



South Florida
Institute on Aging

2025 AGENCY DECK

»»» CORE VALUES



VISION

A South Florida where people of every age are valued, connected, and inspired to contribute to a compassionate, age-inclusive community.

MISSION

We connect, educate, and empower older adults, caregivers, and families to live with purpose, independence, and confidence; strengthening bonds across generations.

PURPOSE

To combat social isolation and support the mental well-being of older adults in South Florida.

With individuals aged 55–59 at the highest risk for suicide, our services provide meaningful connection, resources, and support to directly address the loneliness and isolation that contribute to this crisis.

ABOUT SOFIA

The South Florida Institute on Aging (SoFIA) is a women-led, grassroots nonprofit dedicated to enhancing the lives of aging adults, their families and communities since 1970.

We empower seniors, support caregivers, and strengthen communities.

In addition, we support caregivers caring for their loved ones, provide companionship to isolated individuals, disabilities, veterans & military families and we support local community centers.

At SoFIA, we believe that aging should be a time of connection, purpose, and opportunity.

Our programs provide:

- Digital literacy training to help seniors confidently navigate today's technology.
- Intergenerational engagement, where older adults share their wisdom and experiences to inspire future generations.
- Caregiver support, ensuring those caring for loved ones receive the resources and assistance they need.
- Companionship services for isolated seniors, individuals with disabilities, and military families.
- Community partnerships, expanding our impact across local centers and organizations.

Each year, SoFIA serves more than 1,500 individuals and engages over 500 older adult volunteers, both virtually and in person.



COMMUNITY IMPACT

480

students received tutoring and mentoring services

591

of older adults & caregivers received companionship & respite services

700

older adults received technical training and support

326

Total number of volunteers

178691

Total hours of service to the community

2671

Total number of older adults & families served

900

Veterans received access to medical care VA Clinic

151

residents served at Community Centers

COMMUNITY IMPACT

100%

of students involved in the Foster Grandparent Program, improved academic engagement for K-5th Grade levels!

100%

of individuals experiencing social isolation have reported improved capacity for independence.

90%

of older adults increased their knowledge of technology devices and usage as a result of tech training

81%

of student involved in the Foster Grandparent Program, demonstrate school readiness

90%

of older adults report increased tech skills such as using email, internet, and online services.

100%

of older adults report increased food security

98%

of individuals previously experiencing social isolation have reported increased social support.



PROGRAMS

VETERAN SERVICES & CENTER SUPPORT



We help veterans and military families access healthcare services and improve their capacity for independence. We support community centers with congregate meals, facilitating activities, providing admin support, and much more.

COMPANION SERVICES



To maintain the independence of aging adults by providing those in need with caregiving, companionship, and rapid response services by aging adult volunteers through our Senior Companion Program.

TECHNOLOGY



Designed for older adults -55 and older- to strengthen their social and economic well-being through teaching basic to intermediate computer skills to use in their everyday lives and individualized technical support.

TUTORING & MENTORING SERVICES



Tutoring and mentoring by aging adults to students with special scholastic needs and who are "at-risk" to increase academic engagement and social/emotional skills.

VETERAN SERVICES & CENTER SUPPORT

Our volunteers help veterans and military families access health care services and improve their capacity for independence.

We support community centers with congregate meals, facilitating activities, providing admin support, and much more.

Our volunteer help veterans and military families access health care services and improve their capacity for independence. Through our RSVP program, volunteers serve at Broward's VA clinics, provide patient enrollment in My HealthVet, and support specialty labs such as the dental clinic, physical therapy, and social work.

Our RSVP volunteers have served over 1200 veterans, military families, and community residents this year alone.



COMPANION SERVICES

Helping Seniors Live Safely and Independently at Home with our Senior Companion Program

Over 400,000 adults aged 60+ in Broward County face severe social isolation and health challenges.

We provide in-home volunteers for companionship to help mitigate social isolation and promote interactions. The need for companionship and in-home safety is becoming ever so urgent in our community as seniors continue to age in place at an increasing rate.

We routinely have over 100 individuals on our waitlist who are not able to benefit from our services due to financial constraints.

And family caregivers risk losing jobs, housing, and food security because they cannot leave loved ones unattended.

The Senior Companion Program provides:

1. **Companionship:** Trained volunteers visit seniors at home to combat isolation, provide social engagement, and monitor well-being.
2. **Respite Care:** Caregivers receive essential relief, allowing them to work, run errands, and attend to personal needs.
3. **Resource Connection:** We connect families with food assistance, housing resources, transportation services, and healthcare providers.



TUTORING & MENTORING SERVICES

Bridging the generations with our Foster Grandparent Program

Children in Title I schools struggle with literacy and math. Many face inconsistent support at home. Teachers lack resources. High student-to-teacher ratios make individual attention difficult. Many older adults face social isolation and they seek meaningful ways to contribute their wisdom.

We connect older adults with students in Broward County's Title I schools.

SUCCESS STORIES:

- **Early Childhood Readiness**
 - Children develop pre-literacy skills. They build strong social-emotional foundations for kindergarten.
- **Third-Grade Reading Achievement**
 - Students receive crucial support at this pivotal stage. Reading at grade level predicts future success.
- **Increased Attendance & Engagement**
 - Students with Foster Grandparents show up more often. They participate more actively in class.
- **Emotional Growth**
 - Children develop trusting relationships. They build confidence and resilience with consistent mentors.

Connecting Seniors with children has a dual benefit, not only do the children improve academically but Seniors experience better health and purpose as well.



TECHNOLOGY SERVICES

Empowering Seniors in A Digital World

Millions of seniors lack digital skills to access essential services and stay connected. They struggle with troubleshooting, leading to tech frustration and disengagement.

Our volunteer-led programs provide hands-on support to seniors, helping them build digital confidence. Through personalized technology classes, one-on-one help desk support, and engaging tech talks, we're bridging the digital divide for older adults in our community with...

Digital Literacy

Our programs empower individuals from marginalized communities with skills to navigate technology independently, boosting confidence and self-reliance.

Social Connectivity

We help older adults from underrepresented communities stay connected with loved ones through email, video calls, and social media platforms.

Daily Independence

Program participants master essential tasks like online banking, telehealth appointments, and grocery shopping with ease.

Community Inclusion

By reducing the digital divide, we ensure minority seniors, particularly African Americans, remain active, engaged members of society.

We're on a mission to bridge the digital divide through accessible, age-friendly solutions, ensuring no one is left behind.





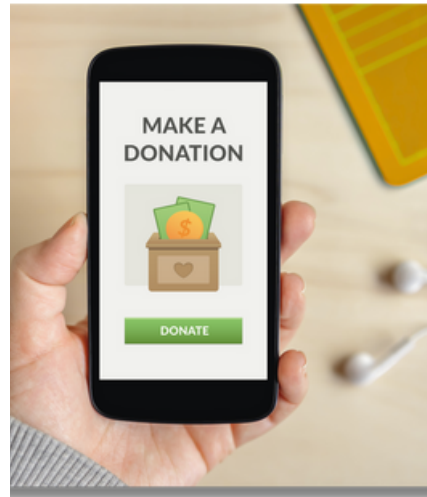
GET INVOLVED!

Let's come together to raise funds to have The SoFIA continue as a strong grassroots nonprofit organization, focused on providing equitable and quality services to the lives the aging community and their families, in South Florida.

There are many ways to partner with us...

PARTNER WITH US

These are some of the ways you can help support our shared goals



MONTHLY DONATION

Join our sustaining donors program to provide consistent support for program operations and expansion to new schools.

LEGACY DONATION

Include our program in your estate planning to create a lasting impact for generations to come.

SUPPLIES & RESOURCES

Donate educational materials, technology, or transportation assistance for our volunteers.

CORPORATE SPONSORSHIP

Partner with us through financial contributions, in-kind donations, or employee volunteer opportunities.

EVENT SPONSORSHIP

Support our annual recognition ceremonies, training workshops, and community celebrations.

MATCHING GIFTS

Double your impact by requesting a matching donation from your employer's charitable giving program.

**With your support,
we can continue to
uplift and empower
the aging community,
ensuring they have
the tools,
connections, and
care they deserve.**

**Cresha Reid
Chief Executive Officer**





South Florida
Institute on Aging

THANK YOU!

Cresha Reid

Chief Executive Officer

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