

# Is Delphos, Ohio an Age Friendly Community?

**Brenen Auer**

**The University of Findlay**

## ABSTRACT

We as humans are getting older every second of every day. It is just something that happens and is going to continue to happen for the foreseeable future. The least we could do is make getting older an easier task for everybody else, but also for ourselves when we get to that time in life. We do this by making our communities as age friendly as possible. According to the World Health Organization, some ways to make a community more age friendly is to make communities more welcoming to the older population by providing means of transportation, a good social environment, adequate housing if needed, and there are many other means of providing an age friendly community as well. The main purpose of this study is to assess the city of Delphos, Ohio, and see if it could be considered age friendly or not.

## Housing

The only real independent living facilities in Delphos, Oh are the Delphos Senior Villas.

- This is for residents 55 and over and the housing is located conveniently near shopping, banking, restaurants, and recreation.
- The facility has an exercise room, library, reading area, community kitchen, walking paths, game rooms, planned community events, picnic area, and is also pet friendly.
- The houses themselves have an attached garage and there is on site management whenever it is requested.

## Outdoor Spaces and Built Environments

- Delphos, Ohio has three different parks around town, but only 1 has clean walkways, paths and activities for elders, like pickleball. The main park also has clean benches and umbrellas for shade on sunny days.
- Delphos, Ohio also has a town museum that shows the history of the town, and how the town has developed throughout the years.
- There are issues with most of the sidewalks around town being torn up and hard to walk on. Along with that the towns intersection crossing are not up to date, so that could be hard for elderlies to work with.

## Transportation

The Delphos Senior Center offers transportation to those 60 years of age or older.

- Vans are wheelchair accessible.
- Offer transportation to Lima, Van Wert, and Ottoville for appts.
- Trips must be scheduled 24 hours in advance.
- Suggested contribution for in town trips is \$5, and out of town trips is \$12.

## Social Environment

- The Delphos Senior Center provides transportation and does some chores for the elderly. Some of the chores include shopping, picking up medication, minor household repairs, seasonal cleaning, and yardwork. Suggested pay is \$10 per hour.
- Offers programs called Matter of Balance Program and Good to Know Lunch and Go. The Matter of Balance program helps older adults manage falls and increase activity levels, there are eight two-hour sessions. Good to Know Lunch and Go is held every 3<sup>rd</sup> Wednesday of every month and has guest speakers present relevant information to the elderly and a free lunch.
- Also provides socialization by having game nights and an exercise program.

## Community Support

- Has some opportunities for volunteering through programs like Delphos Kiwanis Club and the many other programs offered in Delphos, Ohio.
- Other than the volunteering opportunities, I would not say there is much more for elderlies to do in relation to employment or furthering one's skills.

## Health and Wellness Services

- Delphos, Ohio has a CHP Home Care and Hospice Facility that offers hospice, therapy, an adult day care, and more.
- Delphos Senior Center offers exercise classes for the elderly and education days where the elderly get taught about aging.
- Delphos also has an urgent care facility and a dentist in town.
- The nearest hospitals are the Van Wert and Lima Hospitals, which are about a good 20 minutes away.

## CONCLUSIONS

Delphos, Ohio for being as small as a community as it is, offers a wide variety of choices for all the important things that make a community age friendly. Even if Delphos does not offer exactly what someone is looking for, it is located right between two big cities in Van Wert and Lima, which pretty much offer about anything they would need. With the transportation option that is offered in Delphos there should not be an issue. Although there are some areas where Delphos could really improve on, I would say that Delphos could be considered an Age Friendly Community, but some upgrades in some areas would not hurt.

## REFERENCES

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