

Summarized Goals by Domain for the AARP MWV Age Friendly Community Initiative – Progress report December 2018. Planned submission of the Action Plan in February 2019. Each Goal was developed with a full description of SMART characteristics. Summarized here are the Goal, the Need, the Specific intent.

## Health

### #1 Goal: **Upgrade 211 information about local services – “211 Day”**

The Need: 211 is a free, statewide, zip code specific site for access by anyone in the community to search for needed services. Their website has recently been upgraded but lacks current information from our local agencies so is not comprehensive or robust.

Specific: Create a list of local relevant agencies and target a specific day (or week) and person to upgrade their service information on the 211 site. Expand to ServiceLink and eventually to town library links.

### #2 Goal: **Age Friendly Walkable Trails Challenge “22-Footers” or “11-Footers”**

Need: Motivate people of all ages and abilities to use the existing trails

Specific: Using the list of most walkable trails from the Outdoor Spaces working group, create a challenge for the Valley for various age groups and abilities to walk all or a designated number from April to November. Collaborate with 5-2-1-0 at Memorial and other health groups

If they are not all yet available, we could create a 11 -Footers Day and have everyone participating at the trails and have photos submitted and ready for publication afterward as a celebration

### #3 Goal: **Spread the Intergenerational Memory and Music Program**

Need: Intergenerational events and contact; dementia care

Specific: Expand the existing Memory and Music program <https://musicandmemory.org/> that pairs youth with patients or house bound persons (presently active at Merriam House) to interview them to learn their favorite music to be downloaded into donated MP3 or ipod players for their use.

### #4 Goal: **Increase the utilization of the REAP in-home services from Northern Human Services**

The Need In-home caregivers and clients often suffer from anxiety, depression, and anger. REAP offers evaluation and 6 in-home mental health visits. Presently they are under-utilized

Specific: Increase the number of REAP clients to capacity

**#5 Goal: Good Morning, Good Neighbor, Family Wandering – partnering with our local police and sheriff departments**

Need: Assist those living at home alone needing identification of falls, stroke or other health events; promote existing programs. Reduce isolation, permit enhanced aging in place

Specific: Three programs already exist through our local police and sheriff departments to reach out to anyone living at home who could benefit from contact and protection.

Our contacts with the departments have indicated that there is much more capacity and promotion is needed

## Outdoor Spaces

**#1 Goal: Age Friendly Walkable Trails**

Need: Greater awareness of the most walkable and ADA accessible in the Valley (See Health goals for link to motivating challenge to use the trails)

Specific: Create a list (both paper and electronic), with maps, video, & brief descriptions, of existing trails in MWV. Each trail to have minimal elevation change, minimal root/ rock impediments, and to be reasonably accessible by people of all ages and abilities. Separate listing of ADA trails.

**#2 Goal: Create Benchlet spaces combining seating, activities and potentially food access for greater attraction and socialization for people of all ages in our existing parks**

Need: Open spaces concepts are evolving to recognize that attractive spaces come with combinations of food, groupings and activities. We have multiple parks but limited arrangements that combine these elements.

Specific: Complete an inventory and identify best potential areas for development by towns, including gardening clubs, sports teams, and recreation departments

**#3 Goal : Age Friendly Community Garden**

The Need: Intergenerational activities near the elementary/middle school that builds upon prior interest and creates a replicable model for other towns.

Specific: Create a community garden in the Town of Bartlett, on land donated by Stony Morrell, located on Route 302, to be reasonably accessible by people of all ages and abilities, promoting inter-generational interactions

## Housing

### #1 Goal: Create ADU Town-specific MWV Guide

The Need: Reduce the barriers to homeowners considering building ADUs

Specific: Complete a town by town comparison of the zoning, size restrictions, parking, attached vs. detached and other characteristics of allowable ADUs under the 2016 ADU New Hampshire law. Second, Phase 2 – develop a comprehensive plan for pushing the information out to communities and homeowners

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The Need: Comprehensive and easily accessed information for those seeking affordable housing

Specific: Develop a current list of the affordable housing options, their managers contact and their restrictions; make this guide available across the Valley

### #3 Goal: **Create MWV-Gibson HomeShare Network**

The Need: Pair home-seekers with homeowners who have empty space to rent thereby increasing affordable workforce housing and help older adults continue to age in place

Specific: Complete the legal, insurance, policy, invitation, interview and guideline documents for successful HomeShare based on other USA models (HomeShareVermont, HomeShareNow, HomeShareSanLuisObispo and others). Create the budget, PR program, website and secure the Advisory Group.

### #4 Goal: **Develop recommendations for zoning improvement to allow cluster or senior/affordable housing units and meet the current needs of citizens**

The Need: Reduce the barriers to towns creating affordable and workforce housing

Specific: Develop detailed proposals to planning boards that create more options for towns to permit affordable and workforce housing

### #5 Goal: **Develop Legislation to incentivize long-term rentals**

The Need Create incentives for long-term rentals (ADU's, apartments, homes, shared housing) to counteract short term rental trends

Specific: Develop detailed proposals to put forward with our state legislators to create state and town specific incentives for long term rentals. Secondly, develop the strategies for creating the constituencies to back such legislation

## Community Connections

### #1 Goal: **Begin fostering intergenerational relationships with educational institutions**

Need: Enhance the current programs and build on them to increase the quality and number of intergenerational relationship opportunities in our schools

Specific: There is a growing need in our communities and in our schools to enhance social interaction, learning opportunities, and to improve intergenerational relationships. There are (or have been programs) that have existed in our local schools over the years. We need to identify the current programs and build on them and develop new ones.

### #2 Goal: Explore setting up more email exchanges in all towns; expand service provider lists per Freedom model

Need: People need simple information systems where they can obtain names of reputable providers of various services and/or exchange information of current events and/or needs/offerings in the town

Specific: Enlist a person(s) in each town to create a listing of services available in the town similar to that in Freedom and to create a town bulletin board or email exchange set up similar to those in Freedom, Tamworth, Madison and Jackson

### #3Goal: Explore streamlining the vetting process for volunteers across the Valley

Need: Streamline/consolidate the vetting process to reduce cost and time involved by non-profits in an effort to reduce costs and increase number of volunteers.

Specific: The vetting process is time consuming, costly and in many cases repetitive. There is no standard vetting process. Each non-profit appears to follow a different and separate vetting process for criminal and background checks. Some individuals who would consider volunteering for multiple organizations might not because of this duplicative requirement. Research possibilities for a "one and done" vetting service across the Valley.

## Transportation

### #1 Goal: Disseminate the newly revised Countywide Transportation Guide

Need: People served by organizations all over the region need to be aware of the resources, contact mechanisms, regulations and availability of our multiple transportation options before more work is done to create new options.

Specific: The resource guide will be sent to identified organizations, promotion strategies will be developed, email lists of contacts will be generated.

#2 Goal: To have the guide serve not only as a reference for transportation resources in Carroll County, but also to identify those organizations who are in regular need of volunteer drivers.