OUR PROGRAM WILL BEGIN AT 8:30 a.m.

WELCOME
OUR TIME TODAY

- Keynote address
- Interactive panels
- Call to Action
- Awards

Pam Zimmerman, LSW, MA, CPG
President
Minnesota Gerontological Society

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SCHOOL OF PUBLIC HEALTH
UNIVERSITY OF MINNESOTA
ROBERT L. KANE ENDED CHAIR IN LONG-TERM CARE AND AGING

Age-Friendly Community Design
Policy | Research | Practice

Dana Bradley, PhD
Dean, Erickson School of Aging Studies, University of Maryland Baltimore County
Q1 We are all wondering if YOU live in a community that is...

1) Beginning to think about being Age-Friendly
2) Is Age-Friendly
3) Somewhere in between

Our Journey today touches upon...

- Designing an Age-Friendly Community
- Developing core values & mission
- Involving multiple (research) partners
- Evaluating the experience
- Challenges and Opportunities
- Next Steps
An age-friendly city: “encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.”

- Facilitates an exchange of experiences & learning
- Eight Domains
Developing Core Values/ Mission

- What is your core reason for being “Age-Friendly”? 
- Who are your stakeholders? 
- Who are your experts? 
- What are the true “costs”? 
- How are you defining “success”? 

Q2 My community has a well-defined structure for Age-Friendly work

True  False
Infrastructure
Steering Committee
Representative from stakeholders
Reasons to connect, learn and grow

Role of Co-Researchers

- Gather Data From the Community
- Relate the Results Back to the Community
- Translate Data Into Actionable Goals
- Create Self-Sustaining Changes & Programs
- Recruit Volunteers & Execute Changes

Relate the Results Back to the Community
Redefining the role of “expert” in Age-Friendly research

Examples of Research (Gathering Data and then some)

- Participant observation in specific places in the research areas (senior centers, mall, parks, restaurants, places of faith, local shops) and key community meetings and events
- Semi-structured interviews with city-wide key informants about the age-friendly approach in your community
- Participatory mapping exercises with attendees of community events to identify local opportunities and challenges in terms of developing the age-friendliness of research areas
- Training sessions for older (or ANY AGE) people to become co-researchers
- Focus groups with residents across different neighborhoods and representatives of community organizations
- Reflection meetings with the co-researchers
- Co-development of summary sheets discussing key findings with co-researchers
- Dissemination workshops bringing together residents of all ages
Q3 It is faster and easier to make my community Age-Friendly working with a very small group

True  False  I don’t have any idea - eager to find out

Advantages of Using Older Adults as Co-Researchers

Counteracts Ageism
- Builds on local knowledge, counteracts stereotypes and demonstrates roles older adults can play in policies and change

Social Benefits
- Provides opportunities to align older people with appropriate services and activities
- Collaborative at every stage, involving discussion, learning, pooling skills and resources
- Builds on existing and generates new, knowledge, skills and relationships among community residents and stakeholders

Supports Participatory Research
- Generates ‘ownership’ of the research which may stimulate participation and advocacy
- Older co-researchers have extensive knowledge about themselves which can help shape the research design and provide valuable learning
- Older co-researchers greatly assist with the recruitment of hard-to-reach research participants, providing opportunities to get some of the most ‘unheard’ voices heard
Challenges of Working with Co-Researchers

Structural
- Requires time, energy and commitment from the community, the research team, co-researchers and other stakeholders
- Involves coordination of many players and multi-layered partnerships based on the negotiation of power relations between diverse groups
- Trainings and opportunities to fine tune skills need to be designed to appeal to everyone

Ethical
- Blurs boundaries between researcher, researched, academic and activist
- Raises issues of privacy
- Project constitutes a form of power and can reproduce the inequalities it seeks to challenge

Personal
- Support Co-researchers when they face challenges during the research process, e.g. when health issues are evident or barriers in recruiting participants
- Assist with overcoming potential Co-researchers biases, prejudices and beliefs into research
- Address feelings of raised during process about own vulnerability and aging

How can Age-Friendly enhance all aspects of your community

> What can local shops, services and businesses do to show a commitment to age-friendliness, to show that they are happy for older people to come in and use bathrooms or use seating for a rest?

> Can signage help people of all ages see where things are: health services, public services, parking and parks?

> Are you tapping into the skills and (often hidden) resources available among older residents and finding ways to mobilize them?

> Can existing projects and activities can be made intergenerational, involving different groups of residents?

> Are you involving older people in the design of services which affect them; in local decision-making; in the development of neighborhoods and in all age-friendly initiatives?
In gratitude
Questions? Comments? Call to Action!

EXCITING NEWS

- Elva Walker Spillane
- Gerald Bloedow
- Robert E. and Rosalie A. Kane

Sponsors

Kristen Glaros Hanson
Board Member
Minnesota Gerontological Society
Elva Walker Spillane Scholarship

Kelsey Hermanson
Bachelor of Social Work Student
Winona State University

Living my dream to assist older adults lead a long life that is quality and enjoyable.

Elva Walker Spillane Scholarship

Hannah Weegman
Bachelor of Nursing Student
Winona State University

Reintroducing emotion and passion older adults thought could only be felt in their youth
Age-Friendly Perspectives

Adam Suomala, MPA
Executive Director
Minnesota Leadership Council on Aging

State Policy Perspective

Sherrie Pugh, Chair
Governor’s Council for an Age-Friendly Minnesota
Governor’s Council for an Age-Friendly Minnesota

Minnesota Board on Aging (MBA)
▶ Sherrie Pugh (Chair)

Minnesota Department of Health (MDH)
▶ Debra Burns
▶ Mary Manning

Minnesota Department of Veterans Affairs (MDVA)
▶ Nicole Peine
▶ Douglas Hughes
▶ Simone Hogan

Minnesota Department of Employment and Economic Development (DEED)
▶ Lorrie Janatopoulos

Minnesota Housing Finance Agency (MHFA)
▶ Ryan Baumtrog
▶ John Patterson

Minnesota Department of Commerce (COMM)
▶ Martin Fleischhacker

Minnesota Department of Transportation (DOT)
▶ Scott Peterson
▶ Victoria Nill

Metropolitan Council (Met Council)
▶ Susan Vento

Minnesota Department of Human Services (DHS)
▶ Daniel Pollock

Non-State Agency Council Members
▶ Anthony Taylor, St. Paul
▶ Rajean Moone, Woodbury
▶ Jocelyn Ancheta, St. Paul
▶ Debra Howze, St. Paul
▶ Dian Lopez, Alexandria
▶ Faron Jackson Sr., Cass Lake

State Policy Perspective

Sherrie Pugh, Chair
Governor’s Council for an Age-Friendly Minnesota
Community Perspective

Nan Just, MSPH
Age-Friendly Northfield

Individual Perspective

LaVerne Gilliam
Retired | Involved | Passionate
Please post your question

Gerald Bloedow Scholarship

Tarynn Johnson
Master of Gerontology Student
St. Cloud State University

Giving a voice to those who feel unheard or discriminated against within our health care system and society.
Gerald Bloedow Scholarship

Annie Myers
Master of Social Work Student
University of St. Thomas

Honoring choices, preserving wisdom, protecting dignity, and ensuring older adults are not forgotten.
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Care Providers of Minnesota

Gerontologist of the Year

John Brose, PhD, LP, LMFT, LADC
Founder I CEO I Clinical Director
Associated Clinic of Psychology
Robert L. and Rosalie A. Kane Scholarship

Odichinma Akosionu
Doctor of Philosophy Student
University of Minnesota

Listening and elevating the often-ignored voices of communities of color, and providing support through research so that all of us can live well with dignity.

Robert L. and Rosalie A. Kane Scholarship

Michelle Berning
Medical Student
University of Minnesota

Being an advocate for healthy aging.
“Older adults deserve to live in communities that are respectful, inclusive, and free of prejudice or discrimination...to be celebrated for their accomplishments and contributions. The aging of our population impacts every community and culture, and people of all ages should feel confident that they and their families can live vibrant, purposeful lives as they grow old.”

-MN Governor Tim Walz, 12/11/2019
Minnesota’s Age-Friendly Initiatives

Why so many?

▶ No Minnesota community looks the same!
Is Minnesota enrolled in the Network of Age-Friendly Communities and States?

Yes

No

I don’t know

AARP Age Friendly Process

Step 1: Application & Acceptance into Network

PLAN

EVALUATE

IMPLEMENT

Step 2: Develop an Action Plan (Years 1 - 2)

Step 3: Implement & Evaluate Action Plan (Years 3 - 5)

Step 4: Commitment to Continuous Cycle of Improvements (Years 5+)

Livable Communities
Great Places for All Ages
Governor’s Council on an Age-Friendly Minnesota Draft Recommendations

1. Enroll in Network of Age-Friendly Communities and States
2. Create a sustainable, ongoing structure to support work
3. Establish framework for state agencies to analyze AF work
4. Create inventory of data sources on aging
5. Emergency preparedness added as domain #9
6. Plan to extend broadband and communication services
7. Frame all within the context of diversity, equity & inclusion
8. Ensure the legislature is involved in AF movement

What commitment will you make to move Minnesota’s Age-Friendly movement forward?

Submit comments to the Governor’s Council
Attend a Governor’s Council virtual meeting
Talk with my legislator about Age-Friendly Minnesota
Other
The AARP Network of Age-Friendly States and Communities (NAFSC)

The AARP Network of Age-Friendly States and Communities seeks to help communities become more age friendly and create great places for people of all ages and all abilities.
Solving for the mismatch between desire and reality.

8 of 10 ADULTS age 50 and older want to stay where they live ≠

46% Believe they will stay in their home and never move

13% Move into a different residence within their current community

17% Not sure

24% Move to a different community

How many communities are enrolled in the AARP Network of Age-Friendly States and Communities?

a. 126
b. 377
c. 455
d. 682
Impact of NAFSC

Among respondents in later phases of NAFSC (COMMUNITY LEVEL) implementing an action plan, writing the 5-year progress report, or developing an ongoing plan

60% achieved a change in public policy
- Most common success: integrating an age-friendly lens into community plan
- Most frequent wins by category: housing, transportation, outdoor spaces and buildings, health and community services

34% achieved a private sector investment or action
- Most frequent wins by category: housing, health and community services, communication and information

85% described ‘other successes’ categorized as:
- Raising awareness of livable issues
- Increase collaboration within community
- Enact programs in accordance with Action Plan
- Integrate age-friendly lens into strategic planning
Who were the individuals/entities who championed enrollment in the AARP Network?

a. Residents  
b. Elected officials  
c. Area Agencies on Aging or Councils on Aging

Who serves as the lead organizers/organizations to coordinate age friendly work?

a. Government Agency  
b. Volunteers  
c. Age-Friendly Advisory Group
Age-friendly champions (pre-and during) are many

Who were the major champions that supported enrollment? Check all that apply.

- Elected officials: 72%
- Residents: 46%
- COA/AAA: 42%
- Senior Center: 36%
- Local AARP Chapter: 34%
- Local non-profit: 31%
- Existing Coalition: 30%
- Other (please specify): 29%
- Institute of Higher Education: 19%
- Foundation: 15%
- RPO - MPO, COG: 12%
- Chamber of Commerce: 11%
- Businesses: 10%

Who serves as the lead organization(s) to coordinate the age-friendly work? Check all that apply.

- Government Agency: 37%
- Age-Friendly Advisory...: 33%
- Volunteers: 21%
- Senior Center: 18%
- Local non-profit: 17%
- COA/AAA: 17%
- Institute of Higher Education: 11%
- Mayor: 9%
- Businesses: 6%
- Foundation: 6%
- RPO - MPO/COG: 6%
- United Way: 3%
- Chamber of Commerce: 3%

COA/AAA: Council on Area Agency on Aging
RPO: Regional Planning Organization
MPO: Metropolitan Planning Organization
COG: Council of Government

It’s your move!

For more information about joining the AARP Network of Age-Friendly States and Communities visit us at aarp.org/livable or contact AARP Minnesota. Or just get moving!

Will Phillips | AARP Minnesota State Director
1919 University Avenue W | Suite 500 | St. Paul, MN 55104
Office: 651-726-5041 | Mobile: 651-242-1077
Twitter: @willphillips74
Individual Perspectives

The Imperative - Age-Friendly Communities

- Changing expectations of what traditional work & retirement age are.
- Individuals do not stay with companies from birth to death.
- More individuals working as 1099 contract workers.
- Individuals likely to work 15-20 years longer than traditionally expected, in order to properly support themselves, their aging parents & their families.
- Employers are seeking individuals who can work flexibly & have very specific skills or experience.
- Individuals have valuable skills, knowledge & contributions to share but those that are young or older often are overlooked.
- Learn new skills, apply existing talents in new ways as they move through their careers & into second “encore” careers & retirement avocations.
- More work is becoming virtual, not location bound, therefore, requiring ongoing investment in skills & competency development utilizing technology tools.
What is your readiness level to learn and utilize online technology?

1. Already Comfortable and Utilizing
2. Somewhat Ready
3. Terrified but Interested
4. Reluctant but Open to It
5. Not Interested
What are the barriers for you to connect online in a meaningful way?

1. Assistance
2. Broadband
3. Connectivity
4. Devices
5. All of the Above

Call to Action

- Individuals
- Businesses
- Non-Profits
- Government
- Communities

A Collaborative Effort
Age-Friendly You: Individual Perspectives

Patsy Bartley
Executive Director
pbartley@shiftonline.org
www.shiftonline.org

WE VALUE

- Relationships across disciplines and organizations
- Passion for aging
- Knowledge, learning and research
- Innovation and forward thinking
- Collaboration between research and practice

www.mngero.org
Call to Action

DHS: Continuing Care for Older Adults Administration

- ~$1.5 billion annually in state and federal funds on long-term services and supports for 400,000+ older adults
  - 34,000 older/vulnerable adults on Elderly Waiver
  - 22,000 older/vulnerable adults in nursing facilities
  - 300,000 calls/year to the Senior Linkage Line

- Highest priority is equity in aging - partnerships with underserved minority, tribal and rural communities, to ensure that older adults have opportunity for healthy aging and person-centered care

- Oversight of county/tribal adult protective services system and MAARC reporting for 80,000 allegations of maltreatment, abuse or neglect
COVID-19: An unprecedented threat to older adults

Older adults (65+) are 30% of COVID confirmed cases in MN

... but represent 70% of the COVID-related deaths in MN

Agenda

Age-Friendly Considerations during the COVID-19 Pandemic:

• Supporting providers and local communities

• Coordinating State-level Efforts

• Helping older adults

• What’s Next?
Supporting providers and local communities

A Summary of State Coronavirus Funding to Date

The Coronavirus Preparedness and Response Supplemental Appropriations Act (P.L. 116-123),

The Families First Coronavirus Response Act (P.L. 116-127),

The Coronavirus Aid, Relief, and Economic Security (CARES) Act (H.R. 748),
Governor Walz’s Executive Orders

Executive Order 20-12: Waivers under peacetime emergency authority

Minnesota Statutes, section 12A.10 – Expedited reimbursement for nursing home providers in which one or more residents and/or staff are infected with COVID-19

https://mn.gov/dhs/waivers-and-modifications/

Estimating “Shelter in Place” Needs

- Fully serve people who are already receiving publicly-funded services
  - Elderly Waiver, Alternative Care, Essential Community Supports
  - Older Americans Act
    - Current meal recipients, in-home/supportive services recipients and caregiver support services recipients
- Start to serve people who are at risk and “pre-eligible”
  - Low income, solo seniors, Native American elders and elders from cultural and ethnic communities
Where do people live who are at-risk of COVID-19?

**Long-term Services and Supports**
- Nursing Facilities
- Intermediate Care Facilities (ICF/DD)
- Assisted Living (Housing with Services)
- Adult Foster Care/Community Residential Services

**Residential Behavioral Health Facilities**
- Licensed substance use disorder treatment facilities
- Licensed residential facilities, adults w/mental illness
- Detox Facilities
- Withdrawal Management Facilities
- Community Based Behavioral Health Hospitals
- IMDs (including SUD list and Andrew Residence)
- Other Tribe-certified facilities that aren’t licensed

**Other Congregate Facilities**
- Boarding Care Homes
- Board and Lodges, for people with disabling conditions (meals, living space and bathrooms)
- Board and Lodges with Special Services
- Supervised Living Facilities
- Housing with Services (Not Assisted Living)
- Sober Homes
- Halfway Houses (exiting Corrections)

**Emergency Homeless programs**
- Emergency Shelter
- Drop-in Centers
- Homeless Outreach to Unsheltered Individuals

**Low Income Housing**
- Supportive housing (purpose built and scattered)
- Public housing high rises
- HUD Section 811, 202; project-based section 8

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**Statewide Initiatives**

**Coordinating State-level Efforts**

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**COVID-19 Update:**
*Eliminating cost sharing for COVID-19 diagnosis and treatment*

**COVID-19 Update:**
*Expanding telemedicine for mental health*
Statewide Initiatives

• Statewide Emergency Operations Center (SEOC)
  • Triage protocol with Senior LinkAge Line
  • Problem solving to meet nutrition needs of older adults
  • Respond immediately to LTC sites in crisis (evacuation) through statewide health care coalitions (SHCC)

• Governor’s COVID-19 Workgroups
  • At-Risk Populations Work Group (Co-chairs, Dan Pollock and Cathy ten Broeke)

Alert Systems for providers in COVID Crisis

Site Status Reporting During All Phases

• Large (50+)* Congregate Care Settings report to MDH via MNTrac or REDCap (MDH)
• Homeless shelters report to via SASS (MDH)
• Medicaid providers COVID alert system (beta test) for small settings (under 50 beds), including smaller group homes and PCA agencies
  • Red - unstable, shortages of staff, PPE or supplies, uncontrolled COVID infections [only required if status changes]
Advancing equity during a pandemic

- Asian Americans experiencing the pandemic differently
- COVID disproportionate impact by socioeconomic status and race
- Black Minnesotans and indigenous communities experience homelessness and uninsured at greater rates
- People with a felony or family incarcerated (disproportionately Black) - COVID19 infection plus housing barriers
- Intersectionality of race and ability to social distance (only 16% of Latinx workers and 20% of Black workers have ability to work from home)
- Individuals with dementia and disabilities are uniquely impacted by trauma, isolation, and separation from families, informal caregivers, and other support persons
- Individuals, regardless of COVID, must have respect for their civil rights; protections from discrimination or retaliation

Statewide Initiatives

COVID-19
Senior meal plans adjust, add deliveries as centers close amid COVID-19

Helping Older Adults
Senior Linkage Line and Disability HUB

Senior LinkAge Line COVID-19 Support

The SeniorLinkAge Line provides information and referrals to older adults and their families.

1-800-333-2433

Office of Ombudsman for Long-Term Care Intake Line: 651-431-2555

- The Office provides immediate advocacy resources for residents in nursing homes, assisted living facilities, and other long-term care settings and for recipients of home care services.

Disability Hub MN COVID-19 support

Disability Hub MN is hosting a Coronavirus resource page for people with disabilities and families.

1-866-333-2466

- MA-EPD and other health care coverage
- Income
- Home and Community Based Services—concerns about staffing
- Community resources for supplies, equipment, accessing food and medication (SNAP, refills on medication, emergency assistance)
- Housing concerns—eviction, rights, paying rent/mortgage

Senior LinkAge Line

- Help for older adults and family, friends, neighbors who are caregiving

www.HelpOlderAdultsMN.org during COVID-19 (Metro Area Agency on Aging)

- Help for providers and communities – service developers available to problem-solve community level gaps in services
Older Americans Act Programs & Waiver Programs

- Supporting providers to shift service delivery to:
  - Meal delivery
  - Prescription drug delivery
  - Telephone reassurance
  - Online/phone caregiver consultation and support groups
  - Online health promotion classes
  - Emergency home modifications and outdoor chore

Grant Programs

Senior Volunteer Programs
- Shifting to telephone reassurance

DHS Live Well at Home Grants
- Application deadline extended to May 15
- Contract extensions underway so most providers do not need to reapply
What’s Next?

YOU can make a difference during COVID-19

- Help us become a more Age-Friendly State AND respond to this crisis
- Guidance for unpaid caregivers on infection control/dementia care
- Consider policy suggestions for Governor’s Age-Friendly Council

https://mn.gov/covid19/for-minnesotans/volunteer/
MGS would like to grow the Elva Walker Spillane Scholarship fund to $50,000 and continue to support for two students annually.

Donate to any of our scholarship funds today www.mngero.org
THANK YOU

CHECK YOUR EMAIL FOR EVALUATION AND CEU INFORMATION