

How Age Friendly is My Community?

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Abstract

Age-friendly communities are a vital aspect of successful aging. For a community to be deemed age friendly there are several components and criteria that must be met. This includes housing, outdoor spaces and built environment, transportation, social environment, community support, as well as health and wellness services. Tecumseh, Michigan is a small town in Lenawee County. The purpose of this comparative analysis research study was to determine if Tecumseh meets certain requirements that would qualify the town as having age-friendly aspects therefore making it an ideal place for older adults to live in. The results of this investigation will be discussed throughout this poster presentation.

Criteria for Age-Friendliness of a Community

- Housing
- Outdoor Spaces and Built Environment
- Transportation
- Social Environment
- Community Support
- Health and Wellness Services

Housing

- Cambrian Assisted Living
- Westhaven Adult Foster Care
- Tecumseh Place Inc.

Outdoor Spaces and Built Environment

- Indian Crossing Trails Park
- Mitchell Park
- Tecumseh Senior Center
- AJ Smith Recreation Center
- Tecumseh District Library
- Tecumseh Center for the Arts (performing arts theater)
- Tecumseh Area Museum
- Paved, accessible downtown with antique stores, restaurants, hair salon, boutiques, and locally owned businesses

Transportation

- Handicap parking spots
- Lenawee Transportation (county transit service)
- Lenawee Department on Aging (volunteer transportation)
- Lenawee County Department of Human Services (medical transportation)
- Lenawee Community Ambulance
- Right at Home Transportation
- Uber and Lyft

Social Environment

- Tecumseh Center for the Arts: plays, comedies, musicals
- City of Tecumseh: city government office, city council, where to go to obtain various permits

Community Support

- LISD Tech Center: offers adult learning courses for all ages
- Lenawee Lifelong Learning: an educational program for adults that offers courses on a variety of topics free of charge
- Senior Corps: Lenawee County Department on Aging Foster Grandparent Program, Monroe Senior Citizens Center, Inc. RSVP Program

Health and Wellness Services

- Khan Kashif A (psychologist)
- Health Specialists of Lenawee, P.C. (doctor)
- Tecumseh Family Practice (doctor)
- LoMonaco Healthcare Family Chiropractic (chiropractor)
- Tecumseh Neck & Back Family Chiropractic Corporation (chiropractor)
- Tecumseh Family Dental Care (dentist)
- Anklin Eye Care (optometrist)
- Gillin Eye Care (optometrist)
- After Hours Clinic & Walk In
- Promedica Hearrick Hospital: ER, blood tests, mammograms
- Allergy & Asthma Center
- Home Healthcare: Visiting Angels, Friends Who Care Inc., Home Instead Senior Care
- Physical activity: Tecumseh Senior Center (exercise classes), Tecumseh Community Pool (open swim, water aerobics)
- Access to quality foods: farmer's market, grocery stores

Conclusion

The results of this comparative analysis research study show that Tecumseh, Michigan is indeed an age-friendly community. The town meets the necessary criteria that would qualify a location as being a suitable place for older adults to reside. Within each component, there are several resources and options for older adults.

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