

Expanding Healthy Aging Initiatives

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Colorado State University



For over 100 years, CSU
Extension has helped
Coloradans address
important and emerging
community needs



The Many Roles of Extension

Power in Partnerships. Embracing the Land-Grant Mission



Increasing Engagement Through Data-Driven Strategies

Community Needs Assessment

- Conducted 2020 – 2021
- Methodology: mixed methods including secondary data analysis, interviews and community surveys
- 5,100 responses to 45 surveys



Q: In the area of household/family/finances, select up to three topics where information and educational resources would be most helpful

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In rural community results, highest rated across all audiences ***‘Support for aging adults and their caregivers’***



Q: In the area of health and well-being, select up to three topics where information and educational resources would be most helpful to you.

- Nutrition and healthy food prep
- Mental health/stress management/suicide prevention
- Access to healthy/nutritious/fresh foods
- Healthy aging

Healthy Aging Initiatives

Expanding Best Practices across Colorado to Address Local Needs

- Expanding Senior Access Points Program
- Expanding Aging Mastery Program
- Lifelong Learning Hub: Northeastern Regional Engagement Center in Sterling

Current Initiatives

Aging Mastery Program

Exercise, nutrition, finances, advance care planning, community engagement and healthy relationships.

Alzheimer's Education

10 Warning Signs, Healthy Living for your Brain and Body, Understanding and Responding to Dementia

Senior Access Points

Connecting Older Adults with Aging-Related Information and Resources

Powerful Tools for Caregivers – Grandfamilies

Classes help caregivers take better care of themselves while caring for a grandchild

Market Days for Older Adults

Allows low-income older adults to access fresh produce from the Larimer County Farmer's Market

OSHER Lifelong Learning

Offers over seventy programs, courses and special events every term

Volunteer Opportunities for Older Adults

Master Gardener Program, Native Plant Master, Senior Access Points Ambassador

EXPANDED RURAL ENGAGEMENT

In June 2021, the CSU System Board of Governors voted to invest \$8.58 million over the next three years in expanded support for rural Colorado students and communities

Increasing *college readiness, local access, enrollment in higher education*, and **scholarships** for students living in *rural Colorado*.

ACCESSIBLE
EDUCATION

Focusing on *mental health, aging health*, and *preventative health*.

IMPROVED
HEALTH

Expanding capacity of *Regional Economic Development Institute*, expanding the *agriculture value chain* and *sustainability of agricultural practices*, increasing *vitality of rural businesses*, increasing *broadband access*.

THRIVING
ECONOMY

Expanding *community leadership*, creating *connections to local histories* and *cultures* through *visual and performing arts*, and supporting *community problem solving* through *civil dialogue*.

VIBRANT
COMMUNITIES

Thank you



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