Livability for All
What We’re Learning, Where We’re Going
Today’s Agenda

• Welcome and Introductions
• Overview of Age-Friendly Maple Grove: What, Why, Who, & How?
• Assessment Findings: What We’ve Learned About Growing Older in Maple Grove
• What’s Next for Age-Friendly Maple Grove?
• How You Can Help
• Group Discussion
Age-Friendly Maple Grove is...

• A city-based, community driven initiative to make Maple Grove a better place to grow older

• Led by a committee cross-sector representatives and community volunteers

• A member of the WHO/AARP Global Network of Age-Friendly Cities

• About the entire community, not a “senior program”
AMERICA IS AGING

Percent of Population 65+ in 2010

America is Aging

Percent of Population 65+ in 2030

Maple Grove: Older adult population on the rise

<table>
<thead>
<tr>
<th>Age</th>
<th>2000</th>
<th>2010</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-64</td>
<td>6.6%</td>
<td>12.8%</td>
<td>14.6%</td>
</tr>
<tr>
<td>65-74</td>
<td>2.6%</td>
<td>4.8%</td>
<td>7.3%</td>
</tr>
<tr>
<td>75-84</td>
<td>1.3%</td>
<td>1.9%</td>
<td>2.2%</td>
</tr>
<tr>
<td>85+</td>
<td>0.2%</td>
<td>0.6%</td>
<td>0.7%</td>
</tr>
<tr>
<td>Total 55 and above:</td>
<td><strong>10.7%</strong></td>
<td><strong>20.1%</strong></td>
<td><strong>24.8%</strong></td>
</tr>
</tbody>
</table>

Sources:
- 2016: City of Maple Grove Demographic Data
Why Become an Age-Friendly City?

“The age-friendly community movement is necessary because communities were and continue to be built without integrating the needs of people of all ages and abilities into decision making.

Cities and counties were developed without the choices needed to support an aging population and certainly not the aging of the largest cohort to be born on the planet.

Age-friendly must be defined not as a new program or a new trend in service delivery but as a fundamental rethinking of how we live together.”

-Kathryn Lawler, “Go Big or Go Home,” Public Policy Aging Report, 2015
Why become an Age-Friendly City?

**Economic** benefits

**Social** benefits

A *community-wide win*: what works for age 8 works for 80!
WHO 8 Domains of Livability

- Housing
- Transportation
- Outdoor Spaces & Buildings
- Community & Health Services
- Communication & Information
- Respect & Social Inclusion
- Civic Participation & Employment
- Social Participation
Age-Friendly Process: 5 Years, 4 Phases

**STEP 1:** Entering the network

**STEP 2:** Planning Phase
- a. Conduct community assessment
- b. Create action plan

**STEP 3:** Implement & Evaluate

**STEP 4:** Continuous Cycle of Improvement

- Year 0
- Years 1-2
- Years 3-4
- Years 5+
AF-MG Assessment: 5-Part Strategy
How We Gathered Community Input

1. Informal Input
2. Focus Groups
3. Service Providers
4. AARP Phone Survey
5. City Dept. Self-Assessments
Challenges in Assessment

• Not enough representation from isolated older adults living in own home.
• Difficult to engage ethnically/culturally diverse people.
• Additional input needed across the age spectrum.
Overview Of Our Findings:

People like living in Maple Grove. They appreciate its safety, beauty, locally available healthcare services, parks and walking trails and friendly people.

Challenges
#1: Transportation
#2: Housing
Outdoor Spaces & Buildings

Buildings
- Many doors are too heavy
- More seating in large stores
- Some entrances & exits far from each other, handicapped parking not central/easily accessed
- Additional curb cuts needed in long stretches of sidewalks (at shopping)

Parks & Public Spaces
- Would like indoor place for winter walking.
- Availability of neighborhood space/parks for quiet/scenic use. (Benches, walking, contemplative opportunities)
Social Participation

Maple Grove residents age 50+ say their community has an excellent to good variety of affordable social activities at convenient locations.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Excellent/Very Good</th>
<th>Good</th>
<th>Fair/Poor</th>
<th>Not exist in community</th>
<th>Not sure/Refused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conveniently located entertainment venues</td>
<td>69%</td>
<td>23%</td>
<td>4%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Continuing education classes or social clubs to pursue new interests,</td>
<td>67%</td>
<td>20%</td>
<td>5%</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>hobbies or passions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activities that are affordable to all residents</td>
<td>56%</td>
<td>30%</td>
<td>7%</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Activities that involve both younger and older people</td>
<td>51%</td>
<td>27%</td>
<td>8%</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Activities geared specifically towards older adults</td>
<td>49%</td>
<td>28%</td>
<td>6%</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Activities that offer senior discounts</td>
<td>48%</td>
<td>28%</td>
<td>6%</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>A variety of cultural activities for diverse populations</td>
<td>40%</td>
<td>27%</td>
<td>13%</td>
<td>19%</td>
<td></td>
</tr>
<tr>
<td>Local schools that involve older adults in events and activities</td>
<td>33%</td>
<td>25%</td>
<td>9%</td>
<td>33%</td>
<td></td>
</tr>
</tbody>
</table>

Question: Would you rate your community as excellent, very good, good, fair, or poor on having the following?
Source: 2016 AARP Age-Friendly Community Survey of City of Maple Grove Residents Age 50+
Social Participation (cont’d)

• Senior center is valued.
• Transportation is a barrier to some social participation.
• Cost can be a barrier.
• Senior housing can provide social connection.
Respect & Social Inclusion

- People generally feel respected and included
- Community events like Maple Grove Days and Farmers Market are supportive and inclusive
- Difficult for newcomers to socially connect, especially if not living in senior housing
Civic Participation & Employment

• The majority of Maple Grove residents age 50+ rate their community positively on having access to a variety of volunteer activities.

• Half of Maple Grove residents age 50+ rate their community positively for having a range of flexible job opportunities for older residents.
Communication & Information

**Age-friendly Maple Grove:** Creating a high quality of life for all ages

Community invited to learn more and provide input.

Age-friendly Maple Grove is a city-sponsored, community-driven initiative to make Maple Grove a better place to grow older. The City of Maple Grove is part of the World Health Organization (WHO) Global Network of Age-Friendly Cities. As a network member, the city commits to taking steps to become a better place for older adults using the program's framework as a guide.

Older people are the fastest growing demographic in the world and the United States. In Maple Grove, nearly a quarter of the population is 55 or older. Communities that prepare for the opportunities and challenges accompanying this unprecedented demographic shift will now have tools and guidance.

In keeping with the World Health Organization’s framework, age-friendly Maple Grove’s first major phase of work was a community assessment of the needs and desires of older adults. The findings of the assessment have been presented to city council, city staff, and the citizens advisory committee. You are invited to hear and comment on the assessment findings on **Wednesday, September 27** at either 2 p.m. or 7 p.m. at the Maple Grove Community Center.

**WebTrac: Online Registration!**

Set up your account in just a few simple steps. Do it BEFORE registration dates to save time! (Google is the preferred browser.)

**webtrac.maplegrove.n.n.gov**

Create a login and password. Place a program into your wishlist now and then move it to your cart on registration day!

**Seniors/55 Forward program registration starts on Tuesday, August 22 at 9:00 am.**

**General program registration starts on Wednesday, August 23 at 9:00 am.**
Community and Health Services

The majority of Maple Grove residents age 50+ rate their community excellent to very good on having well-maintained and conveniently located health care facilities.

<table>
<thead>
<tr>
<th>Service</th>
<th>Excellent/Very good</th>
<th>Good</th>
<th>Fair/Poor</th>
<th>Not exist in community</th>
<th>Not sure/Refused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-maintained hospitals and health care facilities</td>
<td>90%</td>
<td></td>
<td></td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Conveniently located emergency care centers</td>
<td>81%</td>
<td></td>
<td>14%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>Easily understandable and helpful local hospital/ clinic answering services</td>
<td>60%</td>
<td>22%</td>
<td>2%</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Conveniently located health and social services</td>
<td>56%</td>
<td>23%</td>
<td>5%</td>
<td>2%</td>
<td>15%</td>
</tr>
<tr>
<td>Affordable health and wellness programs and classes</td>
<td>48%</td>
<td>24%</td>
<td>4%</td>
<td>23%</td>
<td></td>
</tr>
<tr>
<td>Affordable fitness activities specifically geared towards older adults</td>
<td>46%</td>
<td>24%</td>
<td>6%</td>
<td>23%</td>
<td></td>
</tr>
<tr>
<td>A service that provides people to help seniors easily find and access health and supportive services</td>
<td>32%</td>
<td>18%</td>
<td>5%</td>
<td>43%</td>
<td></td>
</tr>
<tr>
<td>Affordable home care services (e.g., personal care and housekeeping)</td>
<td>22%</td>
<td>19%</td>
<td>5%</td>
<td>2%</td>
<td>52%</td>
</tr>
</tbody>
</table>

Question: Would you rate your community as excellent, very good, good, fair, or poor on having the following?
Source: 2016 AARP Age-Friendly Community Survey of City of Maple Grove Residents Age 50+
People want and need:

• Help navigating the complex healthcare system (better “health literacy”)
• More mental health services
• Support for people with dementia and their caregivers
• Access to nutritious food and prepared meals
• Better translation services for non-English speakers
• More affordable home care services
• Help combating isolation
• More preventative care, not just sick care
• Affordable chore services
• More and better delivery services from grocery stores, restaurants, etc.
Transportation

Transit:
More and better options are needed
• Existing options are limited. There are few choices and each has considerable limitations

Walkability
• Need more and better sidewalks
• People don’t feel safe at some intersections
• More benches on walking trails & in parks

Driving & Parking
• Too much traffic congestion
• Traffic/street signs can be hard to read
• Need more handicapped parking
• A simple map of central MG would help
Most Maple Grove residents age 50+ drive themselves to get around their community.

- **88%** drive themselves around
- **18%** have others drive them
- **48%** walk
- **33%** ride a bike
- **6%** take a taxi
- **4%** use a special transportation service
- **10%** use public transportation

**Question:** How do you usually get around your community for things like shopping, visiting the doctor, running errands, or other things?

**Source:** 2016 AARP Age-Friendly Community Survey of City of Maple Grove Residents Age 50+
Housing

The majority of Maple Grove residents age 50+ expect to stay in their home or community as they get older.

- More options needed – especially affordable
- Housing that includes services is too expensive for many
- Less “vertical living” / more single level
- Home modifications can allow people to remain at home
- Continuing to get more expensive
What’s Next?

• Share findings with community
• Gather further input
• Develop three-year action plan
• Implement action plan 2018 - 2020
How Can You Help?

Share your input

Volunteer with Age-Friendly Maple Grove
• Attend monthly committee meetings
• Stay informed (join e-mail list)
• Engage in action plan implementation

Spread the word
Contact us!

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(612) 889-6557 | vikesfan321@gmail.com

More information on the Web

• Age-Friendly Maple Grove
  maplegrovemn.org/agefriendly

• AARP Age-Friendly Communities:
  aarp.org/agefriendly

• AARP Livable Communities:
  aarp.org/livable

• World Health Organization:
  who.int/ageing/en