



# Massachusetts Councils on Aging

## *Small & Rural Conference*

James Fuccione – Senior Director

April 2018

The work of the Massachusetts Healthy  
Aging Collaborative is supported in part by:

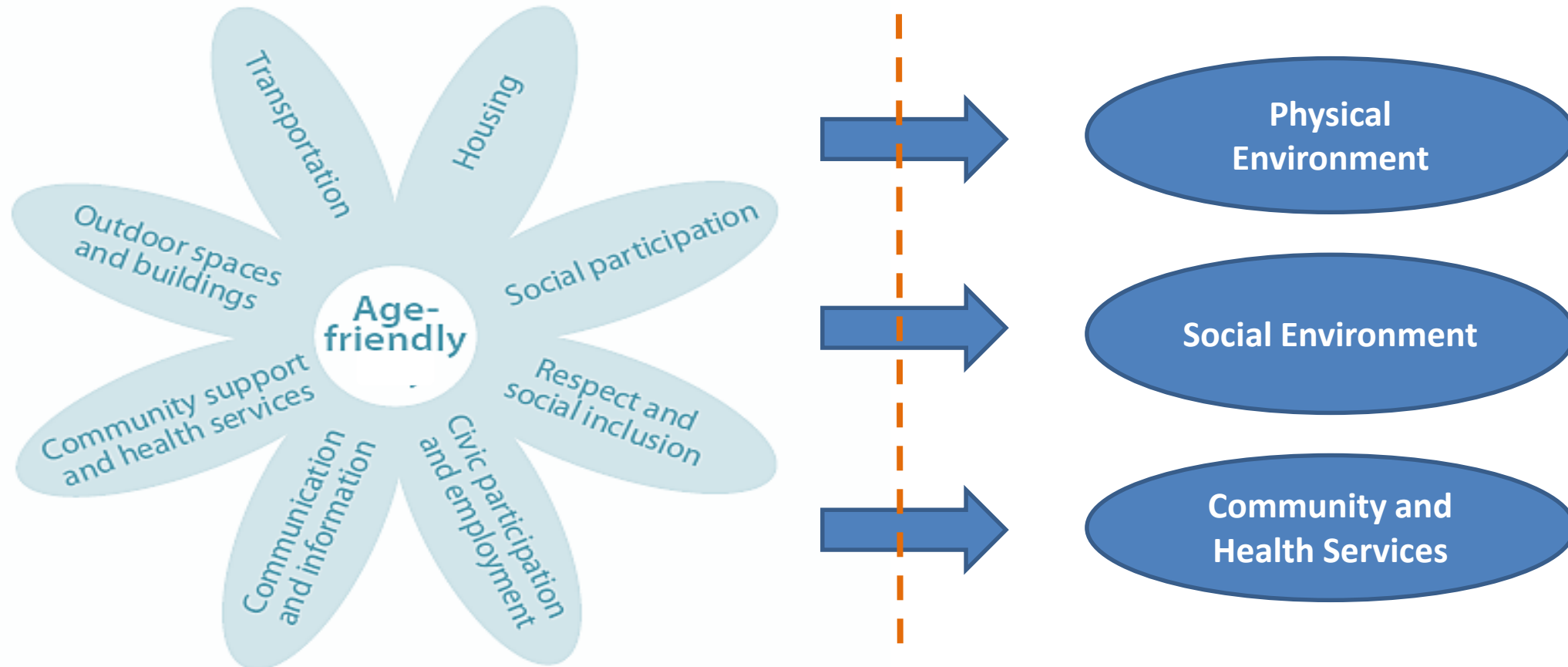


The **Massachusetts Healthy Aging Collaborative** is a network of leaders in community, health and wellness, government, advocacy, research, business, education, and philanthropy who have come together to advance healthy aging.

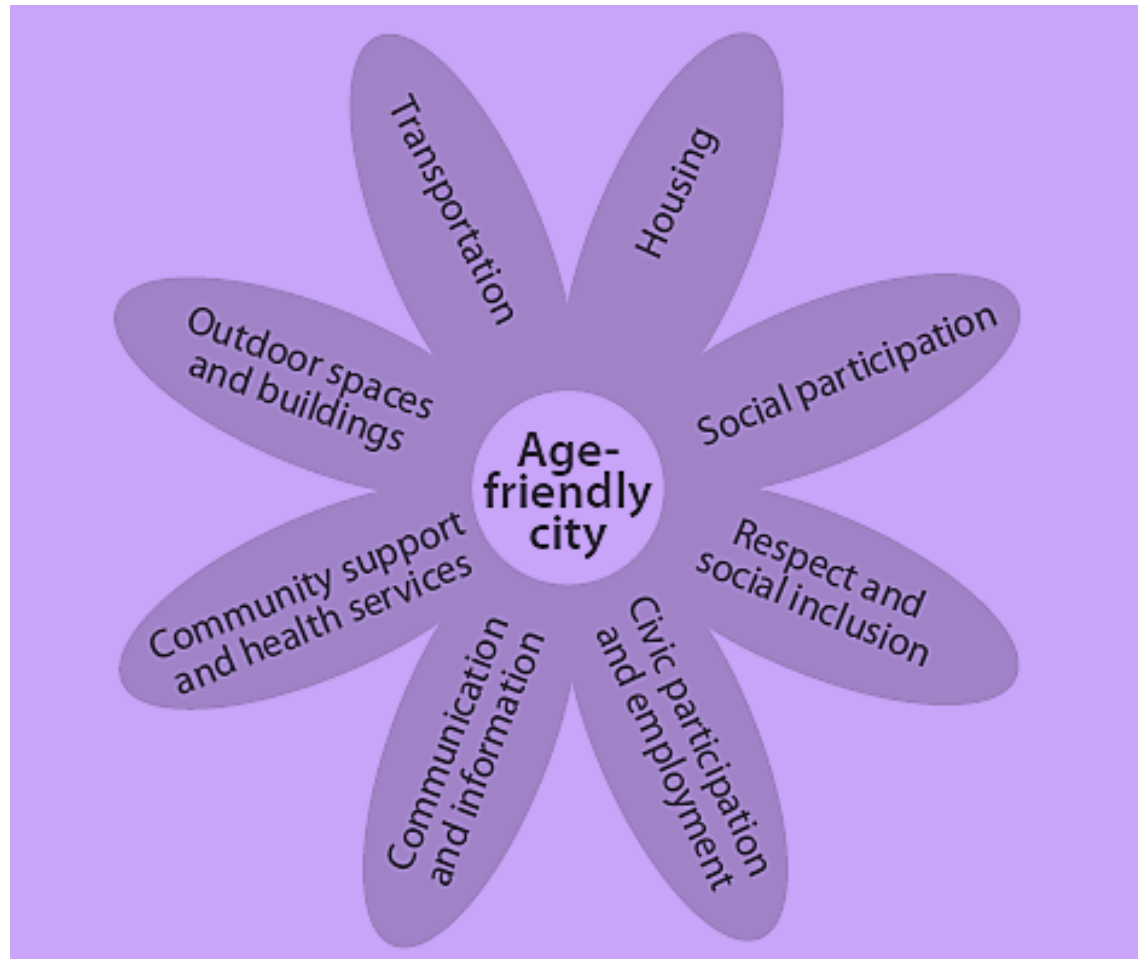
## MHAC Strategies & Action Committees

- 1 Access, Equity, and Inclusion:** Ensuring Age/Dementia Friendly community work, Age-Friendly State efforts and MHAC strategy promote access, equity and inclusion.
- 2 Policy and Advocacy:** Educating and raising awareness about Age/Dementia Friendly public policy among policymakers and advocacy groups
- 3 Building the Movement:** Outreach and education to cities and towns and professional sectors, raising awareness of MHAC Membership
- 4 Regional Learning Networks – *in development*:** Supporting shared learning and collaboration on Age/Dementia Friendly efforts among cities and towns throughout Massachusetts

- A **continuous improvement** process (assessment, action planning, implementation) focusing on improving communities in three areas:
  - *Physical environment*
  - *Social Environment*
  - *Community and health services*



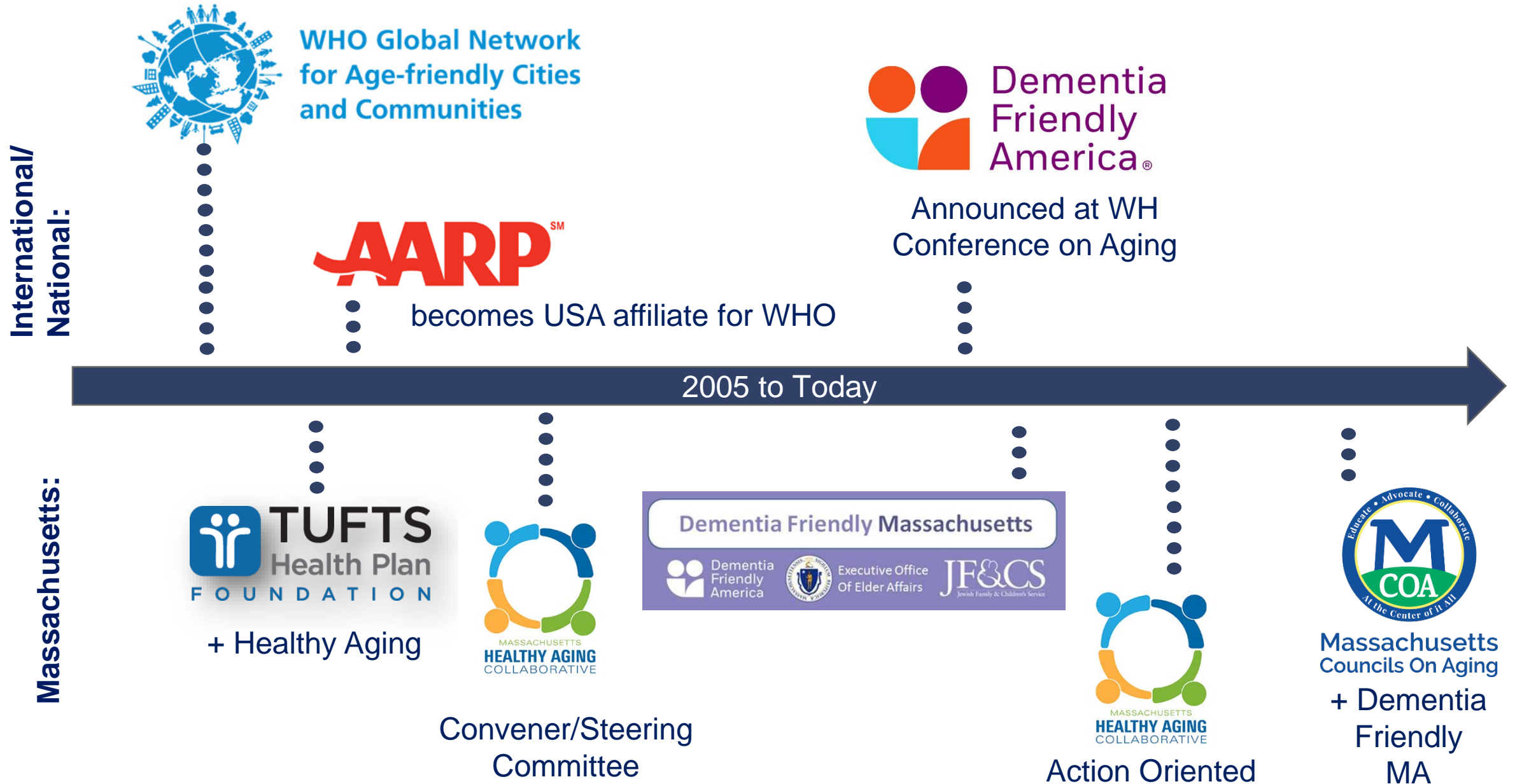
Build capacity of local communities to embark on the Age/Dementia Friendly designation journey



## *Age-Friendly Community efforts...*

- *Include people living with Dementia, caregivers, and service/support providers on task force*
- *A Dementia Friendly advisory group that can focus on raising awareness and working through sectors in coordination with Age-Friendly*

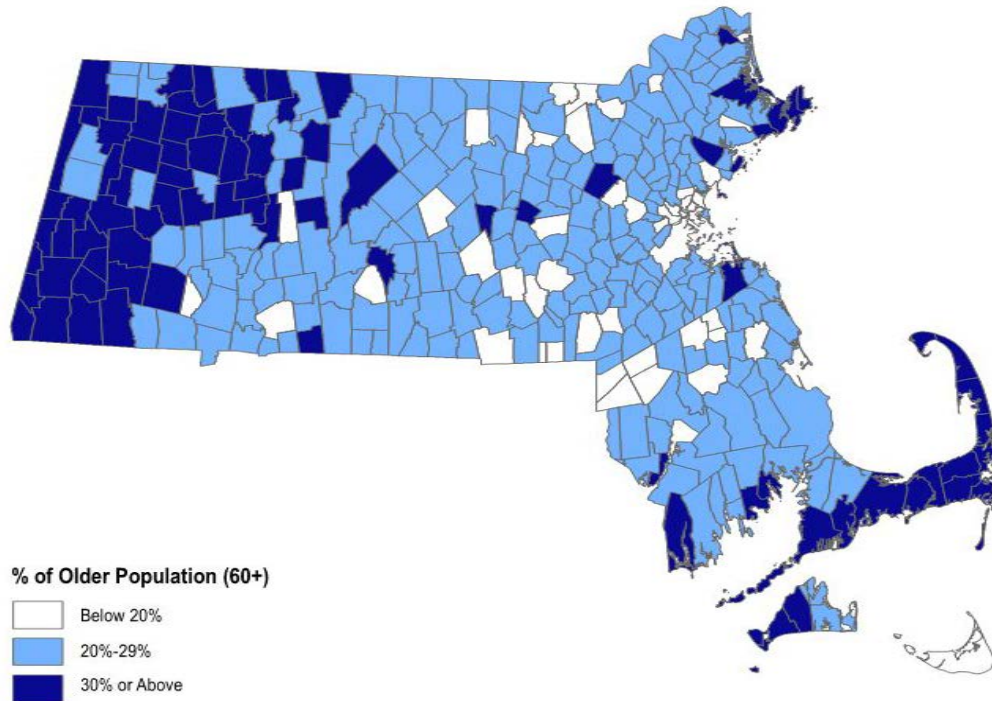
# How we got here: Age/Dementia Friendly



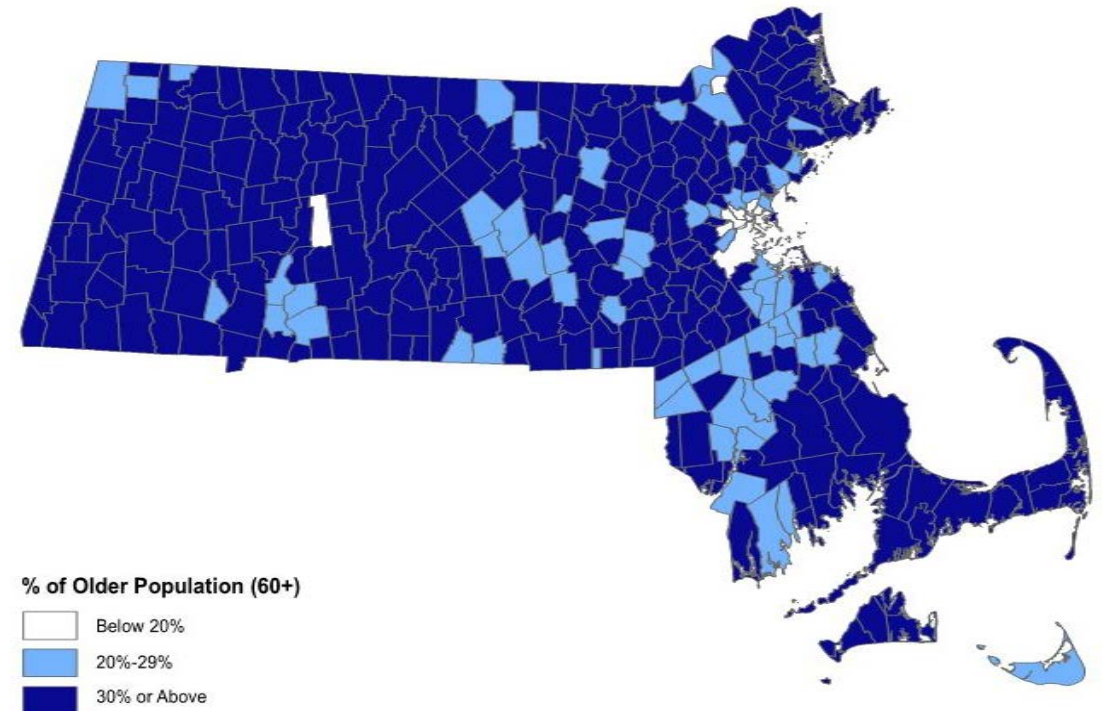


# Aging Population in MA (60+)

**2015**

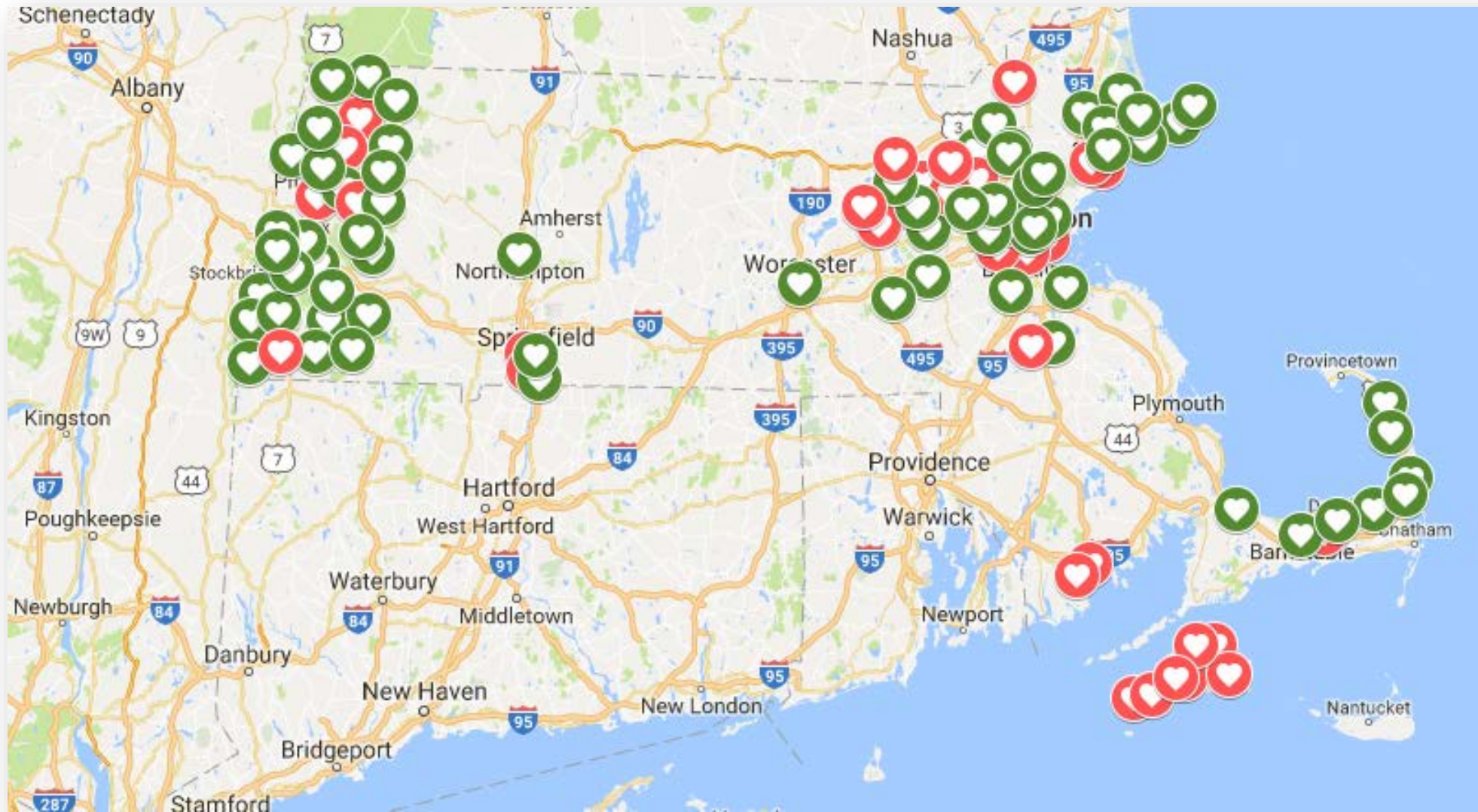


**20-year projection**



Source: Center for Social & Demographic Research on Aging. Gerontology Institute. UMass Boston.  
Based on data from the Donahue Institute. University of Massachusetts

# Age-Friendly Communities in MA



*It all starts with **CONVENING**: Active Age- and Dementia Friendly models*

- **Age-Friendly Berkshires (AARP – Municipal Resolution):**
  - *Countywide effort began with regional planning agency and private-pay home care company that lead “planning” and “people” sides of the work, respectively.*
  - *All volunteers and volunteer organizations*
- **Age-Friendly Yarmouth (WHO):**
  - *Director of Senior Services dedicates time to Age-Friendly work.*
- **Age-Friendly Boston (AARP):**
  - *City’s Elderly Commission have dedicated staff to convene groups, liaise between city departments and carry out action plan.*
  - *Support came from THPF and UMass Boston*
- **Salem for All Ages (AARP):**
  - *Volunteer, retired professor leads “people” side of the work with support from Mayor’s office and local volunteers/volunteer orgs*
  - *Support from UMass Boston*



# Where to Begin...

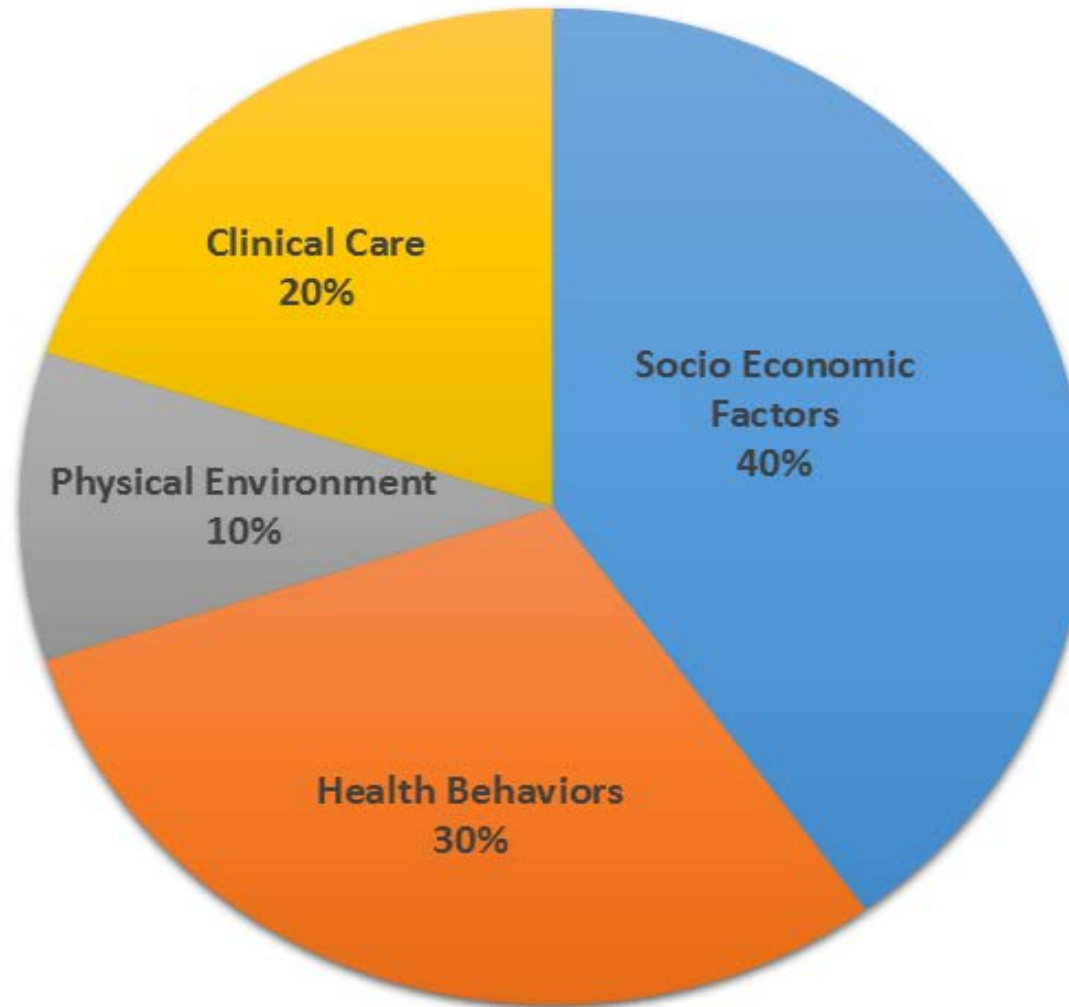


- Accounting
- Animal Control
- Assessing Department & Board of Assessors
- Board of Selectmen
- Capital Projects & Facilities Management
- Conservation Commission
- Community & Economic Development
- Council on Aging
- Cultural Council
- Finance Division
- Fire
- Health Department
- Human Resources
- Inspectional Services
- Library
- Licensing
- Parks, Recreation & Cultural Affairs
- Planning Board
- Police
- Public Schools
- Public Works
- Purchasing
- Retirement Board
- Technology Services
- Town Clerk
- Town Manager
- Treasurer / Collector
- Veterans Services
- Zoning Board of Appeals

Focus on linking **Social Determinants of Health**

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				
<b>Health Outcomes</b> Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations					

# What Determines Population Health?



Source: Countyhealthrankings.org





- Governor announced that Massachusetts has been designated by the AARP as only the second state in the country to join that organization's Age-Friendly Network.
- This designation commits our state to a continued path of progress in making Massachusetts more livable and welcoming for older adults and people of *all* ages.



**MHAC**

@mahealthyaging

A milestone and great event! Massachusetts is officially committed to being an [#AgeFriendly!](#) [@MassGovernor](#) [@MassHHS](#) [@AARP](#) [@AARPMA](#) [@THPFoundation](#) [#volunteeraarpma](#)



12:53 PM - 11 Apr 2018



Massachusetts Municipal Association  
**MMA BEST PRACTICES SERIES**  
*Recommendations for Effective Local Government Administration and  
Management from MMA Policy Committees*



# Data Gathering

The screenshot displays the website's navigation bar with the logo and links for Home, About, Calendar, and Contact. A search icon is also present. Below the navigation bar is a row of six colored buttons: DATA REPORT (blue, circled in red), PROGRAMS (dark blue), AGE-FRIENDLY (green), RESOURCES (dark green), CONNECT (orange), and BLOG (dark orange). To the right of these buttons is a login section with fields for Username and Password, a 'GO' button, and a 'Forgot your password?' link. Below the login section is a 'Create Account' button.

The main content area is divided into two columns. The left column contains a 'DATA REPORT' section with a list of links: Explore the Report, Highlights Report (circled in red), Community Profiles (circled in red), Infographic, State Maps, Interactive Map, Data Sources and Methods, Find Other Data, and Area Plans on Aging. The right column contains the 'Community Profiles' section, which includes a breadcrumb trail (HOME > DATA REPORT > EXPLORE THE REPORT > COMMUNITY PROFILES), a text size selector, a print button, and social media icons. The section title is 'Community Profiles'. Below the title are two dropdown menus: 'Choose a city or town to download its community profile.' (with 'Framingham' selected) and 'Choose a county to view a collection of community profiles.' (with 'Select...' selected). Below these dropdowns is the text 'Or explore via the map.' and a large map of Massachusetts showing county boundaries. A zoom control is visible in the bottom right corner of the map.

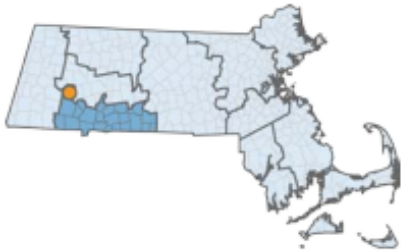




MASSACHUSETTS HEALTHY AGING COMMUNITY PROFILE

## Chester (Hampden)

Chester is a rural town located in western Massachusetts with 203 residents aged 65 or older. The walkscore indicates that this is a very car dependent community (3/100). Compared to state averages, older residents in Chester do better on several healthy aging indicators including: ever diagnosed with depression, diabetes, stroke, osteoporosis, a regular doctor, annual inpatient hospital stay, inpatient hospital readmissions, annual skilled nursing facility stays, emergency room visits, prescription medication use, and shingles vaccine. Community resources to promote healthy aging include a Council on Aging and a public library.



POPULATION CHARACTERISTICS	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages	1,337	6,547,629
Population 60 years or older as % of total population	20.8%	19.2%
Total population 60 years or older	274	1,249,723
Population 65 years or older as % of total population	15.4%	13.7%
Total population 65 years or older	203	891,303
% 65-74 years	68.0%	49.8%
% 75-84 years	15.3%	34.3%
% 85 years or older	16.7%	15.8%
Gender (65+ population)		
% female	57.6%	58.5%
Race/Ethnicity (65+ population)		
% White	98.5%	91.5%
% African American	0.0%	0.0%

- **AARP Community Challenge Grant (Due: 5/16)**
  - The AARP Community Challenge funds projects that build momentum for local change to improve livability for all residents.
  - November 5: All projects must be completed
  - December 3: After Action Reports due
- **In 2017, the AARP Community Challenge awarded 88 grants nationwide.**
  - ***Natick: Metropolitan Area Planning Council | Walkability***

The council developed and promoted changes to address the specific mobility, recreational and logistical needs of older adults so they can use the off-road trails in Natick. The results of the project included inventory of existing resources assessment of perceptions, and a placemaking event.
  - ***Stoneham: Boys & Girls Clubs of Stoneham and Wakefield | Community Garden***

Funds were used to build an intergenerational community garden where older adults can mentor the children of the Boys & Girls Club.



More info: <https://mahealthyagingcollaborative.org/news/>

- **MCOA Dementia and Age-Friendly Capacity Building Grants (Due: 4/27)**

- MCOA anticipates awarding up to 25 DF community education projects and 8-10 one-time grants for AF community assessment work.
- The amounts will range between \$2,000 and \$4,000.
- Applicants must be able to use all funds before Friday, June 29, 2018; and provide a 2-page final report by Friday, July 15, 2018.
- The MCOA is providing direct grants to COAs who want to undertake 1 of 2 goals:

- 1 To learn what their community residents' opinions are about what their community needs to become more age friendly; or
- 2 To prepare to undertake a large-scale community-wide DF education effort by procuring outreach materials needed for upcoming work over the next 12 months.



**Massachusetts  
Councils On Aging**

- **MCOA Dementia and Age-Friendly Capacity Building Grants (Due: 4/27)**

- **Both efforts need to have a work plan that meets the following criteria:**

- 1 It is aimed at reaching diverse groups of residents
- 2 It will include the participation of people who live in diverse neighborhoods, housing stock and will work in multiple business sectors of the community (as showcased in Dementia Friendly America materials).
- 3 The AF assessment activity must include questions for community members about what they think would make their communities more dementia-friendly, too. This is required to underscore that an age friendly community plans for the needs of people living with ADRD and their caregivers, too.

More info: <https://mcoaonline.com/grants/bid-opportunities/>



## Small Town Housing Choice Capital Grant Program

### Eligible Communities:

- Towns with populations under 7,000 (per 2016 US Census estimates)
- Community Compact
- No moratorium for new housing
- \$1 million pool statewide for capital expenditures
- Housing Choice Designation (Due 4/30)



Mass.gov

## **“Momentum Fund” Mini-Grant Program**

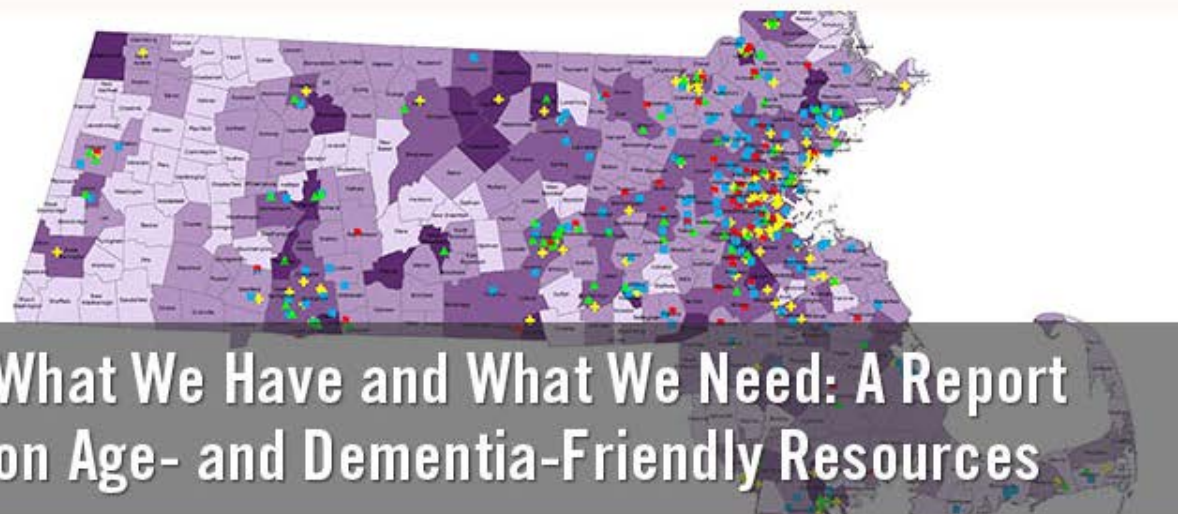
- Mark the Foundation’s 10-Year Anniversary
- Grants up to \$10,000
- Focused on catalyzing age- and dementia-friendly communities
- Applications due September 20, 2018
- Notification of award by November 1, 2018
- **More information available in Spring 2018**



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## What we have and what we need

Read this new report on programs, services, and supports for people over 65 years old and those living with dementia and their caregivers.

[Learn More >](#)

### DATA REPORT

[HIGHLIGHTS REPORT](#)[DATA REPORT](#)[INFOGRAPHIC](#)

### NEWS

[MA OFFICIALLY WELCOMED TO AARP NETWORK OF AGE-FRIENDLY STATES](#)

### CONNECT

[NEWSLETTER](#)[Sign up for periodic updates from the](#)

# Thank You!

- James Fuccione:  
[James.Fuccione@mahealthyaging.org](mailto:James.Fuccione@mahealthyaging.org)
  - 617-717-9493



Executive Office  
Of Elder Affairs

