

MAP FOCUS GROUP DISCUSSION GUIDE

- Ensure people have signed up and have nametags (if necessary).
- Circle up with 7-12 participants
- Introductions (starting with leader and scribe) with Ice-breaker question. E.g., What is your favorite summer vacation destination? Or some such!

Time: 1 hour

State Purpose of the Focus Group:

1. To understand what people are most concerned about re: their own aging and
2. To understand what it will take for Orange County to become a truly age-friendly community.

Describe the Master Aging Planning Process: The MAP is our roadmap to becoming an even more age friendly community. We will:

- Engage the community at-large (survey, focus groups and key informant interviews, large community meetings) to gather information and help identify priority areas for improvement.
- Establish 6-8 workgroups to develop action plans that address each prioritized area. Work groups will meet 5 times between January and March 2017.
- Compile a 5-year plan, which will be presented to Board of County Commissioners for acceptance in May 2017.

MAP Structure: This 4th cycle of the 5-year MAP is designed around AARP's Age-Friendly Community Initiative. Orange County is the first county in North Carolina to sign on. During the planning process, we will be supported, in part, by 5 UNC undergraduates from the Department of Health Policy and Management. Throughout the process, we will be supported by over 20 local community organizations and leaders who have committed their resources and talents to supporting the implementation of the MAP.

QUESTIONS

Question 1: Please tell us what, in your experience, is the best part about growing older?

Question 2: Thus far, what activities, services, or relationships have contributed most positively to your experience of aging? Why?

Probe: Activities? Why was this activity important to you?

Probe: Services? Why was this service important to you?

Probe: Relationships? Why was this person important to you?

Question 3: What do **you** think Orange County does well in making our community a good place for older adults to live? Why?

Question 4: What concerns you about aging in Orange County?

Probe: Please tell us a story that exemplifies your concern:

For example: Your neighbor who had to quit her job to take care of her mother.

For example: When your father was no longer able to drive, he became depressed.

Question 5: If you could wave a magic wand, what would you add or improve upon to make Orange County the ideal place to grow old?

Probes: Formal services
 Programmatic initiatives
 Characteristics

Question 6: What are your ideas about how these additions could be put into place?