



Examples of Core Programs and Best Practices for Older Adults

The following list of core programs and best practices is not intended to be complete. Applications to fund other core programs and best practices are welcome.

1. **Connecting seniors with benefits and services** through:
 - **Benefits counseling and outreach** including benefits screening, assistance with applications, CHOICES counseling for medical insurance, follow-up to complete benefits process and options counseling.
 - **Dissemination of information** including group presentations, website development or enhancement, writing and publishing of brochures and directories, cable programs, social media and press releases.

 2. **Reaching underserved seniors** such as those who are homebound, isolated or low income; may include:
 - **Home visits** based on referral and/or door-to-door approaches.
 - Training of **community gatekeepers**.
 - **Volunteer programs** such as friendly visiting, friendly shopping, telephone reassurance, volunteer driving to assist seniors in remaining at home.

 3. **Chore, home maintenance, home repair and home safety programs** that offer affordable or volunteer services; may also assist seniors in accessing energy efficiency and weatherization programs.

 4. **Health and fitness programs*** such as:
 - Health counseling and health education (*example*: Pack Your Bag)
 - Fall prevention (*example*: [A Matter of Balance*](#))
 - Tai chi (*example*: [Moving for Better Balance*](#))
 - Exercise (*examples*: [EnhanceFitness*](#) and [Active Living Every Day*](#))
 - [Chronic Disease Self-Management Program*](#) and [Diabetes Self-Management Program](#)
 - Nutrition education including demonstrations on healthy eating and cooking
 - Mental health promotion (including proven [Behavioral Health Programs*](#))
- *The asterisk designates programs that have been researched and shown to be effective. Trainer classes and materials are offered for those wishing to implement the programs. Costs incurred in adopting these programs may be included in grant requests.*
5. **Building Age-Friendly Communities** with initiatives such as:
 - **Transportation coordination and mobility management** to improve system efficiency so that more seniors can access rides.
 - **Expanding understanding of senior needs and interests** by using a data system to track participation (*example*: [My Senior Center](#)), conducting a survey or by pursuing senior center accreditation.
 - **Developing collaborations and pursuing strategies** to build communities for a lifetime that allow seniors and other residents to participate fully (*example*: [Age-Friendly Communities](#)).
 - **Enhancing volunteer and civic engagement opportunities** for older adults so they can put their experience to use, connect with others and contribute to addressing community challenges (*example*: [Generation to Generation](#)).