

GIA Addendum

Addendum A: Program Area Criteria & Descriptions

Please use the program area criteria and descriptions to assist you in completing the **Programming** section of the GIA Senior Center Application. The following nine program areas are detailed:

- Transportation
- Nutrition
- Social and Recreational
- Health, Wellness, and Support Services
- Physical Fitness
- Aquatics
- Educational Enrichment
- Outreach & Reference
- Adult Day Care

Below is a brief description, list of staffing and frequency requirements, and activity or service examples for each of the nine program areas included in the Programming section of the GIA Senior Center application.

Program Area 1. Transportation

Criteria	Requirements
DESCRIPTION OF CRITERIA	Providing transportation to and from a senior center allows those seniors who prefer not to drive or who are unable to drive to remain active participants, as well as prevent and counteract isolation and immobility.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none">• Transportation schedule• Evidence of vehicle (e.g., van or bus registration, driver's license)
FREQUENCY	Transportation to and from a center should be available at least twice daily during regularly scheduled senior center hours.
STAFFING AND CERTIFICATION	A fully licensed paid or volunteer driver must be available for all transports.
EXAMPLES	Other forms of transportation besides to and from the center may include shopping trips, recreational and cultural outings, and medical appointments.

Program Area 2. Nutrition

Criteria	Requirements
DESCRIPTION OF CRITERIA	A congregate meal program is offered to ensure seniors receive the nutrition essential for proper health and functionality. Meals provided should comply with the Dietary Guidelines for Americans .
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Menu schedule
FREQUENCY	Congregate meals should be offered at least once daily during regularly scheduled senior center hours.
STAFFING AND CERTIFICATION	Pre-packaged prepared meals delivered by an outside agency are acceptable; upon delivery, meals may be prepared for consumption by volunteer or paid staff.
EXAMPLES	City Fare Program Congregate breakfast, lunch, dinner, weekend Meals on Wheels

Program Area 3. Social and Recreational

Criteria	Requirements
DESCRIPTION OF CRITERIA	Social and recreational activities are offered to stimulate participants’ basic processes, such as working memory, speed of processing, and verbal knowledge. Such programs should be easily differentiated from programs aimed at physical fitness and educational enrichment.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Social and recreational program descriptions • Schedule of programs offered
FREQUENCY	Social and recreational activities should be offered daily during regularly scheduled senior center hours.
STAFFING AND CERTIFICATION	It may be facilitated by paid staff or volunteers.
EXAMPLES	Bingo, card games, arts and crafts, relaxed walking.

Program Area 4. Health, Wellness, and Support Services

Criteria	Requirements
DESCRIPTION OF CRITERIA	Health, wellness, and support programs are those that are designed to promote the mental, spiritual, and emotional health of senior center participants. Support groups may include diabetes, Alzheimer’s, and other programs aimed at counseling and nurturing specific groups of participants. Centers should demonstrate efforts to be creative in involving and supporting the elderly community.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Schedule of health and wellness programs and support groups • Staff résumés that reflect related experience to the programs offered
FREQUENCY	Minimum of two health, wellness, or support programs or services per month.
STAFFING AND CERTIFICATION	Paid staff or volunteers with the educational or job experience needed to support the emotional health of individuals.
EXAMPLES	<p>Health and Wellness Programs: nutrition counseling, medication management, and health talks/lectures.</p> <p>Support Groups: family, reminiscence, alcohol and drug abuse, caregiver support.</p>

Program Area 5. Physical Fitness

Criteria	Requirements
DESCRIPTION OF CRITERIA	A fitness center provides exercise equipment, space for fitness classes, and the support staff needed to assist participants with safely using the equipment and developing a safe fitness program. The fitness center should be located in a separate and designated area.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Sample fitness plans • Written safety rules of the fitness center • Schedule of fitness classes or training sessions • Documents that reflect staff certification requirements (e.g., résumés)
FREQUENCY	A senior center must provide access to physical fitness services and a fitness center during the center's hours of operation.
STAFFING AND CERTIFICATION	Certified fitness instructor on staff, or sufficient access to a certified instructor (at least five hours per week), can be paid or volunteer.
EXAMPLES	Fitness center with <u>staff present for at least five hours per week</u> , modified strength training and cardiovascular exercises, walking, and line dancing.

Program Area 6. Aquatics

Criteria	Requirements
DESCRIPTION OF CRITERIA	Providing access to a pool offers several benefits to senior participants, including physical fitness activity, relaxation activities, and rehabilitation for specific physical ailments associated with aging.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Schedule of aquatics classes • Schedule of pool hours • If off-site, proof of transportation to and from a pool • If off-site, contract, memorandum of understanding (MOU), or another method of cooperation with local pool • Documents that reflect staff certification requirements (e.g., résumés)
FREQUENCY	An onsite pool should be open at least one day per week, or transportation to an off-site pool should be provided at least one day per week.
STAFFING AND CERTIFICATION	A certified lifeguard must be present during hours of operation. Certified fitness instructor on staff or access to one for classes; can be paid or volunteer.
EXAMPLES	Pool activities may include an aquatic arthritis program, a deep-water exercise class, and free swim time.

Program Area 7. Educational Enrichment

Criteria	Requirements
DESCRIPTION OF CRITERIA	Educational enrichment programs are offered to provide senior center participants with an increased knowledge of specific topics of interest to seniors. Such programs should be easily differentiated from social and recreational activities. Senior centers must offer at least one type of class to receive credit for this criterion.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Schedule of enrichment activities or services offered • Descriptive program or education plans • Documents that reflect staff certification requirements (e.g., résumés)
FREQUENCY	Educational enrichment classes should be available at least once to twice weekly for 30 weeks or more per year.
STAFFING AND CERTIFICATION	Paid staff or volunteers with educational background and life experience in relevant educational enrichment offerings.
EXAMPLES	Computer classes, foreign language classes, nutrition education, or consumer information classes.

Program Area 8. Outreach and Reference

Criteria	Requirements
DESCRIPTION OF CRITERIA	Outreach and reference services are those that either encourage senior center participants to become more self-sufficient or that assist participants by enhancing their quality of living.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • Schedule of services offered • Pamphlets or descriptive brochures
FREQUENCY	Service should be available to participants at least once or twice weekly for 30 weeks or more per year. Services can be provided by phone, appointment, or drop-in.
STAFFING AND CERTIFICATION	Paid staff member(s) or volunteer with defined responsibility for coordinating the center’s outreach services.
EXAMPLES	<p>Outreach: Providing information on housing, transportation, medical insurance, or medical needs.</p> <p>Reference: Efforts that may include referrals to home repair programs for low-income elderly, for legal services, employment, or other programs/services.</p>

Program Area 9. Adult Day Care

Criteria	Requirements
DESCRIPTION OF CRITERIA	An adult day care center provides health, social, and appropriate support services for functionally impaired adults. Such a center should be a stand-alone facility, meaning a separate room or space is designated for this purpose, which could stand alone if required.
PREFERABLE REQUISITES <i>Must be provided with GIA Application or during a site visit.</i>	<ul style="list-style-type: none"> • License from the Delaware Department of Health and Social Services (DHSS)
FREQUENCY	Should adhere to requirements specified by the State of Delaware Regulations for Adult Day Care Facilities .
STAFFING AND CERTIFICATION	Should adhere to requirements specified by the State of Delaware Regulations for Adult Day Care Facilities .
EXAMPLES	Monitored activities services, such as a nutrition program and social (e.g., arts and crafts, reminiscing) or outreach services.