

How Age-Friendly Is My Community?

Keeley Smith
The University of Findlay

ABSTRACT

The World Health Organization has established a set of criteria pertaining to what makes a community "age-friendly". Those criteria are: housing, outdoor spaces and built environment, transportation, social environment, community support, and health and wellness services. While Lima offers multiple modes of transportation and has volunteer opportunities for the older members of the community, with several well-kept parks scattered throughout the area, it fails to meet other criteria. To be considered an "age-friendly community", Lima would need to improve upon its housing options in terms of safety, cleanliness, and the quality of care offered in the nursing homes and assisted living facilities. It also lacks affordable health and wellness services and a proper recreation center for the older adults in our community. The purpose of this presentation is to evaluate the city of Lima and compare it to the standards set forth by the WHO to determine if it is an "age-friendly" community.

HOUSING

- ❖ Home Care Options
 - Home instead Senior Care & Comfort Keepers of Lima
- ❖ Low-Income/Affordable Options
 - Town Square Apartments (Retirement Home)
 - Greenway Apartments (Independent Living)
- ❖ Lima has multiple senior living options in accessible areas with transportation, updated designs, in safe areas. However, very few quality living options in Lima are affordable.

OUTDOOR SPACES & BUILT ENVIRONMENT

- ❖ Parks
 - Faurot Park, Johnny Appleseed Metropolitan Park, Ottawa Metro Park, Heritage Park
- ❖ Senior Citizens Services (Recreational Facility)
- ❖ YMCA
 - The Silver Sneakers Programs: Classic, Cardio, Splash, & Yoga (Free for Members)
- ❖ Westwood Fitness Club
 - Holds tennis & pickleball tournaments for seniors only at certain times
- ❖ Lima Public Library
- ❖ Encore Theater

TRANSPORTATION

- ❖ Allen County RTA
 - Covers Allen County, runs a fixed route Monday-Saturday, wheelchair accessible, dial-a-ride private pay service
- ❖ Go Bus
 - Trips from Van Wert to Columbus and back stops at Delphos, Lima, and Kenton, daily trips, wheelchair accessibility
- ❖ GOHIO Commute
 - Tips anywhere in Allen County, 24/7 as a ride match is available

SOCIAL ENVIRONMENT

- ❖ Allen County Council on Aging
 - Adult day services with qualified staff
 - Offers special activities on crafts, current event discussion, cards, exercise classes, cooking classes, and educational programs
- ❖ Area Agency on Aging 3
- ❖ Platforms to Receive Information:
 - Twitter
 - News Broadcast & The Lima News Paper

COMMUNITY SUPPORT

- ❖ Apollo Career Center: Adult Education Program
 - Offers courses pertaining to the medical field, manufacturing and welding, public safety, information technology, early childhood education, special interest classes, culinary arts
 - Seniors can earn their high school diplomas/GED
 - Offers online courses for short and long-term programs
- ❖ Ohio State Lima
 - Lifelong Learning Institute (LLI): program offering classes for seniors on four Tuesday's and Thursday's in April and October

HEALTH & WELLNESS SERVICES

- ❖ Multiple grocery/convenience stores in the area
 - Walmart, Meijer, Ruler Foods, Dollar General
 - West Ohio Food Bank, Churches United Pantry, St. Vincent De Paul Food Pantry, Veterans Food Pantry, Salvation Army, Heartbeat of Lima, Our Daily Bread Soup Kitchen
 - Meals on Wheels
- ❖ Hospital Services
 - Lima Memorial, St. Rita's Medical Center, Senior Citizens Services (Recreational Facility)
- ❖ Area Agency on Aging 3
 - Assist senior citizens in Lima to educate and provide health advice
 - Offer 6-8 week health education programs to retiree community focusing on fall prevention, chronic diseases, chronic pain and diabetes

CONCLUSIONS

Lima, Ohio meets the criteria to be considered an age-friendly community. However, I do believe that there is still room for improvement in some areas in order to properly care for the seniors in the community. Lima has multiple outdoor spaces, as well as indoor activities for the seniors to participate in as an individual or with friends or family. There are also multiple means of transportation that is reliable, accessible, and affordable for seniors. The Allen County Council on Aging and the Area Agency on Aging 3 both offer a magnitude of courses and day services for seniors to experience and enjoy. There are options for traditional education for seniors who want to take a few courses or earn a degree. Lastly, there are plenty of options for all seniors of different social classes for food options in Lima, as well as health care options and ways to learn about what is best for them. Considering all of these factors, one thing Lima could stride to improve upon is affordable and safe housing options for the seniors in the community

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