

Boulder County Aging Services

Community Conversations

Discussion Guide

OPENING

Good (morning / afternoon / evening).

My name is _____, and I'm here on behalf of Boulder County Aging Services.

Four years ago, a lot of people took the time to help develop a plan, "Creating Vibrant Communities In Which We All Age Well". Some of you may have helped to create that plan.

As you know, a lot of things have changed since 2006, so now it's time to update the original plan.

No decisions will be made about updating the plan today. We're here to ask for your help so that we can understand your perspectives and ideas about how we all age in Boulder County. We'll use your ideas and those from all the other 19 groups that are being held around the County to inform the revised plan.

We have two hours, and we promise we'll wrap up at _____ (ending time).

GROUND RULES

Before we get started, I'd like to propose five ground rules for our discussion to make sure that it's fair, and that we stay on task and on time:

- Please make sure to say what you think. We're not a committee so you don't have to all agree. In fact, if someone in the group offers a perspective and your experience or belief differs, please say so;*
- Please take responsibility to listen carefully and with respect to the opinions and beliefs of others;*
- It's important to make sure that everyone has an equal chance to participate, so please agree not to take more than your fair share of time and not to dominate the discussion;*
- Please allow me to ask a follow up question from time to time. If you offer an idea and I ask to know more about it, that's just to make sure that I clearly understand what you mean; and*
- Please speak one at a time.*

Do we have agreement to these ground rules?

Recorder: How the record will be kept

All discussion record will be kept without attribution. I'll write down what's said, but not who said it. If I write something that's different than what you mean, please stop me and we'll change it to make sure we've got it right. And spelling doesn't count.

We have a lot to cover, so we'll have to move quickly. Ready?

DISCUSSION

1. *You have a (color) response form in front of you. Please take a minute to think about your overall quality of life as you age. In the last year, has your day-to-day life improved, become more difficult, or stayed about the same?
Please put a check mark by the response you'd give.*

PROBES:

What's better about your life as you age?

What's more difficult for you as you age?

2. *How about your health? Are you generally healthier than you were at this time last year? About the same? In worse health?
Please put a check mark by your response on your form.*

PROBES:

How is it that you're healthier now?

What about being less healthy?

Have any of you had any difficulty getting the medical care or advice that you need?

3. *What helps you age well?*

LISTEN FOR OR PROBE:

Social connections

Housing

Access to services

4. *Do you feel safe?*

PROBE: *Is there anything that would make you feel safer?*

5. *What's your biggest struggle?*

PROBE:

What could help you overcome that struggle?

6. *Let's talk for a minute about finding the help you need as you age.*

PROBES:

Do you have someone to call if you need help?

Are you able to find the information you need?

What's your best source of information?

What about people you know?

Do you think most people know where to go to get the help they need?

What's the best way to let people know what services are available?

Once you know about services you could use, is there anything in the way of your being able to get help from those services?

7. *We've talked a lot about what's working and what could be better as we all endeavor to age well and to want positive aging for those we care about.*

How can we make aging well a community priority?

What can you do as an individual to help?

WRAP UP

Thank you all so much for helping us update the plan to help everyone in Boulder County age well. We'll keep in touch with you to let you know next steps and other opportunities to let us hear from you.

If you've signed in today we will be in touch with you about upcoming meetings on the Plan update

Please make sure to complete the response form and leave it with us as you leave.

SPECIFIC PROBES FOR CAREGIVERS:

What's working when it comes to providing what you need as a caregiver?

What's not working and could be improved?

What would help you as a caregiver?

How would you suggest that help be provided?

DRAFT

Boulder County Aging Services
"Creating Vibrant Communities in Which We All Age Well"

Plan Update Community Conversations

RESPONSE FORM

1. As you age, has your day-to-day life:

Improved? _____ Stayed about the same? _____ Become more difficult _____

2. Compared to this time last year, are you:

Healthier? _____ About the same? _____ Less healthy? _____

3. When it comes to aging well, what's your highest priority?

4. Is there anything more about your biggest struggle that you'd like us to understand?

5. How valuable is each of the following services to your day-to-day life? Please rank each service on a scale of 1 to 5, with '1' being "very important to me" and '5' being "not at all important to me":

Xxxxxxxxxx _____

Xxxxxxxxxx _____

Xxxxxxxxxx _____

Xxxxxxxxxx _____

6. Please add anything else you'd like to make sure we consider:

Thank you!