

Issue

Is the City of North Saint Paul providing adequate access to necessary services for its growing older adult population?

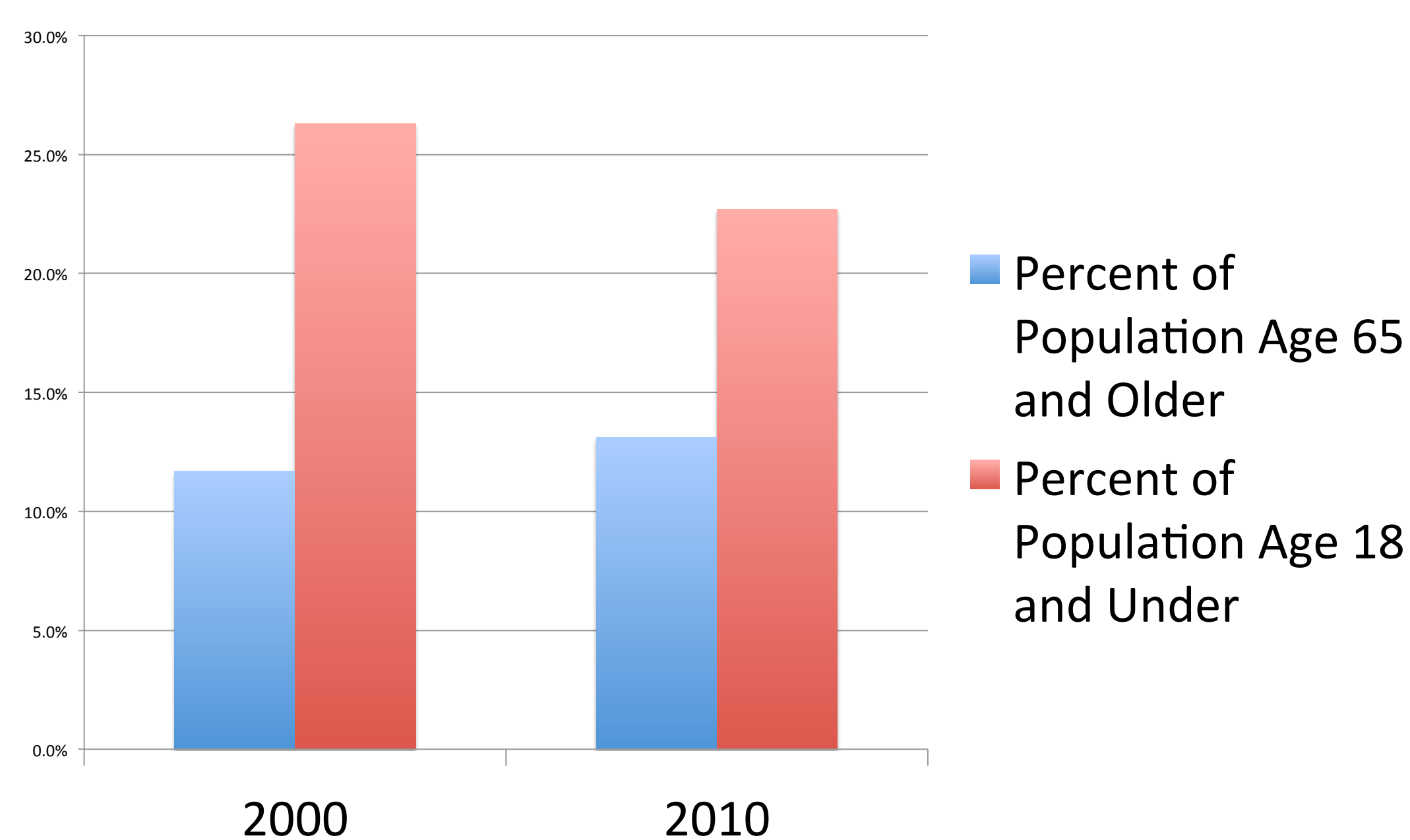


Photo from North Saint Paul Downtown Design Manual

Background

North Saint Paul residents feel a connection to the city. Many adults would like to stay in North Saint Paul as they age.

North St. Paul's Population of Children versus Older Adults



Visual created by Lauren Siegel. Data Source: US Census Bureau

Project Methodology

The class was charged with researching and analyzing the availability of services and resources for older adults.

Besides resource research, some students had the opportunity to speak with older adult residents, in order to get an idea of resident needs and interests.

“I would love to stay in North Saint Paul for the rest of my life. When I can no longer drive, and if I have to move out of my home, I want to move to downtown and be near shopping and restaurants.”

—North Saint Paul Resident

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Findings From Project

- Accessing many of the resources and services depend upon having a car and driving.
- Many of the services that are accessible from North Saint Paul do not make accommodations for those on a low, fixed income (such as a sliding fee scale).
- Some roads need more lighting to promote safety for older adults, who often have impaired vision.
- Not enough varied housing options to fulfill the demand of older adults. If new developments are not possible, providing transportation between North St. Paul and nearby senior housing would allow older adults to maintain relationships with contacts in North Saint Paul.
- No continuum of social activities to fit varying activity levels and abilities. Transportation to existing activities will likely be a challenge.
- Residents expressed an interest in a Block Nurse program to help them take a proactive approach to their health. This and other community-based programs are effective, preferred, and cost less.



Photo Courtesy of BestCare Methodist Health System