



# Conversation Starters

It will take a lot of us working together – families, caregivers, communities, and legislators – to face aging.

We all have different ways we can engage in conversation about how we will serve the needs of Minnesota's growing senior population.

## **ARE YOU IN A CHURCH GROUP OR BOOK CLUB OR CIVIC ORGANIZATION?**

Have you discussed the boom in senior population and how it will affect your community? What does it mean for your community that you will soon have more seniors than school kids? How does this impact local businesses? Your community's housing needs? Your schools? Your church? Your community's healthcare needs? The need to attract employees with certain skills to your community? What should be done to preserve the quality of life of aging Minnesotans?

## **ARE YOU IN YOUR 40S OR 50S?**

If so, have you discussed what you would like your elderly years to look like with your spouse, partner or other family members? Are you planning for your golden years? What is your vision of aging?

## **ARE YOU IN YOUR 60S, 70S, 80S OR BETTER?**

Do you have a plan in place for the future? Do you know who to talk to for more information? What do you wish you knew more about? What do you wish your friends and family knew about how your aging journey?

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## **HOW DO WE FACE AGING?**

1. If we're lucky, we'll get old someday, too. What will we expect at that time? Do we feel the same about aging citizens today?
2. Older adults should be allowed to live independently for as long as they are able, in communities that provide them love and support. What does this look like in our community?
3. Families should work with their health care professionals to plan for the future so their loved ones will receive the right care for each stage of their aging journey. Do I have a plan? Do my parents have a plan?
4. All aging Minnesotans should receive the care they need from experienced caregivers. Do you think our lawmakers are giving this issue the attention it deserves? How can I help support efforts to bring attention to this important issue?
5. Caregivers seek innovative ways to provide services to aging Minnesotans and their families. What are some ideas you have about this based on your experience or the experience of loved ones?