

Situation

The aging population of the United States and Kansas is expected to triple by the year 2050, and the influx of baby boomers turning 70 has only just begun. Because of recent medical and pharmaceutical advances, the average Kansan has a life expectancy of 78 - an increase of 2 years since 2010. However, our increased longevity is complicated by multiple chronic diseases or conditions more so than ever before. These demographic shifts have significant consequences for the health and wellness of the aging population and those that care for and interact with them. Research-based, educational opportunities that address aging-related topics are timely and relevant, and the necessity of these programs will only increase in the future. K-State Research and Extension is dedicated to providing community leadership for adult development and aging programming aimed at enriching the health and wellness of aging Kansans.

Public Value

Adult development and aging programming enriches the health and wellness of aging Kansans through research-based education. Engaged, secure, and healthy individuals benefit families and communities.

Outputs

Participants:

- Aging Kansans
- Adult children/family members of aging Kansans
- Formal/informal caregivers
- Individuals interested in aging-related topics

Activities:

Provide community leadership for adult development and aging programming with the goal of enhancing the health and wellness of aging Kansans. Address such topics using workshops, meetings, presentations, exhibits, individual consultation, and media. Curricula used may be categorized into two tiers or levels of programming. A description and examples for each tier are found below:

Tier 1 Programs

- Evidence-based
- Demand high level of commitment
- Examples:
 - Keys to Embracing Aging (all 12 individual program segments delivered to the same audience over a period of time)
 - Powerful Tools for Caregivers

Tier 2 Programs

- Evidence- or research-based
- Moderate or low level of commitment
- Examples:
 - Keys to Embracing Aging (entire program or individual segments delivered in one session)
 - Know the 10 Signs of Alzheimer's Disease (in conjunction with the Alzheimer's Association chapters in Kansas)
 - Alzheimer's 101
 - Advance Health Care Planning in Kansas
 - Essential Living Skills: Essential Steps to Healthy Aging
 - Aging Conferences (sponsored by K-State Research and Extension offices and districts across the state)
 - Simple Home Modification
 - Pass It On (Federal Trade Commission)

Additional individualized educational and promotional efforts may be supported through the use of the following:

- Aging in Kansas Facebook and Twitter pages
- KSRE SoundLiving radio releases
- KSRE News Media print/video releases
- aging.ksu.edu website

- eXtension (website, Ask an Expert platform)

Short-Term (Knowledge)

- Program participants report an increase in knowledge about health and wellness issues facing aging Kansans.
- Program participants report plans to take action or change their lives.

Indicators

- After participating in a KSRE adult development and aging program, what did participants report that they learned?
- After participating in a KSRE adult development and aging program, what actions did participants report that they plan to take?

Medium-Term (Behavior)

- Program participants report taking steps to manage their personal health and wellness.

Indicators

- Three-to-six months after participating in the program, what did participants report that they changed related to their personal health and wellness?

Long-Term (Change in Condition)

- Program participants report an enriched quality of life through improved personal health and wellness.

Indicators

- After participating in the program, aging Kansans will report an enriched quality of life through improved health and wellness.