long Beach is a place where people of all generations can live, work, and thrive. As our community evolves, we are committed to ensuring that aging is embraced, contributions are valued, and every resident has access to the resources and opportunities they need.

The Long Beach Age-Friendly Action Plan reflects a shared vision for a more inclusive and livable city. With the support of residents, organizations, and local leaders, we are building a future where all ages are welcomed, supported, and celebrated.

Join us in making Long Beach a city that works for every generation.

Authored by The City of Long Beach Department of Health and Human Services - Healthy Aging Center and McCormick L.A..

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