

A Big Year for Aging in Minnesota

Dave Beal • Age-Friendly Olmsted County • 125 Live

What will help us live well as we grow older?

September 28, 2026

Longer lives, changing needs

More years of life are now common.

The large baby boom generation is moving into older ages.

The conditions of those years differ from person to person.

Several conversations are underway

Comprehensive Aging Survey: what older residents report

State Plan on Aging: Older American Act aging services and supports

Healthy Aging Plan: decisions across state government

Age-Friendly Olmsted County: what life is like here

What 5,921 respondents said

Preliminary statewide findings, September 24

85% rated their health good or better.

40% were unsure or did not know where to call for support.

40% felt lonely at least sometimes.

Housing and health rose to the top

Priorities for Minnesota's aging population

Affordable, accessible housing

Health care and mental health services

Among people planning a move, 65% said other housing options cost too much.

Read the survey with care

Look for strengths as well as difficulties.

Statewide numbers are not Olmsted County estimates.

A low need today may change tomorrow.

One person, connected choices

A home that still fits

Health care and help when needed

A way to get around

Support for family caregivers

Places to meet and belong

What we are seeing locally

Walking routes and safe crossings

Access to parks and places to rest

The trip to and from a bus stop

Housing choices as our needs change

A useful lesson from residents' audits

The City reviewed the LINK BRT Walk and Roll findings across departments.

Community observations can have the most effect early, when projects are scoped.

Three questions for any plan

Who was heard?

What will actually change?

Who will act, and how will we know?

The election year connection

Listen for practical answers about housing, health care, transportation and caregiving.

Ask who can act and what they would do.

Your experience belongs in this

Respond to surveys and local invitations.

Share a specific example of what works or where you hit a barrier.

Ask what happens next.

Let's discuss

What kind of Minnesota are we growing older in?

What works well here?

What has become harder than it should be?

What change would matter most?