



AGING IN PLACE IN YOUR COMMUNITY

GROUP FACILITATOR QUESTIONS

GROUP FACILITATOR:

You can use this document to help lead a discussion about safely aging in place.

TIPS FOR USING THIS CHECKLIST:

- ▶ Encourage everyone to be respectful. This should be a comfortable discussion – no one has to share personal details that they do not want to share.
- ▶ Ask the questions one at a time. Give the group a couple minutes to think on their own, and then 5-10 minutes to discuss.
- ▶ Use the prompts below each question to encourage the group to think about other important factors.
- ▶ Provide resources at the end of the discussion.

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. Our 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.

QUESTIONS:

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

Prompts: Eating a balanced diet; walking at least 30 minutes each day; doing things like stretching to improve balance; managing medications; having a good memory; feeling happy most of the time.

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

Prompts: Services or programs are available; opportunities to volunteer or work; social groups and hobbies; friends and/or family live nearby.

AGING IN PLACE AND IN YOUR COMMUNITY

GROUP FACILITATOR QUESTIONS

QUESTIONS:

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

Prompts: Having the bedroom, bathroom, and kitchen on the main floor (no stairs); added safety features like higher toilets, grab bars in the shower, wider doorways, no dangerous features like loose rugs or bad lighting.

- 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?

Prompts: Able to (or get help with) shop and do errands; spend time with friends and being social; basic house cleaning; able to pay bills on time; cook and eat three meals every day; take care of basic hygiene.

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

Prompts: Ability to drive without restricting when or where you drive for safety reasons; friends and family don't worry about your driving ability; use other transportation options, like the bus, are available.

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

Prompts: Location is near shopping, amenities, transit options; Services or programs are available; opportunities to volunteer or work; social groups and hobbies; friends and/or family live nearby.

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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