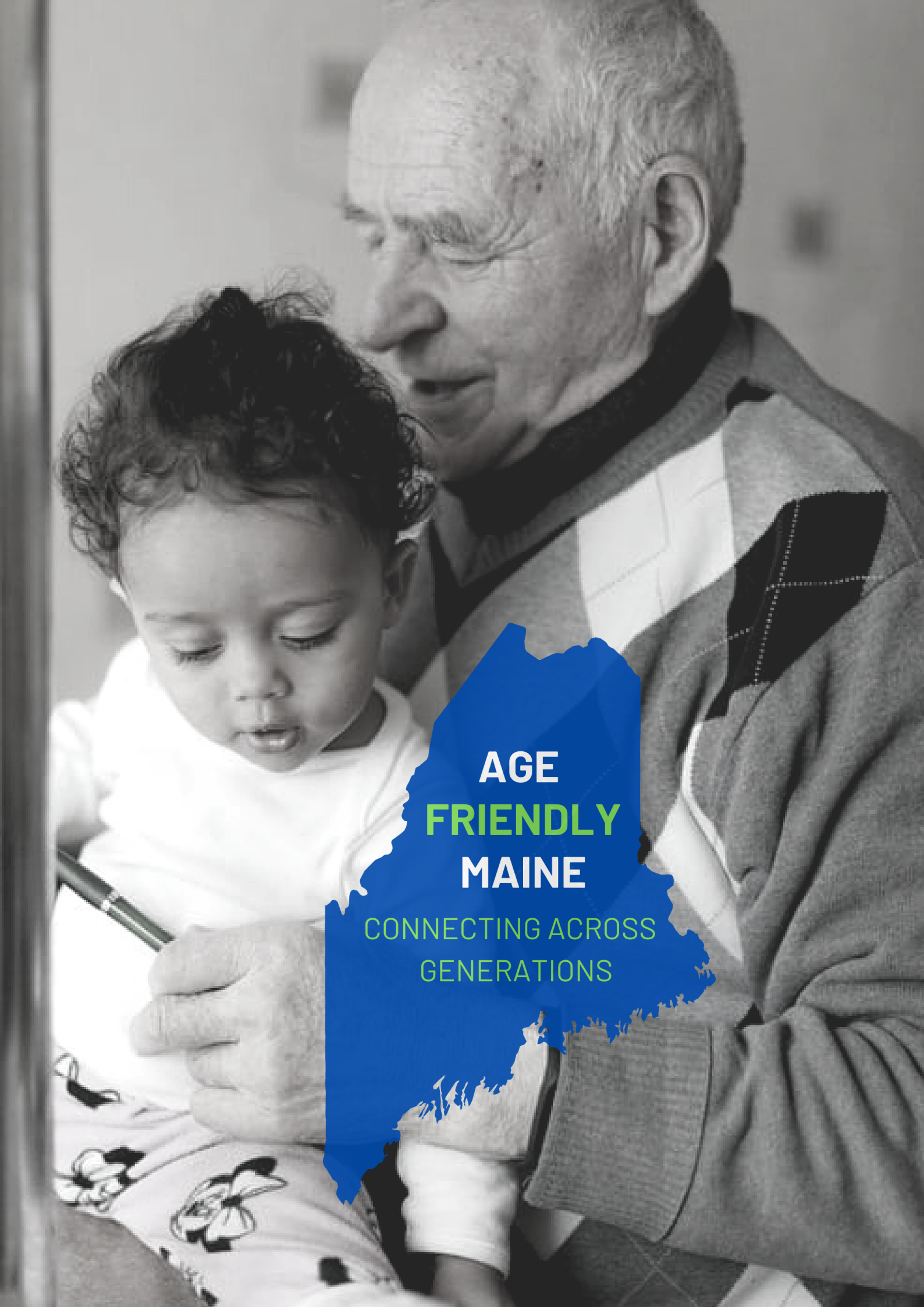
AGE
FRIENDLY
MAINE
CONNECTING ACROSS
GENERATIONS

Janet T. Mills
GOVERNOR

STATE OF MAINE
OFFICE OF THE GOVERNOR
1 STATE HOUSE STATION
AUGUSTA, MAINE
04333-0001

January 14, 2021

Dear Citizens of Maine,

Maine has the oldest population in the nation. If you, like some, react to that fact with sympathy for our graying state, I invite you instead to see it as I do: a unique opportunity.

Our older adults are valuable assets — key to diversifying our economy, strengthening our workforce, and creating a brighter future for our state. But we must overcome obstacles that stand in the way of their success.

Every day some older adults in Maine struggle to steer wheelchairs through narrow hallways or climb steep stairs with aching knees. Some are breaking pills into smaller doses to stretch the medicine they need or putting on another sweater to avoid turning up the heat. Some are losing their savings to sweet-talking scammers.

Under my Administration, Maine is taking steps to address the barriers that prevent older residents from living safely in the homes and communities they love.

We released $15 million in voter-approved bonds to build new affordable homes for older adults and to modify, repair, and weatherize existing homes. We provided direct property tax relief for hundreds of thousands of Maine residents and enacted the Maine Affordable Housing Tax Credit program to double the construction rate of new affordable housing.

We established the Elder Justice Coordinating Partnership to combat abuse of older adults. We restored a program to make prescription medications affordable for older Mainers and enacted laws to allow the wholesale importation of prescription medicine, create a prescription drug affordability board, increase drug price transparency, and better regulate pharmacy benefit managers.

And, with the help of AARP Maine, we are taking a novel approach to how people grow older in our rural state — one that finds its roots in AARP's Network of Age-Friendly States and Communities.

It is a story that dates back to 2014, when Portland and Ellsworth, two beautiful coastal cities, became the first communities in Maine to join this network. It did not take long for that

participation to ignite interest across our state. By the end of 2016, Maine celebrated 22 communities in the network. That number doubled by the end of 2017, and now has grown to over 100 communities in Maine.

It was as a direct result of those efforts that I stood with AARP last year as it welcomed the entire state of Maine into the Network of Age-Friendly States and Communities.

Since then, six state government agencies and more than 50 organizations and individuals worked to create this report, Maine's first *Age Friendly State Plan* to improve engagement, communication, employment, financial security, health, housing, recreation and transportation for older Mainers.

This year has been challenging for us all, but the novel coronavirus pandemic has hit Maine's older adults, many of whom live in far-flung rural communities, especially hard. While we can't cure the isolation of the coronavirus pandemic with human contact, we can cure it with human connection.

It is my hope you will use this report to find creative ways to connect with your community's efforts to create a brighter future for citizens of all ages. In the meantime, my Administration will also continue our efforts to ensure Maine truly is an age friendly state.

Sincerely,

Janet T. Mills
Governor

Acknowledgements

The 2020 Age-Friendly State Plan was made possible thanks to the generous contributions of insight and time from the the Age-Friendly State Advisory Committee, AARP Maine, staffing from Public Allies Livable Community Corps, MaineHousing, and the Maine Departments of Agriculture, Conservation, and Forestry, Health and Human Services (DHHS), Labor (DOL), Public Safety (DPS), and Transportation (DOT). Over fifty individuals from every region of the state, listed in Appendix B, contributed to this effort.

For the creation of this plan, the Maine Department of Health and Human Services partnered with Public Allies, a national organization dedicated to advancing social justice by engaging the leadership capacities of people. Public Allies place two volunteers within the Office of Aging and Disability Services during 2020 to support this Age-Friendly work. The volunteers conducted background research, collected feedback from the Advisory and Steering Committees members, and other community leaders, and assisted with development of this report. Special thanks to our Public Allies, Miranda Cummings and Brian Dougeneck.

Executive Summary

In 2019, Maine was designated as an Age-Friendly State, joining many cities and communities across the globe who are committed to becoming more inclusive of people of all ages. Maine is very proud to now be part of the AARP Network of Age-Friendly States and Communities and the World Health Organization's Global Network for Age-Friendly Cities and Communities.

Joining this network is just the first step in a multi-year process. Age-Friendly states and communities are encouraged to plan and implement strategies that best fit the assets and opportunities of their state and community, as well as embrace and assess multiple domains of livability.

With the help of internal and external stakeholders, Maine has developed the attached Age-Friendly State Plan using 7 unique domains to guide its Age-Friendly work moving forward. Represented by the graphic below, Maine's Age-Friendly domains are:

- **Respect, Equity & Social Engagement**
- **Accessible Communication & Information**
- **Employment & Financial Security**
- **Health Coverage, Health Care, Healthy Aging & Supportive Services,**
- **Housing**
- **Natural Resource Management, Outdoor Spaces & Recreation**
- **Transportation**

These Age-Friendly Domains will be used to guide Maine's Age-Friendly work moving forward. In each domain of livability, Strategic Objectives have been created to focus this work in the coming years. Using this Age-Friendly State Plan as a guide, we hope you will join us in making Maine more livable for people of every age.

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INTRODUCTION

In 2019, Governor Janet Mills announced that Maine had been designated as an Age-Friendly State, joining 5 other states and many cities and communities across the globe who are committed to becoming more inclusive of people of all ages.

Joining the network is just the first step in a multi-year process, and Age-Friendly states and communities are encouraged to plan and implement strategies that best address the needs and build on the assets and opportunities of their states and communities, as well as embrace and assess multiple domains of livability.

To begin this process, Maine engaged multiple stakeholders and community leaders throughout 2020 in drafting this Age-Friendly State Plan. Two committees, the Age-Friendly State Advisory Committee (AFSAC), and the Age-Friendly State Steering Committee (AFSSC), worked throughout the year to create Maine-focused Age-Friendly domains, to identify and highlight existing organizations doing important work in this area, and to draft domain-specific goals, referred to as Strategic Objectives, that will guide our efforts moving forward.

Maine's Office of Aging and Disability Services, in the Maine Department of Health and Human Services, partnered with Public Allies, a national organization dedicated to advancing social justice by engaging the leadership capacities of people, to staff these two committees, engage communities in the discussion, and draft this report.

HOW TO USE THE PLAN

Maine's Age-Friendly State Plan is organized in Age-Friendly domains; these domains are specific areas of livability developed as part of this process, and individual definitions for the domains are included below. Domain sections have been developed using “We” statements. In the plan, "We" refers to statements made by the Age-Friendly State Advisory Committee, the State Steering Committee, and conversations with community members over the past year. Within each domain, readers will find:

We Heard, a combination of feedback we received during committee meetings, as well as quotes we recorded from community members across the state;

We Have, highlights a sampling of existing organizations, programs, services, and reports relating to each domain; and

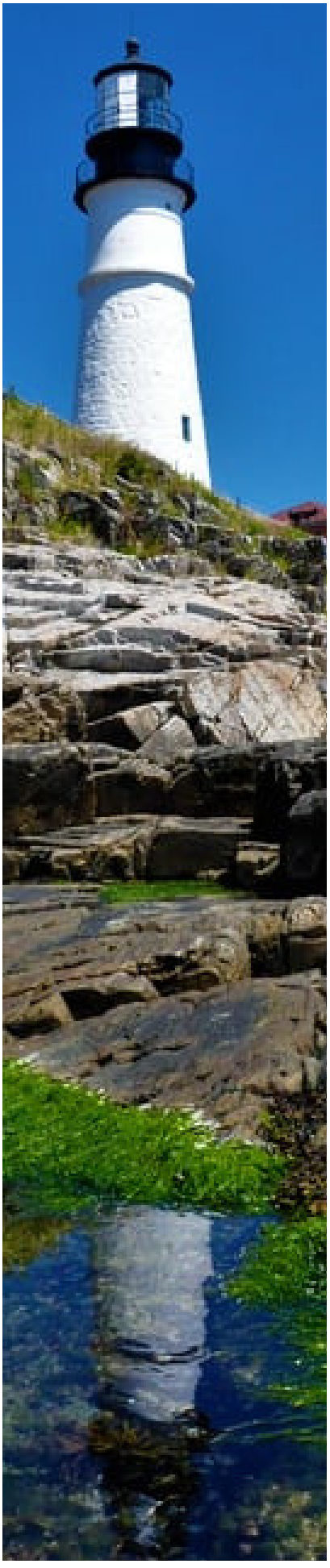
We Will, provides domain-specific goals, referred to as Strategic Objectives, that we will guide our efforts moving forward.

OVERLAPPING THEMES

Readers will notice throughout the plan that important themes emerge and overlap, as well as cross-cut multiple sections. For example, respect, equity, and social inclusion are efforts that should be included and applied to all areas of livability. Similarly, volunteerism is essential to, and can be important in, our ongoing success across the domains.

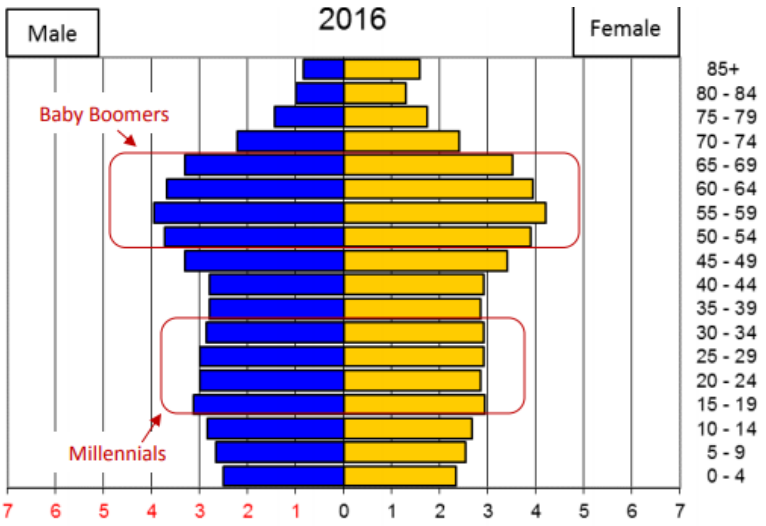
HOW CAN WE CONTRIBUTE?

This plan will guide agencies as they work at the state level to guide age friendly efforts. But this plan is not only for state government. We need continuing efforts on the part of businesses, civic groups, land owners, municipalities, non-profits and others to ensure that Maine continues to be a place where people of all ages can thrive. Measures will be developed for each of the goal areas and a dashboard populated so progress can be monitored.



BACKGROUND

Growing older and living longer, Maine's population is currently the oldest in the nation. Older Mainers (60 years of age and older) make up nearly a third of the state's total population, reflecting the aging of Maine's Baby Boomer generation (Figure 1, below).



Maine's Population Distribution, 2016
from Maine State Economist, December 2018:
https://www.maine.gov/dafs/economist/sites/maine.gov.dafs.economist/files/inline-files/Maine%20Population%20Outlook%20to%202026.pdf

As Maine's population ages, older Mainers will play a crucial role in the state's economic and social growth. Maine's older population will continue to make important economic contributions that benefit all ages. This impact includes the positive effects of their spending, work contributions, and taxes paid. These contributions in turn fuel economic growth, stimulate jobs, and create opportunities in various industries.

For instance, as the percentage of older Mainers has increased, the number of working-age Mainers (ages 20-64) has declined or remained stagnant (Figure 2, page 10) over time. Because this change in demographics will have sizeable impacts on Maine's workforce and economy, our Age-Friendly State Plan acknowledges these realities and offers strategies that contemplate how Mainers can age in their community as long as possible, especially since older adults have consistently expressed a strong preference for remaining in their homes or communities as they age.

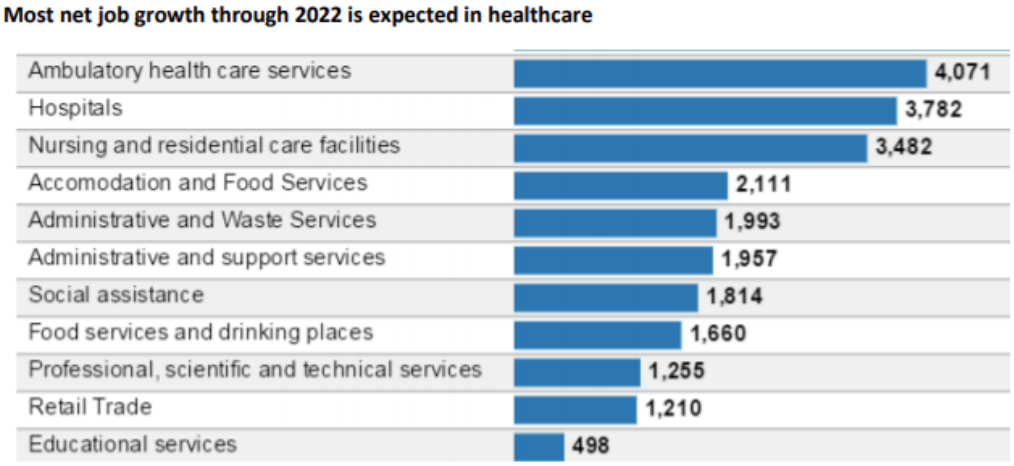
Overcoming these demographic changes will require innovative thinking, continued strategic planning, and action, especially as Maine continues to have fewer young people entering the labor force than those retiring. According to the Maine Department of Labor, Mainers age 16 to 69, which comprises most of the workforce, peaked in 2008 and has declined by about 30,000 workers since. Additionally, the imbalance between those entering the workforce and those exiting it has caused us to have almost no labor force growth over the last decade.

Maine Statewide Population by Age				
	2016 (historical)	**2021**	**2026**	**2016-2026**
Age 0-19 years	287,581	265,943	253,938	
Age 20-39 years	308,280	315,515	314,612	
Age 40-64 years	476,872	446,545	420,032	
Age 65+ years	257,499	307,257	351,880	
Five-Year Percent Change				
Percent Change 0-19		-8%	-5%	-12%
Percent Change 20-39		2%	0%	2%
Percent Change 40-64		-6%	-6%	-12%
Percent Change 65+		19%	15%	37%

Maine's Population Outlook, 2016-2026
from Maine State Economist, December 2018: https://www.maine.gov/dafs/economist/sites/maine.gov.dafs.economist/files/inline-files/Maine%20Population%20Outlook%20to%202026.pdf

Complicating workforce changes is Maine's growing health care needs. Healthcare is one of the largest and fastest growing employment areas in Maine, accounting for 17% of jobs. Growth of our healthcare workforce is expected to continue through 2022, but will be complicated by fewer workers able to fill those roles. Many additional healthcare jobs are needed to support adults to age healthy and remain independent.

Additionally, there are many ways to stay healthy as we age. Mainers value outdoor recreation resources for exercise and health. There are opportunities throughout the state that can help improve community health and wellness and Maine should expand outdoor recreation options when possible.



Economic and Workforce Analysis
from Maine Department of Labor, 2016 https://www.maine.gov/labor/cwri/publications/deliverable/Annual%20report%202016.pdf

While we expect growth in community-based supportive services, helping Mainers remain independent and in their homes and communities, non medical jobs are also important. Those who provide personal care, meals, and chore services are examples of low-cost supports that help prevent admissions to hospitals and nursing homes, especially when well-coordinated with other health services.

However, preparing for workforce changes is only one way to plan for and support healthy aging. Strengthening the infrastructure for healthy aging through new partnerships around evidence based programs, with community partners and volunteers, will also be key in supporting Mainers as they age.

Likewise, increased, creative and integrated methods of transportation and communication will reduce social isolation, increase access to goods and services, and allow Mainers to age in communities of their choice. Mobility options need to include infrastructure to provide walking or wheelchair access to downtown locations, as well as support for motor vehicle transport. New partnerships can be developed to ensure that Mainers know how to access transportation services in their communities. Housing is also of vital importance for individuals and families of all ages across Maine. Safe and affordable housing opportunities are needed to support Mainers through all stages of their lives.

Finally, all the steps Maine takes to promote healthy aging should recognize that Mainers of all ages should be valued, given the opportunity to contribute in meaningful ways, and have equal access to our resources, events, and opportunities. As we consider how to improve Maine's age-friendliness, we need to create equity across all policies and programs and provide opportunities for older adults and providers to improve cultural competence and engage in education about diversity and inclusion.

Maine Domains of Livability

Respect, Equity & Social Engagement:
An age-friendly state means that people of all ages can actively participate in their community, where everyone is included, valued, and respected

Accessible Communication & Information:
Ensuring access to information, community services, activities, and programs through a variety of methods will keep Mainers connected to one another and their communities

Employment & Financial Security:
Expanded workforce opportunities, retirement education, and financial protection will help individuals and the economy thrive

Health Coverage, Health Care, Healthy Aging & Supportive Services:
Affordable access to high quality health and supportive services is crucial as people age, including specialty care for chronic conditions and supportive services to maintain independence

Housing:
Additional housing opportunities and home modification programming will allow Mainers to live and thrive in their own community

Natural Resource Management, Outdoor Spaces & Recreation:
Public and private management of Maine's natural resources, including farms and woodlands, is vital to the future of Maine's economy and the health and well-being of Mainers

Transportation:
Increasing the availability of safe and affordable transportation options and alternatives will reduce social isolation, support independent living, and allow Mainers to age in their communities

Respect, Equity & Social Engagement

Maine should ensure older adults and groups of all ages and identities feel valued, are able to contribute in meaningful ways, and have equal access to resources, events, and opportunities. We must consider equity across all policies and programs and provide opportunities for older adults and those who support them to improve cultural competence and engage in education about diversity and inclusion. Efforts should balance autonomy and independence with inclusion and anti-discrimination as we age. Additionally, we need to increase inclusion efforts of diverse older adults regardless of race, ethnicity, sexual identity, gender identity, and geography.

We Heard:

Respect and empathy for others, including aging adults, is an expression of **"our humanity."** Maine can better **"recognize the contributions"** of others in our policy and programs and start to **"change the way we think."** The **"rurality of Maine plays an important part in this."** We need to better understand how race, ethnicity, rurality, and poverty exacerbate disparities.

We know that **"social isolation impacts our health"** and we need to understand that there are different ways we become isolated, **"such as hearing loss."** Maine needs to recognize aging and disability because **"communities want to be able to be together"** but understand that we can unintentionally cause **"isolation from others."**

Furthermore, older volunteers provide leadership and management support, extend the human resources of direct service programs, apply skills acquired in working years to municipal and nonprofit operations, and provide a myriad

of other services essential to communities. In addition, it supports a connection across generations and between individuals wishing to remain in their homes or communities and other residents and civic life. For mature volunteers, reimbursement of expenses or small meaningful stipends provided by the Foster Grandparent or Senior Companion Programs, can ensure volunteer service is an option to every person regardless of income. Programming that increases opportunities for volunteers and improves agencies' abilities to find, manage, and retain volunteers, especially older volunteers, is critical to delivering on the promise of service.

We Have:

In 2019, Governor Mills signed into law the Permanent Commission on the Status of Racial, Indigenous and Maine Tribal Populations, as well as dedicating $50,000 in funding to support the Commission's work. Maine's Permanent Commission will promote, implement, and coordinate programs that create and improve opportunities and incorporate the goal of eliminating disparities for historically disadvantaged racial, indigenous, and tribal populations in Maine.

In Maine and across the country, racial and ethnic minorities have been disproportionately affected by COVID-19. Action is urgently needed to address these disparities. Throughout the pandemic, DHHS has regularly met with stakeholders to inform our work to address racial and ethnic disparities, and we have recently expanded that engagement to include community leaders and advocates for racial and ethnic groups in Maine, including people of color, New Mainers, and Tribal leaders. These meetings allow for real-time updates from DHHS and the solicitation of immediate advice, input, and requests from impacted communities.

Maine's DHHS has also hired a Director of Diversity, Equity, and Inclusion who has initiated work across the Department to promote a diverse workforce, develop and set policies, and ensure the Department's ability to engage with the range of communities across Maine. Maine Departments and divisions are currently participating in the development of a Strategic Plan. DHHS also recently released a Request for Information (RFI) to gather public input on the Department's organization, grant and contracting processes, and engagement with diverse communities in Maine.

On the aging front, the Maine Community Foundation (MCF) has been a leader on Reframing Aging through the Reframing Aging Initiative. MCF is using evidence-based communication approaches to engage Mainers in a public dialogue about how policies and practices will support us as we age and how we think and talk about aging. Other partners of this important work include the Frameworks Institute, the Maine Health Access Foundation (MEHAF), the Tri-State Learning Collaborative on Aging (TLSC), AARP Maine, the UMaine Center on Aging (UMCoA) at the University of Maine, and the Maine Council On Aging (MCOA). MCOA also hosts the annual Maine Wisdom Summit, which brings together multiple stakeholders in the aging community.

Mainers with other abilities are supported by organizations such as Disability Rights Maine (DRM), the University of Maine Center for Community Inclusion and Disability Studies (CCIDS), who enhance the quality of life for individuals with disabilities and their families, and the Maine Developmental Disabilities Council (MDDC).

Maine's universities also provide education and training, research, evaluation, and community service options through the University of New England's (UNE) Center for Excellence in Aging and Health (CEAH) and the UMaine Center on Aging.

Volunteering is a common way for individuals to stay engaged in their communities. Volunteer Maine, Maine's State Service Commission, funds volunteer service programs, develops volunteer managers, raises awareness of sector issues, and promotes service as a strategy. Its mission is to cultivate effective community service and volunteerism to address needs.

The mission of Volunteer Maine illustrates two bodies of research: the first documents the personal benefits to volunteers whose physical and mental health are better and whose employability is increased; the second body of research demonstrates the connection between the civic engagement of residents and the capacity of communities to thrive and be resilient in the face of adversity. Together, the research explains why it is important for older community residents to be engaged in volunteer service: it is a symbiotic relationship with benefits the community and the individuals.

We Will:

Expand Opportunities for Inclusion and Diversity

Respecting and appreciating what makes us all different is vital for an inclusive, livable Maine. Our differences in age, ethnicity, religion, disability, sexual orientation, gender identity, education, and national origin give us diverse perspectives as well as work and life experiences. We should understand, value, and respect the differences between Mainers.

- **Strategic Objective**: Use an equity framework to review state policies and practices

- **Strategic Objective:** Build on and develop relationships with diverse populations throughout Maine to combat ageism and promote respect

- **Strategic Objective:** Regularly seek advice on structural policy improvements from the Permanent Commission on the Status of Racial, Indigenous and Maine Tribal Populations

- **Strategic Objective:** Support the objective in the 2020-2024 State Plan on Aging to improve access to services and programs for underserved populations and their caregivers as well as continue to engage with community members to inform policies

- **Strategic Objective**: Support individual learning opportunities about intercultural communication, empathy, and awareness

Enhance Efforts to Preserve and Support Autonomy

Dignity and autonomy for aging Mainers means retaining control of the decision-making process and continuing to be valued by their communities. To retain dignity and autonomy as we age, we need suitable information and resources that enable us to make informed choices about our lives, including day-to-day activities, social participation, and support. Education about the importance of autonomy and independence will help create awareness of, as well as combat, ageism. It will also help us reflect on current and emerging best practices of inclusion, interdependence, self-determination, cultural competence, and respect for the inherent abilities of each person to contribute to society.

- **Strategic Objective**: Raise awareness of, and combat ageism, by supporting current and emerging best practices of inclusion, interdependence, self-determination, cultural empathy, communication about reducing systemic bias, and respect for the inherent abilities of each person to contribute to society

Promote Volunteerism and Community Service

According to Nationalservice.gov, 31.6% of Mainers volunteer, ranking Maine 11th among the 50 states and Washington D.C. with over 345,303 volunteers, 40.18 million hours of service, and $934 million of service contributed.

- **Strategic Objective**: Increase meaningful volunteer and community service opportunities, the avenues to connect people with those opportunities, and the capacity of volunteer programs in community-based organizations to better recruit, manage, support and retain older volunteers

How can I get involved

Talk with someone at a resource below, describe the ways you could contribute, how much time you have, and what you want from an experience!

You can explore options for service by simply calling an agency. Or try researching online:

- volunteermaine.gov
- unitedwaysofmaine.org
- maineready.org
- nationalservice.gov/programs/senior-corps

How can my community get involved?

- Talk to community leaders
- Look critically at where volunteers are needed.
- Work with your community to develop role descriptions so the needs are understood.
- Post openings on community sites, not just your own.
- Consider becoming part of the age-friendly community network! Start here.

Accessible Communication & Information

Having reliable and Accessible Communication and Information is essential to all Mainers. Staying connected with events, news, other people, and resource information reduces social isolation, increases knowledge, and promotes social inclusion. Maine can improve accessibility to communication and information by increasing access to broadband and strengthening a No Wrong Door approach to support Mainers at any age.

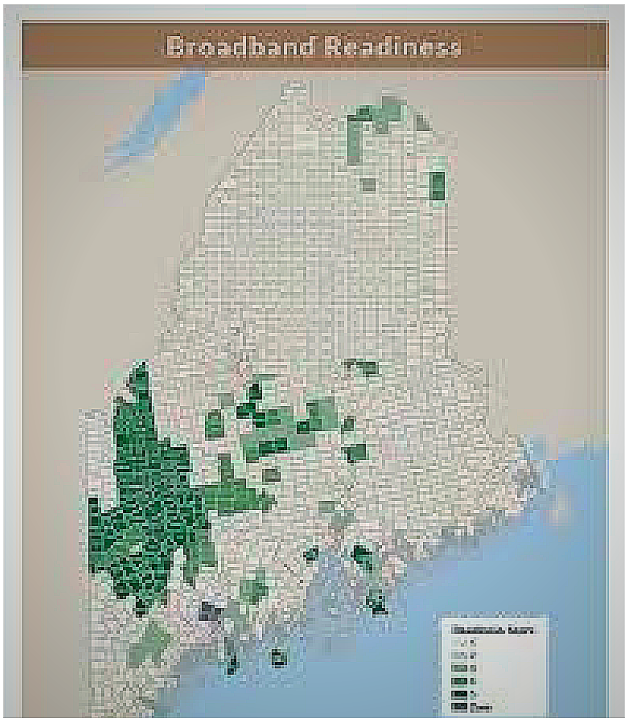
We Heard:

During the Age-Friendly Advisory Committee meetings, we heard concerns that **"broadband is not available to all Mainers"** with multiple examples of how **"online communication is important"** in keeping people connected to one another. Discussions reflected how social media and video-based platforms have been essential in keeping Mainers of all ages connected with friends and loved ones as well as with crucial services and supports that allow them to remain independent. We heard resoundingly, and more than ever, that high-speed internet is vital for Mainers. Although broadband was identified as critical, traditional forms of communication remain important too. Many older Mainers continue to rely on the mail to send and receive important information.

We also heard that Maine needs **"enhanced No Wrong Door approaches."** A No Wrong Door approach is a coordinated system of organizations and agencies which ensures that regardless of which organization people contact for help, they can access the information requested, or be connected to the right resource, regardless of the social service agency contacted.

Maine's 211, Area Agencies on Aging (AAA), and Aging and Disability Resource Centers (ADRCs) are doing great work, but many Mainers still may not know about resources available to them. **"The challenge is getting information to people that a service exists because they actually don't know that one exists."** In addition, Mainers might not know what their specific needs are, just that they need assistance. Service connectors operate on the information that is given to them, so their services are **"only as good as the information provided."** Maine needs to continue to think about universal gateways to information and services and how to ask the right questions. **"Town offices should be a place where we really nurture the No Wrong Door approach."**

Finally, as Maine increases access to communication and information, the Advisory Committee suggested the crucial need for internet security education and training as Mainers begin or increase their online usage. Mainers know the more they use the internet, the more they are **"susceptible to having their information stolen."** Additionally, Maine needs to **"emphasize language access"** and **"inclusive language,"** as well as continue to **"consider the immigrant community experience,"** when developing education and tools.



From ConnectMaine: readiness of cities/towns throughout the state. The lighter the color, means the lower the readiness to have access to broadband service. The darker green color means these areas have a higher level of readiness to begin broadband services. If the town is marked grey, then broadband services are available.

Source: https://www.maine.gov/connectme/sites/maine.gov.connectme/files/inline-files/Plan_Action_2020.pdf

We Have:

Five regional Area Agencies on Aging (AAAs/ADRCs) in Maine serve as a "No Wrong Door" for older adults, individuals with disabilities, and their family and care partners about a wide range of in-home, community-based, and institutional services. 211 provides contact information for Mainers of all ages and abilities about basic needs such as food, shelter, housing, transportation, financial assistance, and guidance for those in crisis. In addition, Maine's Department of Health and Human Services has updated its website to better serve the public by becoming more user friendly and using resource-based navigation to help Mainers find the services and supports they need. In addition, many other Maine-based organizations, such as Legal Services for the Elderly, the Maine Long-Term Care Ombudsman Program, and the Maine Alzheimer's Association, provide information about services and supports available.

We know that some of the most trusted sources for information in Maine include local libraries, churches, and town halls. There is an opportunity for No Wrong Door approaches to be incorporated into these community partners by making sure that the AAAs and 211 are available in these places.

We Will:

Support Access to High-Speed Internet & Cellular Service

Internet and cellular connectivity is more important than ever. High-speed connections are essential for Maine's economic development as well as for the daily needs of its people. Work, school, appointments, and services have moved online and will continue to do so. Broadband growth will provide Maine the ability to create new jobs as well as innovations in education and health care. Substantive work is underway through the ConnectMaine Authority 2019-2021 Strategic Plan and the State of Maine - Broadband Action Plan - January 2020. Emphasis has been placed on connecting coastal, island, and rural communities in Northern and Western Maine by ConnectMaine because many aging Mainers reside in those regions.

Post broadband expansion, providing education about how to safely use the internet and digital devices will be crucial. New partnerships should be developed that ensure Mainers know how to safely connect and securely use the internet in their homes and businesses. An increase in cellular coverage is also vital so that Mainers can stay connected to important services and supports in all parts of the state.

- **Strategic Objective:** Support increase in broadband coverage and cellular service and develop partnerships that help Mainers securely and affordably connect to high-speed internet as well as educate Mainers on how to safely use the internet in their homes and businesses

Strengthen No Wrong Door Approaches to Access Services

Finding answers about available community services, such as MaineCare and long-term services and supports (LTSS), can be difficult for many individuals and their families. Strengthening and publicizing No Wrong Door resources can help to address these issues. No Wrong Door approaches will not only help Mainers more efficiently access services but also will help individuals avoid decisions based on inaccurate or outdated information. While Maine's 211 and Area Agencies on Aging are invaluable, trusted local sources, such as local libraries, churches, and town offices, should be incorporated into a universal gateway to community resources and programs. Using web-based resources, such as centralized or universal websites that are easy to navigate, can broadly communicate events, programs, and services without sending Mainers to "try somewhere else."

- **Strategic Objective:** Work with existing stakeholder groups and committees to leverage their expertise and connections to strengthen a No Wrong Door approach for local libraries, faith-based organizations, Social Security offices, community-based organizations and town halls/offices, while encouraging multiple methods of communication to increase accessibility.

How can I get involved

You have a lifetime of experience to offer. Why not share your talents right here in Maine? Through outreach, advocacy and service, AARP volunteers and staff work together to enhance the quality of life for Mainers of all ages. Check out opportunities with AARP Maine here.

Employment & Financial Security

Employment and Financial Security is important for both working and retired Mainers especially in the wake of the Covid-19 pandemic which has had a direct impact on employment and workforce participation. Maine needs to expand aging workforce opportunities, strengthen access to financial education and retirement resources, and protect the income of older Mainers through increased awareness and education.

We Heard:

Older Mainers offer the state access to a pool of experienced workers to drive economic growth in the face of a workforce that is expected to shrink modestly over the next decade. Employment of older workers **"broadens the tax base," "makes us feel relevant," and "reduces social isolation."** The Advisory Committee emphasized and acknowledged **"the value of older workers"** in meeting Maine's future needs. **"Older citizens offer a unique experience"** and should be integrated into the workforce to meet the needs of our changing economy. This requires that we **educate employers about the existing opportunities in our workforce [and] on our changing workforce**." Also, the Advisory Committee highlighted that aging Mainers are not always the only ones left out—"barriers still exist to employment for those with disabilities." Maine needs to strengthen supports for Mainers entering and leaving the workforce, in addition to protecting their assets from fraud.

People age 50 and older play a significant role in Maine's economy. By 2030, workers 50 and older are estimated to total 275,000, representing 38% of Maine's total workforce.

Source: AARP The Longevity Economy Outlook:Maine

We Have:

Governor Mills has prioritized Maine's economy and Maine's 10-year Economic Plan recommends that the state increases collaboration among the public, private, nonprofit, and education sectors to grow and diversify Maine's economy. Maine's Economic Development Plan estimates that 100,000 people living in Maine are of working age but are not currently engaged in the workforce, and that there is an opportunity to increase the workforce by 30,000 workers through increased participation by aging adults, people with disabilities, veterans, and young people. These 30,000 potential workers need encouragement, direct support, physical accommodations in the workplace, and flexible work arrangements to enter the workforce. Governor Mills has also stressed the importance of growing Maine's economy and increasing economic prosperity in the wake of the Covid-19 pandemic in the Governor's Economic Recovery Committee Recommendations.

Maine's four-year strategic and operational plan for enhancing its workforce, Maine's 2020-2023 Unified State Plan, was recently released by the State Workforce Board. The report recommends we find ways to capitalize on the skills and experience of older workers who can continue to work, either in their current careers, or in "encore" careers. In addition, we should educate employers about the benefits of hiring older workers who have expertise, skills, judgement, commitment to quality, and demonstrated work ethic. Older workers may have flexibility regarding work hours and ability to job share.

Additionally, the Office of Aging and Disability Services offers waiver employment services and the Senior Community Service Employment Program (SCSEP). Waiver employment services are a collaborative effort with the Bureau of Rehabilitation Services to provide career planning and work support to individuals with disabilities. SCSEP is a workforce job training and community service program for unemployed, income eligible older adults.

Financial security is supported by Legal Services for the Elderly, which provides free legal help for Mainers 60 and over. Money Minders connects volunteers with adults 55 and over to provide assistance with paying bills and managing finances. The Maine Bankers Association, in partnership with the Maine Council for Elder Abuse Prevention and the Maine Credit Union League, operates Senior$afe, a program that educates bankers on how to spot elder financial exploitation. The Maine Senior Medicare Patrol program helps identify and prevent Medicare fraud, errors, and abuse and is vitally important to the financial security of Medicare beneficiaries.

The Maine Office of Securities, an agency within the Department of Professional and Financial Regulation, provides abundant consumer information and supports the Elder Justice Coordinating Partnership. They have created multiple consumer guides, including the Downeaster Common Sense Guide to Elder Financial Protection and the Guide to Identifying and Avoiding Consumer Scams.

Financial and retirement planning is vital for the security of aging Mainers, as well as the fiscal health of the state. The University of Maine recently released a report on the study of retirement called "The Fiscal Implications of Inadequate Saving for Retirement" which discusses the state's projected costs for public assistance programs as baby boomers reach retirement age. In 2015, AARP also released a report on Workplace Retirement Plans in Maine titled "Workplace Retirement Plans Will Help Workers Build Economic Security."

We Will:

Embrace an Aging Workforce

Everyone has a place in Maine's workforce. Educating employers about our aging workforce, including the negative social and economic impacts of age discrimination is essential. We should also focus on retainment and engagement of older workers in our workforce, creating additional opportunities for individuals to develop new skills.

> *"Eighty percent of employers support employees working longer, but nearly two-thirds of older Americans have experienced or seen age discrimination in the workplace."*
>
> Source: AARP, The Economic Impacts of Age Discrimination

- **Strategic Objective:** Support employers to attract and retain older workers through education about innovative approaches that are appealing, including encouragement, direct support, physical workplace accomodations, flexible work arrangments, and mentoring opportunities.

- **Strategic Objective:** Create training programs to support older adults entering a new field

Enhance Access to Financial Information, Tools, & Resources

Increasing Mainers' awareness about retirement, financial tools, and resources is no longer limited to printed brochures in heavily trafficked spaces; the internet provides the ability to deliver information and tools like never before. Increased emphasis and visibility of resources can help disseminate information faster and to wider audiences.

How do I get involved?

Money minders is a program where volunteers help financially eligible individuals with their budget to ensure that all bills get paid in a timely and accurate manner. Consider reaching out to your local Area Agency on Aging for volunteer opportunities.

- **Strategic Objective:** Increase visibility of existing financial and retirement planning resources and tools using mixed delivery methods

Protect Older Mainer's Income Security

When it comes to financial security, the first step is to educate the community about financial exploitation. Losing money or possessions to scams, fraud, and exploitation can be especially devastating to older adults, who may not be able to earn back what they have lost. Many scams exist to exploit aging adults for smaller amounts that are harder to track down and remedy across state lines or from outside the country. Prevention is the best way to protect Mainers and their assets.

How can my community get involved?

Does your community share helpful financial resources in an accessible way? Consider sharing financial resources in your community's townhall, in places of worship, or your local library!

- *Consumer Financial Protection Bureau's Office for Older Americans*
- *Do Not Call: Register to Stop Solicitation Calls*
- *FTC's Phone Scams*
- *Recovering from Identity Theft*
- *Money Matters*

- **Strategic Objective:** Increase awareness of scams and respond quickly to fraud as well as monitor and support the work of the Elder Justice Coordinating Partnership

Health Coverage, Health Care, Healthy Aging & Supportive Services

Affordable access to high quality health and supportive services is critical for all Mainers. Most people need more health services as they age, including specialty care for chronic conditions and supportive services to maintain independence; all of which are most effective when well-coordinated. Access to high quality health and supportive services is also key to attracting employers and people of all ages to Maine as a great place to live and do business. Age-friendly health systems are guided by the four Ms framework-- Mobility, what Matters, Medication and Mentation.

We Heard:

Recent efforts to expand access in Maine, including the MaineCare expansion under the Affordable Care Act and Long-Term Services and Supports (LTSS) reform recommendations, are **"welcome changes."** MaineCare's efforts to increase value with alternative payment methods (APMs) should continue and include experience of care quality measures that are **"important to consumers,"** such as timeliness of home care visits and coordination of care. Coordination should be further supported by additional efforts to share information among more types of health and supportive services providers in real time. COVID-19 has underscored the importance of health care and public health and has resulted in the expansion of telehealth. Maine should continue to promote telehealth and other innovations to further increase access to services in rural parts of the state, where older adults make up a greater portion of the population. Efforts to promote healthy aging are critical to maintaining independence and active engagement of older adults.

We Have:

Medicare coverage is nearly universal for those 65 years or older. Of the estimated 285,000 Mainers who were 65 or older in 2019, 283,000 had Medicare coverage. Those with low income can qualify for MaineCare coverage, which pays for Medicare co-payments and other gaps in coverage. MaineCare coverage was recently expanded under the Affordable Care Act (ACA). The expansion group does not include those 65 and older (though they still qualify for regular MaineCare), but the expansion group does include older adults under 65, including those who experience coverage gaps through loss of employment or lack of affordable private options.

The Made for Maine Health Coverage Act (P.L. 2019, ch. 653) enacted a number of changes designed to improve private health insurance options for individuals and small businesses. For 2021, it requires health plans to make the first primary care visit and first behavioral health visit each year free to beneficiaries and to cover the second and third of each of those visits before the deductible is met. It also directs the Department of Health and Human Services (DHHS) to begin a transition to a State-based health insurance Marketplace and the Bureau of Insurance to develop "Clear Choice" designs to make it easier for consumers to shop for and compare plans. Contingent on securing a federal waiver, it also combines individual and small group risk pools and extends reinsurance to small employers to stabilize premiums in that market.

Traditional fee-for-service Medicare does not cover LTSS, and relatively few Mainers have private LTSS coverage. DHHS provides LTSS coverage through MaineCare and State-funded home care programs for older adults with low income who need assistance with activities of daily living (ADLs). Limited Medicare coverage of home care, transportation, meals, and other supportive services may be offered as supplemental benefits by Medicare Advantage plans. Medicare Advantage enrollment in Maine accounts for more than one third of Medicare beneficiaries and has been growing statewide, offering opportunities to increase supportive services for those who may not qualify for the State's means-tested programs.

The Office of MaineCare Services (OMS) and the Office of Aging and Disability Services (OADS) are collaborating on reforms to expand access to home care and improve coordination for those who have both Medicare and MaineCare (dually eligible beneficiaries, or duals). These efforts, outlined in Recommendations for Reform: Aging & Long-Term Services, and Supports, include implementation of new coordination requirements for Dual Eligible Special Needs Plans (D-SNPs), a type of Medicare Advantage health plan that enrolls duals. D-SNP enrollment is expanding rapidly in Maine (from about 12,000 in 2019 to 17,000 in 2020) offering new opportunities to improve coordination and outcomes. Through HealthInfoNet, hospitals and nursing facilities in D-SNP networks and LTSS service coordination agencies will share information and improve coordination in real time beginning in 2021.

The growth of Medicare Advantage in Maine means more choices for older adults and also a need for impartial assistance in making those choices. OADS and its partners provide Mainers assistance navigating Medicare options through the State Health Insurance Assistance Program (SHIP).

Maine is participating in Primary Care First, a voluntary Medicare alternative payment model designed to prevent avoidable inpatient hospital admissions and improve quality and access to care for all beneficiaries, particularly those with complex chronic conditions and serious illness. MaineCare is developing a new primary care value-based payment model to align with Primary Care First and simplify, integrate, and evolve MaineCare's existing primary care support and incentive programs. The University of New England, with the support from the federal Health Resources and Services Administration, is working closely with the University of Maine Center on Aging and multiple statewide partners to enhance geriatrics education and transform primary care practices with an emphasis on the four Ms framework for age-friendly health systems (Mobility, what Matters, Medication, and Mentation)

Maine DHHS launched the Maine Rural Health Initiative in July 2019, outlining plans to improve rural health by engaging rural communities and key stakeholders; strengthening telehealth, primary care, and new workforce models; developing regional approaches to high-need services; and advancing innovative payment pilots.

The Maine Center for Disease Control and Prevention (CDC) promotes healthy aging through health promotion and prevention activities and tracks critical health indicators to effectively assess the State's health. CDC collects nationally standardized data through the Behavioral Risk Factor Surveillance System (BRFSS), including self-reported health status, activity limitations, presence of disability, percent of older persons who are caregivers, the intensity of the care, and prevalence of depression and mental distress. All of these and more are stratified by age, giving Maine the opportunity to set measurable goals for healthy aging in Maine.

How do I get involved?

Maine Responds is a partnership that integrates local, regional, and statewide volunteer resources to assist our public health and healthcare systems. It is part of a national initiative to train, coordinate, and mobilize volunteers during an emergency. Maine Responds coordinates verified, pre-credentialed public health, healthcare and emergency response volunteers into a single database that can coordinate the need for volunteers across county, regional, and state lines if needed. Learn more here.

Maine CDC, in collaboration with OADS and community partners, is among the first 16 public health entities nationally to be awarded U.S. CDC funding to expand support services for people with Alzheimer's Disease and related dementias (ADRD) under the Building Our Largest Dementia Infrastructure for Alzheimer's Act (the BOLD Act). The award potentially provides three years of support to strengthen Maine's ADRD infrastructure with a focus on issues such as increasing early detection and diagnosis, risk reduction, prevention of avoidable hospitalizations, and support for dementia caregiving. Dementia Friendly America, a national network of communities, organizations, and individuals providing guidance to communities about how to best support individuals living with dementia and their caregivers, has similar dementia toolkits for communities.

Healthy Living for ME is a collaborative effort of Area Agencies on Aging and community partners to improve health and wellness among older adults in Maine. Evidence-based education and physical activity programs are offered in four program categories: Falls Prevention, Diabetes Prevention & Self-Management, Caregiver Support, and Chronic Pain and Disease Management.

COVID-19 has had a disparate impact on older adults in Maine and nationally. Maine CDC has provided critical leadership in collaboration with multiple agencies within Maine DHHS and throughout State government. While the long-term impacts of COVID-19 are not yet fully understood, the public health emergency has underscored the importance of having a strong public health infrastructure throughout Maine.

How many members are represented in an average month?

	Dental		Medical		Pharmacy	
Type of Insurance	Claim	Eligibility	Claim	Eligibility	Claim	Eligibility
Commercial Insurance	55,604	447,960	194,827	812,499	219,585	750,988
MaineCare (Medicaid)	11,639	276,524	145,194	305,725	118,029	343,467
Medicare			137,885	299,150		
Medicare Advantage*			44,955	69,111	144,634	204,939

Data displayed in the chart above was collected between January 2009 and June 2020.
Source link: https://mhdo.maine.gov/tableau/data.cshtml

We Will:

Protect Access to Health Care

All of Maine's residents need access to quality health coverage and health care. Older adults are at risk of being uninsured before turning 65 and qualifying for Medicare. Furthermore, there are people who do not qualify for either Medicare or Medicaid, but struggle to afford health coverage. Rural areas of Maine have a higher percentage of older adults than urban areas, making sustainability of health care in Maine's rural areas particularly important to them.

- **Strategic Objective**: Implement the provisions of the Made for Maine Health Coverage Act to promote affordable health coverage for all Mainers, including older adults

- **Strategic Objective**: Develop and test models for sustainable health care in rural Maine and adopt measures to track the availability of health care in rural parts of the state

- **Strategic Objective:** Build on the efforts of the University of New England, the University of Maine Center on Aging and others to incorporate Age-Friendly Health Systems principles into Maine's health care delivery system.

Promote Access to and Coordinate Community-Based Supportive Services with Health Care Services

Community-based supportive services are key to living and aging in community as needs change. Personal care, meals, and chore services are examples of low-cost supports that can help prevent admissions to hospitals and nursing homes, especially when supportive services and health care services are well-coordinated. The State, Medicare health plans, Service Coordination Agencies, Area Agencies on Aging and local Age-Friendly networks can partner to fill gaps and ensure that older adults can access supportive services as they need them. Community mental health centers and behavioral health homes can contribute to a holistic approach that includes both physical and mental health needs.

- **Strategic Objective:** Promote coordinated access to health and supportive services for older adults, including those who are dually eligible for Medicare and MaineCare
  - Engage in multi-payer alternative payment methods, including Primary Care First, to improve coordination, experience of care, and outcomes for older adults.
  - Partner with Dual Eligible Special Needs Plans (D-SNPs) and other Medicare Advantage Plans to make supportive services more widely available regardless of income as supplemental Medicare services and to improve coordination of Medicare and MaineCare services.
  - Broaden participation in Maine's health information exchange, HealthInfoNet, to include more long-term, supportive and behavioral health service providers.

Promote Healthy Aging

Healthy Aging includes improved illness care and the promotion of healthy behaviors that impact health and function, such as physical activity, nutrition, and reduction of tobacco use and exposure. Impacting these behaviors is effective at preventing and improving management of conditions such as heart disease, diabetes, cancer, and Alzheimer's Disease and related dementias (ADRD) slowing loss of function. The U.S. CDC has noted that a widely accessible Healthy People plan to contain achievable goals and objectives can guide the action of individuals, communities, and stakeholders to improve health. Strengthening the infrastructure for healthy aging requires utilization of partnerships with evidence based programs, community partners and volunteers.

- **Strategic Objective:** Establish Healthy People 2030 targets that include measures specific to older adults

- **Strategic Objective:** Improve Maine's infrastructure for that promotes brain health, increase cognitive screening, and expand development support of supportive services for those with ADRD and their caregivers.

Housing

Housing is of vital importance for individuals and families of all ages across Maine. Many Mainers want to stay in their homes and to age in their communities. Safe and affordable housing opportunities are needed to support all Mainers through all stages of their lives. Housing also plays a major role in Maine's economy—when housing is constructed or renovated—lumber yards, skilled workers, contractors, real estate agents, landscapers, bankers, and many others in the workforce are supported.

We Heard:

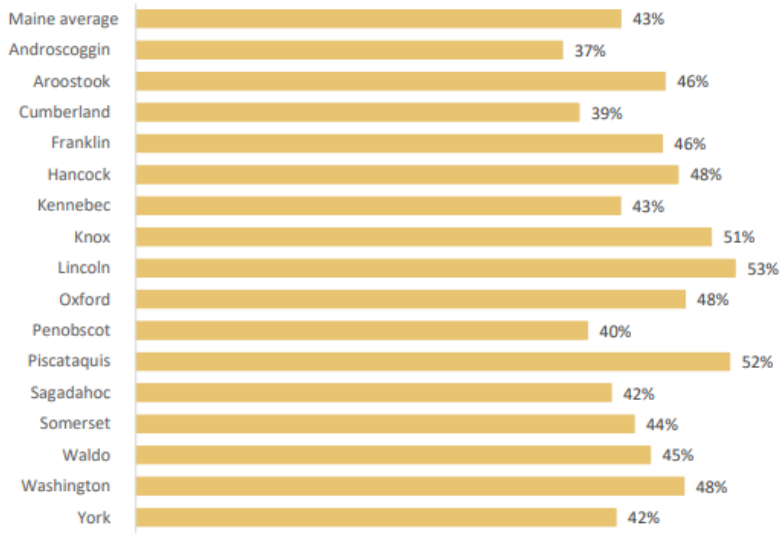
The Age-Friendly State Advisory Committee felt strongly that safe, affordable housing **"is a basic human need."** The Committee discussed that often, a home **"is the person's only asset or major basis of wealth." "Ownership is very personal for folks."** Many Mainers not only plan on **"aging in place"** or in their community but want to **"pass on their homes to their children or heirs."** Committee members expressed the ongoing need for decent and affordable housing opportunities across Maine, in both urban and rural areas for low-income and middle-income people. As people age, they deserve and **"want control over their environment."** The Committee recognized that to meet this goal, **"we need to address home maintenance and modification"** because the majority of homes in Maine are older, costly to maintain, and often do not meet the needs of aging adults or individuals with disabilities. As individuals age, they may also find that owning a home is burdensome for the reasons noted above and would prefer to live in a smaller space; affordable housing units should be developed for older adults in communities of their choice that allow them to downsize.

We Have:

In 2019, Governor Janet Mills ordered the release of $15 million dollars in senior housing bonds that were approved by Maine voters in 2015. The bond, which was approved by almost 70 percent of Maine voters, will fund construction of more than 200 new affordable housing units for low-income older adults as well as the weatherization of another 100 existing homes. The bond also triggers more than $22.5 million in matching federal funds. Additionally, in 2020, the State Low Income Housing Tax Credit was enacted adding new resources to support the development of affordable housing.

MaineHousing provides many statewide programs to assist Mainers in obtaining quality, affordable housing. Recently, MaineHousing's Federal Funds Report from 2019, Building Opportunity through Quality Affordable Housing, highlighted how $420 million dollars spent impacted Mainers last year. In addition to financing the construction of affordable housing, MaineHousing provides weatherization, home repair, and energy assistance to older adults. MaineHousing's Strategic Vision Panel Discussion on older adults in 2018 highlighted the need for aging adults to keep their independence and was reinforced in a 2019 state survey of Mainers' perceptions of housing.

Households by presence of people 60 years and over 2013-2017



U.S. Census Bureau (2018). Households by presence of people 60 years and over by household type, 2013-2017 American Community Survey 5-year estimates.

Likewise, the Maine Council On Aging (MCOA) has built a strong, multidisciplinary network of aging stakeholders to inform aging policy as we move forward. MCOA's recent report, Housing Solutions for Maine's New Age, provides a summary of their recent findings, including multiple recommendations stressing the need for aging Mainers to be able to live out their lives in their own homes and communities. Given that most of Maine's communities are rural small towns, it is important to also ensure that these communities have the necessary resources to allow residents to stay in those communities.

Finally, home modification is an important aspect of any aging in community strategy. Programs that assist Mainers to remain independent and age in place include MaineHousing, along with Alpha One, SeniorsPlus, and MaineCite. These entities, along with others across Maine, aid aging adults and adults with disabilities in achieving their goals of independence through home modification and assistance.

We Will:

Promote Accessible and Affordable Housing

The promotion of accessible and affordable housing for all requires leveraging existing partnerships, developing new partnerships and capacity, increased funding for housing projects, and innovation in housing opportunities. When discussing affordable housing models, we should promote local businesses, transportation and the economic needs of the community as well as reduce barriers for the development of housing.

Accessible and affordable housing for all Mainers should be integrated into communities in which they are located with access to important supportive services such as transportation. Acknowledging the desire for individuals to maintain independence later in life, Maine should continue to expand housing opportunities for low-income and middle-income people that work to reduce comorbidities such as social isolation and placement in a level of care that is higher than necessary. Rising healthcare, utility, and housing costs may inspire more Mainers to downsize from a single-family residence to a smaller residence or participate in shared living or shared housing models. Shared living and community-based housing models can lead to reduced social isolation, increased involvement of natural supports, and increased efficiencies for service delivery leading to positive outcomes.

As the housing preferences and needs of older adults change, Maine communities should be open to new housing models that allow older adults to remain in their communities. Maine should continue to explore effective models, such as intergenerational housing, from other states and regions that could find success here as well.

- **Strategic Objective:** Expand the availability of accessible, affordable multifamily housing coordinated with services and community supports such as transportation, health care, and social amenities.

- **Strategic Objective:** Explore novel approaches to housing that provide options for individuals to remain in the communities of their choice and in settings such as shared housing or accessory dwelling units

- **Strategic Objective:** Support development of housing that is integrated, enhances and supports the community in which it is located and build strong relationships with municipalities to remove the barriers to its development.

Strengthen Resources that Allow Mainers to Remain at Home

Aging in community often requires modifications; some modifications may be expensive or complex, but often repairs of less than $3,000 can result in individuals being able to remain in their home. Maine should support innovative ways to easily modify homes and reduce barriers to new and novel approaches. Helping Mainers to think and plan ahead about how their home will best serve them as they age—by making a few modifications in advance—can make homes easier to navigate and safer to live in, and help reduce abrupt, and often costly, changes later on. Maine should support quick access to common needs like ramps at the front door, grab bars in the tub, or efficient heating sources.

- **Strategic Objective:** Support independent living by expanding home modification, home repair, accessibility improvements, and weatherization and enhance the availability of these programs and providers in communities

Natural Resource Management, Outdoor Spaces & Recreation

Maine is full of beautiful parks, forests, beaches, and farmland. Individuals and families of all ages value outdoor recreation. Public and private management of these natural resources, especially farms and woodlands, and accessibility of outdoor spaces is vital to the future of Maine's economy and the health and well-being of Mainers.

We Heard:

We heard about the importance of **"accessible trails and recreation spaces"** because aging Mainers **"value access to outdoors"** particularly those spaces that are **"closer to home."** And accessible outdoor spaces are crucial for the **"physical, emotional and social health of all Mainers."** In addition, we heard that the **"Land Trust Movement in Maine has been very successful—with over 8,000 acres in 10% of all communities in Maine donated to trusts."**

Concerns were shared about the average age of farm and woodland owners. Maine's farms and woodlands are typically owned by older adults, and there are concerns about whether younger generations will want or will be able to maintain these properties. A significant portion of Maine's privately-owned woodlands are open to the public but at risk for development or diminished access without careful succession planning. Maine needs to **"encourage people to be thoughtful when it comes to succession planning"** and **"keep farms preserved as farms, instead of turned into other developments."** Committee members shared that **"only 41% of landowners have a will"** and **"73% of woodland owners have not spoken with their family about their wishes."** There was also concern that **"a lot of people getting into farming may have no farming background"**; they need support and training to be successful.

Advanced planning will also protect our **“local food movement”** which **“supports local farmers and restaurants.”** Farms and other businesses benefit from the ability to market their fresh produce and products to consumers more directly. Finally, we need **“accessible community gardens”** where community members can collectively grow produce themselves.

We Have:

The Bureau of Parks and Lands (BPL) in the Maine Department of Agriculture, Conservation and Forestry (DACF), recently released the 2020-2024 Maine State Comprehensive Outdoor Recreation Plan (SCORP). SCORP’s goals include creating appropriately planned and designed outdoor recreation resources that are close to home and facilitate Mainers of all ages to experience the psychological and physical benefits gained from participation in outdoor activities. Several of SCORP’s strategies and priorities are relevant to aging Mainers, including increasing “the availability and quality of outdoor recreation resources meeting accessibility standards, and the availability and quality of public information about those resources, thereby better serving persons with disabilities.” SCORP recommends Maine “fund and develop projects that are well-designed for older Mainers looking to gain health and wellness benefits from outdoor recreation.”

The BPL also provides information about outdoor activities, including parks, camping, and fishing options on its website as well as a Guide to Accessibility in Maine State Parks and Historic Sites. The BPL maintains the Maine Conserved Lands website which allows exploration of lands that have been conserved by public and private organizations. Maine Trail Finder is a resource for individuals and groups looking to get outside and explore Maine's hiking trails. Mainers will find a map of the trail, length, and the accessibility and difficulty of the terrain. Exploremaine.org, supported by the Maine Department of Transportation, contains travel resources that can support exploring the state through alternative means of transportation. The Maine Trails Coalition (MTC) was formed in 2019 to be a statewide voice for trail users, supporters, and advocates. MTC is a statewide group "dedicated to advancing the trails movement to benefit the communities and people who live, work, visit, and play all across the state."

Maine Woodland Owners is an association of woodlot owners across Maine. They report that Maine has 86,000 family forest owners (those who own ten acres to several hundred) and 70% of family woodland owners allow unrestricted public access to their land. If you hike, bike, fish, hunt, cross-country ski, snowshoe, bird watch, ride an ATV, or snowmobile, you may be using land owned by small woodland owners.

The Maine Forest Service (MFS) supports landowners by assisting them with succession planning. MFS has ten District Foresters who provide technical assistance and educational services to landowners. They also educate Mainers about the Tree Growth Tax Law, which helps Maine landowners maintain their property as productive woodlands.

The Maine Farm Bureau (MFB) is an organization made up of Maine farmers who advocate for policies and practices that create growth and prosperity for those who harvest everything from land and sea. Maine Farmland Trust is a statewide organization that protects farmland, supports farmers, and advances the future of farming. Both farming organizations offer programs to develop and improve farming practices, like Farm Business Planning and centralized advocacy and resources. Maine FarmLink connects farmland owners with people who are seeking to own or lease farmland. The University of Maine has a project called the Maine AgrAbility Project that supports individuals with disabilities who work in an agricultural setting, and the Maine Senior FarmShare Program provides eligible low-income older adults with a fifty-dollar yearly stipend to receive a share of produce from a local farmer.

Age	I would be more active if there were more outdoor recreation opportunities available near me (n=1,173)	I would participate in outdoor recreation more often if I knew more about what resources and activities were available in the state (n=1,308)
24 or younger	74%	71%
25 to 34	70%	68%
35 to 44	54%	67%
45 to 54	51%	58%
55 to 64	44%	47%
65 or older	43%	50%
Unknown	49%	44%

Source: https://www.maine.gov/dacf/parks/publications_maps/docs/2020_ME_SCORP_final_1_2_2020.pdf

Farmers also receive funding to participate in the program. Mainers Feeding Mainers provides fresh produce to families in need by partnering with local farms. Similar resources, such as AmpleHarvest.org and Farmer Direct, connect farmers with local food pantries to donate surplus produce. The VisitMaine web site is also a resource for outdoor activities of all kinds, and resources are also available inside each of the tourism region websites under Places to Go. The DACF's Real Maine marketing program helps connect Mainers with farmers and food producers across the state.

We Will:

Promote Accessible Outdoor Recreation Areas

The promotion of accessible outdoor recreation areas requires new partnerships, support for trail and park projects, and future planning. Maine needs to encourage opportunities for accessible outdoor recreation for all abilities that are close to home to support the physical, emotional, and social health of all Mainers. Maine also needs to improve the quality of public information about accessible areas.

- **Strategic Objective:** Evaluate the accessibility and demand of outdoor resources

- **Strategic Objective:** Support community and statewide efforts that expand access to Maine's outdoor recreational spaces and increase public information on trail conditions and features to support recreation decision-making

- **Strategic Objective:** Enhance/increase interpretive information for older recreationists on cultural, historic, and wildlife resources

- **Strategic Objective:** Preserve and protect our natural resources, land and bodies of water

Safety and Succession Planning for Farmers & Woodland Owners

Maine needs to educate farmers and woodland owners about the importance of succession planning to help landowners maintain their property in a sustainable way. Maine's farmers and woodlot owners support our economy and ensure that Maine people have access to healthy food. A large part of succession planning is supporting the wellbeing of our farmers and woodland owners. As these individuals age, social isolation and the physical strains increase, necessitating the need for succession planning.

- **Strategic Objective:** Increase awareness of Maine's agricultural resources and programs that support eating local to provide healthy food to all Mainers

- **Strategic Objective**: Increase Mainers' awareness of succession planning and promote educational opportunities about maintaining farms and woodlands for future generations

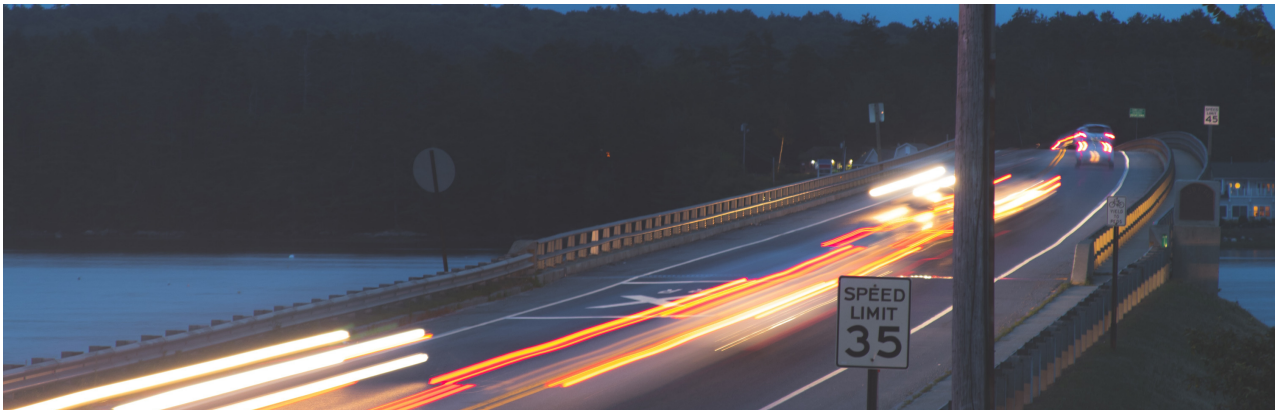
Transportation

Reliable and accessible transportation is important to all Mainers. Maine needs a variety of transportation options to ensure that individuals have access to essential services in their communities. Accessible and affordable transportation can also reduce social isolation, support independent living, and allow Mainers to age in their communities.

We Heard:

During the Age-Friendly State Advisory Committee meetings, we heard that **"we need increased access to transportation in rural areas"** for individuals who otherwise do not have a source of transportation. Even in areas with options, **"transportation services are not always available at the time they are needed."** Expanding volunteer-based transportation options and thinking about **"complete streets"** is **"the correct way to think"** as we move forward. As Mainers look to alternative or expanded methods of transportation, we also need to keep in mind that roads should be equipped with shoulders and lanes for pedestrians and bicycles, easily accessible crosswalks, and signage.

Health-related and employment transportation is also an enormous piece of the transportation picture across Maine. **"DHHS-related transportation services provide transportation to eligible clients to primarily medical but also educational, employment, social, and recreational appointments by means of private and/or public vehicles through models across the state."** This mostly MaineCare-reimbursed transportation accounts for **"2.5 million trips per year."**



We Have:

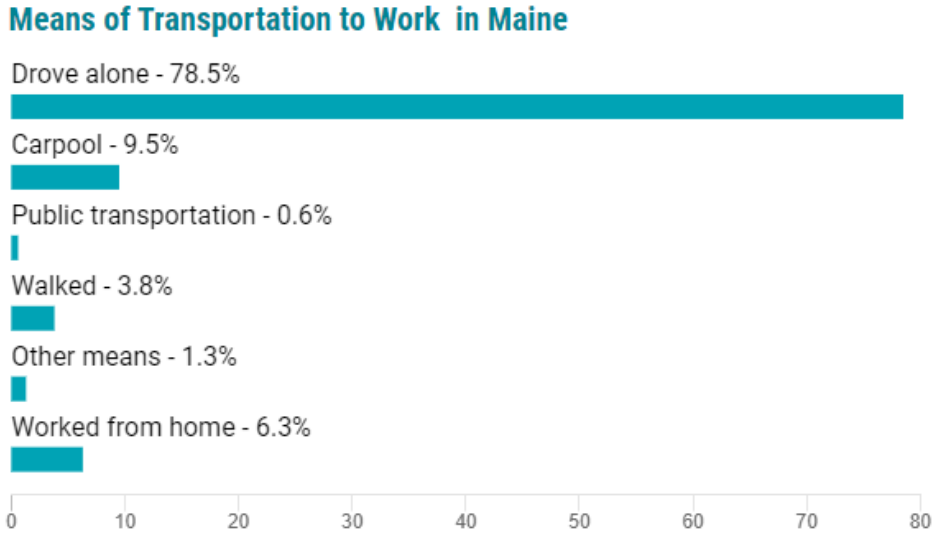
The Maine Department of Transportation (MaineDOT) has primary responsibility for statewide transportation by all modes of travel and recently produced its Work Plan for 2020, 2021, and 2022. The vast majority of investment is for capital infrastructure, development and maintenance. Projects and transportation expenditures across Maine are searchable by area through MaineDOT's search engine. MaineDOT also has a dedicated section on its website for bicyclists and pedestrians, as well as, information about regional public transportation services. Exploremaine.org also has information about exploring Maine through alternative means of transportation.

MaineDOT supports the Complete Streets strategy, which promotes street design that is safe and supports mobility for all users—including people of all ages and abilities. Maine's Complete Streets Policy, which was updated in early 2020, outlines how Maine DOT and its project partners are considering and incorporating the needs of all users when planning and developing projects. MaineDOT statistics indicate that 33.24% of pedestrian crash victims in Maine are 50 or over, which underscores the importance of Complete Streets for aging populations.

MaineCare, another important transportation partner, reimburses for an estimated 2.5 million trips per year to and from MaineCare services through the Non-Emergency Transportation (NET) program, and assigns MaineCare members a broker by region. NET provides access to medical, educational, employment, social, and habilitative services through private and/or public vehicles and through multiple models across Maine.

Other transportation organizations include: the Bicycle Coalition of Maine, which promotes bicyclist and pedestrian street safety by advocating for bike and ped-friendly laws and encouraging all individuals to stay active outdoors; the Moving Maine Network, a coalition of individuals and organizations focused on improving mobility for people who face transportation barriers; the Maine Transit Association, an association of transit agencies which publishes a public transportation guide by region; and ITN America, a nonprofit membership organization that matches seniors with drivers, specifically to rural areas.

AARP has multiple driver programs, including the AARP Driver Safety Program, which offers classes for drivers 55 and over at numerous locations throughout the state and We Need To Talk, a program to help determine how to assess and talk about your loved ones' driving skills.



Source: https://data.census.gov/cedsci/profilechartwidget?geoID=0400000US23&metricFormat=percent&topic=Commuting&type=bar

We Will:

Support Access to Transportation

Maine needs to increase support for creative, integrated methods of transportation and communication to reduce social isolation, increase access to goods and services, and allow Mainers to age in communities of their choice. Age-friendly housing options need to be expanded with accessibility to needed services and complete streets in mind to reduce transportation challenges. Mobility options need to include infrastructure to provide walking or wheelchair access to downtown locations, as well as support for motor vehicle transport. New partnerships should be developed to ensure that Mainers know how to access transportation services in their communities.

- **Strategic Objective:** Strengthen the connection between transportation providers and health care providers as well as employers to reduce transportation barriers for patients in accessing health care and employment.

- **Strategic Objective:** Increase support for Maine's network of volunteer driver organizations through programs such as the Maine Department of Transportation Technical Assistance Program

- **Strategic Objective**: Increase support for policies and programs that create non-vehicular access to public ways in the form of ADA compliant sidewalks and crossings, as well as shoulders on rural highways

Develop Alternatives to Driving

The development of accessible and affordable public transportation requires new partnerships, increased funding for transportation projects, and creative problem-solving. MaineDOT, MaineHousing and DHHS should co-lead this effort and participate with other organizations through the Moving Maine Network to create these partnerships. Additional partnerships with

metropolitan planning organizations (MPOs) and regional planning organizations (RPOs) should be explored to provide more local and regional input to solving transportation challenges.The Network should explore effective models from other states and regions to expand access to cost-effective forms of supported transportation, especially in underserved, rural areas. Accessible transportation can reduce isolation and improve service delivery to individuals.

Every municipality in the state also has the ability to implement Complete Streets principles in the buildout of their local transportation network. Sidewalks, crosswalks, ADA features, and bicycle facilities are as much the responsibility of local agencies as they are of the MaineDOT. Robust local conversations about providing safe accommodation for vulnerable users of all ages on Maine's roadways needs to happen at the community level to ensure that resources are directed to create/maintain facilities for people walking or bicycling.

- **Strategic Objective**: Advocate for a larger variety of transportation options in rural areas

- **Strategic Objective**: Increase coordination between State and metropolitan/regional planning agencies on transportation policy and programs through collaborations such as the Contracted Transportation Service Coordination, Statewide Coordinating Council on Public Health, and Maine's Public Transit Advisory Council

- **Strategic Objective**: Continue support for regional transportation provider networks and active transportation options, by supporting grant management, cooperative vehicle purchasing, and competitive grant applications

- **Strategic Objective**: Expand support for safe street design that promotes and accommodates alternatives to driving such as biking and walking by supporting grant management, cooperative vehicle purchasing, and competitive grant applications

How do I get involved?

Do you have a reliable car, a desire to help others, and some free time? Consider becoming a volunteer driver to help others get to their medical or social service appointments. Contact your local non-emergency transportation organization to ask about volunteer opportunities:

- Find my local Non-Emergency Transportation Broker

APPENDIX

A. Domain Strategic Objectives
B. Committees
C. Linked Materials
D. Works Cited
E. Maine's Age Friendly Communities

Appendix A

Domain Strategic Objectives

- Support individual learning opportunities about intercultural communication, empathy, and awareness
- Use an equity framework to review state policies and practices
- Regularly seek advice on structural policy improvements from the Permanent Commission on the Status of Racial, Indigenous and Maine Tribal Populations
- Build on and develop relationships with diverse populations throughout Maine to combat ageism and promote respect
- Support the objective in the State Plan on Aging to improve access to services and programs for underserved populations and their caregivers as well as continue to engage with community members to inform policies
- Raise awareness of, and combat ageism, by supporting current and emerging best practices of inclusion, interdependence, self-determination, cultural empathy, communication about reducing systemic bias, and respect for the inherent abilities of each person to contribute to society

- Support broadband growth and develop partnerships that help Mainers securely and affordably connect to high-speed internet as well as educate Mainers on how to safely use the internet in their homes and businesses
- Work with existing stakeholder groups and committees to leverage their expertise and connections to strengthen a No Wrong Door approach for local libraries, faith-based organizations, Social Security offices, community-based organizations and town halls/offices

- Support employers to attract and retain older workers through education about innovative approaches that are appealing, including encouragement, direct support, physical workplace accommodations, flexible work arrangements, and mentoring opportunities
- Create training programs to support older adults entering a field that they do not have previous experience in
- Increase visibility to existing financial and retirement planning resources and tools using mixed delivery methods
- Increase awareness of scams and respond quickly to fraud as well as monitor and support the work of the Elder Justice Coordinating Partnership

- Implement the provisions of the Made for Maine Health Coverage Act to promote affordable health coverage for all Mainers, including older adults
- Develop and test models for sustainable health care in rural Maine and adopt measures to track the availability of health care in rural parts of the state
- Build on the efforts of the University of New England, the University of Maine Center on Aging and others to incorporate Age-Friendly Health Systems principles into Maine's health care delivery system.
- Promote coordinated access to health and supportive services for older adults, including those who are dually eligible for Medicare and MaineCare
  - Engage in multi-payer alternative payment methods, including Primary Care First, to improve coordination, experience of care, and outcomes for older adults.
  - Partner with Dual Eligible Special Needs Plans (D-SNPs) and other Medicare Advantage Plans to make supportive services more widely available regardless of income as supplemental Medicare services and to improve coordination of Medicare and MaineCare services.
  - Broaden participation in Maine's health information exchange, HealthInfoNet, to include more long-term, supportive and behavioral health service providers.
- Establish Healthy People 2030 targets that include measures specific to older adults
- Improve Maine’s infrastructure for promoting brain health, increase cognitive screening, and expand development of supportive services for those with ADRD and their caregivers

- Expand the availability of accessible, affordable multifamily housing coordinated with services and community supports such as transportation, health care and social amenities
- Explore novel approaches to housing that provide options for individuals to remain in the communities of their choice and in an appropriate setting such as shared housing or accessory dwelling units
- Support the development of housing that is integrated, enhances and supports the community in which it is located and build strong relationships with municipalities to remove the barriers to its development.
- Support independent living by expanding home modification, home repair, accessibility improvements, and weatherization and enhance the availability of programs and providers in communities.

- Evaluate the accessibility and demand of outdoor resources
- Support community and statewide efforts that expand access to Maine's outdoor recreational spaces and increase public information on trail conditions and features to support recreation decision-making
- Enhance/increase interpretive information for older recreationists on cultural, historic, and wildlife resources
- Preserve and protect our natural resources, land and bodies of water
- Increase awareness of Maine's agricultural resources and programs that support eating local to provide healthy food to all Mainers.
- Increase Mainers' awareness of succession planning and promote educational opportunities about maintaining farms and woodlands for future generations.

- Strengthen the connection between transportation providers and health care providers to reduce transportation barriers for patients in accessing health care and keeping appointments
- Increase support for Maine's network of volunteer driver organizations through programs such as the Maine Department of Transportation Technical Assistance Program
- Advocate for a larger variety of transportation options in rural areas
- Increase coordination between agencies on transportation policy and programs through collaborations such as the Contracted Transportation Service Coordination, Statewide Coordinating Council on Public Health, and Maine's Public Transit Advisory Council
- Continue support for regional transportation provider networks, by supporting grant management, cooperative vehicle purchasing, and competitive grant applications
- Encourage safe street design that promotes and accommodates alternatives to driving such as biking and walking

Appendix B

Age-Friendly State Advisory Committee

Member	Affiliation
Leana Ameaz*	The Commissioner's Office Department of Health and Human Services
Anne Ball	Maine Development Foundation
David Barnwell	Iris Network
Michelle Barrows	Houlton Band of Maliseet Indian Health Department
Nick Battista	Island Institute
Commissioner Amanda Beal*	Department of Agriculture, Conservation and Forestry
Bethany Beausang*	Office of Governor Janet T. Mills
Dan Brennan*	MaineHousing
Jennifer Brickett*	Department of Transportation
Robert Caverly	Maine Credit Union League
Randy Charette	Department of Agriculture, Conservation and Forestry
Mary Lou Ciolfi	Aging Services Consultant
Dan Cohen*	Office of Family Independence
Jamie Cotnoir*	Center for Disease Control & Prevention
Jennifer Crittenden	UMaine Center on Aging
Maryalice Crofton*	Volunteer Maine

Age-Friendly State Advisory Committee

Member	Affiliation
Miranda Cummings	Public Allies Livable Communities Corps
Leo Delicata	Legal Services for the Elderly
Tracey Desjardins	Maine Community Development Association
Eric Dibner	Department of Labor
Tom Doak	Maine Woodland Owners
Brian Dougeneck	Public Allies Livable Communities Corps
Jessica Drenning*	Office of Family Independence
Representative Jessica Fay	Maine House District 66
Nina Fisher*	Department of Transportation
Commissioner Laura Fortman*	Department of Labor
Karen Fraser*	Department of Labor
Brenda Gallant	Long-Term Care Ombudsman Program
Elizabeth Gattine	University of Southern Maine, Muskie School
Hilary Gove	Office of Aging and Disability Services
Ken Greenleaf	Maine Stream Finance
Don Harden	Catholic Charities Maine
Candy Henderly	Penobscot Nation Health Department
Angela Hinckley*	Department of Transportation

Age-Friendly State Advisory Committee

Member	Affiliation
Samantha Horn	Maine Association of Planners
Commissioner Heather Johnson*	Department of Economic and Community Development
Ruta Kadonoff	Maine Health Access Foundation
Kathleen Keneborus	Maine Bankers Association
Commissioner Jeanne Lambrew*	Department of Health and Human Services
Laura Lee	Maine Community Foundation
Chris Linder	Maine Stream Finance
Denise Lord*	MaineHousing
Andrew MacLean	Maine Medical Association
Karen Mason*	Office of Aging and Disability Services
Jessica Maurer	Maine Council on Aging
Doreen McDaniel*	Office of Aging and Disability Services
Tom Meuser	University of New England
Senator Marianne Moore	Maine Senate District 06
James Moorhead*	Office of Aging and Disability Services
Troy Morton	Maine Sheriff's Association

Age-Friendly State Advisory Committee

Member	Affiliation
Nathan Moulton*	Department of Transportation
Elizabeth Neptune	Pleasant Point Health Center
Jeremy Nobel	Art & Healing
Patricia Oh	Tri-State Learning Collaborative
Lori Parham*	AARP Maine
Cathy Jo Parlin*	Office of Aging and Disability Services
Greg Payne	Maine Affordable Housing Coalition
Cheryl Peabody	State Independent Living Council Maine State Rehabilitation Council
Anthony Pelotte*	Office of Family Independence
Pat Pinto*	AARP Maine
Michelle Probert*	Office Of MaineCare Services
Thomas Reinauer*	Department of Transportation
District Attorney Andrew Robinson	Maine Prosecutor's Association
Meghan Russo*	Department of Transportation
Paul Saucier*	Office of Aging and Disability Services
Michael Sauschuck*	Department of Public Safety
Betsy Sawyer-Manter	Elder Independence of Maine/SeniorsPlus

Age-Friendly State Advisory Committee

Member	Affiliation
Nirav Shah*	Director, Center for Disease Control and Prevention
Sarah Simon	Maine Farmland Trust
Julie Ann Smith	Maine Farm Bureau
Jim Tasse	Bicycle Coalition of Maine
Joyce Taylor*	Department of Transportation
Joby Thoyalil	Maine Equal Justice
Chief Edward J. Tolan, Retired	Maine Chiefs of Police Association
Rex Turner*	Department of Agriculture, Conversation and Forestry
Barbara VanBurgel	Maine Association of Retirees
Kara Wilbur	Build Maine
Drew Wyman	Alzheimer's Association
Joseph Zamboni*	Office of Aging and Disability Services

** Age-Friendly State Steering Committee Members*

Linked Materials

Respect, Equity & Social Engagement

Organizations and Programs:

- AARP Maine
  - Link: https://states.aarp.org/maine/
- Center for Excellence in Aging and Health (CEAH)
  - Link: https://www.une.edu/ceah
- Disability Rights Maine (DRM)
  - Link: https://www.drme.org/
- Frameworks Institute
  - Link: https://www.frameworksinstitute.org/issues/aging/
- Maine Council On Aging (MCOA)
  - Link: http://mainecouncilonaging.org/what-we-do/
- Maine Developmental Disabilities Council (MDDC)
  - Link: https://maineddc.org/inclusion
- Maine Health Access Foundation (MEHAF)
  - Link: https://mehaf.org/
- Permanent Commission on the Status of Racial, Indigenous, and Maine Tribal Populations
  - Link: http://www.mainelegislature.org/legis/bills/display_ps.asp?ld=777&PID=1456&snum=129
- Tri-State Learning Collaborative on Aging (TSLCA)
  - Link: https://agefriendly.community/
- University of Maine Center for Community Inclusion and Disability Studies (CCIDS)
  - Link: https://ccids.umaine.edu/about/
- UMaine Center on Aging (UMCoA)
  - Link: https://mainecenteronaging.umaine.edu/
- Volunteer Maine
  - Link: http://www.maineservicecommission.gov/about/

Other Materials (Reports, Plans, Services, etc.):

- Funding for the Permanent Commission on the Status of Racial, Indigenous, and Maine Tribal Populations
  - Link: https://www.maine.gov/governor/mills/news/governor-mills-dedicates-50000-permanent-commission-status-racial-indigenous-and-maine-tribal
- Maine Wisdom Summit
  - Link: http://mainecouncilonaging.org/the-maine-summit-on-aging/
- Reframing Aging Initiative
  - Link: https://www.mainecf.org/initiatives-impact/strategic-goals/thriving-older-people/
- Request for Information through Maine DHHS
  - Link: https://www.maine.gov/dhhs/blog/dhhs-issues-rfi-promote-diversity-equity-and-inclusion-2020-07-24

Accessible Communication & Information

Organizations and Programs:

- Area Agencies on Aging
  - Link: https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging
- ConnectMaine
  - Link: https://www.maine.gov/connectme/home
- Legal Services for the Elderly
  - Link: https://mainelse.org/content/Legal_Help/Helpline
- Maine Alzheimer's Association
  - Link: https://www.alz.org/maine

- Maine Department of Health and Human Services
  - Link: https://www.maine.gov/dhhs/oads
- Maine Long-Term Care Ombudsman Program
  - Link: https://www.maineombudsman.org/

Other Materials (Reports, Plans, Services, etc.):

- ConnectMaine Authority 2019-2021 Strategic Plan
  - Link: https://www.maine.gov/connectme/about/annual-reports
- Maine 211
  - Link: https://211maine.org/
- State of Maine - Broadband Action Plan - January 2020
  - Link: https://www.maine.gov/connectme/sites/maine.gov.connectme/files/inline-files/Plan_Action_2020.pdf

Employment & Financial Security

Organizations and Programs:

- Bureau of Rehabilitation Services
  - Link: https://www.maine.gov/rehab/
- Department of Professional and Financial Regulation
  - Link: https://www.maine.gov/pfr/securities/index.shtml
- Elder Justice Coordinating Partnership
  - Link: https://www.maine.gov/governor/mills/news/governor-mills-issues-executive-order-fight-elder-abuse-2019-10-23
- Legal Services for the Elderly
  - Link: https://mainelse.org/content/Legal_Help/Helpline
- Maine Bankers Association
  - Link: https://www.mainebankers.com/
- Maine Council for Elder Abuse Prevention
  - Link: https://elderabuseprevention.info/
- Maine Credit Union League
  - Link: https://mainecul.org
- Maine Office of Securities
  - Link: https://www.maine.gov/pfr/securities/index.shtml
- Maine State Health Insurance Assistance Program
  - Link: https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/older-adult-services/ship-medicare-assistance
- Money Minders
  - Link: https://www.spectrumgenerations.org/services/money-minders
- Office of Aging and Disability Services
  - Link: https://www.maine.gov/dhhs/oads
- Senior Community Service Employment Program (SCSEP)
  - Link: https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/older-adult-services/scsep
- SeniorSafe
  - Link: https://www.mainebankers.com/wp-content/uploads/sites/56/2015/12/Senior-Safe-Brochure.pdf

Other Materials (Reports, Plans, Services, etc.):

- Consumer Information - Maine Office of Securities
  - Link: https://www.maine.gov/pfr/consumer/consumer-publications
- Downeaster Common Sense Guide to Elder Financial Protection
  - Link: https://www.maine.gov/pfr/consumercredit/documents/Elder_Guide_%202019-01.pdf
- Maine Economic Development Plan, 2020-2029
  - Link: https://www.maine.gov/decd/sites/maine.gov.decd/files/inline-files/DECD_120919_sm.pdf
- Governor's Economic Recovery Committee Recommendations
  - Link: https://www.maine.gov/future/sites/maine.gov.future/files/inline-files/Maine%20ERC%20Report_FINAL_11242020.pdf
- Guide to Identifying and Avoiding Consumer Scams
  - Link: https://www.maine.gov/pfr/consumercredit/documents/Gone_%20Phishing_%202019-01_%20Print_%202.pdf
- Maine's 2020-2023 Unified State Plan
  - Link: https://www.maine.gov/swb/reports/state_plan/2020-2023_state_plan/2020_WIOA_Maine_Unified_Plan.pdf
- "The Fiscal Implications of Inadequate Saving for Retirement" (University of Maine Report)
  - Link: https://mcspolicycenter.umaine.edu/wp-content/uploads/sites/122/2017/03/final-aarp-report.pdf
- Waiver employment services
  - Link: https://www.maine.gov/dhhs/oads/get-support/employment-services
- "Workplace Retirement Plan Will Help Workers Build Economic Security" (AARP Report, 2015)
  - Link: https://www.aarp.org/content/dam/aarp/ppi/2015-07/AARP-Maine-state-fact-sheet.pdf

Health Coverage, Health Care, Healthy Aging & Supportive Services

Organizations & Programs:

- American Hospital Association (AHA)
  - Link: https://www.aha.org/center/age-friendly-health-systems
- Bureau of Insurance
  - Link: https://www.maine.gov/pfr/insurance/index.html
- Catholic Health Association of the United States (CHA)
  - Link: https://www.chausa.org/eldercare/creating-age-friendly-health-systems
- Community Health Access and Rural Transportation (CHART)
  - Link: https://www.cms.gov/newsroom/fact-sheets/community-health-access-and-rural-transformation-chart-model-fact-sheet
- Dementia Friendly America
  - Link: https://www.dfamerica.org/what-is-dfa
- Department of Health and Human Services (DHHS)
  - Link: https://www.maine.gov/dhhs/oads
- Healthy Living for ME
  - Link: https://healthylivingforme.org/
- Institute for Healthcare Improvement (IHI)
  - Link: http://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx
- MaineCare
  - Link: https://www.maine.gov/dhhs/oms
- Maine Center for Disease Control and Prevention (CDC)
  - Link: https://www.maine.gov/dhhs/mecdc/
- Maine Rural Health Initiative
  - Link: https://www.maine.gov/dhhs/mecdc/public-health-systems/rhpc/hwf/index.shtml
- Office of Aging and Disability Services (OADS)
  - Link: https://www.maine.gov/dhhs/oads

- State Health Insurance Assistance Program (SHIP)
  - Link: https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/older-adult-services/ship-medicare-assistance
- The AgingME Geriatrics Workforce Enhancement Program (GWEP)
  - Link: https://sites.une.edu/gwep/
- The John A. Hartford Foundation
  - Link: https://www.johnahartford.org/grants-strategy/current-strategies/age-friendly
- UMaine Center on Aging (UMCoA)
  - Link: https://mainecenteronaging.umaine.edu/

Other Materials (Reports, Plans, Services, etc.):

- 4Ms Framework
  - Link: https://www.aha.org/center/age-friendly-health-systems
- Behavioral Risk Factor Surveillance System (BRFSS)
  - Link: https://www.cdc.gov/brfss/index.html
- Building Our Largest Dementia Infrastructure for Alzheimer's Act (the BOLD Act)
  - Link: https://www.cdc.gov/aging/bold/index.html
- Dual Eligible Special Needs Plans (D-SNPs)
  - Link: https://www.cms.gov/Medicare/Health-Plans/SpecialNeedsPlans/D-SNPs
- HealthInfoNet
  - Link: https://hinfonet.org/
- Healthy People Plan
  - Link: https://www.cdc.gov/nchs/healthy_people/hp2020.htm
- Made for Maine Health Coverage Act
  - Link: https://www.maine.gov/governor/mills/news/governor-mills-signs-bill-improve-health-insurance-maine-people-and-small-businesses-2020-03
- Primary Care First
  - Link: https://innovation.cms.gov/innovation-models/primary-care-first-model-options
- Recommendations for Reform: Aging & Long-Term Services and Supports
  - Link: https://www.maine.gov/dhhs/blog/new-recommendations-guide-reform-aging-and-long-term-services-and-supports-2020-03-10

Housing

Organizations & Programs:

- Alpha One
  - Link: https://alphaonenow.org/about/what-we-do/
- MaineCite
  - Link: https://mainecite.org/
- Maine Council On Aging (MCOA)
  - Link: http://mainecouncilonaging.org/what-we-do/
- MaineHousing
  - Link: https://www.mainehousing.org/
- SeniorsPlus
  - Link: https://www.seniorsplus.org/content/5153/environmental-modifications

Other Materials (Reports, Plans, Services, etc.):

- Building Opportunity through Quality Affordable Housing
  - Link: https://mainehousing.org/docs/default-source/policy-research/federal-funds/2020-federal-housing-funds-at-work-in-maine.pdf?sfvrsn=b3628f15_4

- Housing Solutions for Maine's New Age
  - Link: http://mainecouncilonaging.org/wp-content/uploads/2016/11/Housing-Solutions-for-Maines-New-Age-Final-Report-1.pdf
- Senior Housing Bonds
  - Link: https://www.maine.gov/governor/mills/news/governor-mills-signs-senior-housing-bond-2019-01-15
- Strategic Vision Panel Discussion
  - Link: https://mainehousing.org/docs/default-source/policy-research/research-reports/strategic-panels/strategic-vision-panel-discussion-older-adults-04242018.pdf?sfvrsn=9fe4b915_4
- 2019 Perceptions of Housing in Maine
  - Link: https://mainehousing.org/docs/default-source/policy-research/research-reports/research-articles/2019-perceptions-of-housing-in-maine-report.pdf?sfvrsn=8d75b015_4

Natural Resource Management, Outdoor Spaces & Recreation

Organizations and Programs:

- Bureau of Parks and Lands (BPL)
  - Link: https://www.maine.gov/dacf/parks/index.shtml
- Farm Business Planning
  - Link: https://www.mainefarmlandtrust.org/farm-viability/farm-business-planning/
- Maine AgrAbility Project
  - Link: https://extension.umaine.edu/agrability/solutions-and-resources/
- Maine Department of Agriculture, Conservation, and Forestry (DACF)
  - Link: https://www.maine.gov/dacf/
- Maine Department of Transportation (MaineDOT)
  - Link: https://www.maine.gov/mdot/
- Maine Farm Bureau (MFB)
  - Link: https://www.mainefarmbureau.us/about/why-we-matter/
- Maine FarmLink
  - Link: https://mainefarmlink.org/
- Maine Farmland Trust
  - Link: https://www.mainefarmlandtrust.org/about/
- Maine Forest Service
  - Link: https://www.maine.gov/dacf/mfs/
- Maine Senior FarmShare Program
  - Link: https://www.maine.gov/dacf/ard/senior_farm_share.shtml#seniors
- Maine Woodland Owners
  - Link: https://www.mainewoodlandowners.org/
- Mainers Feeding Mainers
  - Link: https://www.gsfb.org/programs/mainers-feeding-mainers/
- Real Maine Marketing Program
  - Link: https://www.getrealmaine.com/

Other Materials (Reports, Plans, Services, etc.):

- 2020-2024 Maine State Comprehensive Outdoor Recreation Plan (SCORP)
  Link: https://www.maine.gov/dacf/parks/publications_maps/docs/2020_ME_SCORP_final_1_2_2020.pdf
- Maine Farm Bureau: Advocacy and Resources
  - Link: https://www.mainefarmbureau.us/support-us/member-benefits/
- AmpleHarvest.org
  - Link: https://ampleharvest.org/
- District Foresters (Maine Forest Service)
  - Link: https://www.maine.gov/dacf/mfs/policy_management/district_foresters.html

- Exploremaine.org
  - Link: http://www.exploremaine.org/
- Farmer Direct
  - Link: https://www.farmerdirecto.com/
- Guide to Accessibility in Maine State Parks and Historic Sites
  - Link: https://www.maine.gov/dacf/parks/visitor_accessibility/access_guide.pdf
- Maine Conserved Lands
  - Link: https://www.maine.gov/dacf/parks/publications_maps/conservation_lands_maine.html
- Maine Trail Coalition (MTC)
  - Link: https://mainetrailscoalition.org
- Maine Trail Finder
  - Link: https://www.mainetrailfinder.com/
- BPL Outdoor Activity Information
  Link: https://www.maine.gov/dacf/parks/
- Tree Growth Tax Law
  Link: https://www.maine.gov/dacf/mfs/policy_management/woodswise/tree_growth_tax_law.html
- VisitMaine
  - Link: https://visitmaine.com/

Transportation

Organizations and Programs:

- AARP Driver Safety Program
  - Link: https://www.aarpdriversafety.org/?_ga=2.105723971.1512850090.1599587053-2127251771.1588281425
- Bicycle Coalition of Maine
  - Link: https://www.bikemaine.org/about/
- ITN America
  - Link: https://www.itnamerica.org/
- Maine Department of Transportation (MaineDOT)
  - Link: https://www.maine.gov/mdot/projects/workplan/search/
- Maine Transit Association Directory
  - Link: http://www.maine.gov/tools/whatsnew/attach.php?id=2322041&an=1
- Moving Maine Network
  - Link: https://www11.maine.gov/mdot/transit/docs/lcp/2019/apdx-f/190405-Moving-Maine-Structure.pdf
- Non-Emergency Transportation (NET)
  - Link: https://www.maine.gov/dhhs/oms/member-resources/transportation
- We Need To Talk
  - Link: https://www.aarp.org/auto/driver-safety/we-need-to-talk/

Other Materials (Reports, Plans, Services, etc.):

- Bicyclists and Pedestrians (MaineDOT)
  - Link: https://www.maine.gov/mdot/bikeped/bikepedimprove/
- Complete Streets Strategy
  - Link: https://www.transportation.gov/mission/health/complete-streets

Appendix C

- MDOT Complete Streets Policy
  Link:https://www.maine.gov/mdot/completestreets/docs/MaineDOTCompleteStreetsPolicyFinal.pdf
- Exploremaine.org
  - Link: http://www.exploremaine.org/
- MaineCare Brokers
  - Link: https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/Transportation-Document-A-Brokers.pdf
- MDOT Projects and Transportation Expenditures
  - Link: https://www.maine.gov/mdot/projects/workplan/search/
- Regional Public Transportation Services (MaineDOT)
  - Link: https://www.maine.gov/mdot/transit/options/#region1
- MDOT Three-Year Work Plan
  Link:https://www.maine.gov/mdot/projects/workplan/docs/2020/WorkPlan2020_2021_2022%20Jan_14_2020.pdf

Appendix D

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Maine's Age-Friendly Communities

Auburn*
Augusta*
Baldwin
Bangor*
Bar Harbor*
Bath*
Belfast*
Belgrade
Berwick
Bethel
Biddeford*
Blue Hill*
Bowdoinham*
Bradley *
Brooklin*
Brooks
Brooksville*
Brunswick
Bucksport*
Caribou*
Castine*
Chebeague Island
Cornish
Cumberland*
Danforth*
Deer Isle*
Dexter*
Dover-Foxcroft*
Eastport*
Eliot*
Ellsworth*
Fayette
Fort Fairfield
Freeport*
Fryeburg*
Gardiner*
Georgetown*
Gilead*
Gray
Greenville*
Greenwood*
Hallowell*
Hanover*
Harpswell
Hartford*
Hiram
Isleboro
Jackman*
Kennebunk*
Kennebunkport
Knox County*
Lewiston
Liberty*
Limestone*
Machias*
Madison*
Mapleton
Mechanic Falls
Millinocket*
Milo*
Monroe
Montville
Mount Vernon*
Newry*
Nobleboro
North Haven
North Yarmouth*
Ogunquit*
Old Orchard Beach*
Palermo
Parsonfield
Poland
Penobscot*
Port Clyde
Porter
Portland*
Pownal
Presque Isle*
Rangeley Lakes
Raymond*
Readfield*
Richmond
Rome
Saco*
Saint George
Sanford*
Scarborough*
Sedgwick*
Skowhegan*
South Portland*
Stockton Springs
Stoneham
Stonington*
Sullivan*
Surry*
Swan's Island
Tenant's Harbor
Van Buren
Vassalboro
Vienna
Vinalhaven
Waldo County*
Waterville
Wayne*
Westbrook*
Whitefield
Windham*
Woodstock*
Yarmouth*
York

*Members of the AARP Network of Age-Friendly States and Communities