

Integrated Wellness System for Older Adults

Access to Vital Services

Coordinated service delivery helps older adults remain independent. Reduces hospitalizations and costs while improving patient outcomes.

Most successful system: "no wrong door" approach in which focal points, such as senior centers, provide access through one location.

Average senior center provides access to 25 services; either onsite or through information & assistance.

Promotion of Health

Evidence based self-management programs provide potential cost savings \$553-\$801/person.

Senior center participants are healthier than nonparticipants.

99% of senior centers offer health promotion services/fitness classes to accommodate most fitness levels. Growing number of senior centers offer evidence-based health promotion programs.

Prevention of Isolation

Loneliness & isolation: associated with poor health outcomes (i.e. cardiovascular disease, dementia, poor sleep, increased illness, poor physical and mental health, depression, and suicide).

Social isolation: major problem among elderly.

Most senior centers provide 15+ regular activities/week & 10+ special events/year including social events, trips, & health fairs.

Promotion of Volunteerism

Volunteerism benefits both volunteer & community being served.

Staying involved has health benefits, such as reduction in symptoms of depression.

Average senior center has 115 volunteers, most 60+, serving center, community, or both.

**NC figures are from the Senior Center Capacity Survey, provided by Dr. Mary Anne Salmon at UNC CARES. For more info, including citations for national findings contact the Division of Aging and Adult Services: Leslee Breen, (919)855-3414 or Rebecca Freeman, (919)855-3421 or visit <http://www.ncdhhs.gov/aging/scenters/scenters.htm>.*



Kings Mountain Senior Center

Innovative Model of Quality Assurance

High Certification Standards

Majority of NC senior centers - certified centers of excellence/merit, indicating exceptional standards of operation.

Specialized Staff Training

Most senior center directors receive specialized training through Ann Johnson Institute for Senior Center Management.

Funding & Support

Major funding sources of senior centers: Home & Community Care Block Grant & city/county funding.

Average senior center- six funding sources including grants, donations, & fundraising.

Senior centers expand capacity through collaborative partnerships & volunteerism.