

Hamler, Ohio: How age friendly is my community

Joseph D. Tanner

The University of Findlay

ABSTRACT

The growing older-adult population is no secret to the United States. It is widely known that the Baby Boomer generation is larger than any other generation before it is going into older adulthood. This is leading to many dilemmas, especially in our communities. There is growing demand for not only geriatric physical care, mental care and overall friendly living conditions. These obvious issues are coming to all communities, even my hometown. In this study I am going to analyze my hometown Hamler, Ohio. In my research I will be looking for everything that Hamler offers and does not offer for older adults. I will be comparing the offerings to the six health principles of housing by the World Health Organization. As Hamler is considered a retirement town with a large older adult population the breakdown and comparison could be beneficial to the community.

Health and Wellness

Hamler offers no health and wellness facilities. However, neighboring towns do. There is no local or close Geriatrician.

Napoleon

Primary and acute Emergency Care, Optometrist, Chiropractors, Hospice Services, Dentist

Deshler

Family Practice, Optometrist, Pharmacy

Holgate

Assisted Living, Nursing home

Community Support

Hamler offers little support itself but is supplemented by the Henry County Senior Center and other area organizations.

Hamler American Legion

Euchre, Bingo, Dinner first Friday of each month

Henry County Senior Center

Meals on Wheels, Transportation, Wellness Services, Life Enrichment Programs, Support groups

Housing

Hamler, Ohio being a small town has housing options for only a small portion of older adults. When looking at housing it is important to keep the needs of older adults in mind. Hamler offers a very safe environment with a lower-than-average cost of living. While being cheaper, Hamler is farther from most common amenities.

For aging in place options. The average price of a house is \$102,822. Which is almost 2/3 the state average. There are available homes that are single level. These homes might not be fitted with older adult friendly layouts. This could require the help of family in this situation.

For older adults looking to join a community or be cared for, Hamler offers no retirement communities, assisted livings, or nursing homes. The closest option is Holgate, Ohio about 10 miles west of Hamler. In Holgate there is a nursing home/ assisted living facility. This Facility is quite popular in our community and has great reviews.

Outdoor Space and Built Environments

Hamler offers outdoor spaces and built environments that are also within walking distance from most houses. Hamler has a local park with a playground and a covered outdoor basketball facility. Connected to the park by sidewalk is the local reservoir. The reservoir has sidewalk circling it with flower beds and even a pontoon to walk out over the water.

Neighboring communities have plenty of outdoor space as well. Deshler Ohio is 10 miles east of Hamler. They have two local parks. One has a public pool and tennis courts, While the other offers covered picnic benches and a large playground.

Social Environment

The social environment in Hamler leaves a lot to be desired. While there is a handful of groups and clubs. There is no groups or clubs dedicated for older adults. These unfulfilled needs are met by county organizations.

Henry County Senior Services

Day Trips, Food Services, Volunteer Services, Fundraisers

Henry County Senior Center

Meals on wheels, Art Classes, Tech Classes, Day Trips

Transportation

Transportation in Hamler is very limited. Those who can not drive or do not have access to family or friends that can give them a ride have to rely on the few organizations with transportation services.

The Henry County Senior Center provides transportation to older adults for medical appointments, grocery shopping and to the Henry County Senior Center.

The Henry County Transportation Network offers transportation to anyone in Henry County with discounted fare for older adults. With discounted fare being \$4 to be picked up in Hamler and brought somewhere inside of Henry county. With certain days being free.

Hope services offers transportation for older adults with developmental disabilities.

Conclusion

Hamler is a quaint little town that offers some of the key things needed by older adults to thrive. Hamler has transportation services, meal services, and multiple different social groups and social support groups. However, there are two risk factors in Hamler that do not go unnoticed. The closest hospital is in a different town and only offers acute emergency care. This can lead to long wait times in emergency situations. Transportation is handled by a few organizations in the whole county on a first come first serve basis and could lead to older adults not participating in many activities and groups outside of town that are key for older adults to thrive. This makes Hamler only a viable option for those looking to age in place with means to transportation.