

Age Friendly Olmsted County Update

A Report to the Family Service Rochester Board of Directors
January 28, 2026

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Age-Friendly Olmsted County (AFOC) is part of:

- The AARP Network of Age-Friendly States and Communities,
- The World Health Organization Global Network for Age-Friendly Cities & Communities.

An age-friendly community is one that **optimizes opportunities** for health, participation, and security **so that people can age** actively, safely, independently, and with dignity across the entire life course. An age-friendly community is **intentionally designed** so that older adults (and, importantly, **people of all ages**) can:

- Meet basic needs (housing, food, healthcare, transportation)
- Stay healthy and active physically, mentally, and socially
- Remain independent as long as possible
- Feel safe, respected, and included
- Participate fully in community, civic, cultural, and economic life

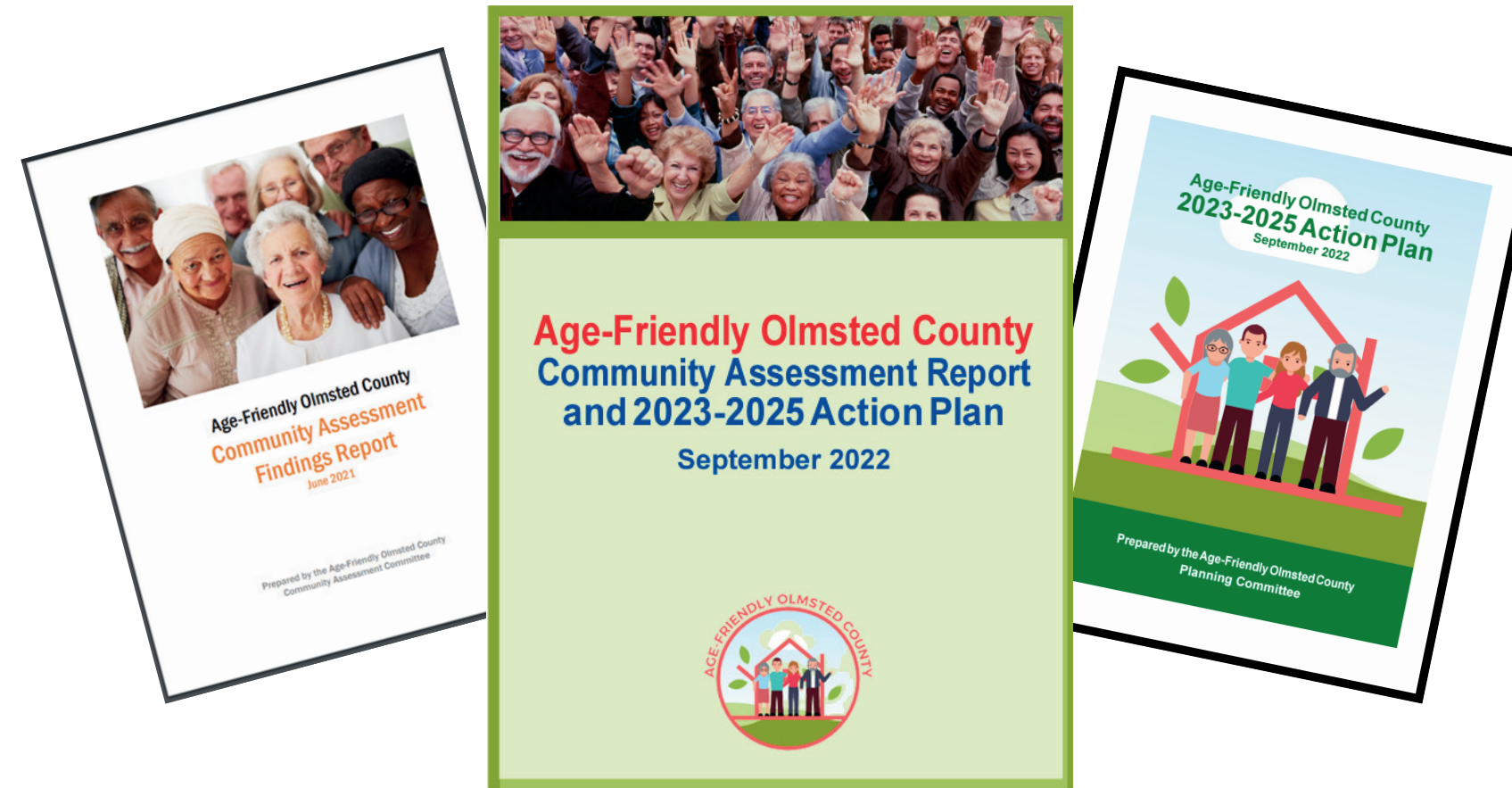
AFOC Timeline

IN THE CITY FOR GOOD

- 2017–2019 Community conversations & early planning

FAMILY SERVICE ROCHESTER

- 2020 Olmsted County joins Age-Friendly network
- 2021 Community assessment launched
- 2022 2023–2025 Action Plan adopted
- 2023–2026 Action Plan implementation
- 2026 Review and assessment | 2027–2030 Action Plan



AFOC Strategic Priorities 2023-2025

- Expand Home & Community Based Services (HCBS)
- Improve service navigation & dementia-informed care access
- Provide tools & education for aging in place
- Strengthen community engagement & advocacy

Strategic Priorities	Activities
Expand Home & Community Based Services	Caregiver Respite and Support Live Well Grant Extension legislation
Improve service navigation & dementia-informed care access	Dementia Friendly Community Education <i>Employer Forum on Supporting Employees Who Are Caregivers - in progress</i> Online “Guide to Aging in Olmsted County” Promoting Minnesota Aging Pathways
Provide tools & education for aging in place	Rochester Accessory Dwelling Units Forum/Advocacy Digital Connection Committee Rochester Area Housing Coalition Senior Housing Work Group - <i>on-going</i> <i>Senior Housing Transitions Pilot Program - in progress</i>
Strengthen community engagement & advocacy	Rochester Accessory Dwelling Units <i>Walk Audits - in progress</i> <i>Park Audits - in progress</i> Rochester Sports and Recreation Complex DMC Alternative Transportation Group - <i>on-going</i> DMC 10 Year Update Planning Group <i>Age-Friendly University Luncheon - in progress</i>

	Activities
Walk Audits	Slatterly Park Neighborhood Rochester Alternative Transportation Summit Downtown Walk and Roll Summit <i>Link BRT/Kutzsky Park Walk and Roll Project - in progress</i> <i>Neighborhood Walk Audit Project - in progress</i>
Park Audits	Rolling Green Park <i>Martin Luther King, Jr. Park - in-progress</i> Sports and Recreation Complex Oronoco City Parks <i>Soldiers Field FitLot Donation - in progress</i> <i>Central Park - in progress</i>
Housing	Accessory Dwelling Units Housing Alliance Senior Housing Priority Aging-in-Place <i>Senior Housing Work Group - on-going</i> <i>Senior Housing Transitions Pilot - in progress</i>

	Other Activities
Grants	AARP Challenge Grant Capacity-Building Grant 2023 MN DHS HCBS Research Grant 2023 MN DEED Digital Connection Committee Grant 2023 Rochester Park Board Community Grant 2025 Age-Friendly Minnesota Technical Assistance Program Grant 2025-2026
Research Projects	Age Friendly Olmsted County Community Needs Assessment Survey Age Friendly Olmsted County 2022-2025 Priorities Preference Survey Home and Community Based Services Community Engagement and Needs Assessment for Rural and Underserved Communities: Community Co-Design Research Report {MN DHS} Seniors' Digital Connection Survey Rochester Sports and Recreation Complex Focus Groups
Presentations	Mayo Clinic Study on Aging Annual Meeting Rochester City Council Study Session Rochester Area Housing Coalition Housing Alliance AARP Community Challenge Grantees AARP National Association of Age-Friendly Communities Rochester Parks and Recreation Department AmeriCorps Seniors Association of Minnesota Olmsted Medical Center Transitions of Care Team

Value of AFOC to Family Service Rochester

AFOC extends FSR's mission by:

- Positioning FSR as a leader on aging
- Expanding relationships with government and funders
- Supporting systems-level change alongside direct services
- Increasing visibility, credibility, and strategic influence

Next for 2026

AFOC complete 1st cycle with assessment and new 3-year plan:

- Affirm FSR as AFOC lead agency
- Establish an AFOC steering committee



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Minnesota Aging Pathways

Helping older Minnesotans and caregivers find answers and connect to the services and support they need.

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