

Ad Hoc Senior Advisory Committee

Presentation to
Kennebunkport Board of
Selectmen
22 February 2018

Committee Charge

- ▶ How the needs of Kennebunkport older residents can be met
- ▶ What role the Town should have in offering or facilitating the delivery of services

What We Did

- ▶ 21 meetings over 12 month period for discussion and consideration
- ▶ A survey - of all residents 65 and older
- ▶ Interviews and visits with
 - Relevant Town departments
 - Local and regional providers of services to older residents

Why It Is Important

- ▶ By 2030, one in five Americans will be 65 or older
- ▶ Maine is the grayest state in the US with a median age of 44
- ▶ **Kennebunkport must be ready**

What the Town told us

- ▶ Kennebunkport is a good place to live for older residents

“Great place to live and grow old”

- ▶ Kennebunkport is a very social town

83% are “as social as I want to be”

- ▶ The Town Nurse is a great asset

“One of the most valuable services the Town provides”

Assets

- ▶ The Town Nurse/Health Department & KEMS
- ▶ The Parks and Rec. Department
- ▶ The Town Libraries
- ▶ The Department of Public Works
- ▶ The Center at Lower Village

Challenges

- ▶ The survey and interviews indicated the following needs:
 - Transportation
 - Home repairs, maintenance and shoveling

Areas That Could Be Improved

- ▶ Coordination among providers of services
- ▶ Communication about existing services including:
 - Fuel assistance
 - Home weatherization
 - Food outreach

Some Definitions of Common Terms

- ▶ An **Age-Friendly Community** encourages active aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. (WHO)
- ▶ **Aging in Place** is *simply* a matter of preserving the ability for people to remain in their home or neighborhood as long as possible. (AARP)

Aspirations

Our vision is for Kennebunkport to foster an **age-friendly community** that allows people, regardless of their age, to stay active and connected, and to thrive while **aging in place**.

Do Kennebunkport Residents Wish to Age in Place?

- ▶ **90% wish to remain in their current home as long as possible.**
- ▶ **The same 90% want to “drive as long as I can.”**

Challenges to Aging in Place in Kennebunkport

- ▶ **Transportation**
- ▶ **Housing**
- ▶ **Walkability**

What Makes an Age-Friendly Community*?

- ▶ One that is friendly for all ages and has:
 - Walkable streets
 - Housing and transportation options
 - Access to key services
 - Opportunities for residents to readily participate in social and community activities

*As described by WHO/AARP

World Health Organization (WHO) / AARP Network of Age-Friendly Communities (NAFC)

AARP Network of Age-Friendly Communities
Real Possibilities



AARP.ORG/AGEFRIENDLY

At this time, 42 Communities in Maine Have Committed to the Age-Friendly Process

Augusta, Bangor, Bar Harbor, Belfast, Berwick, Bethel, Biddeford, Blue Hill, Bowdoinham, Brooklin, Brooksville, Bucksport, Castine, Cumberland, Deer Isle, Dexter, Dover-Foxcroft, Eastport, Ellsworth, Gilead, Greenwood, Hallowell, Jackman, Kennebunk, Milo, Newry, North Yarmouth, Old Orchard Beach, Paris, Penobscot, Portland, Raymond, Readfield, Saco, Sedgwick, Stonington, Surry, Waterville, Wayne, Westbrook, Woodstock, Yarmouth

What Next?

**Committee
Recommendations**

**The Ad Hoc Senior Advisory
Committee
recommends that the
town consider becoming an
Age-Friendly Community.**

**The Ad Hoc Senior Advisory
Committee recommends that
the town appoint a
Senior Advisory Committee.**