

AARP Network of Age-Friendly States and Communities

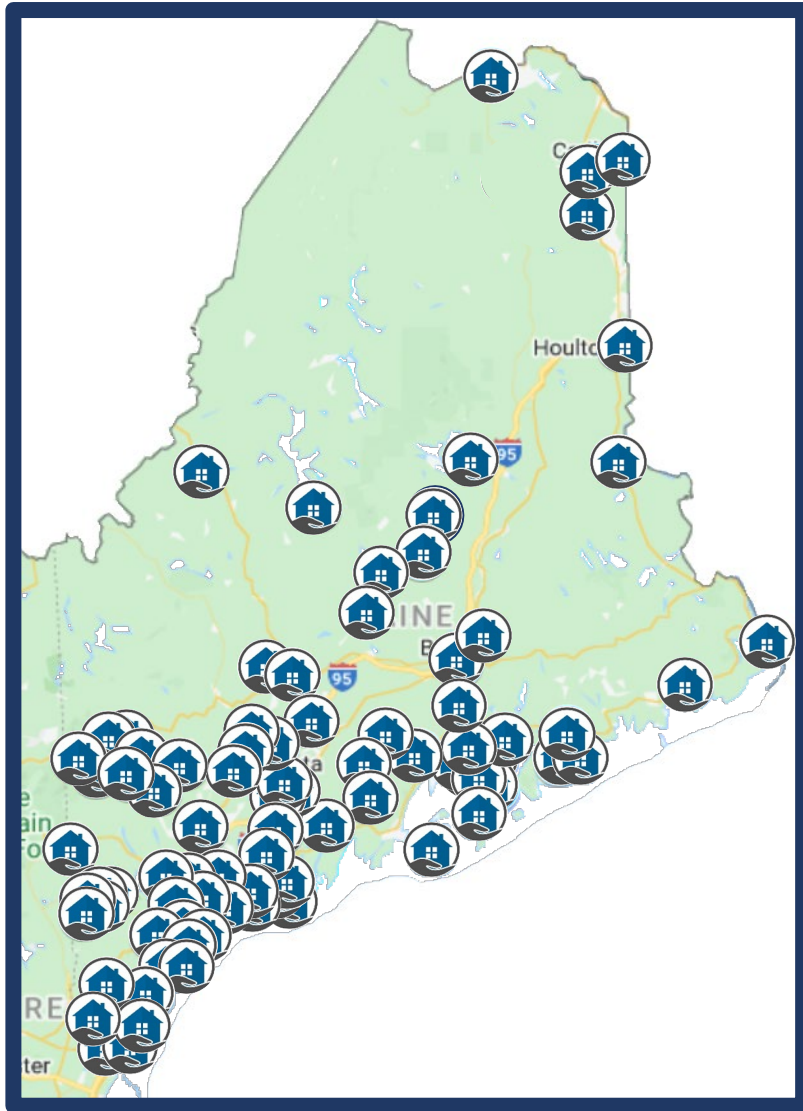


What is an Age-Friendly Community?

Having invested so much to get people to live *longer*,
we've barely given any thought to how we can live *better*.

~Joe Coughlin, MIT Age Lab





- **85 Members of the AARP NAFSC**
- **25+ Similar Communities**
- **96% small towns or rural areas**
- **48% active for 5+ years**
- **2:3 are volunteer-led**



Handy Neighbor Household Chore Program is a collaboration of Bethel Age-Friendly Community Initiative and NorthStar Youth Mentoring

- Neighbor Helping Neighbor – Trusted Friends
- The “longevity dividend”
- Organizing structure
- Breaks down silos
- Volunteer leadership opportunities
- Intergenerational cohesion
- Public recognition



Judy Anderson
Aroostook Area
Agency on Aging



Ardis Brown
Danforth Livable
Communities



Jane Danforth
Age-Friendly
Millinocket



Nancy Davis
AF Comm Initiative
(Bethel area)



Candy Eaton
Age-Friendly
Sullivan



Kathryn Harnish
Age-Friendly
Houlton



Lisa Joyce
Age-Friendly
South Portland



Donna Palmer
Living Well in North
Yarmouth



Jean Saunders
Age-Friendly Saco



Anne Schroth
AF Coastal Comm
(Blue Hill Pen. & Deer Isle)





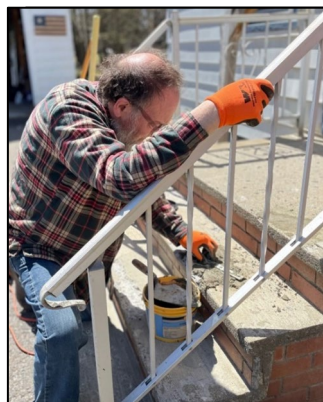
Traffic Calming
Wayne



Window Inserts
Jackman



Sand Buckets
Berwick



Spring Clean-Up Day
Houlton

Areas of Change

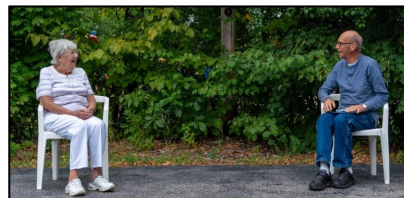
- Transportation
- Housing
- Social Participation
- Communication & Information
- Civic Engagement & Employment
- Community Support & Health Services
- Outdoor Spaces and Buildings
- Respect and Social Inclusion



Purple Ladle Program
Limestone



Community Garden
Sullivan



Tech Handy Helper, Intergenerational fun, and Bike Rides
Saco



Matching Experienced Lifelong Community Leaders with
Communities starting their journey or launching a new program



Fellow: I feel respected for my knowledge and honored to have the opportunity to share with (host community). We have become friends and colleagues. We learn from each other and keep our sense of humor about this work.



Announcing the Durgin Center



Digital Equity



Volunteer Driver Program



Winter Safety Kits

Year One

5 Fellows
6 Host Communities
\$6,000 micro-grants
9 new programs
21 new partners

Year Two

6 Fellows
7 Host Communities
\$4,000 micro-grants
10 new programs
27 new partners

Year Three

8 Fellows
13 Host Communities
\$6,000 micro-grants
23 new programs
68 new partners

Year Four

15 Fellows
35 Host Communities
\$33,250 micro-grants
34 new programs
51 new partners



187
partnerships



500+
volunteers



22
chore
programs



19
repair and
maintenance
program



39%
housing policy



87%
of communities focus
on housing



1,500+
Mainers have
benefitted

Lifelong Communities, Food Security



294

food
partnerships



600+

community
volunteers



24

in-person or
food delivered
meals



41

promote other
services



37

community or
home
gardens



6

after-school
meals



18%

food-related
policy



83%

of communities include an
emphasis on food security



3,500+

Maine residents
benefit monthly

Transportation



54

walking/biking
groups



100+

community
volunteers



17

accessible paths



36

volunteer
transportation
programs*



26%

transportation policy



78%

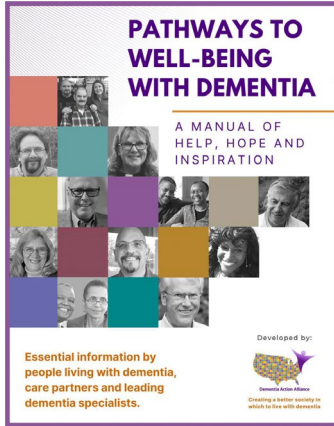
of communities include an emphasis on transportation,
including walkability and accessible paths



1,250+

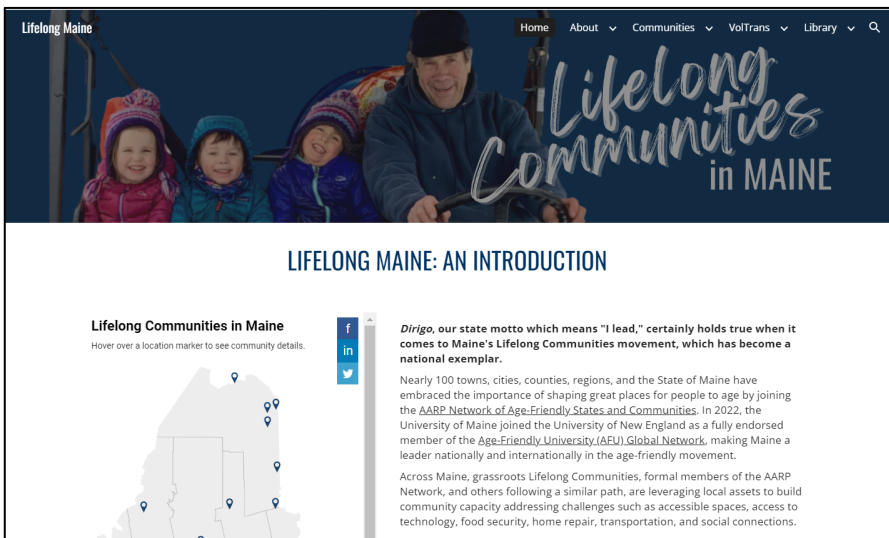
Mainers benefit

Dementia Inclusion



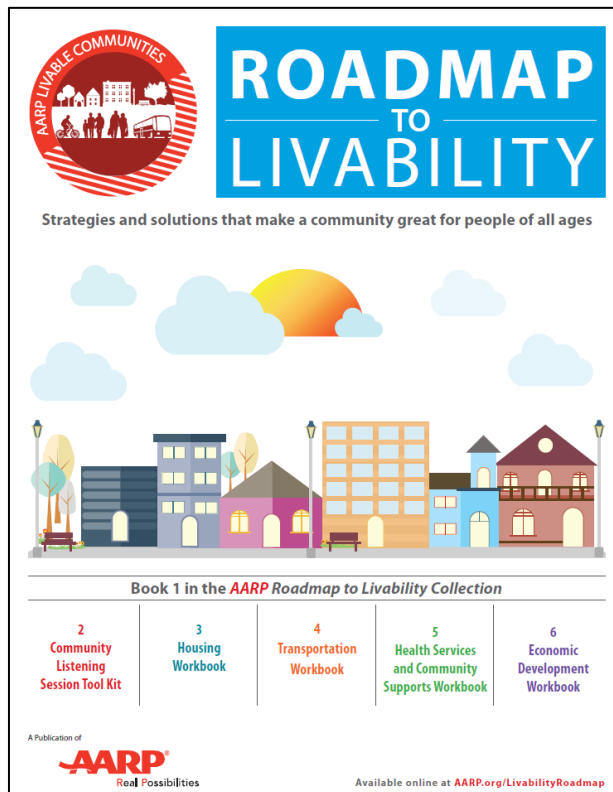
- 4-month project
- 13 dementia inclusive fellows
- 37 participating communities
 - Walking groups, wayfaring and historic signs
 - Community garden - elevated beds
 - Information kiosks, social media campaigns
 - Memory kits, books, puzzles
 - First responder - dementia inclusive training
 - Community conversations

New Partners: Libraries, Museums, First Responders, Historical Societies, Veteran's Administration, Parks, Land Trusts, and more!

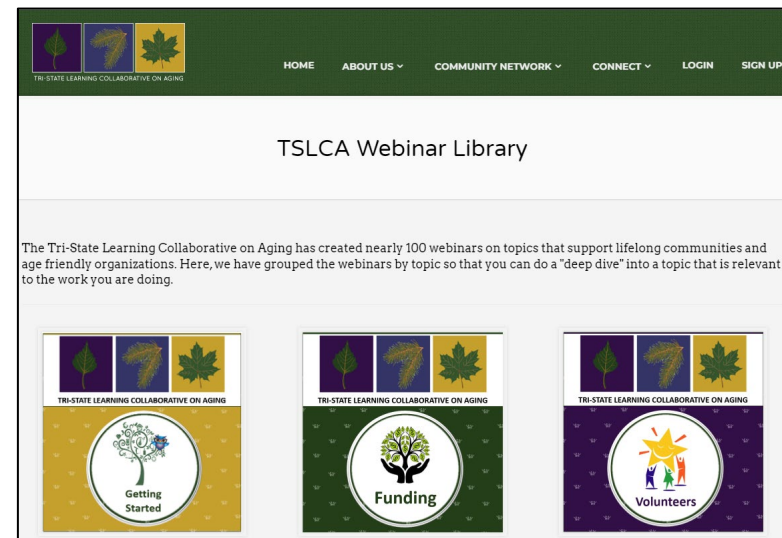


Information about and for Age-Friendly, Lifelong Communities

LifelongMaine.org



[AARP Livable Library](https://AARP.org/LivabilityRoadmap)



Tri-State Learning Collaborative on Aging

Picture this.....

Maine Communities are **thriving**
Older adults remain **active**
live in **security**, enjoy **good health**, and
continue to **participate** fully in society

People of all ages work together
To make the **community**
a **vibrant, welcoming**,
and **safe place** to **everyone**.



For further information

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