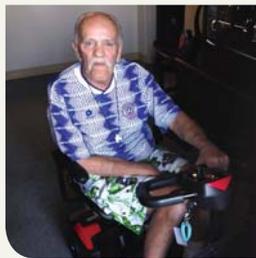


# Aging in Place



## Social Services Resource Center

Huntington Beach Senior Services has long consisted of a combined approach to healthy aging: Rodgers Seniors Center providing recreation with a focus on active aging and Senior Outreach providing direct services to the frail and elderly. This work will continue under one roof with the new Senior Center in Central Park! Committed to the value of independence of the senior population who may face challenges, Senior Services will continue to operate three key programs that enhance independence with an emphasis of successfully aging in place.

## Care Management

Care Managers focus on connections with programs and services for the frail and elderly, homebound and at-risk seniors. They connect seniors with services that assist elders in the city with physical, social and nutritional needs. Professional staff and volunteers work directly with older adults, their families and the community to facilitate independence and health. Care Managers make weekly, monthly or quarterly contact with seniors needing ongoing services. Services vary from short term to long term, depending on need. Care Managers work closely with the Home Delivered Meals (HDM) and Transportation staff.

## Home Delivered Meals

For over 26 years the Home Delivered Meals (HDM) program has provided nutrition services to vulnerable, nutritionally at-risk, adults 60 years of age and older in Huntington Beach. On average, HDM serves approximately 140 people, 3 meals a day, 5 days a week totaling 94,000 meals served annually. Through the HDM program, at-risk clients may receive daily delivered meals, nutritional supplements, or grocery gift cards. Staff also provides referral and information to other social services available in the community.

## Transportation/ Surf City Seniors on the Go!

The Surf City Seniors on the Go! Transportation program provides much needed mobility to keep seniors moving and healthy. The program offers non emergency medical trips and rides to the senior center for recreational and nutritional needs. Trips to any location in Huntington Beach including Huntington Beach Hospital, the busses, vans and sedans that make up the transportation service also travel to Hoag Hospital and Cancer Center in Newport Beach; Fountain Valley Hospital and Orange Coast Memorial Medical Center in neighboring Fountain Valley. Call 714-374-1742 and book a ride today. Seniors aged sixty years and older are eligible.