North Central Region Aging Network: A Multi-State Collaboration to Enhance Aging-Related Extension Outreach

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A collaborative of Extension professionals dedicated to improving the health and well-being of adults in later life through science-based strategies.
NCRAN’s primary goal is to promote, support, and encourage activities that strengthen and advance evidence-informed Extension practice in aging-related issues.
NCRAN

» Notable initiatives:
  • Regional needs assessment
    • Forthcoming JOE article
  • Toolkit development
  • Website development and webinars/blogs

Needs Assessment

Top 3 Community Needs

Current Needs
- Access, Availability & Affordability of Health Care
- Chronic Disease Prevention & Management
- Transportation

Future Needs
- Access, Availability & Affordability of Health Care
- Access to Affordable and Safe Housing
- Transportation

Materials Needed
- Nutrition & Food Safety
- Chronic Disease Prevention & Management
- Informal Caregiving & Caregiver Support
Needs Assessment

Most valuable aging-related programming currently being delivered across the region:

1. Nutrition
2. Physical activity
3. Fall prevention
4. Brain health
5. Farm succession
6. Diabetes prevention & management

Preferred Educational Delivery Methods by Extension Professionals

Online Resources: Website

www.ncran.org

Age-Friendly Communities & Homes  Caregiving  Cognitive & Emotional Health
End of Life  Exploitation and Protection  Finances
Health Promotion  Physical Activity & Nutrition  Relationships
Online Resources: Webinars

» First and third Fridays
» 11ET/10CT
» Gerontology 101
» Professional Development

Online Resources: Blog

Is your community a good place to grow up and grow old?

April 3, 2019 • administrator • Uncategorized • 0 Comments

Kristin Litzelman
University of Wisconsin

Older adults are a dynamic resource in our communities with diverse needs and wants. It can be a challenge, though, for communities to meet the needs of older residents and families, while also providing opportunities for economic and community engagement. Becoming more aging-friendly is a benefit to all communities, helping them become more livable and increasing productivity and supporting community well-being. In 2016, the US Census Bureau reported that 15% of Americans were 65 years of age and older. By 2050, more than one in five Americans will be 65 or older, and nearly 5% will be 85 or older.
Our Successes

» Visioning
» Shared Leadership
» Connection
» Data-driven Decision-making

Key to Success: Visioning

» March 2018: Held multi-day retreat for visioning and developing our strategic plan outlining short and long-term projects that would contribute to our vision
» Crucial to…
  • establishing a group identity
  • creating bylaws
  • fostering solidarity among group members
  • identifying projects to elevate the impact and visibility of our work
Key to Success: Shared Leadership

- Formal leadership: Rotating co-chairs, standing committee leaders
- Informal leadership:
  - Respect each member as a peer and an expert in their own right
  - Recognize the value of member diversity for establishing a sense of interdependence among members and favoring teamwork to accomplish projects
  - Motivates group members to be accountable and supportive teammates
  - Encourages shared responsibility for the group’s success

Key to Success: Connection

- Dedicated to connecting as a group on a monthly basis in real time via live videoconferencing and intermittently in face-to-face meetings
- Meet for brainstorming, project work, discussion of issues
- Email listserv for idea sharing, informing of professional development, perspectives of current events
Key to Success: Data-Driven Decision-Making

» Use empirical data to make informed decisions about which ideas to discard, suspend, or prioritize is crucial to team stability and honoring NCRAN’s vision

Final Thoughts

» Passion >> Coincidence >> Vision >> Sustainability
» Thank you to the NCRCRD
Questions? Contact us.

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