Who is the Dancing Sky?

- The Dancing Sky Area Agency on Aging is 1 of 7 Area Agencies on Aging (AAA) in Minnesota

- We serve 21 counties throughout Northwest and West Central Minnesota
What is Age Friendly and Why Are We Here Today?

• Age-Friendly Minnesota is a collaborative statewide effort to make our systems and communities more inclusive of and responsive to older adults

• With more than a million Minnesotans age 65+ (that is more than the number of school age children for the first time in our state's history)

Minnesota must ensure aging is a strategic priority
BRIEF HISTORY OF THE AGE-FRIENDLY MOVEMENT

- **2006**: World Health Organization (WHO) started the global age-friendly movement.
- **2010**: WHO established the WHO Global Network for Age-Friendly Cities and Communities.
- **2017**: New York state was one of the first states to join the AARP Network of Age-Friendly States and Communities.
DID YOU KNOW....

• In 2030 Baby Boomers will begin to turn 85 -- and one in five Minnesotans will be over the age of 65

• Now Vietnam and Gulf War veterans are approaching 65 and 75 years of age

• Minnesota is predicted to have more people over the age of 65 than under the age of 18 for the first time ever by 2035
2019
Governor Tim Walz signed an Executive Order 19-38 for an Age-Friendly Minnesota Council

August 2020
Age-Friendly Minnesota Council develops and submitted eight recommendations

2021
Legislation on Age-Friendly MN passes in Special Session

January 2022
Minnesota became the 10th state to join the AARP Network of Age-Friendly States and Communities

2023
Develop Age-Friendly legislative agenda
### AARP Members

**Listed in order of enrollment:**

- New York (2017)
- Massachusetts (2018)
- Colorado (2018)
- U.S. Virgin Islands (2019)
- Florida (2019)
- Michigan (2019)
- Maine (2019)
- New Jersey (2021)
- California (2021)
- Minnesota (2022)
“Aging is a reality that we all face,” said Gov. Walz. “Everyone wants to live in a community that is respectful, inclusive, and supportive of our contributions and needs. This executive order coordinates efforts across agencies and sectors to move us all toward an age-friendly Minnesota.”
The Age-Friendly Movement

• In 2006, the World Health Organization (WHO) started the global age-friendly movement, an initiative to create livable communities that are inviting and accessible for people of all ages—especially older adults

• One of the main goals of the age-friendly movement is to eliminate physical and social barriers for older adults. Age-friendly communities support policies, services, systems, technologies and products that promote and enhance residents’ physical and mental health throughout their lives

• An age-friendly community incorporates the following eight core factors
THE 8 DOMAINS OF LIVABILITY

- Built Environment
  - Outdoor Spaces and Buildings
  - Transportation
  - Civic Participation and Employment
- Social Environment
  - Health Services and Community Supports
  - Social Participation
  - Communication and Information
  - Respect and Social Inclusion
Priority 1: Inclusion & Equity
We will be valued, respected, empowered, and free from discrimination, and will have access to services that are appropriate for us, regardless of age, income, physical or cognitive ability, sexual orientation, gender identity, religion, geography, race, ethnicity or culture.

Build capacity of culturally-specific organizations to better support their older community members
- Minneapolis American Indian Center

Build other providers' capacity to improve and expand effective services to older members of Minnesota's ethnic and cultural communities
- Pelican Rapids OAKS Living at Home Network

Support and cultivate connections between LGBTQ older adults
- Rainbow Health
**Priority 2: Life at Home and in the Neighborhood**

We will live in the homes and communities that we desire and have access to the quality services and housing we need to do so—safely, comfortably and affordably.

Promote and provide an array of culturally-specific services to Minnesotans who are Black, Indigenous, and people of color.

- African Community Senior Services in Minneapolis

Support older adult independence, safety and community living through home modifications

- Northwest Community Action in Badger

Provide opportunities to innovate

- Prairie Five Community Action Agency in Montevideo
Priority 3: Health & Well-Being

We will have convenient, timely, and affordable access to activities we enjoy, and the care and services we need, to optimize our physical health, mental health, and overall well-being.

Provide evidence-based health promotion and disease management programs and coaching that empower older adults to make informed decisions about their health.

- Faith Community Nurse Network in Saint Paul

Provide free counseling to help people reduce Medicare costs

- Senior LinkAge Line (SLL)

Advocate for improving and strengthening support services to meet growing mental and behavior health needs of older adults

- Touchstone Mental Health
Priority 4: Social and Community Connections

We will be connected to the people and things that matter to us and have lifelong opportunities to participate in and contribute to our communities.

Improve capacity and expand reach of volunteer programs
  ▪ Argyle Living at Home Block Nurse Program

Build intergenerational connections
  ▪ Something Cool

Advocate for policies and funding that support connections and older workers
  ▪ Volunteer Driver Coalition
Priority 5: Caregiving and Dementia
We will be prepared to care for each other as we age and be supported in our roles as caregivers.

Provide dementia awareness and caregiver support to older people who are LGBTQ
  - Northwoods Caregivers

Engage across sectors to build community support and understanding of people with dementia and caregivers
  - Barnesville Area Helpers

Use the arts and music to support people with dementia and caregivers
  - First Community Health Organization and The Victory Fund
Priority 6: Individual Rights & Protections

We have the right to be educated and empowered to promote our rights, and to have our rights respected.

Reviewing and improving foundational policies to make them more effective and responsive to Minnesota's aging and changing population

- MN DHS Aging and Adult Services Division

Advance older adult autonomy, choice, and well-being through efforts to strengthen and expand Supported Decision-Making

- Volunteers of America in Minneapolis

Help older adults access free and low-cost legal services

- Legal Services Kiosk
Priority 7: Emergency Preparedness
We will live in communities that are ready to keep us safe, connected, and autonomous before, during, and after a crisis—be it public health, weather, or other disaster.

What was learned in 2020...

- Basic needs took center stage
- Social isolation
- Supporting caregiving during an emergency
- Successful shift to virtual platforms
- Don't waste a crisis
- Age-friendly communities
Priority 8: Age-Friendly Integration

Current Strategies:

- Lead or actively participate in collaborative, cross-sector age-friendly efforts
- Assist and support emerging age-friendly communities initiatives
- Educate and encourage action from community leaders
- Partner with funders to support age-friendly communities' efforts

To view these documents in full, visit..

https://mn.gov/dhs/age-friendly-mn/priorities/
American Association of Retired Persons
AARP- Livability

https://livabilityindex.aarp.org/
American Association of Retired Persons (AARP) – Map

https://livablemap.aarp.org/#/view=map
COMING UP!

AGE FRIENDLY PANEL DISCUSSION
Tuesday, June 13
10:30 AM - 12:00 PM
This is a virtual event

THE PANEL WILL CONSIST OF:
- Jay Haapala from AARP
- Members from Lakes Area Age Friendly and Park Rapids Dementia Friendly

The panel will be available to answer questions on Age Friendly and Dementia Friendly efforts and the impact on their communities.

REGISTER HERE!

Dancing Sky
Area Agency on Aging

These training and educational resources are made possible through the Age-Friendly Minnesota Grants Program.
AFMN
Meetings & Events

Working Session: Age-Friendly MN Council

Meeting calendar
Meets 1st or 2nd Wednesday - Every other month for 1 hour
All meetings are open to the public - discussion is limited to Council members

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<tr>
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<th>Location</th>
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<tr>
<td>March 1, 2023</td>
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<td>May 3, 2023</td>
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<td>July 12, 2023</td>
<td>9:00 - 10:00 AM</td>
<td>Virtual</td>
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<td>September 6, 2023</td>
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<td>November 1, 2023</td>
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Age-Friendly MN Council Meeting

Meeting Calendar
Meets 2nd Wednesday - Every other month for 1.5 hours
All meetings are open to the public - discussion is limited to Council members

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<td>June 14, 2023</td>
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<tr>
<td>December 13, 2023</td>
<td>9:00 - 10:30 AM</td>
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*This link will bring you to the Microsoft Teams link to access the day of the meeting
**This link also includes previous meetings that have been recorded and agenda/meeting documents
These training and educational resources are made possible through the Age-Friendly Minnesota Grants Program.

Presenters:
Val Mattison
Stephanie Aasness