Age-Focused Planning
Implementing Age-Friendly Strategies in Southwest New Hampshire

Overview
A Project of Cheshire Medical Center and Southwest Region Planning Commission to Address Changing Demographics in Southwest New Hampshire.
- Project activities focus on coordination to improve access to transportation, housing options, economic opportunities, and vital community services for older and younger adults in Southwest New Hampshire.
- The effort will also involve coordination activities for broadband connectivity and other emerging health issues as a result of the Coronavirus pandemic.
- Funding and technical assistance provided by the Tufts Health Plan Foundation through June 30, 2021.

The Need
A previous phase of the project entitled Age-Focused Planning in Southwest New Hampshire investigated the implications of changes in four theme areas that impact community vitality and residents’ health and quality of life (i.e. transportation alternatives, housing options, economic opportunities and social engagement):
- Demographic trends indicate a decline in youth and residents of working age while the proportion of the population that is 65+ is growing faster than any other age group.
- In contrast to the older adult population, the number of children under the age of 15 decreased by 14% between 2000 and 2010.
- These demographic shifts will have significant regional and local level implications on housing, transportation, economy, and community vitality.

Objectives
- Increase regional and local capacity to provide a variety of transportation options to places people want and need to go, such as medical appointments, shopping, employment, cultural events, and recreation.
- Increase opportunities for people to be socially connected.
- Increase community participation and understanding of community transportation and ways to address social isolation.
- Increase education of municipal and state officials on the need for public transportation services and funding options.
- Increase use of land-use and zoning tools to create healthier more vibrant communities.
- Increase community and citizen emergency preparedness including response to the COVID-19 pandemic.

Get Engaged
There are many ways you can be involved in the project and creating a more welcoming community and region for all ages:
- Review the Age-Focused Planning in Southwest New Hampshire study findings, recommendations and guidance specific to your own community.
- Start a dialogue with local and regional partners about implementation priorities and resources.
- Connect with other communities developing and implementing Age-Focused action plans.
- Reach out to SWRPC for resources to assist you with the development and implementation of your local action plan.

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www.swrpc.org/age-focused