Ready or Not Here They Come: New Adventures for Boomers & Up!

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Older Americans 2016
Key Indicators of Well-Being

According to the Federal Interagency Forum on Aging-Related Statistics, the number of people age 65 and over in the United States:

- In 2014, 46 million people.
  - over 15 percent of the total U.S. population.
- In 2030, projected to be 74 million people.
  - 21 percent of the total U.S. population.

How many Older Adults are in your community?

- Look at age breakdown in your community
  - Does the city, county, or library district have this in their strategic plan?
  - Has there been any studies or surveys done in your area that might contain age demographics?
  - If the library district contains multiple towns or a wide area, where are the Older Adults clustered?
How many Older Adults are in your community?

- State Demography Office Website:
  - [https://demography.dola.colorado.gov/](https://demography.dola.colorado.gov/)
  
- Demographic Dashboard – Age group population change by County.
- Colorado Demographic Profiles – Population by Age and Age Forecast by County and/or City.
  - Example:
How many Older Adults are in your community?

- State Demography Office Website:
  - [https://demography.dola.colorado.gov/](https://demography.dola.colorado.gov/)
  - Interactive Data – Includes interactive population maps by County by age for periods from 1990-2050.
    - Example:
Who are Older Adults or Seniors?

- Many generations:
  - G.I. Generation: Born before 1936, age 83+
  - Silent Generation: Born 1937 – 1945, age 74-82
  - Older Boomers: Born 1946 – 1954, age 65 - 73
  - Younger Boomers: Born 1955-1964, age 55 – 64
- Experiences growing up affect life expectations, values, and lifestyle.
Who are they?

- Stage or phase of life is also a key factor.
- They are in many different phases of life:
  - Working full or part time
  - Empty nesters
  - Retirees
  - Volunteers
- They have many different sets of expectations, interests, individual preferences, and circumstances.
Who are they?

- Older Adults vs. Seniors
- The “senior” label carries negative connotations or stereotypes of diminished capacity.
- Age does not determine whether they consider themselves “seniors”.
- 2009 Pew Research Center Survey found:
  - Only 21% of those 65-74 felt old.
  - Only 35% of those 75+ felt old.

What are they looking for?

- Programs that match their current life stage needs, interests and lifestyles.
- Rediscover dormant interests and creativity.
- Redefine themselves as individuals or as couples, i.e. not just parents or grandparents.
- Don’t want to be defined by age.

They are challenging the traditional model of library service to seniors....they want more!
Is there a need in your community?

- Reach out to older adults in your community
  - Surveys both in and out of library
- Reach out to community organizations that serve older adults.
  - Area Agencies on Aging, SHIP
  - Talk to activity directors, manager, and other staff.
  - How can you partner?
- Look for unfilled needs.
Stage of Life Informational Programs

- Medicare 101
  - Taught by PPACG Area Agency on Aging
- Basic Estate Planning & Probate
  - Taught by Attorneys from Colorado Legal Services
- Money Management in Retirement
  - Based on National Endowment for Financial Education workshop kits & Common Cents for Colorado
- Healthy Living for Your Body & Brain
  - Taught by Alzheimer's Association
Benefits to Students:

- Receive unbiased information without the “sales pitch”.
- Chance to ask questions from someone who knows or is willing to find out.
- Lists of additional resources on various facets of the topic, both online and printed.
- Students feel that they are not the only ones in these transitions with the same questions!
What we learned:

- Big demand for these types of programs.
- Everyone who signed up came with added drop ins!
- Community organizations were happy to partner and provide teachers to help educate the public.
- Start class at 5:30 or 6 to allow those who work to attend with some light snacks.
- Patrons are hungry for unbiased classes since it feels like everyone is trying to sell them something!
Lifelong Learning Programs

• Partnership with local PILLAR Institute for Lifelong Learning.
  • Offer free shortened versions of their classes at our library locations.
  • PILLAR received a Next50 grant to reimburse them the cost of the free classes.
  • We provide the room.
  • PILLAR provides instructor.
Lifelong Learning Programs

- **Socrates Café**
  - Weekly afternoon discussion group that choose their own topics and provides a safe place to share opinions.
  - Volunteer facilitator ensure that everyone’s opinion is heard and respected.

- **Great Decisions Discussion Group**
  - Discusses world affairs using the Foreign Policy Association materials
  - Volunteer facilitator.
  - Evening meetings.
Arts Programs
Multi-Session Arts Programs

- Encouraged mastery of art making skills & social engagement with other class members.
- Class series of 4-5 sessions.
- Some include art supplies provided for students to take home with some classes.
- Students encouraged to practice skills at home between classes.
- Students built confidence in their creativity!
Similar PPLD Art Classes

- We offer successful multi session art classes for adults in our Makerspaces.
  - Each session teaches different skill.
  - Some are more craft based.
  - Supplies for use during class time only.
  - Open to all adults.
- Some patrons have found new social connections through these classes.
Single Session Art Programs

- Great way to give patrons a taste of an art.
- Programming funds may reach more patrons.
- Easier to reserve meeting space for one session.
- Consider offering a once a month art program so patrons can build their skills.
- Socializing opportunities as patrons bring their friends!
Ongoing Social Engagement Programs

- These include new release movie showings, book discussions, drop-in craft groups, and chat groups.
- Can be weekly, biweekly, or monthly.
- Most are scheduled on a weekday.
- Some locations prefer evenings or weekend meetings.
- Low cost even if snacks are included.
- Great way to combat social isolation in your community!
PPLD Lobby Stop Van

- Dedicated to senior living and senior care facilities.
- Takes materials into facilities to checkout.
- Provides programming and human interaction to our most challenged patrons.
Questions? Comments?  
Thank you for coming!

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