

Planning Lunches at Noon (PLAN) Monthly Webinar Services

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

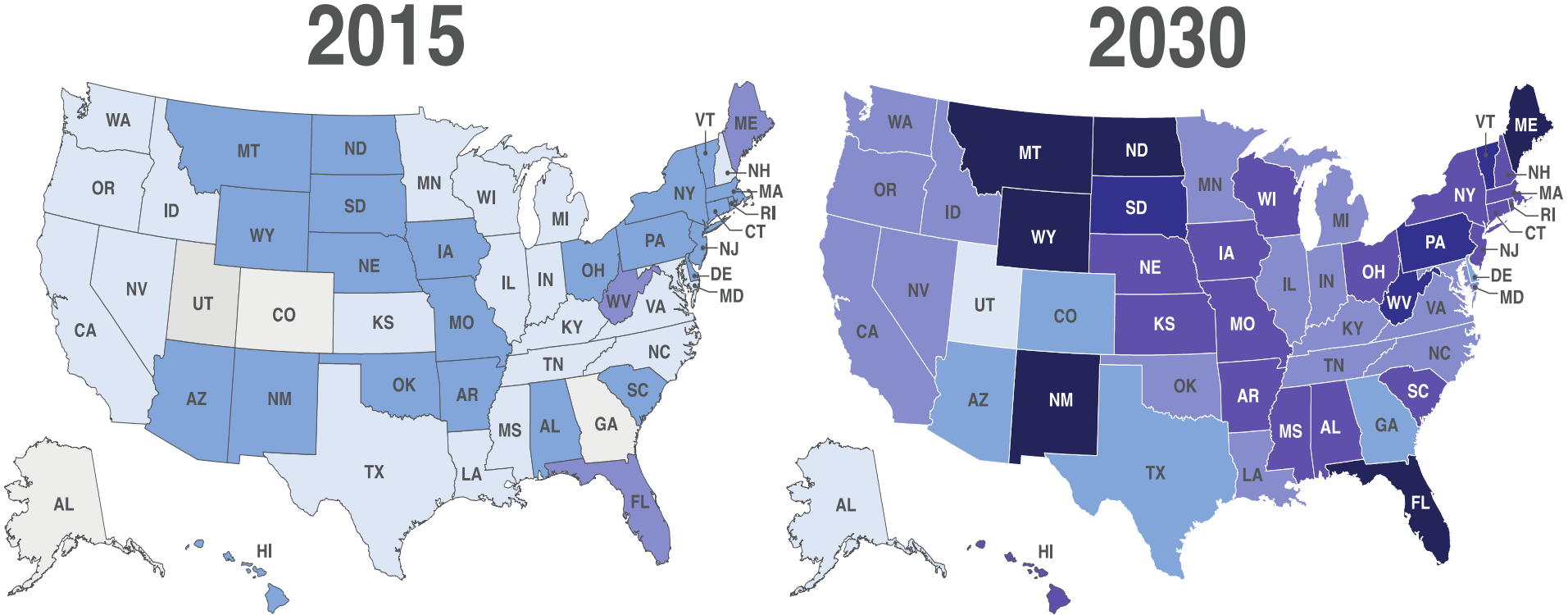
Livable Communities & Age-Friendly



**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+

0-10	10-12.5	12.5-15	15-17.5	17.5-20	20-22.5	22.5-25	25-27
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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



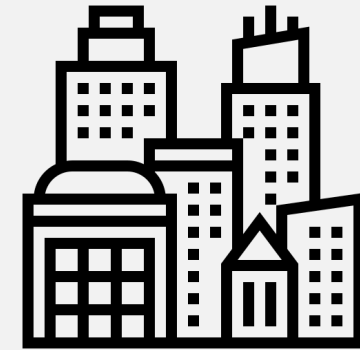
Works for Communities of all Sizes



Suburban



Rural

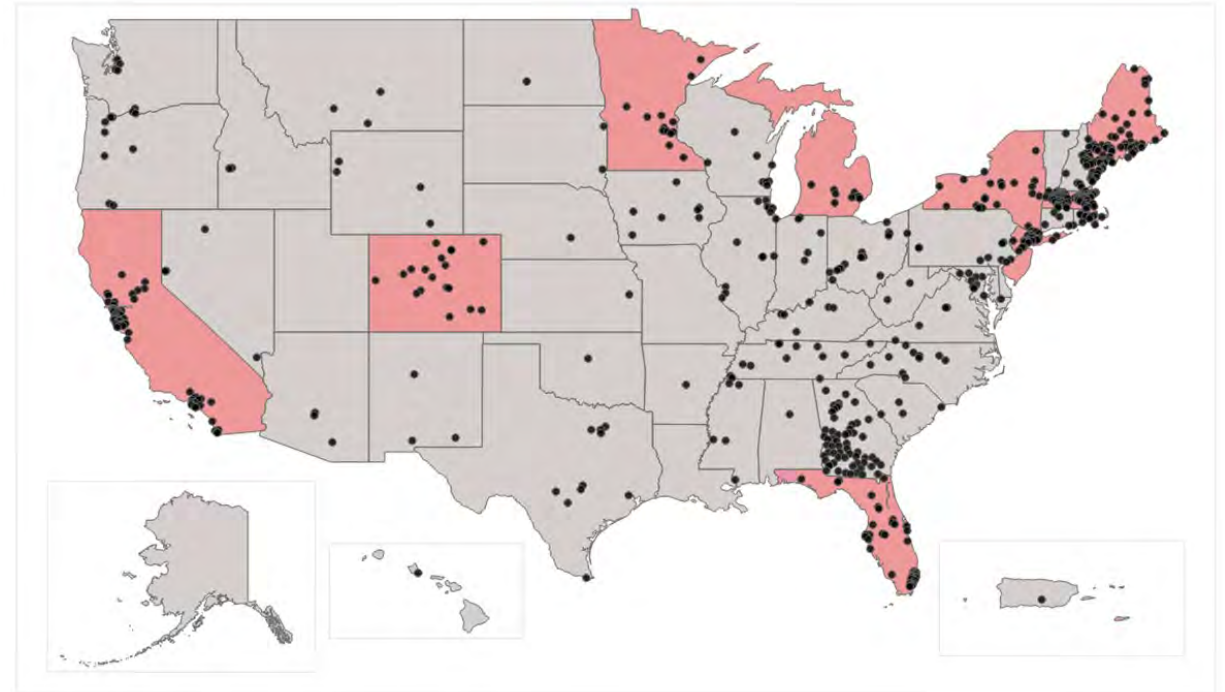
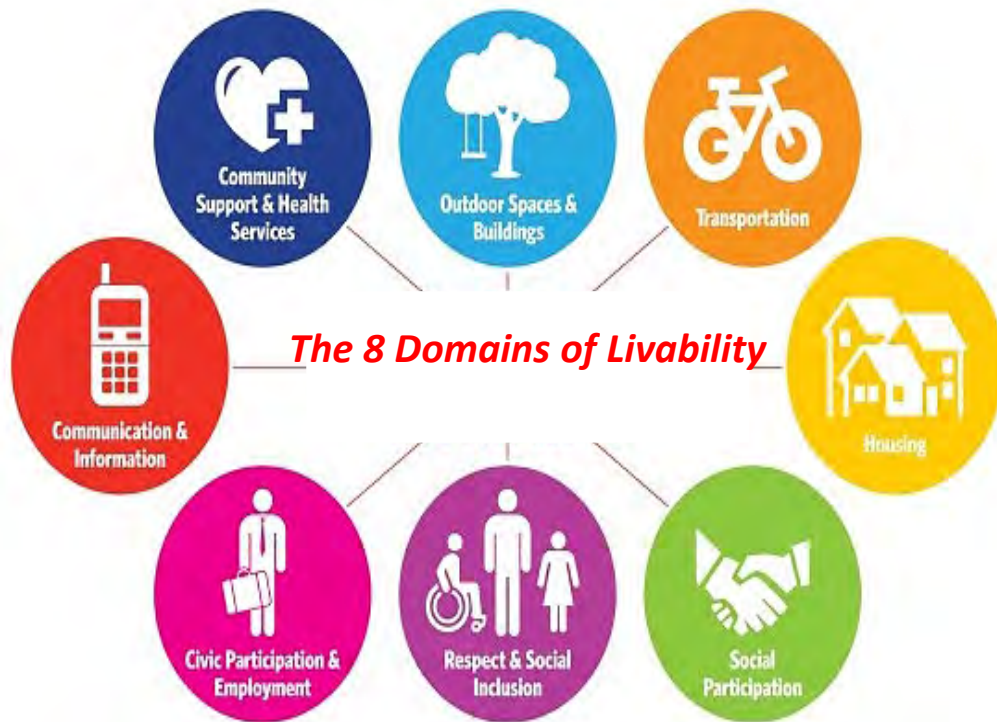


Urban

County

Regional

AARP Network of Age-Friendly States & Communities



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

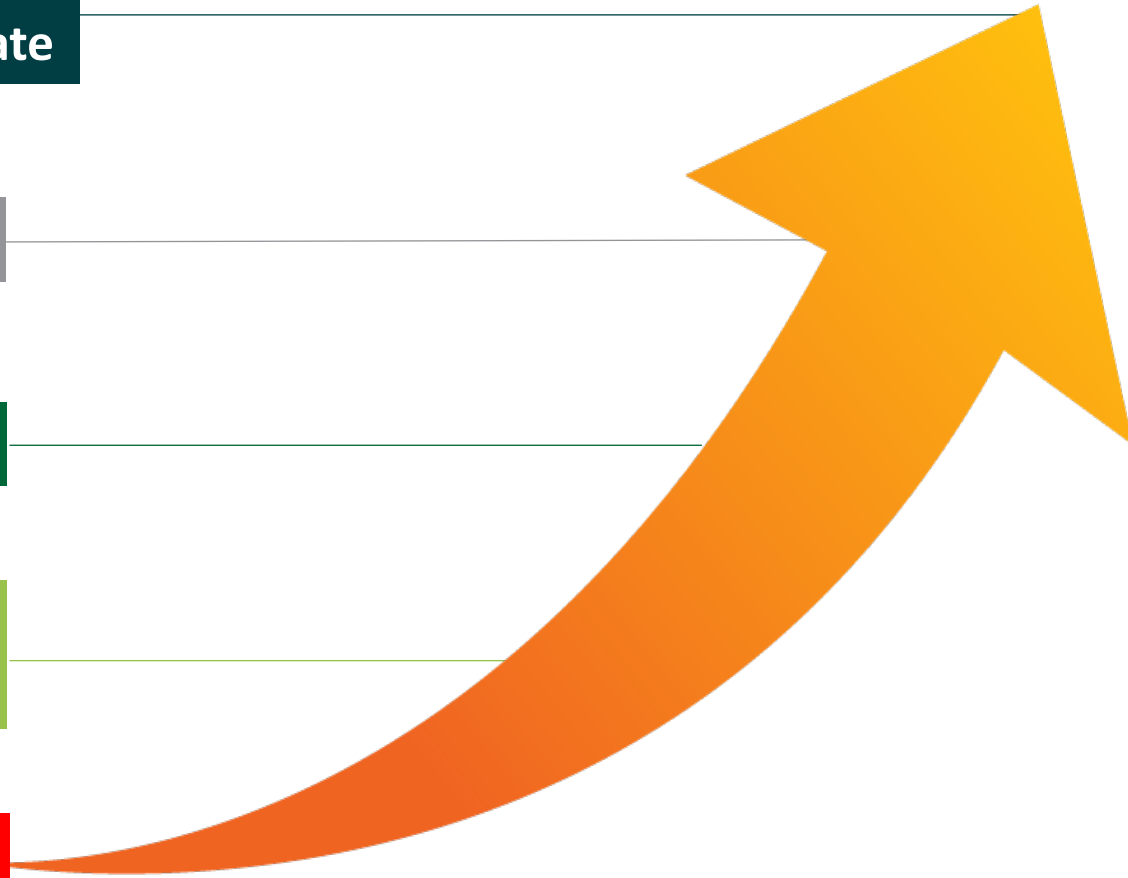
Year 5: Progress / status update

Years 3-5: Implementation

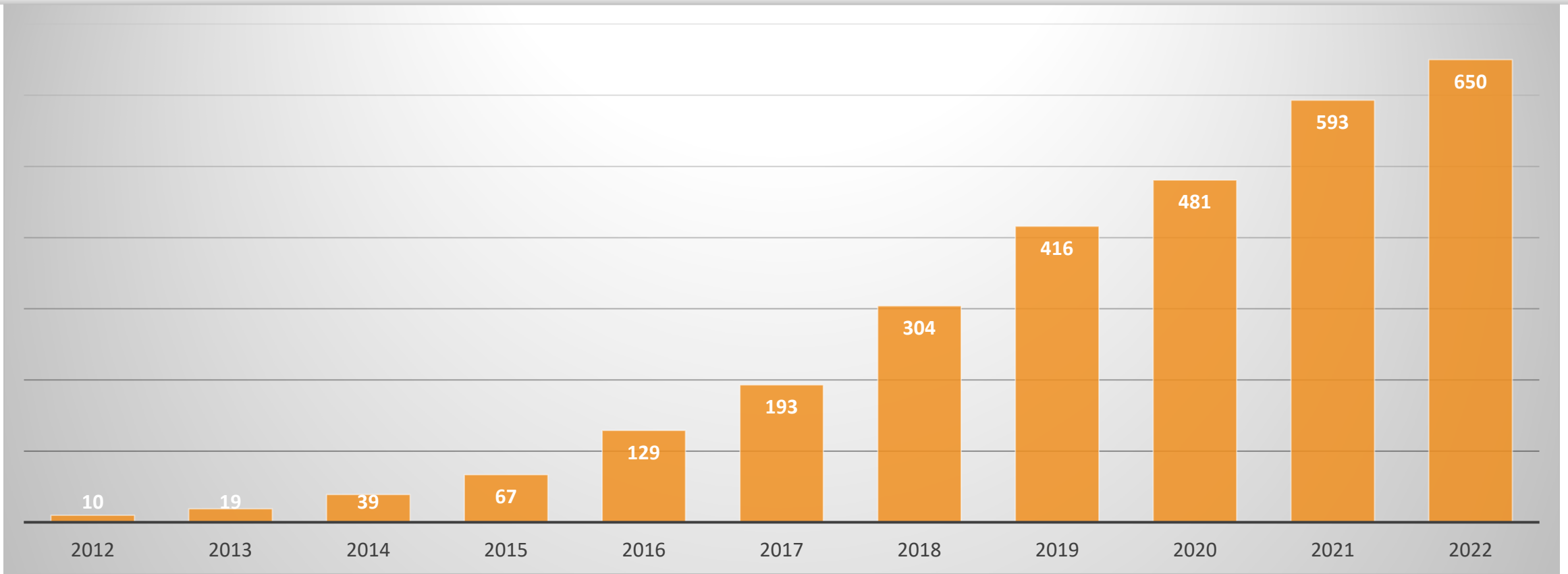
Year 2: Create an action plan

**Year 1: Conduct a survey
and listening sessions**

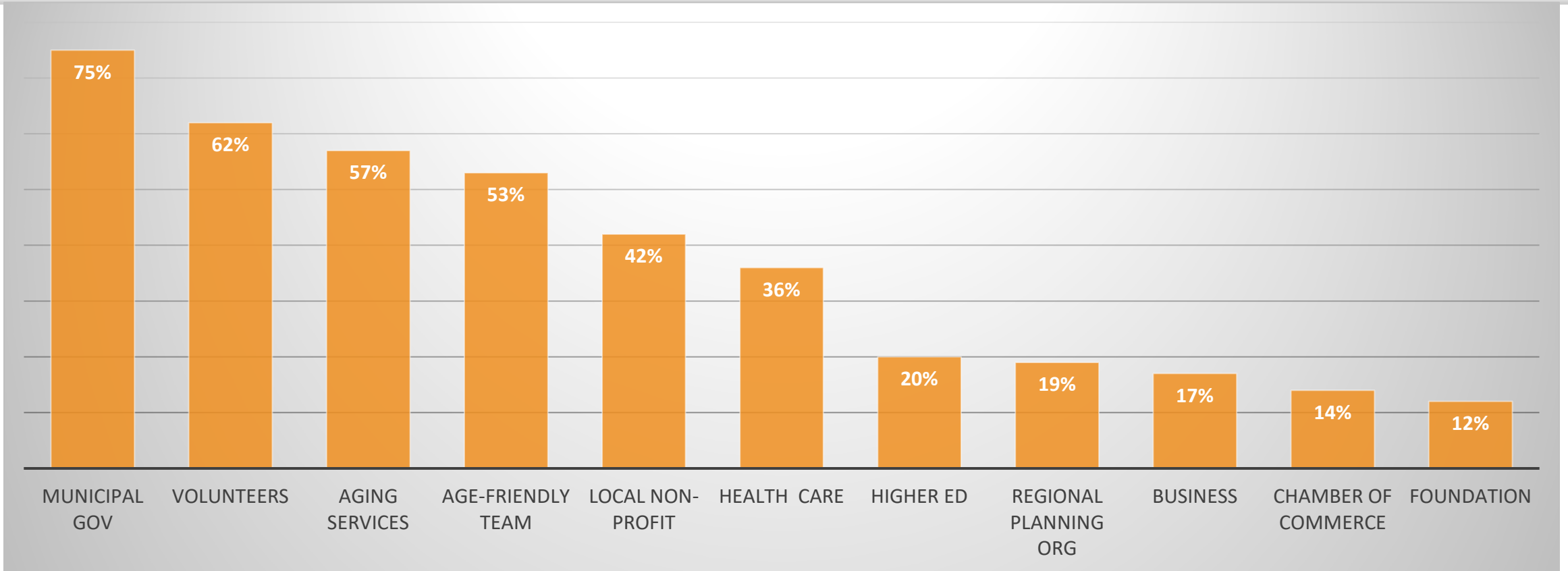
Enrollment



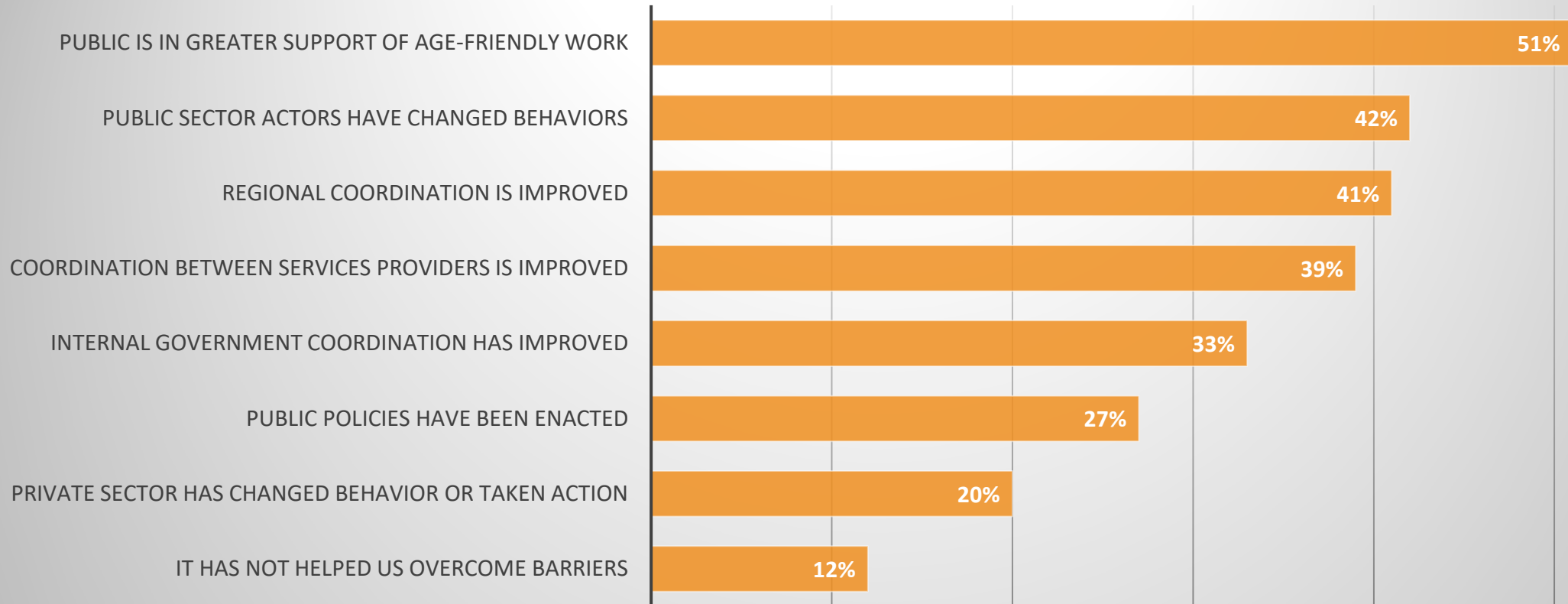
Community Enrollment



What are your key partner organizations



Overcoming barriers





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.

Livability News & Notes



Win a Workshop — Rural communities with fewer than 50,000 residents are eligible for design assistance to address specific community challenges. Deadline: March 12.

Source: [Citizens' Institute on Rural Design](#) ►

Resources



Tools to help local leaders



Livable Communities Landing Page:

[aarp.org/livable](https://www.aarp.org/livable)



Livable Communities Newsletter:

[aarp.org/livable-newsletter](https://www.aarp.org/livable-newsletter)



Livable Communities Map:

livablemap.aarp.org



Community Challenge Grant Program:

[aarp.org/communitychallenge](https://www.aarp.org/communitychallenge)



20+ Free Publications:

[aarp.org/livablelibrary](https://www.aarp.org/livablelibrary)

CHATting AGE-FRIENDLY PLANNING AT SRPC



Shayna Sylvia
Communications &
Outreach Planner



STRAFFORD
Regional Planning Commission

- ▲ 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
COMMUNITIES FOR HEALTHY AGING TRANSITIONS

Housing



**Outdoor Spaces
and Buildings**



Transportation



**Communication
and Information**



**Health Services
and Community
Supports**



**Social
Participation**



**Civic Participation
and Employment**



**Respect and
Social Inclusion**

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

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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
 - Southern NH Planning Commission
 - Southwest Regional Planning Commission
 - Strafford Regional Planning Commission
 - Gibson Center and Mt. Washington Valley
 - 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



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

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



Point32Health



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.



Economic
Opportunity



Housing
Options



Social
Engagement



Transportation
Alternatives

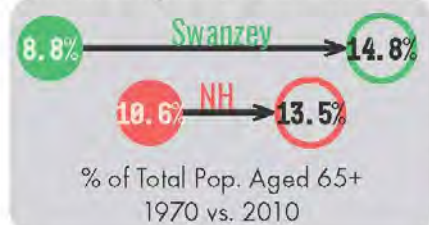
Town of Swanzey - Age Focused Community Profile

The Swanzey population is changing...

...growing more slowly than NH as a whole...



...and becoming older, faster than the State.



Young people are leaving the region.



These demographic changes are connected with key aspects of community life:

- Transportation
- Economic Opportunity
- Housing
- Social Engagement

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.



1 IN 5

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 2010, 1-2 person households accounted for 65% of all Swanzey households, vs. only 44% in 1970.

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.



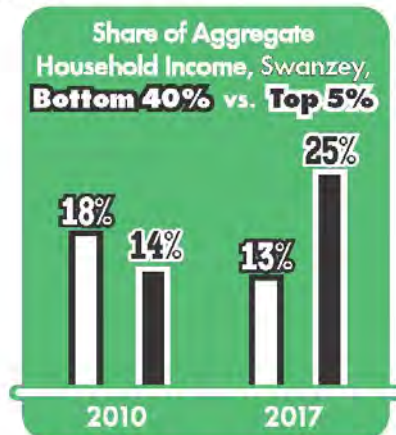
1%

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

Economic Opportunity



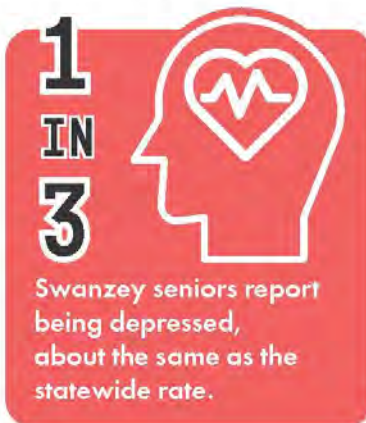
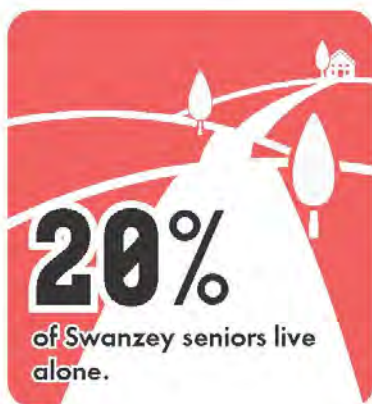
The region has lost jobs. Wage growth in the county lags behind the rest of the state. Like the nation as a whole, income inequality in Swanzey continues to increase. Economic issues like these impact Swanzey's ability to attract and retain workers and middle-class families.



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.



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

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



Swansey



Jaffrey



Winchester



Westmoreland



Walpole



Hinsdale

Resources and Technical Assistance



Implementing Age-
Friendly Communities in
Southwest New
Hampshire

Community Resource Guide

Prepared by Southwest Region
Planning Commission



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.

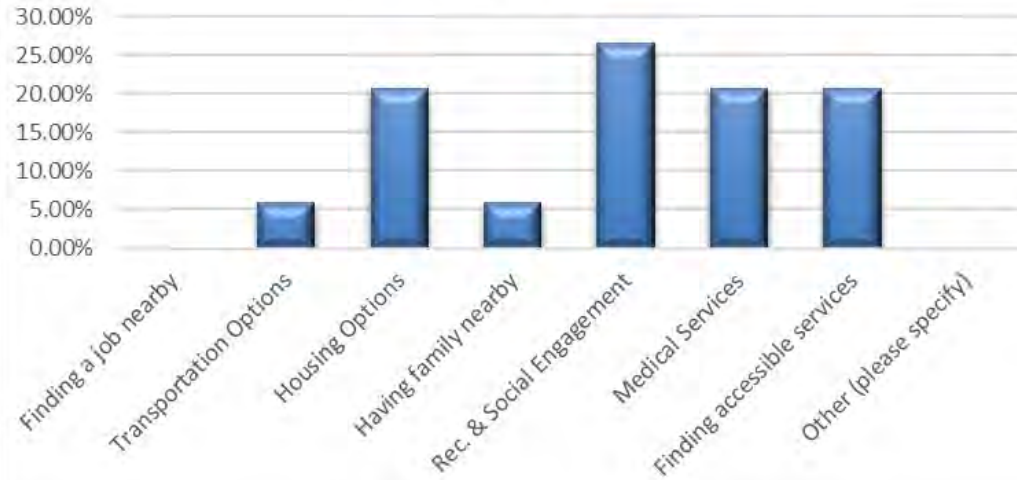


Promote new business development through establishing municipal economic development committees and municipal zoning changes to support infill of empty store fronts.

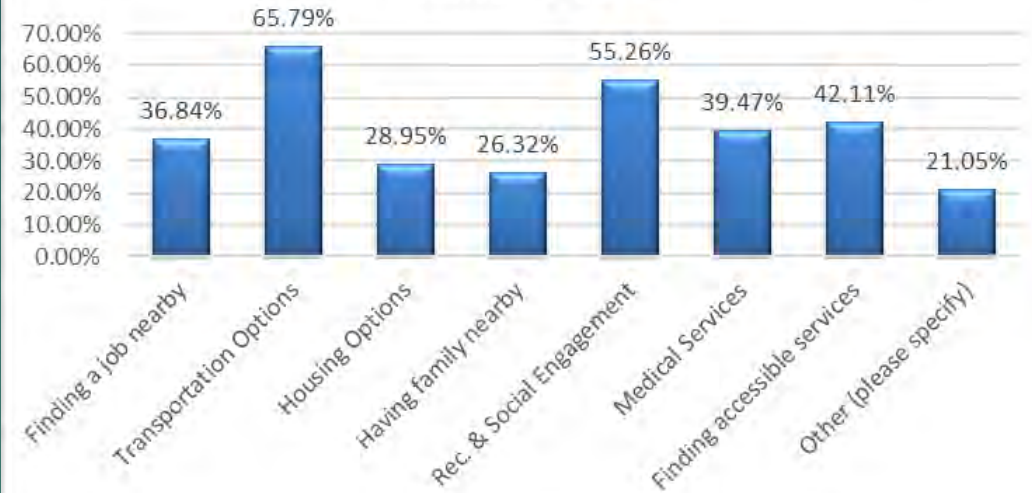


Increase opportunities for social engagement through expanding hours of operation and programming at existing community centers.

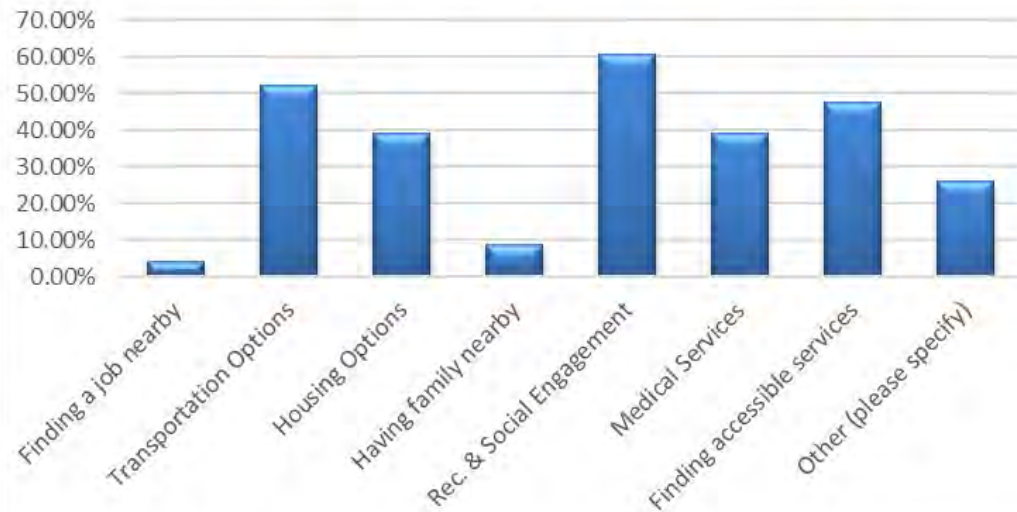
What Concerns do you have about aging in Swanzey?



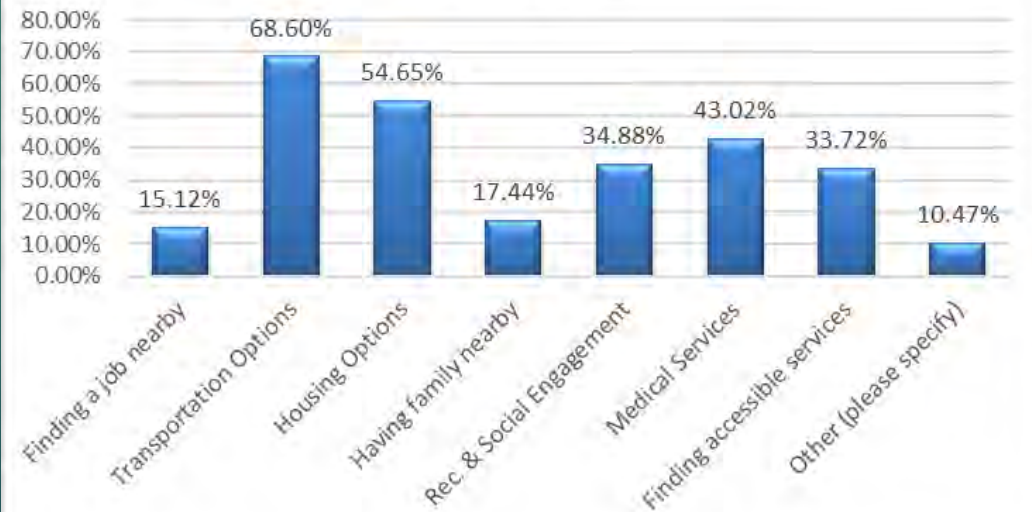
What concerns do you have about aging in Winchester?



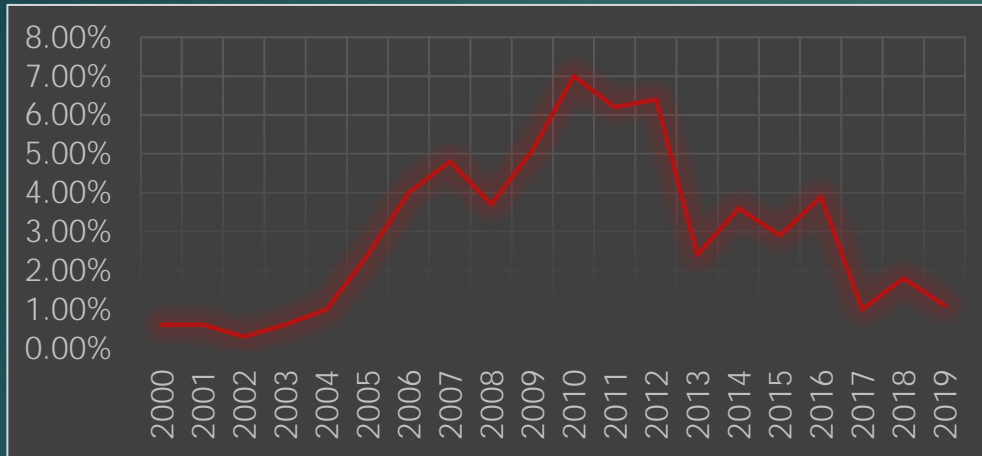
What concerns do you have about aging in Jaffrey?



What concerns do you have about aging in Walpole?



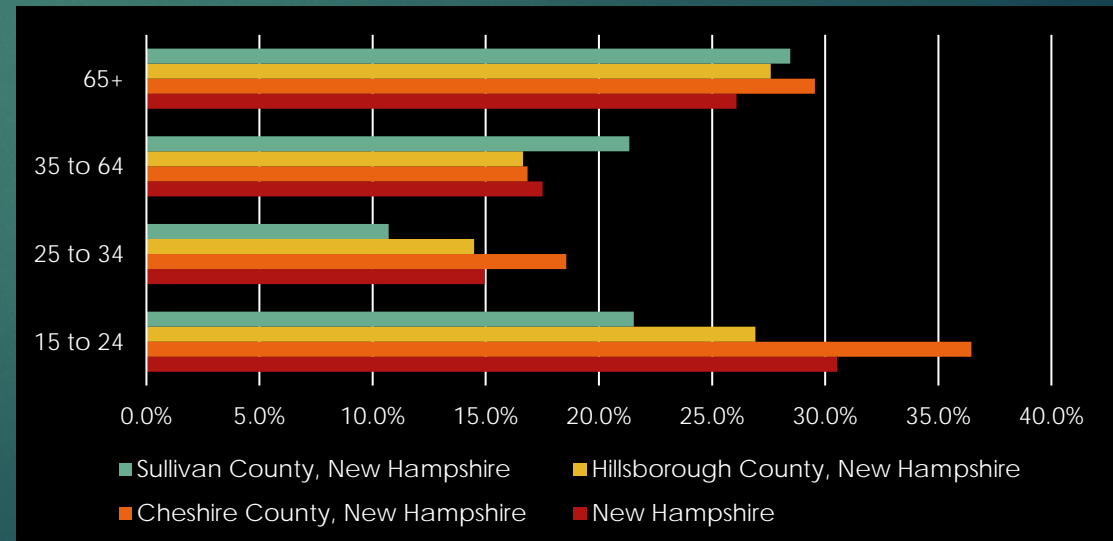
Regional Housing Needs



Vacancy Rates for 2 Bedroom Rental Units in Southwest NH

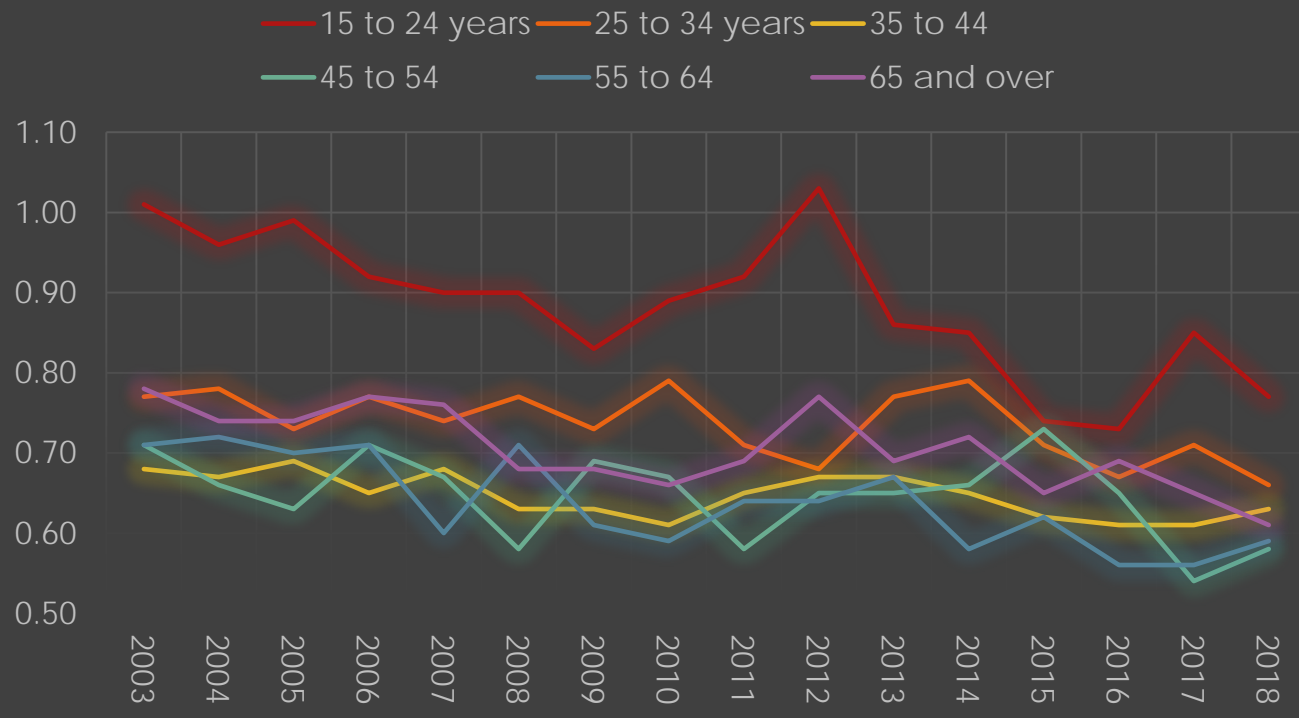
Source: NHH Annual Residential Rental Cost Survey

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



Social Engagement

Average hours per day Socializing & Communicating by Age Cohort



Age Cohort	Percent Decrease 2003 to 2018
15 to 24 years	23.76
25 to 34 years	14.29
35 to 44	7.35
45 to 54	18.31
55 to 64	16.90
65 and over	21.79



Social Engagement: Important Statistic

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)



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Southern New Hampshire Planning Commission



What has our conversation focused on?

Land Use Focus Areas

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



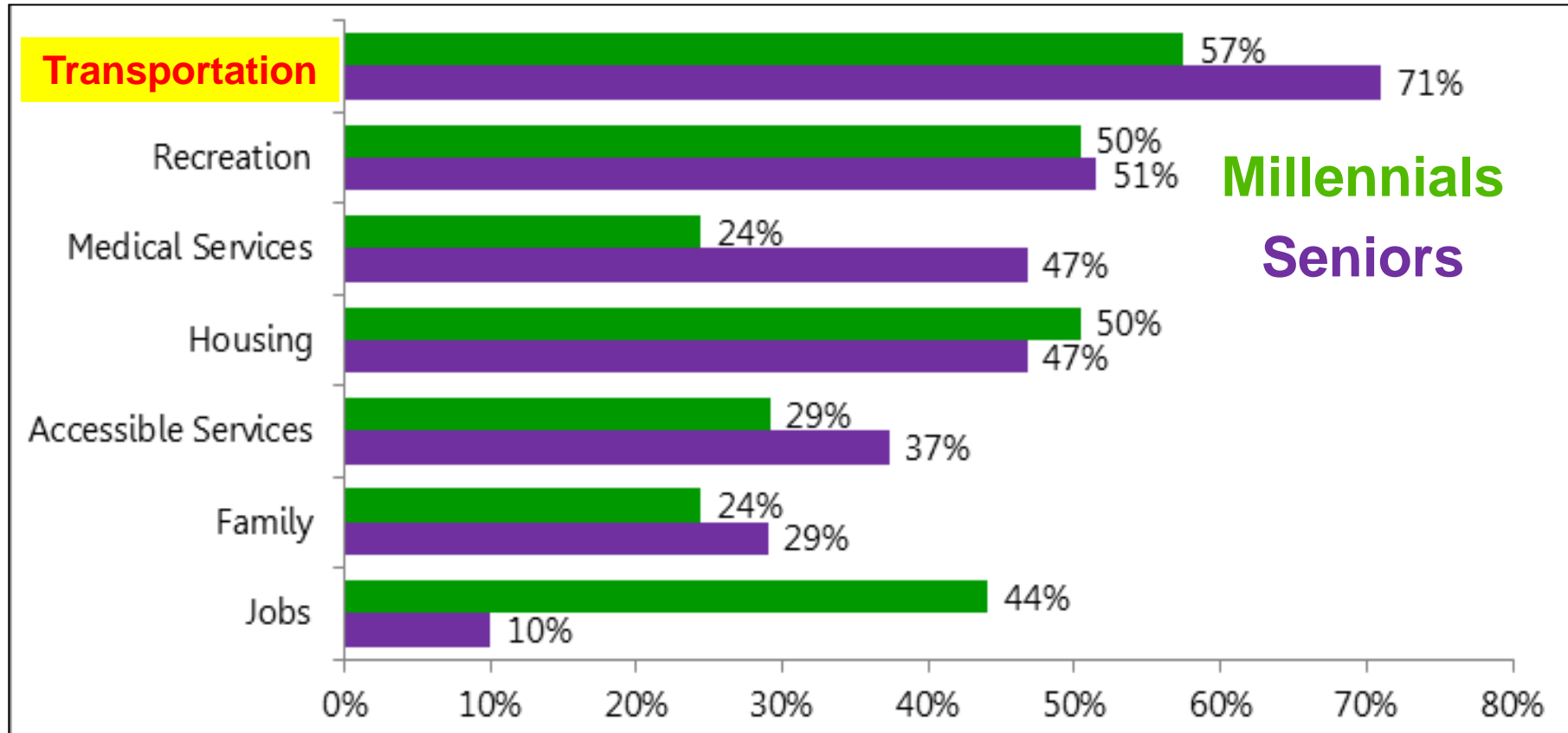
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Resident Survey: What concerns you the most about aging in your community?



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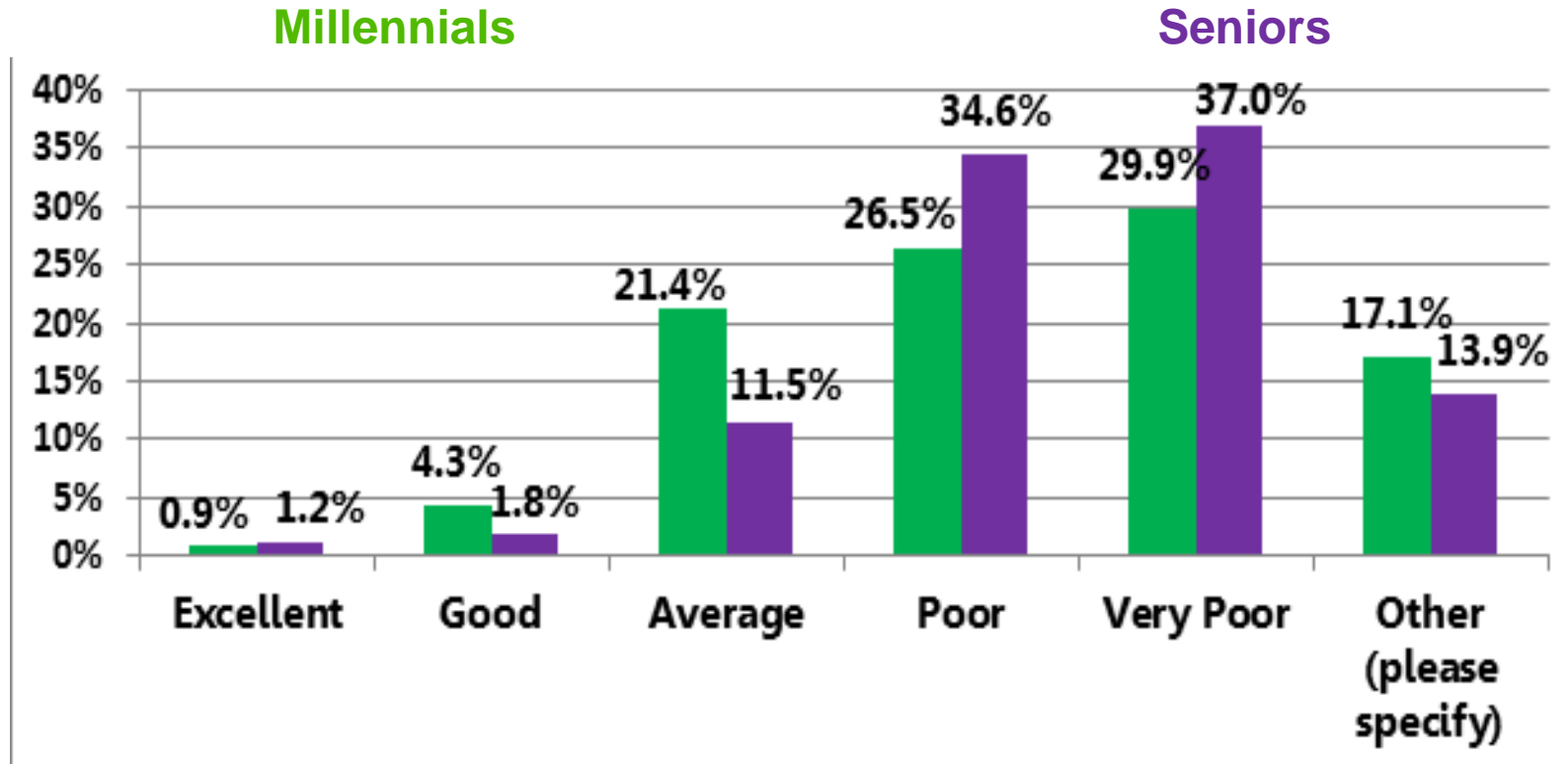
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How would you rate your community's transportation options if you were unable to drive?

"If you don't drive, you can't exist in this town." – Most Communities



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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*



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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**



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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



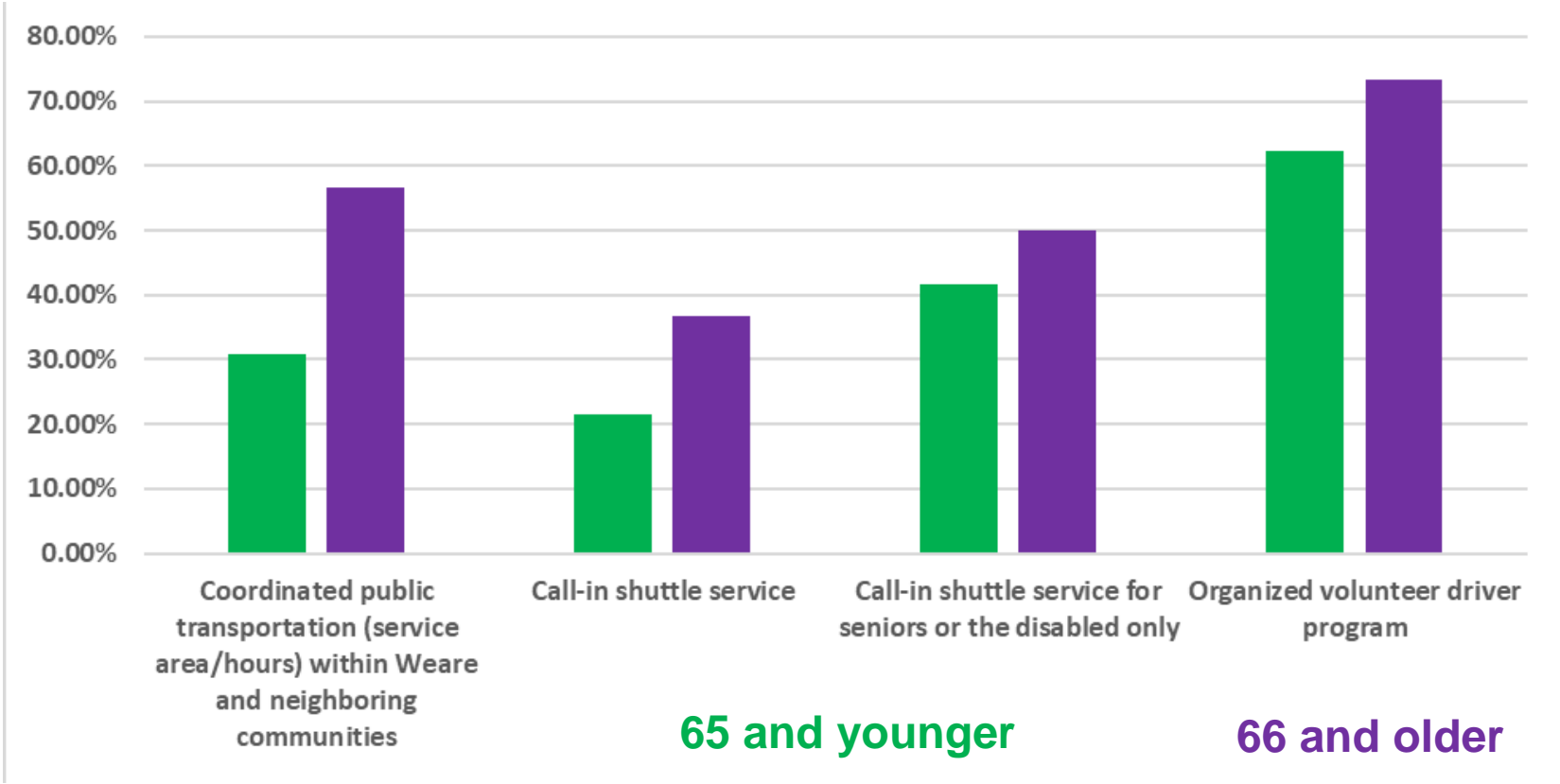
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Ex. Question: For those who cannot drive or choose not to, would you support the use of taxpayer funds to subsidize any of the following programs?



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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*



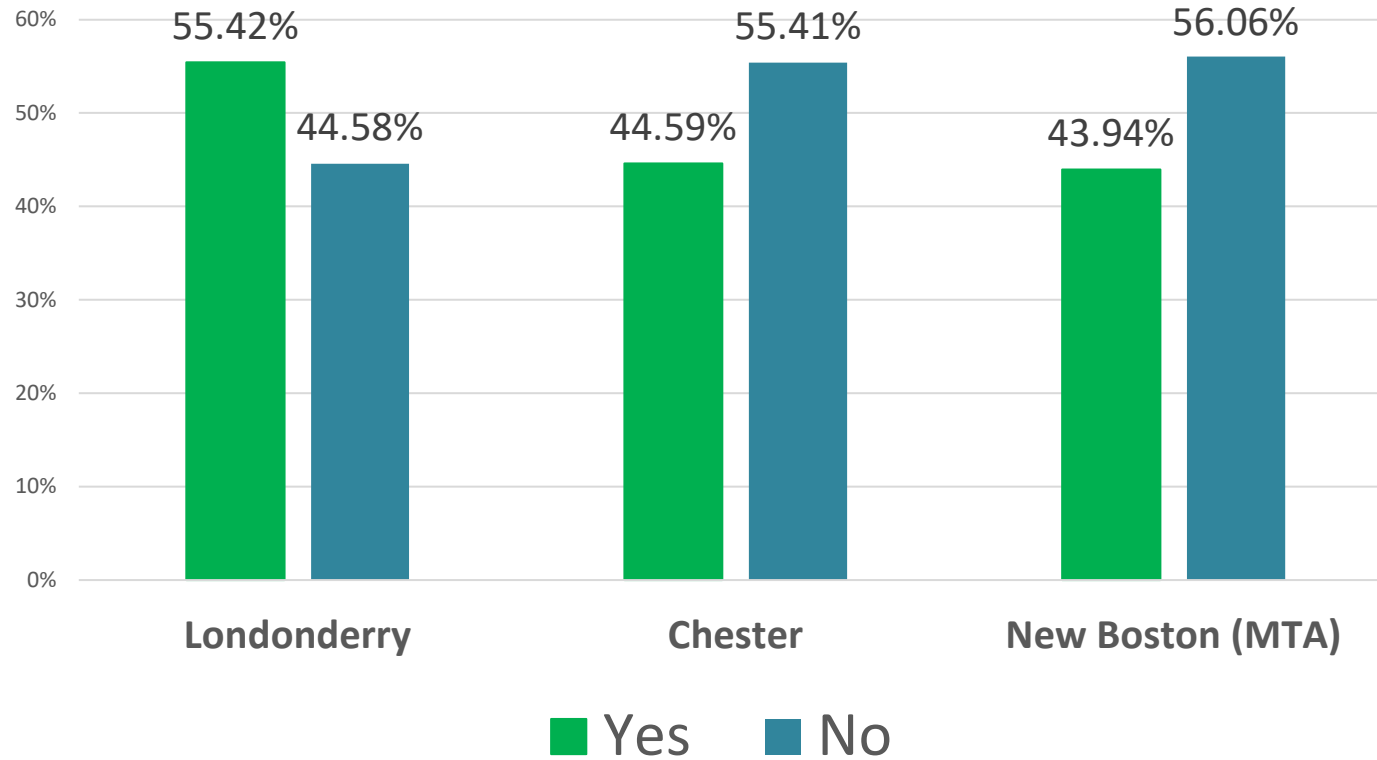
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Transit Survey Elements

Question: Have you heard of CART/MTA?



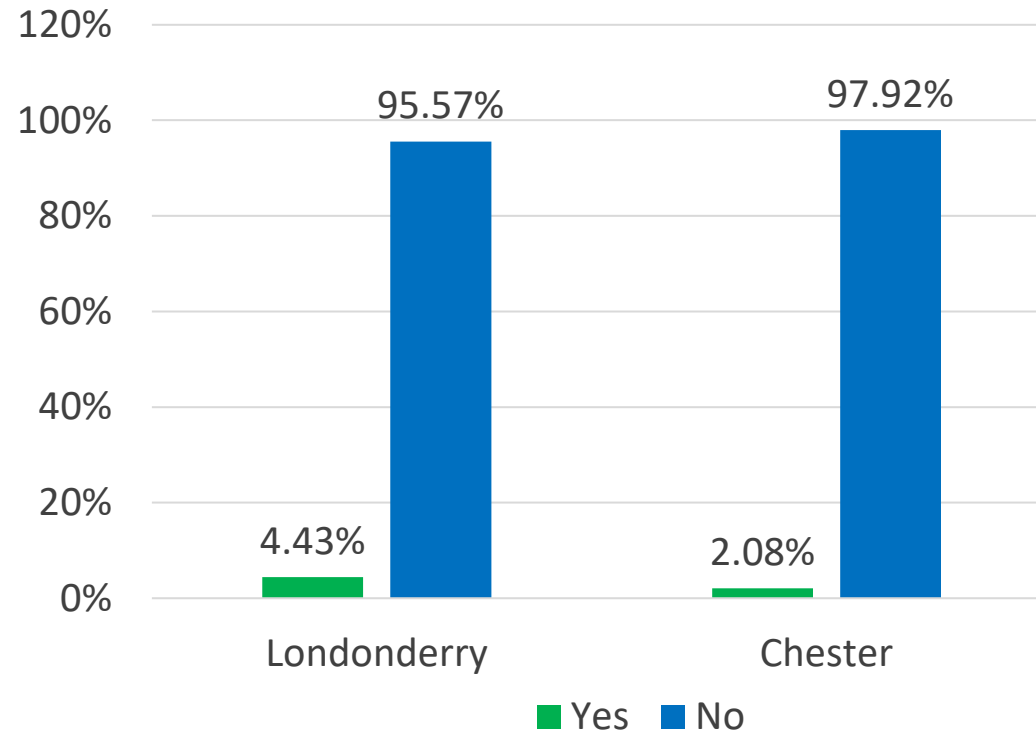
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Transportation Survey

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



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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

**EXPLORE THE BUS AT OLD HOME DAY!
FIND US OUT FRONT OF TOWN HALL.**

General Information:

- Make a reservation as early as 1 week prior, and no later than 24 hours prior
- Priority rides for age 62+ or disabled passengers
- Priority rides for medical appointments
- Rides available to all Goffstown Residents
- Connect with MTA Route #6 at Shaws Plaza for Manchester, Concord, 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 the ride

FREE TRANSPORTATION

For additional information contact

Laurie Makarawcz
Regional Service Coordinator
603 792 5154

Reservations call: 603.623.8801 opt. #1

M Manchester Transit Authority | 110 Elm St. | Manchester, NH 03101 | 603.623.8801 | www.mtabus.org



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Goffstown Old Home Day – Pilot Program

Collaborating with community events, bringing the bus to residents



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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**



Becoming Age-Friendly

Southern New Hampshire Planning Commission



Thanks to our partners, participants and of course
the program's funders!



Point32Health



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



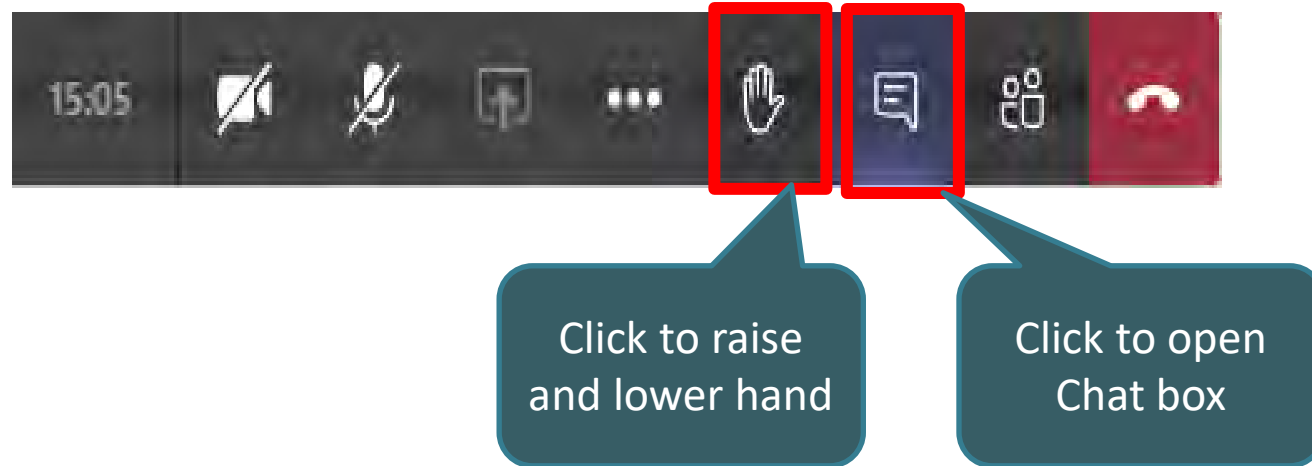
Southern New Hampshire Planning Commission

Speaker Contact Information

- Ashley Davis, MPH, Associate State Director of Outreach and Advocacy,
 - AARP New Hampshire; 603.230.4113 www.aarp.org/nh
 - Shayna Sylvia, Communications & Outreach Planner
- Strafford Regional Planning Commission; ssylvia@strafford.org 603-994-3500, ext. 104
 - Scott Bogle, Senior Transportation Planner
- Rockingham Planning Commission; sbogle@therpc.org 603-658-0515
 - Terry Johnson, Senior Project Manager
- Southwest Regional Planning Commission; tjohnson@swrpc.org 603-357-0557
 - Sylvia von Aulock, Executive Director
- Southern New Hampshire Planning Commission; 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



- 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