

Aging 2030: Preparing Minnesota for the Age Wave

Summary of Vision, Themes and Strategies

Overall vision: Minnesota is a place where people live well and age well, and help others in their community to do the same.

Work with ethnic, immigrant and tribal communities on how to successfully implement these actions in their communities.

Provide access to persons with physical, mental and communication disabilities and take urban, suburban and rural perspectives into account when implementing these strategies.

Redefining Work and Retirement

Minnesota should encourage individuals to continue working in both paid and nonpaid roles, and prepare for their retirement and old age.

1. Transform public and private retirement and employment policies to better reflect demographic realities and support continued work.
2. Transform Minnesota’s post-secondary education system and employer-based training to meet the education and training needs of an aging workforce.
3. Encourage individuals to plan and “self-invest” in financial planning for a lifetime.
4. Engage Minnesotans in vital aging opportunities as they age.
5. Expand the options available to individuals to pay for long-term care costs.
6. Strengthen federal income and health programs that provide the foundation for individual retirement security.

Supporting Caregivers of All Ages

Minnesota needs to slow the decline of family caregiving by offering eldercare in all workplaces and redesigning services to wrap around family care.

1. Offer eldercare supports in all Minnesota workplaces.
2. Increase supply and types of caregiver supports and the public awareness of the services.
3. Activate networks of neighbors and faith communities to support individuals who do not have family or other social support.
4. Ensure that grandparents raising grandchildren have access to existing programs intended to help families with children.

Fostering Communities for a Lifetime

Minnesota’s communities should be good places to grow up and grow old, and offer physical, social and service features for their residents of all ages.

1. Support assessment and planning efforts to develop healthy communities for a lifetime.
2. Transform the physical infrastructures of communities, including housing, mobility options and accessible public space.
3. Foster social connections that build “community” among residents and nurture a sense of responsibility across generations.
4. Expand the range of products and services that help community residents stay independent and engaged as they age.

Improving Health and Long-Term Care

Minnesota must transform its health care, promote good health for all, improve chronic care and intensify its long-term care reform.

1. Transform health care in Minnesota so that it provides access and quality at an affordable cost for all Minnesotans.
2. Ensure that Minnesotans have access to good chronic care management and receive standards of care known to be most effective.
3. Transform long-term care to increase consumer control over the where, who and how of service provision.
4. Provide individuals with the information they need to make good decisions about lifestyle and health habits.
5. Recruit and retain a stable health and long-term care workforce that has geriatric competence to serve older people.
6. Prepare the mental and chemical health systems for increased demand from aging boomers.

Maximizing Use of Technology

Minnesota should use technology to maximize the benefits and minimize the hazards that accompany its permanent age shift.

1. Transform health care through use of evidence-based technology, achieving both efficiencies and savings while improving outcomes and quality.
2. Expand use of technology that helps people help themselves, e.g., home modifications, assistive devices and safety systems.
3. Use telehealth and related technology to address worker shortages and distance issues.
4. Utilize the Internet and related technology to expand access to information about resources for consumers and their families.
5. Redesign management information systems to support performance and results measurement.

Aging 2030

Preparing Minnesota for the *Age Wave and Beyond*

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Aging 2030 is a project of the Minnesota Department of Human Services

In partnership with the Minnesota Board on Aging and Minnesota Department of Health

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Overview

Aging 2030 is a joint venture between Minnesota's Department of Human Services, Board on Aging and Department of Health, in conjunction with several other state agencies. The purpose is to prepare Minnesota for the coming age wave of baby boomers and a permanent shift in the age of our state's population.

In 2011, the large baby boom generation began to turn 65. By 2031, the leading edge boomers will begin to turn 85, and nearly 25 percent of Minnesotans will be over age 65.

Aging 2030 is focused on the system changes that must be made now to take advantage of the historic demographic dividend presented by this largest generation ever born, and address the challenge posed by the growth in health and long-term care needs.

Themes for Action

Aging 2030 will build on the efforts of Transform 2010, a project with similar goals that was completed in 2010. That project produced five key themes for action and sought to engage and equip organizations to transform policies, systems and services to prepare for the age wave. The five themes listed below are described in detail inside this brochure and will continue to be utilized as the policy framework for Aging 2030.

- Redefining Work and Retirement
- Supporting Caregivers of All Ages
- Fostering Communities for a Lifetime
- Improving Health and Long-Term Care
- Maximizing the Use of Technology

Key Strategies for the Next Twenty Years

Transform 2010 sharpened our focus on the most critical changes that must be made before 2030. Now, Aging 2030 can more specifically target these changes and prepare Minnesota for the upcoming historic demographic shifts.

We will work with both public and private partners to accomplish these goals. For more information on how you can partner with Aging 2030, visit our website or email us. Contact information is listed on the left side of this page.