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.

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.

Volunteerism benefits both volunteer & community being served.

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

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

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.

Volunteerism benefits both volunteer & community being served.

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

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

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

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

Senior centers expand capacity through collaborative partnerships & volunteerism.