

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS



Strafford Region Communities for Healthy Aging Transitions Project Report



STRAFFORD
Regional Planning Commission

Point32Health



GREATER SEACOAST COMMUNITY HEALTH

**STRAFFORD COUNTY
PUBLIC HEALTH
NETWORK** + ♥ 🌱

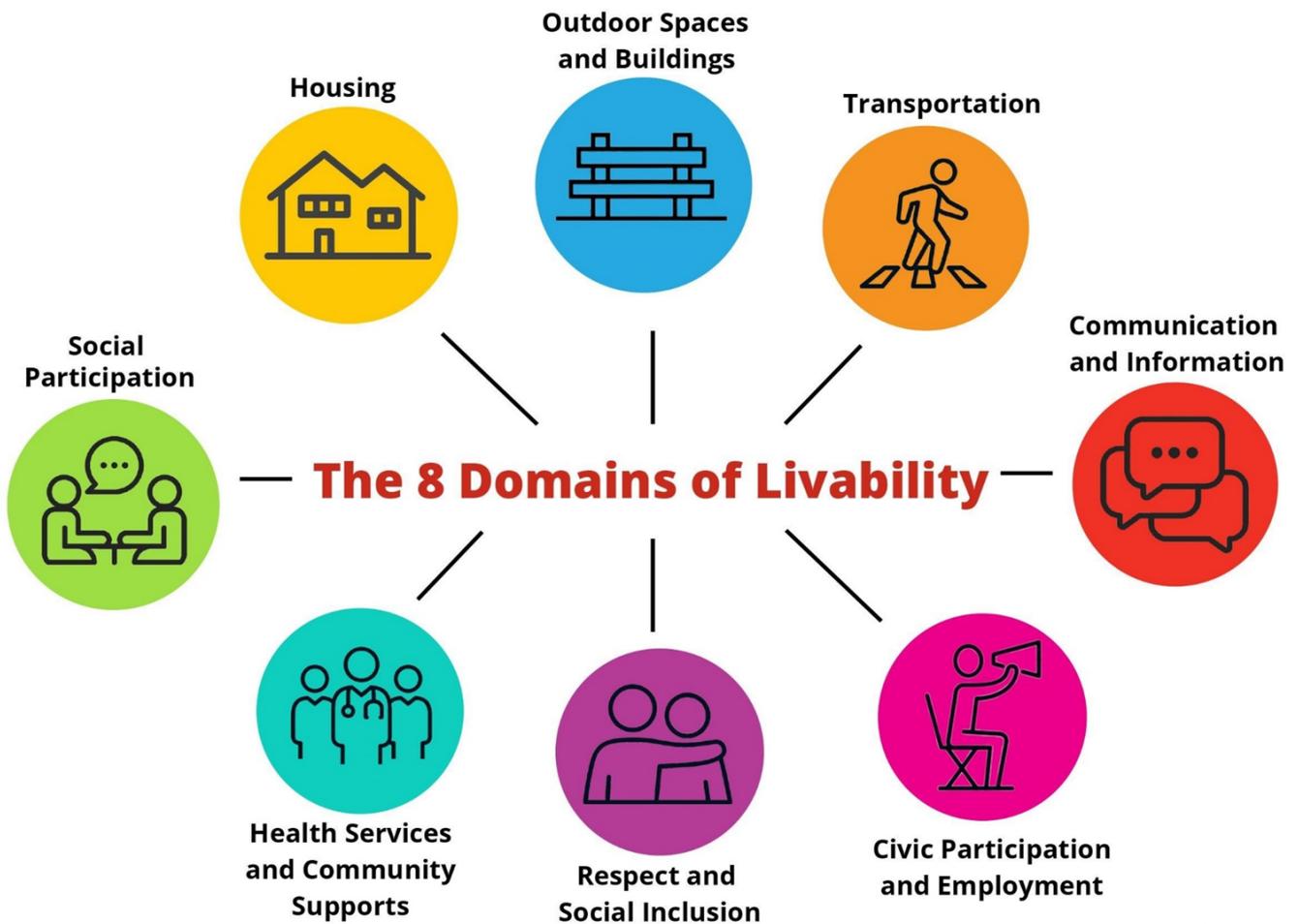
Nov 2023

Introduction

[Communities for Healthy Aging Transitions \(CHAT\)](#), a regional project, examined age-friendliness in Strafford County, as well as Brookfield, Wakefield, Newmarket, Nottingham and Northwood in Carroll and Rockingham counties, respectively. The project was funded by the Tufts Health Plan Foundation and conducted in partnership with Greater Seacoast Community Health's Strafford County Public Health Network (SCPHN) program.

The project mission was to engage communities in promoting diverse, equitable, inclusive, livable environments where people can grow and thrive, regardless of age. To achieve this, SRPC and SCPHN designed a project that engaged the community in understanding the strengths and opportunities in each community, which were framed within [AARP's eight domains of livability](#) (see page 3). The qualitative and quantitative information from this engagement was presented in the Community Assessments for each community in the region. From there, Community Action Plans were developed for 4 communities, Farmington, Newmarket, Rochester and Strafford. Each community engaged stakeholders to identify goals and actions that addressed the results of the assessments. From there, 1 action was chosen from both the Strafford and Rochester Action Plans for implementation. The lessons learned from these projects provide best practices for other communities who want to create more age-friendly communities. A region-wide Age-Friendly Resource Guide was also created that is chock-full of organizations and partners that provide essential services that address the eight domains of livability. We hope this project can serve as a model for other regions looking to create more age-friendly communities.





TIMELINE

July 2020 –
March 2021
Community
Engagement
Session –
Survey and
Workshops

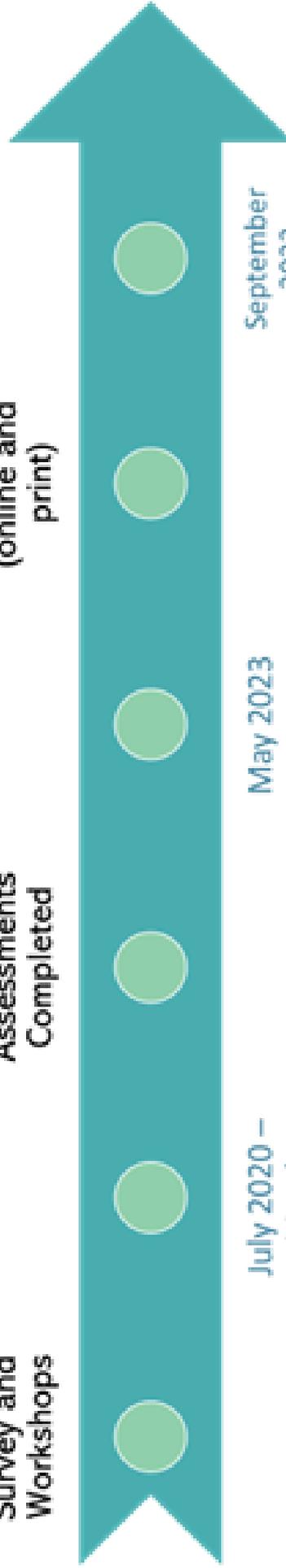
December
2022
Community
Assessments
Completed

July 2023
Age-Friendly
Resource
Guide
Launched
(online and
print)

July 2020 –
March
2021
Data
Analysis

May 2023
Community
Action Plans
Completed

September
2023
2 Pilot
Projects
Completed



By the Numbers

156,145

Residents in
SRPC
Region

10%

Residents
under 10
years old

17.8%

Residents
over age
60+

18

Community
Assessments
Completed

12.4%

Residents
with a
disability

75+

People
Engaged

4

Action Plans
Completed

15+

Community
Meetings

30+

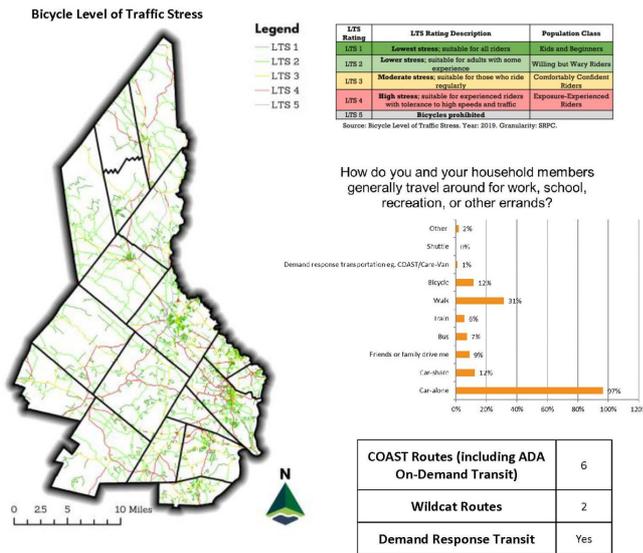
Resources
Used

Project Deliverables

LIVABILITY PRINCIPLE #2 - TRANSPORTATION

"Driving shouldn't be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit nondrivers and drivers alike. Public transit options can range from the large-scale (trains, buses, light rail) to the small (taxis, shuttles or ride share services)."¹⁸

DATA



Community Assessments

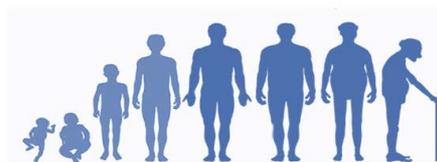
Community assessments were developed for all 18 communities in the Strafford Region. They are derived from outreach and a public input survey, and present strengths and opportunities for each regional community in the eight AARP livability domains. Each Assessment includes demographic, economic and housing data and which community and health services are available to residents.

Age-Friendly Action Plans

Using the results of the Community Assessments, Age-Friendly Action Plans were created for Farmington, Newmarket, Rochester, Strafford. Each plan includes 6 goals and associated actions that were developed in partnership with community stakeholders. The actions lay out the time it will take to implement, responsible parties, potential partners, resources needed and best practices. At least two communities (Farmington and Strafford) are planning to adopt the final Age-Friendly Plans into their municipal Master Plan.



Age-Friendly Action Plan for the City of Rochester 2023



Project Deliverables

Age-Friendly Resource Guide

The Strafford Region and State of New Hampshire have many healthy aging resources available, but they aren't always well known or easy to find. To remove the barriers to finding these healthy aging resources, the CHAT Project Team created an Age-Friendly Resource Guide. Categorized by the eight livability domains, the document is available as both an online tool, and a printed guide to be available at health centers, town and city halls, and other public locations around the region.

Respect & Social Inclusion



NH Senior Citizen Tuition Waiver – Registration

New Hampshire residents who are age 65 or older and are not enrolled in a degree program are eligible to take a maximum of two courses per fiscal year tuition-free. Please visit the website for more information, under Registration.

Website:

unh.edu/continuingeducation/academic-programs/university-coursework/undergraduate-coursework

Communities Served:

Entire Region

Healthy Living in Strafford County

Free and low-cost ideas for indoor and outdoor family fitness, exercise classes, healthy food access, and free community trails.

Website:

scchh.org/resources/local-resource-guides

Communities Served:

Entire Region

NH Humanities – Humanities to Go

New Hampshire Humanities provides wide-ranging and thought-provoking, humanities-based programs that connect people across New Hampshire to culture, history, places, ideas, and each other. We connect people with ideas through free public events, literacy programs, and grantmaking.

Website:

nhhumanities.org/humanities-go

Communities Served:

Entire Region

UNH Elder Care Resources

NH resource links to assist UNH employees in caring for elderly family members and/or adults with disabilities.

Website:

unh.edu/hr/elder-care-resources

Communities Served:

Entire Region

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Age-Friendly Pilot Projects

The City of Rochester chose one action from their Age-Friendly Action Plans to implement: conduct an Accessibility Audit of the Downtown. Using the AARP Walk Audit Toolkit as a foundation, the Project Team worked with City staff, local officials, non-profits and volunteers to measure the accessibility of the sidewalks, crosswalks and municipal buildings in the central business district. 24 people participated in the audit. Recommendations are being included in the City's Master Plan, updated Riverwalk Plan and Parking Commission planning efforts.

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Interested in working with one of the organizations who lead this project?

STRAFFORD

Regional Planning Commission

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For more information on this project or to view an electronic version of this Guide, please visit:

[strafford.org/projects/
communities-for-healthy-aging-transitions/](http://strafford.org/projects/communities-for-healthy-aging-transitions/)

