

Aging in Place: *Challenges & Opportunities for Farmers*



NDSU

EXTENSION

What is aging?

- **Time**
- **Examples of aging**
- **Not medical conditions**
- **Relationship b/w aging & disease/disability**



What does 'aging well' mean?

“Promoting health and preventing disease and disability, along with high physical and psychological functioning and social engagement”

Aging Farmer's Definition

- **Farmers may have their own individualized definitions of aging well.**
- **For some, it may be being able to continue to work or remain engaged in farming.**
- **One's personal definition of aging well is fluid – it changes as one's body and circumstances of life shift.**

Barriers to aging well



- **Attitude/stereotypes**
- **Health Changes**
- **Financial Deficits**
- **Physical/Mental Decline**
- **Changes in Environment**
- **Losses**

Wellness Wheel



Set your own course...



Overarching strategy

Adaptation

Accept that aging is a process owned by you.

The key is to hold both positive and negative experiences of aging in balance.

Recognize losses, take time to mourn them and, then move on and appreciate all the positive aspects of your life.

Aging in Place & Community



Barriers to Aging in Place

A photograph of an older man wearing a light-colored cap, glasses, and a light-colored button-down shirt. He is standing in a field of green grass with several large, round hay bales scattered around. He is pointing his right hand towards the right side of the frame. The background shows a line of trees under a clear sky.

- Services
- Isolation
- Transportation
- Home design
- Community Design
- Pre-planning

Dakotas Housing Study



Housing Design Ex: Visitability

- Zero-step entrance into the home
- Bathroom and bedroom on the same level as the zero-step entrance
- Bathroom wall reinforced for grab bars
- Minimum 42” wide hallways and 36” inch passageways
- Electrical wall outlets/receptacles 15” inches AFF
- Wall switches controlling light fixtures and fans shall be a maximum 48” AFF
- All exterior and interior doors 32” W

Visitability Code Example (Fuller, 2008)

*Changes to
make your home
safer and easier
to live in and
help you
continue to live
independently.*

Welcoming Zero Step Entrances



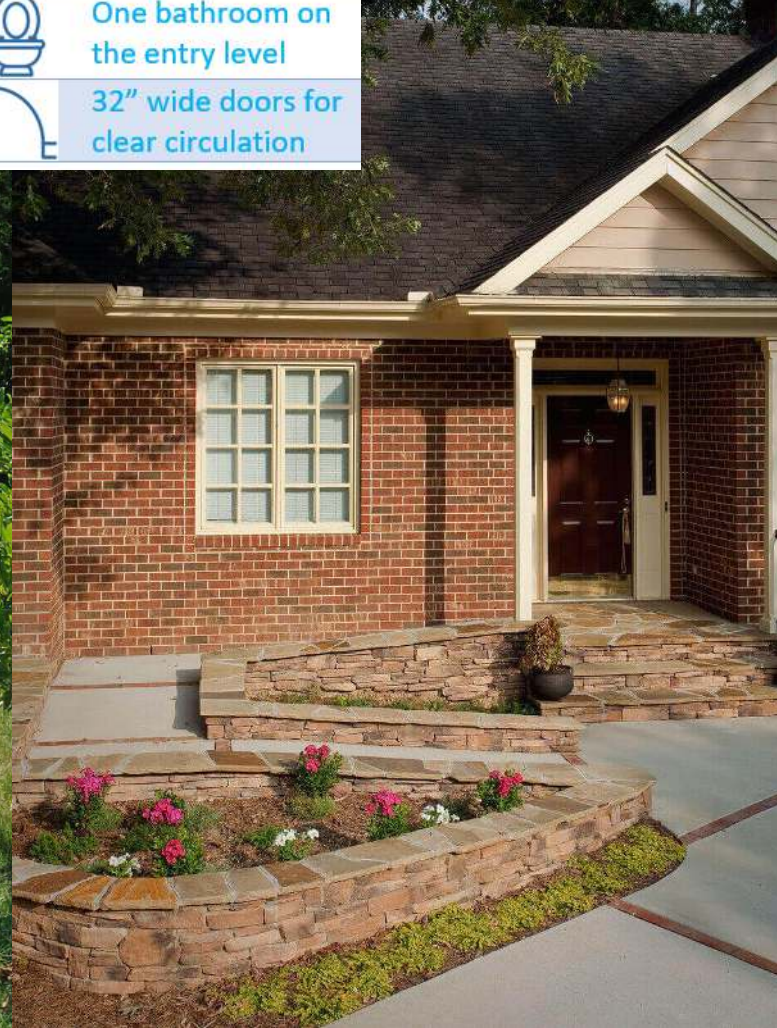
One zero-step entry



One bathroom on the entry level



32" wide doors for clear circulation



AARP Livable Communities

1. Outdoor Spaces
and Buildings

2. Transportation

3. Housing

4. Social
Participation

The **AARP** Network of Age-Friendly Communities

and work within

The 8 Domains of Livability

help communities become great for people of all ages

5. Respect and
Social Inclusion

6. Civic Participation
and Employment

7. Communication
and Information

8. Community
and Health Services

<https://www.aarp.org/livable-communities/>

Contact Information



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Resources

Evidence-based Programs:

North Dakota: <https://www.ndc3.org/Programs>

- ✓ Powerful Tools for Caregivers
- ✓ Stepping On – falls prevention program for older adults
- ✓ Diabetes Prevention Program
- ✓ Better Choices, Better Health

Minnesota: <https://yourjuniper.org/Programs>

NDSU Extension www.ag.ndsu.edu/aging

- ✓ Aging in Place
- ✓ Family Caregivers
- ✓ Depression
- ✓ Advanced Care Planning
- ✓ Long-term Care Planning

Resources

Aging in Place in Rural Communities, Rural Health Information Hub:

<https://www.ruralhealthinfo.org/toolkits/aging/1/rural-issues>

NDSU Extension Farm Safety:

<https://www.ag.ndsu.edu/extension/farmsafety/>

NDSU Extension Farm and Ranch Stress:

<https://www.ag.ndsu.edu/farmranchstress>

NDSU Extension Succession Planning:

<https://www.ag.ndsu.edu/succession>

Community of Care, Cass County, ND

<https://communityofcarend.com/>

Housing Across the Lifespan Stakeholder Report

<https://www.ag.ndsu.edu/aging/research/HousingAcrosstheLifeSpanFinalReport.pdf>