

A Look at the Age Friendliness of Findlay, Ohio

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ABSTRACT

As the population ages, it is important for the community one lives in to provide an age friendly environment. Resources should be easily available to older adults to help them with their daily lives. Resources such as safe transportation, recreational opportunities, age friendly living environments, social environment, and health and wellness services. These are all resources that the World Health Organization has identified that are necessary for the aging population to thrive and live healthy, successful lives. The purpose of this study is to examine these factors to determine the age. The purpose of this study is to examine these factors to determine friendliness of my community, Findlay, Ohio.

HOUSING

Findlay has multiple options for age friendly housing. There are several assisted living facilities and nursing homes. Birchaven has several options for older adults as they age. They have apartments at The Oaks, which allows for independent living of older adults. However, they are still connected and nearby to Birchaven so they have access to any support they may need. Birchaven is currently in the process of building new apartments for 55+ that will be opening sometime soon. There is an assisted living facility that has nurses and nurse aides available to assist residents when need be, but still allowing them freedom.

OUTDOOR SPACES AND BUILT ENVIRONMENTS

It is important for individuals of all ages to have a safe outdoor environment. Findlay has several parks and outdoor spaces for recreational purposes. There is room for improvement however, especially with the walking paths available. Many of them are not pathed paths, which can make it difficult and unsafe for older adults to access them. There is a bike path and a walking path through Findlay that is available for older adults to walk or ride through.

TRANSPORTATION

In this community, a great resource for older adults is Hancock Area Transportation Service. This service is available to anyone in the community and it is handicap accessible. An older adult only needs to call the number for this service and schedule a ride. There are also a few taxi companies in Findlay, but they are not always as age friendly. 50 North has outreach case managers available that can assist in arranging and providing transportation to those who might need assistance with this.

SOCIAL ENVIROMENT

Having a good social life is important for older adults. Findlay has a few resources available for the aging population to stay socially active. 50 North provides several activities for those over 50. They have exercise classes such as dancing and yoga. They also host Bible studies and classes such as flower arranging. 50 North also provides travel opportunities for those interested in traveling. The local YMCA also has exercise classes available for those in the older population. There is also swimming available. Riverside park provides outdoor concerts with relaxing music during the summers at their amphitheater, which is a great opportunity for social activity.

HEALTH AND WELLNESS SERVICES

Having access to a wide range of healthcare services is crucial for all individuals, but especially for older adults. Findlay has a hospital and urgent care facilities in town which can provide quick and easily accessible care in case of a medical emergency. There are also multiple physicians available to provide care however, there is not a geriatrician located in Findlay. There are also several specialist that can provide care for any illnesses or diseases.

COMMUNITY SUPPORT

In addition to the other resources mentioned in the other sections, there are some other services available. Meals on Wheels is a service available to those who qualify. This service brings meals to individuals who may have a hard time preparing their own meals, allowing them to still have hot meals while remaining in their homes. There are also other volunteer organizations that provide free or cheap yard work and other maintenance to the elderly population who may not be able to do these tasks for themselves.

CONCLUSION

Overall, Findlay is a very age friendly community. There are many resources available to aide in the aging process and keep the elderly community safe and involved. There are improvements that can be made, such as walking paths, safer cross walks, and more social opportunities. However, the community provides several good resources and opportunities.

REFERENCES

1. Jeste, D. V., Blazer, D. G., Buckwalter, K. C., Cassidy, K.-L. K., Fishman, L., Gwyther, L. P., ... Feather, J. (2016). Age-Friendly Communities Initiative: Public Health Approach to Promoting Successful Aging . *Am J Geriatr Psychiatry*, 24(12).

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