



LOS ANGELES COUNTY WORKFORCE DEVELOPMENT, AGING AND COMMUNITY SERVICES

Aging Mastery Program

PROGRAM DESCRIPTION

The Age Mastery Program (AMP) consists of core and elective classes that combine evidence-informed materials, expert speakers, and group discussions, levels of mastery and achievement, and small rewards.

AMP is a collaborative effort between the National County on Aging (NCOA), UCLA (LA Capra), Los Angeles City Department of Aging and Workforce Development, Aging and Community Services (WDACS). The program is for 10 weeks, with each week having a specific topic of discussion. This program is in phase II with the intent of having 180 participants graduate by 2020.

For more information, contact Guillermo Medina, Human Services Administrator I, at GMedinajr@wdacs.lacounty.gov.

BACKGROUND

AMP is an engagement and behavior change program designed to educate, encourage, and support baby boomers and older adults to take actions to improve their health, finances, and general well-being and to contribute more to their communities and society.

FUNDING

Funding for this pilot program was provided by NCOA. This includes all the material for the program.

TOPICS

The topics are:

1. Navigating Longer Lives
2. Exercise and You
3. Sleep
4. Healthy Eating and Hydration
5. Financial Fitness
6. Advance Planning
7. Healthy Relationships
8. Medication Management
9. Community Engagement
10. Falls Prevention

SESSIONS

The sessions can be held weekly or biweekly.

PERFORMANCE OUTCOMES AND BEST PRACTICES

AMP pilot program has met all criteria to qualify as an evidence-based program under the Title III-D of the Older American's Act. This will assist with the WDACS mission to enhance the lives of older adults in Los Angeles County. By having older adults go through AMP, this will empower them to develop life learning skills to master aging.