

# CALLING HOME

Input from the community of  
the Heritage Park YMCA



*Heritage Park*

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



A word cloud for 'Active Living' with 'Family' as the largest word. Other prominent words include 'Comfort', 'Church', 'Safety', 'Stability', and 'Financial Security'. Smaller words include 'Services Nearby', 'Active Community', 'Relaxation', 'Garden', 'Familiarity', 'Outdoors', 'Stores', 'Grandchildren', 'Autonomy', 'Spirituality', 'Friends', 'Children', 'Peace', 'Well-being', 'Food', 'Good Neighbors', 'Clutter-Free', 'Exercise', 'God', 'Growth', and 'Staying in Place'.

## For End-Of-Life



A word cloud for 'End-Of-Life' with 'Not Being a Burden' as the largest phrase. Other prominent words include 'Family', 'Peace', 'Care', and 'Financial Preparedness'. Smaller words include 'Mobility inside Home', 'Decisions Honored', 'Sisters', 'Will', 'Children', 'Health', 'Brothers', 'Readiness', 'Salvation', 'Caring Staff', 'Familiarity', 'Heaven', 'Comfort', 'Conversation', 'God', 'Legacy', 'Support', 'Vacation', and 'Grandchildren'.

## For Supported Living



A word cloud for 'Supported Living' with 'Not Being a Burden' as the largest phrase. Other prominent words include 'Family', 'Support', 'Safety', and 'Transportation'. Smaller words include 'Comfort', 'Community', 'Church', 'Friends', 'Pastor', 'Independence', 'Help in Home', 'Genuine Love', 'Accessibility', 'People Who Care', 'God', and 'Cultural Competence'.

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

Active Living

Financial Planning  
Declutter  
Volunteer  
Stay Healthy  
Will Save  
Organize Talk about Aging

Talk with Family  
Financial Planning  
Forgive

Repair Relationships  
Will Save  
Research  
Long-Term-Care Policy

Supported Living

End-of-Life Living

Make Wishes Known  
End-of-life Directive  
Repair Relationships  
Will  
Connect to Family  
Life Insurance  
Forgive  
Legal Planning



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

- **Repairing relationships with my family**
- **Trust**
- **Forgiveness**
- **Regular, in-person access to legal, social, and medical advisors who care**
- Community support and pooled information
- Power of Attorney
- A guide through the stages of aging
  - With a timeline of important decisions
- If I made a plan and stuck to it
- Living within my means
- Communicating with family about my wishes
- Getting everything in writing

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

- **Bad relationships with family**
- **My family's problems become mine. They often need me to:**
  - Care for other aging siblings
  - Care for grandchildren
  - Deal with other issues
- **Some children don't care**
- **No access to people who can explain things to me and who genuinely care**
- I don't know my options
- There are too many options
- Stress
- Lack of Money
- Lack of Transportation
- Conversations are too difficult
- Fear



# 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.