

Notes
Cape Meares Community Association
Aging in Place and Preparing for End of Life
Community Conversation
October 24, 2024

1. Bev welcomed participants to the conversation, described the project, and introduced Margo.
2. Margo presented a [ppt](#) about the North Coast EOL Collective and informational slides relevant to the small group discussion, SWOT, and Priorities and Projects survey.
3. The participants were divided into six small groups. Margo and the Community Conversation Planning Group facilitated the conversations using one or two questions from the [suggested prompts](#).
4. Margo captured “aha” feedback from small groups
5. Margo facilitated the [SWOT analysis](#) after explaining its purpose and defining each component related to aging in place and preparing for the end of life. Notes from the SWOT are below.
6. Participants completed the [Priorities and Project survey](#), which the Community Conversation Planning Group collected and tabulated.
7. Once all the information from the community conversation is reviewed, the planning group will review and develop a strategic plan to prioritize and implement selected projects.

Small Group Notes

- Some people don't want the intervention we think they need
- Importance of Plan A and Plan B
- Importance of estate planning and communicating wishes
- Importance of moving and walking
- Isolation
- What's our role in helping or receiving care as our communities age
- It's easier for some to talk about than others - how can we help address this?
- Everyone's perspective is different
- Financial planning: how early should it start
- The uniqueness of community as you age—outdoor activities. We can't always do what we used to.
- How do we cope with what's _____ to younger people
- At some point, we can't make it happen. Being realistic about what is possible

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- Absolute final days, permitting someone to pass
 - Relieving end-of-life anxiety.
 - Autonomy versus dependency
 - Moral and ethical dilemmas
 - The language we use is essential and must be relatable to others to have a conversation or make a decision. What means one thing to a person may mean something different to another. What words and language are we comfortable with?
 - Family is community for some, and community is family for others
 - Personal agency
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SWOT Analysis Results

Strengths provide confidence and security in being prepared for end-of-life decisions.

- Helping with day-to-day chores. Example: shopping etc.
- We know each other
- Distinguish being a “good neighbor” from “caregiving”
- Lots of community activities and communication vehicles. Examples: MeWe and Website
- Wonderful volunteer firefighters
- Options to stay active in natural environments
- Strengths of people (wise problem solvers, expertise)
- People are willing to share many skills like construction, etc

Weaknesses are gaps or challenges that need attention to ensure effective planning.

- “When is enough enough?” not accepting we can’t continue to do things we have done before
- Don’t have a list of providers
- Weather - can’t get out of the house
- Independently minded, don’t interact with the community until it’s an emergency or crisis
- Transportation
- Lack of amenities. Examples: stores, restaurants, pharmacy
- Ability to respond to fragile people
- Lack of mixed ages in the community. Lack of housing and economic diversity)
- Not incorporated, so no infrastructure from govt
- Limited access to and expensive healthcare services. Lack of specialists.

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Opportunities are external resources or changes that can enhance end-of-life preparedness.

- Install sidewalks accessible features, making the beach more accessible
- Directory of resources. Examples: plumbers, house cleaners
- Contract with an “Aging Navigator” to help access resources.
- The natural environment is a draw for people to work here
- Access collective knowledge, wisdom, and experience. Community-based directives
- Subscribe or create a service model. An example is [Rainy Day Village](#). Coordinate services so people can sign up and leverage the time and maximum financial benefit for a service provider.
- Younger generations - engage them
- Bus route to Cape Meares
- Foster home, senior day care, in-home care, shuttle service, assisted living.

Threats are external factors or risks that could disrupt or complicate end-of-life care or planning.

- Weather. Natural disasters and water supply
- Distance to medical care, specialists, and emergency care
- Changes to social security and medicare
- Lack of infrastructure to mitigate risks
- Aging volunteer firefighters and EMS
- # of people who can live in Cape Meares
- Stairs
- Septic systems aging
- Power outages, road closures