CALLING HOME

Input from the community of the Heritage Park YMCA

A collaboration between communities and:

Citizens League
Collective Action Lab
TPT
TWIN CITIES PBS
"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
- Services Nearby
- Active Community
- Comfort
- Church
- Friends
- Children
- Growth
- Stability
- Financial Security
- Exercise
- God
- Good Neighbors
- Clutter-Free
- Staying in Place

For Supported Living
- Support
- Pastor
- Genuine Love
- Accessibility
- People Who Care
- God
- Transportation
- Cultural Competence

For End-Of-Life
- Mobility inside Home
- Decisions Honored
- Sisters Will Children
- Not Being a Burden
- Parents
- Care
- Legacy
- Conversation
- Support
- Vacation
- Preparation
- Good Neighbors
- Good Neighbors
- Education
- God
- Heaven
- Heaven
- Salvation
What to do you need to do NOW to have that “Home?”

- Active Living
  - Talk with Family
  - Financial Planning
  - Forgive
  - Repair Relationships
  - Research
  - Make Wishes Known
  - End-of-Life Directive
- Supported Living
  - Declutter
  - Volunteer
  - Stay Healthy
  - Organize
  - Talk about Aging
- End-of-Life Living
  - Long-Term Care Policy
  - Life Insurance
  - 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.