

# ***A Senior Center in Your Community***



## ***Who Gets the Ball Rolling?***



**Education**

**Health**

**Interaction**

**Nutrition**

**Recreation**

### **How does a senior center benefit seniors?**

Senior center participants report\* the following benefits of attending a senior center:

- ◆ They take better care of their health – 84 percent say they do most of the time, and 14 percent say some of the time.
- ◆ They feel happier or more satisfied with life – 87 percent say they do most of the time, and 12 percent say some of the time.
- ◆ They feel more able to stay independent – 82 percent say they do most of the time, and 11 percent say some of the time.
- ◆ They would recommend the senior center to a friend or family member – 94 percent say they would most of the time, and five percent say some of the time.

### **How have other communities filled their senior center void?**

- ◆ By building a senior center from scratch.
- ◆ By converting an existing building into a senior center.
- ◆ By enhancing an existing congregate dining site.

*\* According to the 2005 Senior Center Participant Survey conducted by the Florida Department of Elder Affairs and the Florida Association of Senior Centers. Percentages represent responding participants. For information about the survey, please contact the department by calling (850) 414-2000.*

### **What information should a community consider?**

#### **Develop a mission and vision statement for the center.**

- ◆ Develop goals, objectives and an action plan.

#### **Identify partners to build community support and awareness.**

- ◆ Area agency on aging
- ◆ Community Care for the Elderly lead agency
- ◆ County commission and staff
- ◆ City commission and staff
- ◆ Housing authority
- ◆ University, community college and school system
- ◆ Businesses – insurance, health services, assisted living facilities, restaurants and more
- ◆ Chamber of Commerce
- ◆ Law enforcement – city and county

#### **Develop the process for program planning and evaluation.**

#### **Develop organizational structure and advisory council.**

- ◆ Identify procedures for recruitment of volunteers, interns and students at universities and colleges.
  - Develop volunteer management strategies.
- ◆ Identify human resources and staff.
  - Develop policies and procedures.

#### **Develop plan for facility management.**

#### **Develop plan for marketing the center.**

- ◆ Determine types of records and reports to keep.