



Laguna Beach Seniors is the hometown nonprofit that operates the Susi Q Center for seniors in the heart of downtown Laguna Beach.

Lifelong Laguna is managed by **RICKIE REDMAN**
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Donations and volunteer inquiries are welcome.

LAGUNA BEACH IS HOME



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2023

DO YOU HAVE A PLAN FOR AGING IN LAGUNA?



A PROGRAM OF LAGUNA BEACH SENIORS AT THE SUSI Q

Susi Q Senior Center | 380 Third Street, Laguna Beach CA 92651 | thesusiq.org

What if we could prevent accidents, retain daily routines, prevent isolation, and eliminate the need for a move?

MADE IN LAGUNA

Once a funky beach town with its share of hippies, artists, and free-spirited iconoclasts, Laguna Beach's demographic continues to evolve, with new families, individuals, and retirees buying into the seaside dream. With the unique beauty and culture of Laguna, it's easy to see why the aging population wishes to remain at home. Nationwide, 77% of Americans 50+ years old want to remain in their home for the long term.

As a city without a single live-in senior-care facility, making plans to age in Laguna is vital.

As an aging person experiences changes in their physical abilities, there can be a need for a safer home. Mobility can also influence one's physical and mental health. One may make fewer trips to the grocery store or skip doctor's appointments, which impacts nutrition and health. When social activities and daily routines are affected it can result in isolation and depression. Moving to an assisted care community or nursing home is often the solution.

Lifelong Laguna, a program of Laguna Beach Seniors, is on a mission to support older adults so they can remain comfortable in their own homes. Together we discuss individual aging goals. This includes increasing home safety, interpersonal connections, and community referrals. This results in a safer, happier, and more secure living environment.

Lifelong Laguna offers services that can sustain social engagement and halt, or prolong, the need to move.



When seniors age in place they are happier, healthier and more engaged. It's a trend we encourage and support.

CREATING A PLAN TO AGE IN LAGUNA BEACH

Lifelong Laguna provides a person-centered approach to aging. Free membership benefits include:

- Connections to healthcare, caregivers, counselors, and nutrition
- Technology assistance to stay close to loved ones
- Opportunities for socializing, shopping, and transportation
- Seminars and workshops for financial, legal, real estate, and end-of-life planning
- A home modification assessment* to review the interior and exterior of a home. We'll suggest ways to:
 - Increase safety and reduce the risk of accidents
 - Make performing household tasks easier
 - Maintain independence

*Any modifications made to a home are at the resident's expense.



Volunteers demystify technology with one-on-one computer tutoring, classes at the Susi Q, and even house calls.

“I want to stay in my home, but I don't know where to start.”

Our Solutions Are As Unique As You

We customize support based on what each person needs and values. We draw on our expertise to offer professional services that residents might not know existed.

Practical and Social Support From Volunteers

Lifelong Laguna is rooted in community. We connect aging residents with devoted community members. Together we form a support system that cultivates camaraderie and social engagement. Lifelong Laguna volunteers are trustworthy individuals who are vetted through state and federal background checks.



A home's stairs, tubs, showers, and entryways present mobility challenges as people age. Our program makes sure they stay a step ahead of any hazards, making safety the top priority.

They use their talents and time to support residents with grocery shopping, social visits and outings, phone calls, and transportation to appointments. All member information is kept strictly confidential.

Staying Safe at Home

Since houses age, we recognize the need for updates in the home.

By completing the free home modification assessment, we offer simple solutions to make daily living easier and safer. Sometimes it's as simple as reorganizing cabinets or fixing a leaky faucet. If a licensed contractor is needed, we have referrals to vetted contractors.



Do you know an aging neighbor or relative who may need a little extra help? Lifelong Laguna can help.

“Dad is living all alone and I do worry about his safety.”

WE GET TO KNOW OUR MEMBERS

As a trusted local nonprofit organization, we provide an extra layer of safety and support. We watch out so neighbors, loved ones, and adult children living out of state have peace of mind. We focus on how we can enrich the lives of those we serve.

The first part of our enrollment is getting to know new members. During our home visit, we discuss goals, challenges, and needs. By listening we create an individualized approach for aging in place. A licensed clinical social worker will provide added resources and support when needed.

When there is an interest in social support with a volunteer, we consider personality and hobbies to find the right fit. Lifelong Laguna volunteers serve as a point person to ensure the member's well-being at home with regular phone calls and visits.



Our dedicated crew of volunteers bring joy wherever they go.

“I do know someone who would benefit from Lifelong Laguna.”

People seek support from people they trust. We welcome referrals from local groups, networks, and organizations that engage the senior population. Between your organization and Laguna Beach Seniors, we build mutual trust to strengthen our community.

Together we create a community support network for folks here in town. It's important to know that this program is not about caregiving or becoming dependent. Instead, it's about increasing the longevity of independence by seeking support sooner, rather than later.

By creating a support network, should the situation change, there is already a plan to age at home.