

Healthy West Kendall Age Friendly



We are honored to have been awarded a Mini-Grant by the Miami-Dade Age Friendly Initiative.

Favorite aspect: Bringing people together to plan a **community response** that will help support our West Kendall seniors upon hospital discharge.



West Kendall Baptist Hospital

BAPTIST HEALTH SOUTH FLORIDA

An academic affiliate of the **FIU** | Herbert Wertheim College of Medicine

Healthy West Kendall

Powered by West Kendall Baptist Hospital



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Founded 1972

Dade Heritage Trust is leveraging the development of a community food garden and funding from the National Trust for Historic Preservation to provide programming to older adults and engage them in urban gardening, exercise, cooking skills, and social interaction.

The project is expected to impact over 400 older adults and will focus on bringing civic engagement in the West Grove.

A Collaboration between FIU's Physical Therapy, Interior and Landscape Architecture, Environmental and Urban Design, and Computer Science departments



Looking back, what was your favorite aspect or a particular moment in bringing your project to life?

It was very interesting to see the level of involvement and interest of the participants.

What is your favorite feedback received in regards to the project?

"I am happy to be asked about how I would like our park to look like"





North Bay Village

Looking back, what was your favorite aspect or a particular moment in bringing your project to life?

My favorite aspect is the support that the Village received from the business community. The original plan was to place the lab in the lobby area of the Village Hall (this area is also used as a post office, building, and for Village meetings). Elite Health opened a new medical center in the Village and immediately partnered with the Village to house the computer lab and provide ongoing staff support for residents. Secondly, the Village partnered with a local staffing agency. Through this agency the Village funded stipends for high school students to man the lab throughout the week.

What is your favorite feedback received in regards to the project?

Residents feel more confident using the computer and they are learning how to use their smart phones from the high school students. This is empowering.



In partnership with the Miami-Dade Age-Friendly Initiative, Youth Co-Op has created a computer training lab for older adults to use in searching for employment as well as to use for training for learning new technology, and upgrading and/or learning new skills in Microsoft Office.

As of January 2019, 61 job seekers 50 years old or over had received computer literacy through direct instructor-led classes. The computer lab will continue to be used for this purpose and will leverage AARP Foundation's Back to Work Program to pay for costs related to instructor salary and class materials in the future. This project offers older adults opportunities to increase their success in reaching financial stability.