Welcome to the PLAN Monthly Webinar Series!
The webinar will begin shortly.

Check out our Planning and Zoning Training website page for:
• Slides and recording of all completed webinars in the PLAN series
• Schedule for upcoming webinars
• A short, anonymous online survey to gather feedback and topics for future webinars

www.nh.gov/osi/planning/planning-training.htm
Webinar Logistics

Presentation then Question and Answer session

- Type questions into Chat box

- We will be recording the presentation portion of this webinar. Any camera videos that are on during this portion may become part of the recording.
Agenda

- Ashley Davis, Associate State Director of Outreach and Advocacy, AARP New Hampshire will introduce the “Age Friendly Network” program.

- Shayna Sylvia, Communications & Outreach Planner will discuss Strafford RPC’s “Assessment Phase” of its “Communities for Healthy Aging Transitions-CHAT” program.

- Scott Bogle, Senior Transportation Planner, will discuss Rockingham RPC’s “Age Friendly Communities Initiative”

- Terry Johnson, Senior Project Manager, will discuss Southwest RPC’s “Implementation Phase” of the program regarding social engagement and housing.

- Sylvia Von Aulock, Executive Director, will discuss Southern RPC’s “The Importance of Transportation in Age Friendly Work”

- Question & Answer Session
Livable Communities & Age-Friendly

Age-Friendly Communities Are Livable for People of All Ages
aarp.org/livable

Ashley Davis
ASD Outreach & Advocacy
AARP NH
America is aging

PERCENT OF POPULATION AGE 65+

<table>
<thead>
<tr>
<th>0-10</th>
<th>10-12.5</th>
<th>12.5-15</th>
<th>15-17.5</th>
<th>17.5-20</th>
<th>20-22.5</th>
<th>22.5-25</th>
<th>25-27</th>
</tr>
</thead>
</table>

Iowa increasing from 15-17.5% to 20-22.5%

Source: US Census
An Age-Friendly Community...

...is a community in which people can grow up and grow old with ease
...is barrier-free, designed for diversity and is inclusive and cohesive
...optimizes opportunities for overall well-being to enhance quality of life as people age
...designs and adapts their natural and built environment for residents of all ages and different capacities.
...meets the needs of people of all ages, whether someone is pushing a stroller or using a walker.
...allows people of all ages to participate in activities that keep the community healthy and encourage economic stability.
An Age-Friendly Community

– is one where a community’s elected leadership has made a commitment to actively work with residents and local advocates to make their town, city, or county an age-friendly place to live through enrollment in the AARP Network of Age-Friendly States and Communities!

All communities seeking to enroll in the AARP age-friendly network are required to submit a membership application and commit to a 5-year process of improvement which includes:

• conducting a community needs assessment
• developing an action and evaluation plan
• implementing and assessing the plan’s impact
• and includes the voice of older residents in all stages of planning and implementation.
Why Livable Communities?

The goal of livability work is for people of all ages to ...

1. Feel safe in the community
2. Participate in community activities
3. Be treated with respect
4. Have access to safe, appropriate and affordable housing and transportation
5. Have access to recreational opportunities and health services
6. Know what services and activities are available and have access to information by a means they prefer (e.g. online, in print, in person)
7. Be active, vital contributors to the economic, civic and social life of the community
8. Receive appropriate support if they can no longer look after themselves
AARP Network of Age-Friendly States and Communities

Works for Communities of all Sizes

- Suburban
- Rural
- Urban
- County
- Regional
More than 650 communities have committed to create a more age-friendly future -- plus 9 states and 1 US territory
Livable in New Hampshire

- Albany: Joined 2018
- Bartlett: Joined 2018
- Chatham: Joined 2019
- Conway: Joined 2018
- Dover: Joined 2018
- Eaton: Joined 2018
- Freedom: Joined 2018
- Goffstown: Joined 2018
- Hart's Location: Joined 2018
- Jackson: Joined 2018
- Londonderry: Joined 2018
- Madison: Joined 2018
- Manchester: Joined 2022
- Newport: Joined 2021
- Ossipee: Joined 2021
- Portsmouth: Joined 2018
- Tamworth: Joined 2019
Developing an age-friendly community: Overview

Year 1: Conduct a survey and listening sessions

Year 2: Create an action plan

Years 3-5: Implementation

Year 5: Progress / status update

Enrollment
What are your key partner organizations

2021 NAFSC Member Survey

- MUNICIPAL GOV: 75%
- VOLUNTEERS: 62%
- AGING SERVICES: 57%
- AGE-FRIENDLY TEAM: 53%
- LOCAL NON-PROFIT: 42%
- HEALTH CARE: 36%
- HIGHER ED: 20%
- REGIONAL PLANNING ORG: 19%
- BUSINESS: 17%
- CHAMBER OF COMMERCE: 14%
- FOUNDATION: 12%
# Overcoming barriers

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public is in greater support of age-friendly work</td>
<td>51%</td>
</tr>
<tr>
<td>Public sector actors have changed behaviors</td>
<td>42%</td>
</tr>
<tr>
<td>Regional coordination is improved</td>
<td>41%</td>
</tr>
<tr>
<td>Coordination between services providers is improved</td>
<td>39%</td>
</tr>
<tr>
<td>Internal government coordination has improved</td>
<td>33%</td>
</tr>
<tr>
<td>Public policies have been enacted</td>
<td>27%</td>
</tr>
<tr>
<td>Private sector has changed behavior or taken action</td>
<td>20%</td>
</tr>
<tr>
<td>It has not helped us overcome barriers</td>
<td>12%</td>
</tr>
</tbody>
</table>
Livable Communities Newsletter | AARP.org/Livable

Livable Lesson: Placemaking
Public spaces planner and creator Andrew Howard teaches viewers about what makes a “successful place” and how communities can (and sometimes should) implement placemaking projects despite the COVID-19 pandemic.

WATCH THE VIDEOS

What Placemaking Can Do
The bright blue sky is the only pleasant feature in this photo of an alleyway. Discover what this alley and others look like after a placemaking intervention.

MEET US IN THE ALLEY
See the last item in this newsletter for more resources, including a free publication about “pop-up” placemaking.

AARP LIVABLE COMMUNITIES

Resources

Tools to help local leaders

- Livable Communities Landing Page:
  aarp.org/livable

- Livable Communities Newsletter:
  aarp.org/livable-newsletter

- Livable Communities Map:
  livablemap.aarp.org

- Community Challenge Grant Program:
  aarp.org/communitychallenge

- 20+ Free Publications:
  aarp.org/livablelibrary

Pictured: Livable Newsletter (Feb. 24, 2021) - Placemaking During a Pandemic
CHATTING AGE-FRIENDLY PLANNING AT SRPC

Shayna Sylvia
Communications & Outreach Planner
Modeled after SNHPC’s work
TUFTS Heath Plan Foundation
Major components
- Outreach forums
- Community assessments (18)
- Action plans (4)
- Pilot projects (2)
Organized by AARP’s eight livability domains
CHAT STATS

110
Citizens participating in virtual community zoom forums for our CHAT project

26
students in Professor Mary Friedman’s class, who partnered with SRPC on the CHAT project

487
Respondents to the CHAT online survey

163
Views on the CHAT YouTube video
WHAT WE’VE LEARNED
▲ Affordable housing is of big concern
▲ Not all communities have senior programming, but people are interested
▲ Varied Municipal communications are important
▲ There are unique needs in each community, especially rural vs. urban
NEXT STEPS
Finalize the 18 community assessments.
Partner with 4 communities to write actions plans.
Complete two pilot projects.
THANK YOU!

CONTACT INFO
ssylvia@strafford.org
603-994-3500 EXT 104
http://strafford.org/staff/shayna-sylvia/

Shayna Sylvia
Communications & Outreach Planner
Planning for Age Friendly Communities in the Rockingham Region

OPD Webinar ● June 16, 2022
Age Friendly Communities Initiative
Rockingham Planning Region

• Funding from Point 32 Health Foundation and AARP New Hampshire
• Rockingham Meals on Wheels fiscal agent
• AARP National Framework
• Builds on work in NH by
  o Southern NH Planning Commission
  o Southwest Regional Planning Commission
  o Strafford Regional Planning Commission
  o Gibson Center and Mt. Washington Valley
  o City of Portsmouth, Town of Exeter
Project Scope

- Community Assessments – Years 1 & 2
  - Hampton
  - Exeter
  - Fremont
  - Hampstead
  - Portsmouth
  - Stratham

- Regional Forums – Years 1 & 2

- Community Projects in Year 2
Community Assessments

Guided by Local Steering Committee

- Community Survey
- Community Forums
- Steering Committee Input
- Demographic Profile
- Community Services Profile
- Assessment Report
AARP 8 Dimensions of Age Friendly Communities

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Work & Civic Engagement
- Communication & Information
- Health & Nutrition Services
Survey Approach

- Template modified from AARP and others in NH
- Minor variations among communities
- Emphasis on online response but paper available
- Response to date by community
  - Exeter (359)
  - Fremont (166)
  - Hampstead (231)
  - Portsmouth (212)
  - Stratham (236)
  - Hampton (145 – just fielded)
- Gather separate region-wide sample in year two
Key Themes from Survey and Forums

- Transportation options
- In-home services
- Recreational activities
- Housing options
- Information flow

~1350 Surveys completed to date
Additional Thoughts:

• Community receptiveness
• Value of in person outreach
• Value of partner outreach
• Guidance from partners
Questions?

Scott Bogle
Rockingham Planning Commission
sbogle@therpc.org
Implementing Age-Friendly Strategies in Southwest NH
From Planning to Implementation

- Phase I: Age-Focused Planning Study
- Phase II: Age-Friendly Strategy Implementation
Age-Friendly Theme Areas

- **Vision:** Help communities meet the wants and needs of people of all ages.
- **Goal:** To improve access to transportation, housing options, economic opportunities, and vital community services for residents in Southwest New Hampshire.
Town of Swanzey - Age Focused Community Profile

Transportation

The vast majority of Swanzey residents rely on a car for daily transportation, which poses risks and challenges for different age groups. Younger and older drivers are more likely to suffer injuries or die in a car crash. Car ownership costs also impact many working class families and seniors on fixed incomes.

While 15-24 year-olds account for only 16% of the Swanzey population, 33% of roadway injuries and fatalities involve the same age group.

Americans over 65 don’t drive. 17% of Swanzey residents are 65 and over, and that percentage is expected to grow in the coming years.

A typical household in Swanzey spends $14,500 per year on car ownership costs, or about 25% of its income (15% is considered affordable).

Housing

The children of Baby Boomers have left the nest. Younger couples are having fewer children, and later in life. Households are thus becoming smaller, driving demand for different housing options. Multifamily housing inventory has grown, but high demand contributes to the lack of affordable options.

In Swanzey, single-family housing inventory has grown by about 2 percent since 2010, while the number of multifamily units has increased by 9 percent.

1% of 2-bedroom units are affordable to median income renter households in Cheshire County.
Economic Opportunity

The region has lost jobs. Wage growth in the county lags behind the rest of the state. Like the nation as a whole, income inequality in Swanzey continues to increase. Economic issues like these impact Swanzey's ability to attract and retain workers and middle-class families.

Between 2007 and 2016, Cheshire County lost over 4,000 jobs, over a quarter of which were in the manufacturing sector.

Social Engagement

Many seniors live alone, which may contribute to isolation and depression. Mental health issues aren't limited to seniors, however, indicated by the growing suicide rate in the overall population. Social support networks are critical to improving and maintaining mental well-being.

20% of Swanzey seniors live alone.

1 in 3 Swanzey seniors report being depressed, about the same as the statewide rate.

Between 2007 and 2016, the suicide rate in Cheshire County grew by 70%, over 3 times faster than the U.S. average.

Swanzey and the surrounding region face issues that affect people of all ages...

...but there are actions that we can take to confront our changing demographics.

Learn more by reading the Swanzey Age-Focused Community Assessment...

...and the Monadnock Region Age-Focused Report at swrpc.org/age-focused

For data sources, visit swrpc.org/age-focused-data.
Community- and Regional-Level Implementation (July 2020-June 2024)

- **Goal:** Improve access to transportation, housing options, economic opportunities, and vital community services for older and younger adults in Southwest New Hampshire.

- **Objectives:**
  - Increase access to community transportation services.
  - Increase opportunities for social engagement & recreation.
  - Increase community & citizen emergency preparedness, including response to the COVID-19 pandemic.
  - Integrate project activities with region-wide activities to improve housing options, economic opportunity & broadband connectivity.
Pilot Communities

Swanzey

Jaffrey

Westmoreland

Walpole

Winchester

Hinsdale
Resources and Technical Assistance
Intervention Areas by Community

**Housing Options**
- Jaffrey
- Swanzey
- Walpole
- Westmoreland
- Winchester

**Transportation Alternatives**
- Hinsdale
- Swanzey
- Walpole

**Economic Opportunities**
- Jaffrey
- Westmoreland

**Social Engagement**
- Hinsdale
- Swanzey
Sample Community Interventions

Provide more intergenerational, mixed-income housing options through municipal zoning changes.

Expand community transportation services to towns outside the urban center of Keene.

Promote new business development through establishing municipal economic development committees and municipal zoning changes to support infill of empty store fronts.

Increase opportunities for social engagement through expanding hours of operation and programming at existing community centers.
Regional Housing Needs

Percentage of Owners “Housing Burdened” (35% or more) by Age Group, 2017

Vacancy Rates for 2 Bedroom Rental Units in Southwest NH
Source: NHH Annual Residential Rental Cost Survey
Social Engagement

Average hours per day Socializing & Communicating by Age Cohort

<table>
<thead>
<tr>
<th>Age Cohort</th>
<th>Percent Decrease 2003 to 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 to 24 years</td>
<td>23.76</td>
</tr>
<tr>
<td>25 to 34 years</td>
<td>14.29</td>
</tr>
<tr>
<td>35 to 44</td>
<td>7.35</td>
</tr>
<tr>
<td>45 to 54</td>
<td>18.31</td>
</tr>
<tr>
<td>55 to 64</td>
<td>16.90</td>
</tr>
<tr>
<td>65 and over</td>
<td>21.79</td>
</tr>
</tbody>
</table>
Among NH’s 234 municipalities, 16 of the top 20 with the highest rates of Alzheimer’s disease or related dementias are located in the Southwest Region.

*2019 Tufts Healthy Aging Report*

Improving social engagement opportunities is one strategy to reduce the risk of Alzheimer’s disease or related dementias in the population.
Regional-Level Activities

- Monadnock Region Parks and Play
- Rural Transportation Equity Projects
- Digital Literacy and Access Needs Assessment
- Aligning activities with related regional initiatives
Thank You

For additional information, please contact:
Terry Johnson at tjohnson@swrpc.org or (603) 357-0557
Southern NH Planning Commission’s Age-Friendly Program

The Importance of Transportation in Age Friendly Communities

AF Work Supported by:
NH Dept Of Transportation
Point32Health (formally Tufts Health Plan Foundation)
NH AARP

Sylvia von Aulock, Executive Director

Southern New Hampshire Planning Commission
SNHPC’s Age-Friendly Program Overview

**Phase I: Community Assessments & Surveys (July’16-June’17)**

- Identified town assets, opportunities and roadblocks focused on community infrastructure and programming for Millennials + Seniors through community conversations and multiple surveys

**Phase II: Pilot Programs (July ‘17- June ‘18)**

- Utilizing assessments, worked with SNHPC communities and businesses to address specific issues and move toward Age-Friendly Strategic Plans

**Phase III: More Pilots + Expand Scope (July ‘18- June ‘19)**

- Continue with pilot program and raise awareness about age-friendly issues and planning in the region and state

**Work Continues (July ‘19 ongoing)**
What has our conversation focused on?

Land Use Focus Areas

- Transportation: Accessibility & Connections
- Housing: Trends, Needs, Diversity, & Zoning
- Recreation & Engagement
- Businesses & Economic Development

Becoming Age-Friendly
Southern New Hampshire Planning Commission
**Resident Survey:** What concerns you the most about aging in your community?

<table>
<thead>
<tr>
<th>Category</th>
<th>Millennials</th>
<th>Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>57%</td>
<td>50%</td>
</tr>
<tr>
<td>Recreation</td>
<td>51%</td>
<td>47%</td>
</tr>
<tr>
<td>Medical Services</td>
<td>47%</td>
<td>47%</td>
</tr>
<tr>
<td>Housing</td>
<td>47%</td>
<td>37%</td>
</tr>
<tr>
<td>Accessible Services</td>
<td>29%</td>
<td>24%</td>
</tr>
<tr>
<td>Family</td>
<td>29%</td>
<td>24%</td>
</tr>
<tr>
<td>Jobs</td>
<td>44%</td>
<td>10%</td>
</tr>
</tbody>
</table>
How would you rate your community’s transportation options if you were unable to drive?

“If you don’t drive, you can’t exist in this town.” – Most Communities

![Bar chart showing transportation options rated by Millennials and Seniors. The chart includes categories: Excellent, Good, Average, Poor, Very Poor, Other (please specify). The percentages are as follows:

- Millennials: Excellent 0.9%, Good 4.3%, Average 21.4%, Poor 26.5%, Very Poor 34.6%, Other 1.8%.
- Seniors: Excellent 1.2%, Good 11.5%, Average 29.9%, Poor 37.0%, Very Poor 17.1%, Other 13.9%.

Becoming Age-Friendly
Southern New Hampshire Planning Commission
Assessment “Takeaways”

- **Transportation is #1 issue for Millennials and Seniors**
- **Need** *out-of-the-box solutions* in creating *awareness of existing programs* and in developing new programs
- **Communication is essential** in keeping residents, businesses, community groups connected & involved –
- **Partnerships & volunteer opportunities** should be encouraged
- **Everyone wants WALKABLE communities**
Phase II: Community Pilot Projects

Potential Projects

- Focused Survey To Inform Planning Effort or Program
- Communications Strategy
- Community Coordination for Transit Service Outreach
- Volunteer Driver Program assistance
- Identifying Zoning Ordinance Road Blocks

Becoming Age-Friendly
Southern New Hampshire Planning Commission
Community Pilot Program: Master Plan Focus

Include AF elements within Master Plan Update *(note, Master Plan Chapters include transportation, community facilities, and recreation)*

- Community Outreach to understand residents wants/needs
- Developed recommendations for Master Plan update based on survey results

Becoming Age-Friendly

Southern New Hampshire Planning Commission
Ex. Question: For those who cannot drive or choose not to, would you support the use of taxpayer funds to subsidize any of the following programs?

- Coordinated public transportation (service area/hours) within Weare and neighboring communities
- Call-in shuttle service
- Call-in shuttle service for seniors or the disabled only
- Organized volunteer driver program

65 and younger

66 and older
Transit Awareness Surveys

Do resident seniors/millennials know about the programs, services, and age-friendly businesses within their community and their region?

- Worked with several communities on focused surveys regarding transit awareness.
- Improved understanding regarding transit awareness and ridership
SNHPC Community Assistance Projects

Becoming Age-Friendly

Southern New Hampshire Planning Commission
Transit Survey Elements

Question: Have you heard of CART/MTA?

- Londonderry: 55.42% Yes, 44.58% No
- Chester: 55.41% Yes, 44.59% No
- New Boston (MTA): 56.06% Yes, 43.94% No
Transportation Survey

If Yes, have you ever gotten a ride on a CART bus/shuttle?

<table>
<thead>
<tr>
<th>Location</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Londonderry</td>
<td>95.57%</td>
<td>4.43%</td>
</tr>
<tr>
<td>Chester</td>
<td>97.92%</td>
<td>2.08%</td>
</tr>
</tbody>
</table>
Community Pilot Program: Transit Outreach

Goffstown Transit Collaboration
Developed relationships among Town Departments (Library, Parks and Rec, Town Manager, Planning), YMCA, residents, and local transit

Transportation for Goffstown Residents

General Information:
- Make a reservation as early as 1 week prior, and no later than 24 hours prior
- Priority rides for age 65+ or disabled passengers
- Priority rides for medical appointments
- Rides available to all Goffstown Residents
- Connect with MTA Route 46 at Shaw Place for Manchester Center, and Nashua service
- All buses accessible for disabled passengers

For Appointments:
- Provide the address information for pickup & drop-off location
- Date & Time requested, will be provided with a 30-minute pick-up window
- May ride with a companion, or children please specify
- Passengers will need to provide the purpose of travel

Reservations call: 603-623-8801 ext. 1

Southern New Hampshire Planning Commission
Goffstown Old Home Day – Pilot Program

Collaborating with community events, bringing the bus to residents
Lessons Learned:
Outreach Opportunities for Transit

- Make it fun
- Collaborate bus rides with community events (scarecrow tour or holiday light tour)
- Create a fun info session including a touch the bus or trip to a local ice cream shop
- Give out a voucher for new riders (partner with a local business for a free hot dog or other item)
- Develop a bus buddy program so first riders can ride with a buddy
- Review community websites for accurate information regarding transportation services within community/region
Thanks to our partners, participants and of course the program’s funders!

svonaunlock@snhpc.org
Sylvia von Aulock, Exec. Director

Southern New Hampshire Planning Commission
Speaker Contact Information

- Ashley Davis, MPH, Associate State Director of Outreach and Advocacy,
  - AARP New Hampshire; 603.230.4113 [www.aarp.org/nh](http://www.aarp.org/nh)

- Shayna Sylvia, Communications & Outreach Planner
  - Strafford Regional Planning Commission; [ssylvia@strafford.org](mailto:ssylvia@strafford.org) 603-994-3500, ext. 104

  - Scott Bogle, Senior Transportation Planner
  - Rockingham Planning Commission; [sbogle@therpc.org](mailto:sbogle@therpc.org) 603-658-0515

- Terry Johnson, Senior Project Manager
  - Southwest Regional Planning Commission; [tjohnson@swrpc.org](mailto:tjohnson@swrpc.org) 603-357-0557

- Sylvia von Aulock, Executive Director
  - Southern New Hampshire Planning Commission; [svonaulock@snhpc.org](mailto:svonaulock@snhpc.org)
    - 603- 69-4664 x302
Questions and Answer Section

• If you would like to ask a question, please either raise your hand or type your question in the Chat box. If on the phone, lines have been unmuted.

Click to raise and lower hand

Click to open Chat box
• Planning Lunches at Noon (PLAN) Monthly Webinar Series

www.nh.gov/osi/planning/planning-training.htm

Slides and recordings of all completed webinars

Schedule for 2021 upcoming webinars

A short, anonymous online survey to gather feedback and topics for future webinars

THANK YOU