



A BACKUP PLAN FOR MINNESOTA'S SOLOS

PRESENTATION BY LINDA J. CAMP, TURNING POINT CONSULTING



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- Individuals who, by choice or circumstance, function without the support system traditionally provided by family.
- "Functionally" Solo



A Definition of Solos

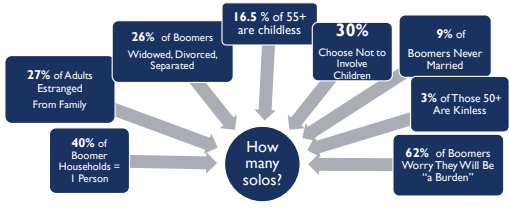
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EXAMPLES OF RISK FACTORS FOR "SOLO-NESS"

Demographic	<ul style="list-style-type: none"> No Children/Disabled Child No Spouse or Partner Friends/Partner/Spouse Same Age or Older Kinless (No Blood Relatives)
Relational	<ul style="list-style-type: none"> Live Alone Children/Family Live at a Distance Friends/Family Unavailable, Unwilling, and/or Unable Dysfunctional Family Estranged From Family
Behavioral	<ul style="list-style-type: none"> Extreme Independence or Reclusiveness Lack of Social and/or Problem Solving Skills Personality Disorder Choose Not to Involve Family**

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HOW MANY SOLOS ARE THERE? A FEW CLUES.....



- 27% of Adults Estranged From Family
- 26% of Boomers Widowed, Divorced, Separated
- 16.5% of 55+ are childless
- 30% Choose Not to Involve Children
- 9% of Boomers Never Married
- 3% of Those 50+ Are Kinless
- 62% of Boomers Worry They Will Be "a Burden"
- 40% of Boomer Households = 1 Person

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MN – OLDER ADULTS LIVING ALONE

Geographic Area	Estimated 2023 Population	Estimated 2023 Population Age 65+	Persons Age 65+ As Percentage of 2023 Population	Estimated Percentage of Persons 65+ Living Alone
Metro Area Counties	3,663,685	593,526	16	24
Greater MN – Most Populated Counties	1,567,759	308,857	19	25
Greater MN – Least Populated Counties	578,672	135,669	23	26

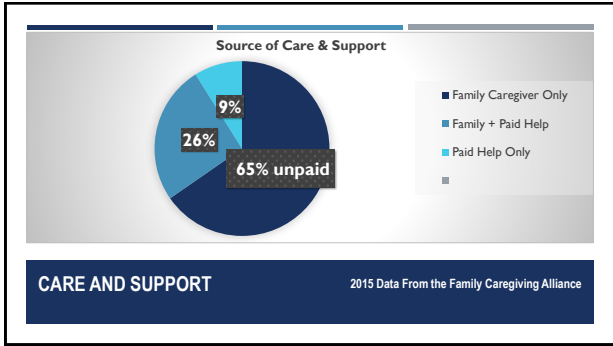
Source: 2023 American Community Survey and MN Demographic Center Estimates

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GOAL: KEEP OLDER ADULTS IN THE DRIVER'S SEAT OF THEIR LIVES FOR AS LONG AS POSSIBLE

- Growing Number of Solo Older Adults
- Not a "blip" --Next generations – same patterns
- Systems and Services Often Assumes Family Support
- "One-Size-Fits-All" Tools

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HOW TO MAKE UP THE RESOURCE GAP?

FRIENDS & NEIGHBORS -- A PARTIAL SOLUTION

Boomers at age 65:

- 12% fewer living with spouses than their parents at same age
- 36% fewer children than their parents at same age
- 30% fewer close friends than parents at same age
- 40% fewer community ties in their 40's than parents at same age

Data From Robert Putnam Testimony on Social Capital in America, US Congress Joint Economic Committee May 2011

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CAN SOLOS AFFORD TO PAY FOR SUPPORT?

DATA FROM 2021 AMERICAN COMMUNITY SURVEY MN INCOME DATA

Annual Income	Share of Those 65+
Under \$25,000	21%
\$25,000 to \$74,999	45%
\$75,000 and over	33%

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ISSUES FOR SOLOS

(DATA FROM AARP 2021 SURVEY: SOLO AGERS: ATTITUDES & EXPERIENCE)

(Sample = single individuals, no children, living alone)

- 67% of respondents had no one to help with managing household activities
- 71% had no one to help with financial tasks
- 50% had no will, POA, Advance Care Directive
- 41% said it was not likely or not very likely they would need assistance
- 51% said they had done no planning for their ongoing health & well being needs

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A PARTIAL SOLUTION: A DIFFERENT PLANNING MODEL

<p>First half of life – Focus</p> <ul style="list-style-type: none"> Accumulating Resources Unlimited Time Perspective Concrete Targets 	<p>Second half of life</p> <ul style="list-style-type: none"> Using up Resources Limited Time Perspective Targets – More Fluid, Less Tangible More life experience
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TRADITIONAL PLANNING MODELS

- Assume sufficient & qualified family to fill in the gaps
- A single family member/partner at the core
- Implication: Solos should find a "substitute" family member
- Focus on end of life and "big 3"

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THE BACKUP PLAN MODEL & TOOL

Key Objectives

- Help Organizations build the capacity to better serve solo older adults
- To help individuals develop a community of support by working with others to do research, solve problems, discover resources, and make connections.
- To help individuals craft a personal plan for health and well-being decisions/events that might occur during the second half of life.

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MODEL: A "BOTTOM UP" PROCESS

- Self Managing Group – Participants set the pace and agendas
- Not a "program" or workshop run by experts with a specific number of sessions
- Person Centered: Participants craft a plan around their unique situation
- Second half of life focus, not just end of life
- Supported decision making, shared problem solving
- Focus: If not you, then who

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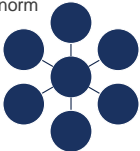
THE POWER OF PEERS & COMMUNITY

ROBERT PUTNAM (BOWLING ALONE) & DAMON CENTOLA (CHANGE)

Thick trust :
based on personal experience



Thin trust: Based on a community norm



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RESULTS ORIENTATION – NOT A LIST OF "SHOULD" PRESENTED BY EXPERTS

Result Areas

- Documentation** – (capturing critical personal information)
- Accessibility** – (where critical information is stored and how available to self and others)
- Resources** – (practical resources for health and well being solos can rely on)
- Connections** – (people resources/communication and interaction)
- Mobility** – (local resources to help stay engaged and manage health and well being)
- Accountability** – (reliability and integrity of supporters and surrogates)
- Assessment** – (watchful eyes that monitor well being, "trust is not enough")

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THREE ELEMENTS



- Sponsor:** Identify & recruit solos
Provide space to meet
Support objectives, provide feedback
- Coach:** May help recruit solos
Organize first few meetings
Monitor group progress
Keep group on track
Help resolve issues, address questions
- Solos:** Be active participants
Work with others

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BASIC PROCESS



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PARTICIPANT GUIDE

The Backup Plan Guide




Second Edition Fall 2022

- Explains objectives, ongoing process
- Identifies 7 result areas—what they are, why these results are important
- Thinking questions to stimulate awareness and help participants set personal and group targets
- Tips and Tools
- Appendix with supplemental information

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GUIDE FOR COACHES

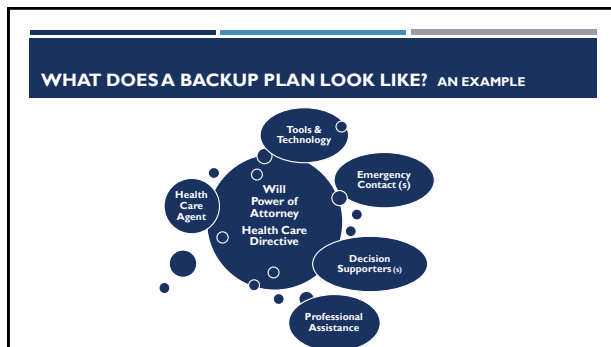
The Backup Plan Guide For Coaches



Second Edition Fall 2022

- Objectives and philosophy
- Role and responsibilities
- Examples of tasks for initial meetings
- Guidance for ongoing meetings
- Tips and Tools
- Opportunity for periodic sharing sessions with other coaches

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NEXT STEPS

Interested in sponsoring a Backup Plan Group?

Contact Linda Camp at:

thebackupplan2@gmail.com

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