



Center for Healthy Aging and Innovation

UNIVERSITY OF MINNESOTA
Driven to Discover®

Age-Friendly University

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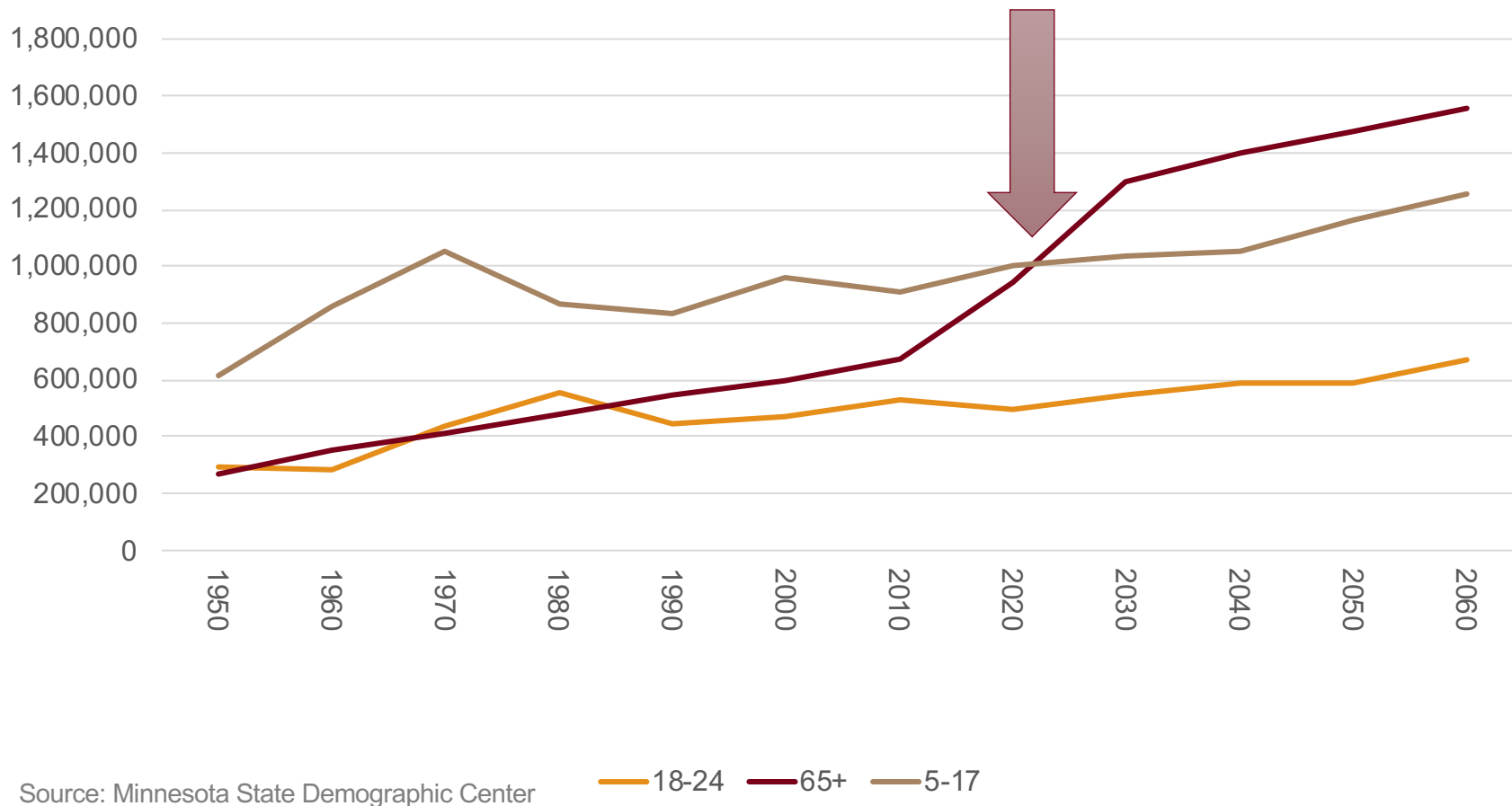
Associate Director for Education – Center for Healthy Aging
& Innovation

January 12, 2021





Unprecedented Opportunity!



Paradox

A diagram illustrating a paradox. It consists of two large, orange-outlined arrows pointing towards each other. The left arrow points right and contains the text 'Healthy', 'Educated', and 'Diverse'. The right arrow points left and contains the text 'Health, economic & social disparities' and 'Pervasive ageism'.

Healthy
Educated
Diverse

Health, economic
& social disparities
Pervasive ageism



“Older adults deserve to live in communities that are respectful, inclusive, and free of prejudice or discrimination...to be celebrated for their accomplishments and contributions. The aging of our population impacts every community and culture, and people of all ages should feel confident that they and their families can live vibrant, purposeful lives as they grow old.”

-MN Governor Tim Walz, 12/11/2019



Minnesota's Age-Friendly Initiatives



Respect | Safety | Dignity | Quality of Life



AGE to age: *bringing generations together*

Connecting young people with older adults
to build friendship and community



Aging @ U of M

Center for Healthy Aging & Innovation	Robert L. Kane Endowed Chair in LTC	Consortium on Aging	Long Term Care Administration	Osher Lifelong Learning Institute	Age-Friendly University Council
Center for Aging Science & Care Innovation (Nursing)	Graduate Interdisciplinary Gerontology Minor	HRSA Geriatric Workforce Enhancement Program	U of M Advanced Careers Initiative	NIA Center on the Demography and Economics of Aging	CMS Research Data Assistance Center
RWJ State Health Access Data Assistance Center	Upsilon Mu Nu Chapter of Sigma Phi Omega	Aging Studies Interdisciplinary Graduate Group	Fesler-Lampert Chair in Aging Studies	Academic Programs: Nursing, Social Work, Dentistry	N. Bud Grossman Center for Memory Research & Care
Nursing Home ECHO Hub	Geriatric Case Competition	Public Health Center for Excellence in Dementia Caregiving	Institute on Biology of Aging and Metabolism	Memory Keepers Medical Discovery Team	Senior Citizens Education Program
	UM Extension	University of Minnesota Retirees Association		Alumni Association	

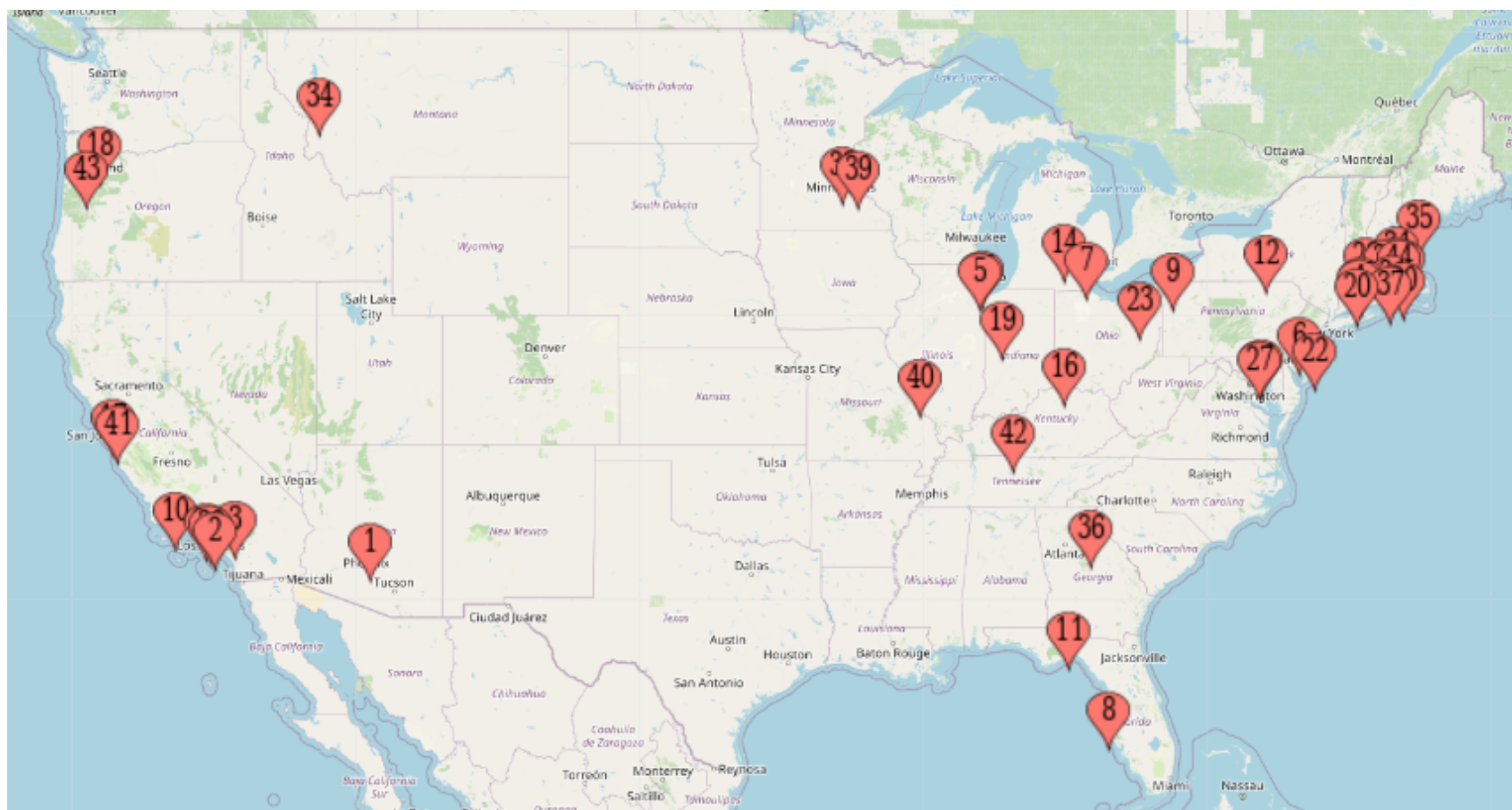


Global network of age friendly universities

- Administered by Dublin City University
- US affiliate = Gerontological Society of America



Global Network in the U.S.





Age-Friendly University of Minnesota

Established Council

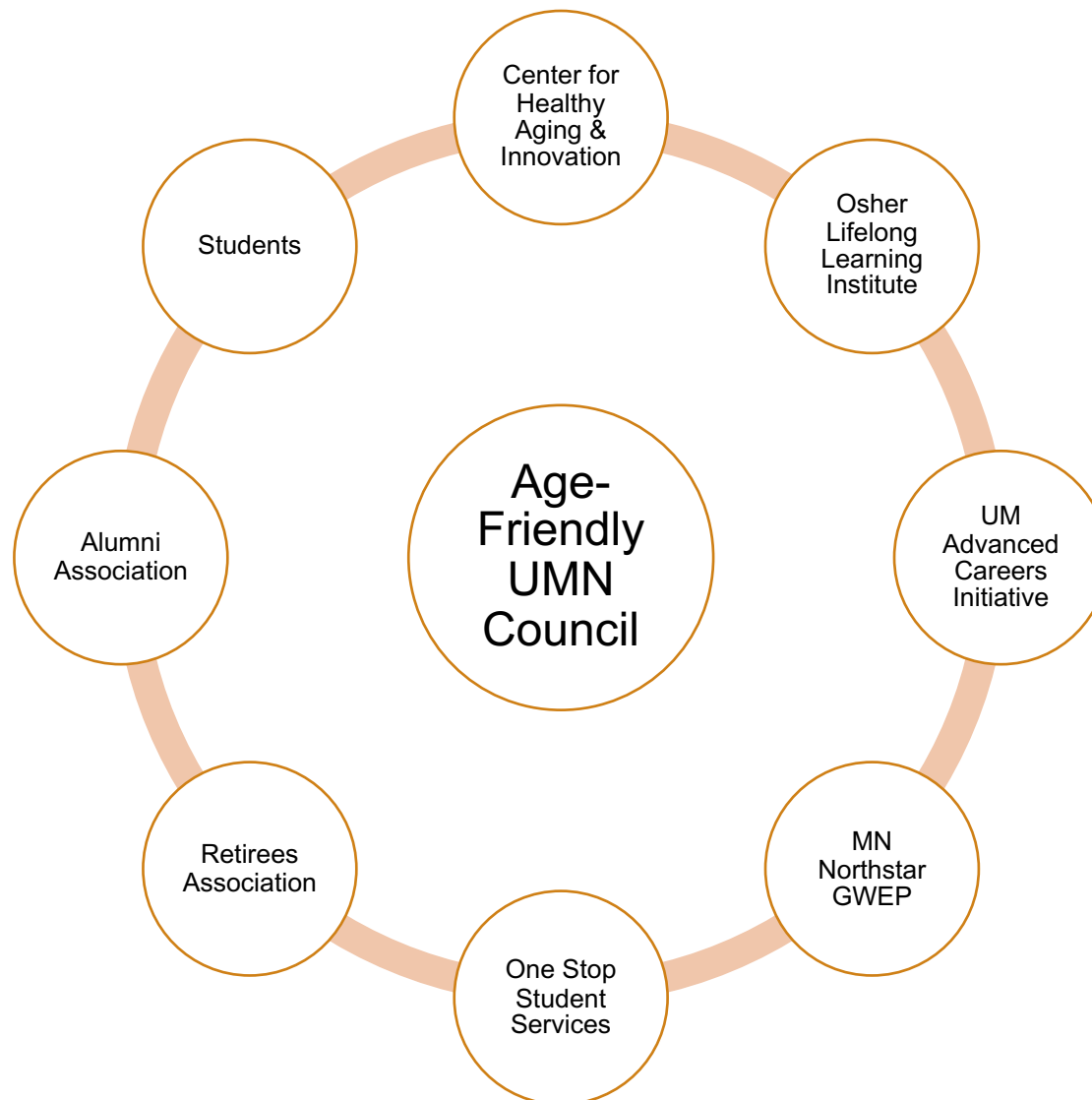
Mapped AFU principles

Obtained endorsement from President
Gabel

Sent confirmation to DCU



Age-Friendly UMN Council





10 Principles

Encourage participation in core activities

Promote second careers

Recognize range of educational needs

Promote intergenerational learning

Wide access to online educational opportunities

Ensure a research agenda on aging

Teach about longevity dividend

Enhance access

Engage with retired community

Ensure regular dialogue

UMRA's contributions to Minnesota as an Age-Friendly University



Center for Healthy
Aging and Innovation

UNIVERSITY OF MINNESOTA
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- ❑ Professional Development Grants for Retirees
- ❑ Monthly forums and workshops
- ❑ Volunteer opportunities through University Retirees
Volunteer Center

UMRA's contributions to Minnesota as an Age-Friendly University



Center for Healthy
Aging and Innovation

UNIVERSITY OF MINNESOTA
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- ❑ Social, travel, and special interest group activities, including Photo Club, Book Club, Armchair Traveler, and Financial & Legal Issues Group

UMRA's contributions to Minnesota as an Age-Friendly University



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Aging and Innovation

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- ❑ Representatives and liaisons to Board of Regents, Senate Committee on Faculty Affairs, P&A Senate, Civil Service Senate, Health Care Benefits Advisory Committee, and Alumni Association

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SCHOOL OF
PUBLIC HEALTH

UNIVERSITY OF MINNESOTA

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1. Do you know of other on-campus resources (on any U of M campus) that the AFU Council should be aware of and/or people we should be engaging?



2. Do you have ideas about what projects or collaborations AFU Council might tackle?



3. Are there other ways that UMRA is supporting the principles of AFU that we have not mentioned?



4. Are there foundations/donors that you are aware of who might support the work of the AFU Council?



5. As undergraduate and graduate students engage in research and projects related to aging, how can UMRA best offer its assistance?