



*A Public Agency*

*Beach Cities*  
***Health District***

# Healthy Living Campus Project

## Community Need

# Preliminary Studies and Analysis

## Studies to Determine Need and Feasibility:

- Initial Market Demand Study
- Community Needs Assessment
  - BCHD strategic planning: emerging community health needs
- Topographic Survey
- Geotechnical Assessment
- Public Strategic Planning Meetings
- Board Planning Sessions
- Community Working Group Meetings

# Housing *is* a Health Need

- By 2022, 50% of Beach Cities residents will be 55+
  - 10,000 Baby Boomers turn 65 every day in the U.S.
- 94% of older adults want to stay in their community
- Facilities in a 10-mile radius are filled to capacity
- Physical environment (home) influences health status and premature mortality, especially for seniors
- Change in living conditions is #28 on stress scale
  - Stress exacerbates underlying illnesses/conditions in older adults

# Housing *is* a Health Need continued ...

- 70% of seniors will need long-term services and supports at some point
- In the U.S., 1/3 older adults fall annually resulting in:
  - 700K hospitalizations
  - \$34B in healthcare costs
  - 2.5M emergency department visits
- Only 3.8% of housing units in the U.S. are suitable for individuals with moderate mobility difficulties

# When Older Adults Leave Their Community:

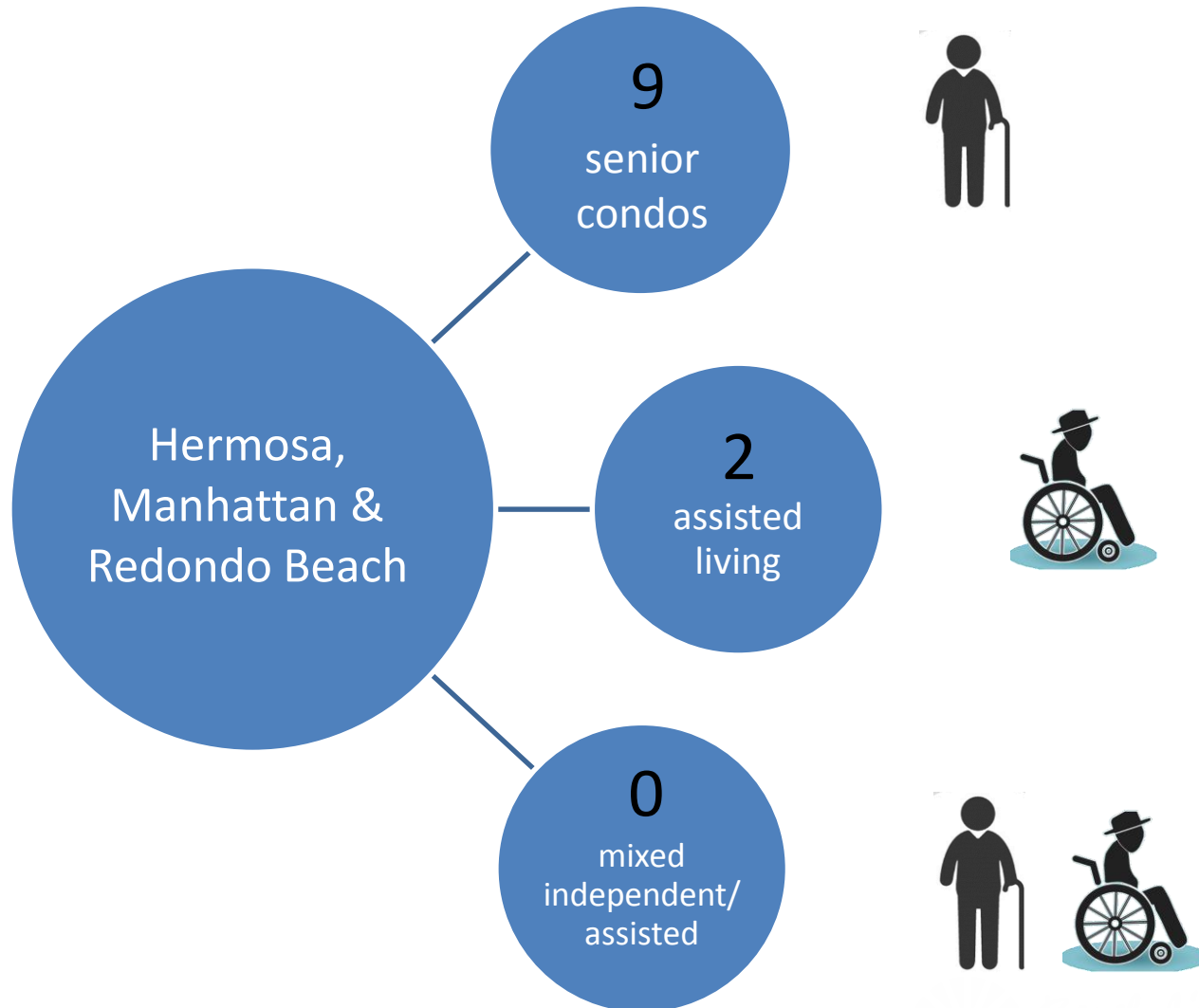
- Lose connections to vital social supports (friends, senior centers, faith groups, etc.)
- Can restrict access to primary care physicians
- Couples often separate to access different levels of care (assisted vs. independent vs. dementia)
- Heightened risk of isolation and depression
- Experience “transitional trauma” (symptoms of anxiety, confusion & hopelessness)

# Beach Cities Senior (65+) Population

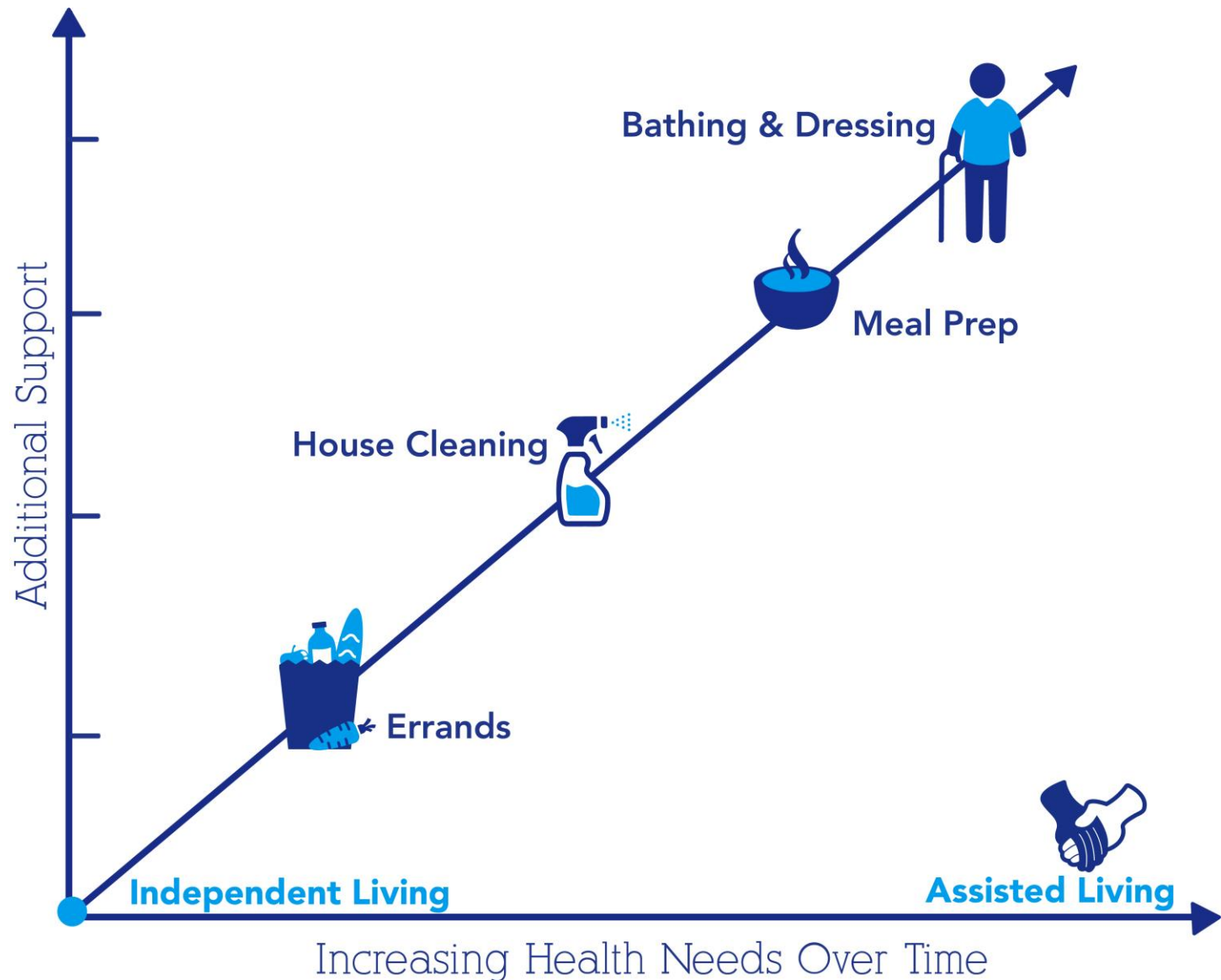
- Beach Cities Total: 14,683



# Older Adult Housing Options



# Independent vs. Assisted Living Needs





# Healthy Living Campus

A Continuum of Care Approach



# Benefits of a Continuum of Care

## Aging in Place



- 94% of Beach Cities older adults wish to stay in our community as they age
- Maintaining social and family ties is critical to emotional and physical health
- Less moves = less stress

## Keeping Couples Together



- Needs of couples often vary
- Mixed independent/assisted living keeps couples close
- Social companionship improves quality of life



“Health care leaders must work to accelerate the integration of health care and housing. The well-being and safety of millions of Americans are at stake.”

– Allyson Schwartz, Bipartisan Policy Center’s  
Senior Health & Housing Task Force Co-Chair



# Sign-Up for Project Updates

HLInfo@bchd.org

bchd.org/HealthyLivingCampus  
(or visit the Comment Station)