Community Health Priority:

Health Needs of Aging

Amanda Ostrowski, BS, CHES Public Health Educator 715.261.1911 amanda.ostrowski@co.marathon.wi.us

Vision

Developing and maintaining optimal mental, social, and physical well-being and function in older adulthood. This includes addressing basic needs, optimizing health and well-being, promoting social/civic engagement, and supporting independence.

Goal Statements

- Establish infrastructure for aging-related service providers to collaborate
- Create or enhance centralized system for information-programs, services, and eligibility requirements
- Establish community messaging about "planful aging"

Background

Healthy aging includes developing and maintaining optimal mental, social, and physical well-being and function in older adulthood. In Marathon County, there is recognition of the impact the aging population will have on our communities: workforce shortages; generations that are currently functioning well and enjoying a high quality of life may transition into a lesser quality as they age; the burden of high economic costs related to health care for chronic conditions, as well as nursing home or long-term care and the loss of community assets. There is need for infrastructure to allow aging-related service providers to work together collaboratively, changing policies and organizational systems in order to enhance program and service delivery for the aging population, thereby maintaining a high quality of life and independence. Marathon County recognizes the necessity of planning as you age, not only financially, but also socially, spiritually, mentally, and physically.

Data

- 80% of older Americans are living with at least one chronic condition and 50% have at least two
- An estimated 43% of seniors are socially isolated

Shared Measurement

To be determined by Health Needs of Aging Collaborative Initiative