

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

COMMUNITY ASSESSMENT

FOR THE

CITY OF ROCHESTER

GREATER SEACOAST COMMUNITY HEALTH



PUBLISHED: OCT 2022

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INTRODUCTION AND FRAMEWORK

[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 (GSCH)'s Strafford County Public Health Network (SCPHN) program.

The project mission was to engage our communities looking at and promoting diverse, equitable, inclusive, livable environments where people can grow and thrive, regardless of age.

To achieve this mission, SRPC and partners at SCPHN designed engagement activities to understand strengths and opportunities in each community, which were framed within [AARP's eight domains of livability](#) from its [Livable Communities program](#): Outdoor Spaces and Buildings, Housing, Transportation, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Health Services and Community Support.

The qualitative and quantitative information presented in this Community Assessment was also framed within the eight domains of livability.



CHAT OUTREACH PROCESS

SRPC and partners at SCPHN enacted a modified outreach process due to the pandemic. Most of the outreach for the CHAT project was conducted via online channels as described below.

COMMUNITY ZOOM FORUMS

Residents from across the region were invited to participate in a series of seven municipal or subregional community Zoom forums between February and June 2021. SRPC and SCPHN held a Zoom community forum with Rochester on Monday April 12, 2021. The forum was well attended by a variety of community residents.

SURVEY

Launched in early 2021, the CHAT online survey was distributed through multiple regional outlets, directly to Rochester residents through social media, during the community forum, in the City's weekly newsletter and at Covid-19 vaccine clinics, and between town staff and residents. 87 individuals who live, play, and work in Rochester responded to the survey.

POSTCARD ART ACTIVITY

With the pandemic, SRPC and SCPHN brainstormed creative ways to engage people and give them a different outlet for expressing themselves. SRPC staff designed and printed postcards that prompted individuals to draw (paint, collage, etc.) or write what it means to age as you play, live or work in each community. These were distributed at various Covid-19 vaccine clinics, to the Dover Teen Center, and a variety of other locations.

ADDITIONAL FEEDBACK

The above outreach strategies were supplemented with community draft assessment reviews by community representatives. Draft review and additional comments were provided by SRPC commissioners Joe Boudreau and Barbara Holstein.

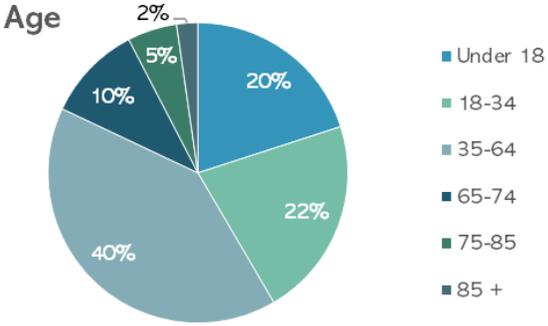
COMMUNITY PROFILE

Rochester is a part of the Strafford County Tri-Cities and is home Rochester Opera House and Skyhaven Airport. Rochester is known for its close proximity to the beach, cities and the White Mountains. Additionally, Rochester has an active art community which includes an art commission comprised of local leaders and artists. Residents enjoy the availability of community resources in the city, housing that is more affordable than other cities in the region, and proximity to employment opportunity and family.

The City's economic development initiatives have generated growth in high tech and manufacturing alongside ongoing downtown revitalization. SRPC's offices are located within the Rochester Community Center with other entities such as the recreation department, senior center and Rochester Museum of Fine Arts.

The outreach process, combined with supplementary data analysis, was used to outline the many ways in which Rochester provides an inclusive, welcoming, supportive, and healthy environment for people of all ages, as well as opportunities for improvement. The findings are presented below in relation to each of the eight AARP domains of livability.

Total Population	32,492
Median Age	41.8
Total Housing Units	12,780
Number of Jobs in Town	12,373
Life expectancy	75.6 - 79.3



Sex



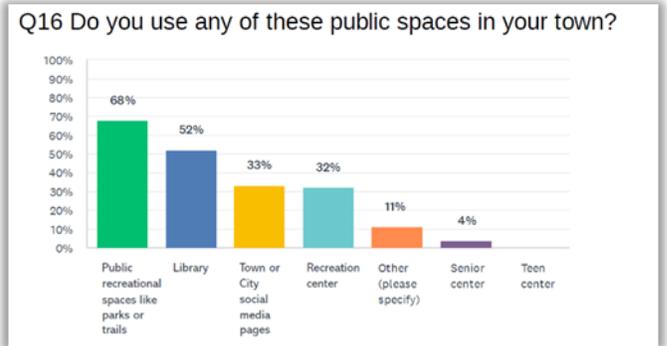
LIVABILITY PRINCIPLE #1 - OUTDOOR SPACES AND BUILDINGS

“People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.”ⁱⁱ

DATA

Recreation Site Type	Number of Sites
Beach	0
Boating Access	2
Community Garden	0
Disc Golf Course	2
Dog Park	0
Fishing Access	0
Golf Course	0
Gym	0
Open Space and Trails	6
Park	3
Playground	9
Pool	3
Rail Trail	1
Skatepark	0
Skating Rink	1
Sledding Hill	0
Sports Fields and Courts	12
Total	39

Community Resources	Number of Sites
Places of Worship	1
Historic Places, Buildings, or Structures	7
Libraries	14
Medical and Health Care Facilities	16
Governmental Services	6
Non-Governmental Services	3
Fire and Police Stations	3
Schools	15
Total	65



8% of land in Rochester is conserved.





STRENGTHS

- **Public amenities** – The Recreation Center and Senior Center are all in one place, both located within the Rochester Community Center along with the School Department, Rochester Museum of Fine Arts and other community groups.
- **Schools** – Spaulding High School is a great place for all ages with two nearby places to walk - the track and the Hanson Pines.
- **Outdoor recreation** – The Commons downtown is home to one of many playgrounds for children.
- **Pools** – Rochester has a great pool and playground by the high school.



OPPORTUNITIES

- **Advertising** – Outdoor space is not advertised enough. Some organized activities and general signage would help to alert residents and visitors to opportunities.

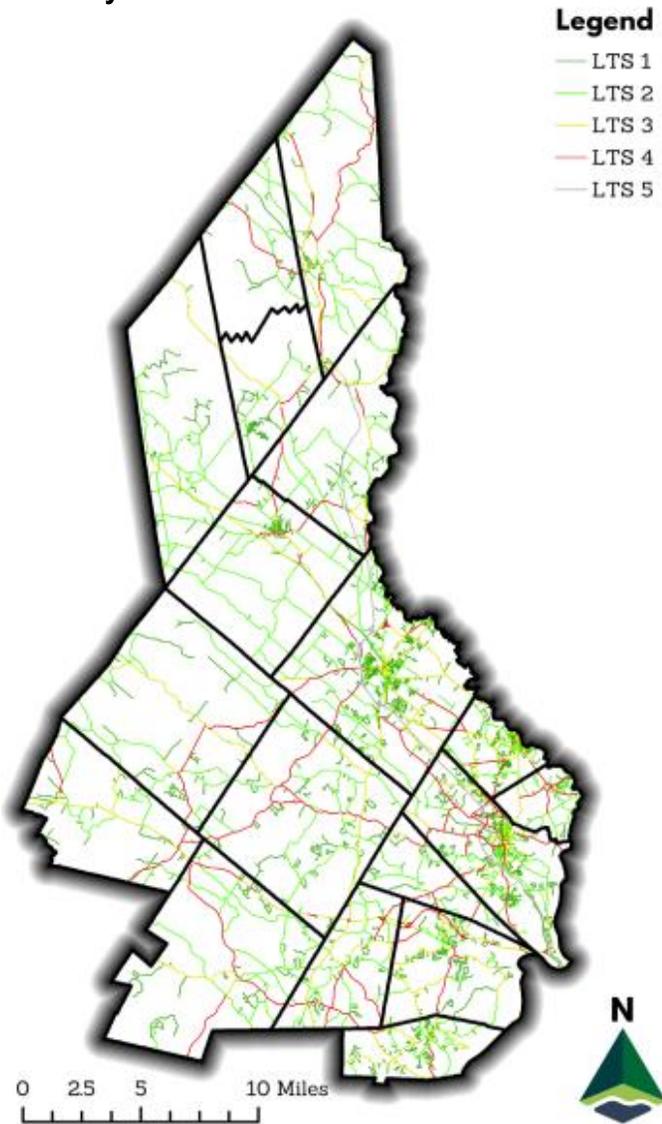
“I THINK SOMETIMES IF I WERE TO NEED TO USE SOME OF THESE SERVICES, I WOULDN'T KNOW WHERE TO GO OR HOW TO USE THEM. IE: PUBLIC RESTROOMS, PARKING AREAS (FREE OR PAID), WHERE BIKE LANES EXIST, OR TRANSPORTATION.”

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).”ⁱⁱⁱ

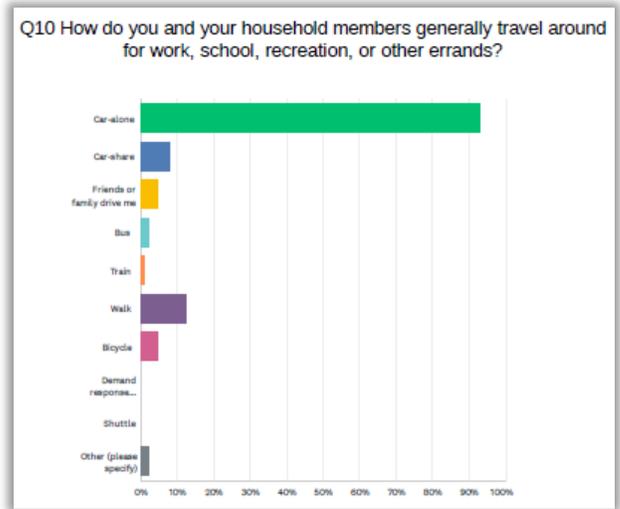
DATA

Bicycle Level of Traffic Stress



LTS Rating	LTS Rating Description	Population Class
LTS 1	Lowest stress; suitable for all riders	Kids and Beginners
LTS 2	Lower stress; suitable for adults with some experience	Willing but Wary Riders
LTS 3	Moderate stress; suitable for those who ride regularly	Comfortably Confident Riders
LTS 4	High stress; suitable for experienced riders with tolerance to high speeds and traffic	Exposure-Experienced Riders
LTS 5	Bicycles prohibited	

Source: Bicycle Level of Traffic Stress. Year: 2019. Granularity: SRPC.



COAST Routes (including ADA On-Demand Transit)	3
Wildcat Routes	0
Demand Response Transit	Yes



STRENGTHS

- **Public transit** – COAST Bus, Uber and Lyft are all available within the City. There are multiple bus stops enabling residents to get to and from work, grocery stores, recreation areas and the senior center.
- **Walkability** – 71% of sidewalks and 88% of curb ramps measured by SRPC's 2019 sidewalk inventory were in good condition.
- **Ready Rides** – Ready Rides are available in Strafford to assist the elderly and disabled populations in need of transportation for medical care.
- **Community Rides** – “The Alliance for Community Transportation (ACT) offers curb-to-curb non-emergency medical transportation called Community Rides. Community Rides is open to older adults (60+) or individuals with a qualifying disability who live within ACT's 38-town service area, which includes Rochester. Trips are provided only to destinations within the 38-town service area as well. Community Rides is meant to serve as a "provider of last resort" for people who aren't eligible for other services such as COAST ADA Paratransit, Portsmouth Senior Transportation, or Rockingham Nutrition & Meals on Wheels Senior Shuttle.”ⁱⁱⁱ



OPPORTUNITIES

- **Increased transportation options** – When survey respondents were asked about what means of transportation that they use they reported the following: 93% drive in a car alone, 12% walk, 8% car-share, 4% use a bicycle, 4% rely on family or friends, 2% use a bus.
- **Pedestrian accessibility** – 75% of sidewalks measured by SRPC's 2019 sidewalk inventory had barriers that would be challenging for strollers, wheelchairs or persons with mobility difficulties.
- **Increasing public awareness** – Promoting accessible transportation options may help residents become more comfortable using bus and shuttle services. This could include options like Community Rides, Ready Rides, and COAST's ADA Paratransit.

“BUS AND SHUTTLE SERVICES
WERE RELATIVELY
INACCESSIBLE AND
OVERWHELMING TO USE.”

LIVABILITY PRINCIPLE #3 – HOUSING

“AARP surveys consistently find that the vast majority of older adults want to reside in their current home or community for as long as possible. Doing so is possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages and life stages.”iv

DATA

Housing Stock

■ Single family ■ Multi-family ■ Mobile Home



Own vs Rent



12,780 total housing units in Rochester.



STRENGTHS

- **More affordable and diverse than neighboring communities** – There are a range of housing options and Rochester that are more affordable than some other seacoast towns.



OPPORTUNITIES

- **Increased housing affordability and access** – Survey respondents indicated a major reason (53%) that they would leave Rochester is lack of affordable housing – including assisted living facilities. When asked what concerns residents in Rochester have about growing old, 68% indicated affordable housing and 32% indicated transportation options.
- **Tri-City Mayors’ Joint Task Force on Homelessness** – The Fidelity Committee, established to carry out the Tri-Cities Homelessness Master Plan, was disbanded in 2021 and has not been revisited since. The Master Plan provided insightful strategies to address barriers to housing access and homelessness and formally reinstating the task force would allow the city to capitalize on housing opportunities for all segments of the population.

- **More planning for mixed housing and growing older** – Zoning codes that would allow more multi-unit dwellings would support the younger and aging populations in Rochester. Currently multi-family dwellings, apartments, and mixed use buildings are restricted to fewer zones than single and two-family dwellings. Older adults report not wanting to be isolated. It was suggested that the city should switch from housing designated by age (55 and older communities) to more blended modes of housing with diverse age groups in every neighborhood.

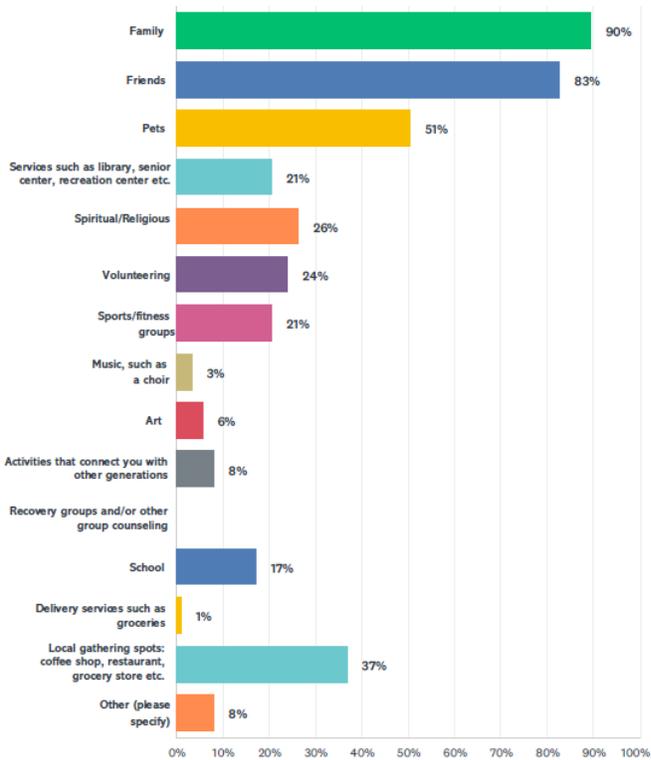
“OLDER AND AGING FOLKS DON'T WANT TO BE IN ELDER COMMUNITIES, THEY WANT TO BE IN MIXED USED HOUSING, NOT ALWAYS SINGLE-FAMILY HOUSING, BUT MAYBE APARTMENT BUILDINGS. FOR A WHILE IT SEEMED LIKE THAT COMMUNITIES WERE SEPARATED BY AGE.”

LIVABILITY PRINCIPLE #4 – SOCIAL PARTICIPATION

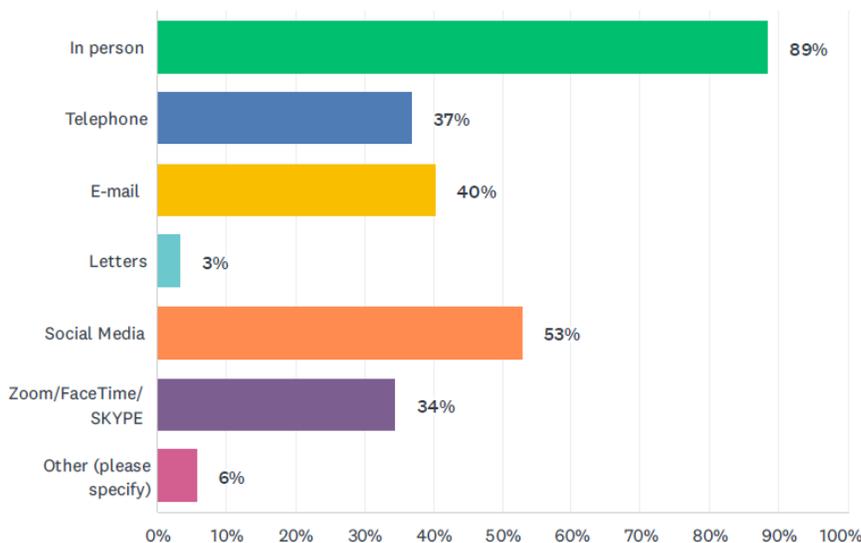
“Regardless of a person’s age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combated by having opportunities to socialize and the availability of accessible, affordable and fun social activities.”^{iv}

DATA

Q14 What are your main social interactions? Check all that apply



Q15 How do you most commonly socialize? Check all that apply.





STRENGTHS

- **Public spaces** – Rochester has an abundance of places for gathering and activities. The Community Center, Commons, and library are great spaces. Several economic development projects have improved public spaces such as updates to the opera house, restaurants, and town hall, and the addition of many shopping areas.
- **Downtown outdoor dining** – There are good restaurants in Rochester and during the pandemic the City worked hard to create outdoor dining space which has really added to social life.
- **Rochester Social Club** – An active volunteer organization that hosts many different activities and fundraisers, such as kickball tournaments and food drives. The organization is committed to enriching the community while having fun.
- **Rochester Main Street** – An active organization that involves many community members and holds several community events year-round.



OPPORTUNITIES

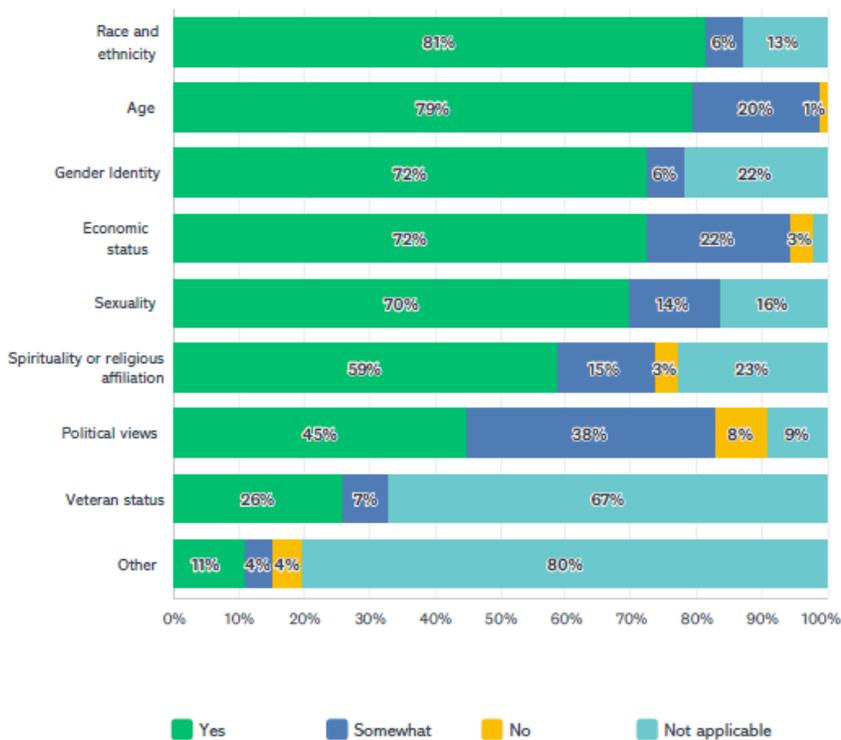
- **Promote existing resources** – There are many opportunities for engagement and social services in Rochester, but a lack of awareness about them. Ensure the aging population is made aware of existing resources.
- **Downtown and social infrastructure for all ages** – Although there have been great revitalization efforts downtown, there could be a greater effort to engage the young adult population with nightlife and other social activities.
- **Athletics for all ages** – Many sporting and organized activities are geared toward school-age children. Developing programs for people of all ages would build social capital and benefit community health.

LIVABILITY PRINCIPLE #5 – RESPECT AND INCLUSION

“Everyone wants to feel valued. Intergenerational gatherings and activities are a great way for young and older people to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.”^{vi}

DATA

Q9 Do you feel accepted in your community with regards to:



STRENGTHS

- **Community events** – There were increasing levels of inclusion pre-Covid-19. Rochester’s gay pride event is as a positive inclusion event for everyone.
- **Acceptance of all types of people** – The majority of survey respondents felt accepted with regards to age, sexuality, race and economic status.



OPPORTUNITIES

- **Social opportunities** – Many survey respondents noted a desire for more social engagement opportunities.
- **Reducing stigma** – Provide educational opportunities and training on adverse childhood experiences, substance use disorder, trauma, and mental health to reduce stigmas and cultivate acceptance. Expand support opportunities and resources for residents troubled by mental health challenges. Providing sharps containers in public spaces that have educational signage could be one step toward shifting the conversation around substance misuse.

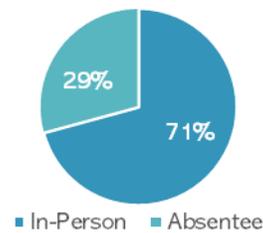
LIVABILITY PRINCIPLE #6 – WORK AND CIVIC ENGAGEMENT

“Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.”^{vii}

DATA

Income	Median Household Income	\$62,179
	Income Inequality (Gini Index)	0.43
	Low income households	28.95%
	High income households	2.80%

Ballots Cast



* This data is from the 2020 general election

 **12,373** total jobs in Rochester.



STRENGTHS

- **Employment options** – Many survey respondents noted that they moved to Rochester to be closer to their job and stated that their job was the number one reason they would remain in Rochester.
- **Good professional organizations** – The Rochester Chamber of Commerce and Rotary Club are network hubs within the community, and the Chamber of Commerce’s website provides many

resources for residents looking to learn about the community and discover engagement opportunities.

- **Education and training** – My Turn provides employment training for people ages 16 to 25 and there is a Great Bay Community College campus located in Rochester.
- **Industry growth** – Goods producing industries have seen the fastest growth since 2009 compared to other industries as reported by NH Employment Security, with an increase in average employment of approximately 32%.



OPPORTUNITIES

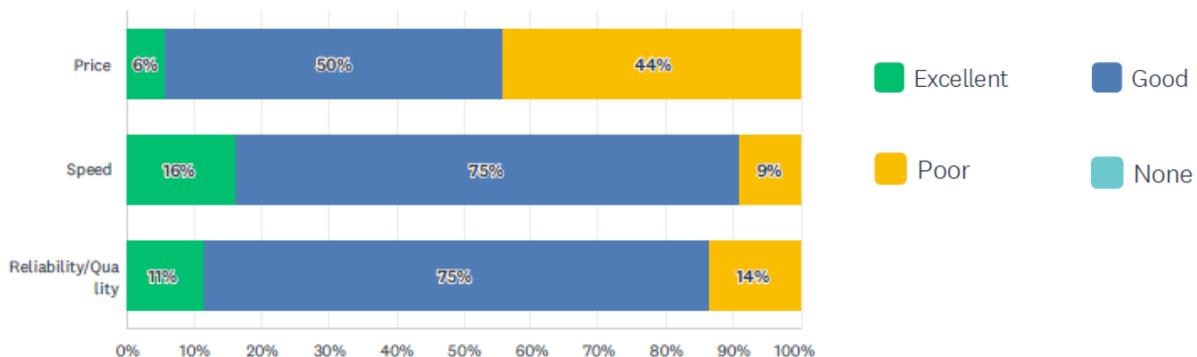
- **Promote engagement for younger community** – Advertising and recruiting volunteers can be a challenge, working with the Spaulding High Social Studies department to increase opportunities for community engagement may help to bridge that gap.
- **Promote training opportunities** – There are some opportunities available at Dover Adult Learning Center, but survey respondents note that more local training opportunities would be great.

LIVABILITY PRINCIPLE #7 – COMMUNICATION AND INFORMATION

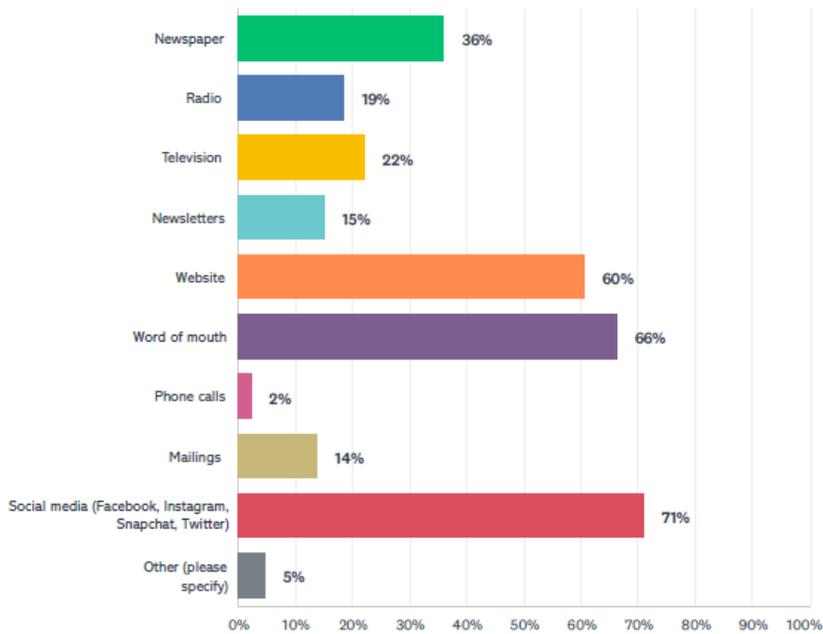
“We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.”^{viii}

DATA

Q11 How would you rate your internet access in regard to? Please select none if you do not have internet access.

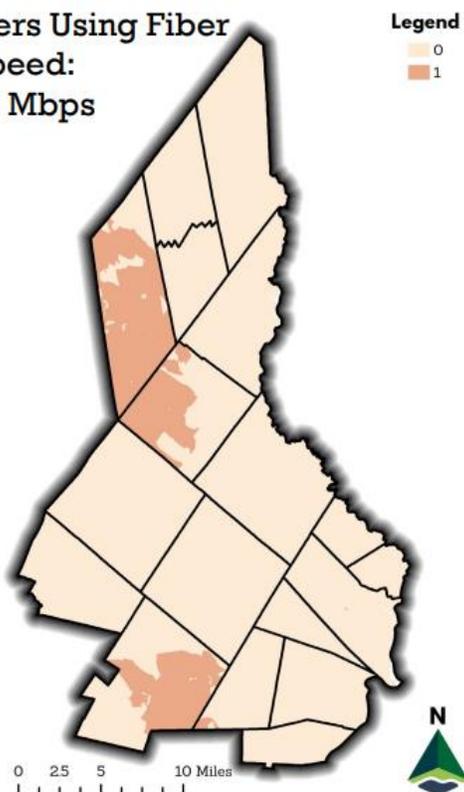


Q17 How do you learn about community news and activities? Check all that apply.

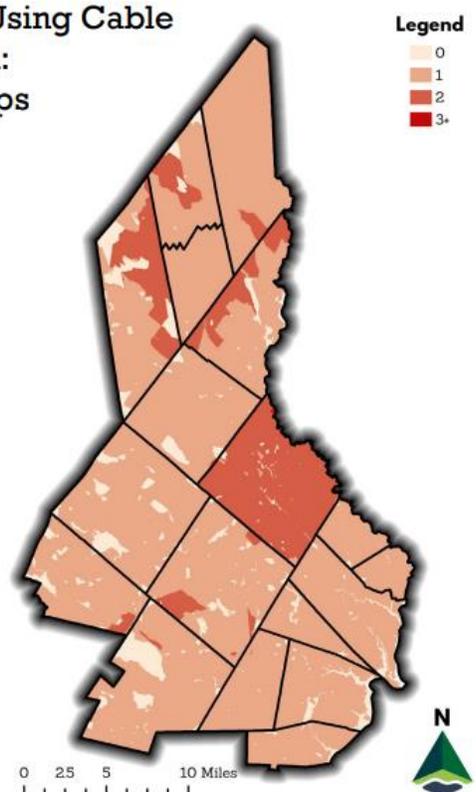


Broadband Access

Providers Using Fiber
Min. Speed:
100/20 Mbps



Providers Using Cable
Min. Speed:
100/20 Mbps





STRENGTHS

- **Strong local communication avenues** – Most survey respondents said that newspaper, website, social media and word of mouth are the most common way they receive local information. Local newspaper such as Fosters Daily Democrat carries a lot of local news. Websites for Rochester Chamber and Rotary Club are easy to access.
- **Good local online news** – Rochester news online <https://rochesternhnews.net/> is a good resource for events, services and the weekly Thursday letter.



OPPORTUNITIES

- **Promotion of community assets** – Work and civic opportunities exist, but communication about them isn't reaching people.
- **Crisis communications** – In the face of another event like Covid-19, 60% of survey respondents indicated a need for text or phone alerts with important information.
- **Communication and advertising** – There is a lack of communication about outdoor spaces, recreation and buildings that provide services. Rochester can work to more advertise opportunities.
- **Diverse communication methods** – Residents find out information through different channels depending on age and accessibility, so communicating important information through multiple platforms could help reach a larger audience.

LIVABILITY PRINCIPLE #8 – COMMUNITY AND HEALTH SERVICES

“At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it’s important that assistance and care be available nearby, it’s essential that residents are able to access and afford the services required.”^{ix}

DATA

Healthcare and Aging Services	Number of Sites
Assisted Living Sites	0
Nursing Homes	1*
Senior Centers	1
Primary Care Providers	59*

Community Resources	Number of Sites
Places of Worship	1
Historic Places, Buildings, or Structures	7
Libraries	14
Medical and Health Care Facilities	16

Hospitals	1
Community Health Centers	0
Home Health Agencies	9*
Memory Cafes	0
Dementia Support Group	0
Total	71

Governmental Services	6
Non-Governmental Services	3
Fire and Police Stations	3
Schools	15
Total	65



STRENGTHS

- **Existing community supports** – The Rochester Recreation Department runs the Senior Activity Center and offers a variety of programming and events for the aging population. Additional programming is provided through an affordable membership rate of only \$20 a year for residents, and \$30 a year for non-residents.
- **Local doctors, health services and hospital** – Rochester is home to Frisbie Hospital where local doctors cater to a variety of medical needs. If a specific health service is not available in Rochester, the City is proximate to Dover, Exeter, and Portsmouth where additional services are available.



OPPORTUNITIES

- **Attract a mental health practice or resource** – There's one psychiatric/mental health resource and the only other is up in the Lake's Region, creating extensive wait times for potential patients. Insurance and health providers can cause barriers to accessing mental health resources as well; increasing the availability of these resources could improve access to mental health care.
- **Address concerns about aging in Rochester** – When asked what concerns residents have about growing older in Rochester, 30% reported community services, 19% reported mental health support, 27% reported medical services.

NEXT STEPS

Following completion of the community assessments, SRPC and SCPHN staff will solicit interest from and work with a limited number of communities to develop action plans. Selected municipalities will be able to take the information in the community assessments a step further, to identify specific implementation strategies that respond to the assessment findings and aim to enhance the community's "age-friendliness." Communities will be selected based upon interest and engagement in promoting age friendly communities, local support and willingness to implement recommendations, and geographic diversity. With the goal of adoption, final plans will be presented to each community. There is also the opportunity for completion of one or two pilot projects that will be selected from the action plan recommendations. Lastly, SRPC and SCPHN will publish an extensive resource guide that will be widely distributed via channels appropriate to our key audiences.

ⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

ⁱⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

ⁱⁱⁱ ⁱⁱⁱ <https://communityrides.org/community-rides-0>

^{iv} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^v <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

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^{vii} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{viii} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{ix} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

APPENDICES

DATA DISCLAIMER AND SOURCES

This details the sources for the data included in this CHAT report and any data disclaimers.

CHAT SURVEY RESULTS

This is the raw data results from your municipality's CHAT Online Public Survey.

DATA DISCLAIMER AND SOURCES

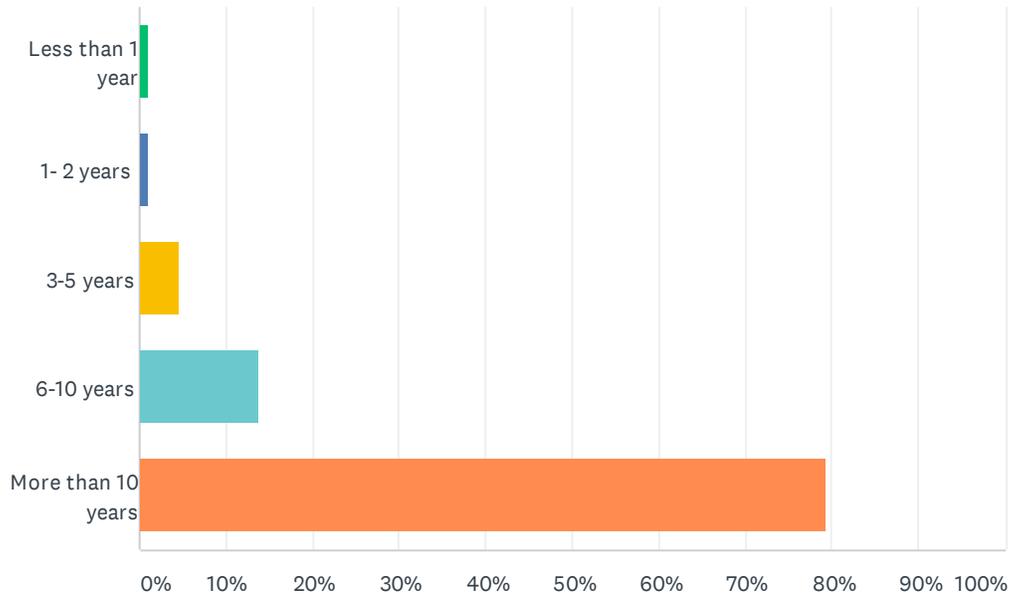
This documents the data sources for each metric used in the CHAT Community Assessment report, in order that they appear.

METRIC	SOURCE
Total Population	Census 2020
Median Age	ACS 2019
Total Housing Units	ACS 2019
Number of Jobs in Town	NH Employment Security, 2015 Estimates
Life Expectancy	Center for Disease Control Small-Area Life Expectancy Estimates, 2015
Age Brackets (Percentages)	ACS 2019
Sex (Percentages)	ACS 2019
Recreation Sites	Promoting Outdoor Play via SRPC, 2021
Community Resources	Community Anchor Institutions 2014 and National Register of Historic Places 2014
Q 16 Do you use any of these public spaces in town?	CHAT Public Survey via SRPC
Conservation Land (Percentage)	NH GRANIT, 2021
Bicycle Level of Traffic Stress	Bicycle Level of Traffic Stress via SRPC, 2019
Q 10 How do you and your household members generally travel around for work, school, recreation, or other errands?	CHAT Public Survey via SRPC
Bus/On-Demand Response Transit	COAST/Wildcat Transit/TripLink

METRIC	SOURCE
Housing Stocks	ACS 2019
Own vs Rent	ACS 2019
Q14 What are your main social interactions?	CHAT Public Survey via SRPC
Q15 How do you most commonly socialize? Check all that apply.	CHAT Public Survey via SRPC
Q9 Do you feel accepted in your community with regards to:	CHAT Public Survey via SRPC
Median Household Income	ACS 2019
Income Equality (Gini Index)	ACS 2019
Low income households	ACS 2019
High income households	ACS 2019
Ballots cast	NHSOS Voting data, 2020
Q11 How would you rate your internet access in regard to: Please select none if you do not have internet access.	CHAT Public Survey via SRPC
Q17 How do you learn about community news and activities? Check all that apply.	CHAT Public Survey via SRPC
Broadband Access	FCC, Dec. 2020
Healthcare and Aging Services	Tufts Health Plan Foundation - New Hampshire Healthy Aging Community Profiles, 2019

Q1 How long have you lived in this community?

Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 year	1.15%	1
1- 2 years	1.15%	1
3-5 years	4.60%	4
6-10 years	13.79%	12
More than 10 years	79.31%	69
TOTAL		87

Q2 Why did you or your family decide to live or move here?

Answered: 86 Skipped: 1

#	RESPONSES	DATE
1	Originally to help My. Curtis Cotton to re-enter housing due to being evicted for his non-compliance to the non-smoking ban. Shannon Blanchard was instrumental with helping.	7/30/2021 6:56 PM
2	Closer to family	7/30/2021 6:44 PM
3	subsidized	7/30/2021 6:30 PM
4	Before I was born.	7/26/2021 3:49 PM
5	Born and raised in Rochester!	6/14/2021 6:24 PM
6	original to the area	6/10/2021 9:08 AM
7	My parents moved our family here in the 1960's	5/13/2021 4:28 PM
8	work	5/11/2021 8:41 AM
9	family	5/11/2021 7:08 AM
10	got a job and had to relocate to NH from Mass in 1994	5/11/2021 7:04 AM
11	not sure, I was born here	5/10/2021 4:07 PM
12	Family	5/10/2021 2:54 PM
13	4th generation Rochester resident	5/10/2021 2:32 PM
14	We were living outside of Boston (Somerville) and gangs were moving in, my kids were school aged and walking to school. Plus it was just too crowded, even though I grew up there.	5/10/2021 2:27 PM
15	affordable housing	5/10/2021 2:25 PM
16	I grew up here.	5/10/2021 2:16 PM
17	Grew up here.	5/10/2021 2:14 PM
18	Born here	5/10/2021 1:37 PM
19	I was raised here	5/10/2021 1:35 PM
20	Born here.	5/10/2021 1:19 PM
21	Closer to work	5/10/2021 12:23 PM
22	I grew up here, and decided it was a good place to raise my daughter.	5/10/2021 12:23 PM
23	I found a job in Rochester.	5/10/2021 12:03 PM
24	My parents were from here so we moved back when I was young	5/10/2021 10:04 AM
25	Cost of living and family friendly	4/22/2021 5:34 PM
26	For work	4/22/2021 5:16 PM
27	Job in the area	4/18/2021 3:04 PM
28	Work and the white mountains	4/18/2021 1:59 PM
29	My job took us here	4/18/2021 1:58 PM
30	Born and raised here	4/18/2021 1:31 PM
31	To start a business	4/12/2021 4:32 PM

Communities for Healthy Aging Transitions Survey

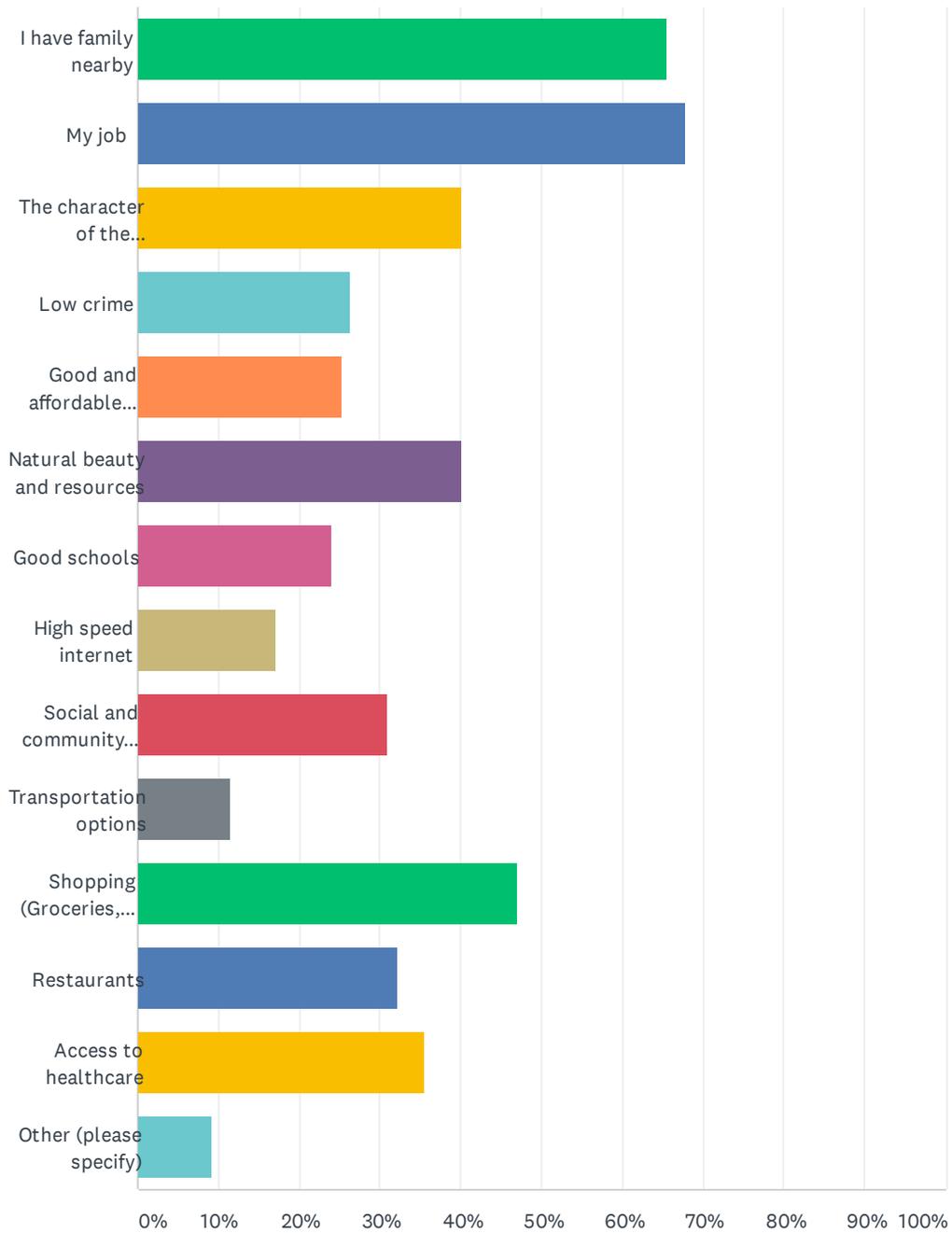
32	To be near family	4/9/2021 1:30 PM
33	To be closer to family	4/9/2021 1:24 PM
34	Job	4/9/2021 1:04 AM
35	Place to retire.	4/8/2021 10:23 AM
36	Closer to relatives	4/6/2021 8:49 PM
37	Born here	4/6/2021 7:04 PM
38	born here	4/6/2021 5:15 PM
39	Born and raised	4/6/2021 3:37 PM
40	More affordable housing in Rochester than Dover or Portsmouth.	4/6/2021 3:32 PM
41	Employment	4/6/2021 2:06 PM
42	I was born here	4/6/2021 2:03 PM
43	Job Opportunity	4/6/2021 2:03 PM
44	job opportunities, lifestyle	4/6/2021 2:01 PM
45	Recruited by Ross Simon's. Housing was affordable.	4/6/2021 1:53 PM
46	FAMILY	4/6/2021 1:51 PM
47	Relocation for employment	4/6/2021 1:34 PM
48	Work and my child's father lives in Dover, so I moved closer for co-parenting purposes, as well.	4/6/2021 12:31 PM
49	Good neighborhood, lots of community resources	4/2/2021 7:39 AM
50	born and raised; love the City and the area.	4/1/2021 12:36 PM
51	Grew up here.	4/1/2021 12:18 PM
52	Moved here for work	4/1/2021 12:13 PM
53	My spouse got a job at UNH.	4/1/2021 12:08 PM
54	Husband grew up here	4/1/2021 12:08 PM
55	4 seasons	4/1/2021 10:43 AM
56	Cost of homes at that point cost-of-living and community	4/1/2021 10:19 AM
57	Affordability	4/1/2021 9:43 AM
58	We have always lived here	4/1/2021 9:41 AM
59	work opportunity, closer to relatives	3/31/2021 10:41 AM
60	Job	3/29/2021 4:07 PM
61	Grandchildren	3/26/2021 11:47 AM
62	between where we worked	3/25/2021 5:41 PM
63	Beauty	3/25/2021 2:47 PM
64	Job availability	3/24/2021 12:17 PM
65	We grew up in this area.	3/19/2021 11:33 AM
66	I grew up here.	3/16/2021 10:23 AM
67	I was born here	3/15/2021 4:42 PM
68	We have always lived here	3/15/2021 4:12 PM
69	Grew up here.	3/15/2021 1:10 PM

Communities for Healthy Aging Transitions Survey

70	Born here	3/15/2021 8:45 AM
71	Close to work	3/12/2021 1:07 PM
72	Cost and convenience	3/12/2021 1:04 PM
73	Cost of living	3/12/2021 12:57 PM
74	I liked the area.	3/12/2021 12:34 PM
75	We moved from an apartment building into a house.	3/12/2021 11:58 AM
76	I got married	3/12/2021 10:50 AM
77	Grew up here, great resources	3/12/2021 10:43 AM
78	Family	3/12/2021 10:16 AM
79	wife born here wanted to stay near family.	3/9/2021 2:01 PM
80	My dad's job.	3/8/2021 8:03 PM
81	Affordable rent and close to the mountains, cities and the beach!	3/3/2021 12:55 AM
82	I grew up in Rollinsford and family is nearby. Moved to Rochester around 2002 as it was affordable and close to work.	2/27/2021 12:19 PM
83	Downsizing	2/24/2021 4:34 PM
84	Grew up here	2/19/2021 10:33 AM
85	no particular reason	2/15/2021 9:50 PM
86	safe place in area	2/13/2021 1:28 PM

Q3 Thinking about the future, which of the following reasons would keep you in your present community? Check all that apply.

Answered: 87 Skipped: 0



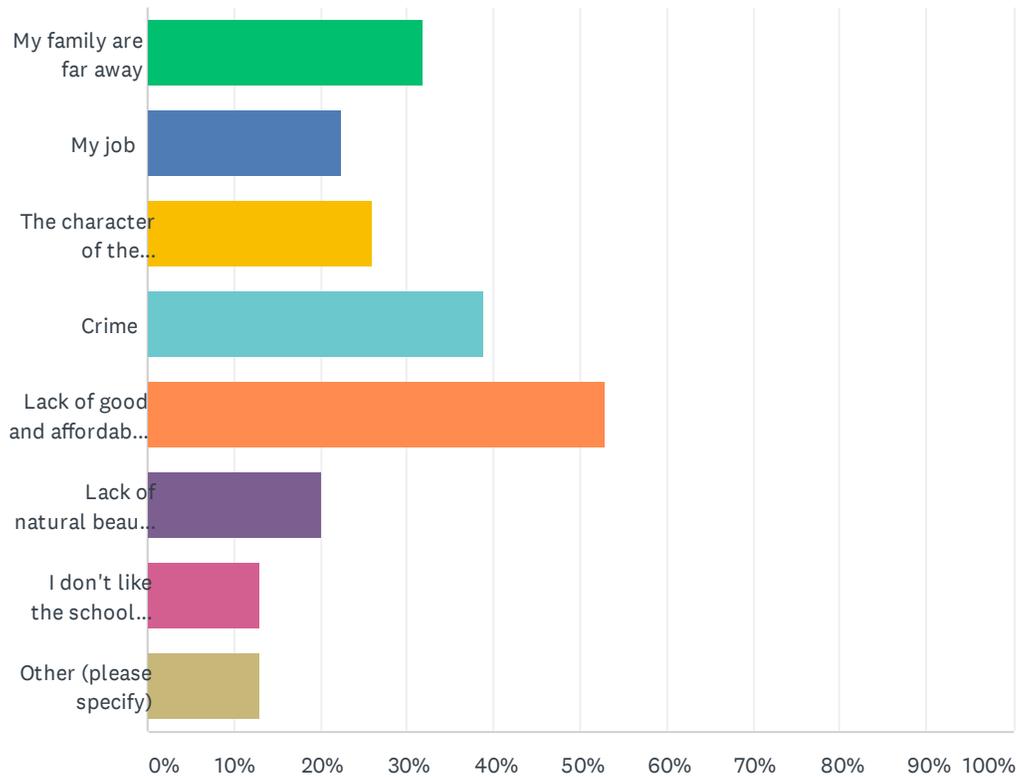
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I have family nearby	65.52%	57
My job	67.82%	59
The character of the community	40.23%	35
Low crime	26.44%	23
Good and affordable housing choices	25.29%	22
Natural beauty and resources	40.23%	35
Good schools	24.14%	21
High speed internet	17.24%	15
Social and community activities	31.03%	27
Transportation options	11.49%	10
Shopping (Groceries, prescriptions, recreational items etc.)	47.13%	41
Restaurants	32.18%	28
Access to healthcare	35.63%	31
Other (please specify)	9.20%	8
Total Respondents: 87		

#	OTHER (PLEASE SPECIFY)	DATE
1	Health reasons/poor, low income/affordable	7/30/2021 6:56 PM
2	Anxiety of moving to unfamiliar places.	7/26/2021 3:49 PM
3	Access to the seacoast	5/13/2021 4:28 PM
4	arts; and the improvements taking place downtown	5/10/2021 2:25 PM
5	We own a home and work here.	5/10/2021 2:16 PM
6	Church community	4/6/2021 2:06 PM
7	Cultural activities: plays, museums etc.	3/16/2021 10:23 AM
8	I am going to retire in 2 years and travel.	3/12/2021 10:50 AM

Q4 Similarly, what might influence your decision to move out of your present community?

Answered: 85 Skipped: 2



ANSWER CHOICES	RESPONSES
My family are far away	31.76% 27
My job	22.35% 19
The character of the community	25.88% 22
Crime	38.82% 33
Lack of good and affordable housing choices	52.94% 45
Lack of natural beauty and resources	20.00% 17
I don't like the school system	12.94% 11
Other (please specify)	12.94% 11
Total Respondents: 85	

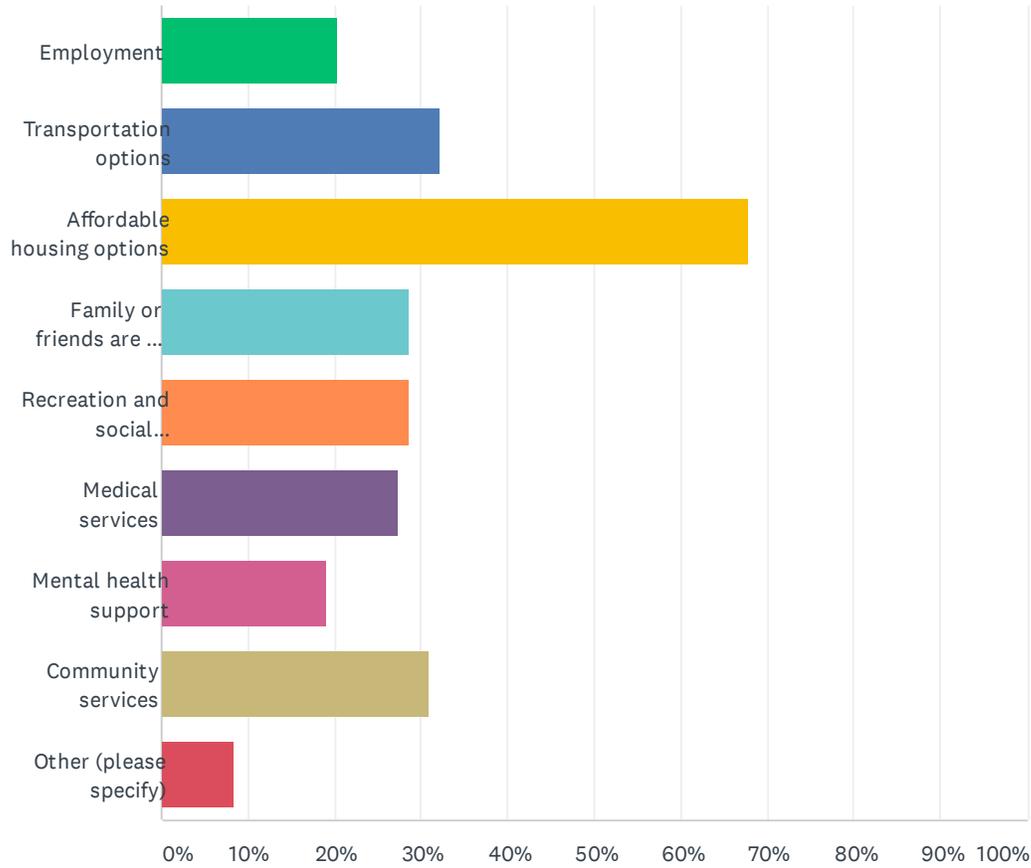
#	OTHER (PLEASE SPECIFY)	DATE
1	Door slamming. Reverberation of sounds due to lack of insulation in the walls and floors. I'll keep buying earplugs. :)	7/30/2021 6:56 PM
2	retirement	5/13/2021 4:28 PM
3	local property tax (not too bad, but there are lower towns)	5/10/2021 2:25 PM

Communities for Healthy Aging Transitions Survey

4	ever increasing property taxes	5/10/2021 2:16 PM
5	Climate, mental health services	4/9/2021 1:30 PM
6	Cost of living.	4/8/2021 10:23 AM
7	I have no plans to move out	4/6/2021 1:34 PM
8	Pollution	3/16/2021 10:23 AM
9	Too old to live alone.	3/8/2021 8:03 PM
10	Looking to be more in the woods and out of the city environment	3/3/2021 12:55 AM
11	warmer weather in winter	2/19/2021 10:33 AM

Q5 What concerns do you have about growing older in your community? Check all that apply

Answered: 84 Skipped: 3



ANSWER CHOICES	RESPONSES	
Employment	20.24%	17
Transportation options	32.14%	27
Affordable housing options	67.86%	57
Family or friends are not nearby	28.57%	24
Recreation and social engagement opportunities	28.57%	24
Medical services	27.38%	23
Mental health support	19.05%	16
Community services	30.95%	26
Other (please specify)	8.33%	7
Total Respondents: 84		

#	OTHER (PLEASE SPECIFY)	DATE
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Communities for Healthy Aging Transitions Survey

1	Small bus to take people to appts and shopping	7/30/2021 6:56 PM
2	Being able to afford my property taxes once I'm retired. Still have a mortgage.	5/10/2021 2:27 PM
3	Safe nursing home options	5/10/2021 1:19 PM
4	Climate appropriate for my disability	4/9/2021 1:30 PM
5	None	4/2/2021 7:39 AM
6	I don't think our society values elders enough. Our elders have the same value as anyone else. They are too isolated and forgotten much of the time	3/16/2021 10:23 AM
7	No concerns	3/9/2021 2:01 PM

Q6 With regards to the concerns you expressed in question 5, what changes would help?

Answered: 77 Skipped: 10

#	RESPONSES	DATE
1	That service being provided for people with no vehicles or options.	7/30/2021 6:56 PM
2	If taxis were cheaper, stores closer	7/30/2021 6:44 PM
3	Public van or bus stopped in area, more events in community room	7/30/2021 6:30 PM
4	More affordable housing for incoming workers as pay is too low for people starting out to afford even rent.	7/26/2021 3:49 PM
5	expanded social engagement activities	6/10/2021 9:08 AM
6	more affordable housing options for the elderly	5/13/2021 4:28 PM
7	make rent lower	5/11/2021 8:41 AM
8	i dont want to be taxed out of my home	5/11/2021 7:04 AM
9	more social activities, better community services	5/10/2021 4:07 PM
10	Easier application and shorter wait for section 8 for working single parents	5/10/2021 2:54 PM
11	State and local funding managed better	5/10/2021 2:32 PM
12	Lowering taxes. Perhaps if the state implemented an income tax our property taxes would lower. Or a low state tax in the clothing stores.	5/10/2021 2:27 PM
13	n/a	5/10/2021 2:25 PM
14	employment with health and retirement benefits.	5/10/2021 2:16 PM
15	not sure	5/10/2021 2:14 PM
16	Nothing that I can think of I just wouldn't want them to reduce by the time I get to the age of retirement.	5/10/2021 1:37 PM
17	Housing for the elderly Pride in the community	5/10/2021 1:19 PM
18	More resources for families about nutrition and farming and waste	5/10/2021 12:23 PM
19	More recreation opportunities	5/10/2021 12:23 PM
20	Affordable housing with family supports for child care and mental health services.	5/10/2021 12:03 PM
21	Better mental health options, safer lower rent possibilities	5/10/2021 10:04 AM
22	Housing is biggest expense that is very worrisome- can't afford property taxes and lot rentals	4/22/2021 5:34 PM
23	Housing will likely be the biggest factor. We need to make sure we have variety of housing and affordable.	4/22/2021 5:16 PM
24	lowering property tax	4/18/2021 3:04 PM
25	Sales tax to support better schools and permit federal funding availability.	4/18/2021 1:59 PM
26	I don't know	4/18/2021 1:58 PM
27	People in the community becoming more involved	4/18/2021 1:31 PM
28	More taxi options	4/12/2021 4:32 PM
29	Warmer weather	4/9/2021 1:30 PM

Communities for Healthy Aging Transitions Survey

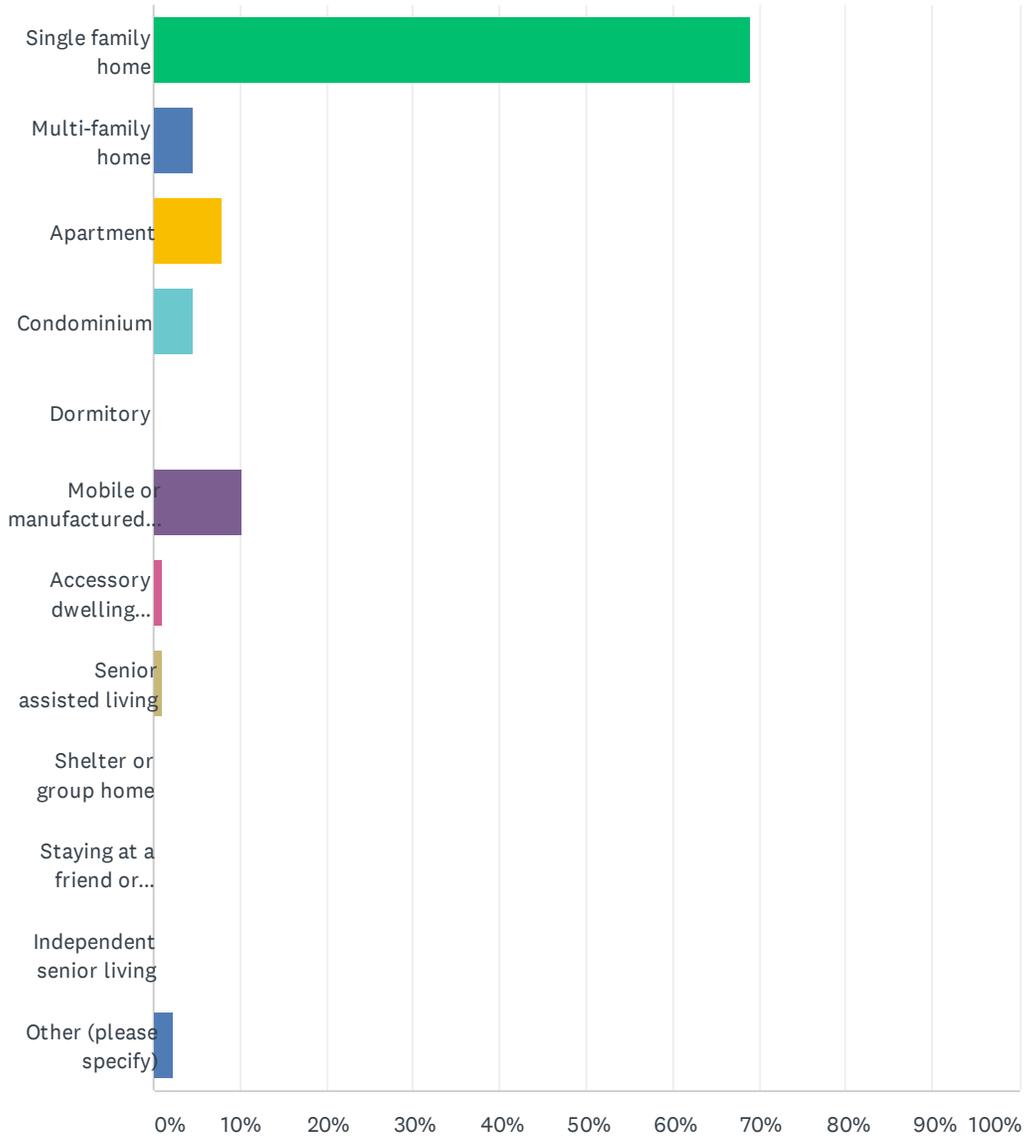
30	Better mental health options and cheaper housing	4/9/2021 1:24 PM
31	Affordable housing for those of us that work hard and still can't afford the Dover taxes or rents.	4/9/2021 1:04 AM
32	More affordable senior housing.	4/8/2021 10:23 AM
33	Safe, affordable housing when we retire.	4/6/2021 8:49 PM
34	Knowledge about availability	4/6/2021 7:04 PM
35	more assisted living choices. more transportation choices for the elderly affordable housing, more police walking the downtown area	4/6/2021 5:15 PM
36	Keeping residents informed of the availability of resources	4/6/2021 3:37 PM
37	Lower housing costs.	4/6/2021 3:32 PM
38	School tax structure must change. Income tax/fair tax/etc.	4/6/2021 2:06 PM
39	Having affordable housing with safe, reliable public transportation for shopping and medical appointments.	4/6/2021 2:03 PM
40	N/A	4/6/2021 2:03 PM
41	median housing prices are too high, to use coast to go outside of 1 town takes hours and transfers	4/6/2021 2:01 PM
42	Unsure	4/6/2021 1:53 PM
43	Improvement in services provided at local hospitals More widespread mass yransportation	4/6/2021 1:34 PM
44	Better paying jobs and policies that are more restorative than punitive. Town and State Investment/support/participation in programs that address barriers and social determinants of health.	4/6/2021 12:31 PM
45	No concerns	4/2/2021 7:39 AM
46	Not sure what may help. I just recognize the open space I prize in NH may be an isolating factor later in life	4/1/2021 12:18 PM
47	Not sure	4/1/2021 12:13 PM
48	More transportation options than single-owner car use.	4/1/2021 12:08 PM
49	Making sure the older population is well educated on any programs they can participate in.	4/1/2021 12:08 PM
50	Security	4/1/2021 10:43 AM
51	Get small businesses back on their feet because they employ a good portion of the middle crowd.	4/1/2021 10:19 AM
52	Unknown	4/1/2021 9:43 AM
53	Cheaper housing	4/1/2021 9:41 AM
54	more affordable housing, activities for seniors	3/31/2021 10:41 AM
55	Lower cost neighborhoods.	3/26/2021 11:47 AM
56	-	3/25/2021 2:47 PM
57	Don't know	3/24/2021 12:17 PM
58	not sure how to fix that	3/19/2021 11:33 AM
59	Community programs and outreach across the generations and within communities. Funding social programs, schools, recreation centers....	3/16/2021 10:23 AM
60	Not sure	3/15/2021 4:42 PM
61	Better pay and better health care	3/15/2021 4:12 PM
62	Opportunities	3/15/2021 1:10 PM
63	Na	3/15/2021 8:45 AM

Communities for Healthy Aging Transitions Survey

64	Revitalizing businesses and shops to make the downtown area more desirable. Reducing crime by providing affordable housing and job opportunities.	3/12/2021 1:07 PM
65	.	3/12/2021 1:04 PM
66	Ending the drug epidemic.	3/12/2021 11:58 AM
67	Nothing	3/12/2021 10:50 AM
68	More affordable Housing options and more accessible services for elder care	3/12/2021 10:43 AM
69	More engaging opportunities in the area for seniors	3/12/2021 10:16 AM
70	N/A	3/9/2021 2:01 PM
71	Not sure	3/8/2021 8:03 PM
72	Housing being more affordable. More programs or the ability to age in place	3/3/2021 12:55 AM
73	More options for affordable housing in the whole county (Strafford.)	2/27/2021 12:19 PM
74	N/A	2/24/2021 4:34 PM
75	Greater help for the elderly . . . transportation and health to allow them to stay in their home	2/19/2021 10:33 AM
76	additional housing	2/15/2021 9:50 PM
77	affordable housing ///// transportation	2/13/2021 1:28 PM

Q7 What type of home do you currently live in?

Answered: 87 Skipped: 0



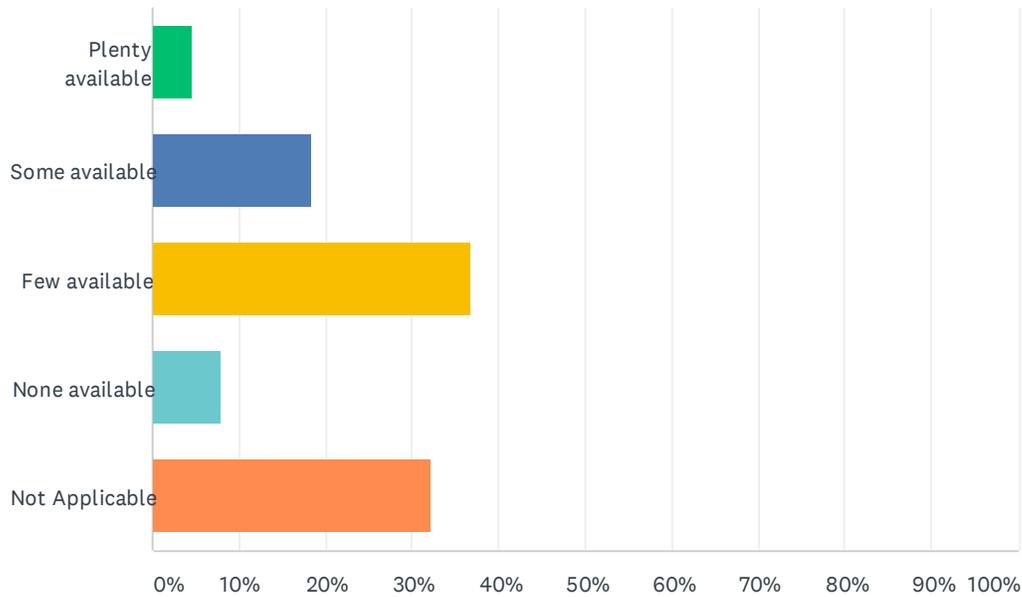
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Single family home	68.97%	60
Multi-family home	4.60%	4
Apartment	8.05%	7
Condominium	4.60%	4
Dormitory	0.00%	0
Mobile or manufactured home	10.34%	9
Accessory dwelling unit-eg. a an apartment attached to a family member's home	1.15%	1
Senior assisted living	1.15%	1
Shelter or group home	0.00%	0
Staying at a friend or family's home	0.00%	0
Independent senior living	0.00%	0
Other (please specify)	2.30%	2
Total Respondents: 87		

#	OTHER (PLEASE SPECIFY)	DATE
1	duplex apartment with multiple other girls	7/26/2021 3:49 PM
2	live with co-worker/friend	4/6/2021 12:31 PM

Q8 If you have searched for housing in the last five years, how would you describe the options you found in your price range?

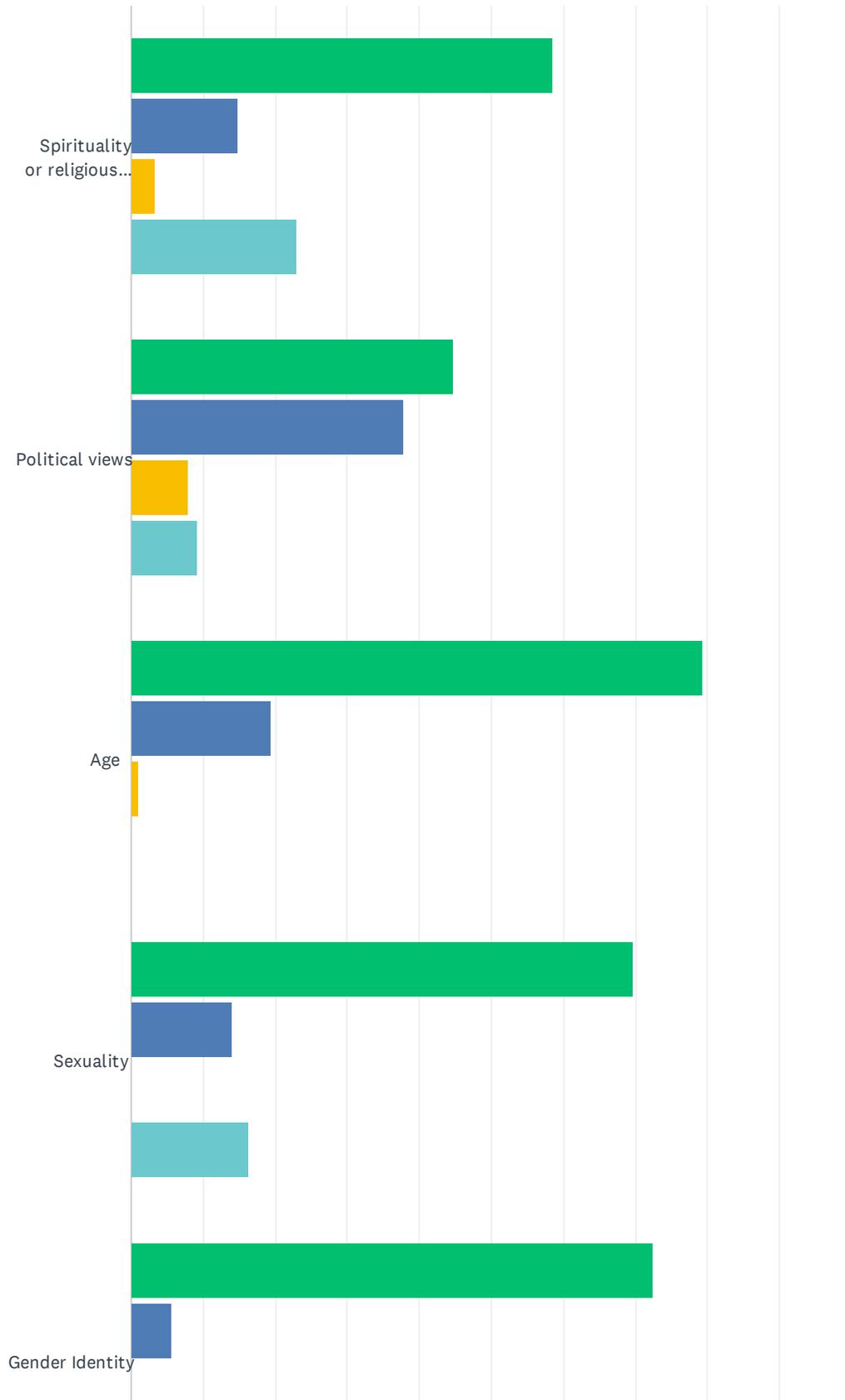
Answered: 87 Skipped: 0



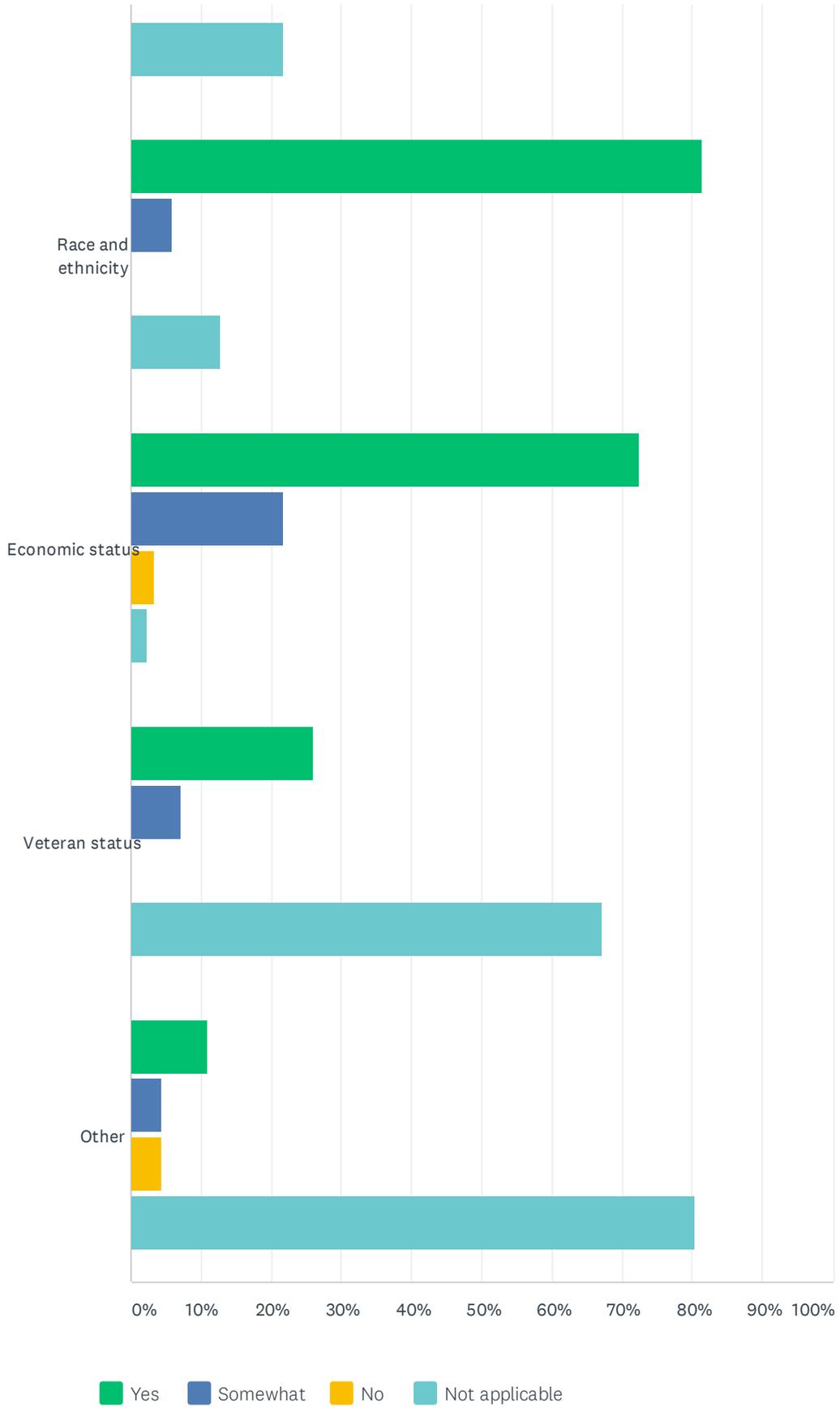
ANSWER CHOICES	RESPONSES
Plenty available	4.60% 4
Some available	18.39% 16
Few available	36.78% 32
None available	8.05% 7
Not Applicable	32.18% 28
TOTAL	87

Q9 Do you feel accepted in your community with regards to:

Answered: 87 Skipped: 0



Communities for Healthy Aging Transitions Survey



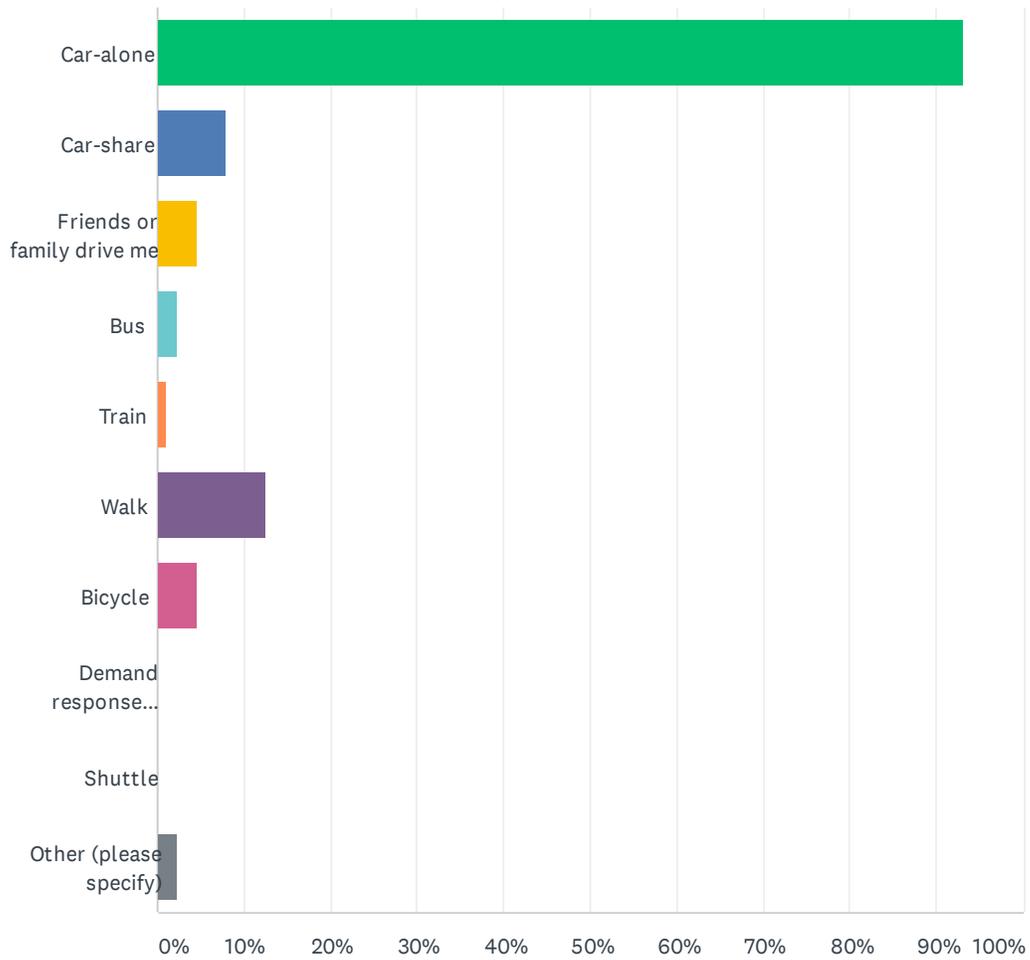
Communities for Healthy Aging Transitions Survey

	YES	SOMEWHAT	NO	NOT APPLICABLE	TOTAL
Spirituality or religious affiliation	58.62% 51	14.94% 13	3.45% 3	22.99% 20	87
Political views	44.83% 39	37.93% 33	8.05% 7	9.20% 8	87
Age	79.31% 69	19.54% 17	1.15% 1	0.00% 0	87
Sexuality	69.77% 60	13.95% 12	0.00% 0	16.28% 14	86
Gender Identity	72.41% 63	5.75% 5	0.00% 0	21.84% 19	87
Race and ethnicity	81.40% 70	5.81% 5	0.00% 0	12.79% 11	86
Economic status	72.41% 63	21.84% 19	3.45% 3	2.30% 2	87
Veteran status	25.88% 22	7.06% 6	0.00% 0	67.06% 57	85
Other	10.87% 5	4.35% 2	4.35% 2	80.43% 37	46

#	OTHER (PLEASE SPECIFY)	DATE
1	Gossip	7/30/2021 6:30 PM
2	Sense of safety	5/10/2021 1:19 PM
3	Mental health challenges/SUD challenges	4/6/2021 12:31 PM
4	gender- As a woman, I think our society still has a lot to do to work on eliminating sexism. Gender stereotypes are really stifling.	3/16/2021 10:23 AM

Q10 How do you and your household members generally travel around for work, school, recreation, or other errands?

Answered: 87 Skipped: 0



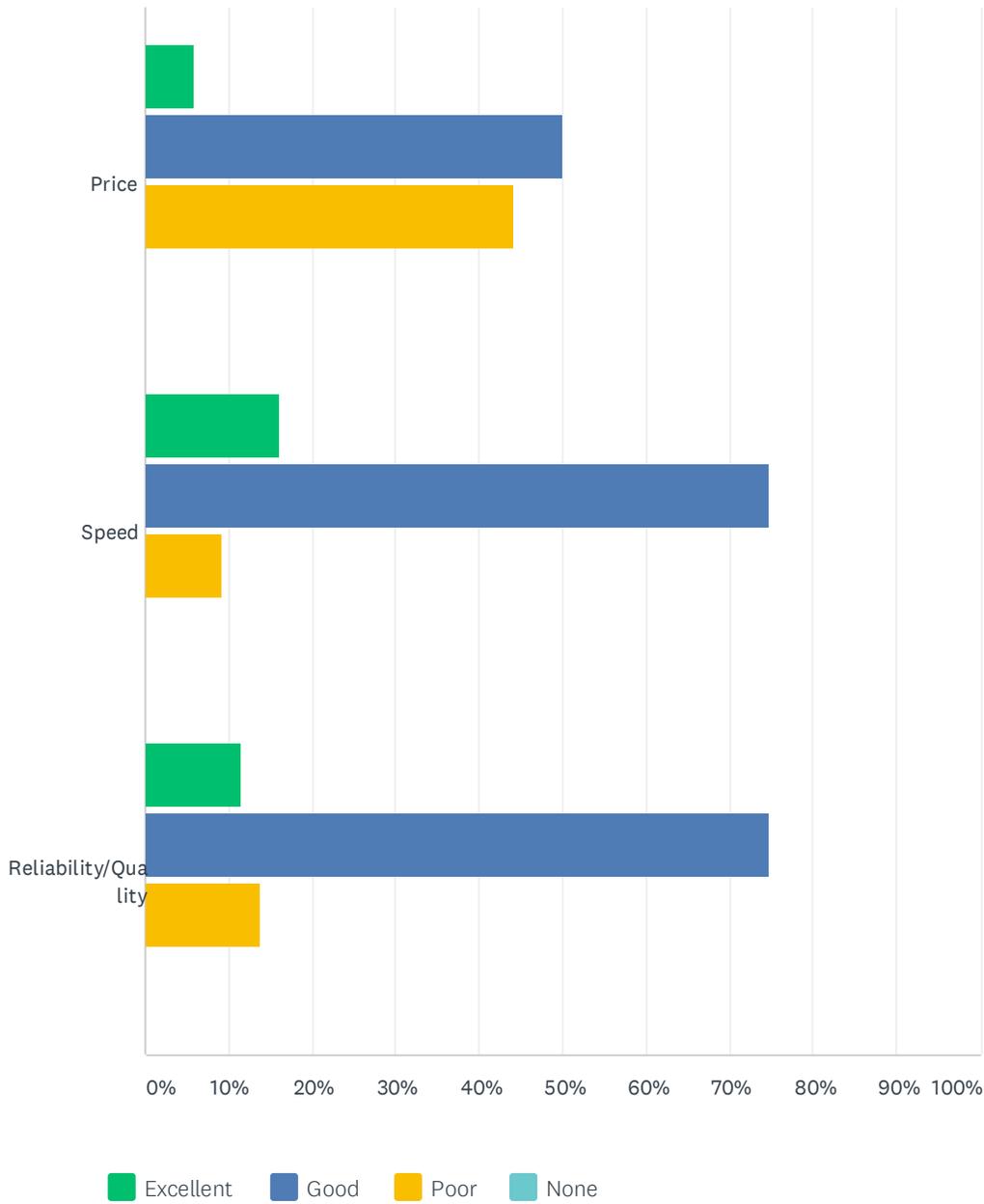
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Car-alone	93.10%	81
Car-share	8.05%	7
Friends or family drive me	4.60%	4
Bus	2.30%	2
Train	1.15%	1
Walk	12.64%	11
Bicycle	4.60%	4
Demand response transportation eg. COAST/Care-Van	0.00%	0
Shuttle	0.00%	0
Other (please specify)	2.30%	2
Total Respondents: 87		

#	OTHER (PLEASE SPECIFY)	DATE
1	Work from home	5/10/2021 10:04 AM
2	Previously had co-workers and friends transport - bus and shuttle services were relatively inaccessible and overwhelming to use.	4/6/2021 12:31 PM

Q11 How would you rate your internet access in regard to? Please select none if you do not have internet access.

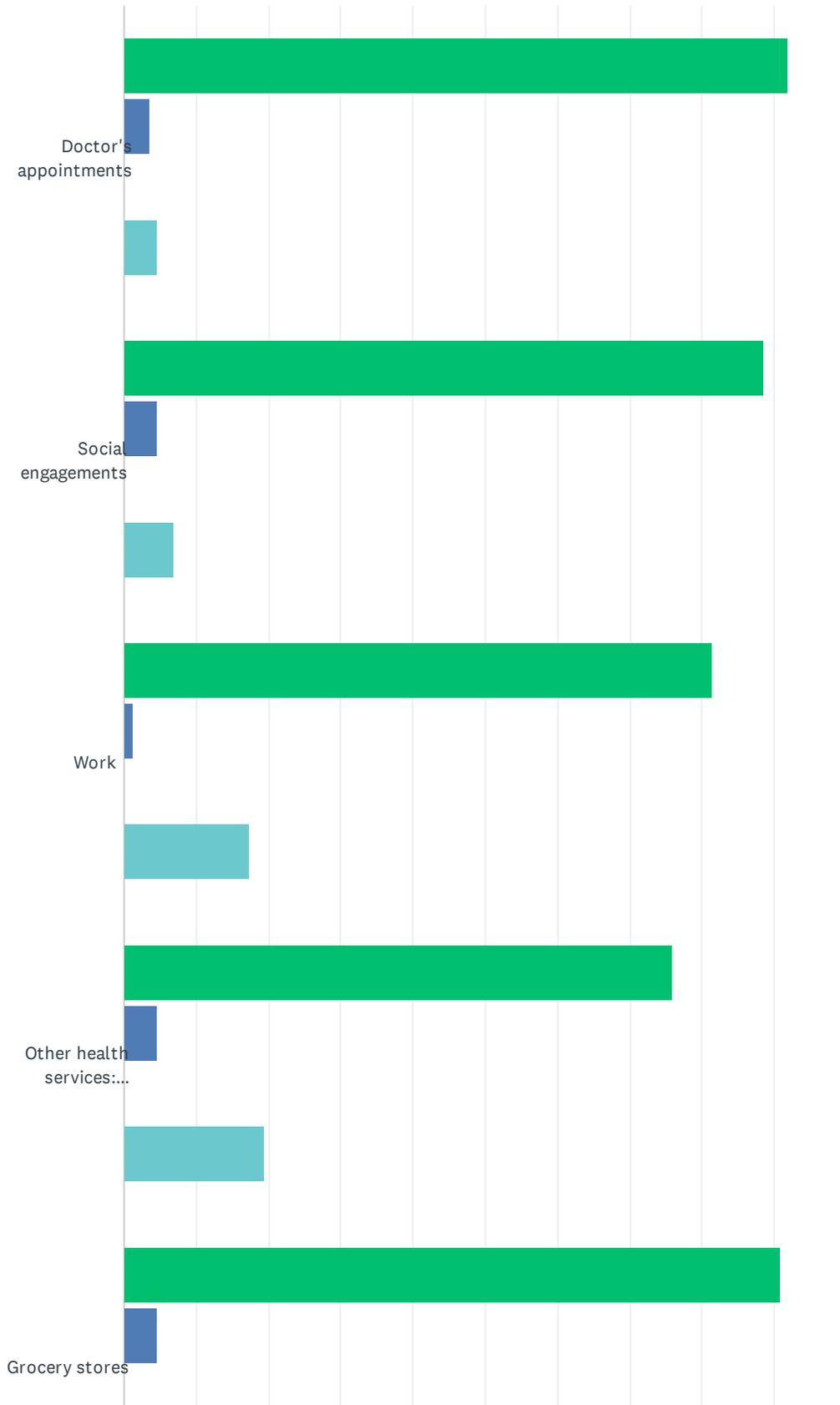
Answered: 87 Skipped: 0



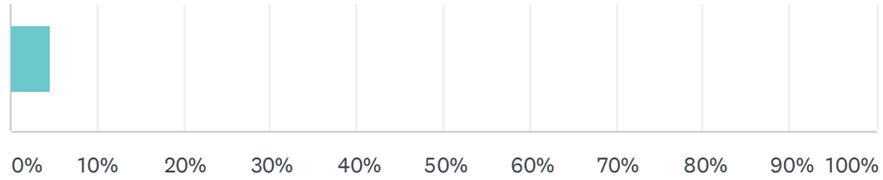
	EXCELLENT	GOOD	POOR	NONE	TOTAL
Price	5.81% 5	50.00% 43	44.19% 38	0.00% 0	86
Speed	16.09% 14	74.71% 65	9.20% 8	0.00% 0	87
Reliability/Quality	11.49% 10	74.71% 65	13.79% 12	0.00% 0	87

Q12 Do you have safe and reliable transportation to connect you to:

Answered: 87 Skipped: 0



Communities for Healthy Aging Transitions Survey

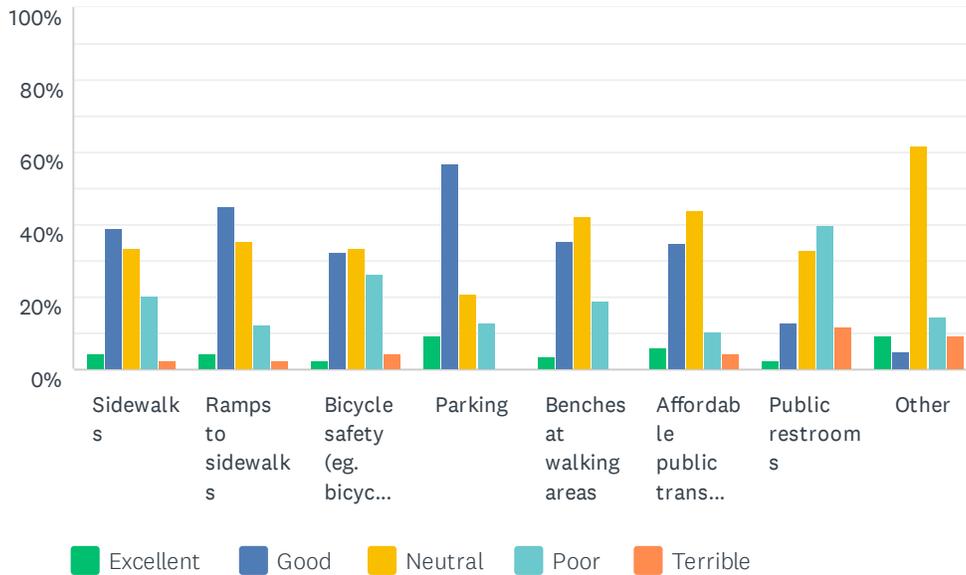


■ Always
 ■ Sometimes
 ■ Never
 ■ Not applicable

	ALWAYS	SOMETIMES	NEVER	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
Doctor's appointments	91.86% 79	3.49% 3	0.00% 0	4.65% 4	86	1.17
Social engagements	88.51% 77	4.60% 4	0.00% 0	6.90% 6	87	1.25
Work	81.48% 66	1.23% 1	0.00% 0	17.28% 14	81	1.53
Other health services: mental health, prenatal care, substance misuse treatment, physical therapy etc	75.86% 66	4.60% 4	0.00% 0	19.54% 17	87	1.63
Grocery stores	90.80% 79	4.60% 4	0.00% 0	4.60% 4	87	1.18

Q13 Please rate the following in your community

Answered: 87 Skipped: 0



	EXCELLENT	GOOD	NEUTRAL	POOR	TERRIBLE	TOTAL	WEIGHTED AVERAGE
Sidewalks	4.60% 4	39.08% 34	33.33% 29	20.69% 18	2.30% 2	87	2.77
Ramps to sidewalks	4.60% 4	44.83% 39	35.63% 31	12.64% 11	2.30% 2	87	2.63
Bicycle safety (eg. bicycle lanes)	2.33% 2	32.56% 28	33.72% 29	26.74% 23	4.65% 4	86	2.99
Parking	9.30% 8	56.98% 49	20.93% 18	12.79% 11	0.00% 0	86	2.37
Benches at walking areas	3.53% 3	35.29% 30	42.35% 36	18.82% 16	0.00% 0	85	2.76
Affordable public transportation	5.81% 5	34.88% 30	44.19% 38	10.47% 9	4.65% 4	86	2.73
Public restrooms	2.35% 2	12.94% 11	32.94% 28	40.00% 34	11.76% 10	85	3.46
Other	9.52% 2	4.76% 1	61.90% 13	14.29% 3	9.52% 2	21	3.10

#	OTHER (PLEASE SPECIFY)	DATE
1	Crosswalks need repainting and more electronic, your speed limit and "your speed" signs needed throughout the city	7/30/2021 6:56 PM
2	The sidewalks on Wakefield St along the SHS fields are in poor condition. Someone is going to get hurt	5/10/2021 1:38 PM
3	N/A	4/8/2021 10:23 AM
4	I do not pay attention to some of the items listed personally since I rarely use these things. I think sometimes if I WERE to need to use some of these services I wouldn't know where to go	4/6/2021 12:31 PM

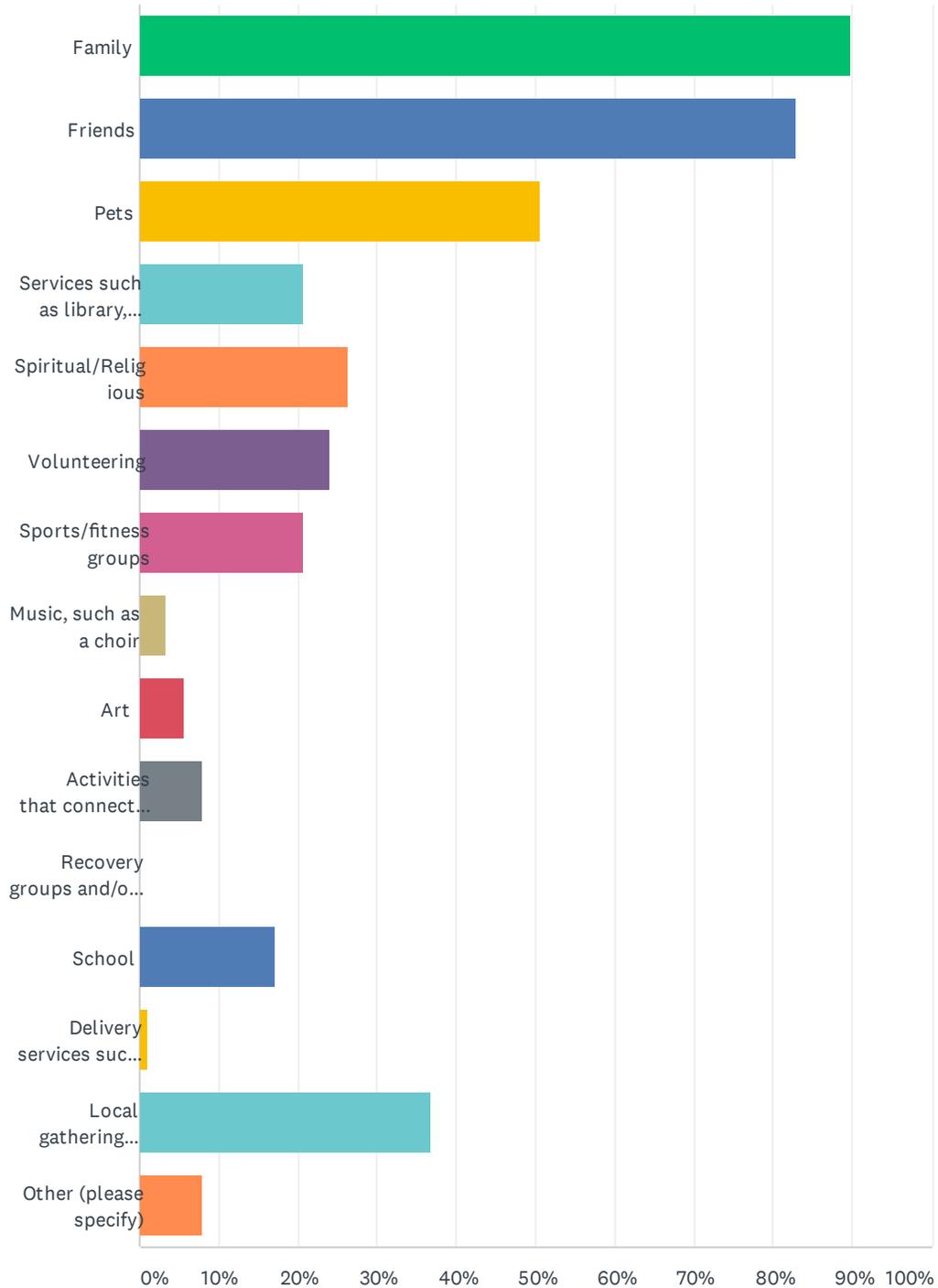
Communities for Healthy Aging Transitions Survey

or how to use them. IE: public restrooms, parking areas (free or paid), where bike lanes exist, or transportation.

5	Women's right to breastfeed; child friendliness	3/16/2021 10:23 AM
6	Need more harm reduction services such as sharps containers in public bathrooms	3/3/2021 12:55 AM

Q14 What are your main social interactions? Check all that apply

Answered: 87 Skipped: 0



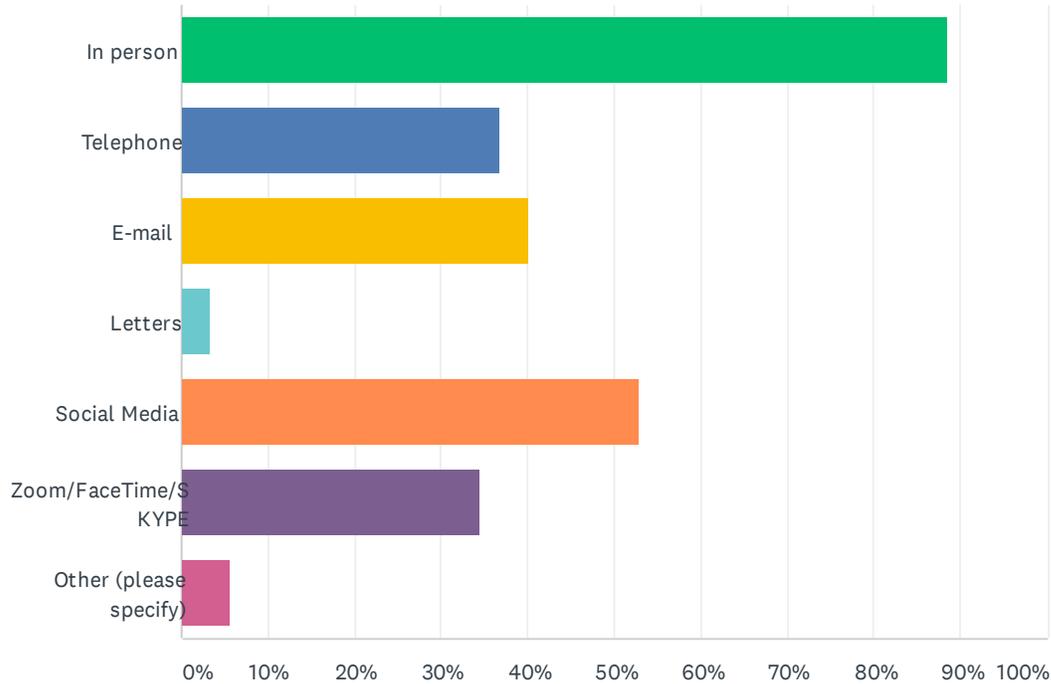
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES
Family	89.66% 78
Friends	82.76% 72
Pets	50.57% 44
Services such as library, senior center, recreation center etc.	20.69% 18
Spiritual/Religious	26.44% 23
Volunteering	24.14% 21
Sports/fitness groups	20.69% 18
Music, such as a choir	3.45% 3
Art	5.75% 5
Activities that connect you with other generations	8.05% 7
Recovery groups and/or other group counseling	0.00% 0
School	17.24% 15
Delivery services such as groceries	1.15% 1
Local gathering spots: coffee shop, restaurant, grocery store etc.	36.78% 32
Other (please specify)	8.05% 7
Total Respondents: 87	

#	OTHER (PLEASE SPECIFY)	DATE
1	Visiting a 90 yr. old every Sat. to do some light house keeping and to have a coffee and a cookie.	7/30/2021 6:56 PM
2	Elks	5/10/2021 2:25 PM
3	Work	5/10/2021 12:03 PM
4	Work	4/1/2021 12:18 PM
5	Theater	3/26/2021 11:47 AM
6	At work, in the neighborhood outside	3/16/2021 10:23 AM
7	Work	3/3/2021 12:55 AM

Q15 How do you most commonly socialize? Check all that apply.

Answered: 87 Skipped: 0

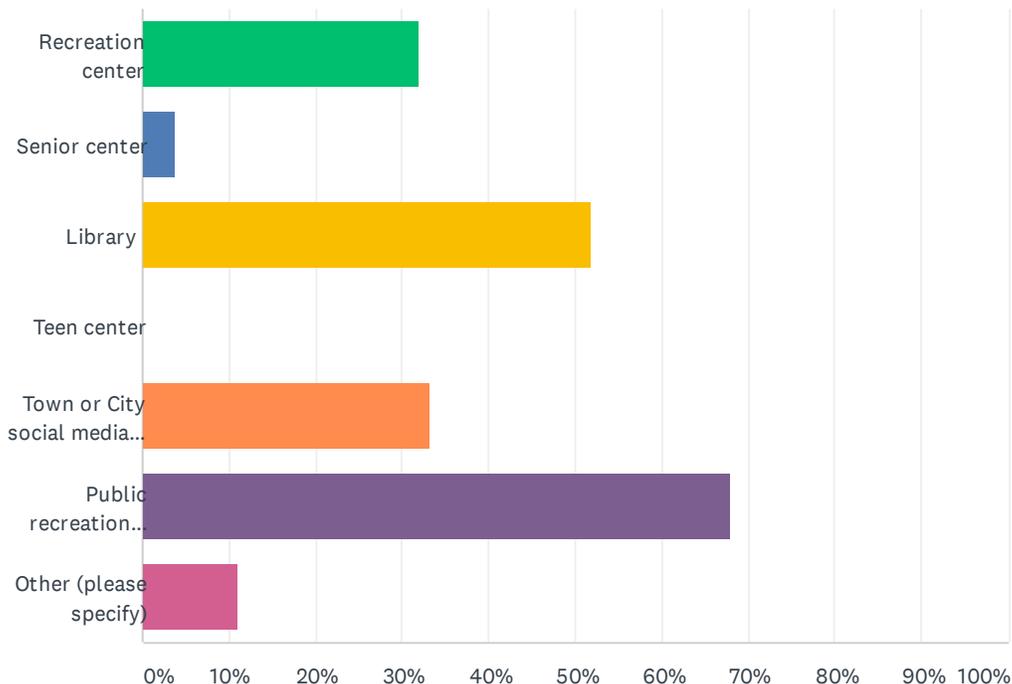


ANSWER CHOICES	RESPONSES
In person	88.51% 77
Telephone	36.78% 32
E-mail	40.23% 35
Letters	3.45% 3
Social Media	52.87% 46
Zoom/FaceTime/SKYPE	34.48% 30
Other (please specify)	5.75% 5
Total Respondents: 87	

#	OTHER (PLEASE SPECIFY)	DATE
1	Send letters/cards/books in the mail	7/30/2021 6:56 PM
2	Text message	7/30/2021 6:44 PM
3	Text	6/14/2021 6:24 PM
4	Marco Polo app	5/10/2021 2:27 PM
5	Xbox chat	4/6/2021 12:31 PM

Q16 Do you use any of these public spaces in your town?

Answered: 81 Skipped: 6



ANSWER CHOICES	RESPONSES	
Recreation center	32.10%	26
Senior center	3.70%	3
Library	51.85%	42
Teen center	0.00%	0
Town or City social media pages like on Facebook or Instagram	33.33%	27
Public recreation spaces like parks or trails	67.90%	55
Other (please specify)	11.11%	9
Total Respondents: 81		

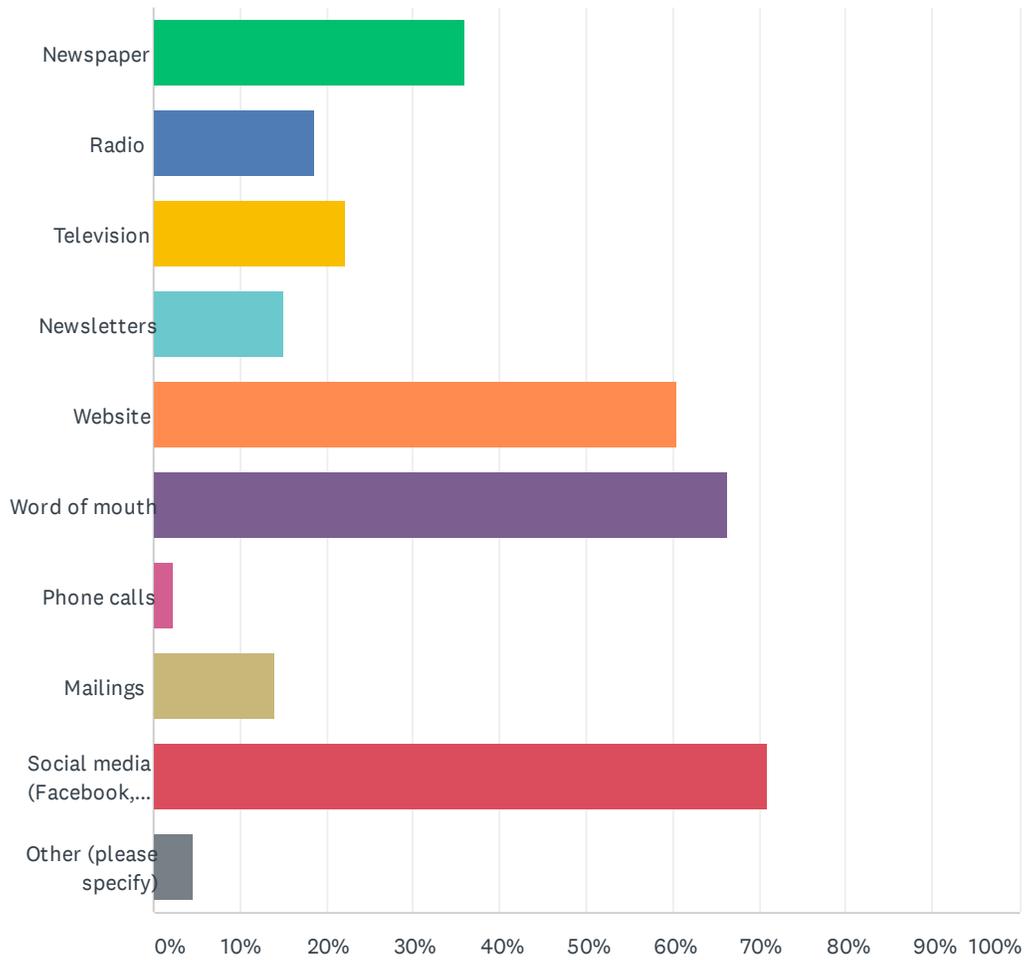
#	OTHER (PLEASE SPECIFY)	DATE
1	None	5/10/2021 10:04 AM
2	Hard with covid	4/6/2021 7:04 PM
3	Youth Athletic Facility	4/6/2021 2:03 PM
4	No	4/6/2021 1:53 PM
5	None	3/15/2021 4:12 PM
6	None	3/12/2021 10:16 AM
7	N/A	3/9/2021 2:01 PM
8	None	2/24/2021 4:34 PM

Communities for Healthy Aging Transitions Survey

9	no	2/13/2021 1:28 PM
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Q17 How do you learn about community news and activities? Check all that apply.

Answered: 86 Skipped: 1



Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Newspaper	36.05%	31
Radio	18.60%	16
Television	22.09%	19
Newsletters	15.12%	13
Website	60.47%	52
Word of mouth	66.28%	57
Phone calls	2.33%	2
Mailings	13.95%	12
Social media (Facebook, Instagram, Snapchat, Twitter)	70.93%	61
Other (please specify)	4.65%	4
Total Respondents: 86		

#	OTHER (PLEASE SPECIFY)	DATE
1	work	5/10/2021 2:25 PM
2	School department	4/18/2021 1:31 PM
3	Word of mouth or mention on social media, then searching for more information on FB or website.	4/6/2021 12:31 PM
4	Emails	3/12/2021 10:43 AM

Q18 Do you have employment and/or trainings available to you in your community? If so, which kinds?

Answered: 63 Skipped: 24

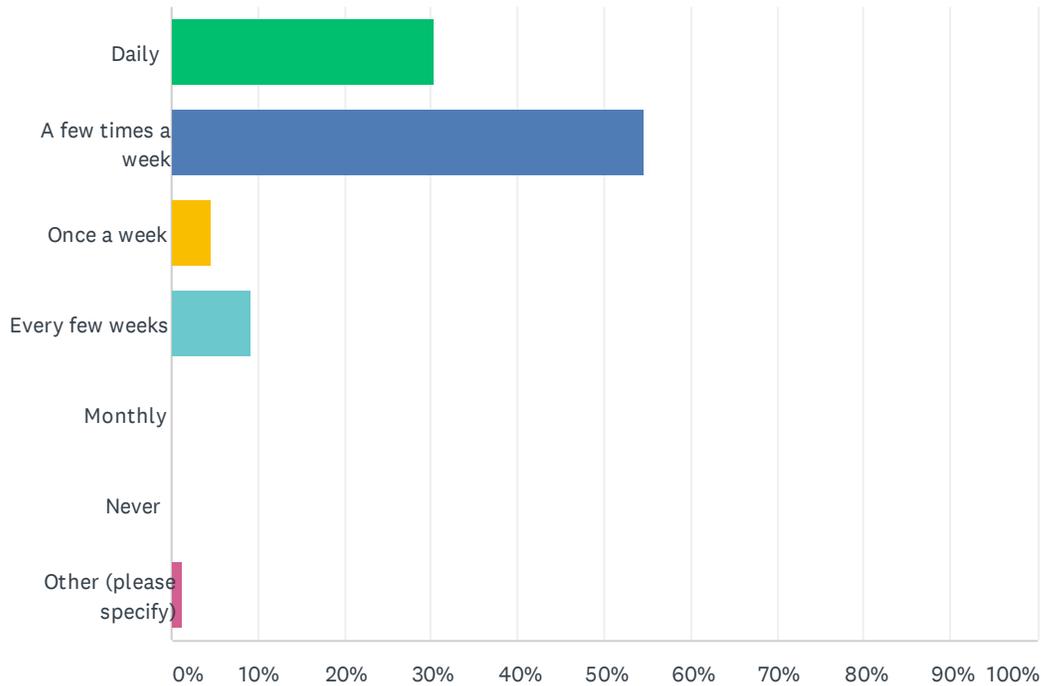
#	RESPONSES	DATE
1	? I've been thinking of returning to school for some type of training	7/30/2021 6:56 PM
2	no	7/30/2021 6:44 PM
3	Quilting	7/30/2021 6:30 PM
4	no	7/26/2021 3:49 PM
5	no	6/10/2021 9:08 AM
6	Trainings for my job (ECE). Adult ed. courses are available as are health and wellness trainings	5/13/2021 4:28 PM
7	city police	5/11/2021 7:04 AM
8	don't know	5/10/2021 4:07 PM
9	I have a full time job that offers trainings	5/10/2021 2:54 PM
10	edx.org, if it counts. SNHU has a partnership with them	5/10/2021 2:32 PM
11	I work in town, currently	5/10/2021 2:25 PM
12	yes	5/10/2021 2:16 PM
13	not sure	5/10/2021 2:14 PM
14	yes we have employment available for administrative, construction, sales, laborers.	5/10/2021 1:37 PM
15	Early childhood education	5/10/2021 1:19 PM
16	Not so much in our community, but great programs through Dover adult learning center	5/10/2021 12:23 PM
17	Not sure	5/10/2021 12:03 PM
18	Yes	5/10/2021 10:04 AM
19	No	4/22/2021 5:34 PM
20	Yes, varied	4/18/2021 1:59 PM
21	Yes	4/18/2021 1:58 PM
22	No	4/18/2021 1:31 PM
23	Unsure	4/9/2021 1:24 PM
24	Don't know	4/9/2021 1:04 AM
25	N/A	4/8/2021 10:23 AM
26	No	4/6/2021 8:49 PM
27	Na	4/6/2021 7:04 PM
28	retired so not sure about this	4/6/2021 5:15 PM
29	No	4/6/2021 3:37 PM
30	Work related trainings	4/6/2021 3:32 PM
31	I work from home now, but my office is in Exeter so this is not applicable.	4/6/2021 2:03 PM

Communities for Healthy Aging Transitions Survey

32	N/A	4/6/2021 2:03 PM
33	unknown	4/6/2021 2:01 PM
34	Yes. Education	4/6/2021 1:53 PM
35	EMPLOYMENT	4/6/2021 1:51 PM
36	I am retired	4/6/2021 1:34 PM
37	Yes - but I help host them and have a broader knowledge of them as I work in the field and receive regular updates. Most of the trainings I'm aware of involve ACES, Trauma, SUD, and MH.	4/6/2021 12:31 PM
38	Unsure	4/2/2021 7:39 AM
39	I have a job, if that's what you're asking?	4/1/2021 12:13 PM
40	MY TURN in Rochester provides employment training for ages 16 to 24.	4/1/2021 12:08 PM
41	I'm sure we do but not aware of them	4/1/2021 12:08 PM
42	No	4/1/2021 10:43 AM
43	Great bay community college	4/1/2021 10:19 AM
44	No	4/1/2021 9:43 AM
45	No	4/1/2021 9:41 AM
46	yes I am employed here	3/31/2021 10:41 AM
47	Yes, community college	3/25/2021 2:47 PM
48	Yes	3/24/2021 12:17 PM
49	Yes, Dover Adult Learning center	3/16/2021 10:23 AM
50	No	3/15/2021 4:42 PM
51	No	3/15/2021 4:12 PM
52	None known	3/15/2021 1:10 PM
53	Work as a substitute and for the rec and arena in Rochester	3/15/2021 8:45 AM
54	.	3/12/2021 1:04 PM
55	I have employment but do not work full time as I go to school.	3/12/2021 11:58 AM
56	Online im person adult education	3/12/2021 10:16 AM
57	N/A	3/9/2021 2:01 PM
58	N/A	3/8/2021 8:03 PM
59	No trainings locally. This would be great!	3/3/2021 12:55 AM
60	Employment yes; trainings no	2/27/2021 12:19 PM
61	no	2/24/2021 4:34 PM
62	yes - technical college	2/19/2021 10:33 AM
63	no	2/13/2021 1:28 PM

Q19 How frequently do you engage in some form of physical activity?

Answered: 86 Skipped: 1

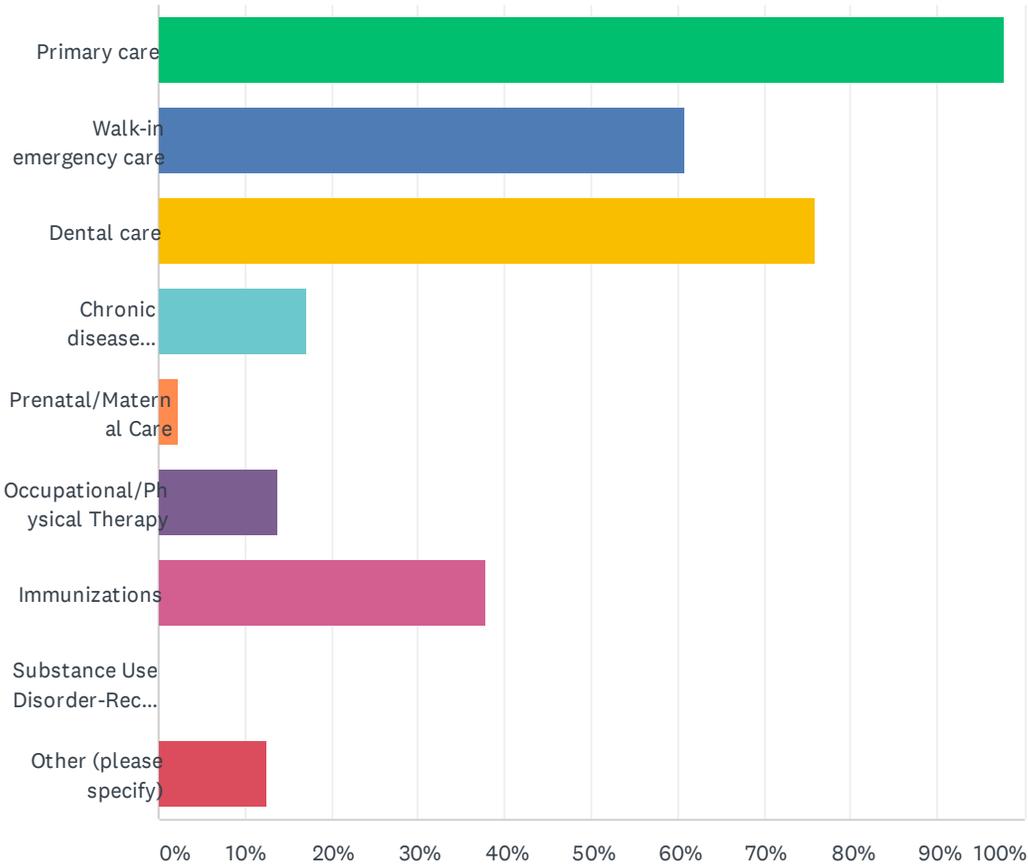


ANSWER CHOICES	RESPONSES
Daily	30.23% 26
A few times a week	54.65% 47
Once a week	4.65% 4
Every few weeks	9.30% 8
Monthly	0.00% 0
Never	0.00% 0
Other (please specify)	1.16% 1
TOTAL	86

#	OTHER (PLEASE SPECIFY)	DATE
1	Depends on pain levels	4/9/2021 1:30 PM

Q20 What kind of health services do you use? Check all that apply.

Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES
Primary care	97.70% 85
Walk-in emergency care	60.92% 53
Dental care	75.86% 66
Chronic disease management	17.24% 15
Prenatal/Maternal Care	2.30% 2
Occupational/Physical Therapy	13.79% 12
Immunizations	37.93% 33
Substance Use Disorder-Recovery	0.00% 0
Other (please specify)	12.64% 11
Total Respondents: 87	

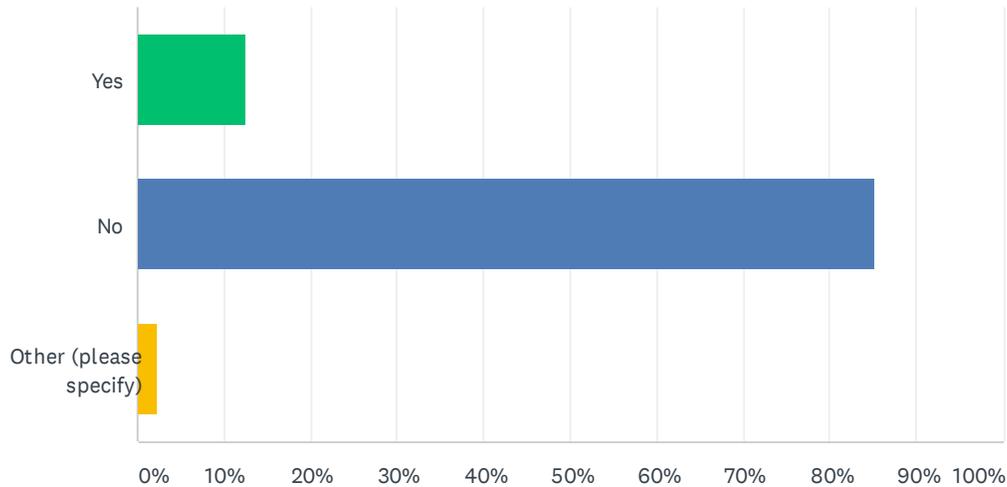
#	OTHER (PLEASE SPECIFY)	DATE
1	mental therapy	7/30/2021 6:44 PM
2	rheumatology, dermatology, blood labs	7/26/2021 3:49 PM

Communities for Healthy Aging Transitions Survey

3	Gynecological	5/10/2021 2:32 PM
4	Mental Health care	5/10/2021 2:16 PM
5	Cancer care	4/22/2021 5:34 PM
6	Endocrinologist, oncologist	4/6/2021 8:49 PM
7	Behavioral Health Services (not listed)	4/6/2021 12:31 PM
8	Urgent care	3/25/2021 2:47 PM
9	mental health care, medication management	3/16/2021 10:23 AM
10	Mental health counseling	3/12/2021 10:43 AM
11	Mental Health/Therapy	3/3/2021 12:55 AM

Q21 Are you concerned that you or someone else in your household is struggling with substance use, mental illness, or is at risk for harming themselves or others?

Answered: 87 Skipped: 0

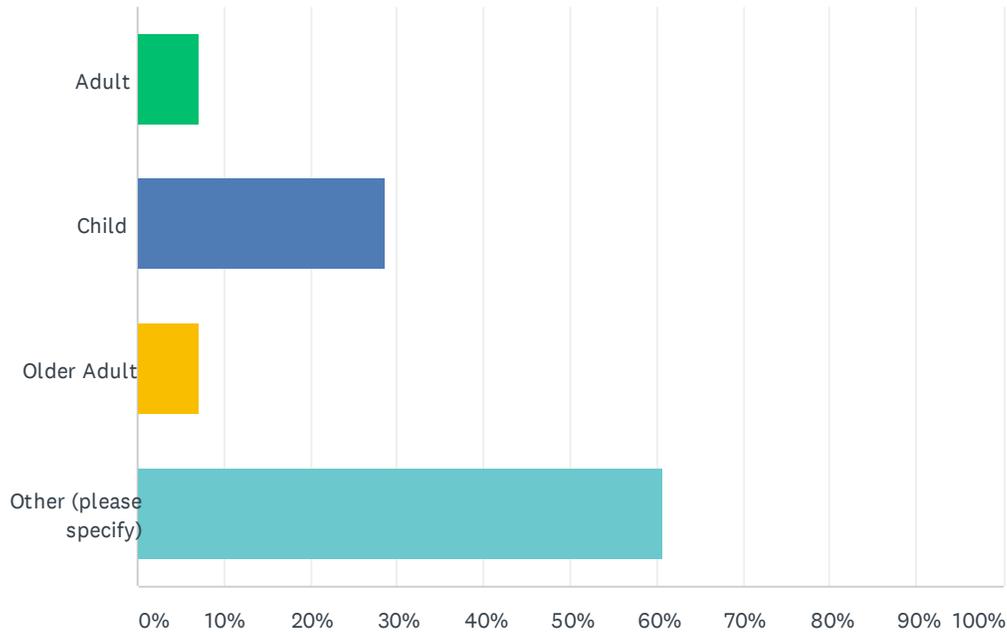


ANSWER CHOICES	RESPONSES
Yes	12.64% 11
No	85.06% 74
Other (please specify)	2.30% 2
TOTAL	87

#	OTHER (PLEASE SPECIFY)	DATE
1	mental illness	7/30/2021 6:44 PM
2	My boyfriend is currently in rehab in mass	5/10/2021 2:54 PM

Q22 Are you currently a caregiver providing unpaid care to:

Answered: 56 Skipped: 31



ANSWER CHOICES	RESPONSES	
Adult	7.14%	4
Child	28.57%	16
Older Adult	7.14%	4
Other (please specify)	60.71%	34
Total Respondents: 56		

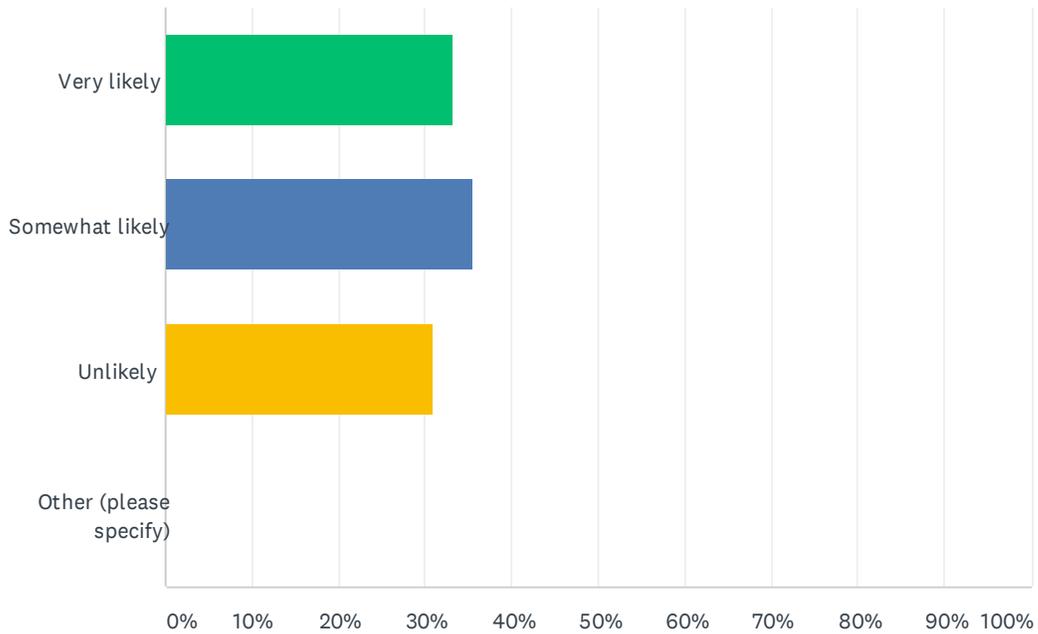
#	OTHER (PLEASE SPECIFY)	DATE
1	n/a	7/30/2021 6:44 PM
2	N/A	7/30/2021 6:30 PM
3	no	7/26/2021 3:49 PM
4	to both parents the past 5 years who both passed in 2020	5/13/2021 4:28 PM
5	None	5/10/2021 2:16 PM
6	n/a	5/10/2021 2:14 PM
7	Disabled adult	5/10/2021 1:19 PM
8	None	5/10/2021 10:04 AM
9	No	4/22/2021 5:34 PM
10	No	4/9/2021 1:04 AM
11	No	4/8/2021 10:23 AM
12	No	4/6/2021 8:49 PM

Communities for Healthy Aging Transitions Survey

13	No	4/6/2021 3:37 PM
14	None	4/6/2021 3:32 PM
15	NO	4/6/2021 2:06 PM
16	Not applicable	4/6/2021 2:03 PM
17	No	4/6/2021 1:53 PM
18	I am not a caregiver	4/6/2021 1:34 PM
19	None	4/2/2021 7:39 AM
20	No	4/1/2021 12:13 PM
21	No	4/1/2021 10:19 AM
22	None	4/1/2021 9:41 AM
23	I babysit all the grandchildren	3/26/2021 11:47 AM
24	No	3/25/2021 2:47 PM
25	No	3/24/2021 12:17 PM
26	No	3/15/2021 4:42 PM
27	No	3/15/2021 4:12 PM
28	No	3/15/2021 8:45 AM
29	No	3/12/2021 11:58 AM
30	No	3/12/2021 10:16 AM
31	No	3/8/2021 8:03 PM
32	No	2/27/2021 12:19 PM
33	None	2/24/2021 4:34 PM
34	no	2/13/2021 1:28 PM

Q23 How likely is it that you will provide care to an adult loved one in the future?

Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES	
Very likely	33.33%	29
Somewhat likely	35.63%	31
Unlikely	31.03%	27
Other (please specify)	0.00%	0
TOTAL		87

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q24 How has COVID-19 affected you in terms of health and safety?

Answered: 77 Skipped: 10

#	RESPONSES	DATE
1	Health has improved. More aware, centered, and focused on other peoples welfare.	7/30/2021 6:56 PM
2	Hasn't	7/30/2021 6:44 PM
3	Very worrisome	7/30/2021 6:30 PM
4	Im autoimmune in a community of anti-maskers	7/26/2021 3:49 PM
5	I don't think that it has bothered me too much.	6/14/2021 6:24 PM
6	limited interaction with others-socially	6/10/2021 9:08 AM
7	It has been a struggle at work with employee attitudes and differing views. It has been frustrating due to inconsistent and ever changing information. Politicizing it and not trusting the mainstream media has exacerabated it's impact, especially the constant focus on cases anad deaths but never information on survival rates.	5/13/2021 4:28 PM
8	Don't go out for dinner	5/11/2021 8:41 AM
9	no issues	5/11/2021 7:04 AM
10	does effect mental health, hard to not get depressed	5/10/2021 4:07 PM
11	I have not gotten it yet but the quarantine has made me stop work a couple of times	5/10/2021 2:54 PM
12	reticent to be around others	5/10/2021 2:32 PM
13	My stress level is higher but all in all, I'm doing fine.	5/10/2021 2:27 PM
14	minimally	5/10/2021 2:25 PM
15	It has been isolating.	5/10/2021 2:16 PM
16	restricted where I went.	5/10/2021 1:37 PM
17	Not affected	5/10/2021 1:35 PM
18	Rolling with it.	5/10/2021 1:19 PM
19	Not much	5/10/2021 12:23 PM
20	Helped keep my family together will little travel which improved our health and safety during this time.	5/10/2021 12:03 PM
21	Has taken a toll mentally and physically	5/10/2021 10:04 AM
22	Isolated	4/22/2021 5:34 PM
23	Unable to see loved ones	4/18/2021 3:04 PM
24	Concerns about others nit taking precautions while I do then all (and no, not paranoid, just responsible)	4/18/2021 1:59 PM
25	I wear a mask whenever I go out	4/18/2021 1:58 PM
26	None	4/18/2021 1:31 PM
27	None	4/12/2021 4:32 PM
28	My anxiety and depression have gotten so much worse and at times I have trouble with leaving the house	4/9/2021 1:30 PM
29	Less able to get in home supports	4/9/2021 1:24 PM

Communities for Healthy Aging Transitions Survey

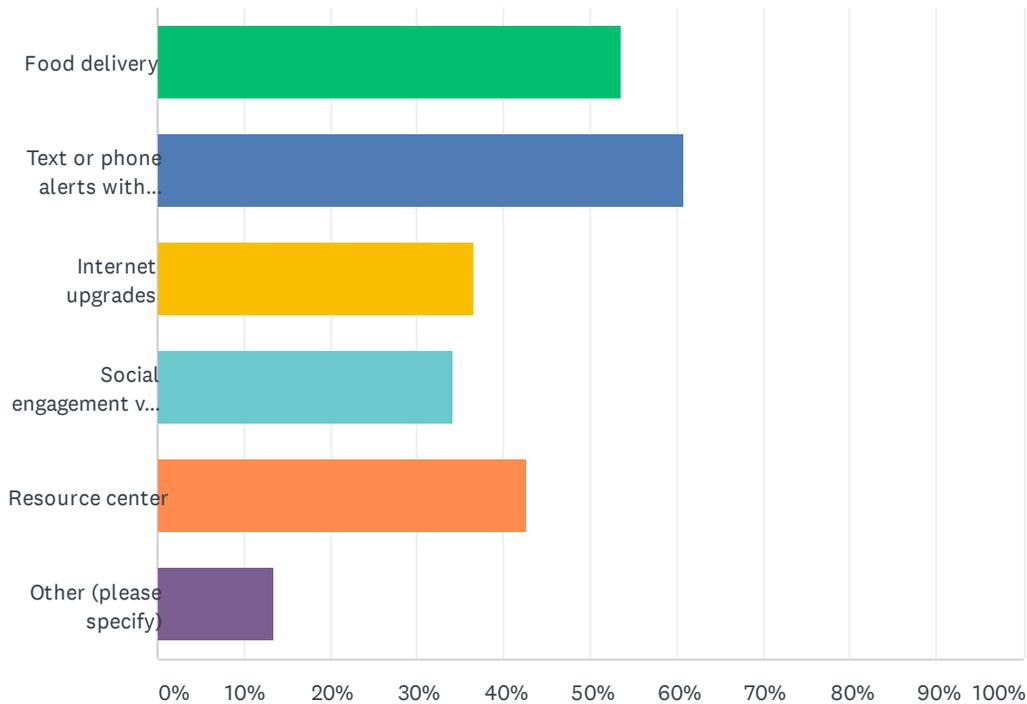
30	Don't feel affected.	4/9/2021 1:04 AM
31	Had it and recovered.	4/8/2021 10:23 AM
32	Trying to observe all recommended precautions. Very stressful at work. Socializing has been difficult.	4/6/2021 8:49 PM
33	Stay home more, wear mask of course, husband and I are fully vaccinated two weeks ago	4/6/2021 7:04 PM
34	isolated us but we are doing good I feel	4/6/2021 5:15 PM
35	Myself, none	4/6/2021 3:37 PM
36	Having to stay home.	4/6/2021 3:32 PM
37	Not affected	4/6/2021 2:06 PM
38	I don't go out other than to pick up necessities.	4/6/2021 2:03 PM
39	N/A	4/6/2021 2:03 PM
40	I sometimes stay away because others are not behaving safely	4/6/2021 2:01 PM
41	We've all had COVID. We recovered quickly.	4/6/2021 1:53 PM
42	GOOD	4/6/2021 1:51 PM
43	Wearing a mask during Covid has provided me with a very healthy year, free from colds, flu etc.	4/6/2021 1:34 PM
44	It was difficult arranging surgical care for my daughter. Because her treatment wasn't considered "life or death" it got postponed a bit and was in danger of being cancelled altogether due to COVID. It was very stressful and scary, since her condition despite "not being immediately life threatening" would progressively worsen until surgical correction took place, and the amount of surgical correction we could achieve was dependent on how quickly the surgery took place.	4/6/2021 12:31 PM
45	Not terribly - wear masks and social distance	4/2/2021 7:39 AM
46	It's a constant worry as I work retail.	4/1/2021 12:18 PM
47	Tremendously	4/1/2021 12:13 PM
48	I have been concerned about contracting COVID and transmitting to my spouse when my office reopened.	4/1/2021 12:08 PM
49	N/A	4/1/2021 12:08 PM
50	Social life	4/1/2021 10:43 AM
51	Everybody is trying to keep their distance unfortunately to become not infected it's pretty crazy stuff.	4/1/2021 10:19 AM
52	Too much time at home.	4/1/2021 9:43 AM
53	Has not	4/1/2021 9:41 AM
54	social changes but nothing healthwise	3/31/2021 10:41 AM
55	Nerve wracking.	3/26/2021 11:47 AM
56	na	3/25/2021 5:41 PM
57	Worry about getting ill	3/25/2021 2:47 PM
58	Very isolated, I'm immunosuppressed.	3/24/2021 12:17 PM
59	My friends and family are struggling in their own ways. Covid has made dysfunctional situations worse and if a home is abusive, it may have become more so. Most people are really affected by the social isolation. For me, I have been mostly okay because I pay attention to my own health-spiritually, physically, emotionally, mentally. I put myself first or I can't help others.	3/16/2021 10:23 AM
60	Very concerned about getting COVID and passing it to someone else even while following	3/15/2021 4:42 PM

Communities for Healthy Aging Transitions Survey

	guidelines	
61	My grammy almost died	3/15/2021 4:12 PM
62	Limitations of social and support activities for people I care for.	3/15/2021 1:10 PM
63	Positive in Nov 2020 basically asymptotic	3/15/2021 8:45 AM
64	I am a teacher and so I am at risk daily	3/12/2021 1:07 PM
65	.	3/12/2021 1:04 PM
66	Gaining weight	3/12/2021 12:34 PM
67	Mental Health struggles with school work not seeing family and friends.	3/12/2021 11:58 AM
68	Haven't seen friends	3/12/2021 10:50 AM
69	Lack of connection to others has been depressing. I feel safe.	3/12/2021 10:43 AM
70	Anxiety losy my father in law to covid/pneumonia, my husband was in the hospital for a week, I was able to maintain at home.	3/12/2021 10:16 AM
71	Follow protocol and all is well.	3/9/2021 2:01 PM
72	It'llmuch, I stay home . I only Go out for food and gas.	3/8/2021 8:03 PM
73	I started smoking and drinking more - my stress at work and with family increased.	3/3/2021 12:55 AM
74	Mostly social isolation	2/27/2021 12:19 PM
75	Being careful	2/24/2021 4:34 PM
76	has not as yet	2/19/2021 10:33 AM
77	can't volunteer in community anymore.	2/13/2021 1:28 PM

Q25 What kind of resources are needed in your community facing a crisis like COVID-19 in future?

Answered: 82 Skipped: 5



ANSWER CHOICES	RESPONSES	
Food delivery	53.66%	44
Text or phone alerts with important information	60.98%	50
Internet upgrades	36.59%	30
Social engagement via internet	34.15%	28
Resource center	42.68%	35
Other (please specify)	13.41%	11
Total Respondents: 82		

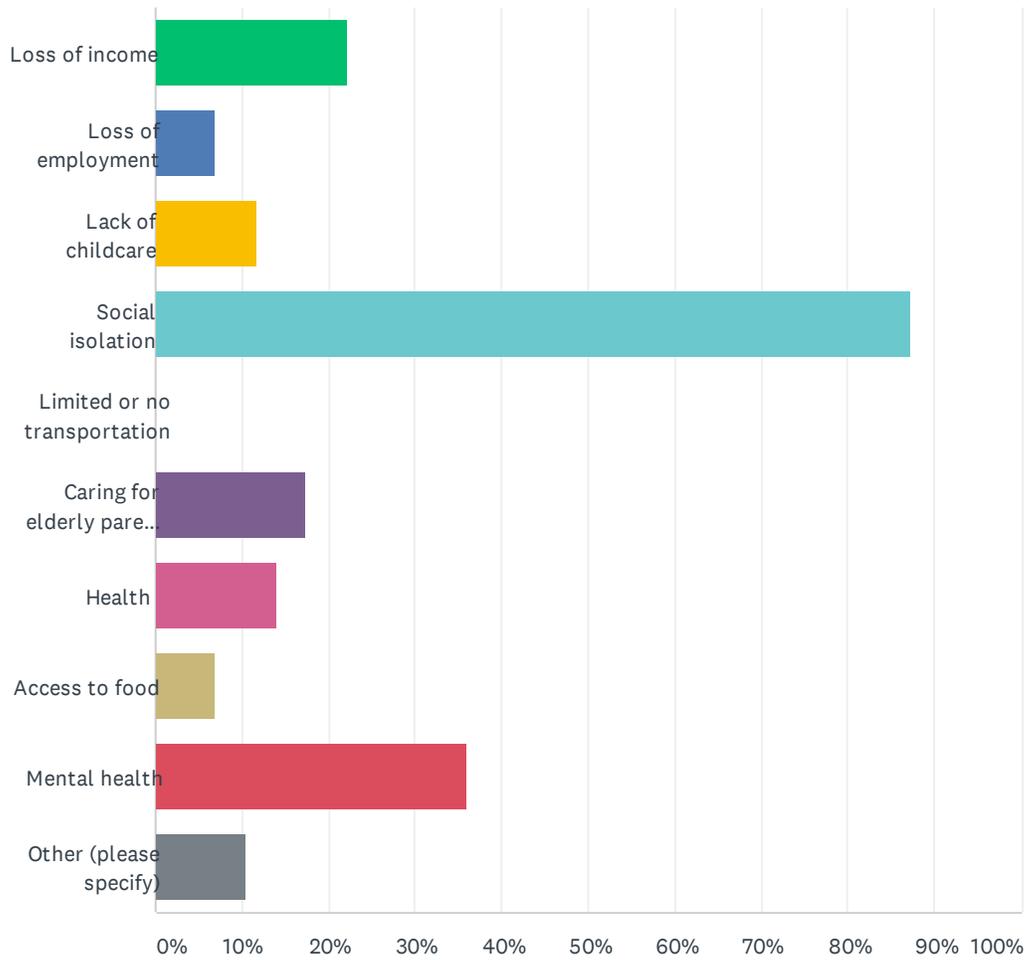
#	OTHER (PLEASE SPECIFY)	DATE
1	Encouragement on a daily or weekly basis. I had a lot of people who needed encouragement calling.	7/30/2021 6:56 PM
2	citizen app	7/26/2021 3:49 PM
3	i think this community has lots of resources except for easy access to and enough providers for mental health issues	5/13/2021 4:28 PM
4	none of the above	5/10/2021 1:37 PM
5	NONE	4/6/2021 2:06 PM
6	Being able to access vaccines at local clinics and drug stores without having to have an	4/6/2021 1:34 PM

Communities for Healthy Aging Transitions Survey

	appointment	
7	Streamlining of services	4/6/2021 12:31 PM
8	Help with having to isolate outside of one's family, financially.	3/26/2021 11:47 AM
9	Elder care; parent classes; Education on cell phone use/social media/technology and mental health; More natural and wild spaces for people to access	3/16/2021 10:23 AM
10	I have everything I need.	3/8/2021 8:03 PM
11	Be able to use WIC with food delivery services	3/3/2021 12:55 AM

Q26 What have been the greatest challenges you or your household have faced due to COVID-19?

Answered: 86 Skipped: 1



Communities for Healthy Aging Transitions Survey

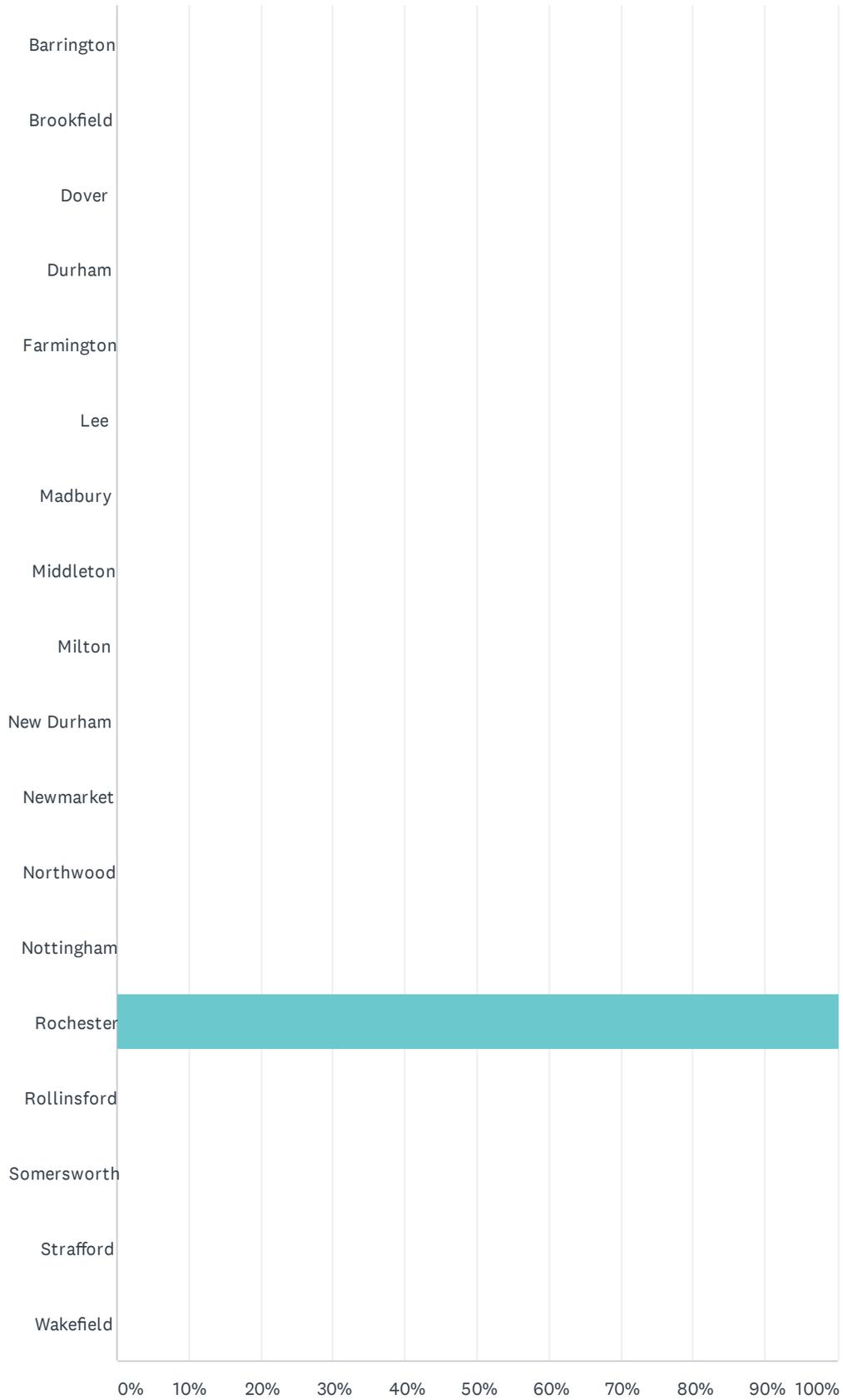
ANSWER CHOICES	RESPONSES	
Loss of income	22.09%	19
Loss of employment	6.98%	6
Lack of childcare	11.63%	10
Social isolation	87.21%	75
Limited or no transportation	0.00%	0
Caring for elderly parents or family members	17.44%	15
Health	13.95%	12
Access to food	6.98%	6
Mental health	36.05%	31
Other (please specify)	10.47%	9
Total Respondents: 86		

#	OTHER (PLEASE SPECIFY)	DATE
1	Had to structure time day by day and develop routine to retain a sense of purpose.	7/30/2021 6:56 PM
2	None	4/9/2021 1:04 AM
3	Working from home	4/6/2021 7:04 PM
4	My challenges with Covid and then minimal	4/6/2021 1:34 PM
5	Lack of engaging activities through winter	4/6/2021 12:31 PM
6	Limited socialization	3/25/2021 2:47 PM
7	fear of getting covid, social and political unrest, (people turning covid into a political issue)	3/16/2021 10:23 AM
8	N/a	3/12/2021 1:04 PM
9	Increase workload	3/3/2021 12:55 AM

Q27 Which city or town do you live in?

Answered: 87 Skipped: 0

Communities for Healthy Aging Transitions Survey



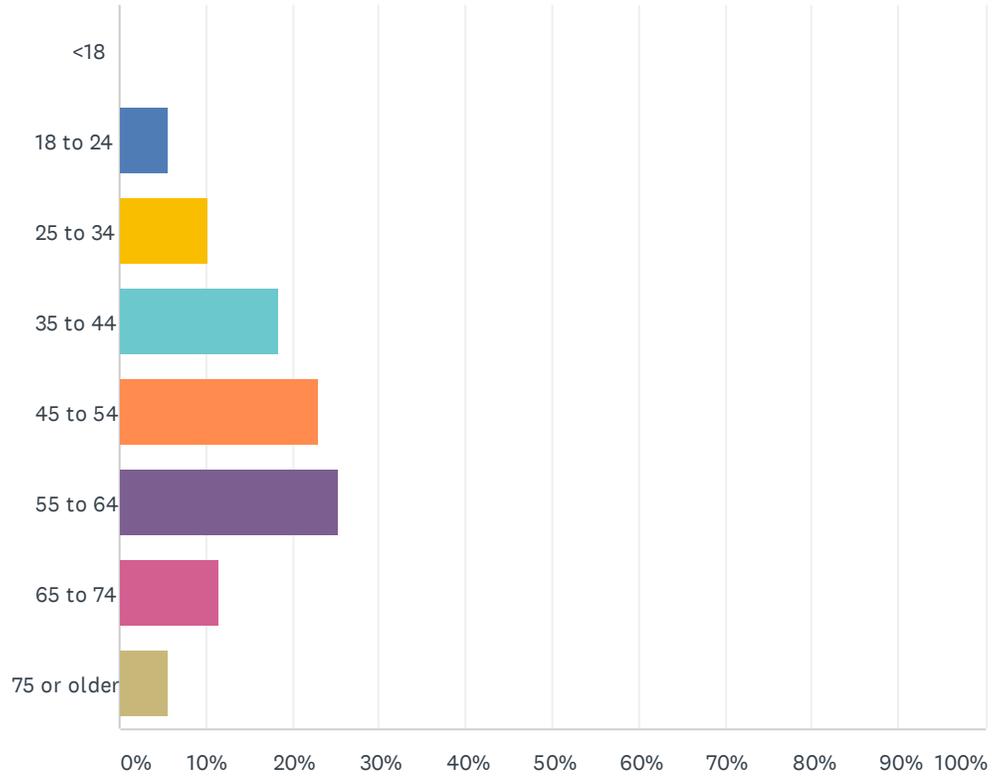
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Barrington (1)	0.00%	0
Brookfield (2)	0.00%	0
Dover (3)	0.00%	0
Durham (4)	0.00%	0
Farmington (5)	0.00%	0
Lee (6)	0.00%	0
Madbury (7)	0.00%	0
Middleton (8)	0.00%	0
Milton (9)	0.00%	0
New Durham (10)	0.00%	0
Newmarket (11)	0.00%	0
Northwood (12)	0.00%	0
Nottingham (13)	0.00%	0
Rochester (14)	100.00%	87
Rollinsford (15)	0.00%	0
Somersworth (16)	0.00%	0
Strafford (17)	0.00%	0
Wakefield (18)	0.00%	0
TOTAL		87

BASIC STATISTICS				
Minimum 14.00	Maximum 14.00	Median 14.00	Mean 14.00	Standard Deviation 0.00

Q28 What is your age?

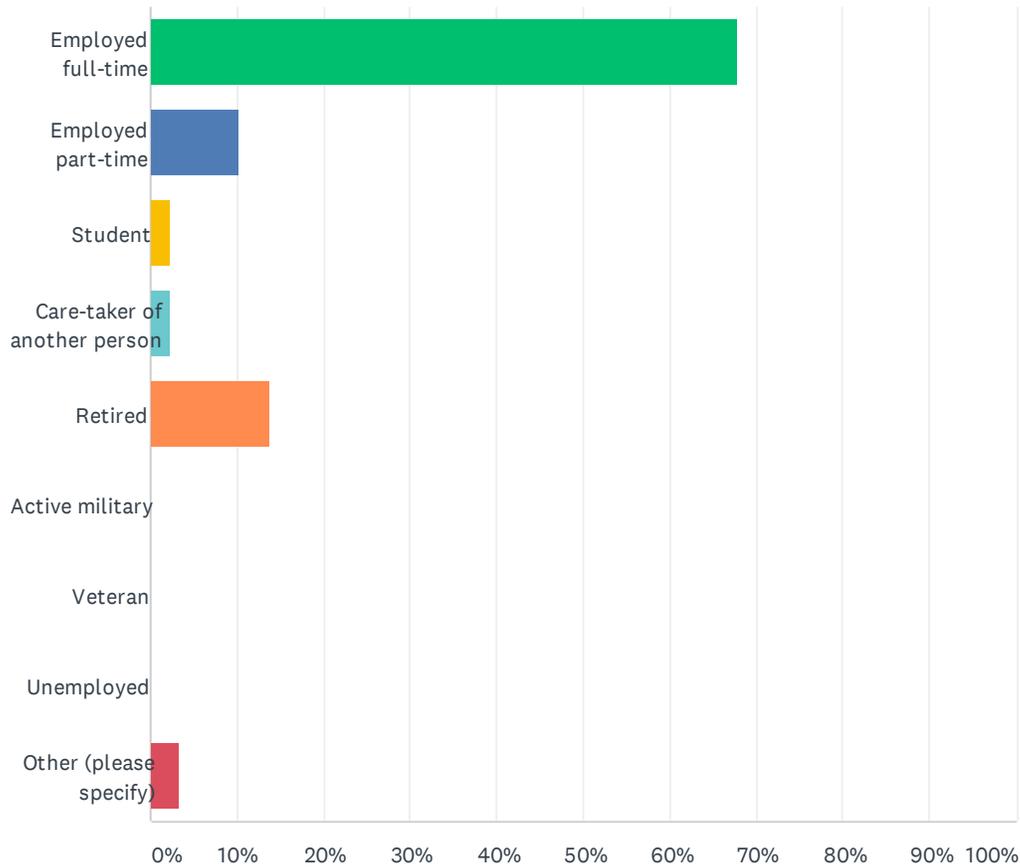
Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES	
<18	0.00%	0
18 to 24	5.75%	5
25 to 34	10.34%	9
35 to 44	18.39%	16
45 to 54	22.99%	20
55 to 64	25.29%	22
65 to 74	11.49%	10
75 or older	5.75%	5
TOTAL		87

Q29 What is your employment status?

Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES
Employed full-time	67.82% 59
Employed part-time	10.34% 9
Student	2.30% 2
Care-taker of another person	2.30% 2
Retired	13.79% 12
Active military	0.00% 0
Veteran	0.00% 0
Unemployed	0.00% 0
Other (please specify)	3.45% 3
TOTAL	87

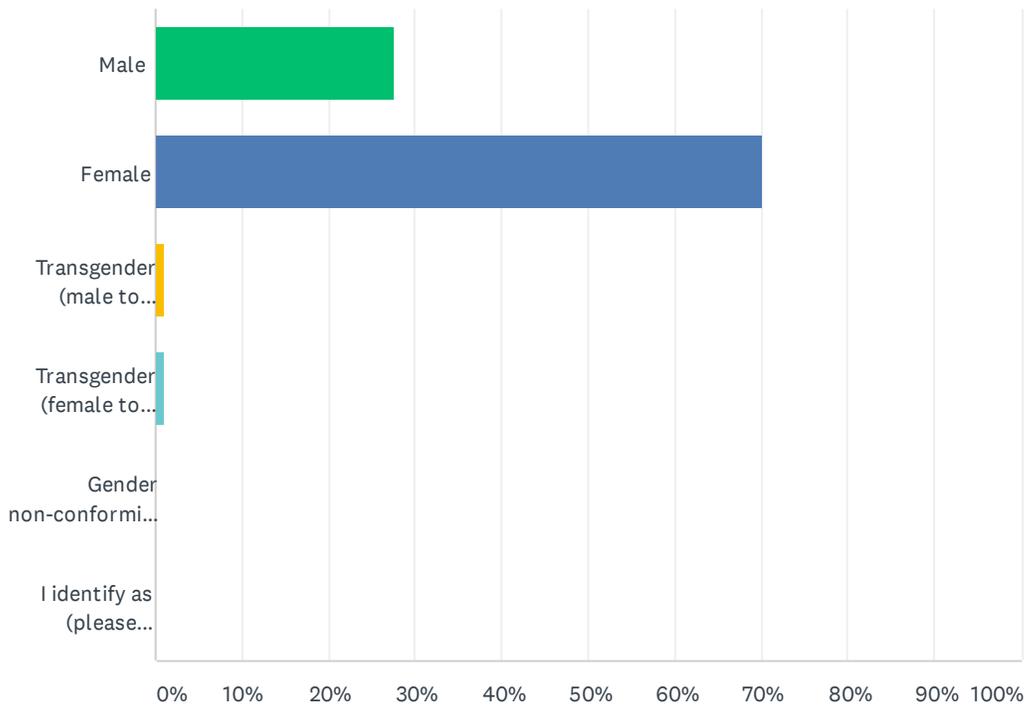
#	OTHER (PLEASE SPECIFY)	DATE
1	I work one day a week at the church. I'm disabled, served at Ground Zero, multiple heart attacks, open heart, ICD, pacemaker	7/30/2021 6:56 PM

Communities for Healthy Aging Transitions Survey

2	Employed full-time & student	7/26/2021 3:49 PM
3	Student AND part time	3/15/2021 4:12 PM

Q30 What is your gender expression?

Answered: 87 Skipped: 0

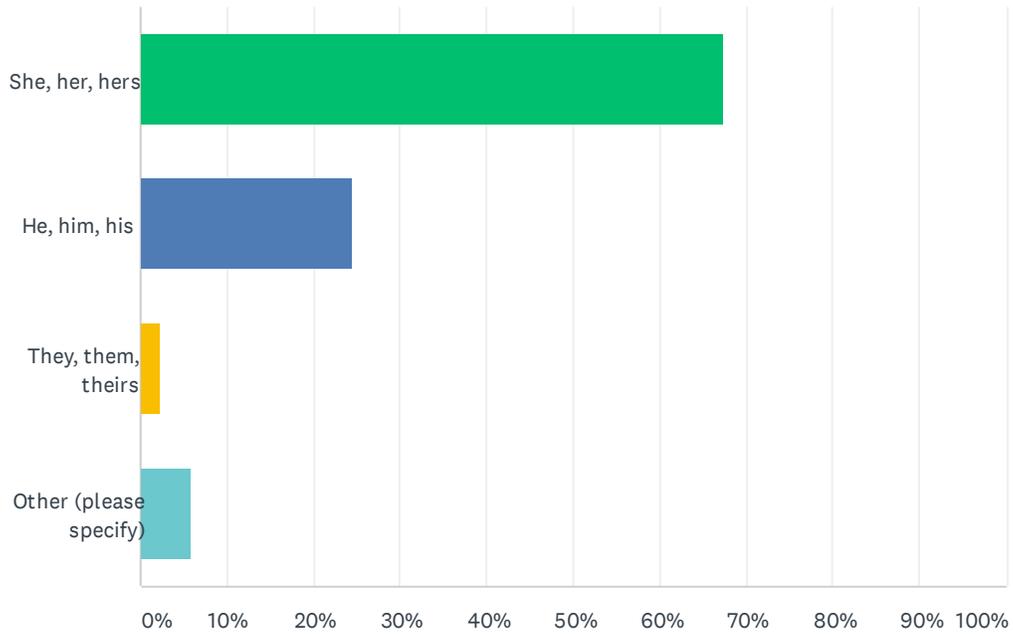


ANSWER CHOICES	RESPONSES	
Male	27.59%	24
Female	70.11%	61
Transgender (male to female)	1.15%	1
Transgender (female to male)	1.15%	1
Gender non-conforming, neither exclusively male or female	0.00%	0
I identify as (please specify):	0.00%	0
TOTAL		87

#	I IDENTIFY AS (PLEASE SPECIFY):	DATE
	There are no responses.	

Q31 Which pronouns do you prefer?

Answered: 86 Skipped: 1

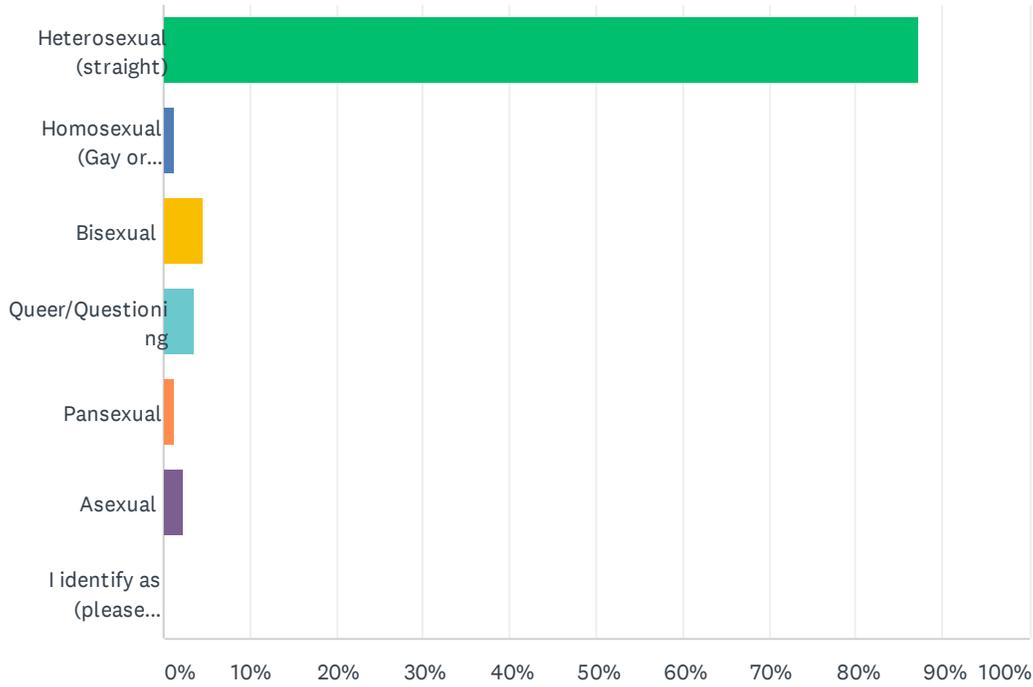


ANSWER CHOICES	RESPONSES	
She, her, hers	67.44%	58
He, him, his	24.42%	21
They, them, theirs	2.33%	2
Other (please specify)	5.81%	5
TOTAL		86

#	OTHER (PLEASE SPECIFY)	DATE
1	what?	7/30/2021 6:44 PM
2	none	6/10/2021 9:08 AM
3	Why is this important?	4/1/2021 10:19 AM
4	all	3/25/2021 5:41 PM
5	none	2/13/2021 1:28 PM

Q32 What is your sexual orientation?

Answered: 86 Skipped: 1

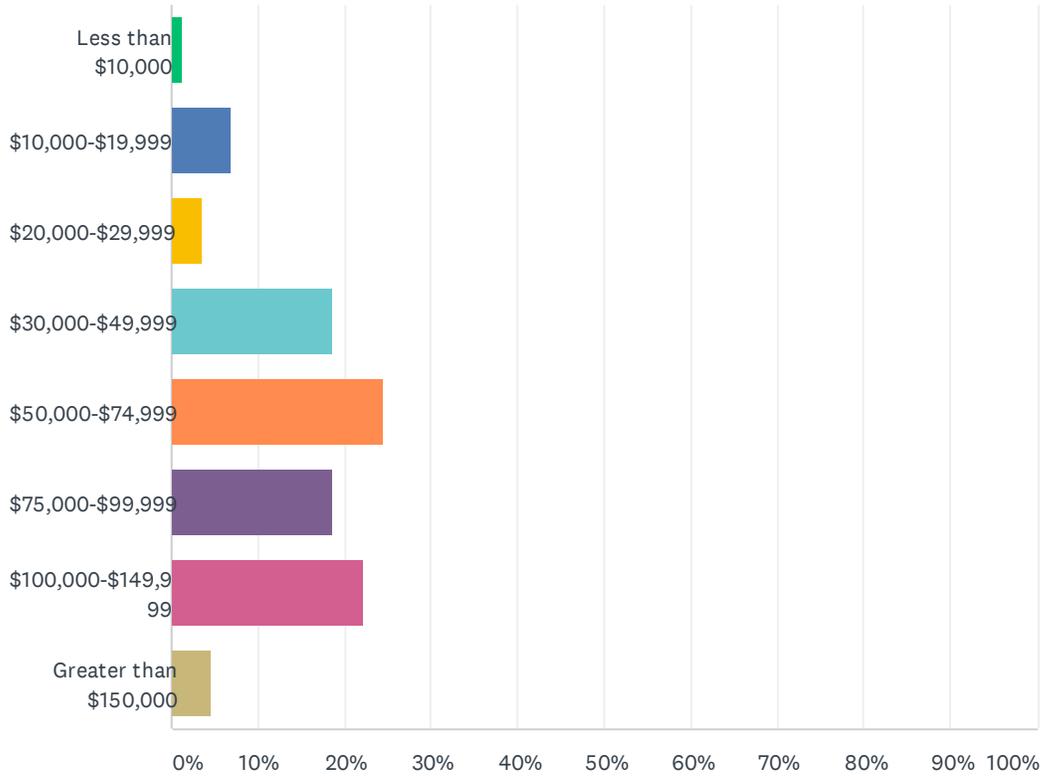


ANSWER CHOICES	RESPONSES	
Heterosexual (straight)	87.21%	75
Homosexual (Gay or Lesbian)	1.16%	1
Bisexual	4.65%	4
Queer/Questioning	3.49%	3
Pansexual	1.16%	1
Asexual	2.33%	2
I identify as (please specify):	0.00%	0
TOTAL		86

#	I IDENTIFY AS (PLEASE SPECIFY):	DATE
	There are no responses.	

Q33 What is your household Income?

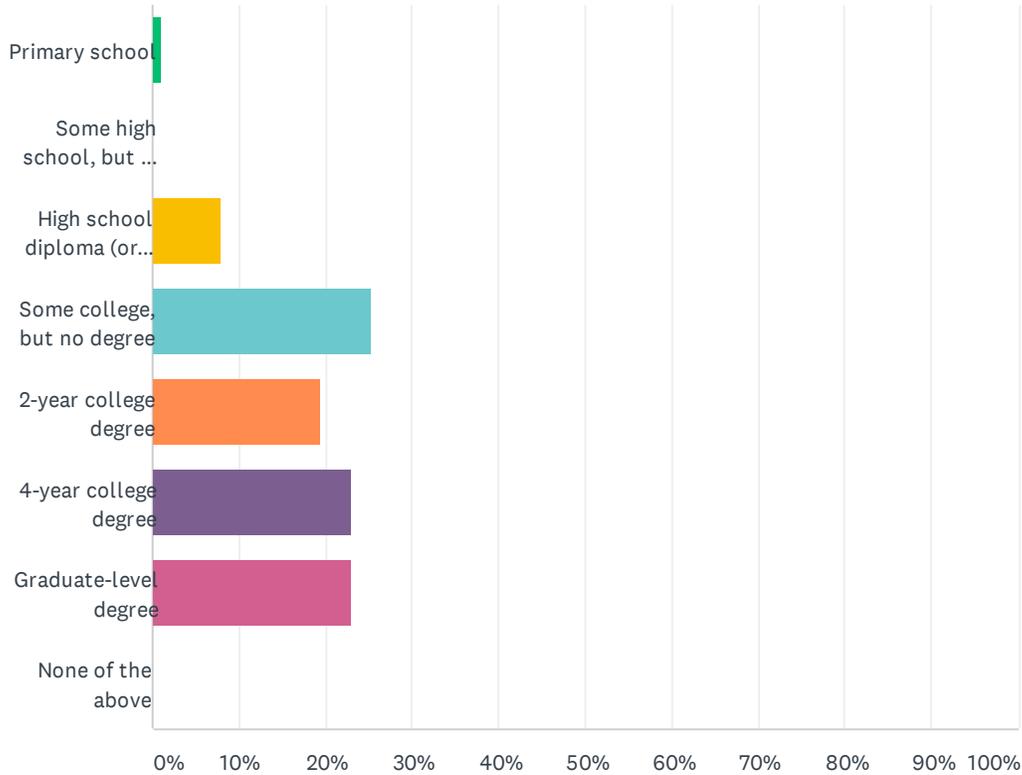
Answered: 86 Skipped: 1



ANSWER CHOICES	RESPONSES	
Less than \$10,000	1.16%	1
\$10,000-\$19,999	6.98%	6
\$20,000-\$29,999	3.49%	3
\$30,000-\$49,999	18.60%	16
\$50,000-\$74,999	24.42%	21
\$75,000-\$99,999	18.60%	16
\$100,000-\$149,999	22.09%	19
Greater than \$150,000	4.65%	4
TOTAL		86

Q34 What is the highest level of school that you have completed?

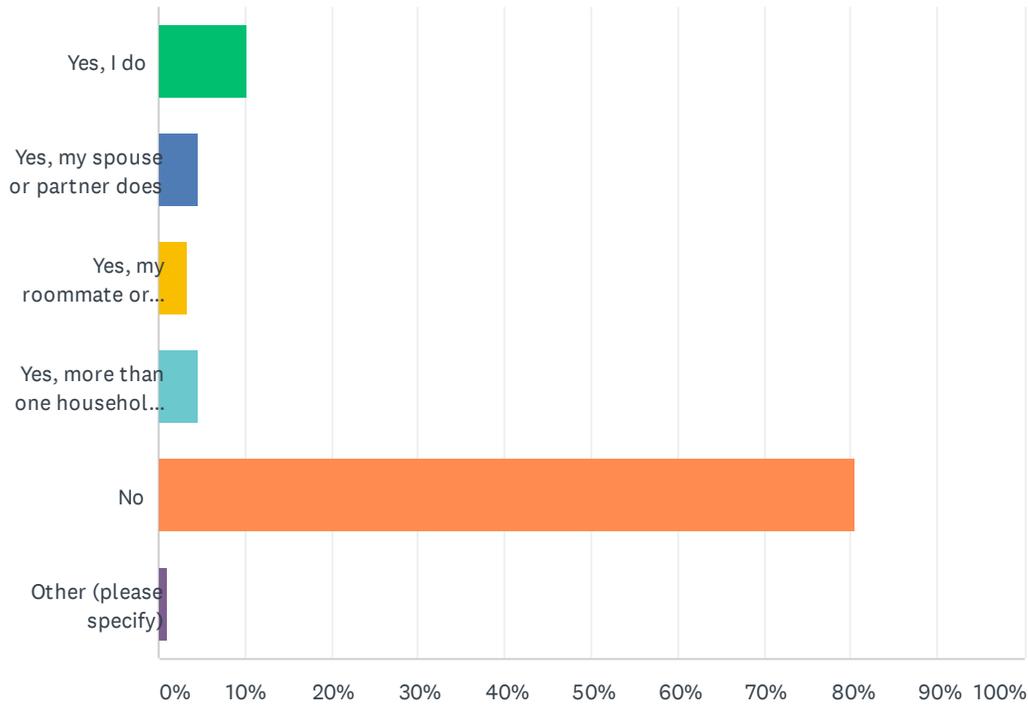
Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES	
Primary school	1.15%	1
Some high school, but no diploma	0.00%	0
High school diploma (or GED)	8.05%	7
Some college, but no degree	25.29%	22
2-year college degree	19.54%	17
4-year college degree	22.99%	20
Graduate-level degree	22.99%	20
None of the above	0.00%	0
TOTAL		87

Q35 Do you or a household member live with a disability?

Answered: 87 Skipped: 0

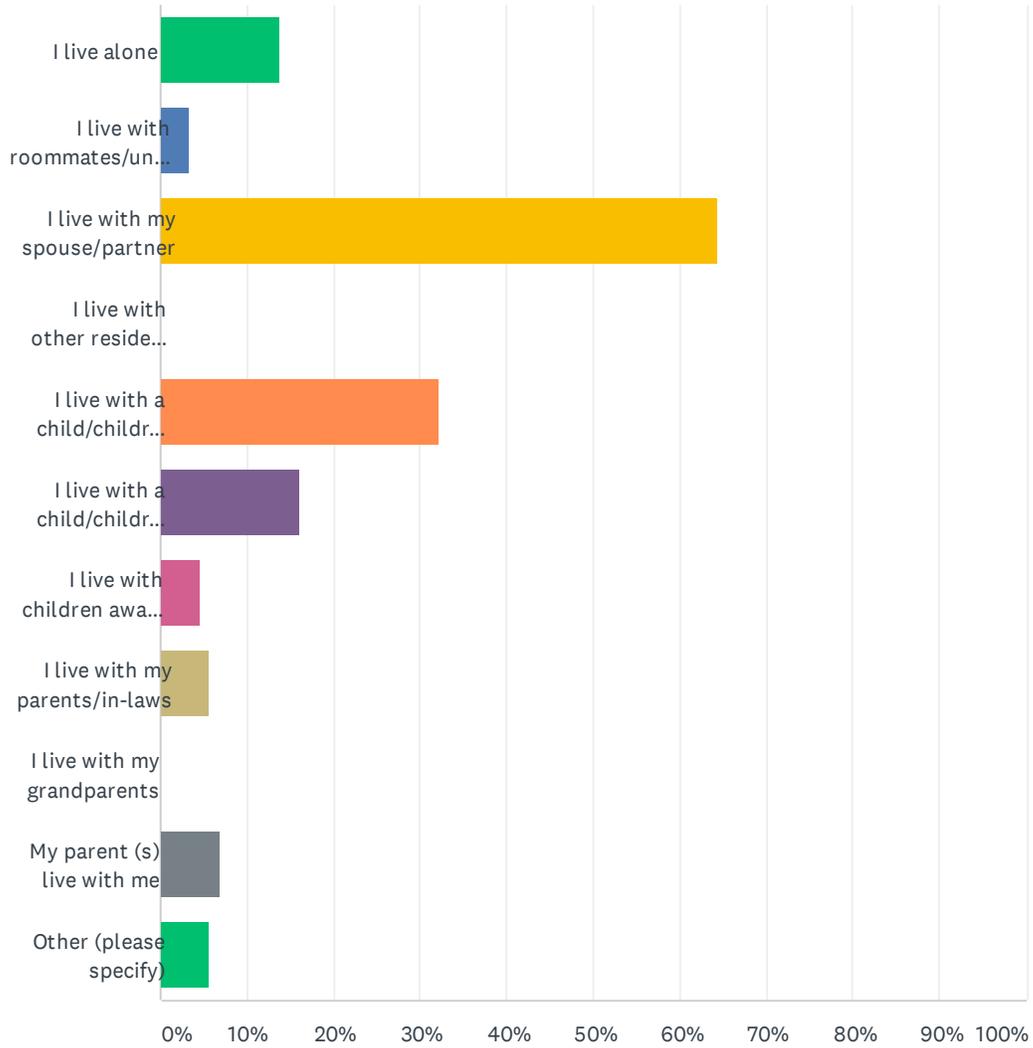


ANSWER CHOICES	RESPONSES	
Yes, I do	10.34%	9
Yes, my spouse or partner does	4.60%	4
Yes, my roommate or household member does	3.45%	3
Yes, more than one household member does	4.60%	4
No	80.46%	70
Other (please specify)	1.15%	1
Total Respondents: 87		

#	OTHER (PLEASE SPECIFY)	DATE
1	Mental health issues which are treated	4/6/2021 1:34 PM

Q36 What describes your living situation? Check all that apply

Answered: 87 Skipped: 0



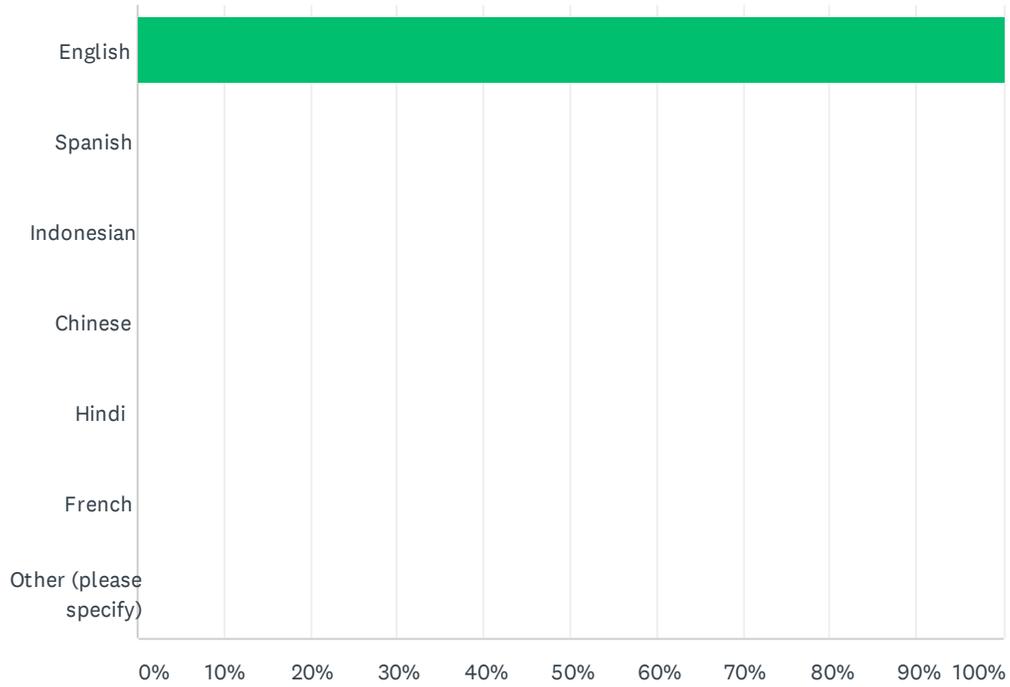
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I live alone	13.79%	12
I live with roommates/unrelated people	3.45%	3
I live with my spouse/partner	64.37%	56
I live with other residents in a group facility	0.00%	0
I live with a child/children under 18	32.18%	28
I live with a child/children over 18	16.09%	14
I live with children away at college	4.60%	4
I live with my parents/in-laws	5.75%	5
I live with my grandparents	0.00%	0
My parent (s) live with me	6.90%	6
Other (please specify)	5.75%	5
Total Respondents: 87		

#	OTHER (PLEASE SPECIFY)	DATE
1	I live with my adult daughter, her boyfriend, and their don	4/9/2021 1:30 PM
2	I live with my dog	4/9/2021 1:04 AM
3	19 year old away at college thru sept-may	4/6/2021 7:04 PM
4	My son and daughter-in-law and their 2 children, 2 and 4	3/26/2021 11:47 AM
5	other family	2/15/2021 9:50 PM

Q37 What language do you primarily speak at home?

Answered: 87 Skipped: 0



ANSWER CHOICES	RESPONSES	
English	100.00%	87
Spanish	0.00%	0
Indonesian	0.00%	0
Chinese	0.00%	0
Hindi	0.00%	0
French	0.00%	0
Other (please specify)	0.00%	0
TOTAL		87

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	