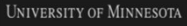


Stronger Than You Know: Uncovering Your Core Connections

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Grand Marais, MN
April 15, 2023



1

Introductions and setting the stage

Exploring models for community support

**EcoMapping/
EagleMapping:
visualizing our
community connections**

Next Steps: putting ideas into action

Wrap up: final thoughts and take aways



Agenda

2



Ice breakers in the wild

3

The Challenge

The "Aging Tsunami" / "Abundance of Aging"

Numbers of older adults in our society are growing exponentially as baby boomers retire and longevity increases

Many older adults are living longer with health conditions and functional challenges

Needs for supports and services as adults age are outpacing existing service availability

Growing numbers of older adults prefer to age in place and manage their own needs proactively

Grand Marais is "the best small town" in America!

- Older adults have deep ties to the community
- Support services are limited
- Rural area: distances between people: helpers and services



4

What are some of the issues we face?

Creating a list

Think, pair, share:

- What are some needs you can identify?
- What are some resources or solutions to meet these needs?



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Some Ideas Out There...

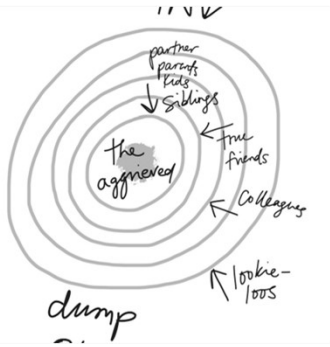
- Mutual Aid Communities
- Compassionate Communities
- Vital Involvement
- Ring Theory: Circles of Support
- Ecomapping/ Eaglemapping



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Ring Theory: Circles of Support

Comfort in, distress out



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Eagle-Map:

When we are on the earth looking around us, we are only able to see what is close to us so we may miss seeing the larger perspectives. It is only when we take the eagle's view and fly above everything that we can look down and see patterns. This viewpoint is essential for assessing the environment for ways that we can work toward a shared purpose of vision for caring for ourselves and our loved ones.



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Ecomapping: visualizing our social networks

Eco - Map

Add specific names and resources
 What might be missing??
 What would you like to offer?

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Next Steps...

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References and Resources

Explore and Share

Groundswell Project:
<https://www.thegroundswellproject.com/compassionate-communities>

Mutual Aid Networking:
MutualAidHub.org

Ring Theory:
<https://www.psychologytoday.com/us/blog/promoting-hope-preventing-suicide/201705/ring-theory-helps-us-bring-comfort-in>

Abasi SM, Abali, Rumbold B, Cross K, Moore J, Saver D, Daffern L. The Compassionate Communities Connection model for end-of-life care in a community and health service partnership in Western Australia. Palliat Care 2019; 23(6): 705-712. doi:10.1177/0969733019858140

Utrada-Flores C, Nabal-Vicuña M, Forno-Wepp D, Muñoz-Mayorga I. Quince Años del Implementación Modelo de Comunidades Compasivas y Compasivos Círculo al Final de la Vida. A Systematic Review. Int J Gerontol Res Public Health. 2020; 4(8): 171-177. doi:10.3390/ijgrh4080171. PMID: 32872240; PMCID: PMC7504622

Photo courtesy Mark Teasler

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