Blueprint Action Team Guide

Action Teams will play the critical role of leading implementation of the Blueprint, with support from Age-Friendly Minnesota. This guide is designed to provide you with the information needed to help make your Blueprint Action Team successful.

AGE FRIENDLY
minnesota

What Action Teams Do

Each Action Team is led by a Convener and made up of actively engaged crosssector members. Their primary work will be to:

- Facilitate partnerships among diverse sectors and partners, such as government agencies, community organizations, and others.
- Keep abreast of emerging trends and challenges associated with the objective area.
- Develop a plan of action to implement tactics identified by the Multisector Blueprint.
- Meet on a regular on-going basis to implement the plan of action.
- Suggest/Advocate for policy changes that support age-friendly design, programs, and systems related to objectives (if applicable).
- Suggest metrics/data that can be used to monitor progress on specific objectives.
- Provide regular updates to the Age-Friendly Minnesota Team.

Action Team Toolkit

- Sample Agenda for the first meeting
- Forms to submit notes from initial meeting and subsequent meetings
- Questions? Reach out to either:
    - Michael Saindon, Interim Director of the AFMN Council **michael.saindon@state.mn.us**
    - Farah Baig, Legislative Coordinator for the AFMN Council **farah.baig@state.mn.us**

Additional Resources

- **Multisector Blueprint for Aging** (first version released Dec. 2024)
- Background on **Action Teams**
- **Take a journey through the Blueprint**
- Learn more about **Age-Friendly Minnesota**
- Learn more about **Multisector Plans for Aging**
- **National Center to Reframe Aging**

Domain 3: Optimized Health and Longevity

Strategy B: Promoting Healthy Living

Objective 3: Equitable Opportunities for Physical and Mental Health and Well-Being

Your Action Team's Priority Tactics

These tactics were identified as priority action steps needed to achieve your Action's Team objectives. View the full Blueprint for more detail and to see them in context. Your Action Team will determine which tactics to undertake first and a general timeline for the work.

- **Holistic programming - equity in grants, mental health, funding administration**
  - **Expand the Mental Health Innovation Grant Program** and specifically issue request for proposals (RFPs) that focus on the mental health of older adults from communities that have experienced inequities.
  - **Provide grants/funding to expand community education programs focused on healthy aging classes** that promote healthy living, help manage chronic health conditions and prevent falls.
  - **Provide grant funding to religious/spirituality-based organizations** that develop programming focused on older adults.
  - **Expand evidence-based health promotion programs**, such as those offered through the Juniper Network, and including culturally relevant programs inclusive of Minnesota's diverse communities.

- **Accessible environment**
  - **Support the development of accessible built environments** (buildings, streets, sidewalks, open spaces, and other infrastructure) so that people safely get/stay active.
  - **Add the Minnesota Department of Natural Resources (DNR) to the Governor's Council for an Age-Friendly Minnesota.**
  - **Ensure that the Senior LinkAge Line and MinnesotaHelp.info; include nature-based information and resources.**

- **Health and Technology**
  - **Support telehealth** which can increase access to care, including therapy sessions, especially for those with mobility limitations.
  - **Educate providers on mobile apps** for monitoring physical activity, mindfulness exercises, cognitive training, and symptom tracking.

- **Transportation**
  - **Partner with local organizations to expand transportation offerings to and from healthcare appointments,** particularly in rural MN.
  - **Support intergenerational programs that foster connections across generations** (e.g., The Pillars Child Care).