

MN
2030

LOOKING
FORWARD

Facilitator's Guide

COMMUNITY CONVERSATIONS



August, 2017

REIMAGINING THE FUTURE OF AGING

The Minnesota Board on Aging, in partnership with the MN Department of Human Services, is looking ahead to 2030. Today marks the midpoint between our original vision for the long-term services and supports system, and the year that baby boomers start turning 85. It is truly a transformative time in our communities. To that end, we're revisiting our multi-year commitment to prepare for a permanently older society. We all have tremendous value to offer to develop our solutions as we look forward to 2030. This document provides a guide for facilitators to help design an effective community conversation.

WHAT IS A COMMUNITY CONVERSATION?

The purpose of this document is to guide an interactive discussion that invites and engages participants to help set the stage for older adults who will need home and community-based services and supports in 2030.

SESSION OVERVIEW

Welcome and overview

- 15 minutes

Small group discussion

- 35 minutes

Share response with the larger group

- 30 minutes

Wrap up – designate a reporter

- 10 minutes

HOW TO PREPARE FOR A COMMUNITY CONVERSATION

Go to the MN2030 website and download the Facilitator's Guide

Invite Participants: Target Audience (25 or less): Participants should be selected from the following backgrounds:

- Current home and community-based providers
- Community residents of all ages, including caregivers
- Older Minnesotans and their families that use home and community services

Session Materials: Prepare the following materials

- Printed agenda
- Post-it type easel paper for each small group
- Tape
- Markers
- Name tags
- Laptop
- Small post-its or colored dots
- Microphone

PREPARING THE DAY:

Room Arrangement: Arrange the room in table groups of 5 or 6 at each table. Markers and several sheets of easel paper can be placed on each table prior to the session. Agendas can be included with the table materials or can be part of the registration check in process.

Prepare Easel paper with community conversation questions (see detailed instructions on page 5). ***Note: 15-30 minutes before the session starts greet everyone and get them settled***

BEGINNING THE SESSION:

Welcome/Introductions – 10 minutes

- Welcome everyone to the session
- Have each individual share their name, why they are participating in today's conversation.
- Review the agenda

Setting the Stage – 5 minutes

Pose questions to the group: Why was the year 2010 significant to the Boomer generation? (*Boomers began turning 65*)

Pose questions to the group: Why will the year 2030 be significant to Boomers, families, friends and neighbors? (*They begin turning 85*)

Say in your own words: Boomers are more healthy, active and independent than any generation before them. They are the largest in numbers and are projected to live longer. They are changing the face of aging, their definition of aging and how they age.

Pose questions to the group: Boomers prefer to age in what type of setting? (*their own home*)

Say in your own words: As we grow older, most of us live in the home that we own. When we need help around the house or with personal care, we want to be able to get that help while we stay at home. Most of that help comes from family, friends or neighbors. However, that is not always possible for a variety of reasons (family lives far away or home is a farm situated outside of the community). Home and community-based services are services that can provide services that we need in our home. The short abbreviation for home and community-based services is **HCBS**.

Pose questions to the group: What are some services that are provided by home and community-based providers? (*Accept two-three responses: chore services, non-medical transportation, caregiver support, respite care*)

Say in your own words: Long-term services and supports are on-going services that individuals need due to a chronic health condition or disability. These services can be delivered

in a person's own home (HCBS) or individuals can transition between variety of settings and services, receiving services they need in the right place and right time.

Say in your own words: Currently, Minnesota's system is balanced between nursing home care and receiving care at home. In 2030, boomers begin turning 85 and challenge the current services and supports to be ready to help them age where they prefer to age; in their own homes. Do our communities have the range of in-home and community-based service options any of us might want and need as we grow older? Our focus needs to shift to achieving this range – a better balance – within home and community-based services in order to give people options. The MN Board on Aging, in partnership with the MN Department of Human Services, is seeking your input as together we strive to create the necessary momentum for all Minnesotans to grow and age in our communities.

Today's goal is reimagining what opportunities we can create to provide a range of home and community-based service options in our communities.

We will begin by discussing three questions in small table groups. Select one person to facilitate the discussion and one person to record responses. The questions to be discussed are on the lower half of the agenda. Each table group will have approximately 30 minutes to discuss the questions and record the responses. Once time is called each table will share their responses with the large group.

Are there any questions or clarifications?

Small Group Discussions

Note: The discussion questions are below. Give an announcement of the time left every 10 minutes so all questions can be discussed. Call time early if the group appears to be ready before the 30-35 minute timeframe.

Discussion Questions

Easel Sheet #1

The year is 2030. Imagine you are 85, take medications and have chronic conditions, need assistance taking a bath and reminders to pay monthly bills. You live in your own home. You may or may not have children/family supports or they live at a distance.

- Describe what your services look like.
- Describe what your home looks like.
- Describe what your community looks like (or technology question)

Easel Sheet #2

Status of current in-home/community services and programs	
What in-home services and programs are working well? Fill in response here	What in-home services and programs are not working so well? Fill in response here

Easel Sheet #3

What type of resources do we need to effectively activate the ideas proposed today? (An example of resources can be money, personnel, policy, community assets or technology.)

Review your work and star the responses that could be incorporated at a statewide level

Sharing responses with the group – 30 minutes

Note: *Time allotment is 30 minutes for this activity. Time permits a 5 minute summary of each table's work assuming a maximum of 6 table groups. Adjust time accordingly. Please*

Say in your own words: We are ready to share our work with the large group. Each table group will have 3-4 minutes to share three services or programs that are working well and three that are not working so well. Then, you will share what your home might look like in 2030. Finally, you will share which responses can be incorporated statewide.

Ask: Are there any questions or clarifications?

Ask: Who would like to begin?

Wrap Up -5 minutes

Ask: Are there any final thoughts or comments you would like to make?

Say in your own words: The next step is that your responses will be shared with the MN 2030 team to help them plan for 2030. Our group will be listed on the MN2030 website and added to MN2030 Partners and Communities.

Thank you for your good work today and be sure to explore the MN2030 website for responses from other partners and communities.

Note: *As the facilitator please designate someone to report the results of the group discussion on the MN2030 questionnaire.*

GUIDE DEVELOPED WITH ASSISTANCE FROM

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SAMPLE AGENDA

Welcome/Introductions

Today's goal and activities

Small group discussions

Share response with larger group

Discussion Questions

1. The year is 2030. Imagine you are 85, take medications and have chronic conditions, need assistance taking a bath and reminders to pay monthly bills. You live in your own home. You may or may not have children/family supports or they live at a distance.
 - Describe what your services look like.
 - Describe what your home looks like.
 - Describe what your community looks like (or technology question)
2. Status of current in-home/community services and programs
 - What in-home services and programs are working well?
 - What in-home services and programs are not working so well?
3. What type of resources do we need to effectively activate the ideas proposed today? (An example of resources can be money, personnel, policy, community assets or technology.)

Review your work and star the responses that could be incorporated at a statewide level.