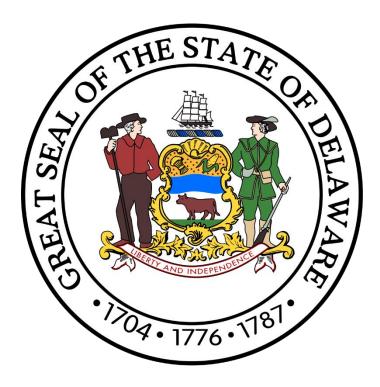
State of Delaware Grant-In-Aid Fiscal Year 2027

Senior Center Application Guide





Office of the Controller General Delaware General Assembly 411 Legislative Avenue Dover, Delaware 19901 (302) 744-4200 GIA_Support@Delaware.gov Grant-In-Aid (GIA) is an appropriation made by the General Assembly to support the activities of non-profit organizations that provide services to the citizens of Delaware. The purpose of this funding is to provide supplemental funding to service agencies and should not be construed as a sole source of funding. For additional information, visit https://gia.delaware.gov.

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Before you begin...

Please review all materials carefully.

1. Application Guidelines

- a) The deadline for submission of applications is Friday, March 13, 2026, at 3:00 p.m.
- b) All applications must be submitted through the <u>Grants Management System</u>. Hand-delivered or mailed applications will not be accepted.
- c) Email addresses used to apply will be used for future communications regarding your application.
- d) To be considered for a GIA award, an agency must meet the following criteria:
 - Be an incorporated non-profit (or under the umbrella of a parent organization which is also an incorporated non-profit) and operating for two years before applying for GIA.
 - Have bylaws that clearly state the purpose of the agency and include a definition of the duties of the Board of Directors.
 - Have an active, community-represented, volunteer Board of Directors that sets policies, goals, and objectives and maintains minutes of regularly scheduled meetings and any special meetings.
 - Have programs that are unduplicated by other state-supported agencies and satisfy unmet human needs of the community.
 - Have personnel policies, including job descriptions and classifications.
 - Have competent executives, competent staffing, and reasonable facilities.
 - Practice non-discrimination.
 - Have accounting (budget) procedures.
 - Have an audit or a review or compilation of financial statements completed within the
 past three years by a Certified Public Accountant or a Public Accountant. If the agency
 cannot comply, it must provide a statement of the circumstances surrounding the reason
 in its application and should submit supporting financial documentation such as profit
 and loss statements, relevant budget materials, IRS Form 990s, or bank statements.
 - Use funds in accordance with the application.
 - Demonstrate community support.
 - Request funds only for a program that does not receive full funding from other sources
 of revenue.
 - Must not request funds through a fiscal agent.
- e) GIA funding cannot be used for:
 - Providing child daycare.
 - The purchase of capital equipment.
 - The relocation, rehabilitation, renovation, or purchase of buildings.
 - The payment of any part of an elected official's salary or benefits.
 - A political campaign or for partisan political purposes.
 - The hiring of lobbyists or other lobbying services.
 - Activities, programs, or services that benefit individuals who do not reside in Delaware.
- f) Organizations that receive or wish to receive GIA funding must maintain a supplier profile at the State of Delaware's eSupplier Portal. This secure login site allows new suppliers to register and for existing suppliers to manage payment information. Accurate and up-to-date information ensures the timely processing of GIA payments.

• Due to the passage of House Bill 208 of the 153rd General Assembly, the use of checks for payments to Grant-In-Aid awardees has been eliminated. It is highly encouraged that all Grant-In-Aid recipients select ACH (Automated Clearing House), also known as direct deposit, as a payment option. This will provide payment directly to the bank account provided through the eSupplier Portal with no associated fees for each payment transmitted. Additional information regarding the two payment options offered by the State of Delaware can be found at the Division of Accounting website.

2. Important Application Tips

Below are items to keep in mind while completing the GIA application.

- a) Less is more! Be concise, specific, and clear as possible when writing program information. Certain fields throughout the application will have predefined word limitations. Avoid having responses longer than a paragraph (5 or 6 sentences) and copying and pasting text from websites, handouts, or other materials.
- b) The individual responsible for meeting with the University of Delaware's Institute for Public Administration (IPA) should be involved in completing or confirming the material contained within this application. This is typically the Senior Center Director. IPA's project team includes professional staff, faculty, and graduate students.
- c) Remember to complete and attach information to fulfill the audit requirement. GIA rules require the completion of an audit by a Certified Public Accountant or a Public Accountant within the past three years.
- d) Use Addendum A: Program Area Criteria & Descriptions to help complete the Programming section of the application.
- e) Be sure that all attached files are clearly named so they can be identified to the program area to which they refer.
- f) New applicants should consider attaching supporting documentation confirming the agency's certificate of incorporation and Federal Employer ID number to expedite and assist during the initial application review process. New applicants may be contacted by the Office of the Controller General (OCG) after an application is submitted and asked to provide this information.
- g) All materials submitted to the OCG during the grant application process are subject to public inspection upon request by the Freedom of Information Act (FOIA). Please provide a separate document listing any information in the application or financial documents and audits that you believe to be a trade secret or commercial or financial information that is privileged or confidential under FOIA, specifically § 10002(o)(2) of Title 29 of the Delaware Code.
- h) The Grants Management System will periodically auto-save your work. At the bottom of each page is a **blue** button labeled Save Draft (Save Draft). It is essential to click this before going to the next page or walking away from your computer to prevent a loss of information.
- - A red X (☼) will appear alongside red text next to an incomplete field. Additionally, a Submission Failed dialogue box will appear at the top of your screen to indicate any

incomplete fields. Clicking a specific line of text in the Submission Failed dialogue box will take you directly to where you need to finish providing information in the application.

- k) Handouts or other literature may be scanned and uploaded to the application for submission if desired. This can be done from the Agreement tab of the electronic application form.

3. Contact Information

If you have questions regarding the Grants Management System, then please contact:

Jason R. Smith

Grant-In-Aid Coordinator, Chief of Fiscal Policy

Office of the Controller General, Delaware General Assembly

(302) 744-4200

Jason.R.Smith@Delaware.gov

If you have questions regarding the content in the GIA application, then please contact:

Julia O'Hanlon

Policy Scientist

Institute for Public Administration, University of Delaware

(302) 831-6224

jusmith@udel.edu

4. Technical Assistance

For technical assistance related to My Delaware login issues, please call the Legislative Information Systems (LIS) Helpdesk at (302) 744-4260 or by email at LIS.Helpdesk@Delaware.gov.

If you encounter issues within the Grants Management System, call the Office of the Controller General at (302) 744-4200 or by email at GIA_Support@Delaware.gov.

5. Site Visits

Please remember that interviewers from the University of Delaware's Biden School of Public Policy & Administration, <u>Institute for Public Administration</u> (IPA) project team will visit each center every other year. The project team includes professional staff, faculty, and graduate students.

This visit aims to verify the information reported on the application and gain additional insight into the types of activities and services offered. The interviewers will carefully review the information in your application, including any supporting documentation, and evaluate the services your center provides.

Completing the Online Application

IMPORTANT: This application guide assumes you have completed the initial registration process outlined in the My Delaware and Grants Management System Registration Guide. If you or your organization has never registered or signed into the Grants Management System before, you **must** complete the steps outlined in that guide before beginning here. Please visit the **Grant-In-Aid (GIA)** website to review the registration guide before starting the steps outlined below.

Step 1: Navigate to the GIA website.

https://gia.delaware.gov

The GIA website will contain application opening and closing dates, detailed user guides, and other reference documents and materials related to the GIA process.

Step 2: Click the graphic for the Grants Management System.



Once you click the graphic on the GIA homepage, you will be brought to the landing page for the Grants Management System. The Grants Management System requires a "My.Delaware.gov" account for access. Login into the Grants Management System with your My Delaware account by clicking the blue "Applicant Login" button.

Step 3: Sign In to your My Delaware account.

♠ Privacy & Security Policies

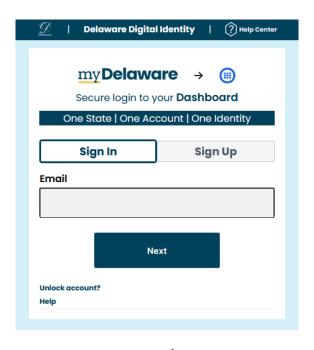
Clicking the blue "Applicant Login" button will bring you to the My Delaware.gov sign in screen.

You may log in with your credentials here if you have an existing My Delaware account.

If you do not have an existing My Delaware account, you can create one by clicking the Sign Up button. Further detailed instructions to complete a new registration of a My Delaware account are available in the My Delaware and Grants Management System Registration Guide on the <u>GIA website</u>.

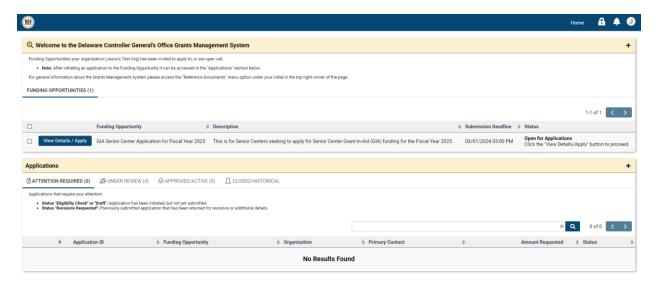
Q+ Applicant Registration

Reference Documents



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Once you sign in with your My Delaware credentials, you should be automatically signed into the Grants Management System Home screen.



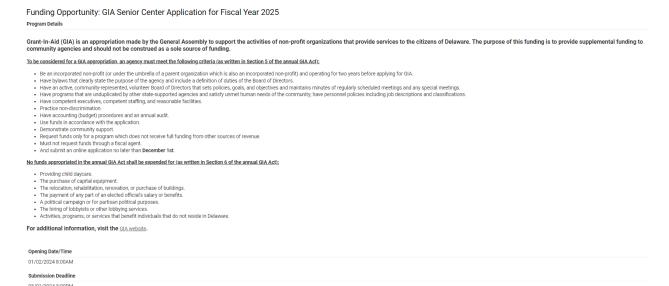
Step 4: Start a new application.

To start a new application, click the blue "View Details/Apply" button next to the Funding Opportunity for "GIA Senior Center Application for Fiscal Year 2027."

Only Funding Opportunities that are scheduled or actively accepting applications will be available in this section. Information regarding the opening and closing dates for all GIA application types can be found on the <u>GIA website</u>.



After clicking on the appropriate blue "View Details/Apply" button for which you wish to apply, you will be navigated to the Funding Opportunity details screen, which will provide you with additional program details, the opening date/time and submission deadline and any available additional information, and relevant attachments, as well as who may be contacted with questions regarding the funding opportunity.



Shown above: An example of the Fiscal Year 2025 funding opportunity details.

After reviewing the available information for the funding opportunity, when you are ready to apply, click the blue "Apply for Funding Opportunity" button towards the bottom center of the page.

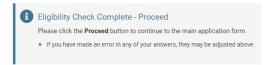
Step 5: Answer Eligibility Quiz Questions.

Follow the on-screen prompts to answer the eligibility questionnaire to ensure your organization can apply for the associated Funding Opportunity.

If it's determined that your organization is not eligible based on the answer(s) you have provided, you will see a system message advising that your organization is not eligible. You may click the orange "Withdraw" button on the bottom right side of the page to remove the application from your portal "Attention Required" section.

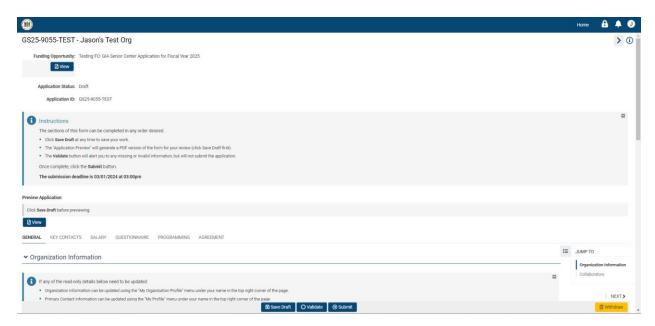


If it's determined that your organization is eligible based on the answer(s) you have provided, you will see a system message advising that your eligibility check is complete, and you may proceed by clicking the blue "Proceed" button at the bottom center of the page.



Step 6: Begin the GIA Application.

You are now ready to begin working on your GIA application form. Follow the available on-screen instructions to begin. The top of your screen will show you which Funding Opportunity you are working on. Also included will be the status of your application, its unique application ID, available instructions (which can be collapsed by hitting the gray "Minus" button after reviewing), and the blue "View" button, which will allow you to preview your application at any time before submitting (after clicking the blue "Save Draft" button at the bottom center of the page).



Below the Preview Application Section, you will see a tab bar indicating the different subsections of the form that you must complete.

GENERAL KEY CONTACTS SALARY QUESTIONNAIRE PROGRAMMING AGREEMENT

Step 7: General Tab - Organization Information.

Many fields in this section should be auto-populated with information obtained during registration. If any read-only details need to be updated, the organization information can be updated using the "My Organization Profile" menu under the first initial of your name in the top right corner of the page. Primary Contact Information can be updated using the "My Profile" menu under the first initial of your name in the top right corner of the page if you need to add your Title or Phone.

You will also be prompted to answer the question:

* Is the Primary Contact Yes No the Senior Center

Director?:

Based upon the response:

- If responding Yes, then continue to complete any remaining required fields or questions contained in this section.
- If responding **No**, the system will ask you to provide the name of the Senior Center Director and the email address.

Answer any remaining required fields contained in this section.

Step 8: General Tab - Collaborators.

The Grants Management System can provide multiple contacts with the ability to collaborate on an application, including editing and submitting. Follow the on-screen instructions to add additional contacts as a collaborator to the application.

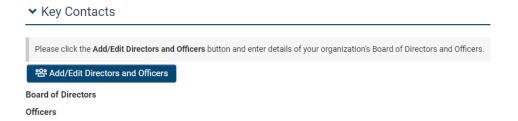
IMPORTANT: If the contact cannot be found, you may need to create/invite them to the system. Only registered or invited system users can be added as collaborators. Click the blue "Save Draft" button to save your work, then access your organization profile from the menu under the first initial of your name in the top right corner of the page. Navigate to the "My Organization Profile" screen and click the "Contacts" tab on the left. Follow the on-screen instructions to invite other contacts within your organization to register.

When finished completing the information on the General tab, click "Key Contacts" to be navigated to the next screen.

GENERAL KEY CONTACTS SALARY QUESTIONNAIRE PROGRAMMING AGREEMENT

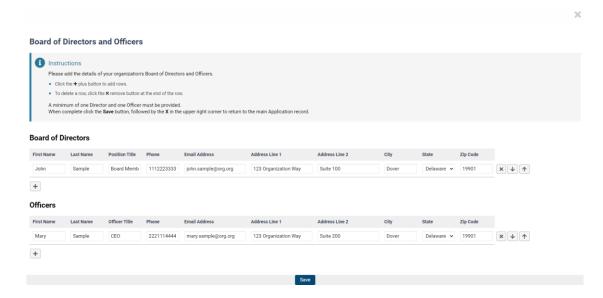
Step 9: Key Contacts Tab - Key Contacts.

On the Key Contacts tab, in the Key Contacts section, complete the required information in this section.



Click the blue "Add/Edit Directors and Officers" button to enter details of your organization's Board of Directors and Officers. Follow the on-screen instructions to complete the fields required on this screen.

When completed, click the blue "Save" button at the bottom center of the screen, followed by the gray "X" in the upper right corner to return to the main Application form.



Returning to the main application form should show the Directors and Officers inputted.

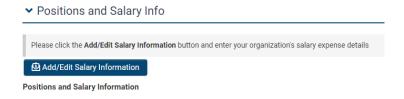


When finished completing the information on the Key Contacts tab, click "Salary" to be navigated to the next screen.



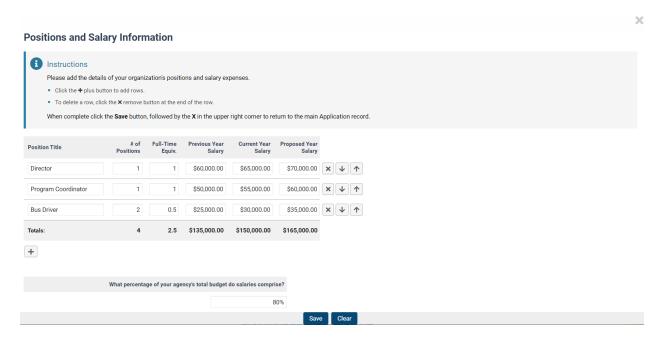
Step 10: Salary Tab - Positions and Salary Info.

On the Salary tab, in the Positions and Salary Info section, complete the required information in this section. Click the "Add/Edit Salary Information" button to enter your organization's salary expense details for the previous, current, and proposed (estimated) years.



Follow the on-screen instructions to complete the fields required on the Positions and Salary Information screen.

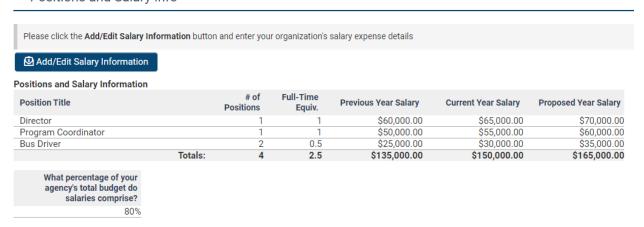
An example of the Positions and Salary Information screen with draft entries is shown below:



The system will automatically total up the various lines to calculate the total amount of salaries expended. When completed, click the blue "Save" button at the bottom center of the screen, followed by the gray "X" in the upper right corner to return to the main Application form.

An example of a completed Positions and Salary Info screen is shown below:

▼ Positions and Salary Info



When finished completing the information on the Salary tab, click "Questionnaire" to be navigated to the next screen.

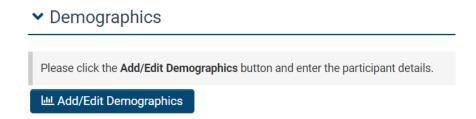
GENERAL KEY CONTACTS SALARY **QUESTIONNAIRE** PROGRAMMING AGREEMENT

Step 11: Questionnaire Tab.

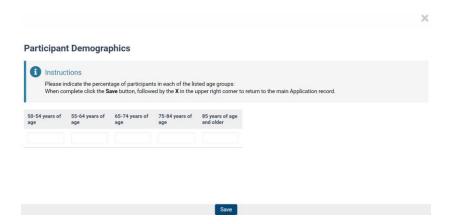
On the Questionnaire tab, four sections will need to be completed: Demographics, Community Engagement, Program Planning, and Evaluation Methods.

Follow the on-screen instructions to complete the fields required on this screen.

In the Demographics section, click the blue "Add/Edit Demographics" button to enter the percentage of participants in each listed age group. Follow the on-screen instructions to complete the fields required on this screen.



When completed, click the blue "Save" button at the bottom center of the screen, followed by the gray "X" in the upper right corner to return to the main Application form.



After returning to the main Application form, continue scrolling to answer the remaining questions in the Community Engagement, Program Planning, and Evaluation Methods sections. Please note that there will be word limitations throughout this form.

When finished completing the information on the Questionnaire tab, click "Programming" to be navigated to the next screen.



Step 12: Programming Tab.

On the Programming tab, two sections must be completed: Program Areas and Intergenerational Activities and Services.

Step 13: Programming Tab - Program Areas.

On the Programming tab, in the Program Areas section, you will need to select the Program Area(s) your organization offers to include in this application.

IMPORTANT:

- It is encouraged that you refer to <u>Addendum A: Program Area Criteria & Descriptions</u>, which is included in this application guide, to assist in completing this section. This document will also be available within the application by clicking the blue "View Program Area Criteria and Descriptions" button above the Program Areas section.
- You only need to select program areas that your organization offers. Do not click the checkbox next to the programming offering if the center does not provide any related programming in the applicable program area.
- List activities and services in **one** Program Area (e.g., physical fitness classes should only be listed under the Physical Fitness section).
- Include any required supporting documentation, as indicated under each program area.
- When attaching required supporting documents to the application, clearly name them with the name of the program area to which they refer. This information will help the IPA staff better understand each center's programs.

The nine program areas are shown in the application form and below:



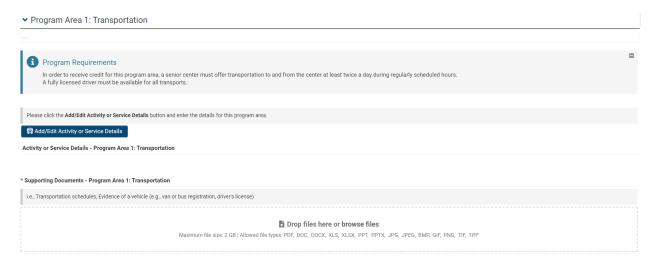
As you select each program area to include in this application by clicking the checkbox next to it, the system will auto-populate additional fields for each Program Area that must be completed.

For example, if you select Program Area 1: Transportation, the system will automatically populate a blue "Add/Edit Activity or Service Details" button that you will need to complete to finish the activity or service details for the selected program area.

Please click the Add/Edit Activity or Service Details button and enter the details for this program area.

Add/Edit Activity or Service Details

An example of how the selected Program Area 1: Transportation will appear is shown below:



Once the program area is selected and you click the blue "Add/Edit Activity or Service Details" button, a separate screen will open to allow you to input the required information.

Follow the on-screen instructions to add the details of the activities or services for the selected program area.

You can click the plus (+) button to add rows.



To delete a row, click the X button to remove it. You can adjust the order by clicking the up or down arrow buttons.



You will be required to input at least one Activity or Service, select a Frequency from the drop-down menu, and estimate the daily attendance for the activity or service.

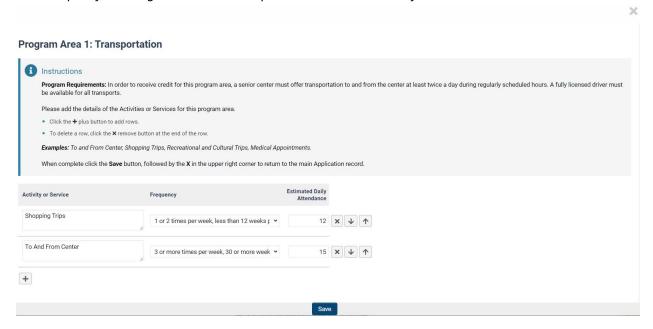
There are six available frequency selections to choose from, and are as follows:

- 1 or 2 times per week, less than 12 weeks per year
- 1 or 2 times per week, 12-29 weeks per year
- 1 or 2 times per week, 30 or more weeks per year
- 3 or more times per week, less than 12 weeks per year
- 3 or more times per week, 29 weeks per year
- 3 or more times per week, 30 or more weeks per year

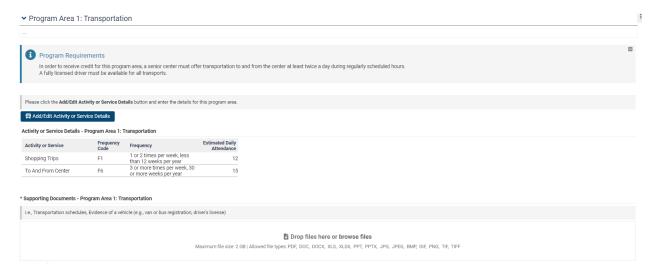
You may add multiple rows for each activity or service your organization offers in the program area.

When completed with the Program Area, click the blue "Save" button at the bottom center of the screen, followed by the gray "X" in the upper right corner to return to the main Application form.

An example of the Program Area 1: Transportation screen with draft entries is shown below:



Upon returning to the Application form, entries from the Add/Edit Activity or Service Details screen will now be reflected. An example is shown below:



You will be required to attach supporting documents for each Program Area selected. Examples of what can be attached will be listed above each box in the Program Area. You may also refer to Addendum A: Program Area Criteria & Descriptions, which is included in this application guide and available within the application by clicking the blue "View Program Area Criteria and Descriptions" button above the Program Areas section to assist in completing this section.

* Supporting Documents - Program Area 1: Transportation

i.e., Transportation schedules, Evidence of a vehicle (e.g., van or bus registration, driver's license)

Drop files here of browse files

Maximum file size: 2 GB | Allowed file types: PDF, DOC, DOCX, XLS, XLSX, PPT, PPTX, JPG, JPEG, BMP, GIF, PNG, TIF, TIFF

In the applicable Supporting Documents section for the Program Area you are completing, you can drag and drop files from your computer anywhere in the supporting documents box (the area within the gray dashes) or by clicking "browse files." Your computer will open a dialogue box to allow you to search for the files within your computer or network drives you'd like to attach.

Once the file is attached, it will appear in a list below the supporting documents box. You can click the file name to open the file and view the date and time the file was attached.

You must complete all entries for any additional Program Areas you select.

IMPORTANT:

- If you select Program Area 2: Nutrition, you will be asked if your center provides Homebound Meals. If you answer yes, an additional dialogue box will appear, asking you to indicate how these services are assessed and what organization this information is reported to.
- If you select Program Area 8: Outreach and Reference, you will be asked to identify who is responsible for coordinating outreach and reference activities/services.

Step 14: Programming Tab - Intergenerational Activities and Services.

On the Programming tab, in the Intergenerational Activities and Services section, you will need to answer whether any activities or services offered by the center are intergenerational (relating to, involving, or affecting several generations). If you answer yes, an additional dialogue box will appear asking you to elaborate on these activities or services and identify under which of the nine program areas these activities or services fall.

When finished completing the information on the Programming tab, click "Agreement" to be navigated to the next screen.

GENERAL KEY CONTACTS SALARY QUESTIONNAIRE PROGRAMMING **AGREEMENT**

Step 15: Agreement Tab.

On the Agreement Tab, continue scrolling until you get to the Senior Center Agreement section. Please carefully read each of the statements contained in this section. If you agree, you must check the "I agree to all of the above." statement indicated.

✓ Senior Center Agreement	
Directions	
Please carefully READ EACH of the following s	tatements.
I agree	
To provide the most recent copy of your within the past three (3) years. If the age documentation (i.e., profit and loss stat 3. To cooperate with other organizations, t 4. To submit accurate information with thi 5. This agency meets the criteria establish not intend to, use funding in a manner ti 6. This agency agrees to provide the Office request. 7. This agency does not owe outstanding! Corporation Franchise Tax to the Depart 8. This agreement has been read and appr	agency's audit OR a review or compilation of financial statements completed by either a Certified Public Accountant or a Public Accountant not comply, it must provide a statement of the circumstances surrounding the reason and should submit supporting financial ments, relevant budget materials, IRS Form 990s, or bank statements). oth voluntary and public, in responding to the needs of the community and in promoting high standards of efficiency and effectiveness. application. NOTE: Any misstatement of facts may forfeit any remaining balance of grants due and/or future grants. ed and uses, or intends to use, any Grant-in-Aid appropriated by the General Assembly in accordance with its application and does not, or does at is restricted as set forth in the Grant-in-Aid legislation (see Page 3 of the GIA Instructions). of the Controller General or the University of Delaware Institute for Public Administration with financial or programmatic information upon themployment Insurance Taxes or Workers Compensation Taxes to the Department of Labor and, if applicable, has not failed to pay its annual ment of State. oved at the meeting of the governing body of this agency OR reviewed and agreed upon by this agency's designated representative, such as the cr, or Chief Financial Officer, who is authorized to act on behalf of the agency and the governing body.
☐ I agree to all of the above.	
Net a u a sua a in su ta ta ta a ta	touroute continue condition with view one the avvection calling.
After agreeing to the Sta	tements, continue scrolling until you see the question asking:
* le vour organization	providing an audit OR a review or compilation of financial statement
is your organization	r providing an addition a review or compilation of infancial statement
○ Yes ○ No	
0 103 0 140	
Based on the response,	the system will cause either a file upload box or a text box to appear.
•	
 If you respond Y 	es to providing an audit OR a review or compilation of financial statements, a
, ,	vill appear asking you to upload the most recent copy of your agency's audit
·	
	pilation of financial statements. You can drag and drop files in the box or clicl
"browse files" to	cause an Open box to appear, allowing you to search for the file within your
computer or net	work drives. The system will require you to provide an attachment to submit
•	
your application	
* Is your organization providing an audit OR a	eview or compilation of financial statements?
● Yes ○ No	······································
Please upload the most recent copy of your a	gency's audit OR a review or compilation of financial statements.
	Drop files here or browse files
Ma	imum file size: 2 GB Allowed file types: PDF, DOC, DOCX, XLS, XLSX, PPT, PPTX, JPG, JPEG, BMP, GIF, PNG, TIF, TIFF
 If you respond N 	o to providing an audit OR a review or compilation of financial statements, a
	•
	50-word limit will appear requiring you to provide a statement explaining wh
your organizatio	n cannot provide an audit.
k Is your organization providing an audit OR a revi	ew or compilation of financial statements?
○ Yes	•
	perhaps a surrounding the reason that your exemination is useful to send the first that the send to th
riease provide a detailed statement of the circu	nstances surrounding the reason that your organization is unable to provide an audit OR a review or compilation of financial statements.

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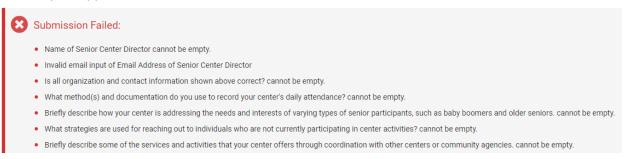
Below either the file upload box or the required text box, you will see an Attached Files section (shown below). Here, you can drag and drop files in the box or click "browse files" to cause an Open box to appear, allowing you to search for the file within your computer or network drives. These files can be any additional or supporting files, including any supporting financial documentation, that you wish to attach to your application.



Step 16: Validate and Submit.

Once you have completed all the application fields, click the blue "Validate" button to check your application for completeness. If the system has identified incomplete areas of your application, the system will move your viewpoint to the top of your screen and identify areas of your application that still need to be addressed before you can submit. An example is shown below. You can click each separate line identified, and the system will automatically bring you to the applicable tab and identify the field that needs to be completed. Follow the on-screen instructions to complete the fields required.

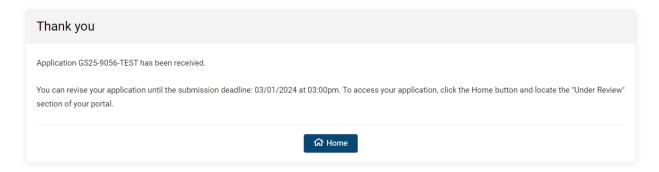
You can click the blue "Validate" button unlimited times as you work through the required fields to see areas of your application that still need to be addressed.



Once you have clicked the blue "Validate" button and received no system-identified errors, assuming you have finished your application, you are ready to click the blue "Submit" button. The system will ask you if you are sure that you want to submit.



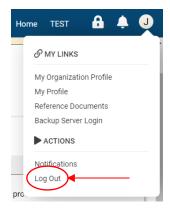
Clicking the orange "YES" button will submit your application. Once the application has been successfully submitted, the below screen will appear advising that your application has been received, and you will receive a system-generated email confirmation.



The system will bring you back to the home screen, where you can see other available funding opportunities, any additional applications in progress, or submitted applications under review.

Step 17: Log Out.

To log out of the system, open the menu under the first initial of your name in the top right corner of the page and click Log Out, or you may close the browser tab.



GIA Addendum

Addendum A: Program Area Criteria & Descriptions

Please use the program area criteria and descriptions to assist you in completing the **Programming** section of the GIA Senior Center Application. The following nine program areas are detailed:

- Transportation
- Nutrition
- Social and Recreational
- Health, Wellness, and Support Services
- Physical Fitness
- Aquatics
- Educational Enrichment
- Outreach & Reference
- Adult Day Care

Below is a brief description, list of staffing and frequency requirements, and activity or service examples for each of the nine program areas included in the Programming section of the GIA Senior Center application.

Program Area 1. Transportation

Criteria	Requirements
	Providing transportation to and from a senior center allows those
DESCRIPTION OF CRITERIA	seniors who prefer not to drive or who are unable to drive to remain
DESCRIPTION OF CRITERIA	active participants, as well as prevent and counteract isolation and
	immobility.
PREFERABLE REQUISITES	Transportation schedule
Must be provided with GIA	• Evidence of vehicle (e.g., van or bus registration, driver's license)
Application or during a site visit.	2 Evidence of Verticie (e.g., Vall of Bas registration, arriver 3 neerise)
FREQUENCY	Transportation to and from a center should be available at least
INEQUENCI	twice daily during regularly scheduled senior center hours.
STAFFING AND CERTIFICATION	A fully licensed paid or volunteer driver must be available for all
STAFFING AND CERTIFICATION	transports.
	Other forms of transportation besides to and from the center may
EXAMPLES	include shopping trips, recreational and cultural outings, and
	medical appointments.

Program Area 2. Nutrition

Criteria	Requirements
	A congregate meal program is offered to ensure seniors receive the
DESCRIPTION OF CRITERIA	nutrition essential for proper health and functionality. Meals
	provided should comply with the <u>Dietary Guidelines for Americans</u> .
PREFERABLE REQUISITES	Menu schedule
Must be provided with GIA	Mena sonedare
Application or during a site visit.	
FREQUENCY	Congregate meals should be offered at least once daily during
	regularly scheduled senior center hours.
STAFFING AND CERTIFICATION	Pre-packaged prepared meals delivered by an outside agency are
	acceptable; upon delivery, meals may be prepared for consumption
	by volunteer or paid staff.
	City Fare Program
EXAMPLES	Congregate breakfast, lunch, dinner, weekend
	Meals on Wheels

Program Area 3. Social and Recreational

Criteria	Requirements
DESCRIPTION OF CRITERIA	Social and recreational activities are offered to stimulate participants' basic processes, such as working memory, speed of processing, and verbal knowledge. Such programs should be easily differentiated from programs aimed at physical fitness and
PREFERABLE REQUISITES Must be provided with GIA Application or during a site visit.	 Social and recreational program descriptions Schedule of programs offered
FREQUENCY	Social and recreational activities should be offered daily during regularly scheduled senior center hours.
STAFFING AND CERTIFICATION	It may be facilitated by paid staff or volunteers.
EXAMPLES	Bingo, card games, arts and crafts, relaxed walking.

Program Area 4. Health, Wellness, and Support Services

Criteria	Requirements
	Health, wellness, and support programs are those that are designed
	to promote the mental, spiritual, and emotional health of senior
DESCRIPTION OF CRITERIA	center participants. Support groups may include diabetes,
DESCRIPTION OF CRITERIA	Alzheimer's, and other programs aimed at counseling and nurturing
	specific groups of participants. Centers should demonstrate efforts
	to be creative in involving and supporting the elderly community.
PREFERABLE REQUISITES	Schedule of health and wellness programs and support groups
Must be provided with GIA	Staff résumés that reflect related experience to the programs
Application or during a site visit.	offered
EDECLIENCY	Minimum of two health, wellness, or support programs or services
FREQUENCY	per month.
STAFFING AND CERTIFICATION	Paid staff or volunteers with the educational or job experience
STAFFING AND CERTIFICATION	needed to support the emotional health of individuals.
	Health and Wellness Programs: nutrition counseling, medication
	management, and health talks/lectures.
EXAMPLES	
	Support Groups: family, reminiscence, alcohol and drug abuse,
	caregiver support.

Program Area 5. Physical Fitness

Criteria	Requirements
	A fitness center provides exercise equipment, space for fitness
	classes, and the support staff needed to assist participants with
DESCRIPTION OF CRITERIA	safely using the equipment and developing a safe fitness program.
	The fitness center should be located in a separate and designated
	area.
	Sample fitness plans
PREFERABLE REQUISITES	Written safety rules of the fitness center
Must be provided with GIA	Schedule of fitness classes or training sessions
Application or during a site visit.	Documents that reflect staff certification requirements (e.g.,
	résumés)
FREGUENCY	A senior center must provide access to physical fitness services and a
FREQUENCY	fitness center during the center's hours of operation.
STAFFING AND CERTIFICATION	Certified fitness instructor on staff, or sufficient access to a certified
STAFFING AND CERTIFICATION	instructor (at least five hours per week), can be paid or volunteer.
	Fitness center with staff present for at least five hours per week,
EXAMPLES	modified strength training and cardiovascular exercises, walking, and
	line dancing.

Program Area 6. Aquatics

Criteria	Requirements
DESCRIPTION OF CRITERIA	Providing access to a pool offers several benefits to senior participants, including physical fitness activity, relaxation activities, and rehabilitation for specific physical ailments associated with
	aging.
PREFERABLE REQUISITES	 Schedule of aquatics classes Schedule of pool hours If off-site, proof of transportation to and from a pool
Must be provided with GIA Application or during a site visit.	If off-site, contract, memorandum of understanding (MOU), or another method of cooperation with local pool
	 Documents that reflect staff certification requirements (e.g., résumés)
FREQUENCY	An onsite pool should be open at least one day per week, or transportation to an off-site pool should be provided at least one day per week.
STAFFING AND CERTIFICATION	A certified lifeguard must be present during hours of operation. Certified fitness instructor on staff or access to one for classes; can be paid or volunteer.
EXAMPLES	Pool activities may include an aquatic arthritis program, a deepwater exercise class, and free swim time.

Program Area 7. Educational Enrichment

Criteria	Requirements
	Educational enrichment programs are offered to provide senior
	center participants with an increased knowledge of specific topics of
DESCRIPTION OF CRITERIA	interest to seniors. Such programs should be easily differentiated
	from social and recreational activities. Senior centers must offer at
	least one type of class to receive credit for this criterion.
	Schedule of enrichment activities or services offered
PREFERABLE REQUISITES	Descriptive program or education plans
Must be provided with GIA Application or during a site visit.	 Documents that reflect staff certification requirements (e.g., résumés)
EDE OLIENOV	Educational enrichment classes should be available at least once to
FREQUENCY	twice weekly for 30 weeks or more per year.
STAFFING AND CERTIFICATION	Paid staff or volunteers with educational background and life
STAFFING AND CERTIFICATION	experience in relevant educational enrichment offerings.
EXAMPLES	Computer classes, foreign language classes, nutrition education, or
EVAINILES	consumer information classes.

Program Area 8. Outreach and Reference

Criteria	Requirements
	Outreach and reference services are those that either encourage
DESCRIPTION OF CRITERIA	senior center participants to become more self-sufficient or that
	assist participants by enhancing their quality of living.
PREFERABLE REQUISITES	Schedule of services offered
Must be provided with GIA Application or during a site visit.	Pamphlets or descriptive brochures
	Service should be available to participants at least once or twice
FREQUENCY	weekly for 30 weeks or more per year. Services can be provided by
	phone, appointment, or drop-in.
STAFFING AND CERTIFICATION	Paid staff member(s) or volunteer with defined responsibility for
STAFFING AND CERTIFICATION	coordinating the center's outreach services.
	Outreach: Providing information on housing, transportation, medical
	insurance, or medical needs.
EXAMPLES	Reference: Efforts that may include referrals to home repair programs for low-income elderly, for legal services, employment, or other programs/services.

Program Area 9. Adult Day Care

Criteria	Requirements
	An adult day care center provides health, social, and appropriate
DESCRIPTION OF CRITERIA	support services for functionally impaired adults. Such a center
DESCRIPTION OF CRITERIA	should be a stand-alone facility, meaning a separate room or space is
	designated for this purpose, which could stand alone if required.
PREFERABLE REQUISITES Must be provided with GIA Application or during a site visit.	License from the Delaware Department of Health and Social Services (DHSS)
FREQUENCY	Should adhere to requirements specified by the State of Delaware
FREQUENCY	Regulations for Adult Day Care Facilities.
STAFFING AND CERTIFICATION	Should adhere to requirements specified by the <u>State of Delaware</u>
STAFFING AND CERTIFICATION	Regulations for Adult Day Care Facilities.
EXAMPLES	Monitored activities services, such as a nutrition program and social
LAAIVIPLES	(e.g., arts and crafts, reminiscing) or outreach services.

Prepared By:

Office of the Controller General

Delaware General Assembly

411 Legislative Avenue
Dover, Delaware 19901
(302) 744-4200
GIA_Support@Delaware.gov

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