Cliffside Park Senior Activity Center Needs Assessment

1. Introduction

This needs assessment aims to evaluate the current and future needs of older adults within the community and determine how The Cliffside Park Senior Activity Center can best support their health, social engagement, independence, and quality of life. Findings will guide program development, staffing, funding priorities, and facility planning. Our goal is to continue to provide a supportive, active community that will enhance the quality of life through social, educational, recreational, and health-related programs.

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2. Community Profile

2.1 Demographics

- Total population of community: **26,451**
- Number of adults aged 55–64: **3,418**
- Number of adults aged 65+: **5,535**
- Projected growth of senior population in next 5–10 years: **60%**

2.2 Socioeconomic Factors

- Median income for seniors: **approximately $54,531.00**
- Percentage living alone: **23.2%**
- Percentage below the poverty line: **10%**

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3. Current Services and Gaps

3.1 Existing Services

List any existing programs or organizations serving seniors, such as:

- Senior Activity Center: Monday - Friday 8:00 AM – 3:30 PM
- Events and Programs: Monday - Friday 8:00 AM – 3:30 PM; Special Weekend Events
- Homebound Meal Delivery: Monday – Friday
- Transportation Programs: Monday - Friday 8:00 AM – 3:30 PM; Special Trips to Be Scheduled
- Recreation/Fitness Programs: On Site – 3 Exercise Areas for various classes
- Nutritional Breakfast & Lunch Served Daily: Starting at 8:00 AM

3.2 Identified Gaps

Common gaps include:

- Limited access to technology and digital literacy support
- Need for caregiver support resources
- Necessity to expand transport program: need for drivers and the cost to maintain vehicles
- Necessity to expand current wellness/fitness program
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4. Senior Needs Assessment Findings

4.1 Health and Wellness Needs

- Chronic disease management (diabetes, hypertension, arthritis)
- Fall-prevention programs
- More access to fitness classes (yoga, chair exercises, walking groups)
- Nutrition and diet support
- Mental health services (stress reduction, grief support)

4.2 Social and Emotional Needs

- Social clubs and peer groups
- Intergenerational activities
- Cultural or hobby-based gatherings

4.3 Practical Support Needs

- Expand our program that helps navigate benefits, Medicare, and insurance
- Expand our technology assistance program (smartphones, telehealth)
- Expand all education workshops

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5. Facility Needs

5.1 Space Requirements

- Computer lab or tech space
- Multi-Media Room

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6. Staffing Needs

- Volunteers
- Transportation staff
- Additional kitchen staff

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7. Funding and Resource Needs

Potential funding sources:

- County funding
- State or federal grants
- Partnerships with health systems

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8. Recommendations

Based on the findings, the senior center should prioritize:

1. **Expand health and wellness programs** (fitness, screenings, chronic disease support)
2. **Expanding transportation assistance** for seniors with mobility or access challenges
3. **Providing digital literacy and technology support**
4. **Creating support services for caregivers**

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9. Conclusion

A senior center has the potential to significantly enhance older adults' independence and well-being. By addressing the identified needs—health, social connection, accessibility, transportation, and caregiver support—the center can become a vital resource for the community now and in the future.
