



**Los Alamitos**  
Recreation & Community Services  
*Creating Quality of Life*

My City  
My Los Al

# SENIOR SERVICES MASTER PLAN

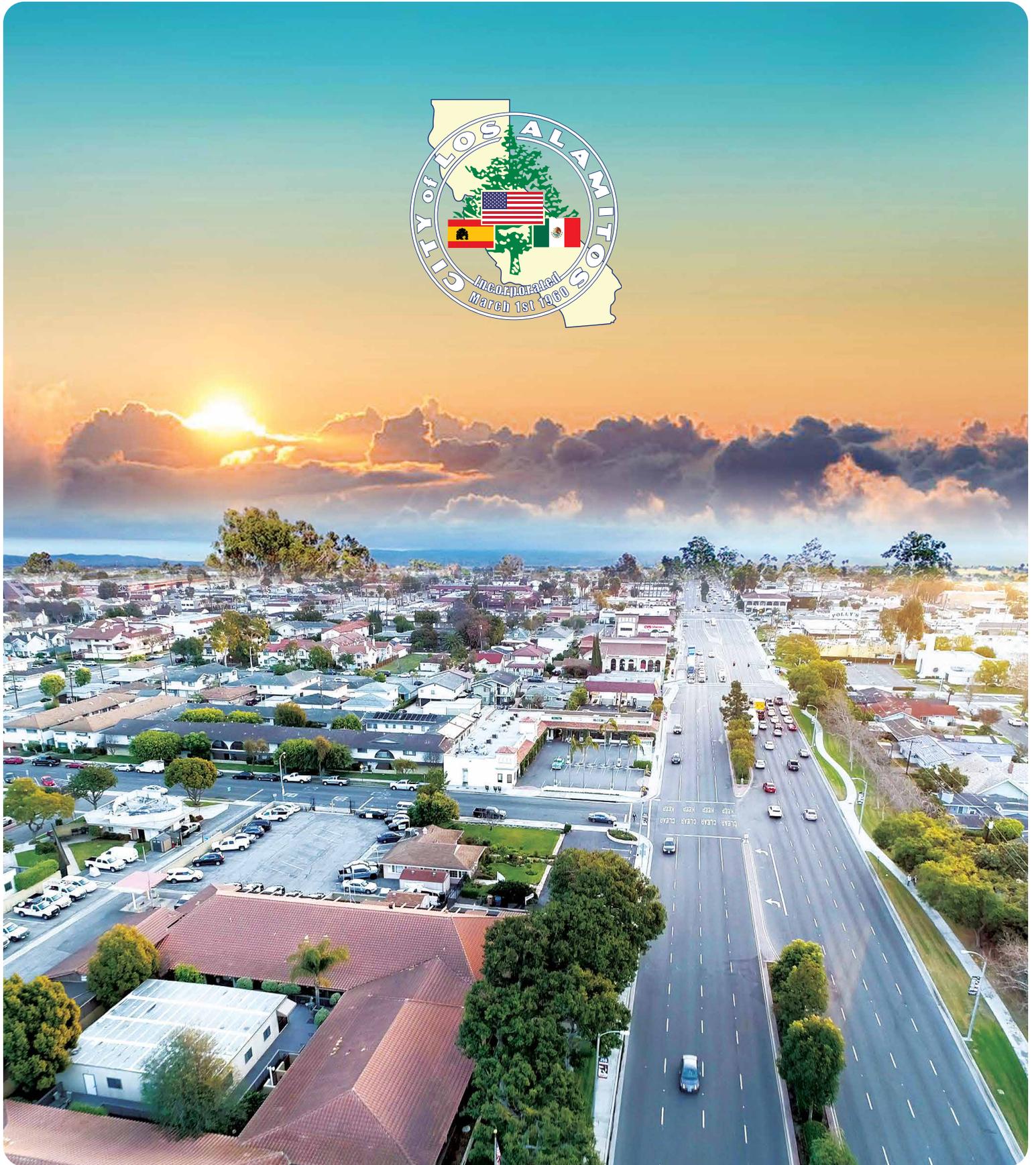


***“Helping us shape Los Alamitos’ future for the next 20 years”***



2025

# SENIOR SERVICES MASTER PLAN



## 1. INTRODUCTION

- 1.1 Purpose
- 1.2 Study Area
- 1.3 Local, State, and National Demographics
- 1.4 General Aging Trends in the U.S.
- 1.5 Importance of the Senior Services Master Plan
- 1.6 Primary Guidance
- 1.7 Applicable Legislation
- 1.8 Executive Summary

## 2. COMMUNITY VIEWS

- 2.1 Community Respondents
- 2.2 Methodological Overview
- 2.3 Focus Groups
- 2.4 Online Survey
- 2.5 Demographic Comparison: Los Alamitos Population vs Survey Respondents

## 3. CORE THEMES: SURVEY RESULTS & KEY INSIGHTS

- 3.1 Data Overview
- 3.2 Community Engagement & Social Connectivity
- 3.3 Governance & Participation
- 3.4 Health & Wellness
- 3.5 Housing & Living Situation
- 3.6 Recreation & Lifelong Learning
- 3.7 Safety & Infrastructure
- 3.8 Caregiving
- 3.9 Transportation & Mobility
- 3.10 Diversity/Inclusivity

## 4. EXPLORING PATTERNS & CONNECTIONS

- 4.1 Inferential Findings (Regression Analyses)
- 4.2 Interconnected Themes

## 5. PRIMARY TAKEAWAYS

## 6. FUNDING SOURCES & CONSIDERATIONS

- 6.1 Funding Considerations
- 6.2 Diverse Funding Sources

## 7. STRENGTHS, GAPS, & RECOMMENDED ACTIONS

- 7.1 Strengths: Los Alamitos is a City with Pride, Strength, and Vision
- 7.2 Gaps: Opportunities to Enhance Los Alamitos as a Community for All
- 7.3 Recommended Actions
- 7.4 Summary
- 7.5 Implementation Plan



1.1 Purpose

As the City of Los Alamitos looks to the future, this Senior Services Master Plan serves as a blueprint for promoting active, engaged, and supported aging. By prioritizing the needs and aspirations of its aging residents, as well as non-residents who utilize its services, Los Alamitos reaffirms its commitment to being a community that thrives at every stage of life.

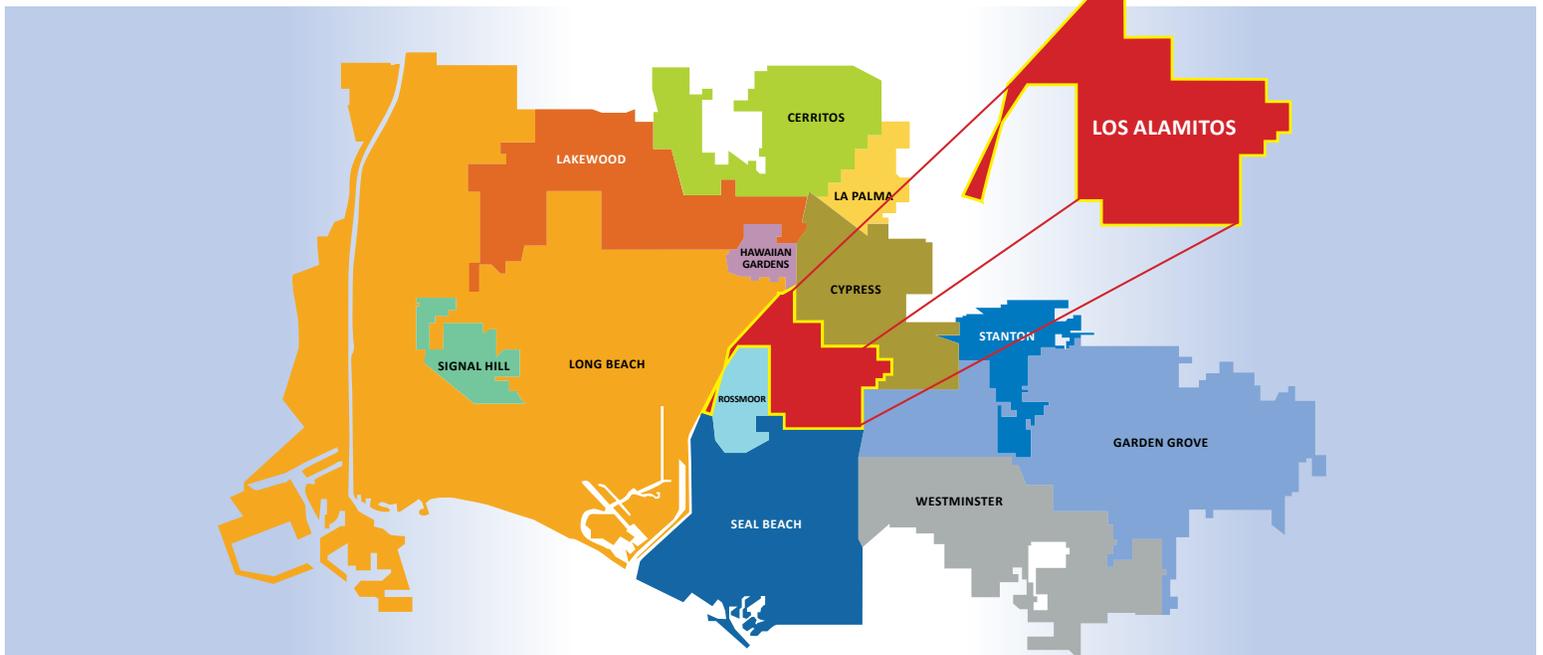
1.2 Study Area

Los Alamitos, located in Orange County, California, is bordered by Cypress, Garden Grove, Seal Beach, and Long Beach in Los Angeles County, and covers approximately 4 square miles. A key feature of Los Alamitos is the Joint Forces Training Base (JFTB), which occupies nearly half of the City's land area. The base plays a vital role in military and emergency response coordination, including disaster preparedness, and its recent solar microgrid project enhances energy resilience and sustainability (California National Guard, 2023). The presence of the base offers opportunities for collaboration to support community preparedness and cohesion.

Adjacent to Los Alamitos in Seal Beach is Leisure World, a nationally recognized gated community for active adults aged 55 and older. Established in 1962 as the nation's first planned retirement community, Leisure World mirrors the "cozy town" atmosphere of Los Alamitos. Many Leisure World residents utilize resources and services in Los Alamitos, underscoring the importance of considering non-residents in planning and outreach efforts. Similarly, residents from neighboring communities like Rossmoor, Garden Grove and Cypress frequently engage with Los Alamitos' amenities, reflecting the interconnected nature of the region.

Adding to this regional interconnectedness is Los Alamitos' proximity to Long Beach, a City with a growing aging population and a strong focus on supporting its older residents. Through its "Long Beach Age-Friendly Initiative," Long Beach addresses the needs of older adults by improving housing, transportation, healthcare, and safety. Additionally, Long Beach participates in the Purposeful Aging Los Angeles (PALA) Initiative, a groundbreaking partnership between the City and County of Los Angeles. PALA exemplifies a large-scale effort to create age-friendly environments through collaboration and shared resources.

These initiatives in neighboring cities highlight the regional commitment to addressing the needs of older adults and underscore the importance of Los Alamitos' own Senior Services Master Plan. With its strong economic base and diverse community, Los Alamitos has the opportunity to tailor strategies to its specific demographics and build a cohesive, age-friendly community. The Master Plan ensures that the needs of both residents and non-residents who utilize local services-such as Leisure World and surrounding communities-are thoughtfully addressed. By drawing inspiration from successful initiatives like PALA and the Long Beach Age-Friendly Initiative, Los Alamitos can position itself as a leader in fostering inclusivity, accessibility, and quality of life for its aging population.



### 1.3 Local, State, and National Demographics

Los Alamitos has a population of nearly 12,000 residents, with 31% under the age of 18 and 14% aged 65 or older.

Population	Los Alamitos	California	United States
Residents 65+	14%	15.2%	16.8%
Female	53%	50.3%	50.8%
White	54.3%	34.7%	61.6%
Hispanic	32%	40.2%	18.7%
Asian	16%	15.9%	6.0%
Black or African American	4%	6%	14.4%
Median Income	\$100,000+	\$91,905	\$80,610
Home Owners	43%	55.6%	65%
Avg. Home Value	\$940,000	\$659,300	\$303,400
Avg. Household Size	2.77	2.86	2.54
Own Computer	98%	95.2%	94.8%
Have Internet	94%	89.5%	89.7%
Bachelor's +	45%	35.5%	35%
Lack Health Insurance	11%	7%	9.5%
Veteran	<4%	4.3%	6.1%
Live in Poverty	9%	12%	11.1%



#### 1.3.1 Demographic Comparison: Los Alamitos vs. California (2023 Census)

Los Alamitos differs from California in several key demographic areas. The City has a larger proportion of children (31% under 18) compared to the state average (22.5%), while the proportion of older adults aged 65+ is slightly below the state average (14% vs. 15.2%). Los Alamitos also has a higher proportion of women (53%) compared to California overall (50.3%). In terms of racial and ethnic composition, Los Alamitos has a larger White population (54.3%) compared to California (34.7%) and a smaller proportion of Hispanic residents (32% vs. 40.2%). The proportion of Asian residents in Los Alamitos (16%) closely aligns with the state average (15.9%).

Income and housing disparities are evident. Los Alamitos has a higher median household income (over \$100,000) compared to California's median (\$91,905). Despite a high median income, 9% of Los Alamitos residents live in poverty, highlighting economic disparities within the community. Moreover, the homeownership rate in Los Alamitos is lower than the state-wide rate (43% vs. 55.6%), while housing values are significantly higher, with an average home value of \$940,000 compared to the state's median of \$659,300.

Technology access in Los Alamitos is higher, with 98% of households having a computer and 94% with broadband internet, compared to California's 95.2% and 89.5%, respectively. Educational attainment is also stronger in Los Alamitos, with 94% of residents having at least a high school diploma and 45% holding a bachelor's degree or higher, surpassing state averages (84.4% and 35.5%, respectively).

While health insurance coverage is strong in California, Los Alamitos shows a gap, with 11% of its residents uninsured, compared to 7% statewide.

This comparison highlights how Los Alamitos has a more affluent, well-educated, and technologically equipped population than the state average, but it also reveals disparities in homeownership and health insurance coverage. The City's unique age distribution, with a larger share of children, reflects family-oriented community dynamics, distinguishing it from broader state trends.



2025

## SENIOR SERVICES MASTER PLAN

### 1.4 General Aging Trends in the U.S.

The United States is experiencing a **significant demographic shift** as the population ages. By 2030, older adults are projected to make up nearly 20% of the population, a sharp increase from 12% in 2000. This growth is driven by increased life expectancy and the aging of the Baby Boomer generation (U.S. Census Bureau, 2020). Advances in medicine, technology, and public health have extended life expectancy, with many individuals now living into their 80s, 90s, and beyond. While this progress reflects advancements in healthcare and quality of life, it also brings challenges such as managing chronic health conditions and ensuring adequate support systems for older adults (National Institute on Aging, 2022).

The aging population is becoming more **socially, ethnically, and culturally diverse**. Hispanic, African American, and Asian populations among those aged 65 and older are growing rapidly, reflecting broader demographic changes in the U.S. (Pew Research Center, 2021). This shift is mirrored in younger generations, which are even more diverse. As these younger populations age, planning for their unique needs and experiences will be critical to ensuring inclusivity. Anticipating these demographic changes now allows for the development of systems, services, and infrastructure that are culturally competent and adaptable, creating a foundation for equitable aging in the future.

As people live longer, the **prevalence of chronic health conditions increases**. Nearly 80% of older adults have at least one chronic condition, and about 60% have two or more, including diabetes, heart disease, and dementia (Centers for Disease Control and Prevention, 2021). These conditions often limit mobility, independence, and quality of life, creating growing demand for healthcare services, assistive technologies, and long-term care solutions.

Many older adults continue to participate in the workforce, with increasing numbers choosing to delay retirement. This trend is **reshaping traditional retirement patterns** and reflects a desire for financial stability, personal fulfillment, and continued engagement (Bureau of Labor Statistics, 2023). However, economic disparities persist. Rising healthcare costs, limited retirement savings, and housing insecurity affect a significant portion of the aging population, contributing to financial instability for some older adults (National Council on Aging, 2022).

Family caregiving is an essential component of support for older adults. Nearly 53 million Americans provided unpaid care to an adult or child in 2020, with many of these caregivers supporting aging family members (AARP, 2021). While caregiving can be rewarding, it often leads to stress and financial strain, particularly for those balancing caregiving with other responsibilities. The **increasing reliance on family caregivers** underscores the need for expanded resources and support systems to help mitigate these challenges.

**Social connections are a key factor in healthy aging.** Loneliness and social isolation are associated with poorer physical health, mental well-being, and higher mortality risks (Holt-Lunstad et al., 2015). Older adults with strong social networks experience better health outcomes and greater emotional resilience. Engaging in meaningful relationships and activities contributes significantly to overall well-being.

**Aging in place remains a priority** for most older adults, with many expressing a desire to remain in their own homes as they grow older (AARP, 2023). This preference highlights the importance of accessible housing, transportation options, and environments that support independence. Aging in place is associated with improved mental health and a sense of stability and familiarity, factors that are critical to quality of life as individuals age.

Gender differences in aging highlight **unique challenges for women**. Women tend to live longer than men, resulting in a higher proportion of older women. This longevity often leads to increased caregiving responsibilities, higher rates of widowhood, and a greater likelihood of living alone (Administration for Community Living, 2021). Additionally, women are more likely to face financial insecurity in later life due to wage disparities and time spent out of the workforce for caregiving roles.

Technology is becoming an increasingly important part of the aging experience. Older adults are adopting technologies such as telehealth, smart home devices, and digital tools for social connection. These innovations can improve access to healthcare, enhance safety, and reduce social isolation (Pew Research Center, 2022). However, barriers such as the **digital divide and technology accessibility** remain significant challenges.

The concept of positive aging emphasizes **resilience, purpose, and continued contributions to society**. It has long been established that older adults who engage in lifelong learning, volunteering, and purposeful activities experience better mental health, greater life satisfaction, and improved physical health (Rowe & Kahn, 1998). Encouraging opportunities for older adults to maintain a sense of purpose is key to promoting positive aging.

**Intergenerational dynamics** are also a defining feature of aging trends. Relationships between generations are evolving, in part due to an increase in multigenerational households and collaborative caregiving arrangements. These relationships provide opportunities for mutual support, shared learning, and greater understanding across age groups, which can strengthen family bonds and enhance societal cohesion (National Academies of Sciences, Engineering, and Medicine, 2016).

**The rapid growth and evolving characteristics of the aging population reflect broader societal changes that will continue to shape health, economics, and social dynamics. Understanding these trends is essential for preparing to address the challenges and opportunities that come with an aging society. Inclusivity is a cornerstone of effective planning for an aging population**

### 1.5 Importance of the Senior Services Master Plan

Implementing a Senior Services Master Plan can significantly enhance the well-being of older residents and the overall community. Often referred to as **“age-friendly” initiatives**, these plans focus on creating inclusive, accessible, and supportive environments for individuals of all ages. By addressing critical areas such as health, community engagement, economic contributions, and sustainable development, these initiatives benefit not just older adults but entire cities.

Many older adults prefer to remain in their homes and communities as they age, making **“aging in place”** a priority for City planning. To support this, cities must invest in accessible housing, reliable transportation, health services, and programs that foster connection and independence. Research shows that elder-friendly transportation, accessible health services, and green spaces encourage active lifestyles, making it easier for older residents to access medical care, stay physically active, and maintain their health. These features also reduce loneliness and depression, contributing to a higher quality of life and a sense of belonging within the community.

**Accessible infrastructure**, such as safe sidewalks and public buildings, plays a vital role in enabling older adults to engage fully in community life. This not only reduces social isolation but also fosters stronger community connections and increases overall satisfaction among residents. Older adults, in turn, enrich their communities through volunteerism, mentorship, and civic engagement. Their resilience, wisdom, and leadership are invaluable assets, and age-friendly initiatives that encourage these contributions foster intergenerational connections and strengthen the social fabric of the City.

The **economic impact of an aging population** underscores the importance of a Senior Services Master Plan. Older adults contribute significantly to local economies through employment, spending, and volunteerism. By addressing their needs and ensuring equitable access to resources, cities can tap into this economic potential while also promoting sustainability. Features like walkable neighborhoods and accessible public spaces benefit all residents, creating a more livable and vibrant community for generations to come.

However, challenges remain. Economic disparities continue to affect many older adults, particularly in areas such as housing affordability, healthcare costs, and financial insecurity. **A Senior Services Master Plan must prioritize solutions** to these issues while also addressing the growing demand for caregiving. Families often shoulder the burden of caregiving, which can lead to significant strain. Cities can support caregivers by providing respite care, training programs, and resources that strengthen caregiving networks and improve outcomes for both caregivers and care recipients.

Inclusivity is a cornerstone of effective planning for an aging population. While survey data in Los Alamitos may reflect a predominantly homogenous group, the City’s younger families are becoming increasingly diverse. Anticipating and preparing for this demographic shift is essential. **Prioritizing culturally competent services** and multilingual resources ensures that all residents, regardless of background, can access the support they need and feel included in the community.



2025

# SENIOR SERVICES MASTER PLAN

Research highlights the transformative impact of the Senior Services Master Plan. Cities that adopt such initiatives often see improved health outcomes among older residents, greater social connections, and stronger local economies. By fostering intergenerational solidarity and prioritizing sustainable development, these plans create more inclusive, equitable, and resilient communities. For cities like Los Alamitos, these benefits underscore the importance of acting now to prepare for the future.

Ultimately, supporting older adults is not just about addressing challenges-it's about recognizing their immense value and ensuring that every resident has the opportunity to thrive. **Cities that invest in infrastructure, healthcare, and social services to meet the needs of older adults will also benefit younger generations, creating stronger, more resilient communities for all.**



**The Senior Services Master Plan addresses goals that pertain to the well-being, inclusivity, and quality of life for aging adults and their families.**

## 1.6 Primary Guidance

A successful Senior Services Master Plan leverages a range of resources from local, national, and international organizations to ensure its initiatives are comprehensive and evidence-based. The World Health Organization's (WHO) Global Age-Friendly Cities and Communities framework provides a foundation with eight key domains, such as housing and social inclusion, that promote healthy aging. AARP's Livable Communities initiative offers practical tools and case studies tailored to U.S. communities, while the Orange County Office on Aging provides localized data, strategies for stakeholder engagement, and connections to regional networks. Nationally, the Centers for Disease Control and Prevention (CDC) supports efforts through its Healthy Aging Program, and the National Institutes of Health (NIH), through its National Institute on Aging (NIA), contributes research, funding, and public health frameworks to guide aging initiatives. Additionally, the Gerontological Society of America (GSA) provides cutting-edge research and best practices, and local universities bring academic expertise to the planning process. By integrating these diverse resources, a City can create a Senior Services Master Plan that is both scientifically grounded and tailored to the unique needs of its older residents.

## 1.7 Applicable Legislation

Key policies and legislation at the state and federal levels address aging, healthcare, disability, and related areas:

### 1.7.1 County of Orange

- Orange County Strategic Plan on Aging: A county-led initiative, the plan focuses on coordinating services, increasing awareness, and addressing gaps in care for aging populations.

### 1.7.2. State of California

- **Master Plan for Aging (MPA):** California’s MPA serves as a comprehensive “blueprint” to prepare for demographic changes, emphasizing the health and well-being of older Californians and individuals with disabilities. It outlines five ambitious goals and twenty-three strategies to build a California for all ages by 2030.
- **Older Americans Act (OAA) State Plan (2021-2025):** Administered by the California Department of Aging, this plan provides vital services related to nutrition, health, wellness, and caregiver support for older adults. It identifies specific goals to enhance the quality of life for seniors across the state.
- **SB 1249 (Roth): Mello-Granlund Older Californians Act:** This bill updates the Mello-Granlund Older Californians Act, enhancing the California Department of Aging’s role in developing home- and community-based services to support older adults in maintaining independence
- **SB 37 (Caballero): Older Adults and Adults with Disabilities Housing Stability Act:** This bill proposes rental stabilization subsidies to help older adults and people with disabilities access or retain housing, aiming to prevent homelessness among these populations.
- **AB 570 (Santiago): Dependent Parent Health Care Coverage:** Effective January 1, 2022, this law requires health insurance policies to offer dependent coverage to qualifying parents or stepparents, expanding healthcare access for older adults.
- **Lanterman Developmental Disabilities Act:** This act grants individuals with developmental disabilities the right to services and supports that enable them to live more independently, emphasizing the state’s responsibility to support these individuals.

### 1.7.3. Federal Level

- **Older Americans Act (OAA):** A foundational piece of federal legislation, the OAA supports a range of services for older adults, including nutrition programs, caregiver support, and community service employment. It aims to enhance the well-being and independence of older individuals across the nation.
- **Americans with Disabilities Act (ADA):** This civil rights law prohibits discrimination against individuals with disabilities in all areas of public life, ensuring equal access to employment, education, transportation, and public accommodations
- **Medicare and Medicaid Programs:** Established in 1965, these federal programs provide health coverage to older adults (Medicare) and low-income individuals, including those with disabilities (Medicaid), ensuring access to essential healthcare services.

These policies and legislative measures collectively strive to support the aging population, enhance healthcare access, protect the rights of individuals with disabilities, and promote inclusive community engagement at various governmental levels.





## 1.8 Executive Summary

The City of Los Alamitos' **Senior Services Master Plan** provides a resident-driven forward-thinking strategy to promote active, engaged, and supported aging for residents and non-residents alike. Nestled in Orange County, California, Los Alamitos is a small City with a strong economic foundation, deep community connections, and regional assets like the Joint Forces Training Base (JFTB). Its proximity to neighboring communities, including Leisure World, Rossmoor, and Long Beach, underscores the City's role as a central hub for collaborative and inclusive aging services. Furthermore, **Los Alamitos has the highest number of nonprofits per capita in Orange County**, a unique asset that strengthens its capacity to forge partnerships and enhance aging services. Inspired by present data and emerging trends, the plan addresses core areas—health, housing, transportation, social engagement, and equity—while anticipating evolving demographic, technological, and economic trends.

This Master Plan leverages a **biopsychosocial wellness approach** to ensure that aging services address the whole person—physically, emotionally, and socially. By prioritizing **person-centered services** and integrating best practices in community development, along with cutting-edge technology, the City can continue to be committed to creating a thriving, inclusive, and sustainable future where residents of all ages feel supported and valued.

### Assessment and Findings

A comprehensive needs assessment was conducted, combining focus groups, surveys, and demographic analysis. Below are some key findings that highlight critical themes to focus on as the City moves forward in its growth efforts.

- **Loneliness and mental health needs:** Loneliness and social isolation, particularly among the Old Group (OG, 70+), emerge as significant challenges, impacting emotional resilience and overall health. Enhanced mental health services, such as group therapy, mindfulness programs, and aging-related stress workshops, are essential to address these needs.
- **Community engagement and inclusivity:** Social connectivity and tailored programs, such as intergenerational initiatives and wellness workshops, are critical for fostering emotional resilience and reducing isolation.
- **Mobility and accessibility:** The OG faces challenges with transportation, walkability, and housing modifications, while the Moderately-Old Group (MG, 60—70) struggles with caregiving burdens and financial strain. Expanded transportation options, walkable infrastructure, and affordable housing solutions are priorities.
- **Resource awareness and participation:** Younger residents (YG, under 60) show satisfaction with City services but lower awareness of resources. This highlights the need for targeted digital outreach campaigns and advocacy training to ensure equitable access.
- **Infrastructure and governance:** Investments in sidewalks, crosswalks, age-friendly lighting, and hybrid civic engagement (e.g., virtual town halls) are vital for fostering inclusivity and transparency.
- **Equity considerations:** Demographic disparities in survey responses—overrepresentation of retirees, homeowners, and highly educated individuals—underscore the need for further outreach to underserved groups, including Hispanic residents, non-English speakers, and those facing food insecurity.

### Strengths and Gaps:

Among the strengths of Los Alamitos is its strong foundation of leadership, community pride, and invested City planners. There are several unique and defining assets, such as its proximity to the Joint Forces Training Base, CSU Long Beach, Leisure World, the Long Beach VA, and local hospitals. Additionally, Los Alamitos has the most non-profits, per capita, in Orange County, which is valuable for supporting successful aging. Such partnerships can increase specialized service offerings, shared programming, and collaborative advocacy and grant writing.

Areas for growth that need to be addressed include enhancing wellness programming, including mental health services, cultural inclusivity, lifelong learning partnerships, caregiver support, and transportation.

Given its strengths and ability to address the gaps, the City is in a strong position to bring Los Alamitos to the forefront and serve as a blueprint for other cities.

## Recommendations

- **Funding sources for sustainability:** The report outlines diverse funding opportunities, including local budgets, state and federal grants, and partnerships with nonprofits, universities, and private foundations. These resources can support critical initiatives like affordable housing, transportation, mental health services, and age-friendly infrastructure.
- **Create a Municipal Case Manager** to connect residents with healthcare, housing, caregiver support, and mental health services, including group counseling and stress management workshops.
- **Enhance wellness opportunities** by adding pickleball courts and arthritis-friendly fitness classes; partner with local entities to offer aqua aerobics.
- **Collaborate with key institutions:** Build relationships with CSU Long Beach, local hospitals, and faith-based organizations to offer lifelong learning opportunities, health screenings, and emergency preparedness training.
- **Forge partnerships with local nonprofits:** With the highest number of nonprofits per capita in Orange County, Los Alamitos can harness these organizations to expand volunteer opportunities, create specialized programs for older adults, and provide critical health and wellness resources.
- **Expand cultural and intergenerational programming** through monthly events celebrating diverse traditions and activities, pairing older adults with youth for storytelling, gardening, or crafting.
- **Promote accessible communication** by expanding multilingual outreach efforts and digital literacy training.
- **Develop state-of-the-art infrastructure**, such as senior-focused community centers with adaptable facilities for programming, intergenerational engagement, and high-tech support.
- **Introduce transportation innovations**, including regional shuttles and expanded walkability initiatives.
- **Advance affordable housing solutions**, including co-housing models, senior-specific developments, and accessory dwelling units (ADUs).
- **Expand emergency preparedness** by partnering with JFTB and first responders for tailored plans, drills, and emergency kit distributions for older adults.
- **Launch a technology assistance program** to pair students with older adults for training on online safety, fraud prevention, and digital tools.
- **Address climate resilience** with heat relief strategies, disaster plans, and infrastructure improvements to protect aging residents during extreme weather.
- **Promote equity and inclusivity** through multicultural events, multilingual resources, and diverse representation in governance.

## Conclusion

Los Alamitos can address critical gaps while fostering a thriving, inclusive community. By capitalizing on its regional influence, leveraging its unique assets, and aligning with funding sources, the City can position itself as a model for age-friendly living. Taken together, these strategies can enhance the quality of life for residents and non-residents, attract new opportunities, and amplify Los Alamitos' reputation as a desirable place to live, work, and thrive for people of all ages.



2.1 Community Respondents

In our analysis, we compared the responses of Los Alamitos residents with those of non-residents who utilize the City’s services and resources. Many of these non-residents come from neighboring communities such as Rossmore, Seal Beach, Cypress, Garden Grove, and Long Beach, as discussed above, while others reported residing in areas further south in Orange County. This diverse respondent pool provided valuable insights into the broader reach and impact of Los Alamitos’ services. By examining the experiences and perceptions of both residents and non-residents, we were able to identify trends and patterns that highlight commonalities, as well as key differences, in their needs and priorities.

2.2 Methodological Overview

To best identify and target the issues most relevant to Los Alamitos residents, we employed a multi-tiered data-collection approach where each phase would inform the next. We began by reviewing existing City and county-level data, employed a series of focus groups, and then conducted an in-depth resident survey.

The primary objective of this data collection undertaking was to determine what key stakeholders think regarding the following main topics, derived from the literature and/or of interest to City officials:

- Mobility, safety, community, health & wellness, resource access
- Sense of community support (for community members)
- Limitations of current services
- Primary needs/goals/issues
- Current perceptions of aging (including diversity issues)
- Vision for the future

2.3 Focus Groups

2.3.1 Focus Group Recruitment

Community Members

The primary stakeholders of interest are community members over the age of 50, so we requested participation from individuals representing the following populations:

- Residents aged 50+
- Mix of people currently using services as well as those who are not

Special effort to include:

- People living alone
- People living with dementia
- Veterans
- People aging with disabilities
- Optimal agers
- Caregivers



“  
**There’s something special about  
 a City where neighbors still  
 know each other.**  
*- Los Alamitos Resident*  
 ”

### Senior Advisory Advocates

Recognizing the important role played by community members directly serving the older population, we also requested participation from a variety of community professionals in a leadership or senior advocacy position. The City has an established Senior Advisory Advocate Committee made up of stakeholders from several of the following groups:

- Mayor/Council Members
- Recreation/Parks, Recreation & Cultural Arts Commissions Leaders
- PCPs/Geriatricians
- Police/Fire Officials
- Care Facility Administrators
- Senior Living Administrators (e.g., Royal Oak, Laurel Park Manor)
- Activity Instructors
- Local Hospitals Representatives
- Chamber of Commerce Representatives

Focus group participants were recruited through open invitation calls (community members) and formal letters from the City's Recreation & Community Services department (senior advocates). Potential participants were then contacted by email and registered for a focus group session. Each session lasted approximately 90 minutes.

### 2.3.2. Focus Group Questions

#### Community Members

Using data from previous Los Alamitos surveys and the most recent Orange County strategic plan, coupled with established findings from the scientific literature, we identified a number of key questions to ask of Community Members and Senior Advisory Advocates. The questions for the Community Members were grounded in best practices for community engagement and aligned with research on age-friendly initiatives.

- 1) Do you feel Los Alamitos is equipped to help you age successfully?
- 2) What do you feel the City is doing well?
- 3) What do you think the City could improve upon?
- 4) If the City were to receive a sizable amount of money, where do you think they could best spend the money to enhance the lives of seniors?
- 5) Diversity considerations? Intergenerational connections?

By addressing these areas, the City can gain insights to enhance infrastructure, services, and policies, ensuring an inclusive and supportive environment for older adults and fostering connections across all generations.

#### Senior Advisory Advocates

The questions for the Senior Advisory Advocate Committee were designed to gain the unique insights of professionals on committee, ensuring that recommendations are grounded in real-world experience.

- 1) Do you feel Los Alamitos is equipped to help your clients/patients/constituents age successfully?
- 2) What do you feel the City is doing well?
- 3) What do you think the City could improve upon?
- 4) How could the City better support YOU in your quest to serve aging individuals? Age-friendly-ness?

**By focusing on systemic strengths, gaps, and support structures, the City can take actionable steps toward becoming an inclusive, age-friendly community that supports both seniors and the individuals and organizations working on their behalf.**



2025

# SENIOR SERVICES MASTER PLAN

### 2.3.3. Focus Group Sessions

#### Community Members

Tuesday, March 12, 2024, 11:00am-12:30pm, American Legion. This session was held after a City-sponsored Balance & Fitness class. Eight community members participated.

Monday, March 25, 2024, 10:00-11:30am; Royal Oak Mobile Park Clubhouse. Eighteen community members participated.

#### Senior Advisory Advocate Committee

Thursday, March 14, 2024, 4:00-5:30pm, City Council Chambers. Seven senior advocates participated.

Wednesday, April 10, 2024, 4:00-5:30pm, Community Center. Nine senior advocates participated.

### 2.3.4. Focus Group Results

Thematic analysis of the topics covered across the four focus group sessions revealed several emerging areas of relevance:

- Advocacy
- Communication/Outreach/Information Dissemination
- Community Engagement
- Education/Classes
- Food/Housing/Aging-in-Place
- Intergenerational Programming
- Network of Services
- Safety/Walkability
- Social Interaction
- Technology
- Transportation
- Wellness & Disease Prevention



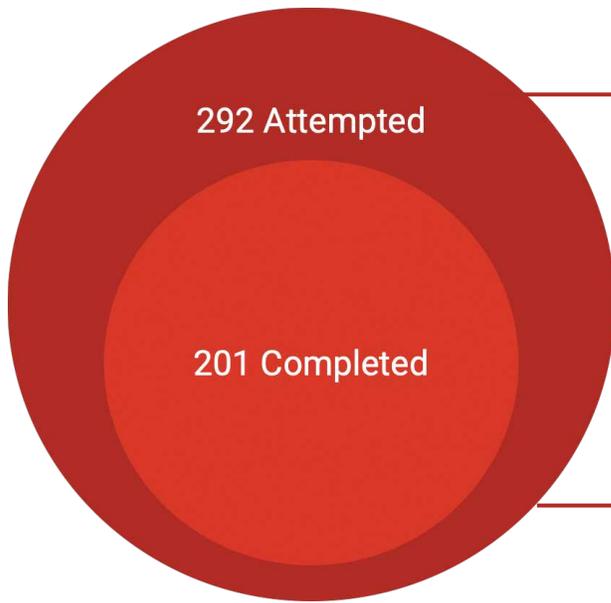
### 2.4 Online Survey

#### 2.4.1. Online Survey Design

The focus-groups, coupled with in-depth interviews with City officials, revealed recurring patterns and concerns among respondents. These initial findings highlighted shared priorities, challenges, and opportunities, which informed the development of a comprehensive questionnaire. City staff and members of the Senior Advisory Advocate Committee provided feedback on a draft, and then approved the final survey. The final survey (93 questions) was translated from English to both Spanish and Korean and then back-translated to ensure accuracy. All three language versions were then loaded into Qualtrics, the survey platform used to collect responses. Qualtrics then provided both a URL and a QR code unique to the survey.

#### 2.4.2. Online Survey Sample Recruitment

The target sample included Los Alamitos residents ages 50 and over, though non-residents who participated in Los Alamitos recreational and/or educational activities were encouraged to participate, as well. The City's Recreation & Community Services Department created posters and postcards; businesses and classes hung posters advertising the survey and postcard-sized leaflets were distributed at all community events. The survey was also widely publicized on the City's website and quarterly Recreation Brochures. The survey went live with a formal kick-off at the City's Summer Concert Series on June 27, 2024 and closed on September 13, 2024. For ease of participation, City staff made iPads available at numerous educational and recreational events to enable on-site participation. The time to complete the survey ranged from 5-113 minutes, with an average of 21.85 minutes.



### 2.4.3. Online Survey Responses

A total of **201 respondents completed** the online survey, though **nearly 300 attempted** at least part of it. The results were analyzed to determine trends in the experiences and perceptions of those that completed the survey. The survey respondent pool differs from the general Los Alamitos population in that respondents are more likely to be female, older, more educated, wealthier, and homeowners. These differences could shape the perspectives reflected in the survey, especially on issues related to housing, health, transportation, and civic engagement.

Categories	Los Alamitos Census	Survey Respondents	Key Takeaway
Gender	53% female	79% female	Survey respondents skew more female
Racial/Ethnic Composition	54.3% White, 32% Hispanic	74% White, 11% Hispanic	Hispanic underrepresented
Educational Attainment	45% with bachelor's degree or higher	74% with bachelor's degree or higher	More educated survey respondents
Retirement	14% aged 65+	58% retired	Retired individuals overrepresented
Primary Language	29% speak non-English	11% speak non-English	Non-English speakers underrepresented
Homeownership	43% homeowner	84% homeowner	Homeowners overrepresented
Food Insecurity	No data	15% food insecure	Food insecurity exists despite affluence
Military Service	4% of residents	6% of respondents	Slightly more veterans in the survey

### 2.5 Demographic Comparison:

#### Los Alamitos Population vs Survey Respondents

The survey respondent pool differs from the general Los Alamitos population in several key ways. Respondents are more likely to be female, older, more educated, wealthier, and homeowners. These differences could shape the perspectives reflected in the survey, especially on issues related to housing, health, and civic engagement. As discussed later in this report, future surveys could seek to increase participation from underrepresented groups, such as renters, younger residents, and Hispanic communities.

It is worth noting that although the survey sample includes some non-residents, it offers valuable insights into the demographics of individuals who engage with and benefit from Los Alamitos programs and services. The resulting data allow us to identify broader focus areas, ultimately leading to the final set of themes that guide our understanding and recommendations for a Senior Services Master Plan for the City of Los Alamitos.



**3.1 Data Overview**

It is important to acknowledge that while the survey achieved a good response rate, the data showed limited variability, and the respondent pool was not highly diverse. Combined with low statistical power, this posed challenges for conducting robust statistical analyses. Nevertheless, through descriptive and inferential analyses, we identified patterns and trends that, while not always reaching statistical significance, still provide meaningful and actionable insights. Importantly, these findings align with broader research on the needs of aging adults, reinforcing their relevance and applicability. They offer valuable perspectives on the experiences and perceptions of community members who utilize its services and resources, highlighting key areas for consideration and future planning.

**3.1.1. Residents vs. Non-Residents**

To ensure a comprehensive understanding of community needs and perspectives, data were collected from both residents (73.1%) and non-residents (26.9%), reflecting the broader impact of Los Alamitos' offerings on the surrounding region. Before embarking on age-related analyses, we wanted to first understand the impact resident status had on key variables.

Analysis of the responses from residents and non-residents highlighted both shared priorities and notable differences, offering valuable insights for planning and resource development. Both groups expressed strong interest in intergenerational programs, proactive health behaviors like screenings and check-ups, and recreational opportunities, reflecting shared enthusiasm for community engagement and wellness initiatives. Satisfaction with the diversity and quality of recreational services was similarly positive among both groups, emphasizing the importance of maintaining these programs.

Differences emerged in perceptions of resource accessibility and participation patterns. Residents reported more challenges in accessing local resources and expressed a stronger preference for in-person learning. These findings suggest potential gaps in accessibility that, if addressed, could improve resident satisfaction and participation. In contrast, non-residents viewed Los Alamitos' resources more favorably and rated community-based education programs as more effective. Non-residents also showed strong interest in training opportunities to better support aging clients, indicating an appetite for educational programs that Los Alamitos could expand upon.

Despite these differences, residents demonstrated higher overall engagement in local community events and forums. However, their caregiving responsibilities-particularly for children and grandchildren-were significantly greater, potentially impacting their availability and stress levels. Both groups expressed moderate satisfaction with access to information about Los Alamitos projects, though residents were more likely to seek out neighborhood forums to discuss community issues, highlighting their desire for interactive and localized communication strategies.

The findings from this analysis offer a deeper understanding of how Los Alamitos serves not only its immediate population but also a wider regional community. By enhancing resource accessibility, supporting caregivers, and refining communication strategies to align with preferences for in-person engagement, Los Alamitos can strengthen resident satisfaction while continuing to appeal to non-residents. Expanding popular initiatives like intergenerational activities and wellness programs and building on non-residents' interest in education and training will further solidify Los Alamitos' role as a vital hub for community resources.



**“ I exercise in Los Alamitos because I want to be with my friends. ”**  
 - Los Alamitos Resident

### 3.1.2. Age Groups

To gain a more nuanced understanding of the experiences of aging individuals in the community, we grouped the entire sample (residents and non-residents) into three distinct age groups:

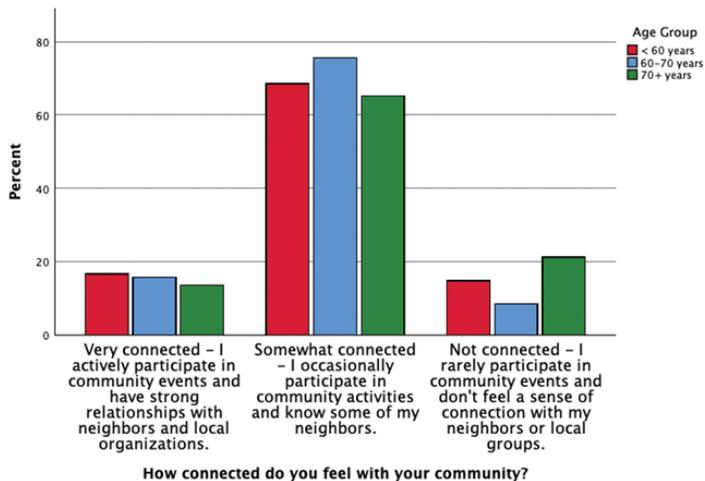
- Young Group (YG); <60 years
- Middle Group (MG); 60-70 years
- Old Group (OG); >70 years

These groupings are informed by general definitions of “aging” commonly used in gerontological research, while also taking into account the sample size within each category. In general, ensuring comparable group sizes is crucial for producing accurate, reliable, and statistically significant research outcomes. Similar group sizes enhance statistical power, reduce sampling error, and allow for fair comparisons. This approach provides more stable estimates, prevents smaller groups from disproportionately influencing results, and supports conclusions that are more representative of the broader population. With that said, the data collected from respondents for this survey exhibited limited variability, which may affect the ability to detect statistically significant differences between groups.

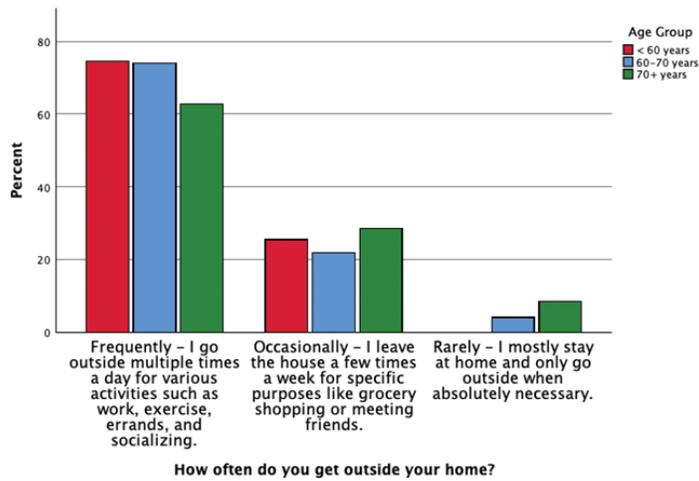
While the data collected are not longitudinal, and thus we cannot report on age-related changes over time, collected cross-sectional data offers a valuable snapshot of the experiences, perceptions, and needs of different age groups within Los Alamitos. Overall, by breaking the sample into these groups, we can better identify patterns and trends, by age group, and overall findings regardless of age.

## 3.2 Community Engagement & Social Connectivity

### Survey Results



The majority of participants feel somewhat connected to their community, with the OG feeling the lowest level of connection overall.



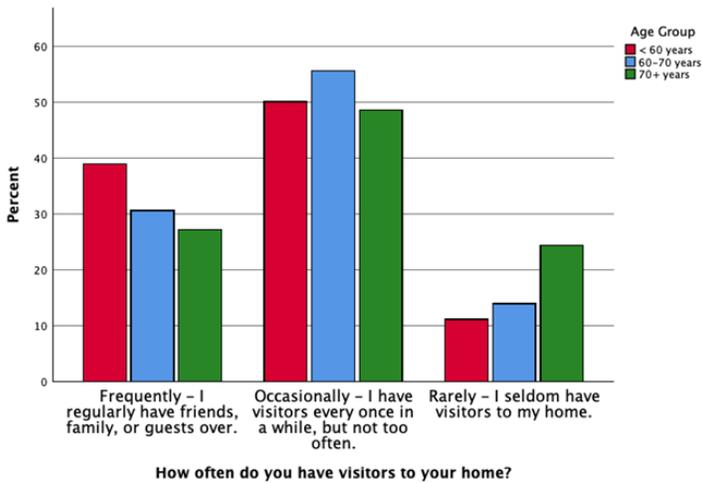
The majority of participants frequently get outside their homes. Compared to the other two groups, the OG are more likely to go outside only when completely necessary.



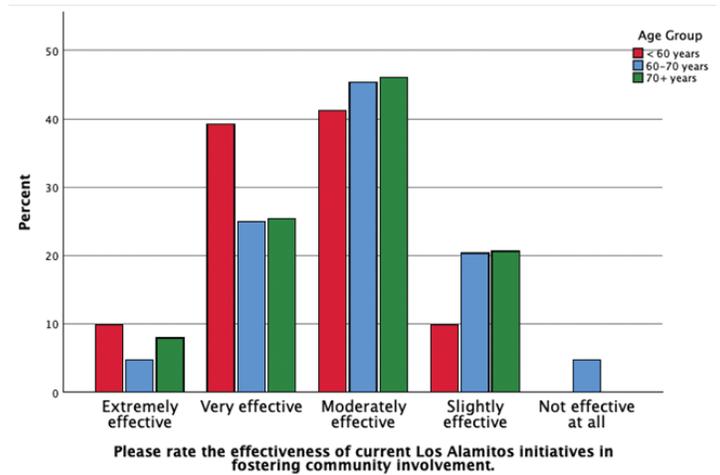


2025

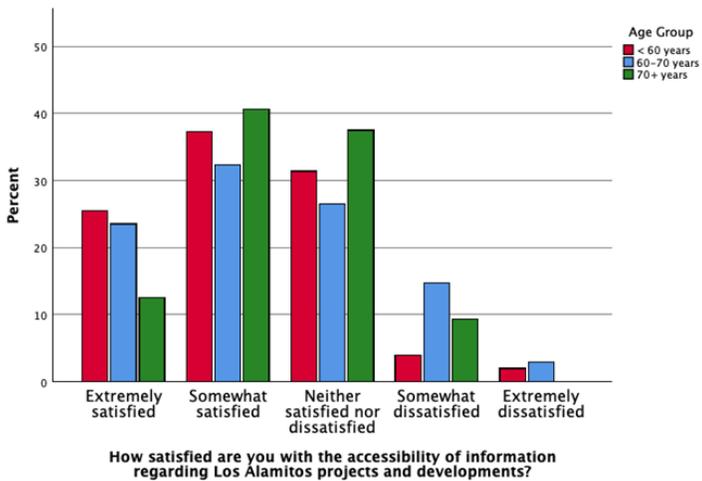
# SENIOR SERVICES MASTER PLAN



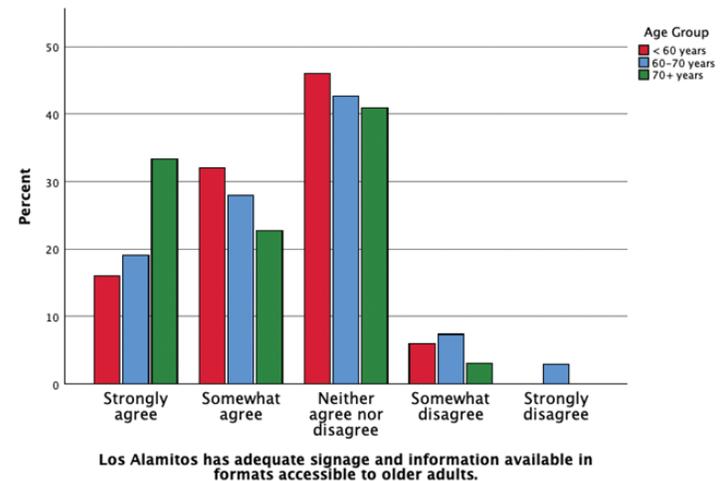
The majority of participants occasionally or frequently have friends, family, or guests visit their homes. The oldest group is more likely than the other groups to report rarely having visitors.



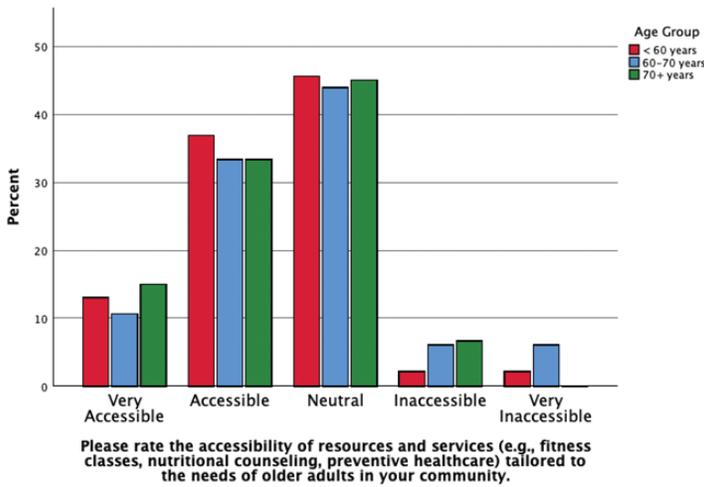
The majority of respondents feel that Los Alamitos is effective in fostering community involvement; the younger group perceives the initiatives as most effective, whereas a few in the middle group feel the City is not effective at all.



Many respondents are satisfied with the accessibility of information regarding Los Alamitos projects and developments; the middle group was the most likely to express dissatisfaction.

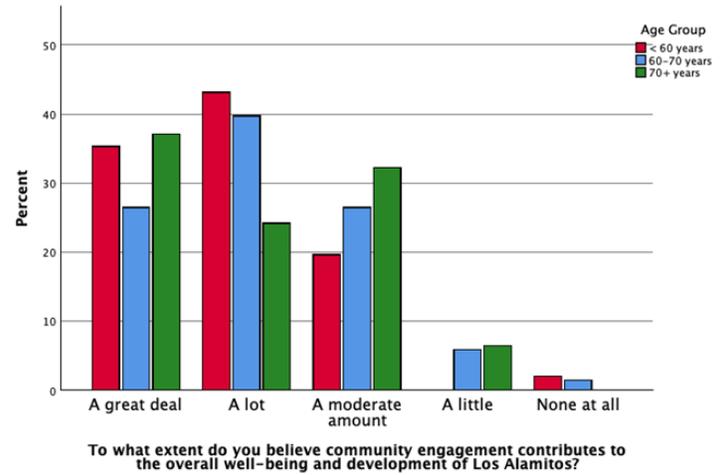


Signage and information are viewed as accessible by about half of all age groups, with the bulk of the balance having no opinion.



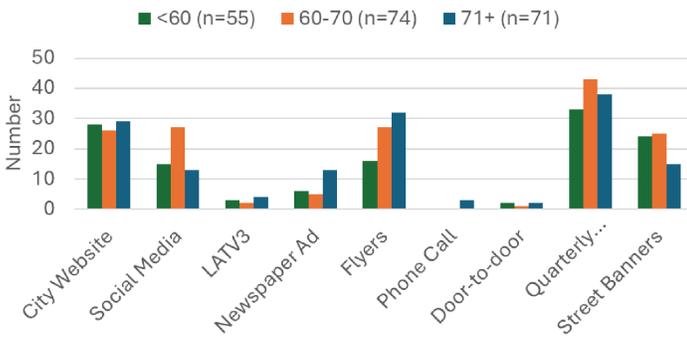
This pattern suggests that while information dissemination is generally effective for the YG group, there may be gaps in reaching the MG and OG groups.

Although the majority of respondents report little trouble accessing resources or services, a small number within each age group report inaccessibility.



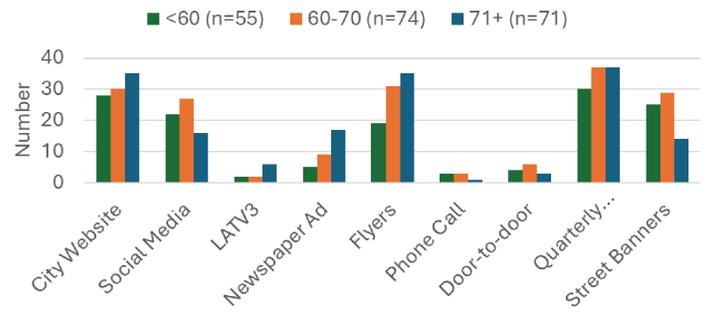
Respondents largely agree that engagement contributes positively to Los Alamitos' well-being, with the MG being slightly less optimistic.

How do you learn about resources, services, and programming within the city of Los Alamitos?



For the youngest group of respondents (<60), the quarterly brochure, City website, and street banners were the most common ways they learned about City events. For the middle group (60-70), the quarterly brochure, City website, social media, flyers and street banners were mentioned. For the oldest group (70+), the quarterly brochure, flyers and City website were most mentioned. Phone calls were not mentioned at all by the two younger age groups.

How would you like to learn about resources, services, and programming within the city of Los Alamitos?

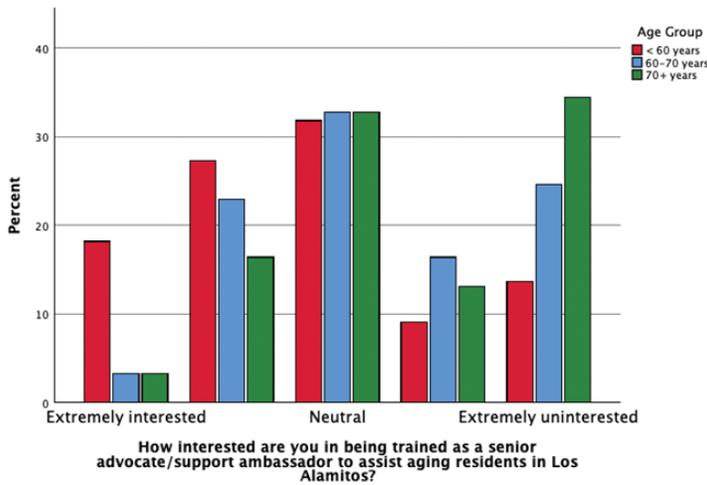


For the youngest group (<60), quarterly brochures, the City website, street banners, and social media were the most mentioned ways they would like to receive information. For the middle group (60-70), quarterly brochures, flyers, the City Website, and street banners were most preferred for information. For the oldest group (70+), there was nearly equal preference from the City website, flyers, and the quarterly newsletter. LATV3, phone calls, and door-to-door contact were not frequently mentioned.

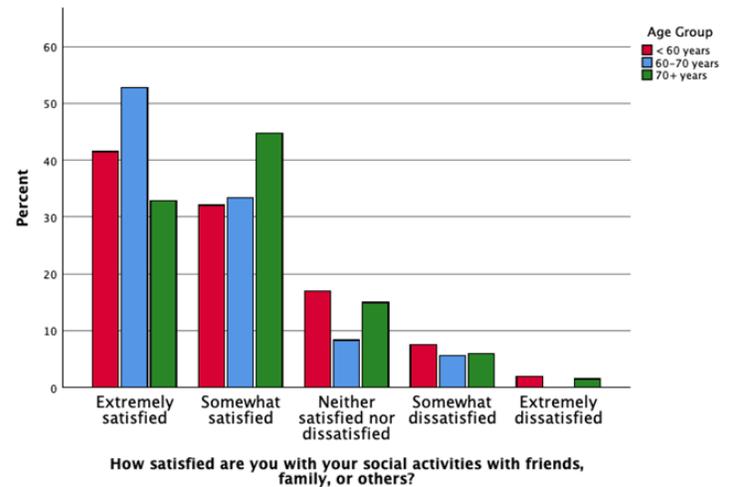


2025

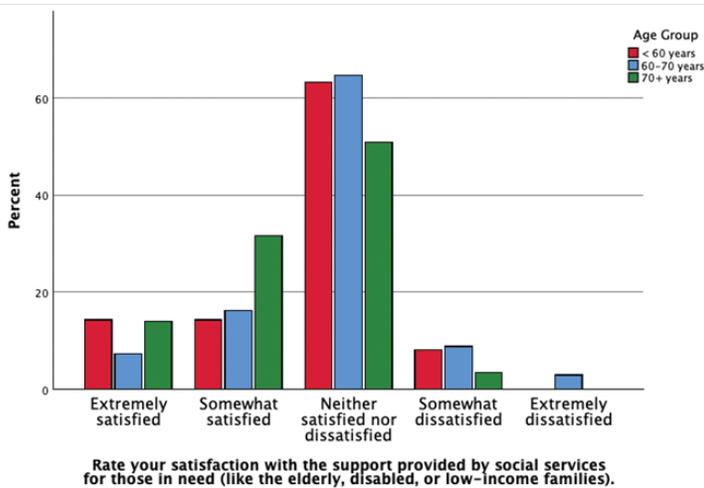
# SENIOR SERVICES MASTER PLAN



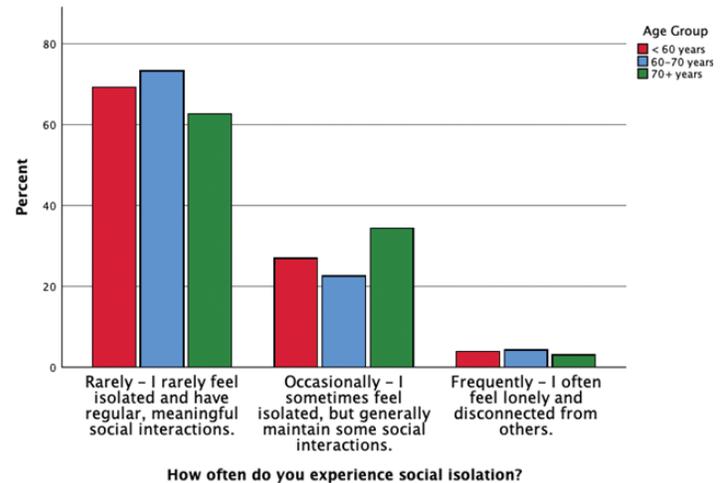
Social isolation is infrequent across all groups, with the MO reporting the least isolation and the OG slightly more.

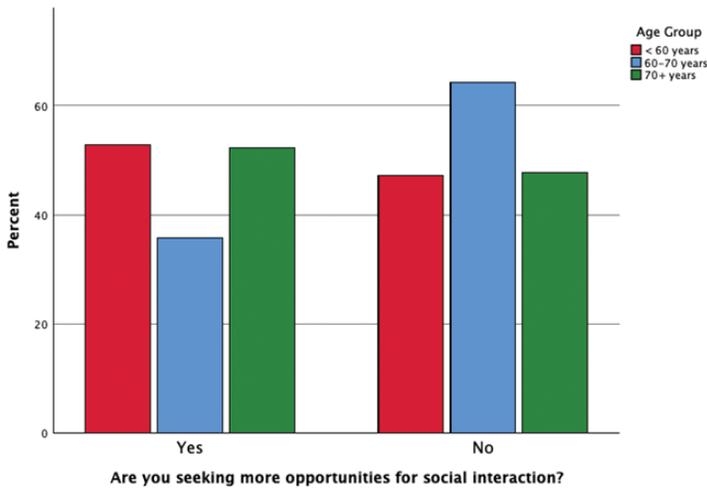


Respondents are generally satisfied with social activities, with the MG expressing the highest satisfaction.

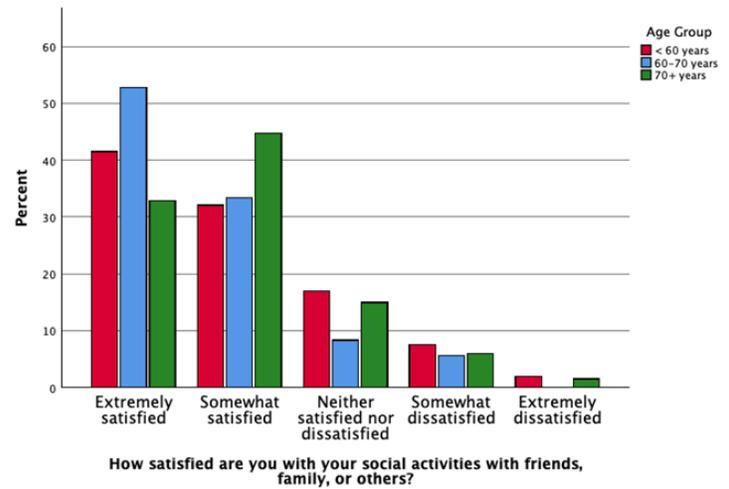


Most respondents did not have thoughts about the support provided to those in need, though among those with an opinion, more were satisfied than not, particularly among the older age group.

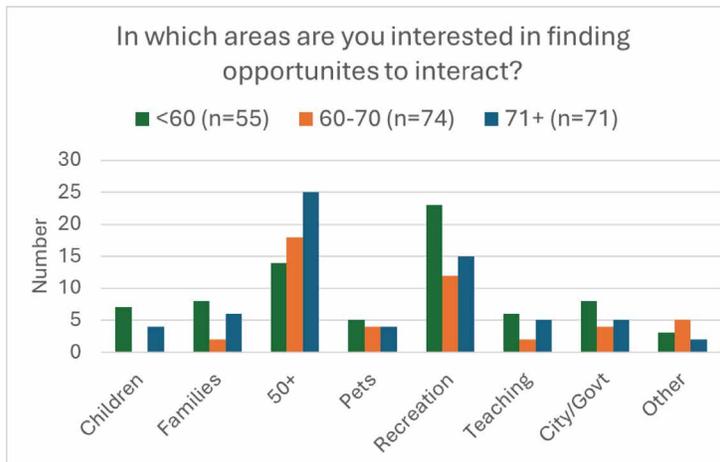




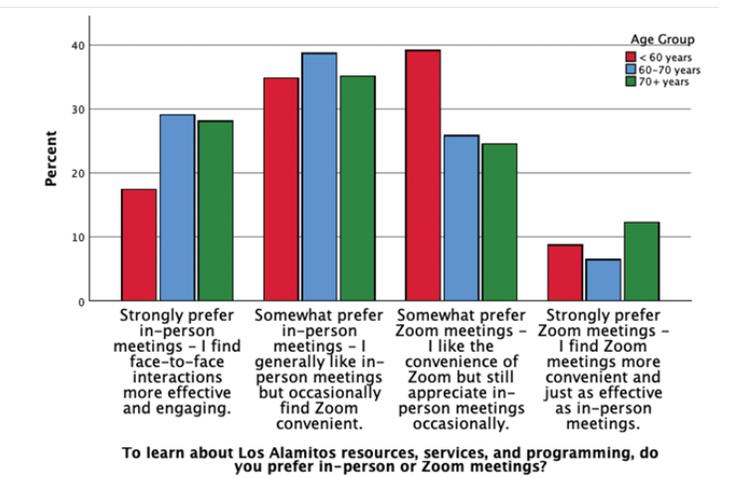
About half of all respondents seek more opportunities for social interaction, although the MG expresses relatively less interest in additional opportunities than the other age groups



When asked about the types of interactions desired, the two most commonly mentioned opportunities for interaction were those involving other older adults (25%, 23% and 35%, for <60, 60-70, and 70+ groups, respectively) and recreation (42%, 18%, and 21% for <60, 60-70, and 70+ groups, respectively). The only group to not mention children was the 60-70 age group.



When asked about the types of interactions desired, the two most commonly mentioned opportunities for interaction were those involving other older adults (25%, 23% and 35%, for <60, 60-70, and 70+ groups, respectively) and recreation (42%, 18%, and 21% for <60, 60-70, and 70+ groups, respectively). The only group to not mention children was the 60-70 age group.

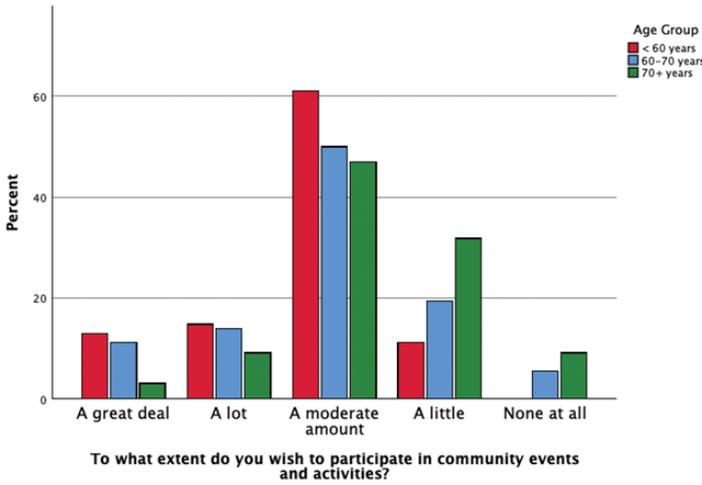


While respondents find zoom convenient, most prefer in-person meetings, except for the YG who are split 50/50 in terms of preference.



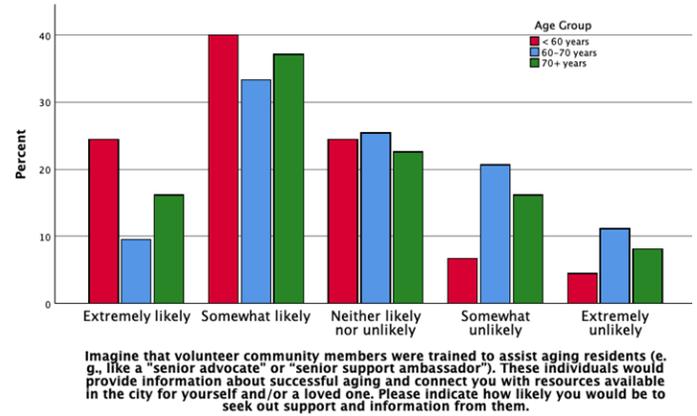
2025

# SENIOR SERVICES MASTER PLAN



The findings suggest that residents view Los Alamitos positively in areas like inclusivity, engagement, and social opportunities, although there is room for improvement in perceptions of local authority responsiveness and inclusivity. Social isolation is low overall, but the OG report slightly higher isolation and less satisfaction with social activities, indicating a potential need for targeted outreach and support for this group. Additionally, while most residents know whom to contact in emergencies, ensuring consistent awareness across all age groups remains important. Efforts to enhance community engagement and inclusivity, especially for the OG, can further improve quality of life in Los Alamitos.

Desire for participation in Los Alamitos programs and activities is higher among the YG and MG group than it is for the OG. This may reflect barriers such as physical limitations or less perceived relevance of the programs. These findings highlight an opportunity to enhance outreach and accessibility, especially for the OG group, while maintaining and potentially expanding engagement efforts for the YG and MG groups to sustain their involvement.



The interest in senior advocate assistance was quite varied with some respondents extremely likely to seek out assistance and others not at all likely. Notably, the younger age group was more likely than the other two groups. In terms of interest in being trained as an advocate, again, the younger group was much more interested than the other groups. Overall, respondents were more interested in using an advocate than training to become one.

“  
**The City does so much, but I think a lot of people still don't know what's available.**  
 - Los Alamitos Resident”



## KEY INSIGHTS

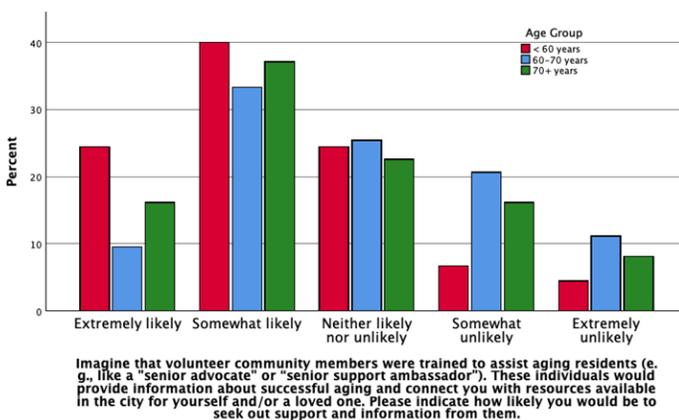
Community engagement and social connectivity are essential for successful aging, with research indicating, for example, that socially active older adults have a 50% lower risk of developing dementia compared to those who are isolated (National Institute on Aging, 2020). The findings reveal unique patterns across age groups, highlighting the importance of tailored strategies to meet diverse needs. The old-group (OG) face challenges with mobility, often leaving their homes only when necessary, but compensate by hosting more frequent home visitors. This highlights the importance of fostering home-based opportunities, such as developing a visiting companion program or expanding home-delivered services like mobile libraries or virtual social gatherings, to keep this group socially connected. Meanwhile, the middle-group (MG) report feeling less connected or impacted by community initiatives compared to other groups, suggesting a need for programs like wellness workshops or hobby-based classes that align with their life-stage priorities. Younger residents (YG) express satisfaction with the City's initiatives but show lower awareness of available resources, underscoring the importance of targeted outreach campaigns using social media or other digital platforms to improve awareness.

**Community connections promote physical health, emotional resilience, and a strong sense of belonging, key for successful aging.**

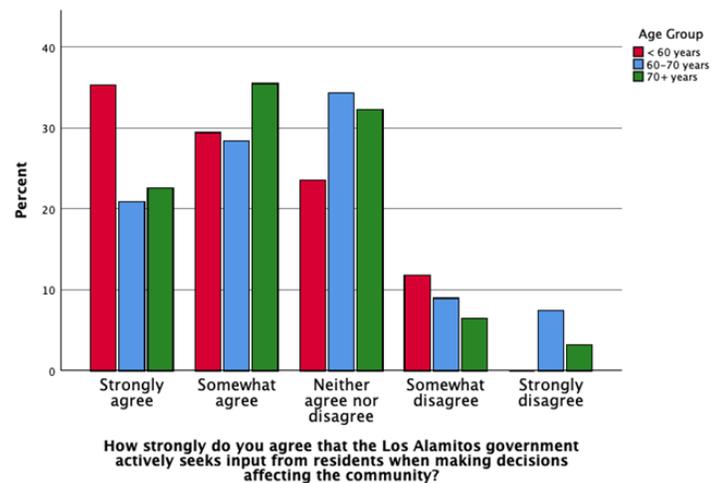
While Los Alamitos is generally seen as inclusive, the findings suggest areas for improvement in ensuring equal engagement across all demographics. Social isolation, though infrequent, is slightly higher among the OG, who also report lower satisfaction with social activities. Enhancing accessible and enjoyable social programs, such as gentle fitness classes or small-group gatherings, can better meet their needs and improve quality of life. Participation interest is higher among the YG and MG groups, reflecting generational differences in how community offerings are perceived. Offering intergenerational programs or recreational activities that appeal to multiple age groups could strengthen connections and foster a sense of inclusivity. Communication preferences also vary widely, with younger groups favoring digital channels like websites and social media, while older groups rely more on traditional methods like flyers and brochures. A multifaceted communication strategy that combines these methods can ensure equitable access to information and services.

Advocacy interest also shows generational differences, with the YG expressing greater interest in both using and being trained as advocates. Establishing advocacy training programs for younger residents could empower them to engage in community-driven initiatives and increase awareness of aging-related issues. The OG, who are most likely to benefit from these resources, need targeted support to reduce isolation and increase their engagement in community life. The MG group's lower satisfaction with community involvement efforts suggests an opportunity to adapt programming and outreach to better address their priorities and challenges.

## 3.3 Governance & Participation



Respondents are generally more satisfied than not regarding how their tax dollars are being spent by the City, with MG and OG slightly less satisfied than the YG.

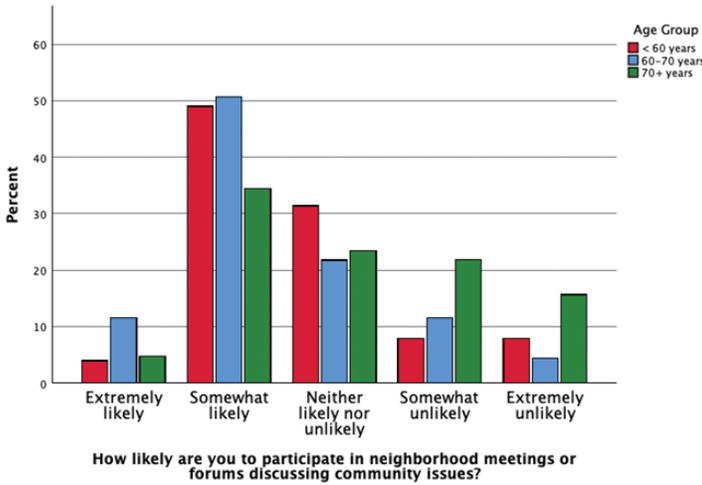


Most respondents believe the City seeks input from residents when making decisions, and this is especially true among the YG.

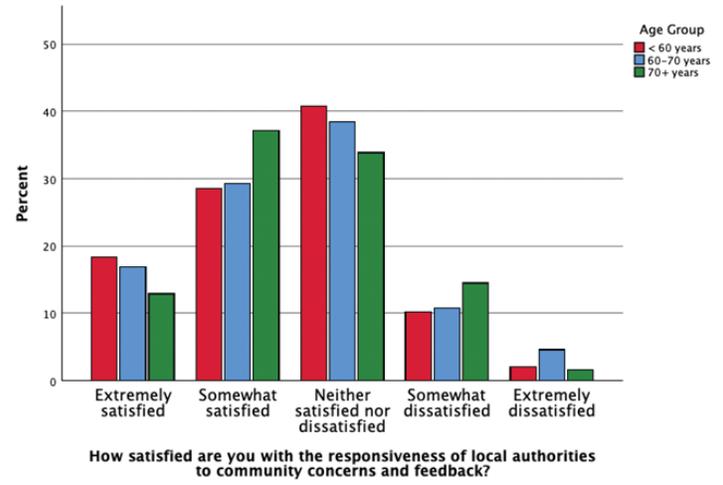


2025

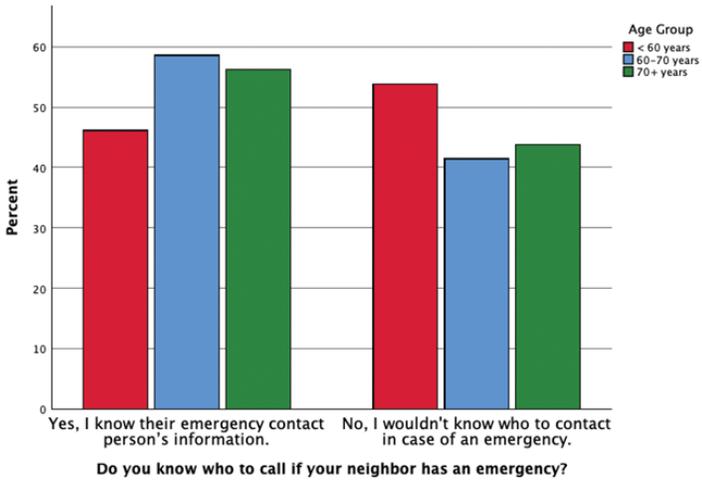
# SENIOR SERVICES MASTER PLAN



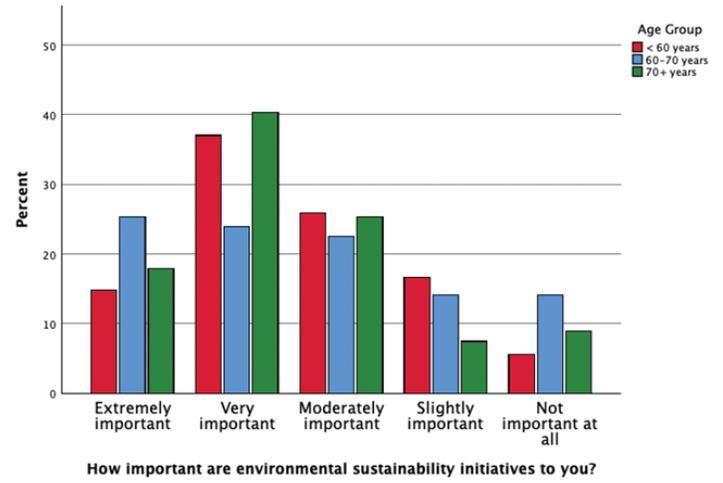
Over half of YG and MG are likely to participate in community discussions/meetings; OG are less likely to participate than the other groups.



Satisfaction with the responsiveness of local authorities is moderate, with the YG reporting slightly higher satisfaction than the MG and OG.



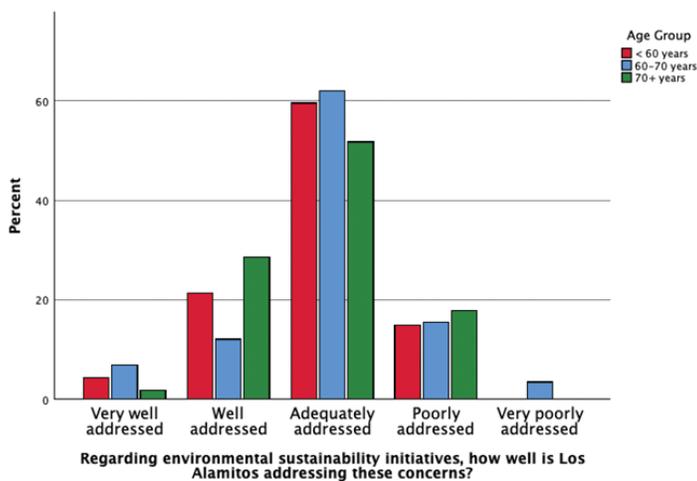
Many respondents know whom to call if their neighbor has an emergency, with the MG and OG showing slightly better awareness than the YG.



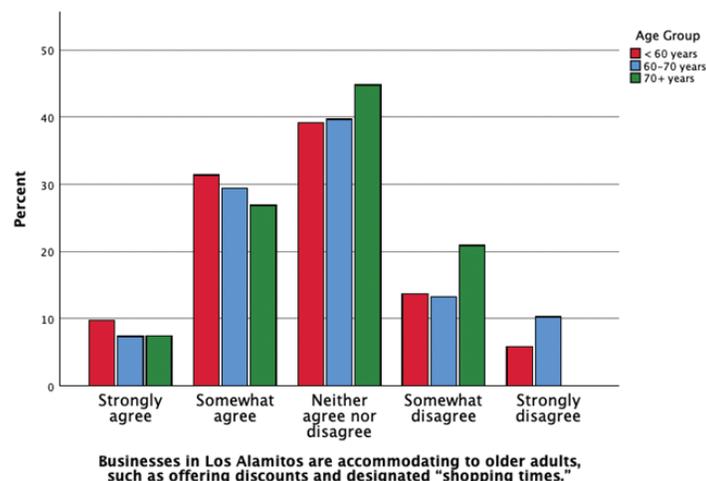
Nearly all participants believe sustainability initiatives are at least slightly important, with YG and OG responding a bit more strongly than MG.



“ I wish the shopping experience was easier for older adults in Los Alamitos. ”  
 - Los Alamitos Resident



The majority of respondents feel the City is at least adequately addressing sustainability concerns, though 15-20% of each age group believe concerns are poorly addressed.



Opinions are mixed regarding the degree to which businesses are accommodating to older adults, with the MG and OG reporting a bit more negatively.

## KEY INSIGHTS

Governance and participation are essential to fostering trust, equity, and inclusivity in decision-making processes that impact the quality of life for residents of all ages. For aging adults specifically, over 80% of older adults believe inclusive policies are critical for their ability to age in place, and research reveals that communities with high civic participation see a 30% reduction in social isolation among older adults (AARP, 2022; National Institute on Aging, 2020). The findings reveal distinct differences in perceptions and engagement across age groups, offering valuable insights into how governance can better support successful aging.

### There are distinct differences in perceptions and engagement across age groups.

Younger residents (YG) feel that the City seeks their input when making decisions, reflecting a moderately positive perception of engagement efforts. In contrast, the middle group (MG) holds a more neutral stance, with less confidence that their input is actively sought, potentially reflecting a gap in engagement strategies tailored to their needs. The old-old (OG) group reports closer to "somewhat agree," suggesting they perceive slightly greater efforts to include their input, possibly due to targeted outreach or their reliance on community services. These findings highlight a need for more inclusive and visible opportunities for participation to foster greater trust and involvement across all age groups. Develop targeted outreach initiatives, such as focus groups or surveys, to better understand and address the priorities of the MG group.

While over half of the YG and MG groups are likely to attend community meetings, the OG are less likely to participate, potentially due to mobility challenges, health concerns, or perceived irrelevance of such initiatives. Provide alternative participation options, such as virtual meetings or accessible venues, to ensure meaningful engagement for OG residents. Additionally, conduct regular community feedback sessions to strengthen relationships between residents and local authorities.

Respondents expressed mixed perceptions about the extent to which businesses in Los Alamitos are age-friendly. Many older adults indicated that while some businesses are accommodating, there is room for improvement in ensuring accessibility, inclusivity, and senior-specific services. Interest in training to better serve aging customers is highest among the YG, followed by moderate interest from the MG, and minimal interest from the OG. Collaborate with local businesses to implement age-friendly training programs for their staff, focusing on the YG and MG as key participants.



2025

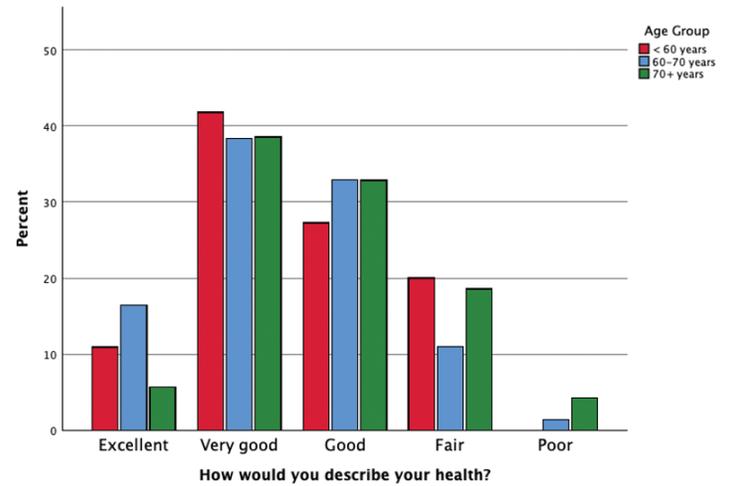
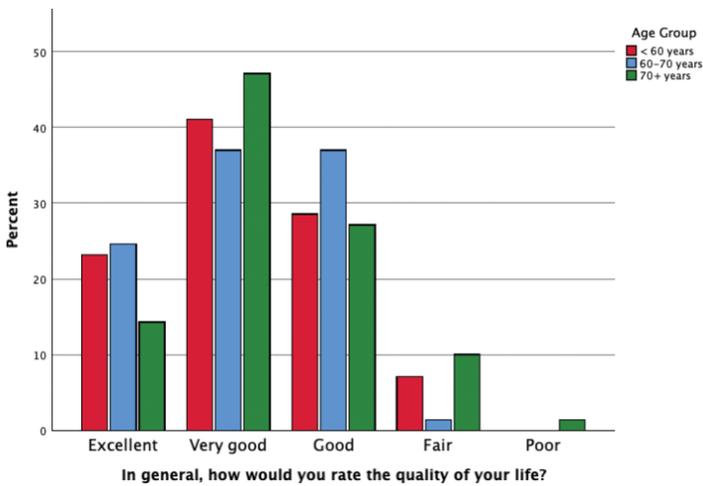
# SENIOR SERVICES MASTER PLAN

while developing alternative outreach to engage the OG. These programs could include physical accessibility improvements, staff sensitivity training, and tailored offerings such as senior discounts or age-specific programming.

Satisfaction with the responsiveness of local authorities, including EMT and police, is moderate across all age groups, with YG reporting slightly higher satisfaction than the MG and OG. Responsiveness and trust in emergency services are critical for fostering feelings of safety and security, particularly for older adults. Expand emergency preparedness education using both digital tools and traditional methods to ensure residents across all age groups are well-informed and prepared. This education should extend beyond calling 911 and include knowledge of how to contact neighbors, family members, or other trusted individuals in emergencies.

Opportunities for improving accessibility, communication, and business practices to better serve the needs of residents, particularly older adults, were also identified. Strengthen inclusivity and transparency in governance processes by implementing visible initiatives, such as public forums, outreach campaigns, and regular updates on community decisions.

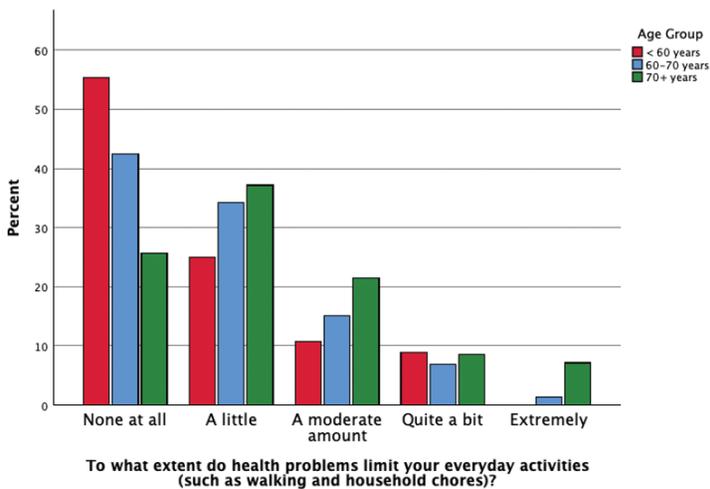
### 3.4 Health & Wellness



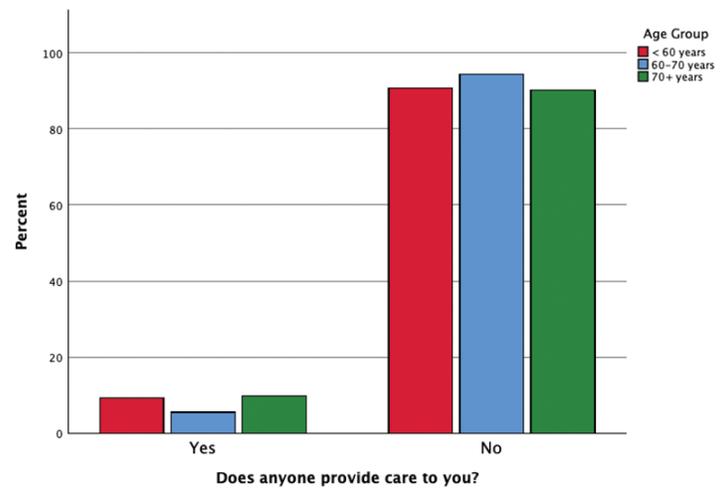
### Survey Results

The YG primarily describe their quality of life as ranging from “good” to “very good.” Similarly, the majority of MG rate their quality of life and health as “good” or better. Although OG are less likely to endorse “excellent” for both quality of life and health, the majority still report “good” or better.



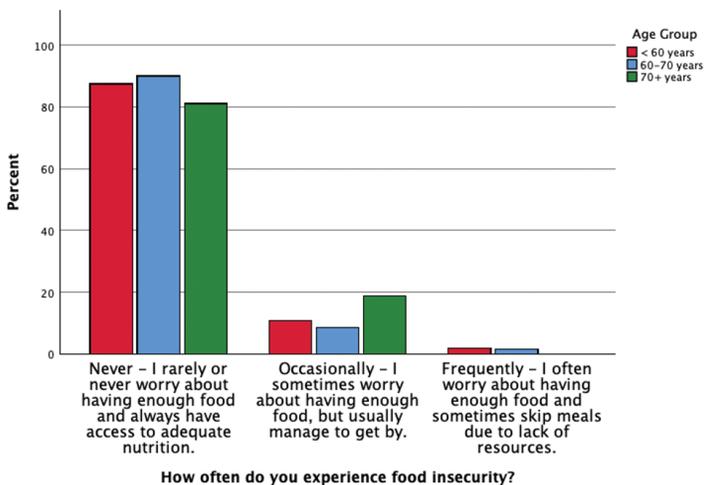


Responses vary across the three age groups and align with age-related health trends. The YG and MG mostly report that health problems limit their activities “a little” or “not at all.” The OG group, on the other hand, demonstrates greater variability, with more respondents reporting that health problems limit their activities “quite a bit” or “extremely.”

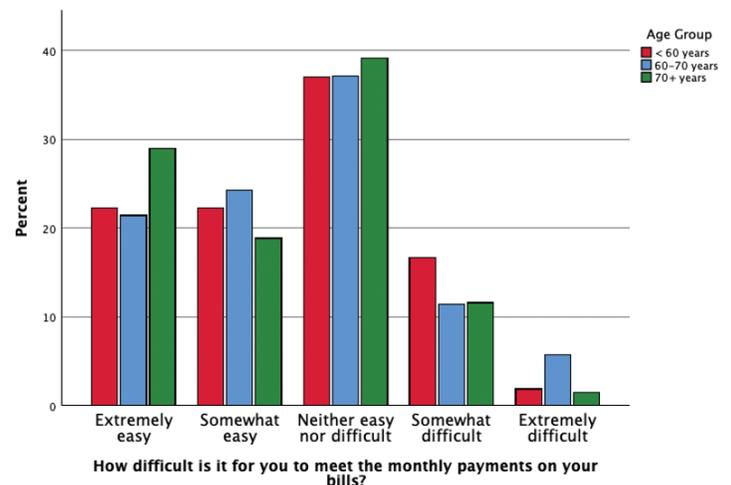


These findings suggest a clear progression, where the impact of health problems on daily activities intensifies with age, aligning with the general trajectory of health decline in later life. Despite these limitations, the OG still reports a fairly high quality of life, highlighting the potential resilience and adaptation to health challenges in this group.

Regarding care-receiving, all groups report receiving some care, though over 86% for each group report they do not. Interestingly, all three age groups are relatively similar, failing to show increased care receipt with age.



All groups report low levels of food insecurity. Most YG and MG indicate they “rarely” or “never” worry about having access to food. In contrast, OG report slightly more occasions where they experience concern about having enough food, suggesting a marginally higher level of food-related challenges.

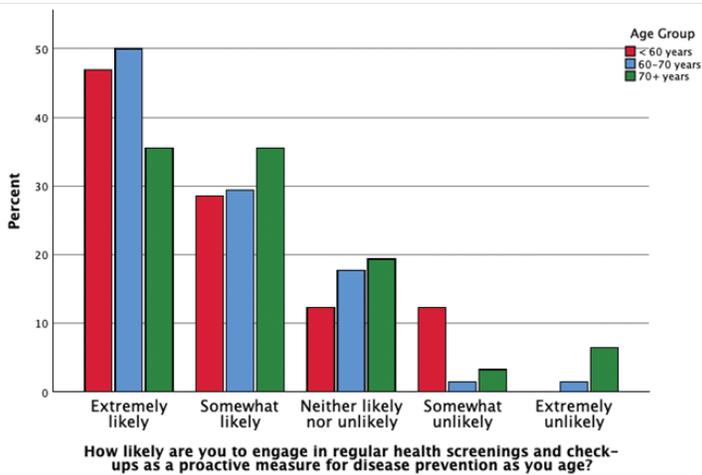


All three age groups have an average income exceeding \$70,000, with the YG reporting the highest mean income, followed by the MG, with the OG group earning the lowest mean income. While all three age groups, on average, report relatively low difficulty paying bills, there is a small percentage of the MG (5%) who report “extreme difficulty.”

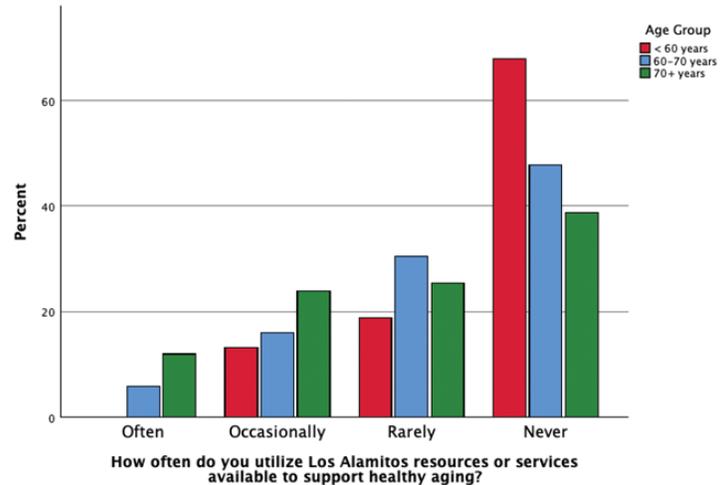


2025

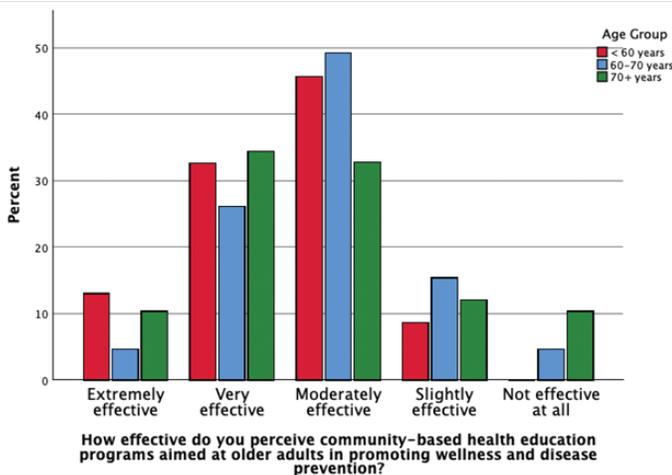
# SENIOR SERVICES MASTER PLAN



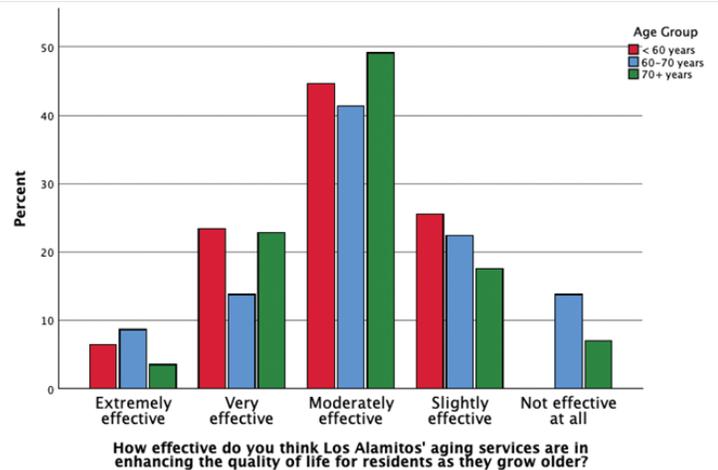
The majority of respondents expect to engage in proactive health screenings as they age, though a small minority (~10%) of YG and OG report being unlikely to do so.



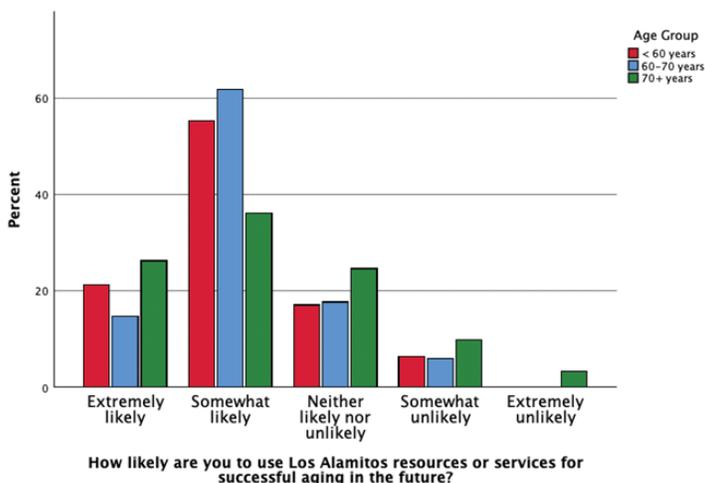
Utilization of resources and services to support healthy aging is infrequent across all groups, with the OG being the most frequent users and the YG the least.



The YG group reported more favorable views than the MG or OG regarding effectiveness of community based programs.



Overall, awareness of Los Alamitos resources and services for healthy aging is moderate to low across all groups, with the OG demonstrating slightly higher awareness.



The majority of respondents anticipate using City resources or services at some point in the future; the highest negative response rate is among OG.

## KEY INSIGHTS

The findings reflect a generally positive quality of life across all age groups, with the majority rating their health and well-being as “good” or better. Young group (YG) and middle group (MG) residents benefit from relatively stable health, caregiving roles, and financial stability, while the old group (OG) demonstrate resilience and adaptability despite experiencing more physical limitations, as well as financial and health challenges. This highlights the importance of addressing both physical health and emotional well-being across the lifespan. Expand programs that support emotional resilience and foster social connections, such as senior mentoring, intergenerational events, and facilitated discussion groups, to enhance quality of life for all age groups. Given that some respondents in the MG report having major financial difficulty, likely attributed to the “sandwich generation” phenomenon, increased economic support for this age group is key.

Health challenges and functional limitations become more pronounced with age, particularly for the OG, whose daily activities are increasingly restricted. Despite this, the OG report a high quality of life, emphasizing their capacity for adaptation and their reliance on support systems. Provide in-home care, mobility aids, and community-based rehabilitation programs to help OG residents maintain independence and functionality.

**Awareness and utilization of aging-related resources and services are moderate to low across all age groups.**

Care-receiving patterns remain consistent across age groups, with over 86% of respondents reporting they do not currently receive care. For YG and MG, this reflects transitional challenges such as balancing caregiving responsibilities and emerging health issues associated with the “sandwich generation.” Develop caregiver support networks, respite care services, and educational workshops to alleviate the strain on YG and MG caregivers and proactively address their evolving health needs.

Food insecurity is low across all groups, though OG report slightly higher levels of concern, indicating marginally greater challenges. Collaborate with local food banks, expand home delivery services, and target outreach to homebound OG residents to reduce food-related challenges and improve stability.

Awareness and utilization of aging-related resources and services are moderate to low across all groups, with OG demonstrating slightly higher engagement than YG and MG. This suggests that outreach efforts resonate more with older adults actively seeking services, while younger groups may not perceive these resources as relevant. Implement tailored communication strategies, such as digital campaigns for YG and MG and traditional media like brochures for OG, to improve awareness and accessibility.

Perceptions of the effectiveness of health education programs and aging services vary. YG rate these services more favorably, while MG and OG express less satisfaction, indicating potential misalignment with their needs. Conduct needs assessments and involve MO and OG residents in program development to ensure that health programs and services are better aligned with their expectations and priorities. Highlighting the immediate and long-term benefits of City programs can also encourage greater engagement among OG residents, who are less likely to anticipate using these services.



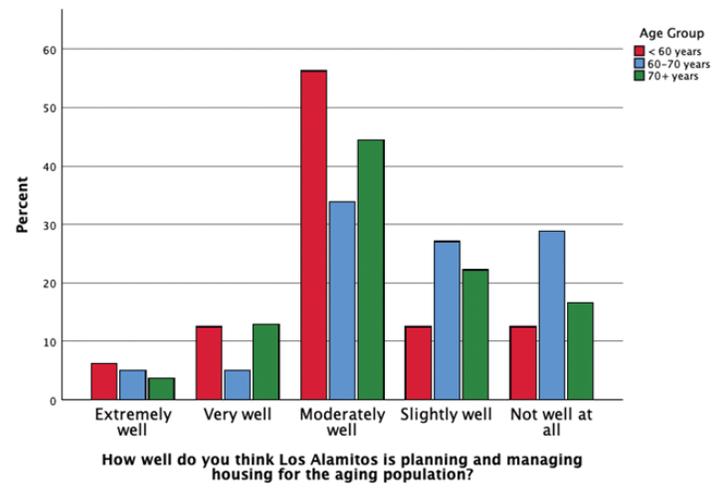
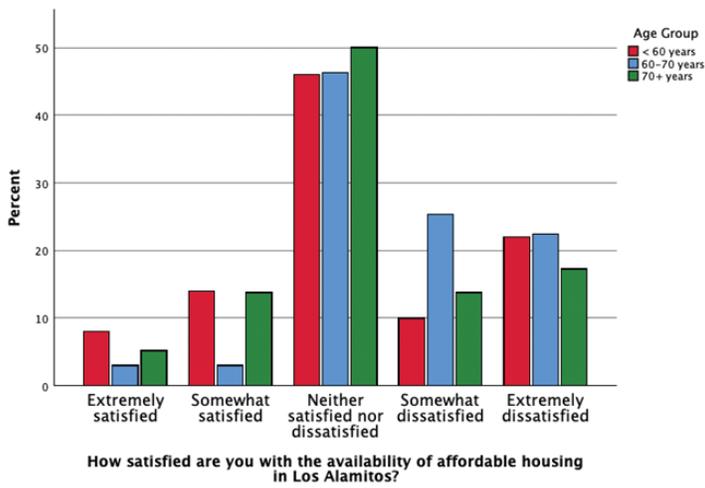
**“ I wish the food distribution was more often. ”**  
- Los Alamitos Resident



2025

# SENIOR SERVICES MASTER PLAN

## 3.5 Housing & Living Situation



### Survey Results

Respondents report low satisfaction in housing availability, with MG being the most dissatisfied

Similarly, respondents do not believe the City is planning and managing aging-related housing well. Again, MG are more dissatisfied than their YG and OG counterparts.

### KEY INSIGHTS

Housing availability and effective planning are critical for successful aging, as they directly impact older adults' ability to age in place, maintain independence, and access community-based support. The findings reveal low satisfaction with housing availability across all age groups, with the middle group (MG) expressing the greatest dissatisfaction. Similarly, respondents do not believe the City is adequately planning or managing aging-related housing, with the MO group again being the most dissatisfied. This highlights significant gaps in housing options and planning strategies, which may create barriers to safe and stable living conditions for older residents.

Low satisfaction with housing availability suggests a mismatch between residents' needs and the housing options currently offered. Expanding affordable and accessible housing options, including units designed with aging adults in mind, can help address these gaps. Additionally, dissatisfaction with aging-related housing planning indicates a need for greater transparency and collaboration in housing initiatives. Engaging residents, particularly the MG group, in housing discussions through public forums or surveys can ensure their perspectives are reflected in future plans.

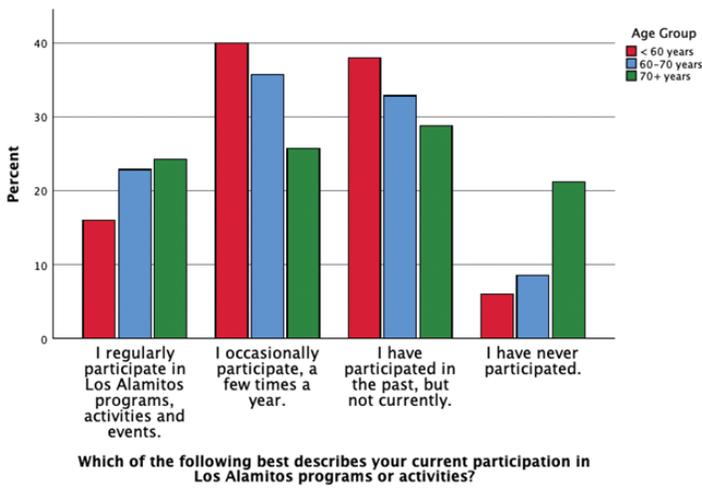
**For older adults to age in place successfully, they must also have access to community-based support services that complement their housing needs.**

Developing programs that integrate home modifications, transportation services, and in-home care assistance can enhance safety and independence for aging residents. Furthermore, partnerships with developers and organizations that specialize in age-friendly housing can bring innovative solutions, such as Accessory Dwelling Units (ADUs) or senior-focused housing projects, to the community.



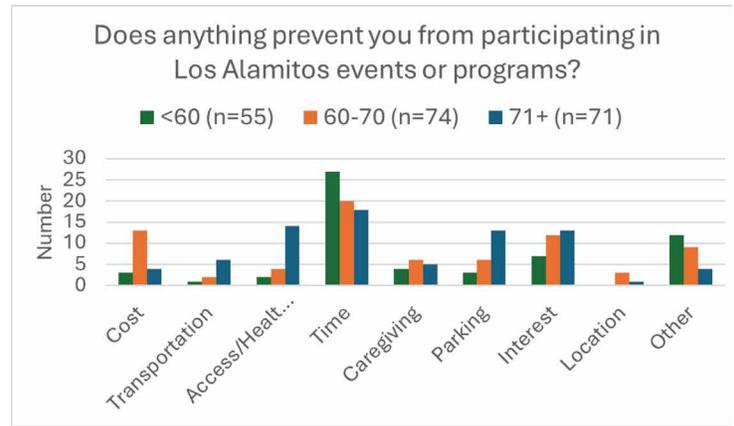
**“ Affordable housing isn't just a young family issue; it's a senior issue, too. ”**  
- Los Alamitos Resident

### 3.6 Recreation & Lifelong Learning

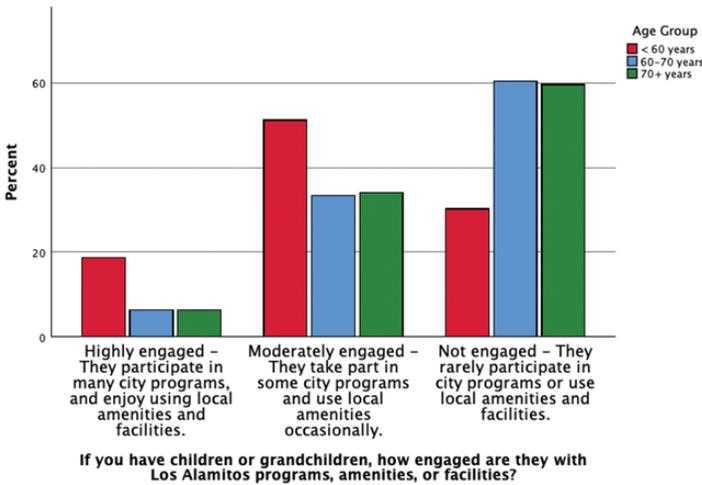


#### Survey Results

Participation in Los Alamitos programs and activities is higher among the YG and MG groups. More than 20% of OG report never having participated.



Factors preventing participation in Los Alamitos events or programs were examined by age group. The youngest group (<60) were most likely to mention time, followed by interest, caregiving, cost, and parking. The middle group (60-70) mentioned time, followed by cost, interest and parking/caregiving. The oldest group (70+) indicated time, then access, followed by interest/parking.



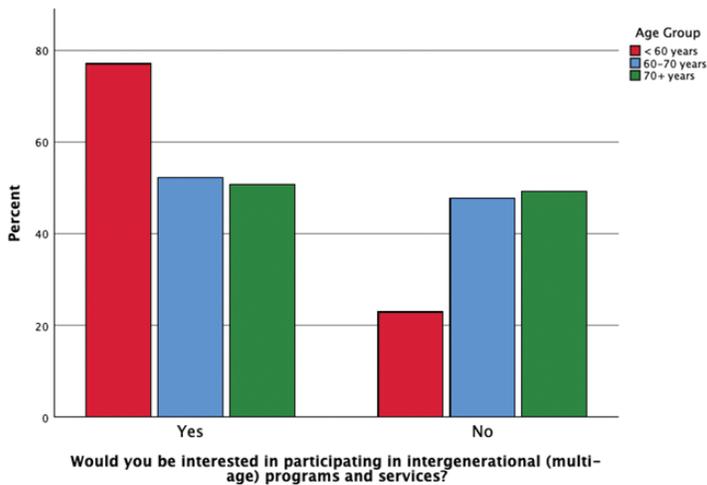
The YG report the highest level of engagement for their children or grandchildren, which may reflect their active involvement in family life and their likely role in facilitating participation in community programs. The MG and OG report lower engagement, possibly reflecting that their grandchildren are older, live further away, or are less likely to utilize Los Alamitos amenities.





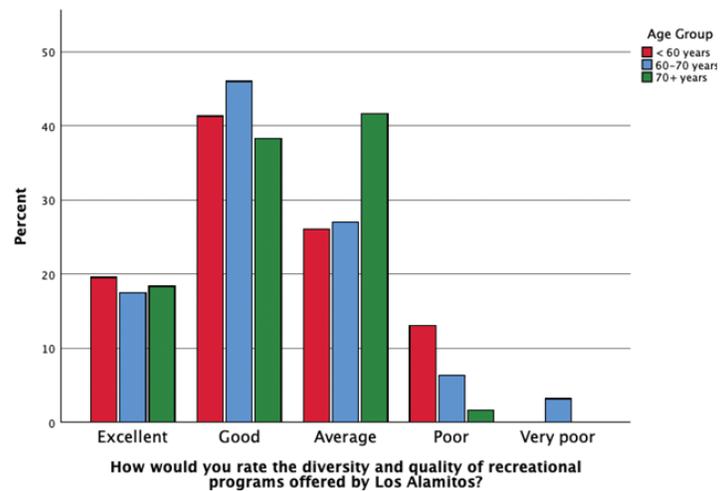
2025

# SENIOR SERVICES MASTER PLAN



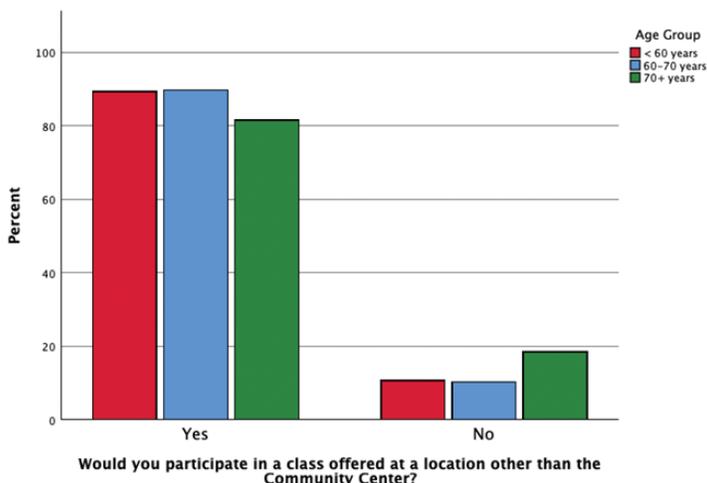
Children and grandchildren of the YG appear to have the highest engagement with Los Alamitos programs, amenities, and facilities, while those of the MG and OG are less engaged. To increase engagement, targeted initiatives could focus on activities that appeal to families of the MG and OG groups, emphasizing intergenerational opportunities and accessibility.

The YG expresses the highest interest in participating in intergenerational programs, which likely reflects their active roles in caregiving or community engagement, making intergenerational programs highly relevant to them. The MG and OG groups show much less interest, which may reflect competing responsibilities or a perception that intergenerational programs are less aligned with their current priorities or needs. It could also indicate potential barriers, such as physical limitations.

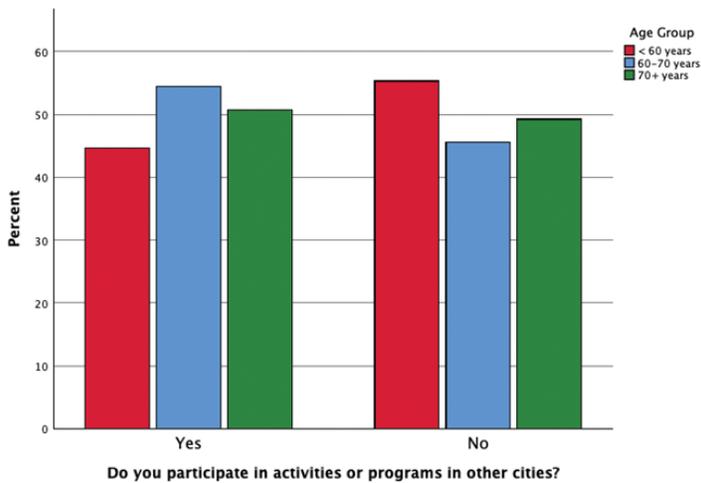


Interest in intergenerational programs is highest among the YG, which suggests that intergenerational initiatives would likely resonate most with younger older adults and could be tailored to better engage middle and older age groups by addressing specific barriers and highlighting the benefits of cross-generational interaction.

Perceptions of the diversity and quality of recreational program offerings in Los Alamitos are generally positive across all groups, with the OG expressing slightly higher satisfaction overall. This suggests that current programs are meeting expectations for most residents but could benefit from enhancements to appeal more broadly, particularly to the YG and MG groups. Expanding program options and ensuring they are accessible and relevant to all age groups could further improve satisfaction.

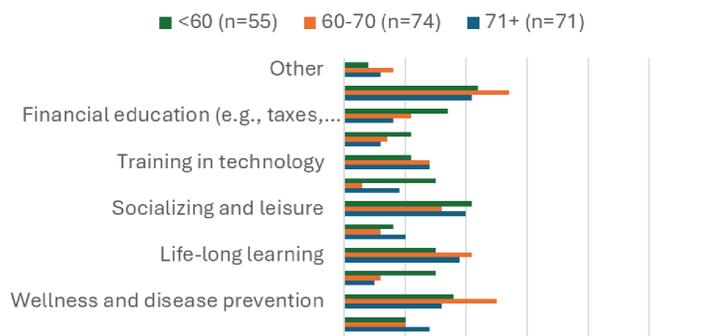


All age groups report a high willingness to participate in classes offered outside of the Los Alamitos Community Center. This suggests that they are open to a variety of venues for educational or recreational opportunities. OG reports a slightly lower willingness to participate in other locations compared to the YG and MG. This could be due to physical limitations, transportation challenges, or a preference for familiar options.

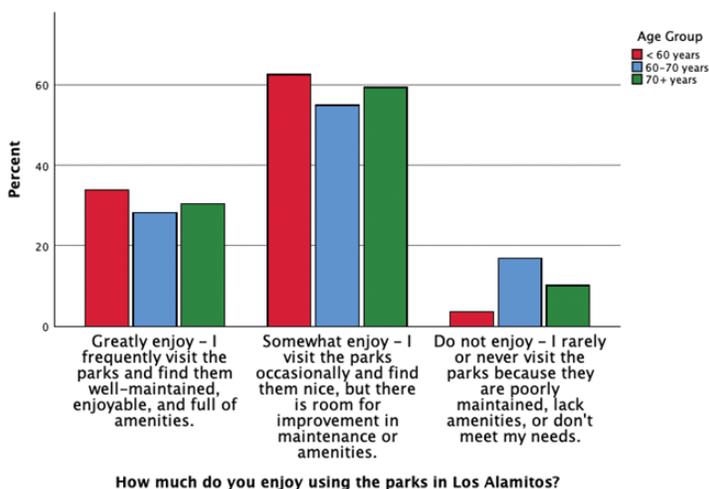


About half of all respondents report participating in activities or programs in other cities. This is slightly more common for the MG and slightly less common for the YG.

**Please indicate which programs you are interested in.**



In terms of where their interests lie, the youngest group (<60) is most interested in education/classes, a recreation center, and senior services. The middle group (60-70) is most interested in senior services, education/classes, and an older adult specific gym. The oldest group (71+) is most interested in senior services, a recreation center, and education/classes.



The majority of respondents expressed enjoyment with the City's parks, with little difference among age groups.





2025

# SENIOR SERVICES MASTER PLAN

## KEY INSIGHTS

Recreation and lifelong learning are key contributors to successful aging, fostering physical health, mental stimulation, and meaningful social connections; studies show that older adults who regularly engage in recreational and educational activities are 25% less likely to experience cognitive decline and report higher levels of overall life satisfaction (National Institute on Aging, 2020). Additionally, intergenerational programs not only support older adults' cognitive and emotional health but also help reduce ageism among youth.

These findings underline the value of investing in recreational services and lifelong learning opportunities that can be tailored to meet diverse community needs. Participation is highest among the youngest and middle (YG and MG) groups, while more than 20% of the old group (OG) report never having participated in City programs. This gap underscores the importance of addressing barriers to participation, such as physical limitations, access challenges, and perceived relevance of activities for older adults. Offering transportation support, providing programs closer to home, and creating activities designed specifically for the OG can help bridge this gap.

**There is value in investing in recreational services and lifelong learning opportunities that can be tailored to meet diverse community needs.**

Factors preventing participation differ by age group, with time constraints being the most commonly cited across all demographics. Younger groups (YG and MG) also mentioned costs, caregiving responsibilities, and parking as barriers, while the OG emphasized physical access and parking challenges. Ensuring programs are affordable, accessible, and flexible can encourage greater participation. Additionally, targeting initiatives to include family-friendly and intergenerational activities could appeal to YG participants, who report the highest engagement with their children or grandchildren. Meanwhile, programs that focus on cross-generational interaction could be adapted to meet the needs of the MG and OG, addressing barriers such as physical limitations and competing priorities.

Perceptions of the diversity and quality of recreational programming are generally positive, with slightly higher satisfaction among the OG. However, expanding the range of options to include education, senior-specific gyms, and recreation centers can better serve the diverse interests of all groups. The YG express the most interest in education and classes, while the MG and OG prioritize senior services and facilities tailored to their needs. Developing a broader range of recreational and educational opportunities that align with these preferences could enhance satisfaction and participation Citywide.

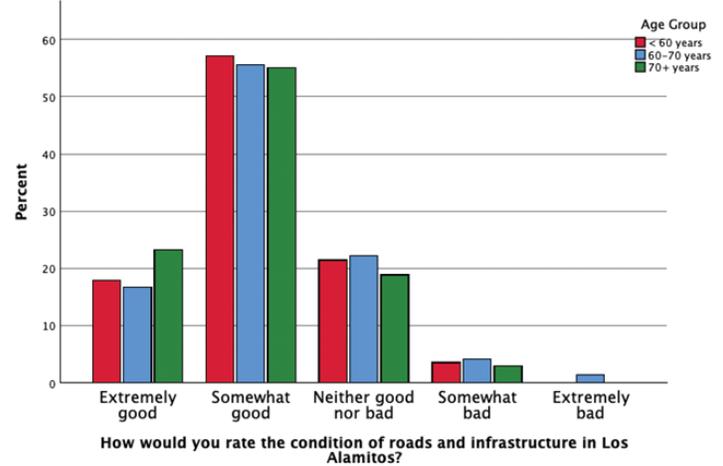
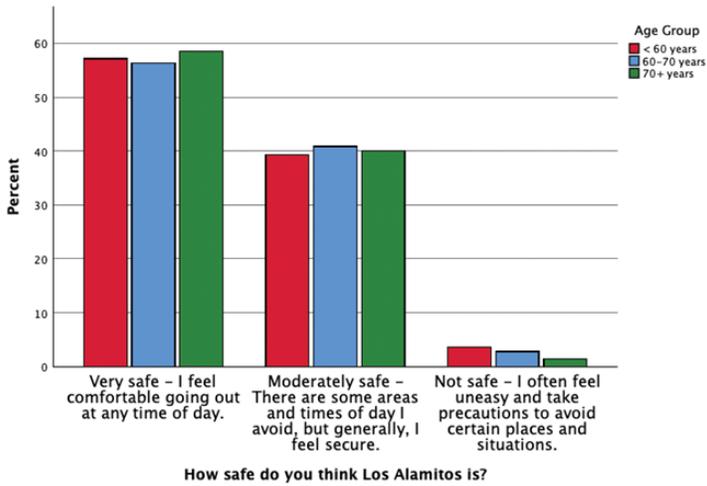
Interest in intergenerational programs is highest among the YG, reflecting their active roles in caregiving and family engagement. The MG and OG groups express less interest, likely due to competing responsibilities or physical limitations, but these barriers could be mitigated with accessible program designs and by emphasizing the mutual benefits of cross-generational connections. Expanding opportunities for intergenerational activities can strengthen community ties while providing valuable learning and social experiences for participants of all ages.

The willingness of all age groups to participate in programs outside the Community Center suggests that offering recreational and educational activities in varied locations could increase accessibility and engagement. However, the OO shows slightly lower willingness, likely due to transportation or comfort with familiar venues. Ensuring programs are held in accessible and convenient locations, with transportation options for those who need them, could improve participation among this group.



**“ We need a space that feels like ours where we can gather, learn, and relax. ”**  
- Veteran Los Alamitos Resident

### 3.7 Safety & Infrastructure



#### Survey Results

Regarding perceptions of safety in Los Alamitos, all age groups - YG, MG, and OG - generally report feeling “moderately to very safe,” indicating a consistent sense of security across age groups in this community.

The majority of respondents rate the City’s roads and infrastructure as somewhat or extremely good.

#### KEY INSIGHTS

Safety and infrastructure are foundational to successful aging, as they directly impact residents’ physical well-being, mobility, and overall quality of life. The findings reveal that residents across all age groups—YG, MG, and OG—generally feel “moderately to very safe” in Los Alamitos, reflecting a strong sense of security within the community. A safe environment is crucial for encouraging outdoor activities, social engagement, and independent living, particularly for older adults. Maintaining this high level of perceived safety is essential for fostering trust and well-being among residents. Continuing efforts to enhance public safety measures, such as regular neighborhood patrols, visible law enforcement, and community watch programs, can sustain and build upon this positive perception.

**Enhancing public safety measures will sustain and build upon existing positive perceptions.**

The Los Alamitos Police Department developed a Volunteer In Policing program in 2023 with the purpose of engaging community volunteers in supporting the Department through residential patrols, community events, clerical assistance and a variety of other support services. The Los Alamitos Police Department is committed to fortifying the VIPs program to support future programs and partnerships within the Senior Services Master Plan

The majority of respondents also rate the City’s roads and infrastructure as somewhat or extremely good, highlighting the importance of maintaining quality infrastructure for mobility and accessibility. Well-maintained roads, sidewalks, and public spaces support the independence of older adults by reducing physical hazards and improving ease of movement. Expanding efforts to repair or upgrade aging infrastructure, particularly in areas frequently used by older adults, can ensure continued mobility and access. Adding age-friendly features, such as well-marked crosswalks, adequate lighting, and accessible ramps, can further enhance the usability of public spaces and reinforce the City’s commitment to an age-friendly community.

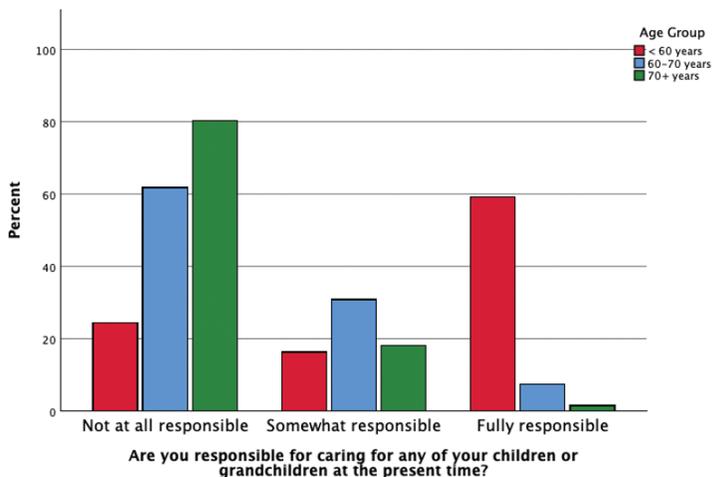
In 2021, the City of Los Alamitos approved an Active Transportation Plan (ATP) with the goal of establishing a bike and pedestrian-friendly environment throughout Los Alamitos as well as incorporating transit best practices throughout the community. Using ActiveOC, a plan developed by the Orange County Transportation Authority (OCTA), the ATP will address bicycle and pedestrian safety, regional connections and additional transportation projects.



2025

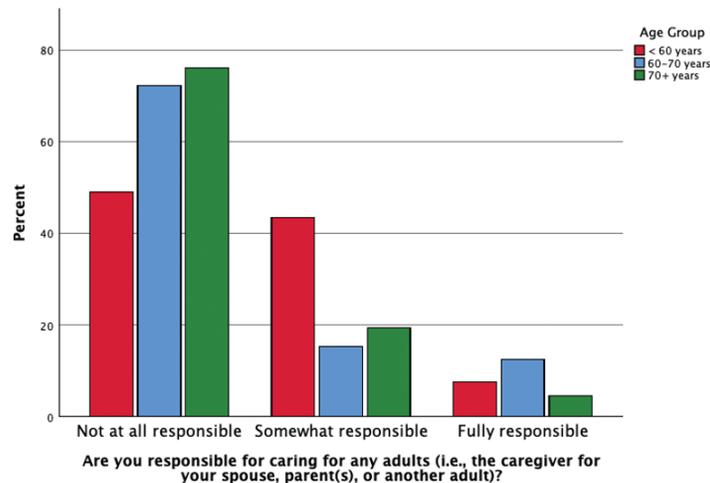
# SENIOR SERVICES MASTER PLAN

## 3.8 Caregiving



### Survey Results

Regarding caregiving for children and/or grandchildren, the YG provides the most care overall, averaging nearly 54 hours per week. This aligns with their stage in life, where they may be actively supporting aging parents and adult children or grandchildren, reflecting a dual caregiving burden. Their high time commitment reflects the fact that 72% report being “somewhat” to “fully” responsible. In contrast, the MG reports being “somewhat” (30%) to “fully” (8%) responsible and spending significantly fewer hours on caregiving (19 hours per week). The OG reports the least caregiving responsibility, as nearly 80% report they are “not at all” responsible and report providing 15 hours of care per week to their children and/or grandchildren.



Regarding caregiving for a spouse, parent(s), and/or other adults, the majority of all three groups report they are “not at all responsible”, though nearly 50% of the YG report they are “somewhat” or “fully” responsible.



Caregiving responsibilities decrease significantly with age, reflecting life stage transitions and shifting caregiving roles. The YG group bears the greatest caregiving burden, particularly for children and grandchildren, balancing dual responsibilities across generations. In contrast, the MG and OG groups show reduced caregiving commitments, likely due to shifts in family dynamics, physical limitations, or changes in dependence patterns. This trend underscores the impact of life stage on caregiving responsibilities and the importance of targeted support for individuals in higher-burden groups, especially the YG, to alleviate potential stress and maintain well-being.

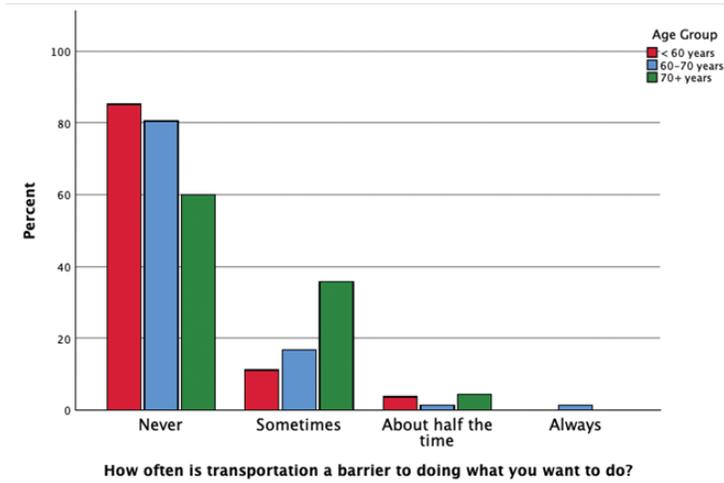
### KEY INSIGHTS

This trend underscores the impact of life stage on caregiving responsibilities and the importance of targeted support for individuals in high-burden groups, especially the young group, to alleviate potential stress and maintain well-being. The increased caregiving role among residents could impact their time availability, stress levels, and overall engagement with community resources, highlighting a potential area for targeted support or resources to aid caregiving families within the community.

**Targeted support for high-burden groups will reduce stress and improve well-being.**

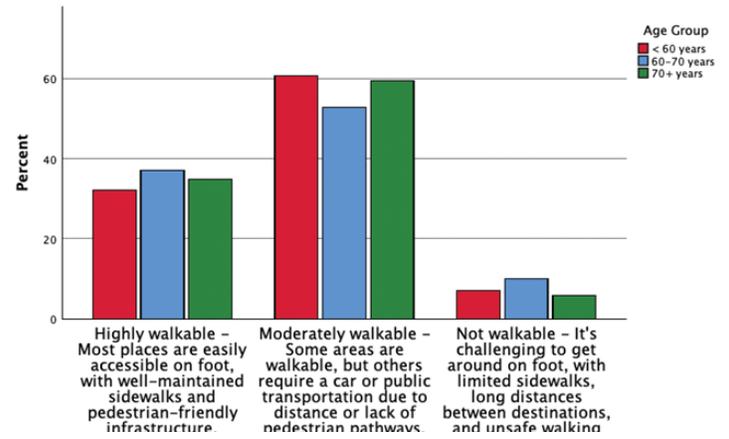
Caregiving responsibilities decrease significantly with age, reflecting life state transitions and shifting caregiving roles. The young group bears the greatest caregiving burden, particularly for children and grandchildren, balancing dual responsibilities across generations.

### 3.9 Transportation & Mobility

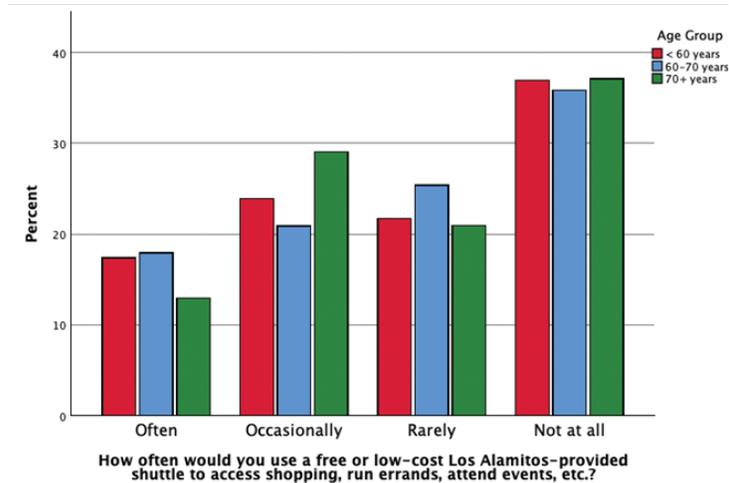


#### Survey Results

Regarding transportation as a barrier, the YG and MG groups report similar experiences, with most indicating they “never” face transportation challenges. In contrast, the OG group is more likely to report “sometimes” encountering transportation barriers, likely reflecting age-related declines in mobility, reliance on others for transportation, or limitations in access to transportation services.



The vast majority of respondents believe Los Alamitos is at least moderately walkable. Whereas over a third of each age group believe the City is “highly walkable”, fewer than 10% say it is “not walkable”.



Regardless of age, less than half of each age group showed interest in a free- or low-cost shuttle. OG were slightly more likely to endorse possible usage, but a large minority of each age group said they likely would never utilize such a service.





2025

# SENIOR SERVICES MASTER PLAN

## KEY INSIGHTS

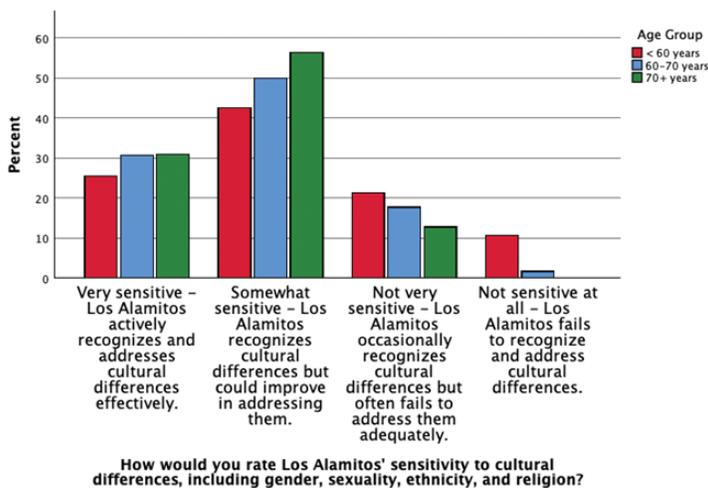
Transportation and mobility are essential components of successful aging, enabling older adults to access essential services, maintain social connections, and participate in community life. Limited access to reliable transportation can lead to increased social isolation, decreased physical and mental health, and reduced independence among older adults. For instance, a study found that 5.7% of adults aged 65 and older lacked reliable transportation for daily living in the past 12 months, which can hinder their ability to attend medical appointments, engage in social activities, and access necessary resources. Furthermore, research indicates that adults in fair or poor health are more likely to lack reliable transportation, exacerbating health disparities. Specifically, 33% of adults with Medicaid in fair or poor health reported lacking reliable transportation in the last 12 months, highlighting the critical need for accessible transportation options to support the well-being of older adults.

The findings reveal that transportation barriers are minimal for the youngest (YG) and middle group (MG) groups, with most reporting they “never” face challenges. However, the old group (OG) group is more likely to report “sometimes” encountering transportation barriers. This likely reflects age-related declines in mobility, reliance on others for transportation, or limited access to transportation services. Addressing these challenges is critical to ensuring the OG can maintain independence and stay actively engaged in the community. Expanding transportation options, such as ride-share partnerships, accessible shuttle services, or volunteer driver programs, could help mitigate these barriers and provide reliable alternatives for older adults.

The vast majority of respondents view Los Alamitos as at least moderately walkable, with over a third of each age group rating the City as “highly walkable.” Walkability plays a crucial role in promoting physical activity and providing access to nearby amenities. However, though less than 10% of respondents currently believe the City is “not walkable,” there is definitely room for improvement. Enhancing walkability through well-maintained sidewalks, clear signage, pedestrian-friendly lighting, and strategically placed crosswalks can ensure all residents feel safe and confident navigating their neighborhoods on foot.

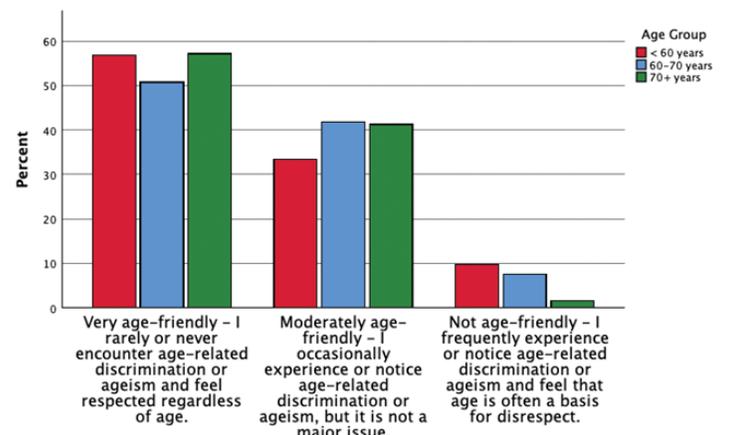
Interest in a free- or low-cost shuttle service was relatively low across all age groups, with the OG showing slightly more interest but a significant minority indicating they would not use such a service. This suggests that while additional transportation options may not appeal universally, targeting transportation initiatives to those who would benefit most, such as the OG or residents with mobility challenges, could still have a meaningful impact.

### 3.10 Diversity/Inclusivity

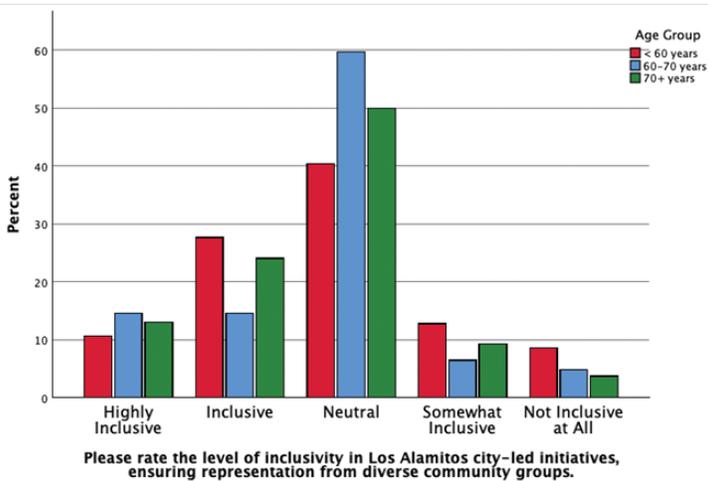


#### Survey Results

Respondents across all age groups perceive Los Alamitos as moderately inclusive, with the OG expressing slightly more positive views.



The vast majority of respondents feel Los Alamitos is either very, or at least moderately, age-friendly.



Opinions regarding inclusivity in Los Alamitos range from highly inclusive to not at all inclusive, with “neutral” being the most common response across all age groups. YG were most likely to have an opinion, and among those not reporting neutrality, responses skewed toward the inclusivity.



## KEY INSIGHTS

Research shows that communities with higher inclusivity and diversity are linked to better mental health outcomes, stronger social networks, and improved overall well-being for residents. For example, studies from the AARP Livable Communities initiative highlight that age-friendly and inclusive communities promote greater social engagement and reduce isolation, particularly among older adults. In Los Alamitos, perceptions of inclusivity and age-friendliness play a critical role in shaping the quality of life for residents and ensuring that everyone, regardless of age or background, has equitable access to opportunities and resources.

### Targeted transportation initiatives are critical to those with mobility challenges

The findings indicate that respondents across all age groups perceive Los Alamitos as moderately inclusive, with the old group (OG) expressing slightly more positive views. A community that values inclusivity promotes social cohesion, reduces isolation, and ensures that residents of all backgrounds and abilities feel respected and valued. Strengthening initiatives that celebrate diversity and inclusivity—such as multicultural events, accessible programming, and community forums—can build on these perceptions and foster a more unified community.

The majority of respondents view Los Alamitos as either very or moderately age-friendly, reflecting a positive foundation for addressing the needs of older adults. However, opinions on inclusivity vary widely, with responses ranging from “highly inclusive” to “not at all inclusive,” and “neutral” being the most common. Younger residents (YG) are more likely to express a definitive opinion, often skewing toward inclusivity. This variation highlights the need to ensure that inclusivity efforts are visible and resonate with residents across all age groups. Increasing awareness of inclusivity initiatives and providing opportunities for residents to engage in discussions about diversity and belonging can help address neutral perceptions and build stronger community bonds.

Age-friendly communities thrive when inclusivity is evident not only in attitudes but also in actions. For example, adopting age-friendly business practices, ensuring accessibility in public spaces, and providing intergenerational programs that bring diverse groups together can make inclusivity more tangible for residents. By proactively addressing perceptions of inclusivity, Los Alamitos can ensure that all residents feel welcome, valued, and empowered to contribute to the community’s growth and vitality.



**4.1 Inferential Findings (Regression Analyses)**

Presented below are insights drawn from regression analyses offering a comprehensive understanding of the relationships between different factors and how they influence one another. Regression analyses can reveal whether factors like income are associated with access to healthcare or the extent to which improvements in transportation are associated with reduced social isolation. This method is a powerful tool for research and decision-making because it allows researchers to:

- Identify key influences: Determine which factors have the strongest impact on a given issue.
- Make predictions: Estimate how changes in one factor could affect outcomes in another area.
- Guide decisions: Provide data-driven evidence to prioritize resources and develop strategies that deliver the greatest positive impact.

In the current context, regression analyses and related research verify that interconnected themes—such as community engagement, health, and transportation—are linked, highlighting how progress in one area can amplify benefits across others. These insights identify opportunities to address gaps while creating ripple effects that enhance multiple aspects of community life. By combining the data-driven findings from regression analyses with evidence-based practices from the literature, Los Alamitos can prioritize strategies that maximize resources, address diverse needs, and foster an inclusive, age-friendly environment.

Presented below are examples of statistically significant regression analyses, as obtained from the current data.

**4.2 Interconnected Themes**

**4.2.1 Advocacy and Community Engagement Regression Analysis Findings**

- Older adults are generally less interested in participating in community programs.
- People who are more aware of the available resources tend to be more interested in engaging with those programs.

**Why This Matters:** Understanding which demographic factors predict community engagement can inform targeted outreach efforts. For example, if younger seniors (ages 55-64) are less engaged, the City could develop age-specific programming or personalized invitations. This analysis could also highlight whether education or awareness of City resources increases engagement, suggesting that information campaigns or educational outreach could boost participation. (Reference other models in other cities/states with an attractive country club experience for younger seniors).

**4.2.2 Social Interaction and Isolation Regression Analysis Findings**

- Individuals who express greater interest in intergenerational programs report higher levels of social isolation.
- Why This Matters:** Social isolation significantly impacts the health and well-being of older adults, affecting mental health, physical health, and overall quality of life. These findings suggest that those most isolated may see intergenerational programs as an avenue to build connections and reduce loneliness.

**4.2.3 Food, Housing and Aging-in-Place Regression Analysis Findings**

- Higher-income individuals are less satisfied with housing-related services.
- Homeowners are also less satisfied compared to renters.
- For food insecurity:
- Lower-income individuals report higher levels of food insecurity.
- Caregivers report more food insecurity, likely due to financial or time constraints.
- Transportation barriers are marginally significant in predicting food insecurity.

**Why This Matters:** Understanding the predictors of housing dissatisfaction and food insecurity is critical for designing effective interventions. The finding that higher-income individuals and homeowners are less satisfied suggests that their expectations or unique challenges may not align with current services. For Los Alamitos, this highlights the need to engage these groups to understand and address their specific concerns.

For food insecurity, identifying lower-income individuals and caregivers as particularly vulnerable underscores the importance of targeted support. These insights could guide the City to expand income-based food assistance programs, offer caregiver-specific resources, or provide subsidies for healthy meals. Additionally, the role of transportation barriers suggests the value of investing in delivery services or shuttles to improve access to food for those who are underserved.

#### 4.2.5 Transportation Accessibility Regression Analysis Findings

- Income and physical health problems are significantly correlated with transportation barriers.
- Those who perceive transportation as a barrier are more likely to express interest in using free or low-cost transportation options.

**Why This Matters:** Identifying who faces transportation barriers is essential for optimizing shuttle services and transportation programs. If certain demographics (e.g., low-income or physically disabled seniors) have higher transportation barriers, the City can invest in targeted transportation services (like shuttles or ride-sharing subsidies) for those groups.

#### 4.2.6 Intergenerational Programming Regression Analysis Findings

- Those with children or grandchildren not already engaged in community activities are also more interested in intergenerational programs.
- Older adults are more likely to express interest in intergenerational programming.

**Why This Matters:** Intergenerational programming has been shown to reduce isolation and strengthen community ties. This analysis would help identify which factors predict interest in intergenerational activities, guiding marketing and program design. For instance, if respondents with grandchildren are more likely to participate, the City could create “grandparent-grandchild” events and promote them accordingly.

#### 4.2.7 Community Engagement Regression Analysis Findings

- Higher educational attainment predicts a greater willingness to participate.
- A stronger sense of connectedness to the community is also positively associated with participation.

**Why This Matters:** This analysis identifies which factors influence participation in City-led initiatives, which is essential for civic engagement and participatory governance. If respondents prefer online meetings but older residents prefer in-person sessions, the City may consider hybrid options to maximize engagement.

#### 4.2.8 Satisfaction with Los Alamitos Regression Analysis Findings

- Awareness of available services strongly predicts overall satisfaction.
- Perception of safety also significantly influences satisfaction with City services.

**Why This Matters:** By understanding what drives satisfaction with City services, Los Alamitos can prioritize resources for the programs that matter most. If satisfaction is heavily influenced by transportation or social connection, the City could focus on enhancing these areas to boost overall satisfaction and ensure that services are meeting resident needs.

#### 4.2.9 Perceptions of Safety Regression Analysis Findings

- Condition of roads was a marginally significant predictor of neighborhood safety perceptions.
- No other factors showed a significant correlation with safety perception.

**Why This Matters:** This analysis identifies factors that affect perceived safety. If older adults who have lived in the City for fewer years feel less safe, then outreach and community connection programs could be designed for new residents. Additionally, improving road conditions could marginally enhance the perception of safety among residents, underscoring the importance of maintaining infrastructure quality.



Descriptive and inferential findings underscore the importance of addressing key factors that impact the well-being of Los Alamitos residents across age groups, emphasizing tailored strategies to meet diverse needs. Community engagement and social connectivity emerge as critical components for successful aging, reducing risks such as isolation and its associated health impacts. Programs like intergenerational initiatives and wellness workshops not only foster connections across age groups but also build resilience and emotional well-being. However, gaps in awareness of available resources, particularly among residents under age 70, highlight the need for targeted outreach campaigns using both digital and traditional communication strategies.

Equity remains a foundational goal in these recommendations, with initiatives designed to address disparities across racial, socioeconomic, and age groups. Tailored programming and infrastructure improvements aim to ensure inclusivity by considering the unique challenges faced by underrepresented communities. For instance, culturally specific events, multilingual resources, and collaborations with local organizations can help amplify voices that are often overlooked, fostering a community that values diversity and shared participation.

The City's infrastructure and transportation systems are also critical in promoting independence and accessibility for older adults. While transportation barriers are less prevalent among younger residents, the old group face significant challenges. Expanding transportation options, such as shuttle services or volunteer driver programs, coupled with walkability enhancements like age-friendly lighting and improved sidewalks, ensures all residents can fully engage with their community. Importantly, addressing these issues not only improves quality of life but also strengthens the local economy, as older adults participate more actively in community events, local businesses, volunteering, and recreational activities.

Safety and governance are other pivotal areas for improvement. Respondents across age groups express a moderate sense of safety, with road conditions playing a key role in shaping perceptions. Investments in infrastructure upgrades and neighborhood safety programs can build trust and encourage outdoor activities. Similarly, civic engagement initiatives, such as hybrid town halls and focus groups, can bridge generational gaps, ensuring that all voices—particularly those of residents over age 70—are heard and valued in decision-making processes. These efforts further promote equity by removing barriers to participation and fostering greater transparency in governance.

Future-proofing the City's programming and infrastructure is essential to meet the evolving needs of its residents. Demographic changes, advances in technology, and shifts in community preferences demand adaptable strategies. For example, incorporating flexible program models that accommodate both in-person and virtual participation can help sustain engagement as trends change. Similarly, infrastructure planning should anticipate future demands, ensuring that upgrades remain relevant and effective for decades to come.

Recreation and lifelong learning are essential for maintaining physical health, cognitive engagement, and emotional resilience. While participation is high among adults under age 70, residents over 70 face barriers such as limited mobility and transportation access. Addressing these challenges through transportation support, localized programs, and tailored activities can bridge the participation gap. Intergenerational programming holds particular promise in fostering inclusivity and reducing ageism while simultaneously addressing isolation and improving social cohesion.

The recommendations also recognize the economic benefits of a more inclusive and age-friendly Los Alamitos. By improving accessibility, expanding resource utilization, and fostering community engagement, the City can position itself as a regional leader in aging services. These changes not only enhance the quality of life for residents but also attract new businesses, increase participation in local commerce, and strengthen the overall economic vitality of the area.

In summary, these findings highlight interconnected opportunities that address present gaps while laying the groundwork for a thriving, equitable, and adaptable community. By aligning initiatives with the values of inclusivity and adaptability, Los Alamitos can build a sustainable future that meets the diverse needs of its residents, ensuring that progress in one area amplifies benefits across others.

# CHAPTER 6 • FUNDING SOURCES & CONSIDERATIONS

## 6.1 Funding Considerations

When seeking funding for age-related services for a City, understanding the larger context is essential for developing a strategic approach. The demand for such services is increasing as the population ages, driven by longer life expectancies and the aging of the Baby Boomer generation. This demographic shift places greater responsibility on local governments to provide critical services such as healthcare access, housing support, transportation, recreation, and social engagement for older adults. Aligning funding requests with these broader societal priorities enhances their appeal to potential funders.

### 6.1.1 The Role of Demographics and Data

A comprehensive understanding of a City's demographics forms the foundation of a strong funding proposal. Funders expect evidence of need, making it essential to gather data on the size, diversity, and specific challenges faced by the local older adult population. For Los Alamitos, this includes, for example, economic disparities such as a 9% poverty rate despite a higher-than-average median income. Additionally, 11% of residents lack health insurance, compared to 7% statewide, underscoring the need for healthcare access initiatives.

The proximity of Leisure World, a nationally recognized active adult community, and the engagement of non-residents from nearby cities like Cypress and Seal Beach also shape funding considerations. Demonstrating the broader regional impact of Los Alamitos' programs—benefiting both residents and non-residents—strengthens the case for funding. Moreover, leveraging Los Alamitos' higher educational attainment and strong technological infrastructure (98% broadband access) positions the City to attract innovative grants for aging-related technology solutions.

### 6.1.2 Alignment with Policies and Legislation

Successful funding efforts often align with existing state and federal priorities. Policies such as California's Master Plan for Aging and the federal Older Americans Act (OAA) provide frameworks for addressing aging-related challenges, including promoting healthy aging, combating social isolation, and increasing access to community-based services.

Los Alamitos can also align its funding strategies with the Orange County Master Plan for Aging, ensuring that proposed initiatives complement regional efforts rather than duplicate them. Additionally, the City can draw inspiration from successful programs like Long Beach's Age-Friendly Initiative and the Purposeful Aging Los Angeles (PALA) Initiative, emphasizing collaborations that improve housing, transportation, and healthcare for older adults.

### 6.1.3 Collaboration and Partnerships

Collaborative projects are often prioritized by funders as they demonstrate broad community support, efficient resource use, and a shared commitment to impactful solutions. Los Alamitos is uniquely positioned to partner with the Joint Forces Training Base (JFTB), capitalizing on its robust emergency preparedness infrastructure. By collaborating on shared grant opportunities, the City can address the specific needs of aging veterans while enhancing overall community resilience.

Partnerships with organizations such as Meals on Wheels, local healthcare providers, businesses, and advocacy groups further strengthen funding proposals by showcasing a networked approach to addressing aging-related challenges. These collaborations not only enhance the reach of proposed programs but also underscore Los Alamitos' role as a leader in creating integrated, community-focused solutions for older adults.





2025

## SENIOR SERVICES MASTER PLAN

From community feedback, it is evident that residents would like local businesses to adopt more age-friendly practices, such as accessible entrances, senior discounts, and services tailored to mobility, health, and recreational needs. Encouraging businesses to meet these needs not only improves the daily lives of aging residents but also benefits the City in several key ways:

- **Economic Growth:** Age-friendly businesses foster customer loyalty, encouraging increased patronage and contributing to a thriving local economy.
- **Community Appeal:** A reputation as an age-friendly City enhances Los Alamitos' attractiveness as a place to live, visit, and engage, promoting tourism and intergenerational connections.
- **Enhanced Well-being:** When older adults feel valued and accommodated, their community participation grows, reducing social isolation and fostering stronger ties.
- **Alignment with Broader Goals:** Promoting age-friendly businesses complements the City's efforts to create an inclusive environment, further solidifying Los Alamitos' leadership in aging services.

By actively fostering collaborations with local businesses and encouraging them to tailor their offerings to aging clients, Los Alamitos can build a stronger, more inclusive community while advancing its economic and social goals.

### 6.2 Diverse Funding Sources

Effective funding strategies leverage multiple sources, including government grants, philanthropic organizations, private sector contributions, and local revenue. Each funding source has unique priorities, application processes, and reporting requirements. Los Alamitos can tap into:

#### 6.2.1 Local Funding Sources

- **City Budgets and General Funds:** Allocating specific portions of the budget for senior centers, transportation, and recreational programs.
- **Public-Private Partnerships:** Collaborating with businesses and community organizations to co-fund projects.
- **Community Foundations:** Organizations like the Orange County Community Foundation offer grants benefiting older adults.

#### 6.2.2 State Funding Sources

- **California Department of Aging (CDA):** Administers funds through the Older Americans Act and state programs for aging services.
- **Senior Services Master Plan Initiatives:** Supports funding for housing, transportation, and healthcare. This includes resources for Accessory Dwelling Units (ADUs), which provide affordable housing options for multigenerational families or caregivers. California has prioritized ADU development by offering streamlined approval processes and financial incentives for municipalities to support these projects.
- **Statewide Tax Measures:** Bonds or targeted taxes can fund senior services.
- **Home Modification Grants:** State programs aligned with California's Master Plan for Aging offer funding to retrofit homes for older adults. These grants help with installing safety features like ramps, grab bars, and other modifications to enable aging in place.



### 6.2.3 Federal Funding Sources

- **Older Americans Act (OAA):** Provides funding for nutrition programs, caregiver support, and in-home services.
- **HUD's Section 202 Supportive Housing for the Elderly:** Addresses affordable housing needs, including funding for new construction and renovation of senior housing.
- **Centers for Medicare & Medicaid Services (CMS):** Funds healthcare access initiatives for older adults.
- **Community Development Block Grants (CDBG):** Federal grants that cities can use for housing, infrastructure, and services benefiting older adults. These grants may also support home modifications that enhance accessibility and safety for aging residents.

### 6.2.4 Private and Nonprofit Funding

- **Philanthropic Organizations:** Foundations like the AARP Foundation and the Robert Wood Johnson Foundation fund aging-related projects.
- **Corporate Sponsorships:** Companies can support health, wellness, and technology initiatives for older adults.
- **Local Nonprofits:** Collaborations with groups like Meals on Wheels enhance service delivery.
- **University Collaborations:** Researchers and local cities can partner on grant initiatives aimed at supporting aging residents. There are several funding opportunities to consider:
- **NextFifty Initiative's Changing Aging Grants:** These grants support a wide range of initiatives, including research, pilot projects, and direct services that benefit older adults. Eligible applicants include governmental entities and institutions of higher education, making it suitable for university-City partnerships.
- **John A. Hartford Foundation Grants:** This foundation funds projects that improve the care of older adults. Their grants often support collaborations between academic institutions and community organizations, focusing on aging-related research and program development.
- **Administration for Community Living (ACL) Grants:** The ACL offers funding opportunities aimed at supporting older adults and individuals with disabilities. Universities can partner with local governments to apply for these grants, particularly those focusing on community-based services and supports.
- **National Institute on Aging (NIA) Grants:** The NIA provides funding for research on aging, including community-based participatory research. Faculty can partner with local cities to develop proposals that address the health and well-being of aging populations.
- **California Mental Health Services Authority (CalMHSA) Impact Grants:** These grants assist community-based organizations in providing mental health prevention support, services, and resources to underserved communities. University faculty can partner with local governments to apply for these grants, focusing on mental health initiatives that benefit older adults.

### 6.2.5 Revenue-Generating Opportunities

- **Paid Programming:** Modest fees for senior center memberships, fitness classes, or transportation services.
- **Events and Activities:** Ticketed events, such as community gatherings or wellness expos, that engage older adults and generate sustainable funding.

By combining diverse funding sources, leveraging regional partnerships, and aligning with broader state and federal priorities, Los Alamitos is well-positioned to meet the needs of its residents. Drawing on its unique assets and implementing immediate steps, the City can create sustainable, impactful programs that enhance the quality of life for its aging community while maintaining its vibrant, family-oriented character.





## 7.1 Strengths: Los Alamitos is a City with Pride, Strength, and Vision

### 7.1.1 A Strong Foundation for Growth and Engagement

Los Alamitos stands out as a City with a robust economic foundation creating an ideal platform for innovation and development. Residents participate in shaping the community, demonstrating enthusiasm for intergenerational programs, proactive health behaviors like screenings and check-ups, and a variety of recreational opportunities. This collective commitment to wellness and engagement underscores a shared vision of inclusivity and progress, ensuring that Los Alamitos remains a thriving and welcoming environment for all.

### 7.1.2 Small-Town Charm, Strong Leadership, and Strategic Planning

Cherished for its small-town charm, Los Alamitos is a community where many residents have lived for decades, fostering deep connections and a strong sense of belonging. This enduring attachment to the City enriches its culture and creates a close-knit, supportive environment where individuals of all ages feel valued. The City's emphasis on inclusivity is evident in its local events, forums, and recreational opportunities, which bring neighbors together and strengthen community ties.

Leadership plays a central role in the City's success. A committed City Council prioritizes initiatives that enhance residents' quality of life, while the Recreation and Community Services Department delivers diverse programming that appeals across generations. The police and other first responders (e.g., fire) are highly engaged, ensuring safety and security remain central to community well-being. Together, these entities form a cohesive framework that supports the City's goals for inclusivity and connection.

Additionally, Los Alamitos places a strong emphasis on planning, economic development, public works, and safety, with significant investments in street and park projects. These priorities are not only essential to the City's infrastructure but also critical to the development of a comprehensive Senior Services Master Plan. Safe, accessible streets and parks foster mobility and outdoor engagement for older adults, while strategic planning ensures sustainable growth that adapts to the evolving needs of residents.

Residents and non-residents express satisfaction with the diversity and quality of recreational services, reflecting the City's ability to meet various interests and needs. Furthermore, residents and non-residents participate in local events and forums, showcasing their civic engagement.

### 7.1.3 Community Spirit

A unique and defining feature of Los Alamitos is the deep pride in its diverse community. For example, anchored by the presence of the Joint Forces Training Base (JFTB), the City has cultivated strong relationships with veterans and active military members, celebrating their contributions and ensuring they remain a vital part of the community. Events like St. Isidore Historical Plaza's annual salute to veterans and active military, and regular "Celebrate Los Al" events, exemplify this commitment, fostering gratitude and recognition for their service. Special events for older adults, including the Senior Prom and Senior Expo reflects Los Alamitos intentional commitment to aging.

### 7.1.4 Geographic Location

Los Alamitos' geographic location further amplifies its potential as a central hub for successful aging. Positioned near neighboring cities with a shared commitment to supporting older adults, Los Alamitos is uniquely situated to leverage partnerships and resources that enhance quality of life for its residents. Its proximity to key assets such as Leisure World, a nationally recognized active adult community, and CSU Long Beach, home to a robust gerontology program and the Osher Lifelong Learning Institute (OLLI), opens avenues for collaborative programs, workshops, and research initiatives. The nearby VA Long Beach Healthcare System and the Joint Forces Training Base (JFTB) provide additional opportunities to support aging veterans and foster connections to healthcare, recreation, and community services.

The City's existing classes and enrichment programs for all ages are numerous and diverse and reflect its commitment to lifelong learning. Expanding these offerings through partnerships with institutions like CSU Long Beach and the JFTB can solidify Los Alamitos' role as a leader in aging services while fostering intergenerational understanding and community pride.

Its strategic location positions Los Alamitos as an ideal regional hub for innovative aging initiatives. The City is well-equipped to lead multi-City collaborations, offer shared transportation services, and host intergenerational and cross-community events. Its accessibility to these resources ensures that Los Alamitos can act as a blueprint for age-friendly living, benefiting not only its residents but also the broader region.

## 7.2 Gaps: Opportunities to Enhance Los Alamitos as a Community for All

While Los Alamitos has numerous strengths and the foundation to serve as a model City for aging services, some gaps remain that need to be addressed. These areas of improvement include opportunities to enhance cultural inclusivity, wellness programming, lifelong learning partnerships, caregiver support, transportation, and regional collaborations.

### 7.2.1 Cultural Inclusivity and Multicultural Programming

Los Alamitos lacks robust multicultural events or classes that celebrate and teach about diverse traditions, such as festivals, food tastings, or arts workshops centered around different cultures. These programs foster inclusivity and appeal to the City's growing diverse population.

### 7.2.2 Wellness and Outdoor Activities

While fitness classes are available, other activities, many of which are offered from adjacent cities, like water exercise classes, aqua therapy, or outdoor walking groups, are not offered by Los Alamitos. These are especially appealing to older adults who enjoy low-impact activities with social benefits. Pickleball, a rapidly growing sport among older adults, is notably absent and would be a popular addition. JFTB Gym Recreation providing indoor pickleball courts. Call for expansion of indoor and outdoor options due to popularity and growing trend

### 7.2.3 Cross-City Collaborations

Relatedly, there is little evidence of formal collaborations between cities to create region-wide programming for older adults, such as shared events or pooled transportation for multi-City access to activities.

### 7.2.4 Lifelong Learning Opportunities

A partnership with the Osher Lifelong Learning Institute based out of the California State University Long Beach campus was solidified in January 2025. This collaboration will expand access to expert-led classes, workshops, and research-based aging initiatives.

### 7.2.5 Caregiver Support Services

Caregiver support programs, such as respite care services, stress management workshops, or peer support groups for those caring for family members, are missing.

### 7.2.6 Transportation Accessibility

Transportation services specifically for older adults, such as subsidized rides for events or medical appointments, are underutilized or limited in reach.

### 7.2.7 Health and Nutrition Services

Programs addressing chronic condition management, cooking classes for specific diets (e.g., low-sodium or diabetic-friendly), and group-based health initiatives are scarce in the area.

### 7.2.8 Mental Wellness Activities

While there are fitness and recreational options, creative outlets like art therapy, mindfulness sessions, or group mental health workshops focusing on aging-related stress and isolation are limited.



— “  
**Los Alamitos has a great sense of community, but I'd love more opportunities to connect with other residents.**  
— ”  
- Los Alamitos Resident



2025

## SENIOR SERVICES MASTER PLAN

### 7.2.9 Housing

Many Los Alamitos residents are “house rich, cash poor,” struggling with bills, home maintenance, and rising costs despite high property values, reflecting a growing need for affordable housing. Older adults face additional challenges in aging in place, including a lack of accessible housing features, affordability concerns, and safety risks due to mobility or health limitations.

### 7.3 Recommended Actions

Drawing on a comprehensive analysis of study findings—encompassing both descriptive and inferential insights, as well as a deep understanding of local, state, and national aging-related trends, as well as analysis of community strengths, gaps, and available grant opportunities—the following recommendations are put forth. These strategies are designed to preserve and enhance the impactful aging-related services currently in place, while fostering sustainable growth, cost-effective practices, innovative solutions, and equitable access. By addressing the evolving needs of residents and non-residents alike, these actions will ensure that the community of Los Alamitos remains resilient, adaptive, and prepared to meet the challenges and opportunities of an aging population.

**Note:** although activities are outlined within specific timeframes, they are intended to be ongoing, evolving efforts that will continue to grow and support future initiatives in the years that follow.

#### 7.3.1 Year 1

##### Municipal Case Manager Position

- Coordinate mental health programs like art therapy, mindfulness, and social activities to prevent crises and lower healthcare costs.
- Work directly with Volunteer in Police Services (VIPs) and the Senior Citizen Advisory Council (SCAC).
- Identify and address needs early to prevent crises and reduce reliance on emergency services.
- Assist clients in navigating healthcare, securing housing, and accessing social services for better health outcomes and reduced public resource use.
- Connect isolated individuals to community resources and create personalized social engagement plans.
- Provide caregiver support through peer groups, stress management workshops, and respite care connections.
- Ensure transportation access for medical care, home-based services, and health education to promote independence.
- Facilitate veteran-focused support groups and wellness programs to enhance community engagement.
- Help residents with home modifications and explore affordable housing options like ADUs or multigenerational living.

##### Infrastructure and Space Expansion

- Collaborate with City planners to identify suitable locations for community center expansions or new facilities dedicated to senior programming.
- Seek funding through grants and partnerships to secure resources for these expansions, ensuring accessibility and adaptability for future needs.
- Forge strong partnerships with healthcare providers to offer on-site health screenings and wellness workshops at community centers or City offices.

##### Collaborations and Partnerships (Health and Lifelong Learning)

- Begin forging relationships with CSUF, leveraging its resources like OLLI for workshops, lectures, and lifelong learning programs.
- Identify faculty for applied research and recruit students for internships in program development, outreach, and tech support for older adults.
- Collaborate with local hospitals, religious institutions, and businesses to expand health screenings, wellness workshops, and senior-friendly business practices.
- Begin conversations with neighboring cities or organizations to expand the reach and sustainability of services.

##### Caregiver Support/Caregiver Relief Programs

- Initiate workshops focusing on stress management, peer support, and respite care for caregivers.
- Partner with nonprofits and faith-based organizations to provide short-term caregiving relief during these workshops.
- Partner with nonprofits and faith-based organizations to offer short-term caregiving relief, such as respite care services during workshops or community events.
- Develop a structured caregiver support program that includes stress management resources, peer support networks, and access to temporary care services.

- Technology Assistance Program to assist with caregiving and health management, such as lessons on how to use smartphones to communicate health status and needs.

#### **Veteran-Focused Initiatives**

- Develop a lecture series led by veterans, sharing experiences and addressing themes like mental wellness, health, and community engagement.
- Create storytelling or mentoring programs where veterans can share their history with younger generations.

#### **Free Hobby-based and Lifelong Learning/Recreational Programming**

- Partner with local experts, artists, and organizations: Collaborate with art studios, dance instructors, gardening clubs, and other local professionals to offer free workshops and classes tailored to seniors' interests, such as painting, music, cooking, or gardening.
- Organize regular community events: Host engaging activities like movie nights, trivia contests, or group nature walks to promote social interaction and encourage seniors to explore new hobbies in a relaxed and welcoming environment.
- Increase promotion of events and programs: Launch a targeted marketing campaign using social media, community newsletters, local newspapers, and flyers at senior centers and libraries to ensure all seniors are aware of the free programs available to them. Include testimonials from participants to inspire others to join.

#### **Citywide Transportation Program Free for Seniors**

- Ensure vehicles are ADA-compliant: Equip all vehicles with features that support easy entry/exit and accommodate mobility aids, ensuring accessibility for seniors with diverse needs.
- Forge collaborations with on-demand ride services: Partner with companies like Uber to offer flexible, convenient, and subsidized transportation options tailored to seniors' needs.

#### **Funding/Hire a Grant Writer**

- Hire a grant writer and program evaluator
- Secure exploring local, state, federal, private, and non-profit funding sources, as well as revenue-generating opportunities.

### **7.3.2 Years 2-4**

#### **Fitness and Wellness Expansion**

- Maximize Infrastructure and Space Expansion (year 1) with the development of a Wellness Center including a fitness center, café, classroom and meeting spaces, and outdoor green spaces.
- Expand classes and recreation offerings, such as pickleball courts targeting older adults.
- Partner with local pools or health clubs to introduce water-based fitness classes, such as aqua yoga or arthritis-friendly aerobics.

#### **Senior Club Celebrations**

- Initiate monthly cultural events featuring diverse traditions, such as food demonstrations, dance or music performances, and history talks.
- Offer classes on learning new languages, cultural cooking, or art traditions to foster inclusivity and community engagement.

#### **Fire and First Responders Training Collaboration**

- Launch shared training programs involving the City's Fire Department, Police, local healthcare providers, and community leaders.
- Focus on enhancing response protocols for older adults, particularly in areas like mobility challenges, chronic illness, and mental health crises.
- Include joint drills and workshops that encourage collaboration between first responders and health professionals, fostering a cohesive and effective response network.

#### **Age Friendly Business Program**

- Offer Age-Friendly Business Certification & Training
- Create an Age-Friendly Business Directory & Recognition Program
- Provide Financial or Marketing Incentives for Participation
- Pilot an age-friendly initiative with at least five local businesses, encouraging accessibility improvements, discounts, and tailored services.



2025

# SENIOR SERVICES MASTER PLAN

## 7.3.3 Years 4-5+

### Establish a Sister City Relationship

- Delegations, joint research initiatives, and virtual forums enable City leaders, residents, and community organizations to exchange ideas and best practices in aging-related services.
- Gain access to innovative practices, such as aging-friendly urban designs, multi-functional community centers, and intergenerational engagement programs.
- Discover creative policies that support aging populations, including long-term care models, disaster preparedness plans, and initiatives to combat social isolation.
- Collaborative projects such as international festivals, mentorship programs, and shared community activities could foster a stronger sense of belonging and mutual understanding.

### Senior Home Assessments

- Define eligibility requirements and assessment criteria for safety and accessibility upgrades.
- Partner with licensed contractors, occupational therapists, and nonprofits to conduct assessments and modifications.
- Identify federal, state, and local grants to fund home improvements.
- Establish a clear application process with tiered grants based on need and project urgency.
- Promote the program through senior centers, healthcare providers, and community events.
- Conduct home assessments and prioritize modifications for high-risk seniors.
- Track project impact and gather participant feedback for continuous improvement.

## 7.3.4 Future Considerations

### Intergenerational Program

- Create a buddy program pairing older adults with youth or young professionals for mentorship, storytelling, and mutual skill-building activities.
- Start small-scale storytelling, mentoring, or co-learning programs pairing older adults with youth for activities like gardening, cooking, or crafting.
- Design family-friendly programs that bring multiple generations together for shared experiences.

### Neighborhood Ambassador Program

- Develop a program where local residents volunteer to act as neighborhood ambassadors, helping older adults access City resources, navigate services, and stay socially connected.
- Ambassadors can provide check-ins, help coordinate transportation, and act as liaisons between residents and City services.

### Outdoor Adventures with Partner Organizations

- Partner with outdoor organizations to lead accessible activities like nature walks for older adults.
- Include transportation options, provided by partner organizations, to ensure all participants can engage in these activities regardless of mobility challenges.

### Crisis Housing Assistance

- Partner with community organizations to develop supportive housing programs and resources, ensuring that any displaced residents facing housing challenges are securely placed in appropriate accommodations.



#### 7.4 Summary

Los Alamitos has the opportunity to build on its strengths and address identified gaps in innovative ways. **These steps mark the beginning of an ongoing process to enhance the City's services, programs, and overall appeal. Immediate actions will create a strong foundation, while long-term initiatives will guide the City toward sustainable growth and innovation.**

By embracing these strategies, Los Alamitos will be poised for growth, attracting new residents and retaining its current population with its reputation for delivering the best services and programming. Additionally, the City will draw non-residents who seek out its exceptional resources, programs, and services. Los Alamitos will solidify its standing as a desirable place to live, work, and thrive—where people of all ages and backgrounds feel supported, connected, and empowered. This process ensures that Los Alamitos continues to evolve as a forward-thinking, inclusive, and vibrant community well into the future.

#### 7.5 Implementation Plan

**These steps mark the beginning of an ongoing process to enhance the City's services, programs, and overall appeal.**

TIMELINE	GOALS	ESTIMATED COST
<b>YEARS 1-2</b>	Municipal Case Manager Position	FY 24-25 budgeted vacant part-time position will be converted to Case Manager position. <b>(Note:</b> We recommend phasing in a second Case Manager)
	Infrastructure and Facility Expansion	TBD
	Collaborations and Partnerships (Health and Lifelong Learning)	TBD
	Caregiver Support/Caregiver Relief Programs	TBD
	Veteran-Focused Initiatives	No cost
	Hobby-based & Lifelong Learning, Recreational Programming for Older Adults	\$50,000 annually (10% increase in years 2-4 for additional programming)
	Citywide Transportation Program Free for Seniors	Grant funding secured
	Funding/Hire a Grant Writer	TBD
<b>YEARS 2-4</b>	Fitness and Wellness Expansion	TBD
	Senior Club Celebrations	\$52,000 annually (\$12,000-programming, \$40,000 part-time staff to administer)
	Fire & First Responder Collaboration	TBD
	Age-friendly Business Program	TBD
<b>YEARS 4-5+</b>	Sister City Program	TBD
	Senior Home Assessments & Grant Program	TBD



GeroFusion is honored to present the Los Alamitos Senior Services Master Plan. We are grateful for the opportunity to support the City's mission to create a community that fosters well-being, inclusivity, and quality of life for aging adults and their families.

This report reflects the insights, experiences, and perceptions of Los Alamitos residents and non-residents who utilize its resources and services. We extend our sincere gratitude to the community members who participated in focus groups, the Senior Advisory Advocate Committee for their guidance and feedback, and survey respondents who shared their perspectives. Their contributions have been invaluable in shaping the recommendations and strategies outlined in this Senior Services Master Plan.

As the City of Los Alamitos looks to the future, we hope this report serves as a blueprint for promoting active, engaged, and supported aging. By prioritizing the needs and aspirations of its aging residents, Los Alamitos reaffirms its commitment to being a community that thrives at every stage of life.

**Melanie Horn Mallers, Ph.D., CPG**  
mhm@gerofusion.com

**Laura Zettel-Watson, Ph.D., CPG**  
lzw@gerofusion.com