

Communities for a Lifetime (CFL) Initiative

Engaging community members, leaders in the private and public sectors to create accessible, supportive Communities for a Lifetime that enable people to lead active vital lives

What makes a Community for a Lifetime?

- ❖ **Transportation options** to help keep people mobile and independent
- ❖ **Sidewalks and paths** that are walkable for transport and exercise
- ❖ **A full range of affordable housing** options as needs change
- ❖ Accessible and quality **services that support older adults and caregivers** in home and community settings
- ❖ Flexible and supportive **employment and volunteer opportunities**, including intergenerational activities
- ❖ **Effective technology** to connect people and help with life's activities



An aging County will have a large impact:

- ❖ In 2010, 39,816 people were age 65 and older
- ❖ From 2010 to 2020, the number of people age 65 and older in Dakota County is projected to nearly double
- ❖ From 2010 to 2030, the number of people age 65 and older in Dakota County is projected by the Minnesota Department of Human Services to more than triple

As Boomers Age:

- ❖ Every day, about 10,000 Boomers will turn 65, a trend that will continue for the next 20 years
- ❖ 1 in 4 residents of Minnesota will be age 65 or older by 2030
- ❖ By 2030, there will be more people age 65 and older in Minnesota than elementary, middle and high school combined
- ❖ An estimated 28 percent of Minnesota Boomers may not have sufficient resources to cover their retirement expenses
- ❖ Boomers have very different expectations from their parent's generation in terms of work, housing, activities, and the services they desire



Dakota
COUNTY

Public Health
Prevent. Promote. Protect.

TO LIFELONG SUPPORT

To learn more about Dakota County's Communities for a Lifetime Initiative, contact Jess Luce - jess.luce@co.dakota.mn.us or 651-554-6104.

Issues	Key Challenges	Action Steps	Potential Partners
Housing	Affordable housing options are limited.	Encourage development of full range of housing options (apts., condos – single level units).	<ul style="list-style-type: none"> • <i>Housing developers</i> • <i>Cities</i> • <i>Trade groups</i> • <i>Dakota County Community Development Agency</i> • <i>Nonprofits</i>
	“Peter Pan Housing” – home and building design is tailored to narrow range of physical abilities.	<ul style="list-style-type: none"> • Institute home modification and repair programs • Encourage universal design, “visitation” in new housing 	
	Housing and services are not coordinated.	Build partnerships with housing and service providers.	
Planning and Zoning	Lack of public support for community design that supports aging in place/community.	Engage Boomers/older adults in planning process (asset mapping); create focus groups.	<ul style="list-style-type: none"> • <i>Cities</i> • <i>Residents</i>
	Zoning regulations discourage a broad range of age-appropriate housing options.	Incorporate accessory dwelling units; update zoning codes.	
Transportation	Road design makes walking difficult.	Use walkability audits to identify and prioritize pedestrian improvements.	<ul style="list-style-type: none"> • <i>Transportation providers</i> • <i>Cities</i> • <i>Counties</i> • <i>Community education</i> • <i>Libraries</i> • <i>Residents</i>
	Many older drivers experience specific difficulties related to the driving environment.	<ul style="list-style-type: none"> • Improve signage and road design. • Provide safety programs and driving refresher courses (ex. Car Fit). 	
	Customer-oriented community transportation options are lacking.	<ul style="list-style-type: none"> • Make transit more flexible and responsive. • Support volunteer driver programs. • Support a circulator bus model. 	
Health and Supportive Services	Community information on available services is dispersed across agencies and providers. Some people don’t know what’s available.	<ul style="list-style-type: none"> • Promote Senior LinkAge Line/One Stop, www.MinnesotaHelp.info, DARTS hotline • Create an (online, self-serve portal; easily updated) directory of local service providers. 	<ul style="list-style-type: none"> • <i>Health care providers</i> • <i>Home care providers</i> • <i>Nonprofits</i> • <i>Metropolitan Area Agency on Aging (MAAA)</i>
	Home-based services are often disjointed (for ex., medical and homecare).	Encourage providers to integrate home-based services.	
	Lack of transportation to hospitals, doctors’ offices affects access to health care.	Improve access to medical transportation.	
Cultures and Lifelong Learning	Few arts and cultural programs are offered to older adults.	Provide opportunities for intergenerational learning around arts and cultural activities.	<ul style="list-style-type: none"> • <i>Cities</i> • <i>Community education</i> • <i>Libraries</i> • <i>Nonprofits</i> • <i>Residents</i>
	Few opportunities for older adults to stay up-to-date on technology.	Increase technology trainings (ex., classes pairing older adults and youth).	
Strengthen Neighborhoods and Public Safety	Connections and safety could be improved in some neighborhoods.	<ul style="list-style-type: none"> • Encourage Neighborhood Watch programs. • Create Neighborhood Networks to strengthen connections and support. 	<ul style="list-style-type: none"> • <i>Local law enforcement</i> • <i>Cities</i> • <i>Community education</i> • <i>Residents</i>
Civic Engagement Opportunities	Civic engagement options are limited in many communities.	Provide more options; community education classes in schools, and programs linking older adults and youth.	<ul style="list-style-type: none"> • <i>Cities</i> • <i>Community education</i> • <i>Libraries</i> • <i>Nonprofits</i> • <i>Residents</i>

*Adapted from: *A Blueprint for Action: Developing a Livable Community for All Ages*