

AGING IN PLACE AND IN YOUR COMMUNITY

GROUP DISCUSSION QUESTIONS



Many people want to keep living in their home as they get older. This is called “aging in place”. Staying healthy and safe is necessary to age in place and being active in your community. Health changes as we get older and it can happen over time or very quickly, and we might need help to stay independent. It is good to be aware of the changes as we age, and there are questions we should consider and steps we can take to stay in our home and community.

It can be hard to face the fact that we are growing older and may need some extra help. Remember, we are all aging—every one of us! Start early by planning for the future and having conversations with family, friends, and neighbors.

- 1▶ Good health is an important part of aging in place. What does it mean to you to be living in a healthy way?**

Things I want to work on, improve, or ask about:

- 2▶ Living in a supportive community helps people age in place. What are important parts of a supportive community?**

Things I want to work on, improve, or ask about:

- 3▶ Accessibility means things made or designed for people who have physical or mental disabilities. What does a home need to be more accessible?**

Things I want to work on, improve, or ask about:

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- 4▶** Aging in place means some personal responsibilities continue.
What should someone be able to do every day or week to stay healthy and safe at home?

Things I want to work on, improve, or ask about:

- 5▶** Transportation - getting places is an important part of life.
What should someone consider if they want to age in place and stay mobile?

Things I want to work on, improve, or ask about:

- 6▶** Location, Location, Location! What should someone consider if they are thinking about changing to a new home?

Things I want to work on, improve, or ask about:

OTHER NOTES:

RESOURCES: Visit www.dakotacounty.us (search “aging in place”) to find a resource list of agencies in Dakota County and the metro area that can provide assistance on topics such as aging, health, daily living, housing, accessibility and transportation.

Dakota County Public Health Department
Communities for A Lifetime
651.554.6100
www.dakotacounty.us (search “CFL”)
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