

Aging in Place: City of North Saint Paul

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What is Aging in Place?

- The ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level.¹
- Nearly all adults age 65 and older want to remain in their current home as they age.²
- Home, community, and personal relationships are all important components of aging in place.³

Aging in North Saint Paul

- Over 13% of North Saint Paul residents are age 65 or older.⁴
- Almost 25% North Saint Paul households include one or more individuals aged 65 or older.⁴
- Over 20% of North Saint Paul residents are between the ages of 50 and 64.⁴

Project Objectives:

- 1) Identify North Saint Paul's specific barriers to aging in place
- 2) Using resident input, discover what residents need in order to age in place successfully.
- 3) Provide recommendations for programs/policies to address these barriers and support aging in place within North Saint Paul.⁵

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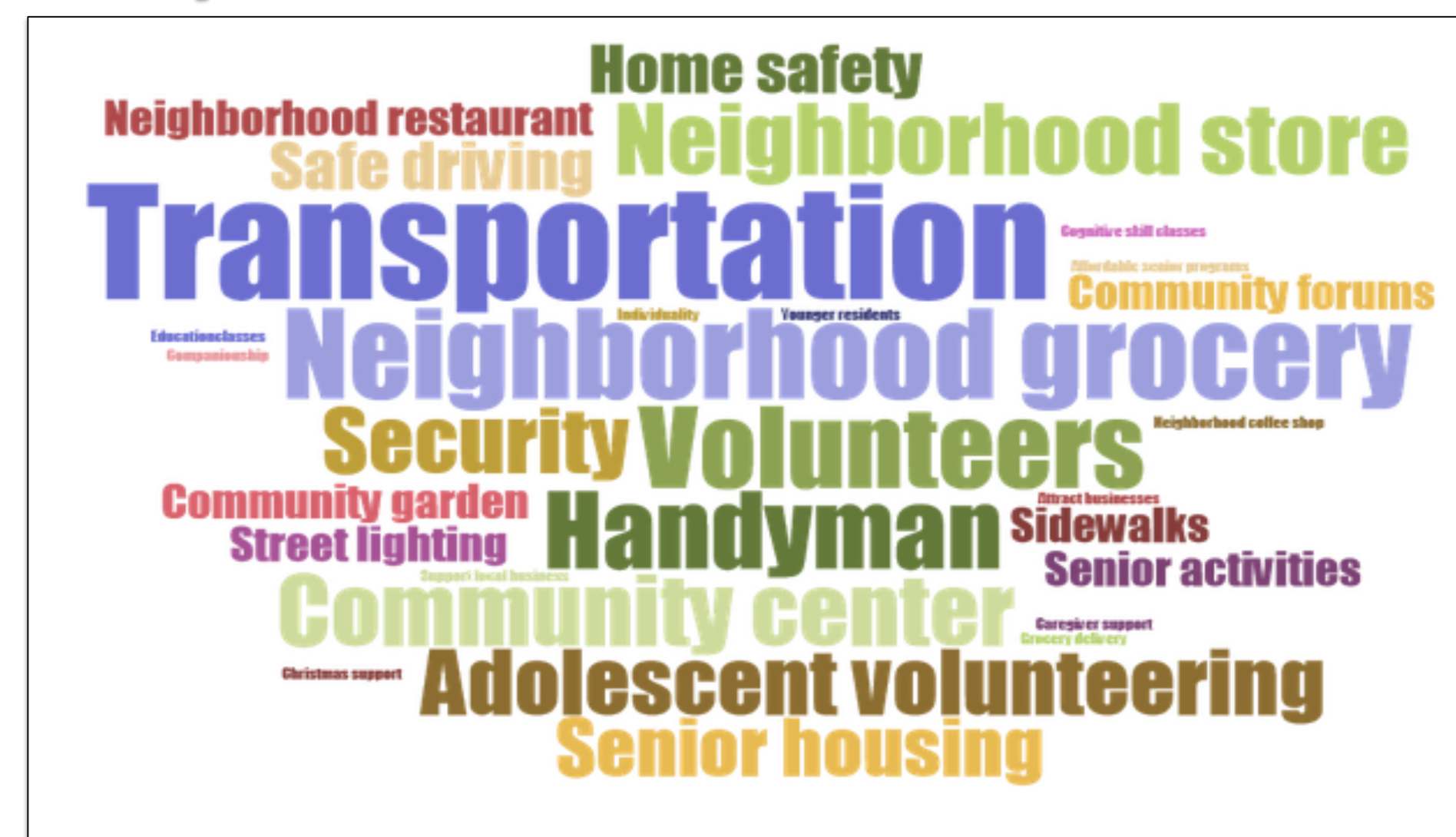
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World Café Event



Key Terms from World Café Event



*Larger words occurred more frequently during discussion

Literature Review Key Findings

- Frailty, a predictor for institutionalization, disability, dependency, need of community support, and informal support services, increases as populations age.^{5,6}
- Cognitive function strongly influences one's ability to live independently.⁷
- 16.9% of all drivers in Minnesota are over the age of 65 and represent over 8.6% of all crash fatalities.⁸
- 70% of seniors living independently experience home maintenance difficulties.⁹
- Many older adults move from their communities when their needs are no longer being met.
- Aging in place initiatives are successful in improving and maintaining physical and mental health.^{10,11}

Conclusions & Recommendations

- Aging in place initiatives in North Saint Paul have the potential to help the community adapt to better meet the needs and to preserve the health of their aging population.

Transportation:

- Community members are concerned about getting around North Saint Paul as they age.
- Alternative transportation and driver safety programs should be explored to increase options for older adults.

Supportive Services:

- Older community members need assistance with functions they are no longer able to perform.
- Residents suggested:
 - city should partner with schools or youth programs to begin a volunteer network
 - a website to share information

Community Engagement:

- Engagement in community activities can increase physical activity and prevent cognitive decline.
- Community members suggested volunteer programs and lifelong learning/sharing programs.

Health Promotion/Maintenance:

- Primary prevention and general wellness will help prevent the further functional and health declines associated with frailty.
- Prevention of frailty will prevent/delay institutionalization or migration of community members who cannot meet their needs in North Saint Paul.