

# CALLING HOME

Input from the community of  
Harmony, MN



A collaboration between communities and:



# What is “Calling Home”?

“Calling Home” is a project that uses the idea of “home” as a starting place for intergenerational conversations about aging and planning for life changes. What about “home” matters most to Minnesotans? How might our ideal “home” change as we age?



The project consists of a series of community conversations in the metro and rural areas of the state. It will result in short, shareable videos of individuals and families that will be grounded in the community listening sessions. A key aim is that these will spur additional conversations that will bring to light the challenges and opportunities at the crossroads of family and community, which will inspire more proactive planning and more responsive policymaking.

# What are critical components of “Home” for you as you age?

## For Active Living



## For End-Of-Life



## For Supported Living





# What to do you need to do NOW to have that “Home?”

Active Living

*Maintain Relationships*  
*Research* *Estate Planning*  
*Financial Planning*  
*Directives*  
**Proactive Planning**  
*Legal Work*  
*Move homes* *Downsize*  
*Community Infrastructure*  
*Transportation*

*Stay Healthy*  
*Financial Planning*  
*Talk with Family*  
*Make Will*  
*Make Wishes Known*  
*Research* *Downsize*  
**Have Money**  
*Organize Records*  
*Power of Attorney*

Supported Living

*Financial Planning*  
*Assisted "Suicide"*  
*Legal Planning*  
*Make Wishes Known*  
**End-of-Life Directive**  
*Will*  
**Connect to Family**  
*Plan Funeral*

End-of-Life Living

## What would help you do the things you need to do now?

- Free help with Advanced Care Directives
- One-stop-shop for information on healthcare, housing (ideally in-person)
- Enlisting younger generations in coordinating elder services
- Simpler information
- More resources for caregivers
- Mental health support groups for seniors
- Help researching and choosing long-term care plans
- Conversations with family and friends

## What gets in the way of doing what you need to do now?

- Lack of awareness and communication
- There is online information, but oldest folks don't know how to access
- Hotlines are impersonal and impractical (difficulty of hearing)
- Information overload
- HIPAA laws
- Insurance policies can be too rigid and not get needed care at reasonable price
- People are stubborn, in denial
- Isolation
- Frustration/Depression
- Some people don't have family support



# What happens now?

## Short Term

For the people that attend Calling Home meetings and their Minnesota communities, Calling Home hopes to spark conversations about aging.

## Long Term

The feedback from this and other communities will help shape a series of video shorts produced by Twin Cities Public Television. The shorts will focus on interviews with Minnesotans in different types of living situations and the challenges/joys that they experience. When done, the video shorts will be shareable on social media. They will inform policy discussion and help build an awareness of the issues around aging.