



Minnesota
Board on Aging

Getting There

A Discussion Guide offering helpful tips and questions for the thirteen aging related segments covered in the Getting There series, a production of Twin Cities Public Television.





Isn't it about time we had an open, honest discussion about the things that are important to us as we grow older?

Getting There tackles the issues we face related to aging in a way that's both serious and fun.

Getting There is a production of Twin Cities Public Television with major funding from the Minnesota Board on Aging. The Minnesota Board on Aging is the gateway to services for Minnesota seniors and their families. A 25 member Governor-appointed board, the Minnesota Board on Aging listens to senior concerns, seeks out solutions and proposes policy to address senior needs. Working closely with the Minnesota Area Agencies on Aging, the Minnesota Board on Aging administers Older American Act funds that provide a wide variety of services to seniors, including the Senior LinkAge Line®.

Additional Support for Getting There is provided by the Mardag Foundation and Allianz Life Insurance Company of North America.



How to use this guide

Each section of this guide offers the following information:

1. An overview of the segment with names and specific information
2. Quick facts on the topic as well as external sources
3. Discussion questions that can be used as a facilitator to spur discussion including a specific question designed to reminisce
4. Helpful links to websites for more information.

Tips for leading a successful discussion:

1. Plan to spend approximately one hour on the discussion with 10 minutes for introduction, 20 minutes on the DVD segment, 20 minutes on local discussion, and 10 minutes to close.
2. Arrange participants in a circle large enough to accommodate everyone without barriers (such as tables) between them.
3. You may also want to invite a local expert in the area to offer insight on a specific topic.
4. Give enough time to answer questions and don't feel as though you have to answer all of them.
5. Suggest that participants interested in a particular topic continue discussions over coffee or dinner. If possible, offer the location.
6. Spend time evaluating the discussion; what went well, what could be changed in the future to make the discussion rich and personal.

This Discussion Guide offers helpful tips and questions for the thirteen segments covered in Getting There.

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Helpful Links:

Getting There

www.mnaging.org/advisor/tpt.htm

Minnesota Board on Aging

www.mnaging.org

Senior LinkAge Line®

1-800-333-2433

www.MinnesotaHelp.info®

Minnesota Department of Health

www.health.state.mn.us

National Council on Aging

Healthy Aging Programs

www.healthyagingprograms.org

Minnesota Falls Prevention Initiative

www.mnfallsprevention.org

Midway Judo

www.midwayjudo.com

Live Well at Home

www.mnlivewellathome.org

Vital Aging Network

www.vital-aging-network.org

SHiFT

www.shiftonline.org

AARP

www.aarp.org

Minnesota's Area Agencies on Aging

www.mn4a.org