

How Age Friendly is My Community?

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ABSTRACT

As the population of older adults is steadily increasing, there needs to be more accessibility for older adults. While people age, there are many challenges that go along with it. The older adults need age friendly activities for those over the age of 65.

INTRODUCTION

As the population of older adults is steadily increasing, there needs to be more accessibility for older adults. Forest has a population of 1,458 people with a majority being older adults. If older adults who cannot drive or do not have family need to go to the doctor, pharmacy or grocery store, they must have family members take them or call transportation from other counties to come assist them. The community has limited activities for older adults. There is a park and multiple churches. Many older adults enjoy volunteering in the food pantry while they also like to volunteer at the Tree Town Festival and Charlie Brown Christmas. The purpose of this presentation is to evaluate the age friendliness of the community and allow older adults to have individuality and encourage mental and physical well-being.



HOUSING OPTIONS

- Single level apartments-many of these are used for older adults
- Income based apartments-these apartments go off your income, which would be nice for an older adult who is on disability.
- Assisted living- living alone but you can get help as needed
- Nursing home/rehab-this would be if they needed more help than an assisted living/family
- Family- If they do not want to live alone at home, assisted living or their family is just helpful and have an age friendly house, or even if they don't, they have people there to help.

SOCIAL ENVIRONMENT/COMMUNITY SUPPORT

Forest is a small town in the middle of no where, and to get to a town you must drive 20-30 minutes. Forest does have a Dollar General and Martins Meat Mart/gas station. The meat mart sells some canned goods, frozen foods, gas station foods, and fresh deli meat, meat and cheese.

The aging population has family around to help with their needs, especially their grandchildren. The community dissemination of information is age friendly. Every month there is a Newsletter sent in the mail, Facebook is updated weekly, information goes out on water bills, newspapers are hand delivered to houses and they have a messaging system. Forest also has a food bank and a card system where people in the community who need help place a green, yellow or red card in their window and they volunteer assigned to that house will help with their needs.

Forest has many events throughout the year that a lot of the aging population help with or participate in. The Forest Festival, Trick-o-treat parade, and the Charlie Brown Christmas are the biggest events. Most of the board for each one of these events is the aging population and a couple middle aged people.

OUTDOOR SPACES

Forest has the park where they can sit in many different places and they can be shaded. Forest is calm most days and you see kids and adults out walking and/or sitting on their front porch everyday. The Dairy Barn has outside seating in the shade, the library has a little patio with chairs and swings for people to sit outside. A splash pad is being installed at the park. In Kenton there is a nature preserve called Lawrence Woods and you can walk on the wooden path back into the woods and see so much wildlife while also having places to sit, easy terrain due to the board walk paths, and shade. Kenton also has a pool, a park and splash pad. Most things are within walking distance in Kenton, if not in walking distance, it only takes 5-10 minutes to get there.

SUMMARY

Based on the ethical principals we have discussed in class ; I do not think my community hits the mark for age-friendliness. Forest has some properties for an age-friendly community, but they do not have all the qualities and for aging adults, some of the qualities they do not have, are a must have. One thing that Forest must have a few different things to be an age friendly community, one thing they must have is more age friendly housing, pharmacy, grocery stores, and department stores.

Forest has a Mayor, Dean Hankins, if we were to share this information, I would share it with him and the Board of Forest.



HEALTH AND WELLNESS SERVICES

Forest has a community health center where they can go for a plethora of different services, but if they cannot help you, or you need to see a specialist you have to go to a surrounding town. Forest does have a fire and EMS squad but if you need an emergency room or hospital in general you have to drive 20-30 minutes out of town to get those services. Kenton offers the hospital, Kenton wellness Cooperative, dialysis, salons with message therapists, therapy gyms, the YMCA, pharmacies, and grocery stores.

Forest offers a Dollar store and a gas station/ meat mart, HATS has to be called in to travel if they cannot drive or they do not have family. Forest has a new exercise group where they offer Zumba, stretching classes, and cardio drumming for all ages.



REFERENCES

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4. "Home." *Kenton Community Health Center*, kenton.hpwohio.org/.