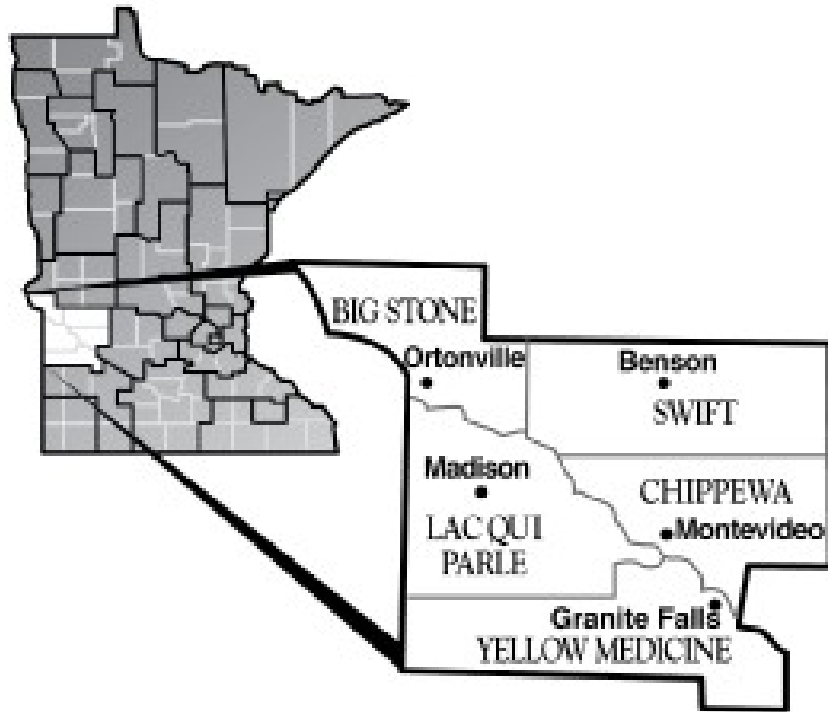


Creating Rural Age Friendly Communities

Laura Thomas, Director of Aging Well



Prairie Five Community Action's service area



Less than 1% of the state's population
Montevideo is the largest town (pop 5200) and has the only Walmart.

Lac qui Parle county had a -10% population growth since 2010 and has a median age of 50.

This is rural Minnesota.

Y – yes this basic service exists. N- No it doesn't.

Town	County	POP	65+	Restaurant	Gas Station	Conv. Store	Grocery Store
Beardsley	Big Stone	204	51%	N	Y	Y	N
Clinton	Big Stone	334	45%	N	Y	Y	Y
Graceville	Big Stone	655	42%	Y	Y	Y	Y
Ortonville	Big Stone	1927	39%	Y	Y	Y	Y
Maynard	Chippewa	415	32%	Y	Y	N	N
Milan	Chippewa	344	26%	Y	Y	Y	Y
Montevideo	Chippewa	5165	25%	Y	Y	Y	Y
Clarkfield	Yellow Med	850	26%	N	Y	N	N
Granite Falls	Yellow Med	2638	37%	Y	Y	Y	Y
Hazel Run	Yellow Med	32	82%	N	N	N	N
Boyd	LQP	116	55%	Y	Y	N	N
Madison	LQP	1574	40%	Y	Y	Y	Y
Marietta	LQP	169	45%	N	Y	N	N
Benson	Swift	3113	30%	Y	Y	Y	Y
Clontarf	Swift	126	32%	N	N	N	N
Holloway	Swift	110	35%	Y	Y	N	N

Challenges on the Prairie

- Lack of basic resources such as gas stations and grocery stores
- Older people living alone with long distance children
- Lack of people in their “prime working years”
- Agrarian culture

Agrarian Cultural Characteristics

- Hard working....Won't accept something they haven't worked for or earned
- Independent....Why are you offering a solution for something isn't a problem?
- Resourceful....Disinterest/distrust of that which hasn't come from the community
- Determined...Set in their ways
- Appreciation for history and tradition....The latest/greatest/newest thing out of the metro holds no appeal. No thanks to the gimmicks.

Prairie Five's Innovative LIVE WELL AGE WISELY Approach

- P5's Age Friendly Communities Initiative: Live Well Age Wisely
- P5's Mobile Community Center (Live Well Age Wisely on the Go!)
- P5's Hot/Cold food truck (P5 Meals on the Go!)



Age Friendly Communities

LIVE WELL AGE WISELY approach

- Re-imagining aging
- Community-based – no one looks good in a one size fits all tee-shirt! Who is the trusted voice in the community?
- Building connections and Relationships – humble yourself and listen, you aren't the aging expert, the community is
- Aging services is not a numbers game!



Mobile Community Center : Live Well Age Wisely On the Go!

We bring services to older adults and address issues such as malnutrition, low fixed incomes, lack of socialization and loneliness

Versatile – variety of service delivery

- Bring life back to the senior centers that go unused due to lack of staff
- Vehicle equipped to provide services on board in towns where no meeting facilities exist (support group location)
- Services may be provided in resident's home which allows for observation of safety issues and health deterioration checks
- Partner events with agencies, providers (Flu Shot Clinic, Census 2020)
- Medicare on the Go! Open Enrollment tour

Innovation Continues in Pandemic Era

- Tablet lending library (including Technology orientation program and online resources library)
- Tele-Information Service for Older Adults and their Caregivers

P5's Hot/Cold Food Truck



Multi-purpose Vehicle

- Addresses the need for older adults to have easy access to fresh or frozen healthful and delicious meals
- Low population means it's difficult to find volunteer drivers for meal delivery
- Raises awareness of the services and is awesome publicity
- Reduces social isolation and serves as a safety check
- Resources for older adults kept on board

BY IMPLEMENTING COLLABORATIVE AND CREATIVE APPROACHES TO MEET THE NEEDS OF OLDER ADULTS IN RURAL MINNESOTA RIGHT NOW, WE SERVE AS AN EXAMPLE OF INNOVATION THAT OTHERS MAY DRAW FROM FOR DELIVERY OF AGING SERVICES AND CREATING AGE FRIENDLY COMMUNITIES.



I welcome your questions
and suggestions!

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Aging services is not a numbers game!