

# Age-Friendly MN Community Grants Update

Presented to Age-Friendly MN Council

*June 10, 2024*



# AFMN Community Grants

## Round 1 Highlights

### Overview:

- **Round 1 Grant Cycle:** Summer 2023-March 31, 2024
- **# of Community Grantees:** Approx. 90
- **Original amount granted to 90 Grantees (2023):** \$2.5 million
- **Expansion funds granted to 38 Grantees (2024):** \$1.6 million
- **Total granted to date:** \$4.1 million

### Grant Amounts:

- **Maximum request amount:** \$99,000
- **Range of grants made:** \$5,700 - \$99,000
- **Average grant amount:** About \$37,000
- **Percent of requests funded:** 72%



# Community Grants: Impact by Region

## Northeast

- 13 projects
- \$420,418

## Northwest

- 11 projects
- \$288,163

## Central

- 3 projects
- \$72,430

## Metro

- 35 projects
- \$917,175

## Southwest

- 12 projects
- \$355,523

## Southeast

- 6 projects
- \$195,656

## Statewide

- 8 projects
- \$348,370

\*Regions defined by Minnesota's six geographic Area Agency on Aging regions.

# Grantee:

## KaleidScope-Kwam Thiab Siv



### Project:

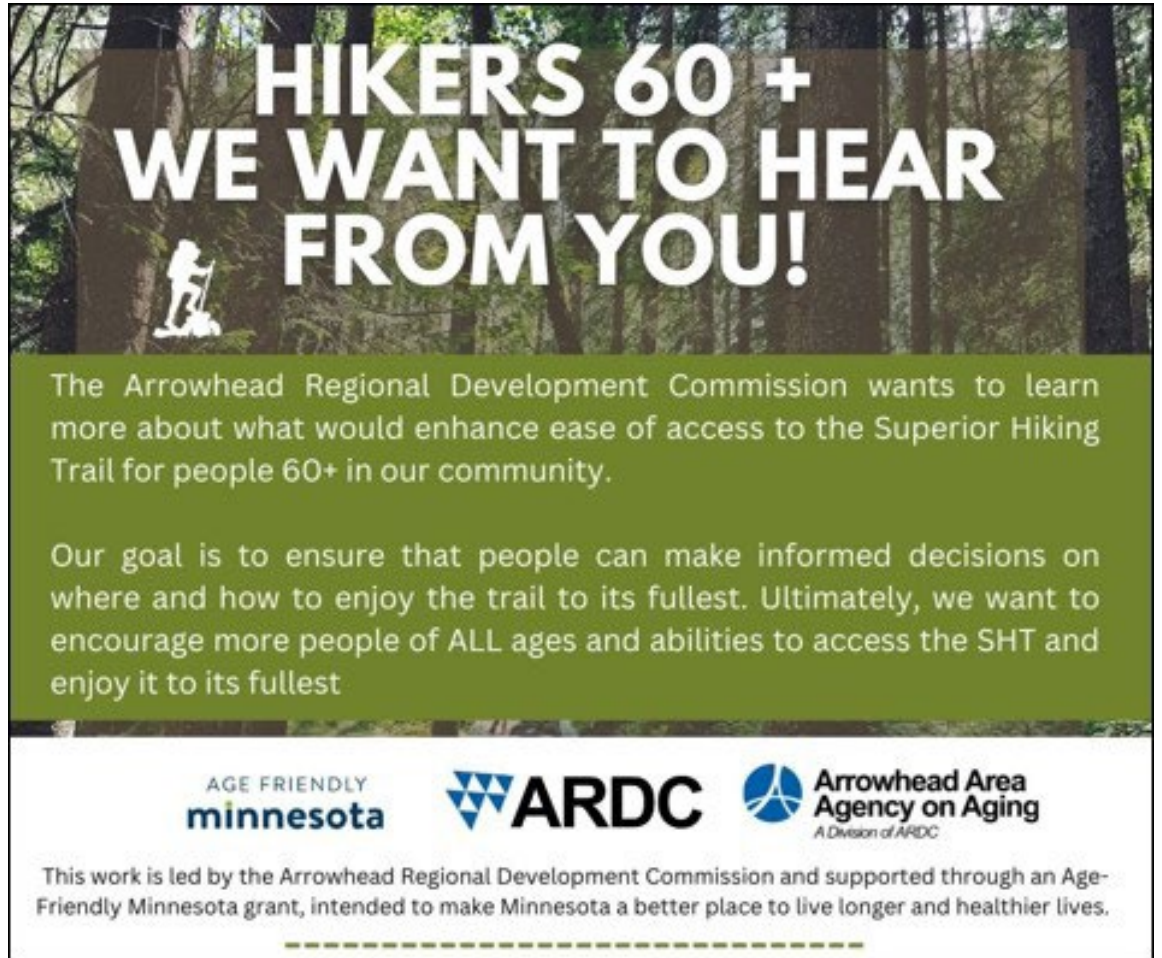
- Conducted a culturally-centered needs assessment to develop *A Healthy Aging Framework for Hmong Elders*
- To support development and implementation of standardized programs and services for Hmong elders that reflect this framework
- *Key themes:*
  - Definition of Healthy Aging
  - Importance of Family Caretakers
  - Elder Centers as Safe Havens
  - Connection to Culture and Traditions
  - Reliance on Government Resources
  - Use of Traditional and Complementary Medicine

# Grantee:

## Arrowhead Regional Development Commission

### Project:

- Age-friendly analysis of the Superior Hiking Trail and Gitchi-Gami State Trail in the Arrowhead region to make them more inclusive for all ages & abilities
- *Biggest barriers:*
  - Not having anyone to hike with
  - Parking accessibility
  - Lack of toilets
  - Perception of trail being too difficult
  - Lack of info about the trail
  - Not knowing where to go



**HIKERS 60 +  
WE WANT TO HEAR  
FROM YOU!**

The Arrowhead Regional Development Commission wants to learn more about what would enhance ease of access to the Superior Hiking Trail for people 60+ in our community.

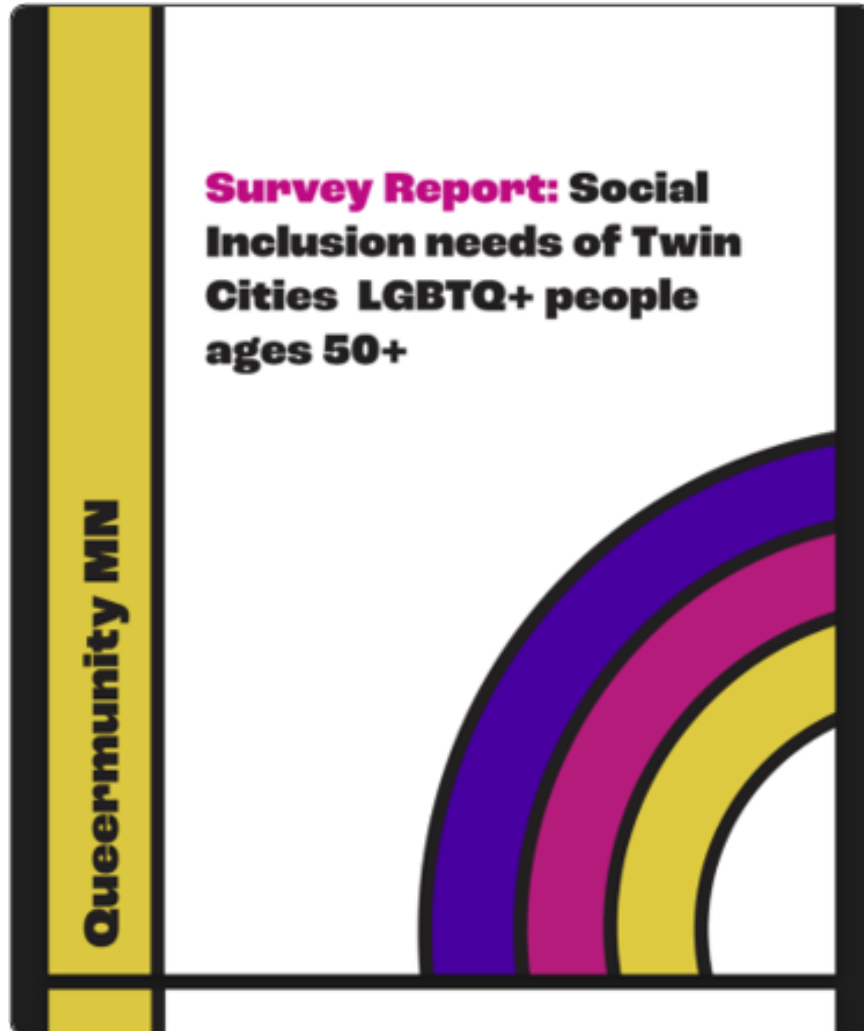
Our goal is to ensure that people can make informed decisions on where and how to enjoy the trail to its fullest. Ultimately, we want to encourage more people of ALL ages and abilities to access the SHT and enjoy it to its fullest

**AGE FRIENDLY minnesota** **ARDC** **Arrowhead Area Agency on Aging**  
A Division of ARDC

This work is led by the Arrowhead Regional Development Commission and supported through an Age-Friendly Minnesota grant, intended to make Minnesota a better place to live longer and healthier lives.

# Grantee:

## Queermunity



### Project:

- Report: *Social Inclusion needs of Twin Cities LGBTQ+ people ages 50+*
- Needs assessment & community engagement related to social isolation/connection among older LGBTQ+ community members
- **Priorities:** A place that is accessible, affordable, friendly
- **Programs being developed as a result:**
  - Intergenerational programs
  - Educational presentations, inc. discussion – especially health-related
  - Connections to resources and supports



# Grantee:

## SEWA-AIFW (Asian-Indian Family Wellness)

### Project:

- Raise awareness of the rights of older immigrants in Minnesota.
- Gain better understanding of service gaps for South Asian assisted living residents.
- *Identified key challenges:*
  - Transportation, mental health, social isolation
  - Lack of data on South Asian older adults, esp. disaggregated data on various sub-populations



## Grantee:

# African Immigrant Community Services

## Project:

- Conducted needs assessment to better understand needs of older East African/Somali immigrants in Minnesota
- Surveyed Somalis aged 60 and older, family caregivers and adult day center service providers, mental health providers
- Developed recommendations based on all of these groups
- “The project had a profound impact on the Somali community.” – *AICS staff*





# Grantee:

## Cycling Without Age Alexandria

### Project:

- Purchase tri-shaws to help launch Cycling Without Age
- Pairs volunteer pilots with older adults and others of restricted mobility for bike rides.
- “The right to wind in your hair”



# Grantee: Northland Foundation

## Project:

Developed *Returns: A Toolkit for Employers* to help employers recognize the value of older employees and help them older workers re-enter the workforce successfully.

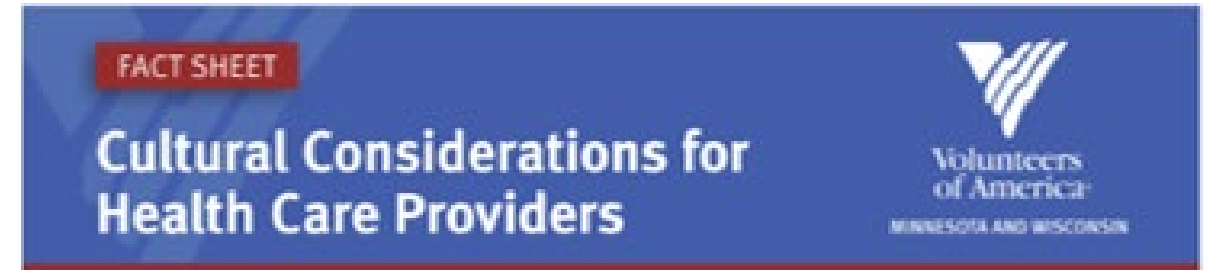


# Grantee:

## Volunteers of America

### Project:

- Educate professionals at Minneapolis community healthcare clinics to ensure staff are equipped to educate community members on the importance of having a Health Care Directive, alternatives to guardianship, and community resources that support individual choice and autonomy.
- Included emphasis on cultural perspectives.
- 900 professionals participated in training (nearly double what was anticipated)



### Understanding Cultural Perspectives: Why is this important?

Effective patient-health care relationships rely on trust, especially when serving culturally diverse populations. Providers must recognize how cultural factors may impact patients' choices, engagement in their healthcare, and trust in the provider's actions and communications. Historical experiences among cultural groups may lead patients to view health care providers as untrustworthy.

Sensitivity to these issues and building trust is crucial when engaging in conversations about advance care planning and other serious health care discussions. Providers who lack cultural understanding risk inadvertently eroding trust and making inaccurate presumptions.

### Universal & Cultural Barriers to Completing Health Care Directives (HCDs)

Despite their importance, many people, regardless of their background, face barriers to completing Health Care Directives (HCDs). Some may not have heard of advance care planning and are unaware of the benefits, others may find the process taboo or frightening. Cultural, generational, and religious beliefs also play a role, with some preferring to leave such decisions up to fate, their Spiritual Leader, or a Higher Power. People often don't realize the benefits of Health Care Directives and that they are one of the necessary

Historical experiences can shape cultural perspectives and how health care providers are viewed. For instance:

- Indigenous Peoples' experience with broken treaties, boarding schools and attempts at forced assimilation
- History of enslavement of Africans
- Tuskegee experiments on African Americans
- Political rhetoric surrounding US borders
- Newer immigrants from countries torn by war and corruption

# Grantee:

## Access Resource

### Project:

Developed educational videos about hearing loss and the importance of real-time captioning.



# Grantee:

## Vision Loss Resources

### Project:

Develop training for senior center and other staff to recognize, understand, and be more inclusive of people with vision loss.



PHOTO: JEFFREY