

How Age Friendly is My Hometown of Vanlue, Ohio

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ABSTRACT

As our medical technology and resources continues to expand so does our life expectancy. The aging population is already growing and is only going to continue to grow with the Baby Boomer generation. It is essential in a community to be able to provide the needed services and resources to care for the aging population. There are only a handful of Age-Friendly Communities in the United States and as the aging population grows so does the need for Age-Friendly communities. The purpose of this presentation is to show how Age-Friendly my hometown of Vanlue, Ohio is and what steps are taken when the needed services are unavailable.

Criteria for Age Friendly Community

Housing: Housing options with accessible and affordable housing (including assisted living) in locations with access to retail, transportation, and social services; safety at home and in the neighborhood; and appropriate design, modifications, maintenance, and family interactions

Opportunities for learning and acquiring new skills to be used in the workforce, Outdoor Spaces and Open Environment: Pleasant and clean environment, green spaces, place to rest, age-friendly pavements, safe pedestrian crossings, accessibility, walkability, cycle paths, age-friendly buildings, adequate public toilets, features for older customers. Active recreation and leisure opportunities to be physically and mentally active, including parks and other outdoor exercise venues, senior centers, libraries, theater and sports, museums, art galleries, and accessible shops

Transportation: A range of options for people to get where they need and want to go, including availability, affordability, reliability, frequency, travel stops, age-friendly vehicles, specialized services for older people, priority seating and passenger courtesy, trained drivers, safety and comfort, taxis, information, driving conditions for and courtesy toward older drivers, parking, variation in types of public transit, and community transportation

Health and Wellness Services: Accessible care; proximity and access to a wide range of health services including preventive, medical, and mental healthcare, palliative care, home care, assisted living facilities, a network of community services. Promoting positive health behaviors, including individuals' social connection; lifelong learning; physical activity, such as structured exercise like tai chi or aerobics; everyday activities like gardening; access to quality foods in the neighborhood; and usable information about available services. Geriatric psychiatry for leading evidence-based health and wellness promotion and illness prevention programs and offering the necessary academic leadership to translate the science of healthy psychosocial aging and to develop programs that promote health behavior change. Cognitive behavioral tools, not simply to treat common late-life mental illnesses but also to challenge negative age stereotypes, promote health behavior change, and support healthy aging on an individual and a public health scale.

Social Environment: Respectful behavior, age-friendly services, intergenerational interactions and collaboration, no economic exclusion. Fosters meaningful connection with family, neighbors, and friends. Engages seniors when soliciting community feedback and guidance. Widespread distribution, the right information at the right time, age-friendly formats and design, and information technology

Community Support: Encouraging active engagement in community life and civic leadership; better options and opportunities for volunteering and employment for seniors; flexibility to accommodate older workers and volunteers (temporary-work, consulting); entrepreneurial opportunities

Housing and Outdoor Spaces

Housing

- As far as housing options in my hometown there are no older adult apartments, assisted living facilities, or nursing homes, it is too small for those complexes.
- Findlay, Ohio which is located 15 miles north has the nursing homes, assisted living facilities available that Vanlue does not have.
 - Fox Run, Brookdale, Findlay Living, Sunrise of Findlay, Sterling House, and Taylor Place are some places that Vanlue residents have experienced with family members.
- Homes are more affordable and accessible than some surrounding area towns.
 - Community members have built ramps and helped to make homes more accessible for older individuals in their homes.

Outdoor Spaces and Open Environment

- Vanlue Community Park
 - Softball and Baseball fields,
 - All the events held at the park have access available to older adults
 - There are many older adults that are regulars at these types of gatherings
 - The town festival
 - 3 days, not much walking, food, games, seating, entertainment
- Many community members have golf carts, and these are seen all over town and most of Vanlue has golf cart access to events

Social Environment

- Everyone knows everything with it being a small town
 - Anything that goes on in the community is relayed to older members of the community
 - Things such as,
 - Community events, sporting events, gatherings, any community knowledge needed to know
- Most things are through information posted on Facebook
 - Vanlue fest
 - Vanlue local school
 - Village of Vanlue
 - Wildcat Café
 - Vanlue's Sports pages
- Most of the older people in the community have relatives in the community as well to keep them informed
- Events that are for the community that involves social environment
 - Park events
 - Fest
 - Bingo
 - Referees raffle
 - Easter egg hunt, Christmas party, harvest party
 - Town events
 - Christmas caroling
 - Town trash pickup
 - Sport events
 - Softball/baseball games at park give older people the chance to get out of the house and enjoy time outside
 - Basketball/football/volleyball games- not as convenient as the park because of parking and seating but still enjoyable
 - Marching band/concert band
 - Concerts in the gym where it is a good amount of time for older people to go out and enjoy some music
- Wildcat café
 - A place where older people can gather at any point during the day
 - They have multiple days throughout the year supporting different organizations in the community

Transportation, Health and Wellness Services

Transportation

- HATS- Hancock Area Transportation Services
 - Is available for towns in Hancock County
- Community Members
 - Whether it be neighbors, friends or relatives, there are many people that are willing to help

Health and Wellness Services

- Vanlue Garden Club
 - Offers activities and community gatherings
 - Gardening, and memorials
 - Way to stay active and involved
- Visiting Angels – Findlay Ohio
 - Things they offer
 - Diet monitoring, medication reminders, appointment reminders
 - Shopping for food, help running errands, transportation
 - Bathing or showering assistance, help dressing, vacuuming and folding laundry
 - Available in other locations and surrounding communities
 - Available for long distance care
- Food services available
 - 50North does some grocery deliveries on Wednesdays – Outreach
 - Nutrition – assistance with food vouchers, senior dining programs, grocery deliveries, mobile meals,
- Halt Hunger Initiative – Hancock county
- Meals on wheels of Hancock County

Community Support

- Vanlue Garden Club
 - Hands on activities in the community for the older population to stay involved through gardening
- 50 North Findlay Ohio
 - Powerful tools for caregiver series
 - Six-week workshop helps caregivers develop tools and strategies
- Findlay YYMCA
 - Active Older Adults
 - Chair yoga, seniors in motion, aqua Zumba, cardio aquacise, low impact aquatics, rise and shine cardio, and water volleyball
- Millstream Adult education
 - Different courses available for a fee
 - Computer/tech, floral design, painting, pottery, quilting, welding

CONCLUSION

How age friendly is my hometown of Vanlue, Ohio? There is a population of around 355 people and a large portion of them are older adults. Vanlue, Ohio is a small town and has limited services available in the town itself but has an advantage of being 15 miles from Findlay, Ohio. Findlay, Ohio is where many of the older adults living in my hometown get their healthcare, groceries, medications, transportation services and any other basic needs that someone might need to leave the town for. I feel there will always be room to improve our services available to older adults, but being a small town there are many community members that are willing to help those that are in need. In conclusion I believe Vanlue, Ohio is age-friendly to an extent, but is lacking in some areas of services.

REFERENCES

1. Vanlue Garden Club
2. 50 North
3. Findlay YMCA
4. Millstream Career Center
5. Vanlue local school and Vanlue fest Facebook
6. Vanlue-Ohio Demographics
7. Assisted Living in Vanlue Ohio

