


MIAMI-DADE COUNTY PARKS, RECREATION, AND OPEN SPACES DEPARTMENT

 OPERATIONS MANUAL	DATE ISSUED: 6/28/2013	PAGE: 1 OF: 4	Director's Approval:	SECTION:
	SUBJECT: Age Friendly Older Adults Program Policy and Checklist			

Policy Statement

The Miami-Dade Parks, Recreation and Open Spaces Department is committed to provide standards and criteria and encourage active living for older adults by providing appropriate recreation programs, services and events at parks that have the capacity.

The Recreation Program Plan serves to define program content and to improve service delivery to meet the wants, needs and expectations of the community. The Plan provides for a more organized and consistent basis for decision making which results in a system of parks, facilities and programs that are sustainable, seamless, equitable and accessible to all residents of Miami-Dade County.


The Recreation Program Plan goals emerged through a transparent assessment process and provide the Department with a model for making both short term and long term planning decisions. They are the pillars that support planning decisions. Goals are:

- Ensure Quality Recreation Programs Responsive to Community Needs
- Create Healthy Communities
- Ensure the Equitable Provision of Program Opportunities
- Ensure Financial Sustainability for Program Delivery
- Foster Environmental and Cultural Stewardship

Best Practice research is the basis for the following Age-Friendly Older Adult Program Checklist which will be adopted into the Recreation Program Plan and Operations Manual. Beginning in July 2013 the Department will initiate implementation of this Age-Friendly Program Policy through thirteen (13) pilot park sites that are located within proximity to concentrations of older adults.

Age Friendly Older Adults Program Policy and Checklist is intended to be used to guide staff and/or program providers who deliver or participate in the delivery of older adult recreation programs. It describes the goals and objectives of the Department; the Open Space Master Plan and the Recreation Program Plan. It lays out expectations and identifies "core older adult programs" that park managers will provide.

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Scope, Responsibility and Enforcement

This policy covers all programmed County parks and where feasible, park managers will utilize the Age-Friendly Older Adult Program Checklist in proving a program menu for older adults.

Effective Date

This policy statement is effective immediately upon the date of adoption.

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Age-Friendly Older Adult Program Checklist

Older Adult Program efforts will focus on opportunities that solve problems and issues that older adults in our community face today, problems like declining health, wellness and/or fitness and the lack of social opportunities.

The Department will provide a range of Older Adult opportunities that include:

Health, Wellness and Fitness Programs

Provide programs at all programmed parks that promote health, wellness and fitness

- Walk for Life Program is a self-directed incentive based Walking Program that will be offered and participation tracked at all programmed parks year round
- EnhanceFitness is a sixteen (16) week low impact exercise program that will be offered in the Fall and Spring at all programmed parks that have the capacity and interest
- A Matter of Balance is a four (4) week program on reducing the fear of falling that will be offered in the Fall and Spring at all programmed parks that have the capacity and interest
- Chronic Disease Self-Management is a six (6) week program that helps participants manage ongoing health conditions that will be offered in the Fall

and Spring at all programmed parks that have the capacity and interest


- Exercise Fitness is a leader lead program to be developed that incorporates the use of Fitness Zone equipment in parks where it exists
- Yoga can be a partner provided program to be developed and offered at all programmed parks with the capacity and interest on a weekly schedule to help older adults maintain good physical health
- Pilates can be a partner provided program to be developed and offered at all programmed parks with the capacity and interest on a weekly schedule to help older adults maintain good physical health

Social Programs

Provide programs at all programmed parks that encourage multicultural and multigenerational interaction

- Each programmed park will offer a social program at least once (1) a week (book club, lunch club, movie club)

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Environmental Stewardship

Provide programs at all programmed parks that encourage environmental stewardship

- Focus on Parks for Older Adults is a leader lead six (6) week - weekly field trip that allows participants to visit significant historical, cultural and environmental parks in Miami-Dade County and through photography, hikes, canoeing and kayaking share the experiences with others
- Provide environmental stewardship workshops regionally at least twice (2) each year that engage older adults in tree planting, gardening and/or beautification opportunities

Volunteerism

Create opportunities where older adults can volunteer, lead an activity, teach a class or mentor children or teens

- Storytelling can be developed as a volunteer led program that incorporates an older adult volunteer leader to tell stories to a Mom and Me program audience
- Healthy Cooking / Sharing Recipes can be developed as stand-alone classes or as a part of the EmpowerMe afterschool nutrition education program that incorporates an older adult volunteer leader

Enrichment Classes

Provide educational and enrichment opportunities where older adults can remain current

- Technology 101 can be developed as a partner provided program offered once a week that helps older adults understand and communicate using today's technology (smart phones, I-pads, computers...)
- Art (painting and writing) classes can be developed as a partner provided program or through an older adult volunteer opportunity and offered weekly at all programmed parks with the capacity and interest

Community Events

Provide events at all programmed parks that allow neighbors to come together as a community

- Health and Wellness Fairs will be held regionally throughout the County that provide health screenings and exposure to related resources
- Health and Wellness Workshops and Lectures will be held at the community level at programmed parks once a month on a rotation schedule and will provide older adults with specific health and wellness information and exposure to related resources