

# How Age Friendly is My Community?

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## Abstract

The population of older adults is steadily growing to become the majority in the United States. With such large growth, there is a demand for a change in accessibility among cities across the nation. Age-friendly communities have become a growing topic of discussion among nations who are also experiencing a surge in their growing population. This calls for change in accessibility in many different ways to holistically support the elderly. Not only is accessibility a necessity for basic needs, but for senior citizens to live a fulfilling and prosperous life. Findlay is not accepting to these changes. Seniors in this city need to have access to transportation, medical facilities, and community areas for socialization. All these pieces should fit together like a puzzle to live a full life. The purpose of this presentation is to provide a holistic approach to senior citizens in Findlay to live an accomplished life.

## Criteria for Age-Friendliness of a Community

### Housing

- Accessible and affordable housing in location with access to shopping, transportation, and social services

### Outdoor spaces and built apartments

- Clean and happy environment filled with green spaces, places to rest, accessibility, age friendly pavements, properly functioning bathrooms and age friendly buildings

### Transportation

- Availability, affordability, reliability, and age friendly vehicles for senior citizens to go where they need and desire to go

### Social environment

- Fosters meaningful connection with the community through family, neighbors, and friends

### Community Support

- Active participation in the community and civic leadership through a variety of opportunities

### Health and wellness services

- Accessible care that promotes positive health behaviors from a holistic standpoint

## Housing

### Senior Towers

- Senior apartment complex
- Section 8, low income-based housing unit
- Designed specifically for seniors

### Fox Run

- Assisted living units
- Prides themselves on attentive services and multitude of amenities including restaurants, near-by shopping and landscaped grounds
- Two-star rating by Medicare

### Birchaven

- Nursing home that themselves on being a home away from home
- Amenities include executive chef-created meals, transportation, walking paths, libraries, a chapel, and a gym
- Five-star rating by Medicare

## Outdoor Spaces and Built Environment

### Riverside Park

- Paved sidewalks for ease of walking
- Clean environment
- Benches to rest and relax
- Plenty of trees and shade

### Mazza Museum

- Handicap accessible
  - Handicap parking and automatic doors
- Wheelchair friendly
  - Art and books are presented at the appropriate height

## Transportation

### Hancock Area Transportation System (HATS)

- Provides safe public transportation
- Allows Hancock residents to remain independent
- Very affordable service
  - Discount for residents 65 years of age or older
- Allows for the traveling of service animals
- Able to assist disable patients with proper vehicles

## Social Environment

### 50 North

- Age friendly website meant for senior citizens
- Easy to navigate website with current up-to-date information locally and nationally

### The Courier

- Local Newspaper that is available for doorstep delivery or online subscription
- Doorstep delivery allows for easy accessibility to news happening around the globe
  - Great for seniors without access to the internet

## Community Support

### University of Findlay

- Offers a 10% discount for community members 60+ years of age and are retired
- Auditing classes available where there is participation in a class without receiving a grade

### Blanchard Valley Hospital

- Offers a plethora of different volunteering opportunities
- Flexible hours with convenient shifts for senior citizens
- Positions available such as greeters, gift shop, valet parking, fundraising, and many more

## Health and Wellness

### Wellness and Fitness

- 50 North
  - Community facility for people aged 50 years and older
  - Offers a fitness center for cardio and strength training
  - Water exercise classes are a great option for people with joint issues
  - Exercise classes are taught for a small fee
  - Nutritional coaching consultations are offered

### Food

- Kroger and Walmart offer grocery free pick up
- Kroger offers a delivery service for only \$9.95
- Door Dash and Uber Eats delivers food for a small charge

## Conclusion

Age friendly communities are becoming large in demand with the high rise in senior populations. As the general population grows older, there needs to be a positive change in our communities to help support our geriatric neighbors. From the research conducted, Findlay, Ohio is adequately senior friendly and is progressing in a positive movement. Seniors are not only able to live in Findlay, but they are able to thrive. Through proper housing, reliable transportation, wonderful social environments, and support from the community Findlay is welcoming seniors into its city. Ethically speaking, Findlay shows true signs of supporting seniors in a multifaceted way. Findlay is taking the right steps to becoming an excellent age-friendly community.

## References

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