

Aging in Place Resources:



How to Succeed?

Successful Components for Aging In Place

- Your Residence of Choice
- Home Modification
- Community Environment



- Finances
- Activities of Daily Living
- Preventative Healthcare
- Medical Care
- Spirituality
- Self Worth
- Recreation
- Community Involvement
- Continuing Education
- Transportation
- Family/Friends/Community

Very Important Contact Information:

- 211 Orange County: 211 or (949) 646-4357
- Adult Protective Services: (800) 451-5155
- Alzheimer's Association Helpline: (800) 272-3900
- Alzheimer's Orange County: (844) 373-4400
- City of Irvine-Class Registration: (949) 724-6610
- City of Irvine-Facility Reservations: (949) 724-6620
- Health Insurance Counseling & Advocacy (714) 560-0424
- Irvine Adult Day Health Services: (949) 262-1123

How to Succeed?

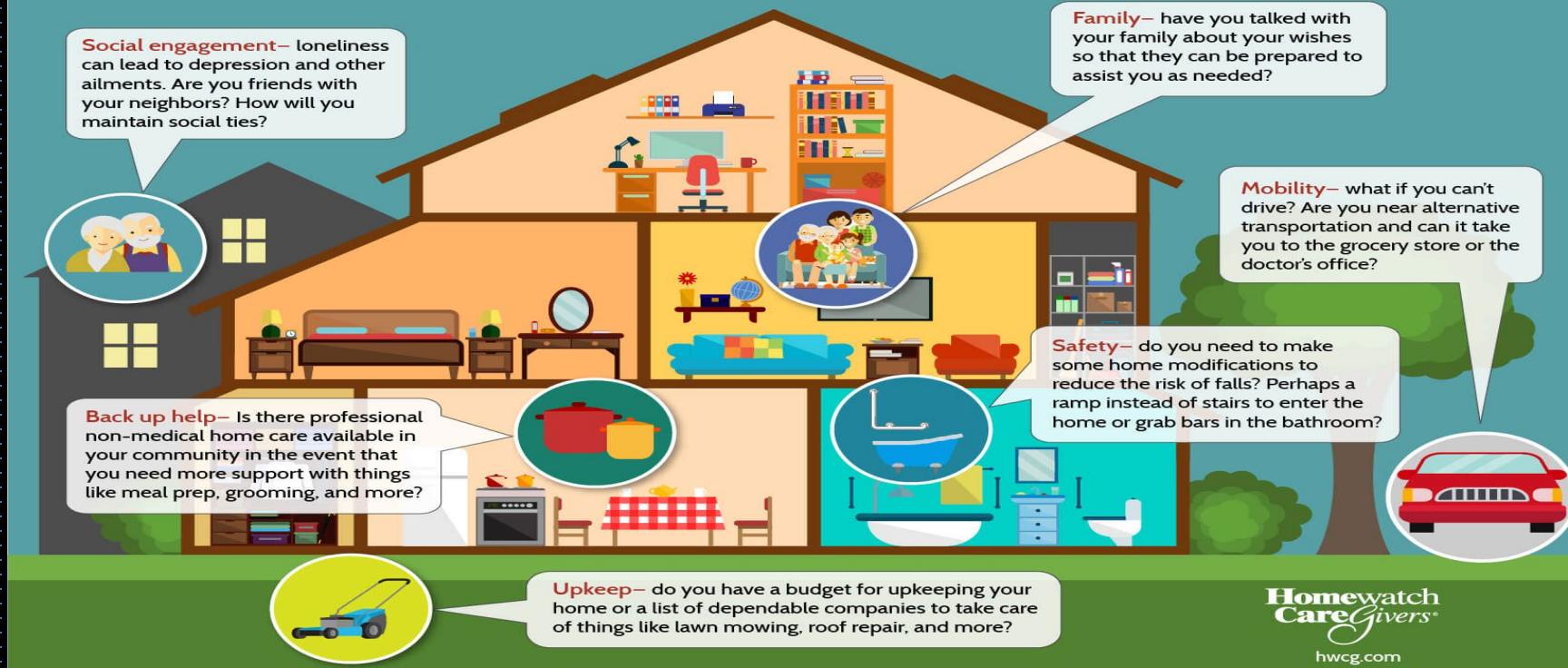


Very Important Contact Information:

- Irvine Adult School: (949) 936-7400
- City of Irvine- City Hall: (949) 724-6000
- City of Irvine-Meals on Wheels: (949) 724-6910
- Irvine Valley College Emeritus Institute: (949) 367-8343
- Keen Center For Senior Resources: (949) 724-6926
- OC Access Service: (877) 628-2232
- Orange County Council on Aging: (714) 479-0107
- Orange County Council on Aging: (800) 510-2020

How to Succeed?

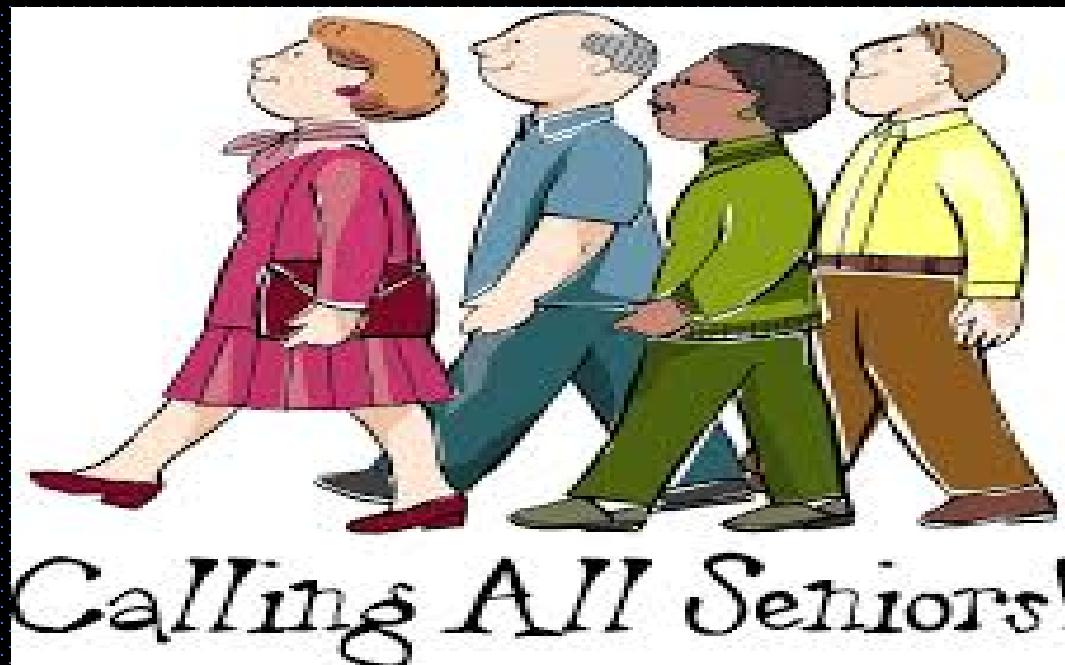
Have You Researched How You Can Age in Place?



Social Gatherings Contact Information:

- Osher Lifelong Learning Institute: (949) 451-4103
- Lakeview Senior Center: (949) 724-6900
- Rancho Senior Center: (949) 724-6800
- Trabuco Center Senior Center: (949) 724-7300
- Outreach Services-Denise Arabatzis: (949) 724-6913
- City of Irvine- TRIPS: (949) 724-7433

We Are Here to Help!



Calling All Seniors!



SENIORS
GET-TOGETHER

Resources From The City of Irvine:

- **Friends of Outreach:** Is an Irvine based volunteer group that helps support the City of Irvine senior outreach programs.
- klpfeiffer1@gmail.com(link sends e-mail).

- **Irvine Evergreen Chinese Senior Association:** Their mission is to encourage and enhance the lives of Chinese seniors that live in Irvine.
- dragonyear@cox.net

Resources From The City of Irvine:

- **Irvine Korean Adult League**: (IKAL) Is a nonprofit organization whose mission is to provide social and wellness programs for Korean-American seniors in the community.
- **For more information, contact**: Charlie Choi at 949-771-4481 or kchoi3455@yahoo.com*(link sends e-mail)*.

Irvine Multicultural Association: A senior program that offers educational and social functions.

For more information, contact: the Lakeview Senior center at 949-724-6900 or seniors@cityofirvine.org*(link sends e-mail)*.

Resources From The City of Irvine:

- **NEDA- Association of Iranian American Seniors:** Welcomes older adults from the Persian/Iranian community. They provide recreational and educational activities at the Lakeview Senior Center.
- **For more information, contact:** NEDA at 949-374-1777.

South Asian Senior Association: (SASA) Provides educational and intergenerational programs. The program also fosters physical and mental wellness through dance and fitness classes.

For more information please email: SASA@ektaacenter.org*(link sends e-mail)*, online at facebook.com/sasa.Irvine *(link is external)*.

Phone: 949-743-4595

Resources From The City of Irvine:

- **Senior Council:** Senior Council meetings are open, and the public is welcome to attend. Meetings are held at 9 a.m. on the third Thursdays of each month at Lakeview Senior Center, except for December.
- **Location:**

Lakeview Senior Center
20 Lake Road, Irvine CA, 92604
949-724-6900

Resources From The City of Irvine:

- **Contact Information and Locations For The Senior Centers in Irvine.**

Lakeview Senior Center:

20 Lake Road Irvine, CA 92604
(949) 724-6900

Trabuco Senior Center:

5701 Trabuco Road Irvine, CA 92620
(949) 724-7300

Rancho Senior Center:

3 Ethel Coplen Way Irvine, CA 92612
(949) 724-6800

Resources From The City of Irvine:

- **TRIPS: Senior Center Express:**

- For Irvine residents 65 years of age or older.
- Stops include nonemergency medical appointments, grocery store trips and personal errands.
- Monday through Friday at predetermined express times.
- Fee: \$10.00 registration and annual fee. One way ride is \$1.90.
- Contact information: (949) 724-7433

Resources From The City of Irvine:

- **Lunch Service at Lakeview Senior Center:**
- Monday-Friday: Doors open at 11:00am and lunch is served from 11:30am-12:30pm. For adults 60 and older.
- (949) 724-6926 or reservation line is (949) 724-6900

Irvine Meals on Wheels:

Nutritious meals delivered to homebound senior residents each week.

For information, please call: (949) 724-6926

Notice to All That Are Reading:

- Please note that all organizations and contacts are resources found on the internet. Please vet all organizations prior to selecting an organization for your healthcare needs.

Medical Assistance:

- Kaiser Permanente Contact Information:
- **Phone numbers:**
 - Member Services: (1800)-443-0815 (TTY 711)
 - Non-Member Services: (1800)777-1238 (TTY 711)
- **Website links:**
 - <https://medicare65quote.com/advantage-plans/ca/kaiser-permanente/county>
 - <https://healthy.kaiserpermanente.org/content/dam/kporg/final/documents/health-plan-documents/summary-of-benefits/medicare/2022/summary-of-benefits-los-angeles-orange-scal.pdf>

Medical Assistance Continued:

- Blue Shield Senior Plans:
- **Phone numbers:**
- Member Services: (866) 587-0925 (TTY 711)
- **Website Link:** <https://www.blueshieldca.com/en/home/be-well/live-healthy/senior-programs-benefits>

Medical Assistance Continued:

- **Optum—Irvine:**
- 5581 Alton Pkwy., Irvine, CA 92618
- Monday–Friday, 8 a.m.–5 p.m.
- Phone: 1-(949) 453-4308, TTY 711 Optum.com
- California Specialty care services offered at this location 5581 Alton Pkwy., Irvine, CA 92618

Medical Assistance Continued:

- Open Enrollment Season is Here!
- Medicare Advantage Plans Medicare Supplement Insurance Prescription Drug Plans.
- LIC 0L60382
(714) 289-1099
www.Peterkalnsurance.com

Regent's Point Residential Living

Built for nature lovers and urbanites alike, Regents Point is a culturally diverse senior living community with a one-of-a-kind location within walking distance of UC Irvine and bordering 300-acre Mason Park. With first-class amenities, rich social and cultural opportunities and an active lifestyle, Regents Point is a community unlike any other.



Get More Information
About Regents Point

Call (949) 868-2990

Complete Home Care Coverage & Services:



SOLACE HOME CARE



Accepting new clients
Call today and claim your free 2hrs of care

Solace Home Care is an established home care provider in California, offering dependable care in our patients' homes. Our skilled and certified caregivers are always on hand to help in various situations and adapt to changing circumstances. They are devoted to joyfully and compassionately serving others.

Soalce Home Care senior Transportation We are an ambulate service for elderly service with non-emergency, door to door transportation needs. If your love ones need safe transportation please call us **949-881-7517** today and schedule your ride.

Services we provide and more:

- Meal preparation
- Light house work
- Respite care
- Companionship
- After hospital care
- Personal care



**Call us at 949-881-7517 today!
Deals this good don't last forever.**

949-881-7517  www.solacehome.net 

Several Care Giving Opportunities Available.



Complete Home Care Coverage & Services:

- Care to Stay Home
- <https://caretostayhome.com/faqs/>
- Phone number: (800) 828-9777

CALL US AT (949) 312-5524
SCHEDULE A COMMUNITY TOUR.

- At Woodbridge Terrace of Irvine, Senior Living, serving our residents is a badge of honor we proudly wear every day. Our goal is to create a safe haven of comfort, wellbeing, and best-in-class hospitality and health care. Safety and security have always been an integral part of our wellness philosophy - it's in our DNA as associates who have been trained to treat your family members as part of our extended family. We have 24/7 nurse staff to monitor and care for your loved one. We are here to take the worry out of your decision to make the move now. We are so confident you'll love living with us, we guarantee it. That's the true meaning of peace of mind.

Diverse Services Available in Irvine:

- Irvine Adult Day Health Services a Day of Joy a Sense of Hope • Stay healthy & active • Enjoy meals with friends.
- Call or Visit us Today 20 Lake Road, Irvine (949) 262-1123
www.irvineadhs.org iadhs@irvineadhs.org M - F | 8am to 5pm IADHS offers daytime social engagement opportunities.
- Personalized health care monitoring and supportive services to individuals experiencing memory loss, mobility challenges or other chronic health concern.

Classes & Programs Available:

- The following classes and programs are available with the City of Irvine:
- Please call: (949) 724-6900 Lakeview
- (949) 724-6800 Rancho
- (949) 724-7300 Trabuco
- For information regarding all classes & programs.

Classes & Programs Available:



City of Irvine Classes:

- Cooking the Easy Way
- Brush Painting
- Calligraphy
- Crochet-teers
- Floral Design
- Food for Thought: Improving Brain Health
- International Crafters
- Picturesque Portraits

City of Irvine Classes:

- Acoustic Slow Jam Session
- Ballroom Dance Instruction
- Chorus Group
- Dance Instruction
- Drum for Fun Circle
- Go-Go Dance Practice
- Guitars for Seniors
- Harmonica Ensemble

City of Irvine Classes:

- Harmonica Instruction
- Healing Power of Dance
- Introduction to Hula
- Latin Dance
- Line Dancing for Active Adults
- Little Big Band and Dance
- Moves in Motion Line Dancing
- Open Dance Studio

City of Irvine Classes:

- Social Tap Dance
- AARP Smart Driver Course
- AARP Smart Driver TEK Workshop
- Creative Writing for Seniors
- English Mentoring
- Gardening in Small Spaces
- Happy Aging
- Irvine Multicultural Association

City of Irvine Classes:

- Positive Living
- Senior Citizen Solutions
- American Mah Jongg Instruction
- Bingo
- Bunco
- Billiards
- Bridge
- Chess

City of Irvine Classes:

- Full range of Strength
- Integral Tai Chi
- Laughter Yoga
- Longevity Stick
- Mind and Body Wellness
- Mindful Meditation
- Pattern of Movement
- Senior Striders

City of Irvine Classes:

- Senior Tennis
- Walk “n” Talk
- Yoga with Mona
- Zumba Gold Dance Fitness
- Art of Illusions
- Book Clubs
- Cultural Gatherings
- And so many more! Just contact one of the senior centers to find out more information!

City of Irvine Classes:

- Scrabble
- Art of Spine and Joint Movement
- Barre Strength and Stretch
- Better Life Boxing
- Bollywood Dance Fitness
- Circuit Training
- Dance and Movement
- Energy Fitness

City of Irvine Classes:

- Film Club
- Friends of Outreach
- International Discussion Group
- Monday at The Movies
- Movie Matinee
- Socials at The Senior Centers
- Travel Adventure Slideshow
- How to Edit, Save & Store Your Digital Photos

City of Irvine Classes:

- Intro to Apps
- Intro to Computers
- Phone Basics
- Technology Tutoring

Support Services From The City of Irvine:

- Free Elder Law Appointments
- Financial Investment Consultation Appointments
- Food Commodities
- Health Insurance Counseling & Advocacy Program (HICAP)
- Hearing Screening
- Legal Aid For Seniors

Support Services From The City of Irvine:

- Alzheimer's Caregivers Support Group
- Compassionate Friends
- Diabetes Education and Support
- Loss of a Spouse Support Group
- Individual Medication Review

Outside Resources to Check Out:

Aging Information & Assistance Call Center is available to answer questions and link you to services for older adults, family caregivers, & persons with disabilities. The call center is open Monday – Friday, 8:00am – 5:00pm at (800) 510-2020 or (714) 480-6450. Call center is also available by email at areaagencyonaging@occr.ocgov.com.

<https://www.officeonaging.ocgov.com/>

Department of Aging that acts as a clearinghouse and nexus to connect people with resources and services.

[https://www.aging.ca.gov/Find Services in My County/My County/?cc=ORA](https://www.aging.ca.gov/Find%20Services%20in%20My%20County/My%20County/?cc=ORA)

Council on Aging: Southern California.

<https://www.coasc.org/>

Age Well:

<https://agewellseniorservices.org/>

Orange County Aging Services:

<https://agewellseniorservices.org/>

Safety Resources:

- Checking in with family and friends.
- Having a plan in case of an emergency

Safety Checklist:



Senior Home Safety Checklist



Bathroom Safety

- Install a shower bench for seniors who have trouble standing
- Non-skid mats or strips to prevent slipping
- Clearly marked lever handles for hard-to-turn faucets
- Install grab bars near toilets and showers
- Consider walk-in tub for seniors who have trouble getting in the bath
- Install a raised toilet seat to help with standing and bending



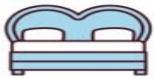
Kitchen Safety

- Install automatic shutoff timers for ovens and stoves
- Move curtains, paper towels, and fire hazards from range
- Add lever handles and temperature controls for faucets
- Install finger-safe garbage disposal covers
- Consider pull-down shelves, or move most used products forward
- Keep knives and sharp items in blocks or holders, not loose



Bedroom Safety

- Install bed rails and adjust bed height for fall prevention
- Remove trip hazards like area rugs and cords
- Install accessible light sources near the bed and nightlights
- Place medical alert device and charger near bed
- Set up bedside toilet if needed
- Add a sturdy chair for dressing and support



These steps, sometimes combined with home care services, can help seniors age in place longer.

- Nearly 90% of homeowners approaching retirement want to stay in their homes as they age, according to a study by the Federal Housing Administration. To prevent injuries, reduce fall risks, and ensure independence, it's important for families and seniors to take home safety precautions. These steps, sometimes combined with home care services, can help seniors age in place longer.

Fall Prevention

- **Remove trip hazards**

Area rugs, electrical cords, and low tables and ottomans are all risks. If there's a pet or child in the home, be sure to keep toys picked up. Install non-slip flooring and cover all cords and wires.

- **Install bathroom grab bars**

Most in-home falls occur in the bathroom, says Gros-Daillon. Age Safe America calls falls "a preventable epidemic" and began a "Grab Bars are the New Seatbelts" campaign last year. Grab bars can be purchased at hardware stores and installed by handy do-it-yourselfers, plumbers, or home safety specialists.

- **Provide easy seating**

Make the home senior friendly by adding accessible seating, like a bench near the front door for putting on shoes. Kitchen and shower stools make it easier for seniors to perform activities of daily living, like cooking and bathing independently.

- **Check thresholds**

"Making thresholds easier to cross is one of the first things you should do to help keep seniors safe," says Linda Bohmbach, co-founder and vice president of sales and marketing at [Home Healthsmith](#), a home safety modification company in Portsmouth, Rhode Island. Raised flooring between rooms can be a significant trip hazard. Ask a safety expert about flattening thresholds or adding indoor ramps or handrails.

- **Don't forget outdoor spaces**

Check the driveway for cracks regularly, and be sure there's a clear path to the mailbox. Remove trip hazards like rocks and roots from the yard.

Technology & Medical Alert Devices

- Even if your aging relative isn't tech-savvy, these simple and easy-to-use devices can help reduce fall risks, manage medication, and access help in case of emergency:
- Medical alert devices help seniors in distress. Wearable devices, like LifeAlert or Bay Alarm Medical, have easy-access buttons to call for emergency assistance and can be connected to landlines or cellular service. Some companies, such as Life Station and Medical Alert, provide fall detection for an additional fee.
- Senior-friendly cell phones help older adults stay connected with friends and family, and they make emergency help more accessible in case of an accident. Some phones, like the GreatCall Jitterbug and the Consumer Cellular GrandPad, come with built-in emergency networks and GPS tracking.
- Smart home devices "are a good way to help seniors get accustomed to technology," says Bohmbach. "Even ones who don't want to use tech can benefit from reminders and services." You can use smart devices to set medication reminders, make landline-to-landline emergency calls, and access entertainment like audiobooks and music.
- GPS tracking devices are one way for caregivers and families to prevent the dangers of wandering in senior loved ones with dementia or memory loss.
- Telehealth services provide seniors access to doctors and nurses without leaving the comfort of their homes. "We selected Electronic Caregiver based upon their strong customer support, 24/7 emergency response services, easily implementable systems, and advanced remote patient monitoring," says Gros-Daillon.

Security and Maintenance Help With Senior Safety

- **Home maintenance** is key for seniors aging in place. Create a home safety checklist (including the tasks below) to review monthly and suggest home safety assessments annually. You can also use the home safety checklist A Place for Mom has provided.
- **Check carbon monoxide and smoke** alarms at least once a month
- **Note expiration dates on fire extinguishers** and replace when necessary. If your aging relative smokes or requires flammable oxygen, place fire extinguishers in all common rooms
- **Inspect towel racks**, bathmats, and handles to make sure they're secure
- **Check for burnt-out lightbulbs**. Poorly lit spaces can lead to falls. If possible, install smart lights or motion sensors with bulb alerts
- Make sure **laundry lint traps are cleaned** and there aren't any leaks in home appliances
- **Check for trash**. Sometimes, elderly people become unable to carry heavy trash bags or unclog toilets on their own. If you notice a smell, look for signs of hoarding or excess waste
- **Install alarms or work with a professional security company**. Also, be sure your aging relative can work their locks properly. Seniors can be targets of break-ins and theft, so preventive measures are key

Home Safety For Seniors With Dementia:

- Seniors with mild cognitive impairment may be able to age at home, but those who have begun to wander or have experienced significant memory loss should be always supervised. If you're caring for a senior loved one with dementia in your own home, take these extra safety precautions:
- **Use appliances with auto-shutoff features**, or install hidden gas valves and circuit breakers, so that ovens, fireplaces, and stoves can't be left on
- **Put finger guards on garbage disposals** or cover switches with safety locks
- **Lock all drawers and cabinets containing knives, cleaning supplies, and medication.** Also, secure garages or basements that may contain harmful chemicals or machinery.
- **Make sure locks installed to exterior doors** are out of sight (either high or low), or use deadbolts to prevent wandering outside the house
- **Remove locks from the senior's bedroom and bathroom**, so they can't accidentally lock themselves in and start to panic.
- **Install easily accessible lights and night lights** throughout the home to reduce disorientation at night
- **Create clear paths and open areas**
This helps to encourage independence and social interaction, which are two important needs for people with dementia, according to Alzheimer's Association.

Be Proactive With Senior Safety:

- Elderly people don't realize their home is unsafe and don't feel the need to make changes, says Bohmbach. About half of those who request home safety inspections are seniors, and the other half are concerned relatives.
- To ensure home safety for seniors, it's best to start preparing before an emergency or life-changing event. Proper precautions can reduce fall risk, and fewer injuries make it easier for seniors to age at home.
- "We believe that more people are getting the message about being proactive, but it's a challenge," says Gros-Daillon. "The consequences of a fall, like a trip to the ER, are more likely to be a motivator these days."
- By starting small with simpler additions — like grab bars, non-slip mats, and accessible light switches and door handles — you may be able to reduce the need for more significant and expensive renovations. A certified home safety specialist can help prioritize steps to keep your senior loved one safe in their home.

Schedule a Home Safety Inspection:

- An initial inspection is a vital first step, as an expert can notice risk factors a family member may not recognize.
- “We start our safety audit at the driveway and work our way in to determine any potential hazards that may put you at risk,” says Bohmbach.
- **A thorough home safety inspection should include:**
 - An assessment of “red zones,” like bathrooms, kitchens, staircases, porches, and outdoor steps
 - A search for existing fall hazards
 - A check for fire hazards and working alarms
 - Information about door widening, stair lifts, wheelchair ramps, and any other appropriate accessibility or safety additions
 - A comprehensive proposal including pricing

Any Home is Adaptable for Elderly Safety:

- If your senior loved one is set on aging at home, accessibility devices can help. Chair lifts can be installed in multistory houses, and ramps can replace exterior steps.
- Bohmbach notes that any home can be made senior-friendly with the right modifications, and that seniors deserve to feel independent in the houses they love.
- “When they look in the mirror, they don’t see someone who’s older,” she says. “They see someone about to go off to war, or a businessman or a homemaker, so we make the modifications to help them live a full and independent life at home.”
- Whether it’s small fixes like moving electric outlets to accessible locations and replacing doorknobs with lever handles, or bigger renovations like adding an elevator, home safety experts can help allow your senior loved one to age in place.

