

# Livable Communities

## Policy and Research

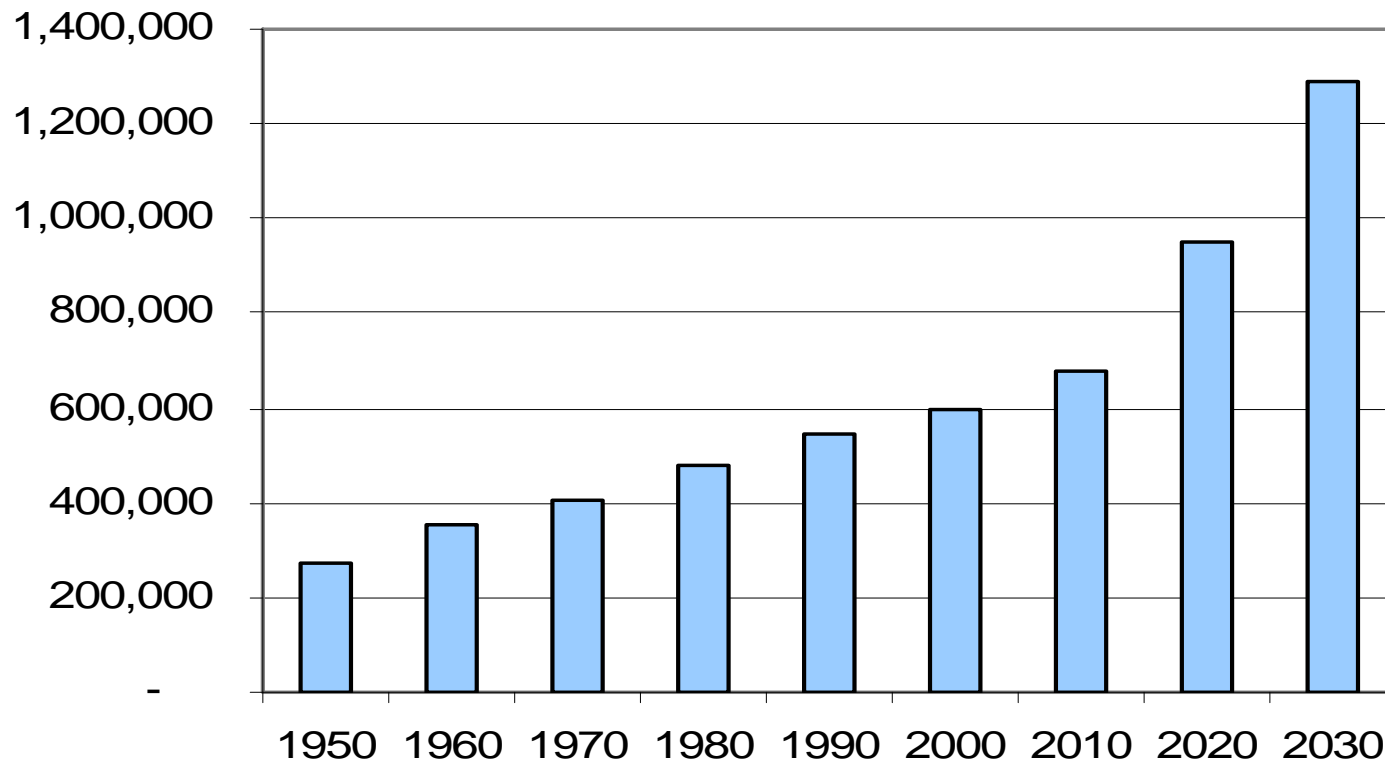
Linda Norlander  
Minnesota Department of Health

Hal Freshley  
Minnesota Department of Human Services



# Minnesota is Aging

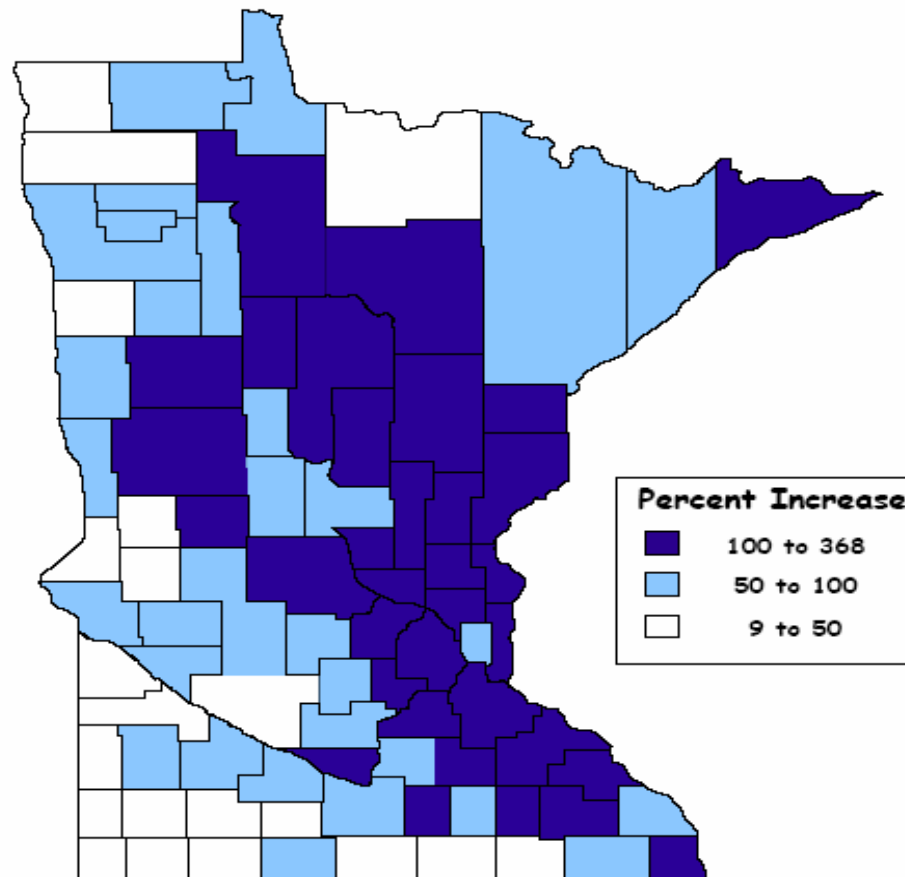
## MN Population Age 65+ by Decade



# Minnesota is Aging

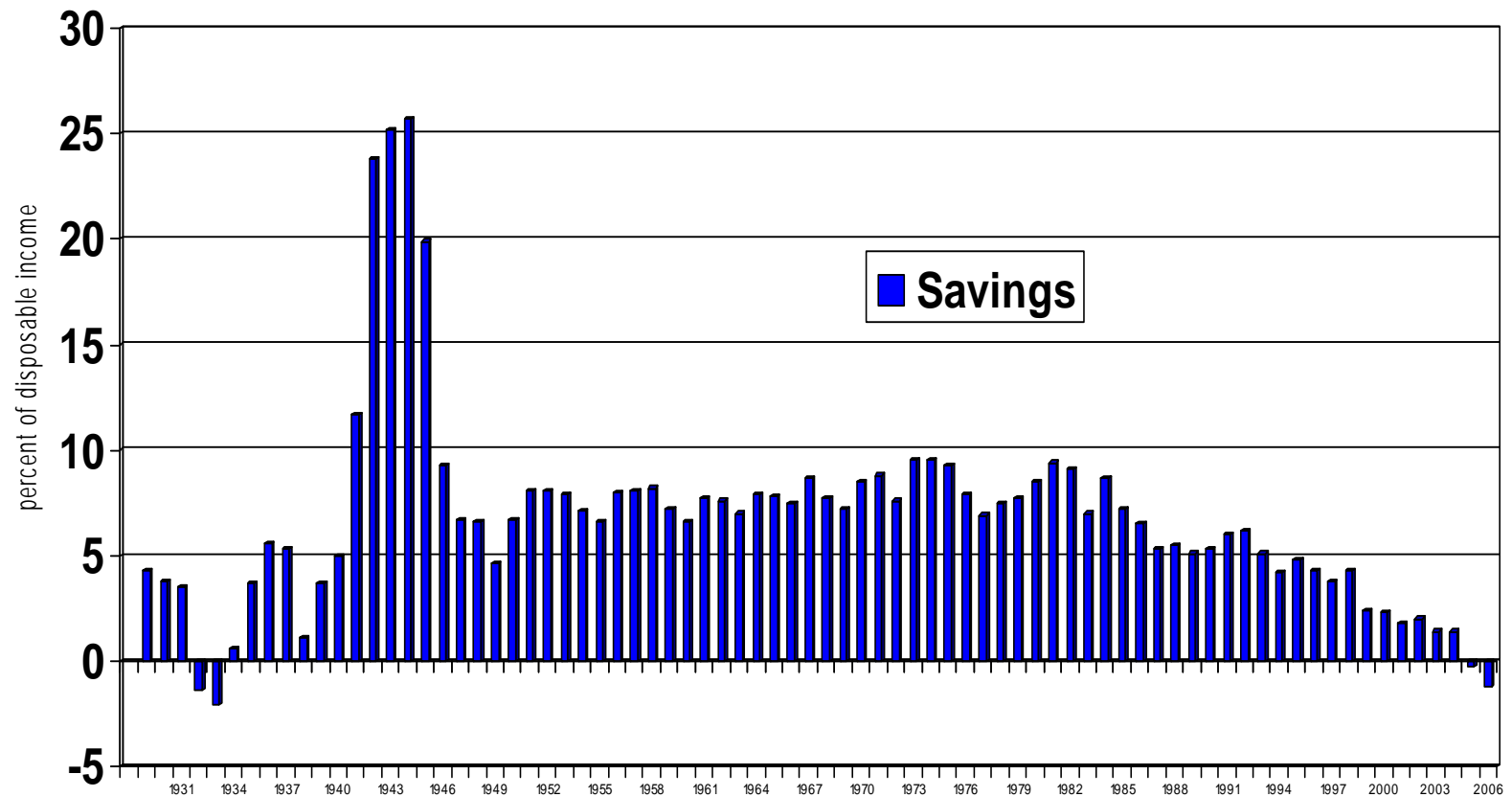
Percent Increase in 65+ Population  
In Minnesota by County  
2000 - 2030

Where will  
most  
elderly  
live?



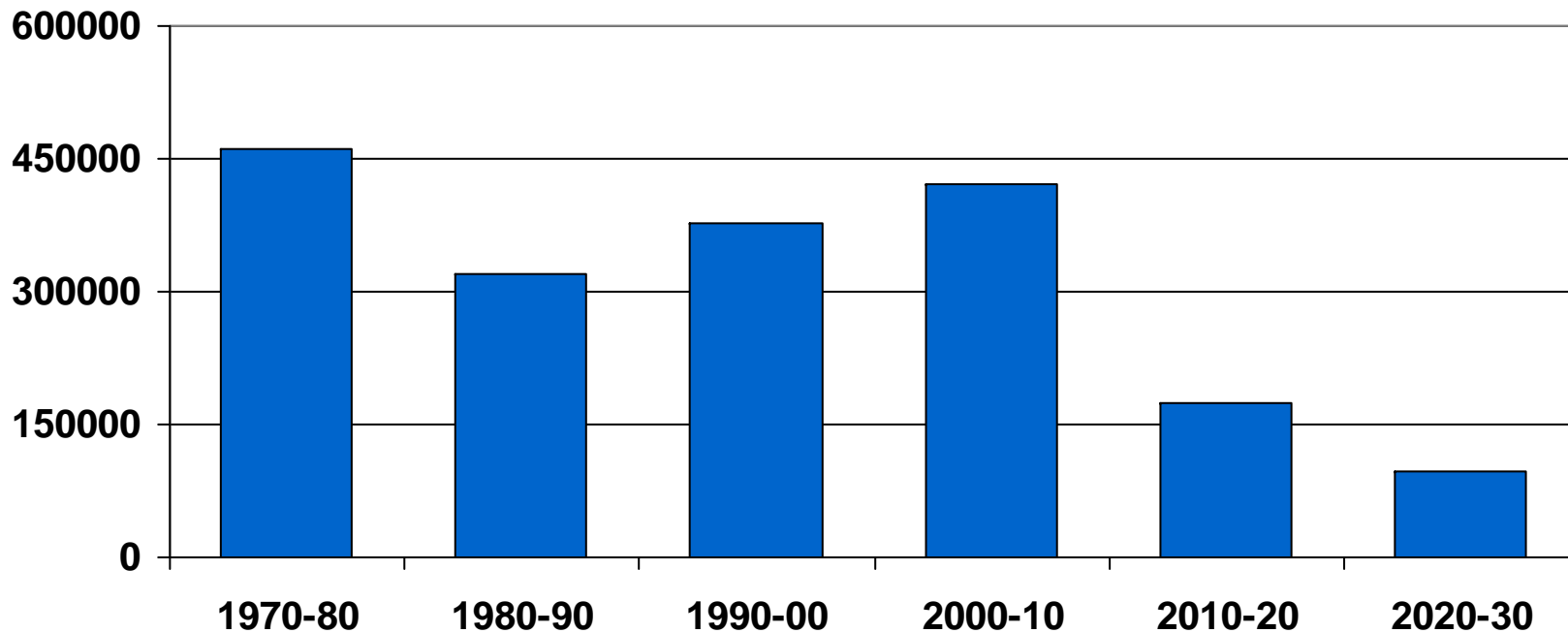
Source: Census 2000 Summary File 1 (SF1) 100-Percent Data  
2002 Projections of State Demographer's Office

# U.S. Savings Rate 1936 to 2006



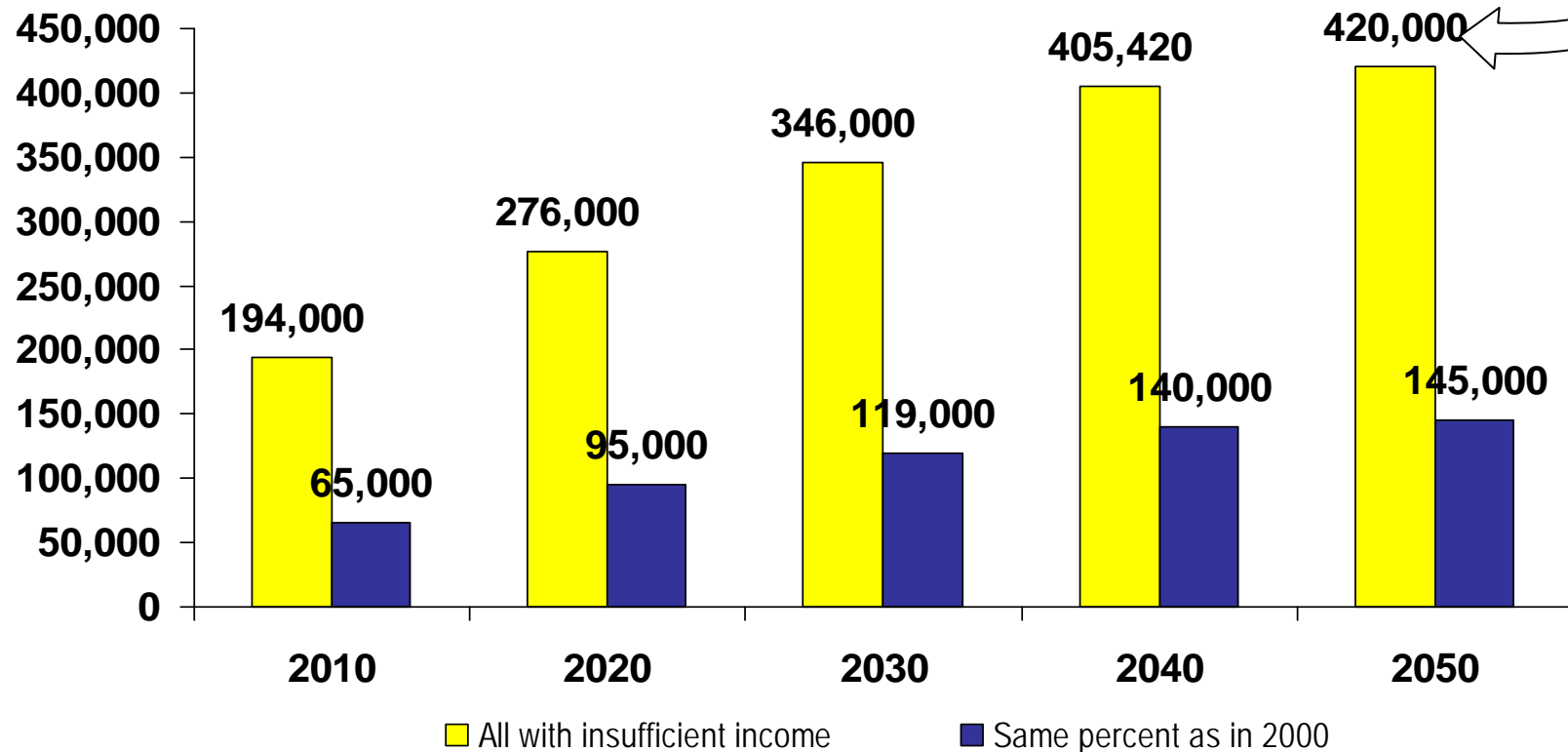
# Labor Force Competition Will Increase LTC Costs

**Net Labor Force Increase by Decade  
1970-2030**

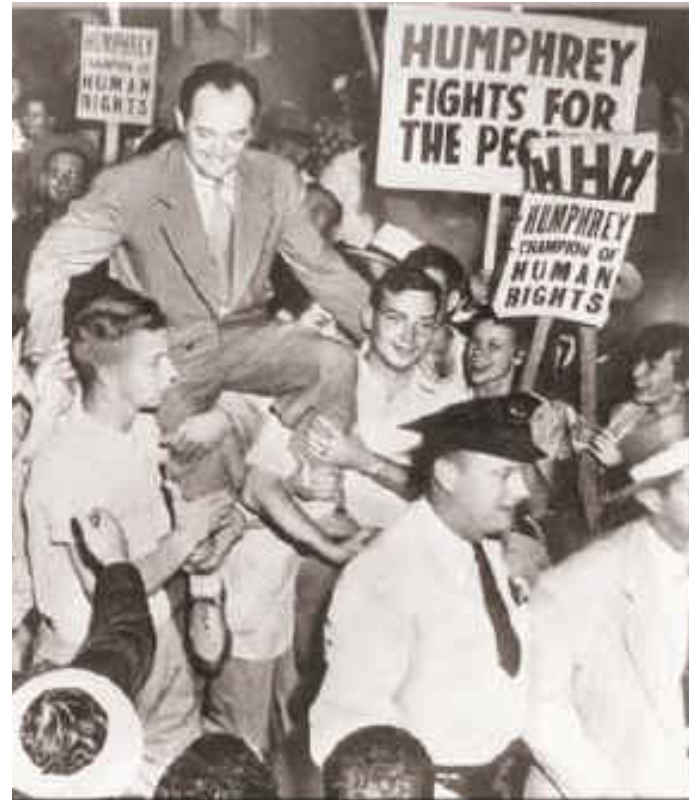


# Costs of LTC Could Grow Exponentially

*This could cost \$20 billion*



*The moral test of Government is how it treats those in the dawn of life, the children; those who are in the twilight of life, the elderly; and*



*those in the shadows of life, the sick, the needy and the handicapped.*

~ Hubert H. Humphrey

*“Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.”*

~ Marilyn Ferguson



# Dimensions of Healthy Aging

**Addressing  
Basic Needs**

**Supporting  
Independence  
for Elderly**



**Optimizing  
Health &  
Well-being**

**Promoting Social &  
Civic Engagement**

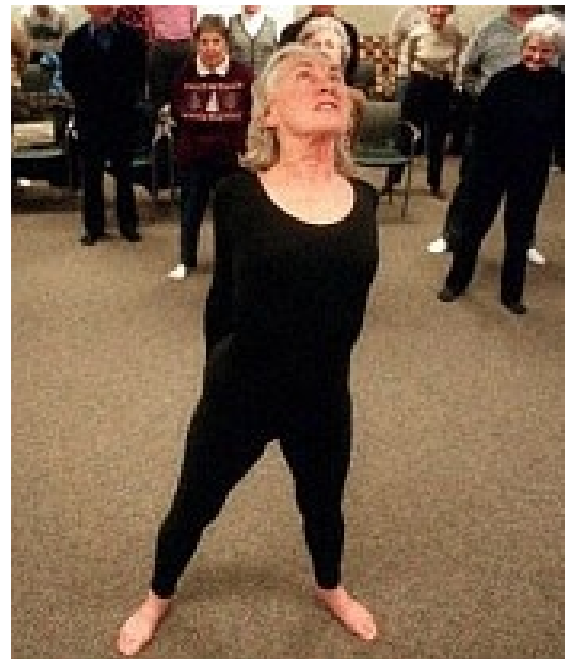
# Addressing Basic Needs

- **Housing**
- **Safety**
- **Transportation**
- **Shopping**
- **Medical Care**



# Optimizing Health and Well-being

- **Healthy and Active Living**
- **Health Care Infrastructure**
- **Health Care Workforce**



# Promoting Social and Civic Engagement

- **Arts and Recreation**
- **Age-friendly Employment**
- **Education and Volunteer Opportunities**
- **Church and Spiritual Support**



# Supporting Independence for the Elderly

- **Home Care & Chore Services**
- **Home Modification**
- **Support for Caregivers**



# Policy Challenges

**Minnesota cannot continue the current system under forecast conditions. We must . . .**

- **Reduce future demand = focus on improving health**
- **Increase future resources = focus on expanding community capacity**

# **Transform 2010**

## **MDH, DHS, MBA**

**Over 1,000 persons participated in regional meetings to discuss 4 themes**

- **Help individuals lead healthy lives and prepare for retirement.**
- **Support family caregivers and paid workers in long-term care.**
- **Integrate and improve health and long-term care.**
- **Create communities that are livable and supportive for all residents.**

# Communities Respond

## Plan for Change

- **Local public services – anticipate future need for “geriatric expertise”**
- **Review residential density patterns & ways to overcome distances**
- **Ramps, railings and benches in public places**
- **Better lighting, clearer signage**

# Communities Respond

## Housing and Access

- **Housing options for the whole lifecycle: from starter-apartments and homes to mother-in-law apartments**
- **More attention to maintain and adapt current single family homes**
- **Safer highways and roads**
- **Parking!**

# Communities Respond

## Build the Community

- **Recognize roles of community organizations: faith-based, civic, hobby-based, etc.**
- **Expand civic and volunteer opportunities and expectations for all ages**
- **Support (and demand) good volunteer management**

# Whose Policy Is It?

- **Department of Human Services?**
- **Department of Health?**
- **Minnesota Board on Aging?**
- **Department of Transportation?**
- **League of Minnesota Cities?**
- **Area Agencies on Aging?**

**Residents of Minnesota's Communities**

# For Further Information

- DHS [www.dhs.state.mn.us](http://www.dhs.state.mn.us)  
(click on “Aging” then “Transformation”)
- Board on Aging  
[www.mnaging.org](http://www.mnaging.org)
- MDH  
[www.health.state.mn.us/divs/chs/rhpcrpts.htm](http://www.health.state.mn.us/divs/chs/rhpcrpts.htm)

