# Expanding Healthy Aging Initiatives

Sue Schneider, PH.D.

Community Development Agent, Larimer County

Colorado State University Extension | Office of Engagement and Extension





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

Across all audiences, highest rated 'Support for aging adults and their caregivers'



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

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**

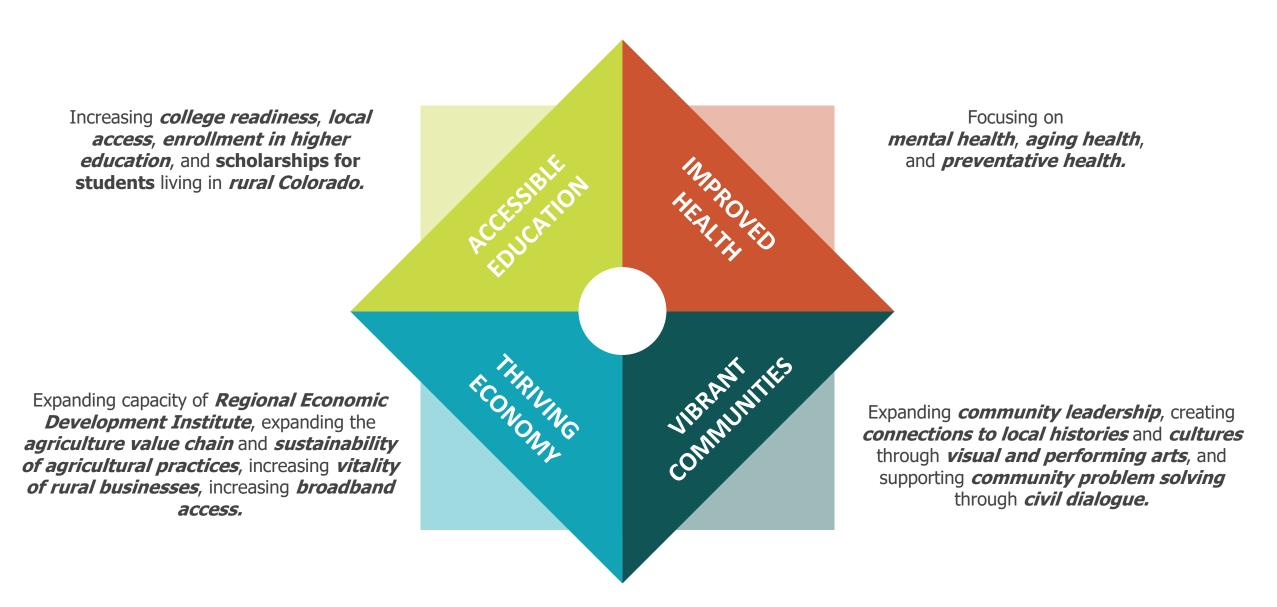
Offers over seventy programs, courses and special events every term

## **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



# Thank you

