

City of Madison Framework for Senior Activities

Senior activity programs will provide a broad range of group and individual activities and services that respond to the needs and interest of older adults, their families, and caregivers. Topic areas may be delivered in a variety of settings and formats, including lectures, classes, individual sessions, small group discussions, and special events. Activities will be classified in the following three topic areas:

- **Avoiding Disease and Disability**. Some examples: health screenings, foot clinics, wellness education, defensive driving, home safety modification, home chore, nutrition, depression, emotional health, medication management, falls prevention, food resources, caregiving.
- **Engagement with Life**. Some examples: spirituality, social relationships, friendship development, intergenerational activities, volunteerism, values clarification and discussion, life review and reflection, leadership opportunities, cultural competency.
- **Maintaining High Cognitive and Physical Function**. Some examples: physical fitness, exercise, recreation, play, movement, learning, mental stimulation, puzzles, computer literacy, brain fitness, learning, decision-making, creative self-expression, educational opportunities.

Activities may be provided by agency and program staff or through coordination with community partners and service providers. It is expected that agencies will provide funded activities in community based sites away from their central offices.

Educational programs may serve many of the above functions and can create opportunities to educate or inform older adults about services and programs to enhance their independence and well-being. Staff interactions may encourage referral to additional supportive social services.