



# 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](http://www.mnaging.org/advisor/tpt.htm)

**Minnesota Board on Aging**

[www.mnaging.org](http://www.mnaging.org)

**Senior LinkAge Line®**

1-800-333-2433

[www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)®

**Minnesota Department of Health**

[www.health.state.mn.us](http://www.health.state.mn.us)

**National Council on Aging**

**Healthy Aging Programs**

[www.healthyagingprograms.org](http://www.healthyagingprograms.org)

**Minnesota Falls Prevention Initiative**

[www.mnfallsprevention.org](http://www.mnfallsprevention.org)

**Midway Judo**

[www.midwayjudo.com](http://www.midwayjudo.com)

**Live Well at Home**

[www.mnlivewellathome.org](http://www.mnlivewellathome.org)

**Vital Aging Network**

[www.vital-aging-network.org](http://www.vital-aging-network.org)

**SHiFT**

[www.shiftonline.org](http://www.shiftonline.org)

**AARP**

[www.aarp.org](http://www.aarp.org)

**Minnesota's Area Agencies on Aging**

[www.mn4a.org](http://www.mn4a.org)