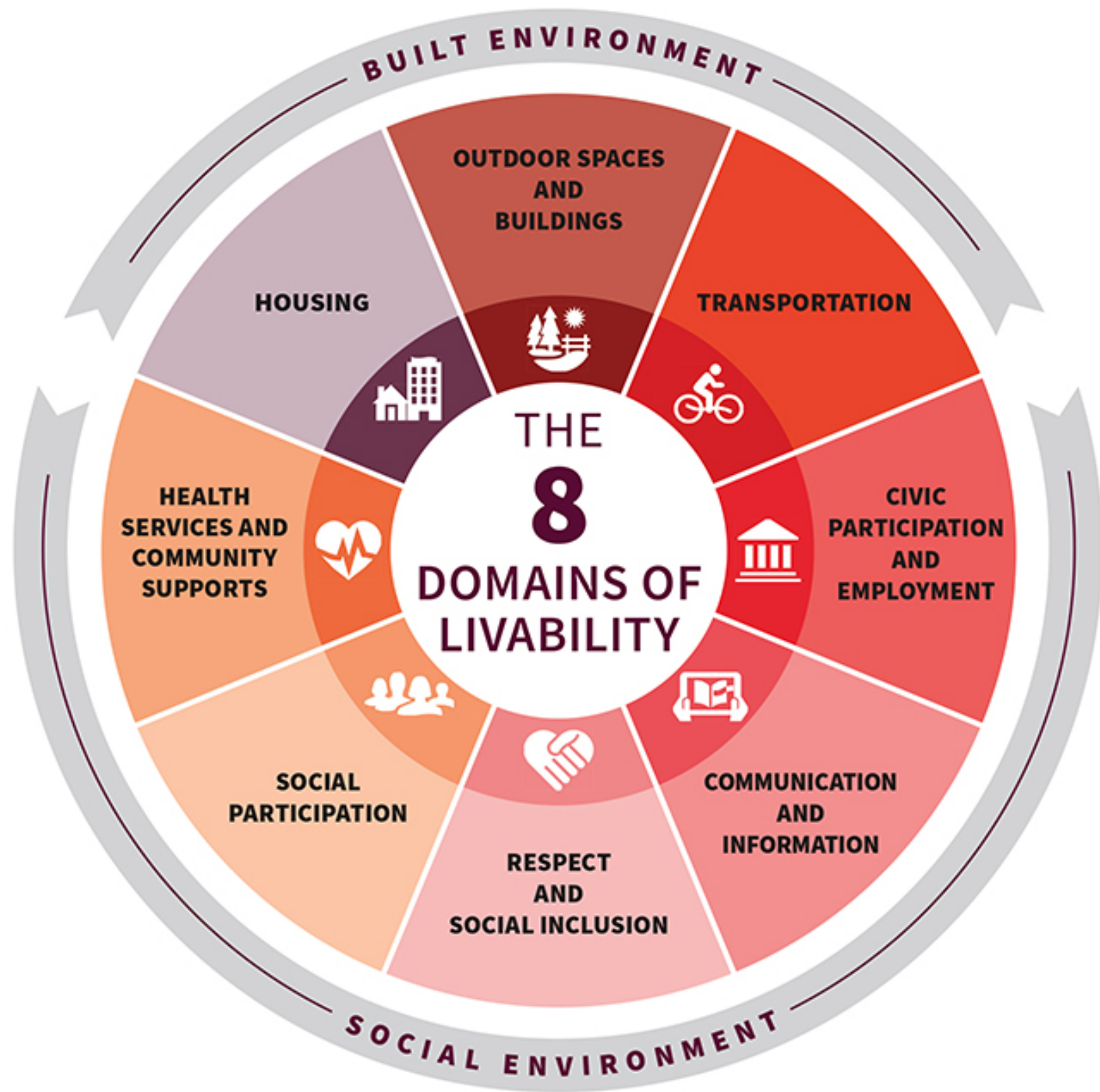# Age Friendly Olmsted County Action Plan Update 2023

Dave Beal

Age Friendly Olmsted County Coordinator Family Service Rochester
In the City for Good Community Forum | February 8, 2024
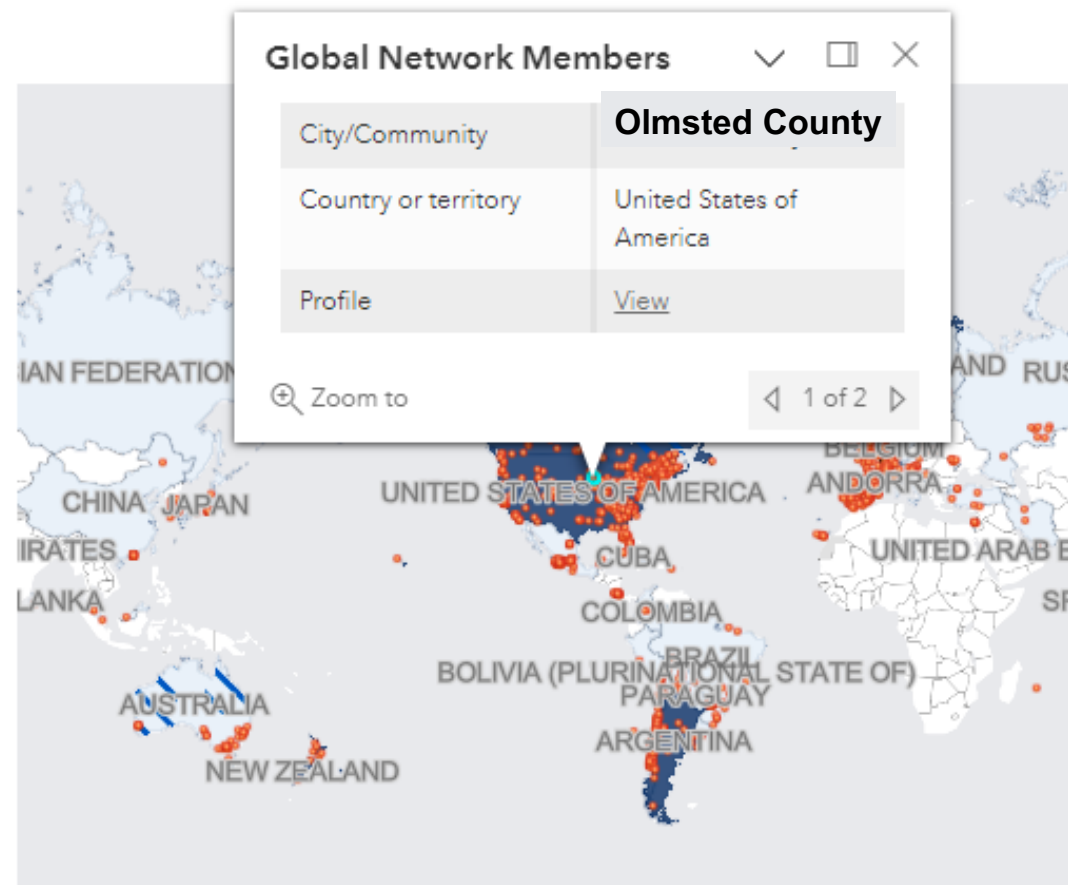
What do you want/need?

What do you have?
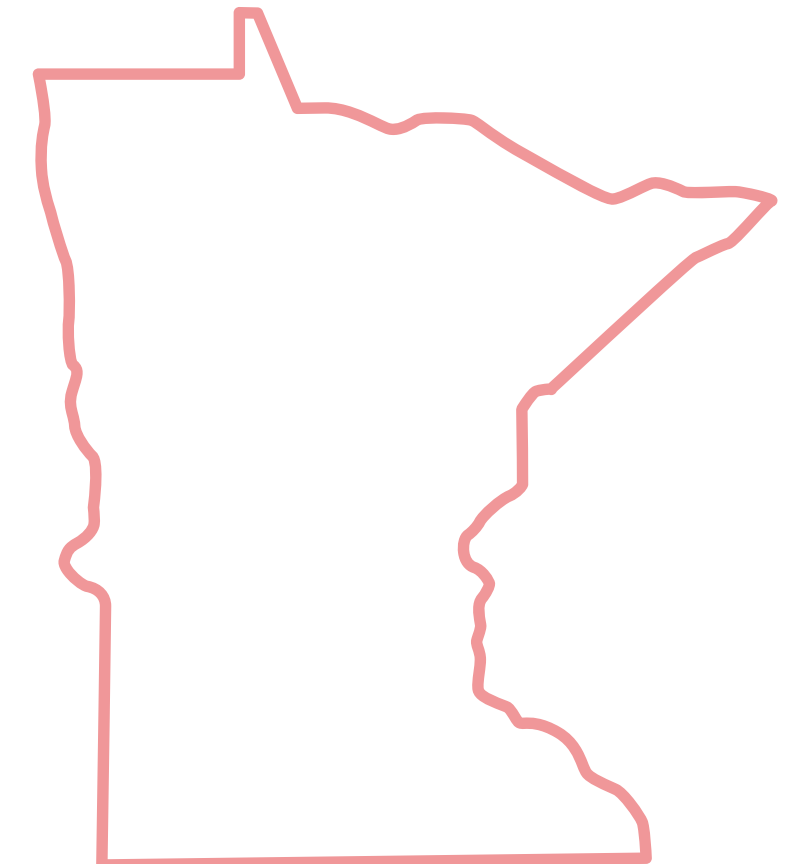
How big is the gap between them?
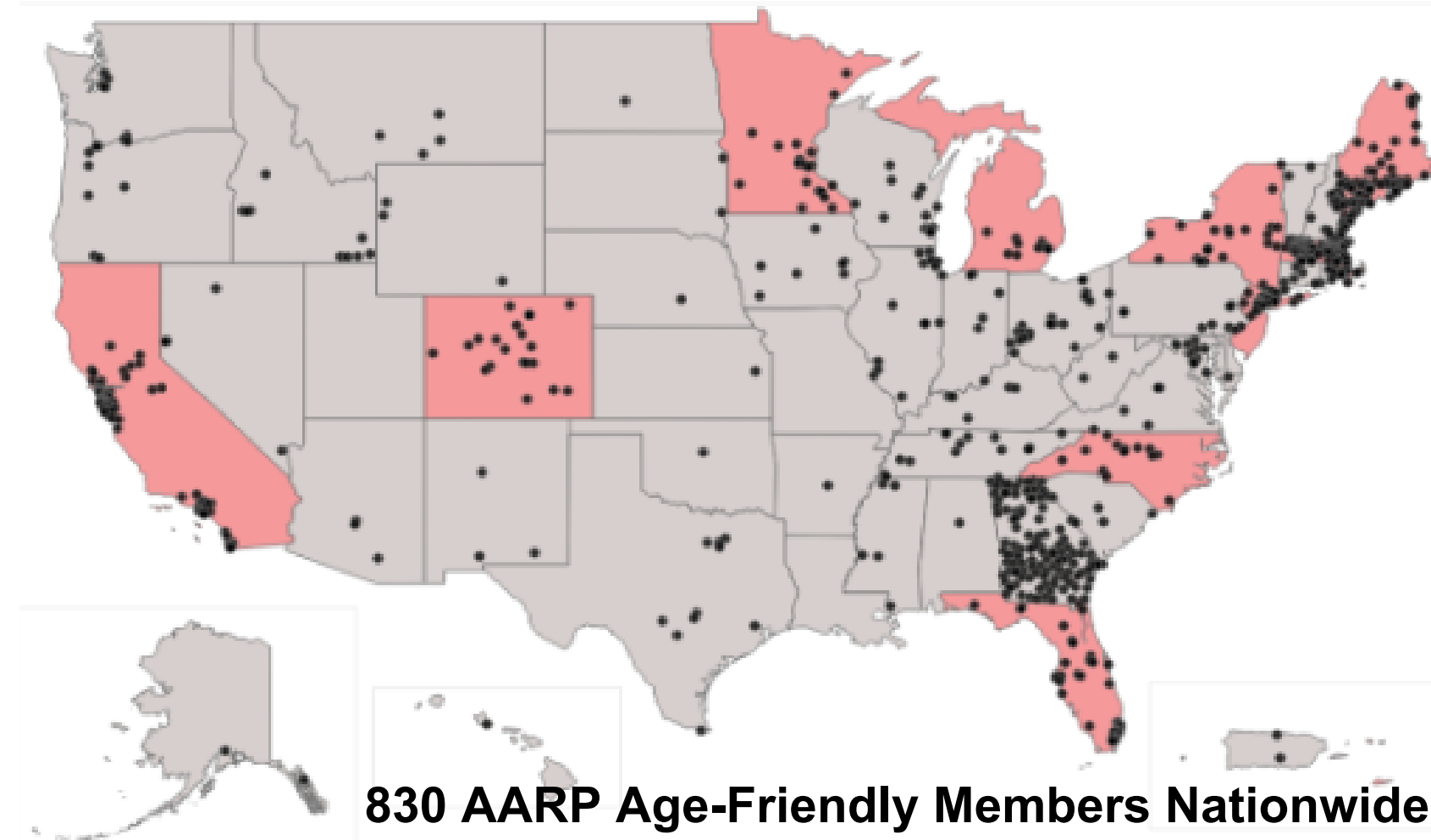
What can be done to close the gap?

The WHO Global Network for Age-friendly Cities and Communities currently includes 1542 cities and communities in 51 countries, covering over 320 million people worldwide.
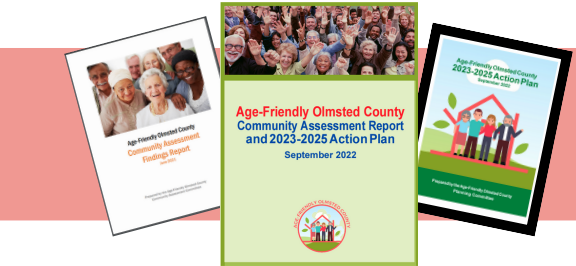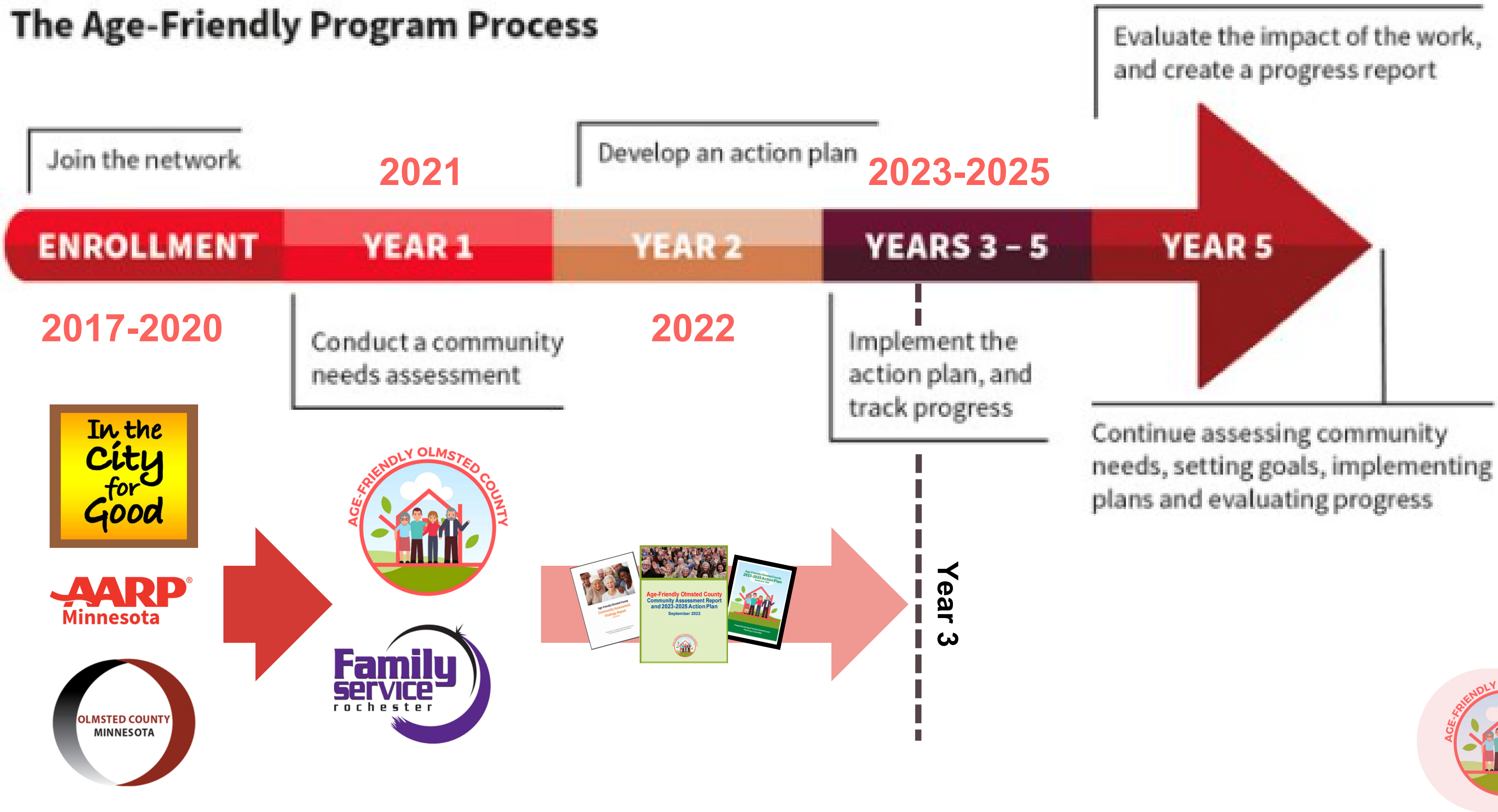

Global Network Members	∨ □ ✕
City/Community	**Olmsted County**
Country or territory	United States of America
Profile	View

⊕ Zoom to   ◁ 1 of 2 ▷

830 AARP Age-Friendly Members Nationwide

Minnesota is a state member of the network | Joined 2022
Alexandria: Joined 2016
Bird Island: Joined 2023
Brooklyn Park: Joined:2020
Duluth: Joined 2021
Fillmore County: Joined 2023
Freeborn County: Joined 2023
Hennepin County: Joined 2019
Lake County: Joined 2021
Lynd: Joined 2023
Maple Grove: Joined 2016
Minneapolis: Joined 2015
Northfield: Joined 2016
Oakdale: Joined 2021
Olmsted County: Joined 2020
Oronoco: Joined 2022
Pine Island: Joined 2022
Princeton: Joined 2020
St. Cloud: Joined 2020
Wabasha: Joined 2023
West St. Paul: Joined 2022
Willmar: Joined 2023
Wyoming: Joined 2021

21 members in Minnesota

The Age-Friendly Program Process

2021

2023-2025

Join the network

Develop an action plan

Evaluate the impact of the work, and create a progress report

ENROLLMENT	YEAR 1	YEAR 2	YEARS 3 – 5	YEAR 5

2017-2020

Conduct a community needs assessment

2022

Implement the action plan, and track progress

Continue assessing community needs, setting goals, implementing plans and evaluating progress

In the City for Good

AARP® Minnesota

OLMSTED COUNTY MINNESOTA

AGE-FRIENDLY OLMSTED COUNTY

Family service rochester

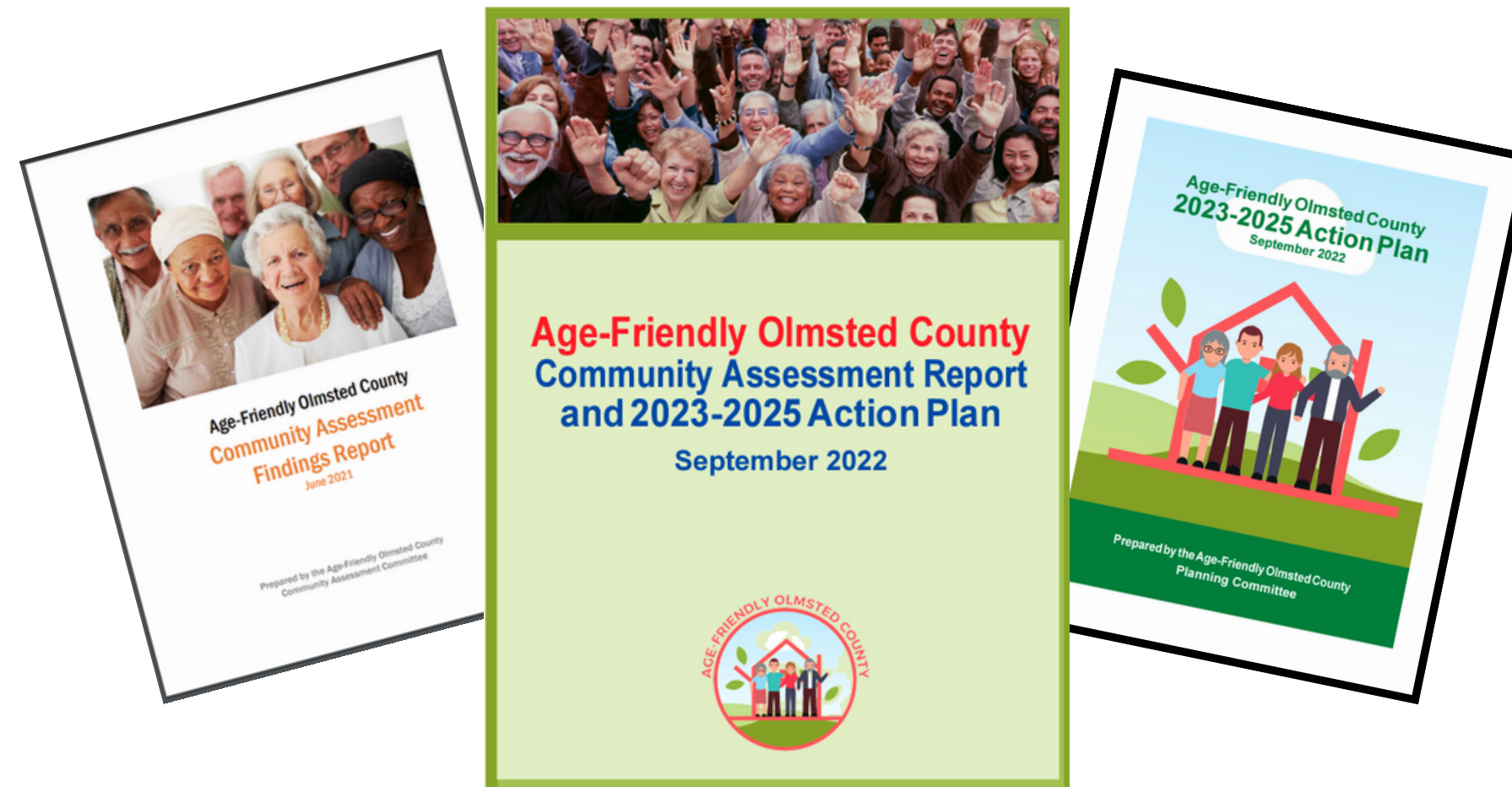Age-Friendly Olmsted County Community Assessment Report and 2023-2025 Action Plan September 2022

Year 3

AGE-FRIENDLY OLMSTED COUNTY

Olmsted County joined the AARP Network of Age Friendly States and Communities in January 2020. Family Service Rochester serves as the lead agency.

- **Community assessment completed in June 2021.**
- **Action plan published in September 2022.**

https://familyservicerochester.org/Age-Friendly-Olmsted-County

Age Friendly Olmsted County Action Plan 2023-2025

- **Action Area I: Age-Friendly Community Supports and Health Services.**
  - ☑ ○ **Goal #1:** Increase availability of affordable Home and Community Based Services (HCBS)
  - ☑ ○ **Goal #2:** Expand service navigators in the community.
  - ☑ ○ **Goal #3:** Develop cross-sector, holistic, culturally appropriate dementia informed approach to care.

- **Action Area II: Aging in Place Readiness Planning.**
  - ☑ ○ **Goal #4:** Make available effective tools and protocols for aging in place for older adult service providers and individuals.
  - ☑ ○ **Goal #5:** Education on Aging in Place is widely available.

- **Action Area III: Age-Friendly Community Engagement.**
  - ☑ ○ **Goal #6:** Ensure perspectives of older adults inform public planning and policy.
  - ○ **Goal #7:** Extend age-friendly network participation in Olmsted County.
  - ☑ ○ **Goal #8:** Address age-based barriers to opportunity and access.

- **Action Area I: Age-Friendly Community Supports and Health Services.**
  - **Goal #1: Increase availability of affordable Home and Community Based Services (HCBS)**

Live Well at Home Grants

A bill for an act

relating to human services; establishing live well at home grants; amending Minnesota Statutes 2022, section 256B.0917, by adding a subdivision.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF MINNESOTA:

Section 1. Minnesota Statutes 2022, section 256B.0917, is amended by adding a subdivision

to read:

Subd. 15. **Live well at home grants.** The commissioner shall develop a grant program that provides ongoing funding for projects and services with proven outcomes for older adults and people with dementia that may no longer meet the criteria in subdivision 1a, to

A new Live Well at Home Grant Extension was created to provide ongoing funding for projects and services with proven outcomes for older adults and persons with dementia. The grant extension improves statewide capacity, sustainability, and stability for home and community-based services and family caregiver supports.

- **Action Area I: Age-Friendly Community Supports and Health Services.**
  - **Goal #2:** Expand service navigators in the community.
  - **Goal #3:** Develop cross-sector, holistic, culturally appropriate dementia informed approach to care.

Caregiver Support and Respite Services

Caregiver Support Services provide individualized coaching and counseling to help caregivers develop caregiving skills, connect with resources, and maintain a healthy, balanced lifestyle.

Caregiver Respite Services provide safety, companionship, supervision, and other non-medical services that allow the primary caregiver time away for other activities.

- **Action Area II: Aging in Place Readiness Planning.**
  - **Goal #4:** Make available effective tools and protocols for aging in place for older adult service providers and individuals.
  - **Goal #5:** Education on Aging in Place is widely available.

Olmsted County Guide to Aging

Build a comprehensive online guide to local resources that address concerns, support needs, and inform choices important to aging residents and their families.

rochesterlocal.com

Senior Housing Work Group

Develop a pilot program to facilitate and assist older adults and their families in making decisions regarding appropriate housing.

Aging in the "Right" Place

- **Action Area III: Age-Friendly Community Engagement.**
  - **Goal #6:** **Ensure perspectives of older adults inform public planning and policy.**
  - **Goal #8:** **Address age-based barriers to opportunity and access.**

Live Well at Home Grants

Housing Alliance & Senior Housing Work Group
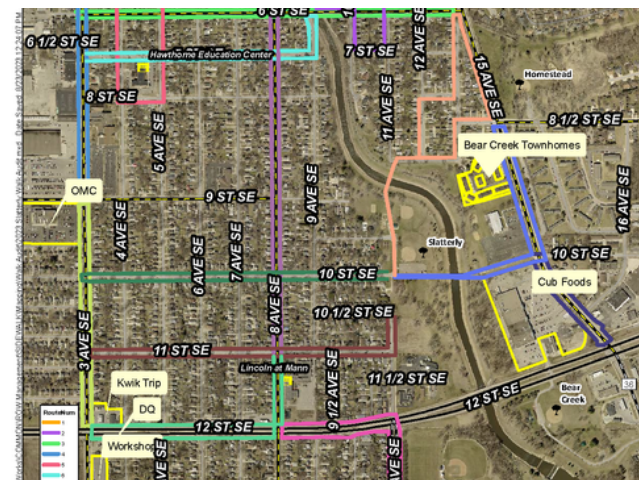
Digital Connection Committee

**IMAA, Elder Network, 125 LIVE,
Rochester and Stewartville Public Libraries.**

- **Improve the overall availability of high-speed internet service.**
- **Ensure all Minnesotans can connect.**
- **Address internet service affordability, device access, and digital skills.**

- **Action Area III: Age-Friendly Community Engagement.**
  - **Goal #6:** Ensure perspectives of older adults inform public planning and policy.
  - **Goal #8:** Address age-based barriers to opportunity and access.

Slatterly Park Walk Audit

Family Service Rochester · Rochester Community Development · Rochester Public Works · America Walks · RNeighbors (Rochester's Neighborhood Resource Center) · Slatterly Park Neighbors · We Bike Rochester · AARP

- **Conducted a walk audit of a Rochester neighborhood in conjunction with the city's Sidewalk Improvement District maintenance program.**

- **Project presented to City Council, AARP National Association of Age Friendly Communities, and AARP 2023 Community Challenge Walk Audit Grantees.**

2023 Slatterly Park Neighborhood Walk Audit

AGE-FRIENDLY OLMSTED COUNTY

Walk Audit Report

Dave Beal
Age Friendly Olmsted County
Family Service Rochester
December 17, 2023

AGE-FRIENDLY OLMSTED COUNTY

- Action Area III: Age-Friendly Community Engagement.
  - **Goal #6:** Ensure perspectives of older adults inform public planning and policy.
  - **Goal #8:** Address age-based barriers to opportunity and access.

"Parks for All Ages"

Rolling Green Park Audit

Regional Sports and Recreation Center

Parks for All Ages:
A white paper on the age friendly assessment and continuous improvement of parks in the city of Rochester, Minnesota

August 7, 2023

Walt Rothwell
Dave Beal

- Presented a "Parks for All Ages" proposal to Rochester Park and Rec.
- Conducted a park audit of Rolling Green Park in conjunction with the city's park planning schedule.
- Participated in the Regional Sports and Rec Center Work Group and conducted two focus groups.

AFOC 2024

Continue

- **Caregiver Support and Respite Services**
- **Live Well at Home Grant Funding - 2025**
- **Housing Alliance & Senior Housing Work Group**
- **Olmsted County Guide to Aging**
- **Walk Audits**
- **"Parks for All Ages" | Rolling Green Park**
- **Park Audits**
- **Regional Sports and Recreation Center**
- **Digital Opportunity Program**

Add

- **Age Friendly Universities**
- **Longevity Lifespan**
- **Longevity Economy**
- **Ageism (DEIB)**
- **Dementia Friendly**

- **Action Area III: Age-Friendly Community Engagement.**
  - **Goal #7: Extend age-friendly network participation in Olmsted County.**

Dementia Friendly @ Work

Family service rochester · OLMSTED MEDICAL CENTER · MINNESOTA BOARD ON AGING · DEPARTMENT OF HUMAN SERVICES · Dementia Friendly America

AGE-FRIENDLY OLMSTED COUNTY

Raymond Schmitz & Gael Entrikin

photo credit: Rosie Skipper

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Age Friendly Olmsted County Coordinator
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https://familyservicerochester.org/Age-Friendly-Olmsted-County