



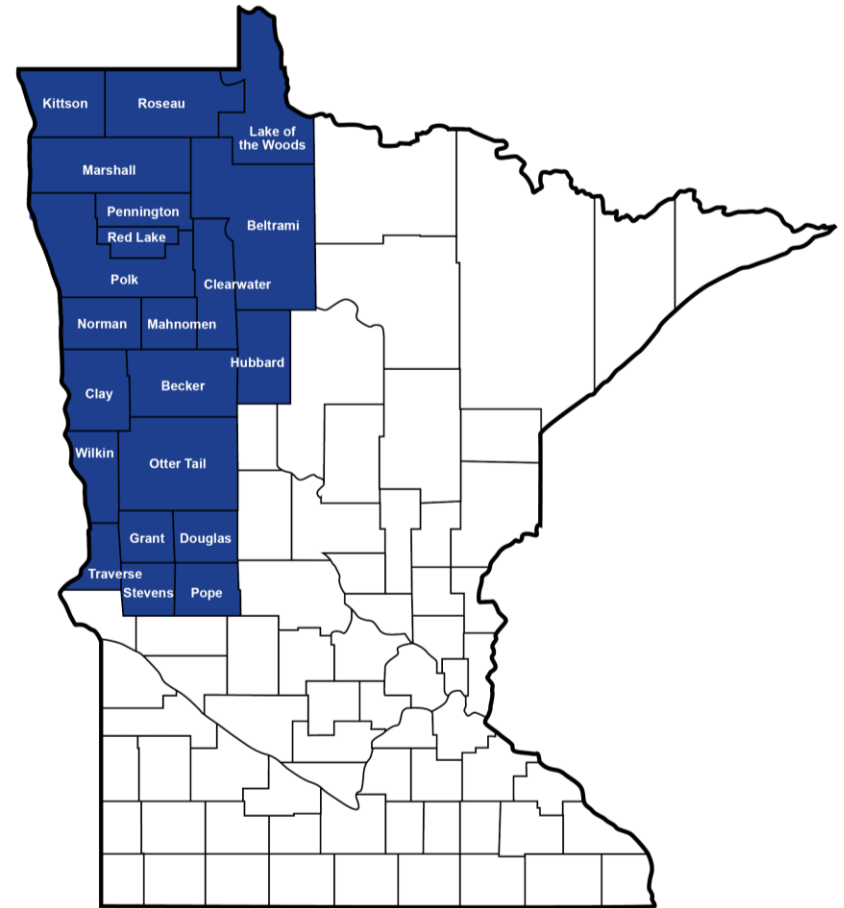
Dancing Sky
Area Agency on Aging

AGE FRIENDLY
minnesota
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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

World Health Organization (WHO) started the global age-friendly movement

New York state was one of the first states to join the AARP Network of Age-Friendly States and Communities

2010

2006

2017

WHO established the WHO Global Network for Age-Friendly Cities 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

TIMELINE

2019

Governor Tim Walz signed an Executive Order 19-38 for an Age-Friendly Minnesota Council

August 2020

Age-Friendly 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)

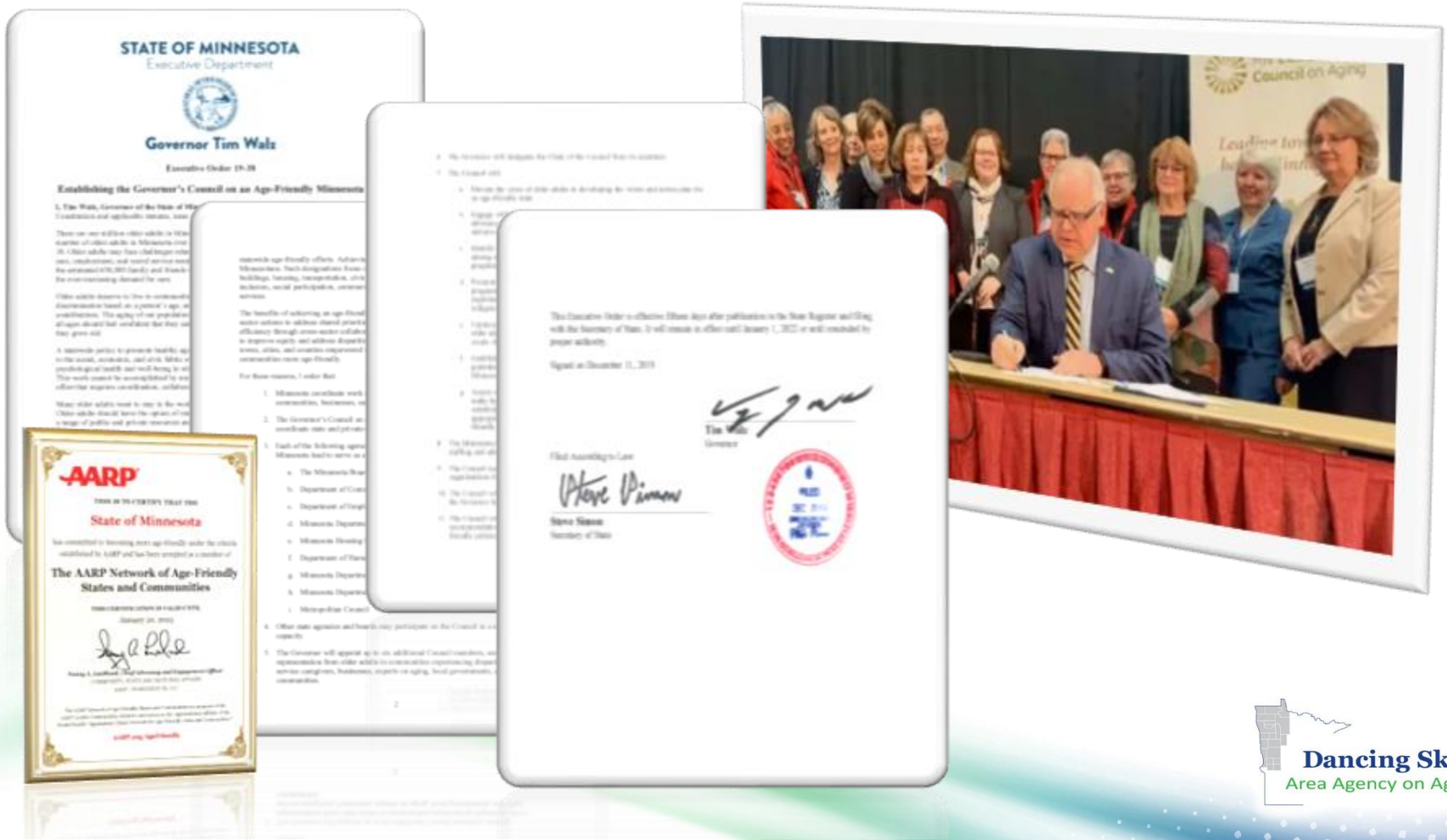
Maine (2019)

New Jersey (2021)

California (2021)

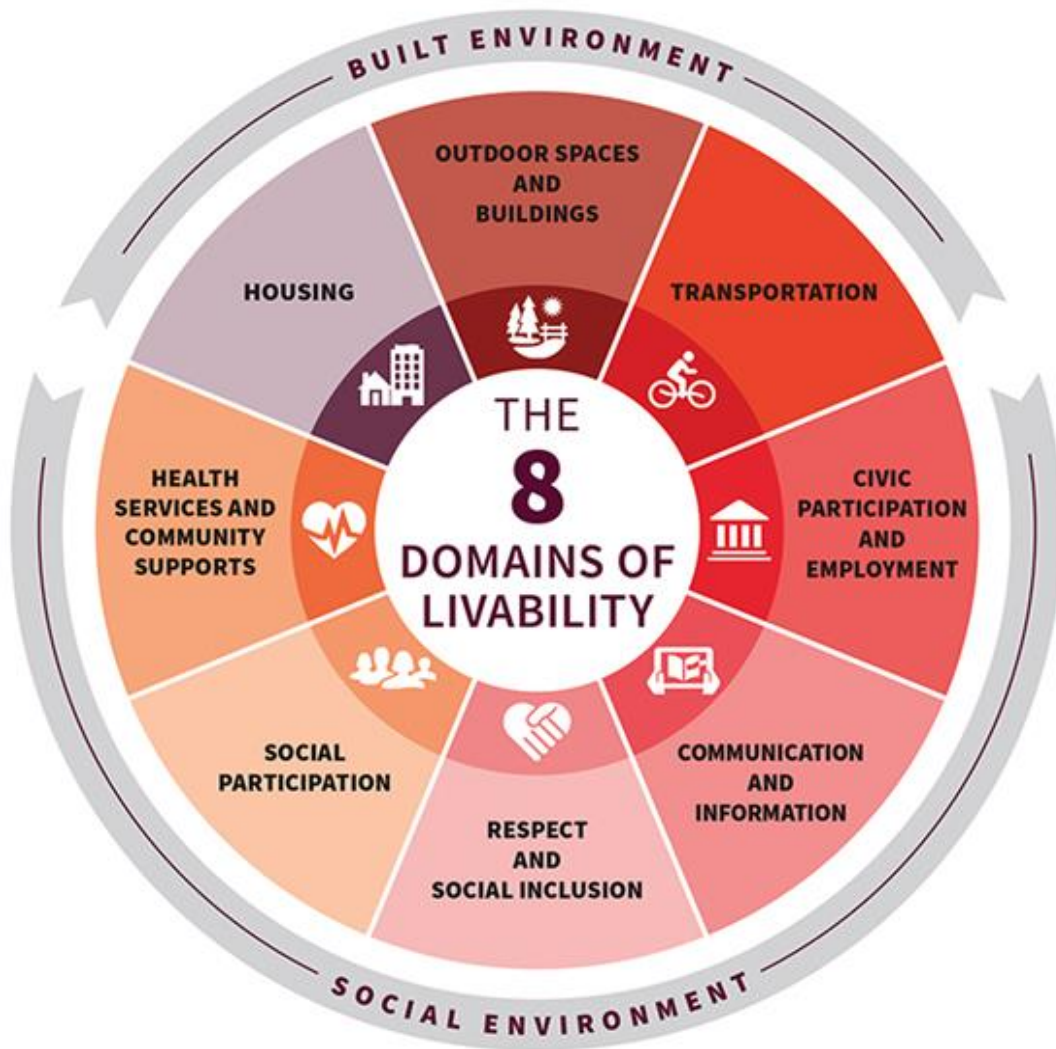
Minnesota (2022)

“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





AFMN 8 Priorities

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

AFMN 8 Priorities

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

AFMN 8 Priorities

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

AFMN 8 Priorities

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

AFMN 8 Priorities

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

AFMN 8 Priorities

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

AFMN 8 Priorities

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

AFMN 8 Priorities

Priority 8: Age-Friendly Integration

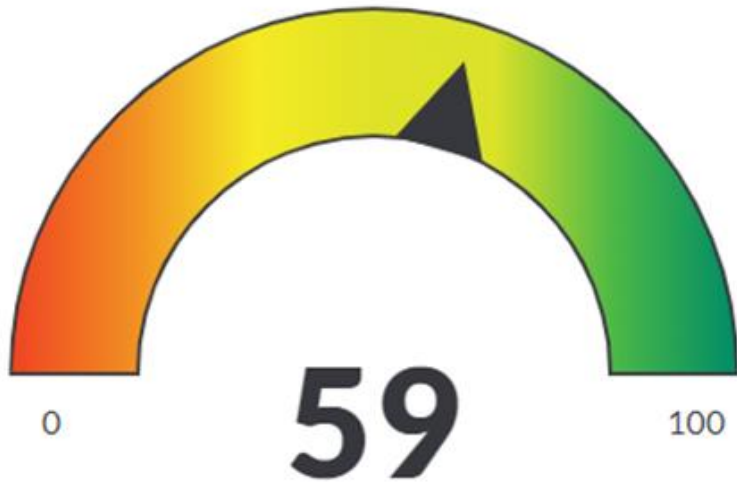
Current Strategies:

- 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/>



Overall Livability Score ⓘ

The overall livability index score for **Minnesota** is **59**. This is in the top half of communities in the U.S.

Total Population:

5,563,378

African American: 6%

Asian: 5%

Hispanic: 5%

White: 83%

Age 50+: 35%

Age 65+: 15%

Households w/Disabilities: 11%

Life Expectancy: 81 years old

Households Without a Vehicle: 6%

Median Income: \$78,773

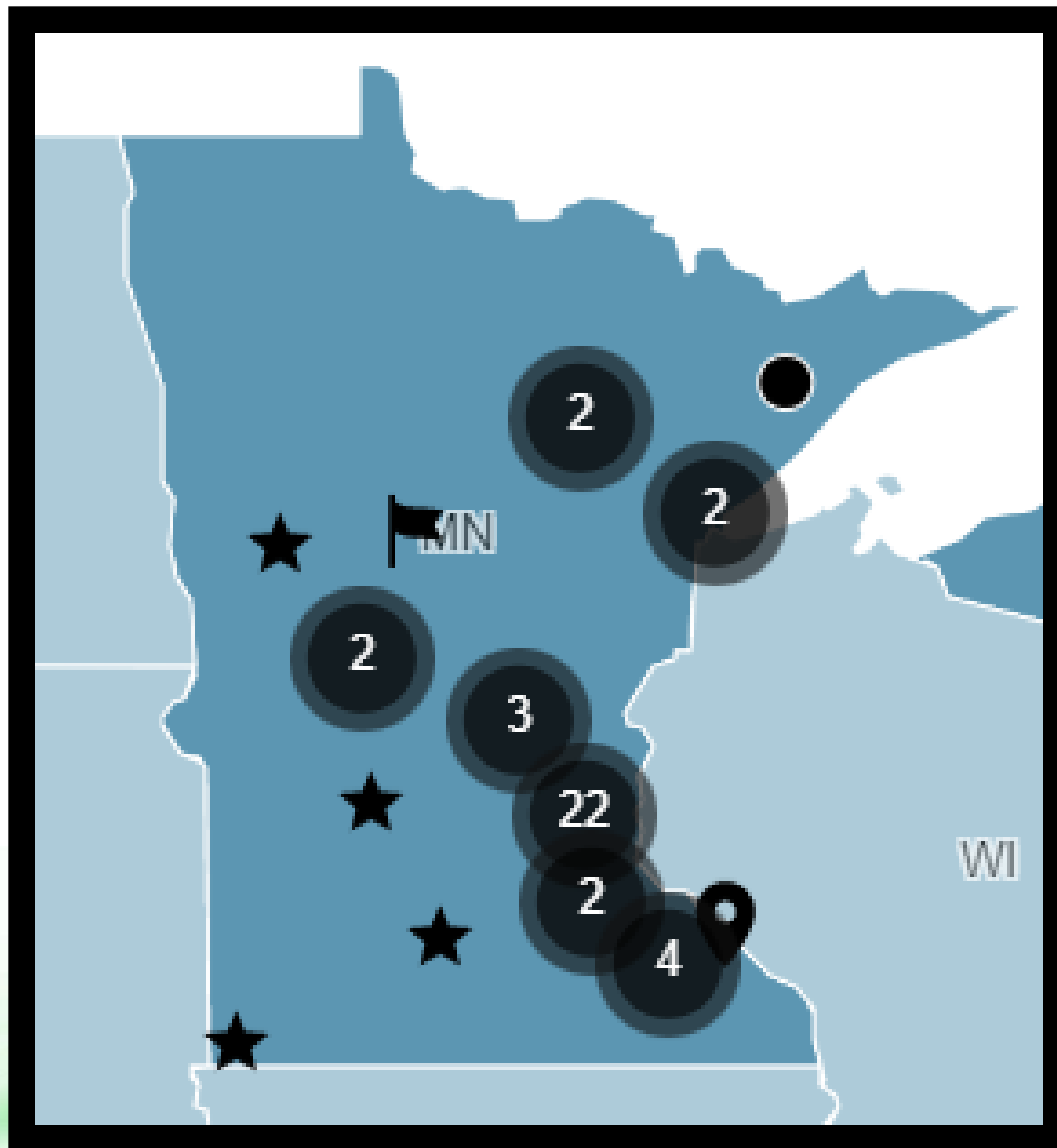
Poverty: 10%

Upward Mobility: 46 ⓘ

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!



A Program of the Northwest Regional Development Commission

*These training and educational
resources are made possible
through the Age-Friendly Minnesota
Grants Program.*

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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

Date	Time	Location
March 1, 2023	9:00 - 10:00 AM	Virtual
May 3, 2023	9:00 - 10:00 AM	Virtual
July 12, 2023	9:00 - 10:00 AM	Virtual
September 6, 2023	9:00 - 10:00 AM	Virtual
November 1, 2023	9:00 - 10:00 AM	Virtual

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

Date	Time	Location
April 12, 2023	9:00 - 10:30 AM	Virtual
June 14, 2023	9:00 - 10:30 AM	Virtual
August 9, 2023	9:00 - 10:30 AM	Virtual
October 11, 2023	9:00 - 10:30 AM	Virtual
December 13, 2023	9:00 - 10:30 AM	Virtual



<https://mn.gov/dhs/age-friendly-mn/meetings-and-events/>

*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

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

m **MINNESOTA**
SENIOR LINKAGE LINE

800-333-2433

Presenters:

Val Mattison

Stephanie Aasness



