

2025

Family and Child Development

Ensuring Family Stability



Cooperative Extension exists to help people thrive in communities across the nation. Our family and child development programs explore individual and family dynamics over the entire lifespan from child rearing to aging. We are there every step of the way to improve the well-being of families and individuals, including children, teens, and adults.

Alabama Extension family and child development programs work to ensure that individuals and families reach a level of stability, including older adults.

Computer Basics

The Computer Basics program aids in closing the digital divide among older adults. This program enables participants to gain a basic understanding and knowledge of technology, including computers, mobile devices, Internet safety, online etiquette, Zoom videoconferencing, email, social media, connecting to reliable sources of information, and data sharing, recovery, and saving.

Successful Aging Initiative

The goal of the Successful Aging Initiative (SAI) program is to help seniors live as independently as possible during the latter years of life. Older adults are taught life skills that allow them to thrive in their own homes, stay in good health, and function as valuable members of society. This program also covers estate planning, money management strategies, locating aging resources, and interpreting financial information in health care.

SAI Conference

The SAI Conference is a one-day event held in several locations across the state for older adults, their families, caregivers, and local service providers. Conference attendees learn the basics from the SAI program. In addition, there are guest speakers, hands-on presentations, and a luncheon to celebrate aging.



5,190
contacts



216
increased basic
computer knowledge



63%
SAI participants can
identify fall risks



70%
conference participants increased
fraud/scam knowledge

The latest Alabama Extension at Alabama A&M University program impacts reported from 2024 program implementation.

VCLLI

The mission of the Virginia Caples Lifelong Learning Institute (VCLLI) is to create and sustain a stimulating, educational, social, and life-enhancing environment for older adults. While the VCLLI focuses on older adults, it is a great resource for caregivers, family members, senior service providers, and the public. Its doors are open to anyone who wants to learn about and resolve timely issues impacting the oldest members of our society.

Family Life Center

The Family Life Center (FLC) was established to embrace communities in Madison County. The FLC offers programs to help individuals and families become healthier, more knowledgeable, confident, and self-sufficient. Participants are welcome to take part in various interactive programs offered year-round.

2024 Program Impacts

- 5,190 direct contacts were made through family and child development programs in 2024.

Computer Basics

- 191 participants increased their awareness of Microsoft Word, including the use and purpose of the program, and how to create, save, open, and format a document.
- 216 participants increased their knowledge of a basic computer system.
- 25 increased their knowledge of Internet etiquette and the use of mobile devices, including tablets and smartphones.

SAI

- 62% increase in knowledge among 340 participants who were able to identify five things inside their home that would increase their chances of falling.
- 72% increase in knowledge among 340 participants in understanding how to recover from a fall.
- 173% increase in the percentage of participants with the ability to create a fall plan.

Delayed post-assessment data collected three months after training among 91 participants indicated the following:

- 92% (84) adopted healthier habits related to aging.
- 92% (84) used different strategies to protect their identity.
- 82% (75) stopped providing sensitive, personal, or financial data over the phone, or via email or surveys.

SAI Conference

- 28 pounds of drugs collected during a drug take-back activity.
- 93% (233) of 251 adults surveyed indicated the information provided was very useful in helping them to address some of their everyday issues and concerns.
- 70% (176) of 251 surveyed participants indicated that their knowledge of fraud and scams increased significantly.

VCLLI

- Through the VCLLI, participants gained a better understanding of community resources, estate planning, social security, and the importance of protecting heirs' property for generational wealth. In addition, participants learned how to maintain a healthy lifestyle while aging.

Family Life Center

- Programming offered at the FLC enabled participants to gain a better understanding of how to build good credit, practice food safety, understand the importance of proper hand washing to prevent the spread of germs, and identify and locate community resources to address immediate needs.

Family and child development programs serve to strengthen the stability of individuals and families by providing them with tools to meet daily challenges.

