



# Considering Future Directions for St. Anthony Park Area Seniors

*Results from focus groups, a community forum, and a literature scan  
designed to inform planning and service efforts in the next decade*

**D E C E M B E R 2 0 1 4**

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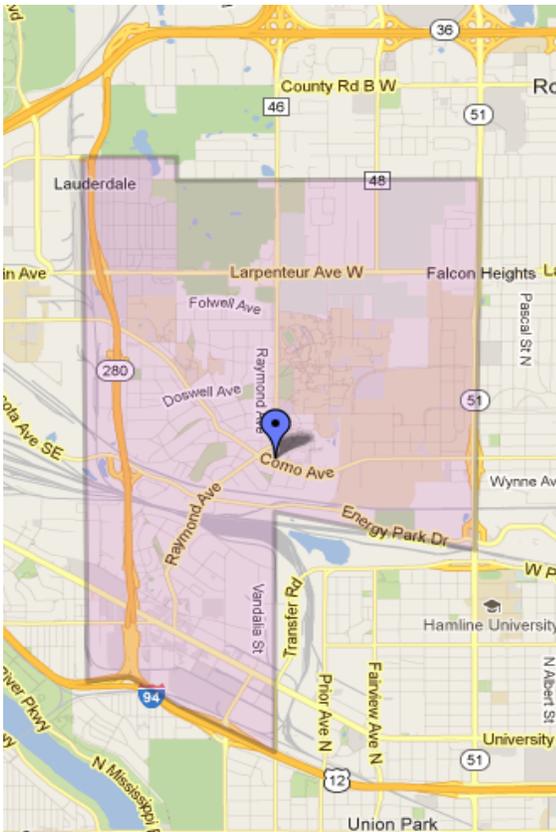
# Background

The St. Anthony Park Block Nurse Program was founded in 1981, and changed its name to St. Anthony Park Area Seniors (SAPAS) in 2011 to reflect an expansion of their service offerings beyond nursing care. Its mission is, “...to maintain levels of independence and interdependence for seniors and their caregivers in the St. Anthony Park area, through the collaborative efforts of professional staff, volunteer staff and contracted nursing services working together to integrate health services, social services, community activities, education and advocacy.”

The program serves older adults and caregivers in Lauderdale, parts of Falcon Heights, and the neighborhood of St. Anthony Park in St. Paul. Professional staff, volunteer staff, and contracted nursing services collaborate to provide integrated health services, social services, community activities, education, and advocacy for community residents.

In FY 2013, St. Anthony Park Area Seniors served 272 residents through its various programs, and 108 volunteers provided 3,110 hours of service. St. Anthony Park Area Seniors receives approximately half of its funding from individual donations and foundation grants. The other half of its funding comes from state and local government.

## 1. Map of SAPAS service area



The St. Anthony Park Area Seniors service area includes the St. Anthony Park neighborhood in St. Paul, Lauderdale, and parts of Falcon Heights west of Snelling Avenue. Figure 1 shows a map of the service area.

Based on U.S. Census Bureau data, the total population of the SAPAS service area is 11,335 and includes 4,621 households. Well over half of residents in the SAPAS service area are under the age of 55 (80%) and White (71%), with post-secondary degrees (68%). Twenty-percent of residents are aged 55 and over. The residents aged 55+ are more likely than residents under age 55 to be White (87% compared to 67%). Two in five households with residents aged of 65+ have an annual income over \$75,000.

Appendix A presents an overview of key characteristics of residents and households in the SAPAS service area.

# Methodology

In February 2014, the Board of Directors of Saint Anthony Park Area Seniors contracted with Wilder Research to conduct focus groups and a community forum to help identify and strengthen their understanding of the current and future needs of older adults in the St. Anthony Park Area Seniors service area.

## Focus Groups

Wilder prepared a focus group protocol (located in Appendix B) and conducted training for volunteers who were recruited to facilitate and take notes at the focus groups. SAPAS board members recruited participants for the focus groups and arranged all logistics for the two-hour sessions. A broad range of residents were invited to participate in the focus groups, which were conducted at a variety of times and in a variety of neighborhood locations in order to improve representation and accessibility. The focus groups were held in May 2014.

At the beginning of each focus group, the facilitator described the purpose of the study and explained that the participants' comments would be kept confidential. With the permission of the participants, each focus group was recorded in order to guarantee that the full range of comments and opinions were captured. Each group was facilitated by one SAPAS board member, and at least one other board member or volunteer took notes.

Seventy-nine individuals participated in the following eight focus groups:

- Local/neighborhood business leaders (1 group)
- Key informants - local stakeholders; representatives of community organizations (1)
- Residents of North St. Anthony Park (4)
- Residents of South St. Anthony Park (1)
- Residents of Lauderdale and Falcon Heights (1)

Characteristics of the focus group participants include the following:

- Median age of 67
- 47 percent have used a SAPAS service
- 44 percent have volunteered for SAPAS

- 48 percent are employed
- 82 percent plan to stay in the neighborhood 6 years or longer
- 97 percent are White
- 90 percent have a college degree or higher
- All but one participant are homeowners

Focus group questions sought participants' opinions about a variety of topics including their hopes for and concerns about the future, volunteer involvement, needs of caregivers, their vision for the community, and the role of SAPAS.

## Focus group findings

Information shared through the focus groups is summarized here according to eight main themes.

### *Hopes for the future*

Comments included the following main topics:

- Stay in the same neighborhood and/or same house
- Suitable/expanded housing options
- Stay as independent as possible
- Stay healthy/avoid falls
- Expanded transportation options

Focus group participants also mentioned a walkable neighborhood, help maintaining their homes, nearby services, and multigenerational connections as important hopes for the future.

### *Personal expectations for the future*

Comments included the following main topics:

- Health may deteriorate
- Will have less physical strength and stamina

- Will be retired or work less
- Volunteer more and have more free time
- Will need resources and services to stay in the home

### ***Worries and concerns about the future***

Comments included the following main topics:

- Not enough housing designed for seniors
- May not be able to maintain homes
- Need for more information about services and supports available
- Fear of isolation
- Maintaining connections

Also mentioned by focus group participants were hard winters, icy sidewalks, and the affordability of housing and services.

### ***What would make it easier to stay in the neighborhood***

Comments included the following main topics:

- Attractive housing options with services
- Housing alternatives with amenities and accessibility features, including the option to rent or own
- Access to transportation
- Adaptations to current housing
- Accessible services such as chore and snow shoveling

Participants also mentioned services and family close by, more information about services that are available, and a cohesive community.

### ***Services needing greater emphasis***

Comments included the following main topics:

- Home chores and simple repairs
- Assistance with computers and paperwork
- Transportation to medical appointments and shopping
- Connecting caregivers with resources
- Respite care

Also mentioned were consultation and information for caregivers, home care referrals, exercise classes, and social activities.

### ***What is needed to support caregivers***

Comments included the following main topics:

- Activities and socialization to reduce isolation
- Respite care options
- Guidance for caregiver issues and help with planning
- Someone trusted that the caregiver can call for help
- Chore help, such as snow, ice, lawn, and handyman assistance
- Information about caregiver resources

### ***Other interesting service possibilities***

Focus group participants provided the following ideas:

- People who can advocate and help us navigate the system
- Promotion of new housing options
- More activities for active seniors
- Skills or time bank

- Vetted list of area services
- Technology assistance
- Intergenerational opportunities
- Better marketing and PR of SAPAS services

### ***Desirable volunteer opportunities***

Comments included the following main topics:

- Activities that contribute to the community
- Clear expectations and good organization
- Adequate training
- Range of choices
- Camaraderie and social interaction with other volunteers

### ***Hopes for the community***

Comments included the following main topics:

- Healthy area businesses
- Walkable sidewalks
- More transportation options
- Community events
- Affordable housing options
- More people making plans and taking action

Wilder Research reviewed and analyzed the focus group notes, met with the SAPAS board, and prepared a presentation for the community forum in September, 2014.

## Community Forum

About a hundred people attended the community forum at Luther Seminary on September 16, 2014. SAPAS staff presented background information about SAPAS, as well as about the purpose of the focus groups and community forum. Wilder Research presented an overview of the findings from the focus groups and facilitated a discussion about the themes which emerged from the groups. A range of questions posed through an audience polling system allowed community members to share their thoughts about the needs and preferences of older adults and directions for the future work of SAPAS.

Presented below are the six questions posed to the audience, along with tabulated responses.

### Forum findings

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#### 2. Results of Community Forum with SAPAS participants and area residents

**How important is it to you to be able to stay in your current neighborhood as you age?**

	Number	Percent
Very important	49	57%
Important	24	28%
Would be good, but not essential	12	14%
Not important	1	1%
Total	86	100%

**Would you be in favor of exploring opportunities for developing new senior housing in this neighborhood?**

	Number	Percent
Yes, strongly favor	63	64%
Yes, somewhat favor	24	25%
Would not be opposed, but not essential	11	11%
Would not be in favor of exploring new housing options	0	0%
Total	98	100%

**If new housing was explored would you want to focus on:**

	Number	Percent
Independent senior apartments (rental)	6	7%
Senior condos or townhouses (ownership)	14	17%
Mixed-age housing development	25	29%
Senior housing with services	5	6%
Comprehensive senior housing, including Assisted Living	35	41%
Total	85	100%

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## 2. Results of Community Forum with SAPAS participants and area residents (continued)

<b>Would you want SAPAS to explore options for a Mill City Commons model of service coordination?</b>	<b>Number</b>	<b>Percent</b>
Yes, strongly favor	23	24%
Yes, somewhat favor	35	36%
Would not be opposed, but not essential	25	26%
Would not be in favor of exploring a Mill City Commons model of service coordination	14	14%
Total	97	100%

<b>Would you want to see SAPAS focus on emphasizing basic services like they have now?</b>	<b>Number</b>	<b>Percent</b>
Yes, strongly favor	39	44%
Yes, somewhat favor	35	40%
Would not be opposed, but not essential	14	16%
Would not be in favor of SAPAS focusing on basic services like they have now	0	0%
Total	88	100%

<b>Would you want to see SAPAS explore options for new or expanded services?</b>	<b>Number</b>	<b>Percent</b>
Yes, strongly favor	56	58%
Yes, somewhat favor	28	29%
Would not be opposed, but not essential	13	13%
Would not be in favor of SAPAS exploring new or expanded services	0	0%
Total	97	100%

# Key themes for SAPAS

Based on the focus group discussions, community forum, and board meetings, four themes have emerged:

- **Housing**-considering how and in what ways the SAPAS board and staff might be involved in supporting the development of senior housing options in the neighborhoods they serve
- **Transportation and walkability**-considering what the program might do to improve transportation options for seniors and to enhance the walkability of neighborhoods, particularly in the winter and spring
- **Caregivers**-considering how program staff and volunteers might extend and enhance their supports for family caregivers who are caring for aging adults in the community
- **At-home assisted living**-considering how the program might best configure its services to create a form of virtual assisted living that can provide some level of assisted living-like services within an individual's residence or home

## Results from a literature scan

In order to support the conversation about the key themes, Wilder Research conducted a brief literature scan to collect information on initiatives and programs that are currently engaged in work that may inform the efforts of SAPAS. Keywords searched include assisted living, caregivers, chore, housing, program example, and transportation. Related links revealed in the keyword searches were also followed. The annotated bibliography of sources that follows includes programs and initiatives that Wilder Research found particularly relevant to the potential future work of SAPAS, but is by no means exhaustive.

### *Examples of communities engaged in similar initiatives*

#### 1. Aging in Cambridge

Retrieved from: <http://www.cambridgema.gov/cdd/projects/planning/aging.aspx>

In 2013 the Community Development Department of Cambridge, MA completed a two stage assessment of existing housing options and housing needs for residents 55+. The guiding question for the work was: What should the city be thinking about to ensure that seniors can remain in their community as they age? Findings from a web-based survey, a telephone survey, and a community forum assisted a commission

in developing recommendations for adopting Ten Principles of Healthy Aging Housing Design, as well as next steps for the city.

## 2. **Aging Readiness Plan**

Retrieved from: <http://www.clark.wa.gov/planning/aging/index.html>

The Commission on Aging in Clark County, WA completed an assessment in 2012 of the county's capacity to accommodate the growing population of older adults. They developed a plan with five elements to guide their work:

- Healthy communities (including a physical environment that would promote physical and mental health)
- Housing (including affordable housing and universal design features)
- Transportation and mobility
- Supportive services (including access to services that allow older adults to remain independent and in their homes)
- Community engagement

## 3. **Aging in Place Task Force Final Report**

Retrieved from: <http://ci.davidson.nc.us/DocumentCenter/Home/View/509>

The town of Davidson, NC developed a task force in 2006 to determine specific themes and actions that could improve the quality of life for seniors in the community. Work was completed in four stages, including a community needs assessment.

Based on a sample of 650 residents surveyed in February 2007, study results showed that Davidson's senior citizens were concerned about the following:

- Affordable housing
- Healthcare availability and cost
- The ability to do home repairs, yard work, heavy housework
- Mobility, particularly sidewalks and walking paths to destinations they require
- Access to a Senior Center

The project culminated in agreement on five categories of recommendations to the Town Board:

- Senior friendly street design
- Improved transportation options
- Greater range of housing choices
- Expanded service programs for older adults
- Expanded and coordinated use of adult the care and senior centers

#### **4. Building a collaborative community response to aging in place**

Link: [http://maine4a.org/image\\_upload/FINALREPORT.pdf](http://maine4a.org/image_upload/FINALREPORT.pdf)

This 2013 document provides background information and suggests helpful resources, with best practices, for creating age-friendly communities in Maine. The guide affirms the opportunities to strengthen communities and supports afforded by the growing population of older adults.

One observation may be particularly germane to SAPAS as they consider any involvement in housing options and planning. The report finds,

*"... many of the challenges to creating aging friendly communities affect a large number of communities – for instance rethinking zoning laws that encourage development of alternative housing projects may be better solved in partnership with many minds working on the solution and then sharing the solution once discovered."*

Several participants in the SAPAS community forum expressed an interest in zoning issues related to the use of Accessory Dwelling Units (ADU's) and the ability to use existing housing space differently.

Another set of observations from the Maine report describes best practices among communities seeking to work toward the goal of creating more senior friendly communities. These include the following:

1. Each community defines itself by geographic boundaries
2. A forum is created for key Aging in Place stakeholders to share information and develop an agreed upon approach to creating an aging friendly community
3. Older individuals are involved in all steps of the planning, assessment, implementation and evaluation processes

4. Research includes assessing the needs of older individuals and identifying the assets of the community
5. Conduct aging friendly community readiness surveys
6. Strong visioning and planning sessions
7. Focused action plans
8. Staff time allocated for coordination
9. Private and public funders are brought to the table
10. Resources and support from aging friendly community networks were utilized

It is interesting to note that most of the elements on this list including the involvement of older individuals in the planning process, strong visioning and planning sessions, and work toward developing consensus around an agreed upon approach are all reflected in the process that SAPAS has undertaken. Item 10 in the above list suggests that there may be benefits to creating ties to other aging friendly communities and neighborhoods in order to create a community of practice around this work.

**5. Catawba County Aging Plan for livable and senior-friendly communities**

Retrieved from: <http://www.catawbacountync.gov/dss/adult/agingplan.pdf>

In 2009, the Catawba County, NC Aging Leadership Planning Team completed a three-phase project to assess the community's readiness "to provide programs, policies and services that meet the needs of a growing older population, families and caregivers..." (p.2) and created a written plan of recommendations and strategies. Components of the plan included:

- Physical and accessible environment
- Healthy aging
- Economic security
- Enhanced use of available technology
- Attention to safety and security
- Social and cultural opportunity
- Access and choice in services and supports
- Public accountability and responsiveness

6. **Promoting aging-friendly communities in Massachusetts: Experiences of a neighborhood model in Brookline**

Retrieved from:

[http://www.jfcsboston.org/Portals/0/PublicDocs/AWAH\\_North\\_Brookline\\_Report\\_compressed.pdf](http://www.jfcsboston.org/Portals/0/PublicDocs/AWAH_North_Brookline_Report_compressed.pdf)

In 2012, Jewish Family & Children's Service in North Brookline, MA developed a community-based model called Aging Well, based on the governor's Aging Agenda of nine core principles. Three objectives guided the planning and implementation:

- Assist residents with basic demands of everyday life and crises with a Community Liaison staff person
- Create opportunities to build connections and relationships
- Engage older adults in creating an aging-friendly community

*Chore / Housing / Transportation / Walkability*

1. **Center for active design: Promoting health through design**

Retrieved from: <http://centerforactivedesign.org/about/>

The Active Design Guidelines were developed through a collaboration with key New York City departments, other city government agencies, and architectural and planning experts to provide strategies for urban neighborhood design that promote physical activity, and for universal design that promotes independence for older adults.

Specific reports include:

- The Active Design Guidelines
- Guide for Community Groups
- Promoting Safety
- Affordable Designs for Affordable Housing
- Shaping the Sidewalk Experience, Part 1
- Shaping the Sidewalk Experience, Part 2

## 2. **Faith in Action Cass County**

Link: <http://www.faithinactioncass.com/Pages/aboutus.aspx>

Faith in Action received a Community Services/Services Development (CS/SD) grant from the Minnesota Department of Human Services (DHS) in 2014 to strengthen and integrate home and community-based supports and services for older adults. Services include:

- Transportation
- Meal delivery
- Friendly visits and phone check-ins
- Respite and caregiver support
- Homemaking, chore, and home repair services
- Installation of safety and accessibility equipment

In subsequent conversations with DHS staff responsible for CS/SD grant making, the Cass County project was seen as closely aligned with the goal of creating and integrating community-based services that could replicate some of the key elements present in residential-based assisted living models.

## 3. **How to develop a home modification initiative: A community guidebook**

Link: <http://www.aarp.org/content/dam/aarp/livable-communities/act/housing/how-to-develop-a-home-modification-initiative-a-community-guidebook-aarp.pdf>

This replication manual offers practical advice on how to develop a coalition of community agencies that may make modifications to the homes of older adults. It also provides multiple resources for further information.

## 4. **Lakes Area Interfaith Caregivers**

Link: <http://lakesareainterfaithcaregivers.org/index.cfm/pageid/18>

Lakes Area Interfaith Caregivers uses volunteers to provide services and received a CS/SD grant in 2014 from the Minnesota Department of Human Services. Volunteers provide the following services:

- Transportation
- Installation of safety and accessibility devices
- Companionship
- Chore services

## **5. Seniors Outreach Society**

Link: <http://kamseniorsoutreach.ca/snowangel.html>

This community initiative promotes awareness of the need to assist older adults with snow removal. The program matches volunteers with older adults who may need help shoveling walkways. In addition to snow removal through the Snow Angel program, the Seniors Outreach Society provides volunteers who assist with grocery shopping, companionship and telephone check-ins.

## **6. Supplemental transportation programs for seniors**

Retrieved from: <https://www.aaafoundation.org/sites/default/files/stp.pdf>

A joint project of the AAA Foundation for Traffic Safety and the Beverly Foundation collected information about community-based transportation programs for older adults across the United States. According to this document, it is the first published report on the topic of supplemental transportation programs for seniors. Their research involves contacting professionals from 236 programs nationwide who provided detailed information about their programs. The report highlights several models that can be used in both small and large communities, many of which are based on various levels of volunteer support.

## ***Virtual assisted living model***

### **1. Full Circle America**

Link: <http://www.fullcircleamerica.com/index.htm>

This agency offers a unique combination of technology assisted care, geriatric consultation, and care coordination with a community of supports to assist older adults who wish to remain in their homes. Three different packages for purchase provide a variety of services and interventions.

Technology assisted care is considered one of the vanguard programs in home healthcare and was the focus of a recent White House Conference on Aging. Using various assistive technologies, service providers are now able to monitor falls, blood pressure and body temperature, as well as the use of household appliances, including stoves and refrigerators. This technology provides a virtual presence in a participant's home and reduces the cost of some critical health monitoring activities.

## 2. **Next Door Housing**

Link: <http://www.nextdoorhousing.com>

This Twin Cities metropolitan area program received a CS/SD grant in 2014 from the Minnesota Department of Human Services to pilot an alternative mobile housing program with the goal of keeping older adults living independently in their communities. Although their website is not yet complete, they describe themselves in the following way:

*We provide, "...Innovative temporary homes which allow aging adults to maintain privacy and independence as they age in place under the care or supervision of loved ones. Each unit is backed by service and support from compassionate individuals who strive to make this journey comfortable and effortless, so your family can focus on what really matters."*

This may be an innovative strategy worth watching, since a variety of organizations are now engaged in attempts to create alternative homelike settings in which care can be provided without some of the structural impediments represented by many older residences.

### *Additional resources*

#### 1. **The AARP Age-Friendly Communities Tool Kit**

Link: <http://www.aarp.org/livable-communities/network-age-friendly-communities/>

Based on the World Health Organization's Age-Friendly Cities and Communities Program, this toolkit, developed by AARP, provides extensive information for agencies and community partners about developing initiatives and services to assist older adults, which are tailored to the unique needs and characteristics of the communities in which they live.

#### 2. **Met Life Foundation. 2011. The maturing of America: Communities moving forward for an aging population**

Link: [http://www.n4a.org/files/MOA\\_FINAL\\_Rpt.pdf](http://www.n4a.org/files/MOA_FINAL_Rpt.pdf)

MetLife Foundation's report highlights housing challenges of older adults and suggests four areas in which communities can direct resources in order to assist older adults who wish to remain in their homes and communities:

- "Vetted home repair and home modification contractors and programs" (p.17)
- Availability "of a range of housing types with universal design features that promote housing for a lifetime" (p. 17)
- Subsidized housing for low-income older adults
- Adequate delivery of targeted home- and community-based services

**3. The new world of assisted living. 11/25/14. Forbes Magazine.**

Retrieved from: <http://www.forbes.com/sites/howardgleckman/2014/11/25/the-new-world-of-assisted-living/>

The author predicts that assisted living facilities will be characterized in the following four ways by 2020:

- Fewer facilities will exist and they will be owned by larger organizations
- Delivery of medical and psychosocial care will be better integrated (per medical providers and risk-sharing arrangements)
- Residents will receive customized care
- Virtual assisted living model will deliver services in community settings

# Summary and recommendations

## Introduction

In an effort to identify potential future directions, St. Anthony Park Area Seniors (SAPAS) has conducted focus groups, assessed community demographics, and conducted a community forum to help identify and strengthen their understanding of the current and future needs of older adults in the St. Anthony Park Area Seniors service area. This is parallel to activities in many communities throughout the United States where community planners have begun to 1) recognize the significant impact the next generation of older adults will have on service systems and, 2) consider the range of potential strategies that would support their hopes, aspirations, and needs as they age.

## Key study findings

Founded in 1981, SAPAS is one of the most fully developed block nurse programs in the Twin Cities metropolitan area. It has a substantial infrastructure, a strong base of community support, and offers a wider range of services than most programs of this type. It is now seeking innovative ways to grow its program model and adapt to the increasing demands that will be placed on it by the exponential growth of the older adult population.

An analysis of demographic information regarding the community shows that there will be significant growth in the senior population in coming years, that the older population in this area is somewhat better educated and financially better-off than many other Twin Cities area neighborhoods, and that the housing stock in the community is made up of primarily single-family dwellings, except for the large cluster of apartment housing adjacent to the St. Paul campus of the University of Minnesota.

The community forum has demonstrated a high level of engagement by area residents, significant support for SAPAS and the services it provides, a willingness to engage as volunteers and planners, and a strong interest in both staying in the community and remaining engaged in community activities.

Based on the results of the data collection activities described in this report and a subsequent discussion with board members regarding key takeaways from the community forum held October 2014, four key themes for potential program development have emerged:

- **Housing**-considering how and in what ways the SAPAS board and staff might be involved in supporting the development of senior housing options in the neighborhoods they serve

- **Transportation and walkability**-considering what the program might do to improve transportation options for seniors and to enhance the walkability of neighborhoods, particularly in the winter and spring
- **Caregivers**-considering how program staff and volunteers might extend and enhance their supports for family caregivers who are caring for aging adults in the community
- **At-home assisted living**-considering how the program might best configure its services to create a form of virtual assisted living that can provide some level of assisted living-like services within an individual's residence or home

The scan of current literature demonstrates the importance of each of these areas as a potential focus for communities and organizations working to help individuals continue to live independently in the community as they age. Similarly, both the literature and the community planning efforts reflected in this scan are highly aligned with the considerations now being raised by the forum and SAPAS board. In addition, initial inquiries of the Minnesota Board on Aging staff have indicated that preliminary plans to further pursue a model of assisted living could be very promising and that a proposal for CS/SD funding following the January 2015 release of their next RFP would be well received.

## Specific recommendations

### *Housing*

Based on the interest in housing, SAPAS could serve as a catalyst or convener for discussions about options for housing in the service area. Local developers and architects could provide information about mixed-age housing and assisted living, while residents could consider the options. For this purpose it would be useful to monitor any outmigration from the community among older adults in order to determine preferences for housing type and neighborhoods.

Recommendation: Create an ad hoc housing-focused task force to explore potential involvement in housing-related projects in the SAPAS service area. This could include meeting with housing developers, reviewing recent awards in Minnesota for senior housing projects, participating in any land-use discussions within the SAPAS geographic footprint, exploration of zoning issues related to Accessory Dwelling Units, as well as efforts to educate community residents about potential housing options within the community.

### ***Transportation and walkability***

There is a strong interest in an accessible and walkable neighborhood. Helping older residents keep their sidewalks clear of snow is a significant focus. Also mentioned were a “safe sidewalks” initiative, the involvement of District 12, and a walking club. It may also be useful to meet with city staff responsible for street maintenance and determine how residents might best be in partnership to achieve a goal of clear sidewalks throughout the winter, particularly on streets leading to the town center.

Recommendation: Create an ad hoc transportation and walkability task force to explore initiatives to improve the mobility and general well-being of SAPAS seniors.

### ***Caregivers***

As the population ages and older adults wish to age in place, providing education about what caregivers do and who they are will be increasingly important. For this work it may be useful to consider application for Title III funding for caregiver supports and services from the Metropolitan Area Agency on Aging, partnering with other area agencies that support caregiving initiatives, improving community knowledge about resources available for caregivers, and investigating how health clinics within the community are responding to the needs of caregivers following a diagnosis of dementia or other debilitating illness.

Recommendation: Consider expansion or strengthening of core services, with a special focus on strengthening support for family, friends, volunteers, and other informal caregivers. Develop a team to explore caregiving resources currently available in clinics, churches, and nonprofit service providers. Continue to provide and expand education to family caregivers through events and workshops.

### ***At-home assisted living***

The costs for assisted living are growing and baby boomers are underprepared. In addition, the services provided in traditional assisted living settings are often beyond the scope of what is necessary to maintain the residents’ health and safety. Officials at the Minnesota Department of Human Services and the Minnesota Board on Aging are concerned that fee-for-service assisted living has become the go-to program for any older adult needing services, even when those needs could be met with some combination of less intensive home delivered services. Encouraging alternatives to assisted living is a high priority for state planners. Further, the state is interested in reducing the likelihood that an older adult will spend down their assets by too-early entry into assisted living. State planners feel that the provision of an easier on-ramp to home-based services is vital

to avoiding an ever-increasing reliance on Medical Assistance (government subsidized health insurance) by a growing number of older adults.

Recommendation: Explore the development of an “Assisted Living Where You Live” model for a CS/SD grant proposal in 2015. Wilder Research is prepared to participate in the shaping of such a proposal, should SAPAS decide to go forward with such an initiative.

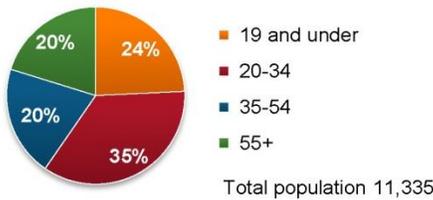
# Appendix A

## Key Characteristics: St. Anthony Park Area Seniors (SAPAS)

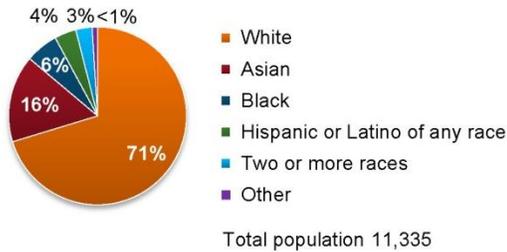
St. Anthony Park neighborhood in Saint Paul, Lauderdale, and part of Falcon Heights

### Service area at-a-glance

#### Age



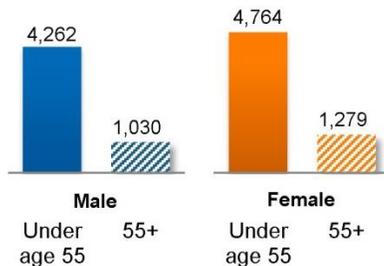
#### Race



#### Household Income



#### Gender



### Notable neighborhood characteristics

#### OLDER ADULTS

**10%**  
of all residents  
AGED 65+

**HOUSEHOLD INCOME  
OF \$75,000-\$200,000**  
**2 IN 5** 65+  
**1 IN 4** UNDER 65

More likely to be  
**WHITE**

**87%** 55+  
**67%** UNDER 55

**16%**  
of households have  
**1 OR MORE PERSONS  
AGED 65+**

#### HOUSEHOLDS

- 52% of households have children under 18
- 48% of households are non-family (no children under 18)
- 35% of homes built before 1939

#### EDUCATION

- 40% of residents age 25+ have graduate or professional degrees
- 28% of residents aged 25+ have bachelor's degrees

Source: U.S. Census Bureau: 2008-2012 American Community Survey 5-Year Estimates. Includes Census tracts 301, 319, 420.01 and 420.02.

#### For more information

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# Appendix B

## St. Anthony Park Area Seniors (SAPAS) Needs Assessment Study

### Focus Group Script

**Introduction:** Thanks for joining us today. You are all here to participate in one of the eight discussion groups sponsored by the St. Anthony Park Area Seniors. I'm glad you could all make it. My name is [\_\_\_\_\_] and the person taking notes is [\_\_\_\_\_]. We are both volunteers who have been trained by Wilder Research to convene and facilitate these groups.

We are talking to residents in the neighborhoods served by the St. Anthony Park Area Seniors – St. Anthony Park, Lauderdale and Falcon Heights west of Snelling.

We are interested in what residents think about their future in these communities and how we can best plan and organize in a way that will make these communities successful for those who continue to live here. We are especially interested in what can be done to make these communities truly desirable places to live for those over 55.

When you came in, we asked each of you to sign in and fill out a brief questionnaire. We hope that you will complete the survey so that we can see how our discussion group participants compare to the overall population of people over 55 in these neighborhoods.

We also gave you a one page fact sheet so that you can see what the demographics of our neighborhoods look like right now and what some of the projections are for the future look like. While we are waiting to begin, please take a few minutes to fill out the questionnaire and take a look at the fact sheet. Later on I will ask you if you see anything on the fact sheet that surprises you.

### Begin Focus Group:

As I mentioned, we are convening several groups of area residents to talk about how they see their future unfolding and what we can do together to ensure that the needs of the older residents who live here are met. We want to be sure we are doing all that we can to create a community that is attractive to older adults. Before we begin, it would be helpful if we could go around the room and have each of you say your name and what made you decide to come and join the conversation today.

*[When introductions are complete]* Thank you!

### To get started, we have just a few ground rules:

First of all, we want each of you to know that this is a safe space. There are no wrong opinions. We want to hear what you think about your experiences now and your goals for the future. We truly want to hear from everyone here. When we are in conversation and someone else is speaking, please give them a chance to finish. But if what they say makes you think of something that you would like to say, be sure to nod or raise your hand and be part of the conversation. The things you say here are private. Individual participants will not be identified and only a summary of this discussion will be produced. If you have any questions as we go along please do not hesitate to ask.

Because we have some fairly specific questions to ask, I may, as the moderator, need to pull us back to our topic from time to time. I know how easy it is to stray from the topic at hand when we get into a conversation, but I may occasionally need to nudge someone along to be sure that we cover all the questions. Please don't take offense. We would also like to do an audio recording. We just use it to check our notes and then destroy it. Would that be okay with everyone? Okay. Thank you.

### Okay, let's get started...

1. For those who have had a chance to look at the fact sheet we handed out, did anybody find anything surprising here? Was there anything that caught you off guard? [Moderator Instruction: After a bit of discussion, assure people that you can refer back to the fact sheet at any time in the conversation.]
2. Now, here's a blue sky question. What are you looking forward to over the next 5 to 10 years in your life? What kind of hopes do you have for yourself in the future?
3. Now let's ask that the other way around. What kind of worries or concerns do you have about your future over the next 5 to 10 years? What keeps you up at night?
4. Let's go around the room on this next question and give everybody a chance to finish the following sentence: "When I think ahead five or 10 years from now, one of the things that will likely be different for me is [blank]." Take a minute to think about that and then we'll go around the room and give everybody a chance to complete that sentence? [**Probe:** You can talk about what you might be doing for work or leisure, opportunities you might be looking for, where you might be living, what you might be doing for others, what others might be doing for you.]
5. I'm sure we've touched on this already, but how, if at all, do you think your living circumstances are likely to change over the next 5 to 10 years? Do you want to keep living where you live now or do you think you might be living somewhere else? If you're planning to stay in St. Anthony Park, Lauderdale, or Falcon Heights, what would help or encourage you to stay? [**Probe:** This could be anything that might make it easier or more desirable to stay in one of these communities.]
6. Most of us contribute our time in one way or another to various organizations or causes. Now I would like each of you to briefly describe the kinds of things that you have volunteered to do and have you tell me what distinguishes a good volunteer gig from one that is not so good. What makes a volunteer activity interesting or fun for you? [**If needed:** By the way, we are not here to recruit volunteers today, we just want to understand more about what motivates you to be a volunteer.]
7. A lot of people in the community help care for an older adult – a family member or friend who needs assistance to meet their daily needs – and most of the time, it is hard work. There are certainly joys and blessings that come from this work, but it doesn't make the work any less challenging. I would like to have any of you who are caregivers or who have been caregivers in the past tell me what you think might be done in our communities to help family caregivers who live here. Remember, this could mean caregivers who are helping to care for someone who lives with them or close by, or someone who is helping to provide care for someone a long distance away. [**Probe:** Are there services that should be offered, networks of support that should be formed, respite care, anything like that?]
8. Now I am going to ask you to help me think about the role of a community-based organization like St. Anthony Park Area Seniors. Here is a list of the services provided by this organization today. [**Pass out list.**] Some of you may know about some of these services, and for some of you, this may be completely new information. Take a minute to look at the list and help me answer a few questions:

- a) Is there anything on this list that surprises you?
  - b) Do you think it's going to be important to place greater emphasis on any of the services listed in the next few years? If you would, go ahead and make a check mark on the list beside the service areas that you think might need greater emphasis in the future. I'll ask you to pass the list in when we are done.
  - c) Do you think the need for any of these services will diminish?
  - d) Can you think of any services that didn't show up on this list that you think there will be a need for in the future?
  - e) If you were to suggest one area in which the St. Anthony Park Area Seniors program might do something completely new, something that might make their offerings more attractive or interesting for you and others, what might you suggest?
9. We are getting close to the end of our time together and I want to throw out one more blue sky question for you all. Looking 10 years into the future from today, what kind of vision do you have for the community you live in, whether it is St. Anthony Park, Lauderdale, or Falcon Heights? What are your hopes for your community? Do you think it will be a place where older adults want to live? Will you want to live here?
- And finally, for those of you who talked about some things that might look different in the future, what do you think it will take for those ideas to become a reality?

Thanks for spending time with us today. You've all done a fabulous job and we are truly grateful for your ideas and enthusiasm.

We will be hosting a large community gathering in the fall to talk about what we have learned from each of these focus groups, share more of the demographic and neighborhood data that Wilder Research has provided, and give all of the residents who come to the event a chance to have a say in the reimagining of St. Anthony Park Area Seniors. If you have not already signed our sign-up sheet and given us some way to be in contact with you, please do so before you leave. Thanks again for coming today.