

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

COMMUNITY ASSESSMENT

FOR THE

TOWN OF BARRINGTON

GREATER SEACOAST COMMUNITY HEALTH



PUBLISHED: OCT 2022

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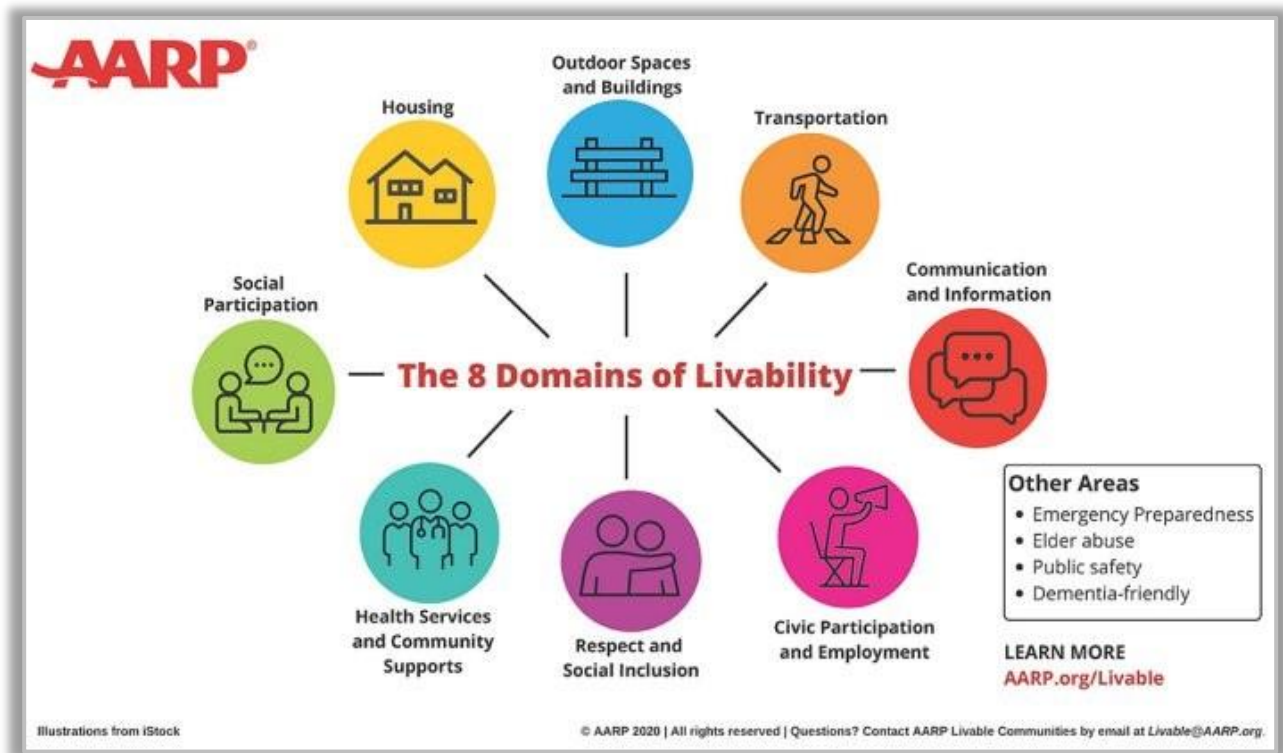
INTRODUCTION AND FRAMEWORK

[Communities for Healthy Aging Transitions \(CHAT\)](#), a regional project, examined age-friendliness in Strafford County, as well as Brookfield, Wakefield, Newmarket, Nottingham and Northwood in Carroll and Rockingham counties, respectively. The project was funded by the Tufts Health Plan Foundation and conducted in partnership with Greater Seacoast Community Health (GSCH)'s Strafford County Public Health Network (SCPHN) program.

The project mission was to engage our communities looking at and promoting diverse, equitable, inclusive, livable environments where people can grow and thrive, regardless of age.

To achieve this mission, SRPC and partners at SCPHN designed engagement activities to understand strengths and opportunities in each community, which were framed within [AARP's eight domains of livability](#) from its [Livable Communities program](#): Outdoor Spaces and Buildings, Housing, Transportation, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Health Services and Community Support.

The qualitative and quantitative information presented in this Community Assessment was also framed within the eight domains of livability.



CHAT OUTREACH PROCESS

SRPC and partners at SCPHN enacted a modified outreach process due to the pandemic. Most of the outreach for the CHAT project was conducted via online channels as described below.

COMMUNITY ZOOM FORUMS

Residents from across the region were invited to participate in a series of seven municipal or subregional community Zoom forums between February and June 2021. SRPC reached out to each community, but for some an event was not able to be scheduled. A forum was scheduled for Barrington, Northwood, Strafford, and Nottingham on April 19th, however, due to the challenges of scheduling such events in the midst of the pandemic and a lack of registered participants, the forum did not take place.

SURVEY

Launched in early 2021, the CHAT online survey was distributed through multiple regional outlets, directly to Barrington residents through social media, and shared with those who participated at the community Zoom forums. Thirteen Barrington residents responded to the survey.

POSTCARD ART ACTIVITY

With the pandemic, SRPC and SCPHN brainstormed creative ways to engage people and give them a different outlet for expressing themselves. SRPC staff designed and printed postcards that prompted individuals to draw (paint, collage, etc.) or write what it means to age as you play, live or work in each community. These were distributed at various Covid-19 vaccine clinics and a variety of other locations.

ADDITIONAL FEEDBACK

The above outreach strategies were supplemented with key informant interviews and draft community assessment reviews by community representatives. Key informant interviews were conducted with two younger professionals raising a family in Barrington and a Barrington public safety official. Draft review and additional comments were provided by Chief Rick Walker of the Barrington Fire Department.

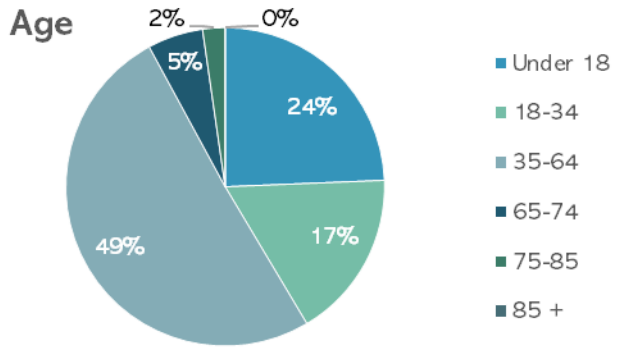
COMMUNITY PROFILE

Barrington is a small, rural, quiet, farm town that is rich with natural beauty and community spirit. Located west of the tri-cities, residents appreciate Barrington for its seclusion, proximity to employment, the nearby University of New Hampshire and larger cities. One of the fastest-growing communities in the Strafford Region, Barrington is a thru-way with Route 125, Route 202A, and Route 9 going through the town. It is a beautiful town with natural resources and outdoor spaces for recreation.

“Barrington maintains its rural character and its scenic beauty by providing recreational opportunities and supporting small town traditions that promote a sense of belonging. The town enjoys a walkable town center that contains mixed-use development with two or more land uses, as well as being home to a number of municipal facilities, including a library and/or community center that offers meeting spaces for public use. People can walk from their homes to their jobs and to outlets that provide basic needs including groceries, pharmacies, town services, recreation, entertainment, training, and childcare, all within the town center.”¹

The outreach process, combined with supplementary data analysis, was used to outline the many ways in which Barrington provides an inclusive, welcoming, supportive, and healthy environment for people of all ages, as well as opportunities for improvement. The findings are presented below in relation to each of the eight AARP domains of livability.

Total Population	9,123
Median Age	39.6
Total Housing Units	3,183
Number of Jobs in Town	1,911
Life expectancy	83.9



Sex



LIVABILITY PRINCIPLE #1 - OUTDOOR SPACES AND BUILDINGS

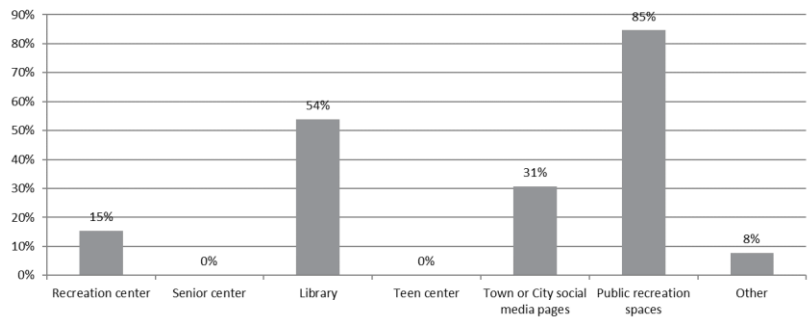
“People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.”ⁱ

DATA

Recreation Site Type	Number of Sites
Beach	0
Boating Access	1
Community Garden	0
Disc Golf Course	0
Dog Park	0
Fishing Access	0
Golf Course	0
Gym	0
Open Space and Trails	11
Park	1
Playground	2
Pool	0
Rail Trail	0
Skatepark	0
Skating Rink	1
Sledding Hill	0
Sports Fields and Courts	4
Total	20

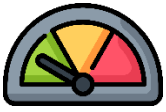
Community Resources	Number of Sites
Places of Worship	1
Historic Places, Buildings, or Structures	1
Libraries	1
Medical and Health Care Facilities	4
Governmental Services	2
Non-Governmental Services	1
Fire and Police Stations	1
Schools	3
Total	14

Do you use any of these public spaces in your town?



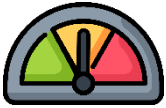
21% of land in Barrington is conserved.





STRENGTHS

- **Local businesses** – Calef’s Country Store is a community landmark and attracts both locals and visitors to shop and eat.
- **Community facilities** – The playgrounds, such as the Barrington Community Playground, and public buildings are great.
- **Natural beauty**– 75% of survey respondents cited the town’s natural beauty and resources as a reason to live in Barrington.



OPPORTUNITIES

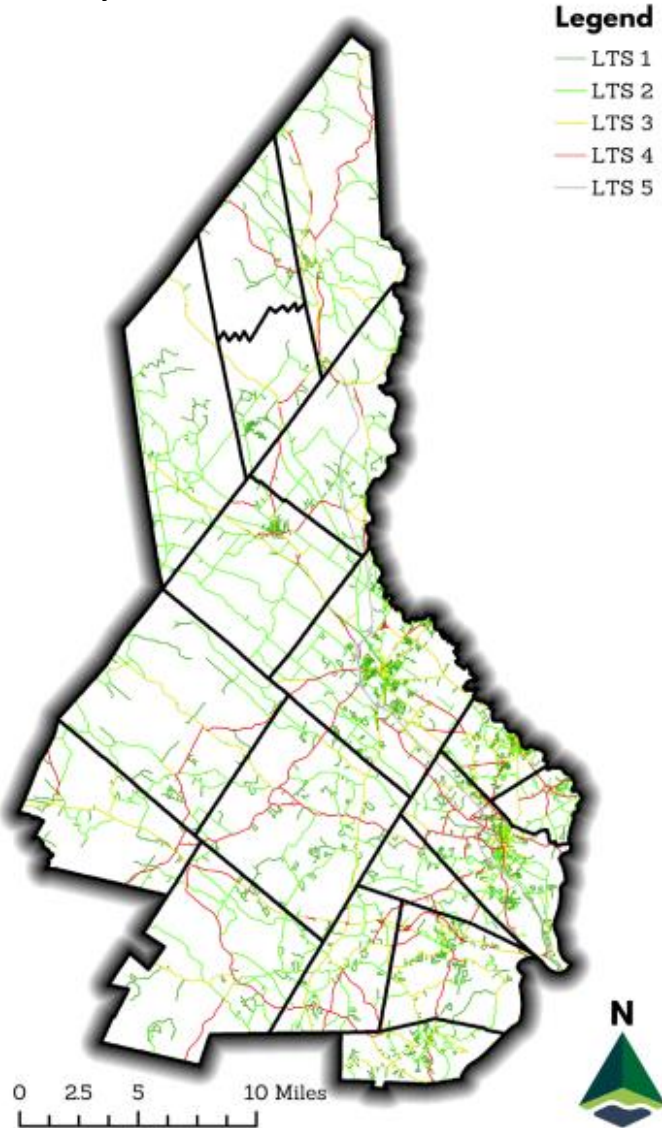
- **Increase local businesses and gathering spaces** – Residents note that more restaurants and public gathering spaces would be a great addition for the community.
- **Town improvements** –The Town is considering a new library.

LIVABILITY PRINCIPLE #2 - TRANSPORTATION

“Driving shouldn’t be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit nondrivers and drivers alike. Public transit options can range from the large-scale (trains, buses, light rail) to the small (taxis, shuttles or ride share services).”ⁱⁱ

DATA

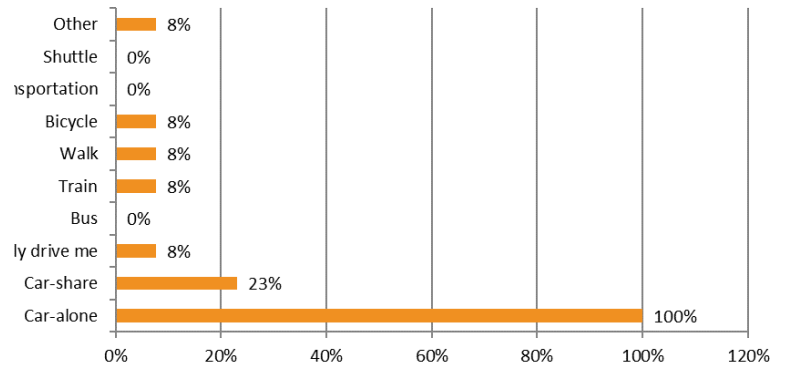
Bicycle Level of Traffic Stress



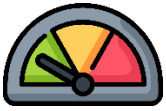
LTS Rating	LTS Rating Description	Population Class
LTS 1	Lowest stress; suitable for all riders	Kids and Beginners
LTS 2	Lower stress; suitable for adults with some experience	Willing but Wary Riders
LTS 3	Moderate stress; suitable for those who ride regularly	Comfortably Confident Riders
LTS 4	High stress; suitable for experienced riders with tolerance to high speeds and traffic	Exposure-Experienced Riders
LTS 5	Bicycles prohibited	

Source: Bicycle Level of Traffic Stress. Year: 2019. Granularity: SRPC.

How do you and your household members generally travel around for work, school, recreation, or other errands?



COAST Routes (including ADA On-Demand Transit)	0
Wildcat Routes	0
Demand Response Transit	Yes



STRENGTHS

- **Public roads** – Roadways have been improving significantly and ease of access to major routes such as 202A and 125 are great connectors to other places.
- **Work on sidewalks** – Barrington is actively planning sidewalk extensions and improvements to create a more walkable community and create a more defined town center.
- **Community Rides** – “The Alliance for Community Transportation (ACT) offers curb-to-curb non-emergency medical transportation called Community Rides. Community Rides is open to older adults (60+) or individuals with a qualifying disability who live within ACT's 38-town service area, which includes Barrington. Trips are provided only to destinations within the 38-town service area as well. Community Rides is meant to serve as a "provider of last resort" for people who aren't eligible for other services such as COAST ADA Paratransit, Portsmouth Senior Transportation, or Rockingham Nutrition & Meals on Wheels Senior Shuttle.”ⁱⁱⁱⁱ



OPPORTUNITIES

- **Public transit** – Increasing access to public transit would benefit residents. Marketing or expanding awareness of existing options would help.
- **Safety** – Bike lanes, sidewalks and crosswalk signs could contribute a lot to safety.
- **Alternative transportation and ride sharing options** – It is challenging to get an Uber or Lyft ride in Barrington. Where these aren't realistic options, there are alternatives volunteer rideshare programs, or promoting carpool matching on the CommuteSmart NH Mole and Web App.

“IN BARRINGTON WE HAVE NO SIDEWALKS; BIKES DRIVE IN CAR LANES; WALKING AREAS ARE MOSTLY ROADS OR TRAILS.”

Livability Principle #3 – Housing

“AARP surveys consistently find that the vast majority of older adults want to reside in their current home or community for as long as possible. Doing so is possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages and life stages.”iv

DATA

Housing Stock

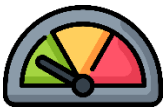
■ Single family ■ Multi-family ■ Mobile Home



Own vs Rent



3,183 total housing units in Barrington.



STRENGTHS

- **Diverse housing options** – There is currently family, community-focused housing being built. Some mixed-use properties are being developed.
- **Long-term residency** – Most survey respondents have lived in Barrington for over 10 years.



OPPORTUNITIES

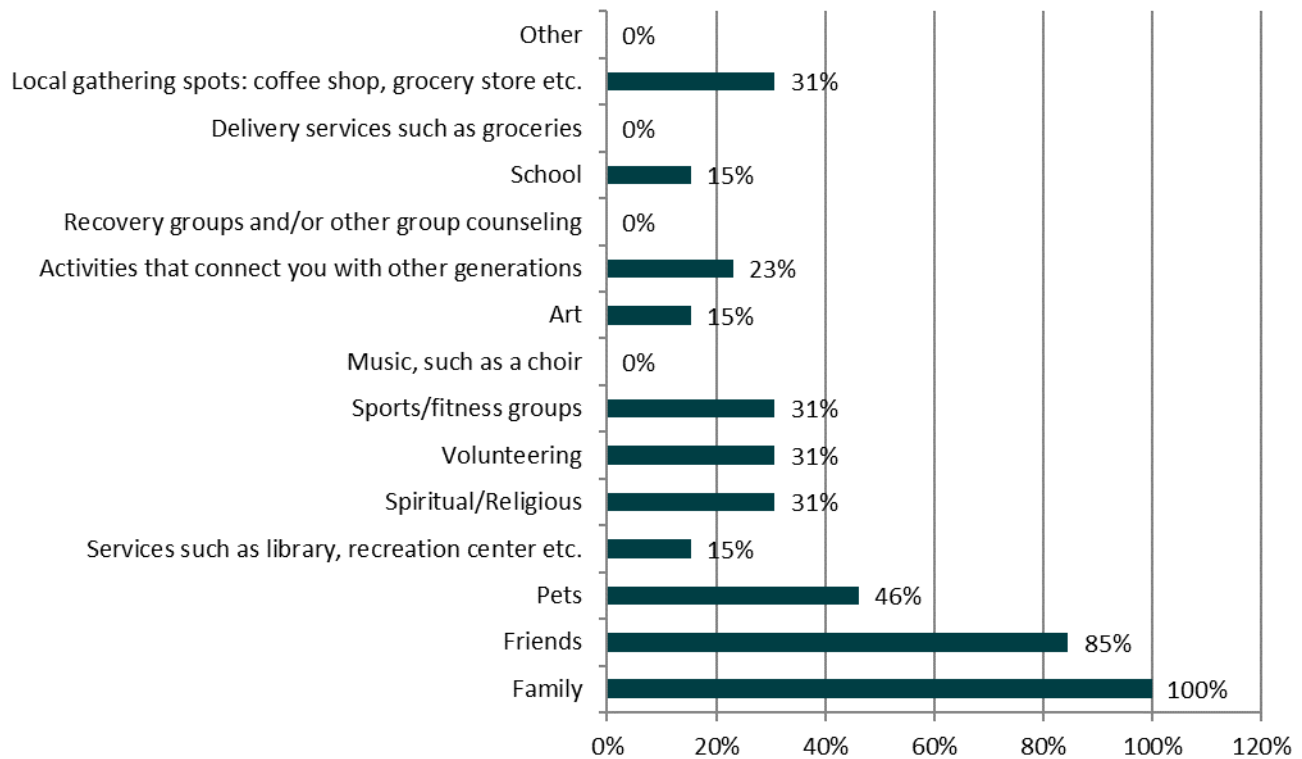
- **Concerns about cost and affordability** – 50% of survey respondents stated housing affordability as their main concern about aging in Barrington. It is an expensive place to live. Even though the tax rate is lower than other towns, it is still high and survey respondents reported it as unfavorable.
- **Increase affordable housing options** – There is a lack of good and affordable housing options. It is perceived that it would be difficult to grow old in Barrington. Some respondents mentioned that the building of an affordable senior housing community would be helpful.
- **Access to more diverse or flexible housing stock** – Access to newer housing is severely limited due to the increase in demand for housing that existed before the pandemic and has since been exacerbated. There are few rentals. If you are looking for a rental, your option is to live in a tiny home or rent a room in someone's house.

LIVABILITY PRINCIPLE #4 – SOCIAL PARTICIPATION

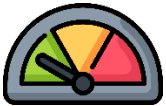
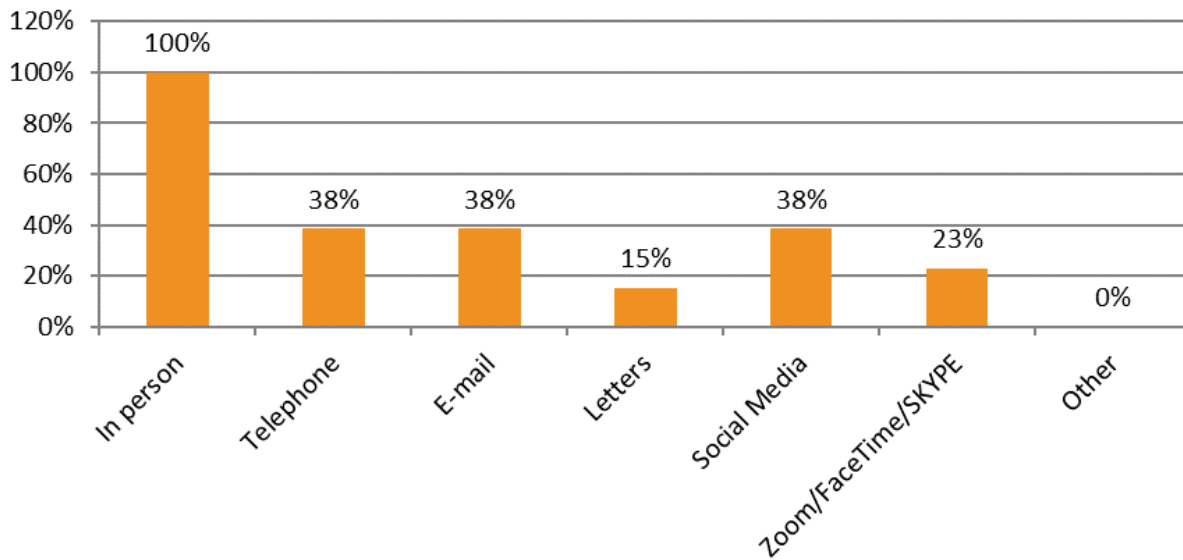
“Regardless of a person’s age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combated by having opportunities to socialize and the availability of accessible, affordable and fun social activities.”^v

DATA

What are your main social interactions? Check all that apply

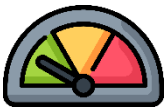


How do you most commonly socialize? Check all that apply.



STRENGTHS

- **Connection through services and sports** – The local country store and fire department open houses are great. The community is also very connected to each other through youth sports.
- **Helpful, friendly atmosphere** – People are willing to step up and help each other. Many survey responses stated that their families live nearby, and it is a close-knit community.



OPPORTUNITIES

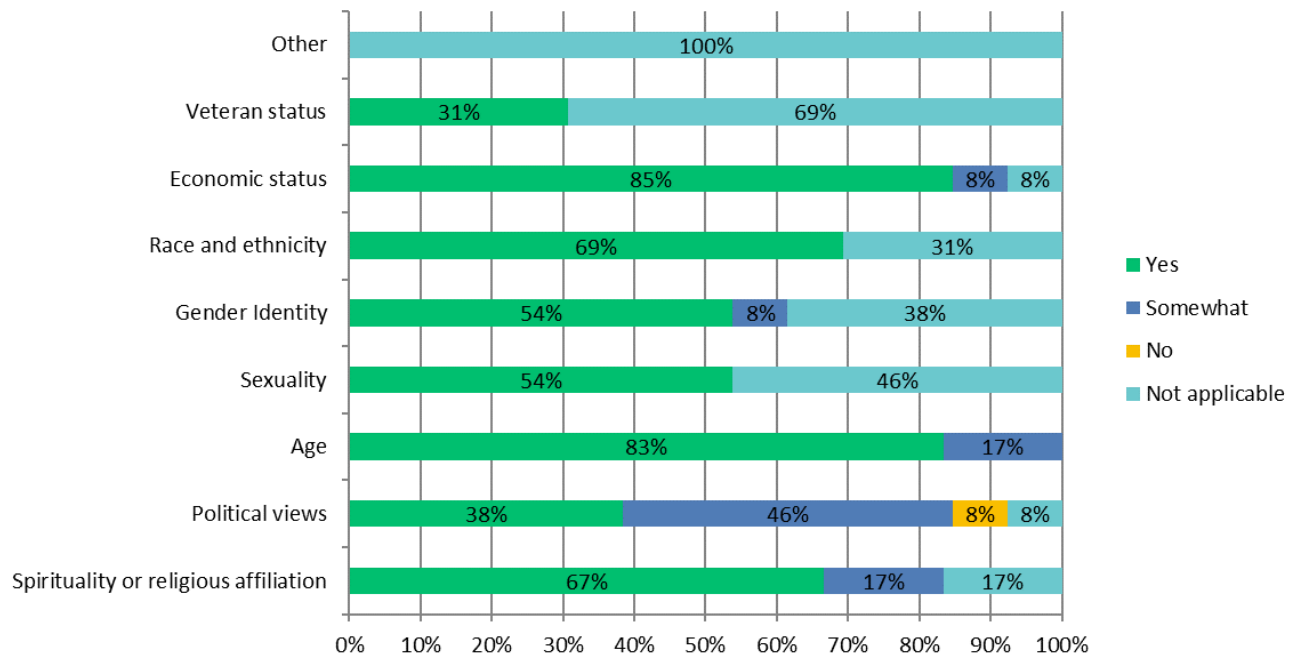
- **More social options for all ages** – There could be more opportunities for socializing; frequently people to go to other towns. More food establishments may be a way to improve this.
- **Increase awareness of community activities** – It is a small town and there are limited options in town, especially at the height of the pandemic. Additional town communication about existing activities and opportunities to connect would be positive.

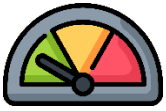
LIVABILITY PRINCIPLE #5 – RESPECT AND INCLUSION

“Everyone wants to feel valued. Intergenerational gatherings and activities are a great way for young and older people to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.”^{vi}

DATA

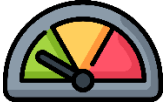
Do you feel accepted in your community with regards to:





STRENGTHS

- **Community spirit and support for diversity** – There are always people on the corner of the main intersection in town holding up signs supporting Black Lives Matter, the police, or sharing other positive messages.



OPPORTUNITIES

- **Increase community engagement and offer opportunities for dialogue** – 50% of survey respondents reported feeling accepted with regards to their political views. Coordinating community dialogue sessions may be a way to achieve a greater feeling of acceptance.
- **Establish a community center for seniors and teens** – Many survey respondents expressed the need for a gathering place for both the younger and aging populations. This space could serve both groups and create intergenerational dialogue and dynamics.

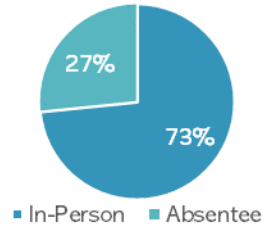
LIVABILITY PRINCIPLE #6 – WORK AND CIVIC ENGAGEMENT

“Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.”^{vii}

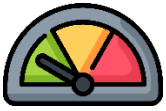
DATA

Income	Median Household Income	\$92,596
	Income Inequality (Gini Index)	0.40
	Low income households	8.87%
	High income households	10.60%

Ballots Cast

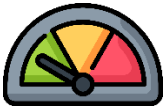


1,911 total jobs in Barrington.



STRENGTHS

- **Proximity to other municipalities** – Barrington is an ideal location for easy access to employment due to the proximity to the University of New Hampshire and other larger cities. Many residents work in nearby municipalities.
- **Training opportunities** – Survey respondents noted awareness of many different employment and training opportunities, even if they were not interested in them at the moment.



OPPORTUNITIES

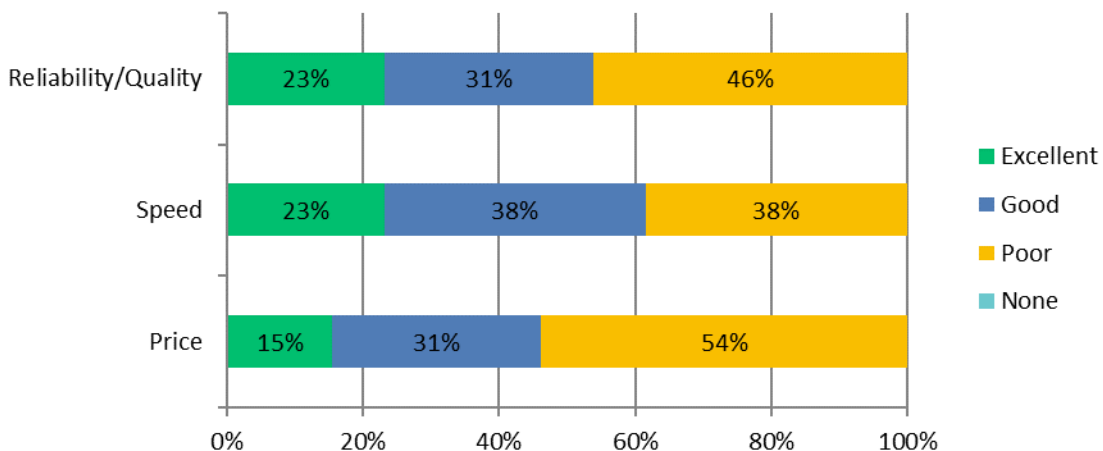
- **Options located in town** – Although Barrington is home to two larger employers, Turbocam with 400 employees and Associated buyers with 105 employees, residents noted a lack of employment located directly in Barrington as a reason individuals might move out of town.
- **Home businesses** – There may be an opportunity to expand access to home businesses as an accessory use, by removing the requirement for home businesses to be run out of an accessory unit to a detached single-family home.

LIVABILITY PRINCIPLE #7 – COMMUNICATION AND INFORMATION

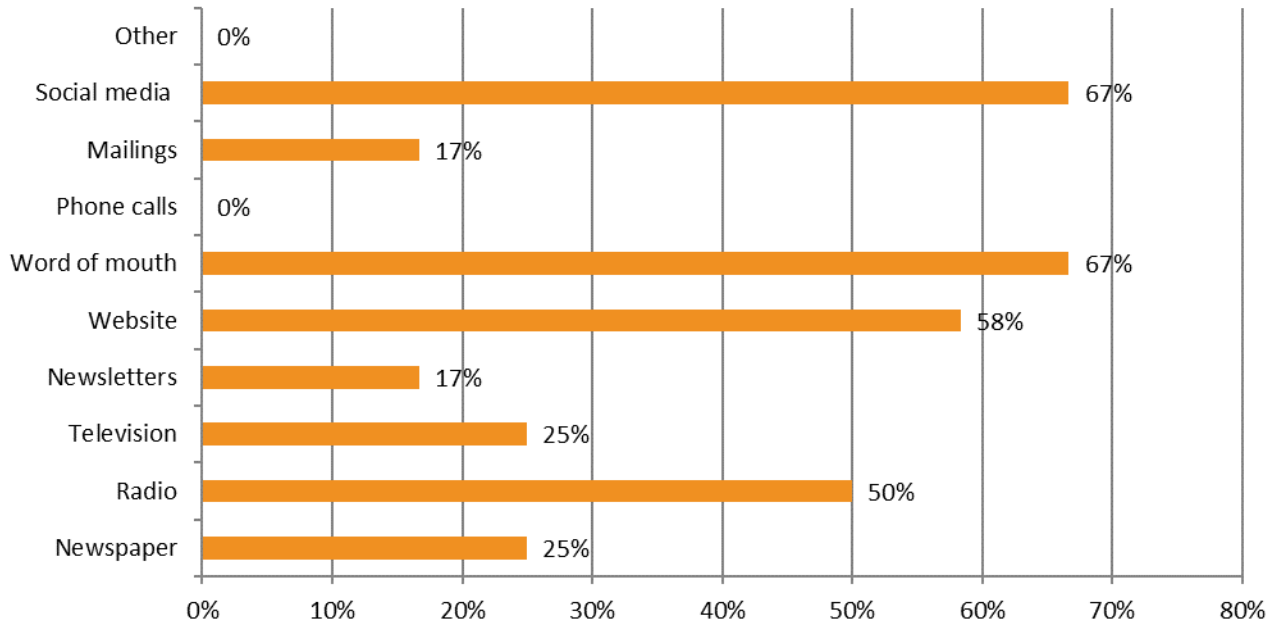
“We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.”^{viii}

DATA

How would you rate your internet access in regard to? Please select none if you do not have internet access.



How do you learn about community news and activities? Check all that apply.

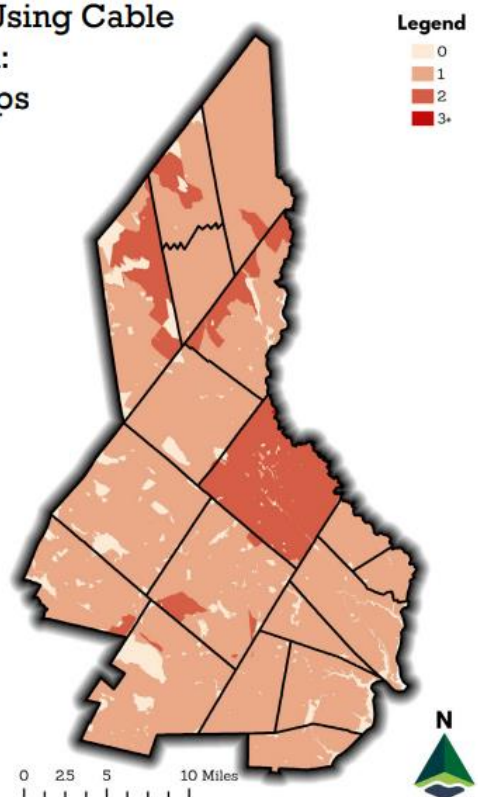


Broadband Access

Providers Using Fiber
Min. Speed:
100/20 Mbps



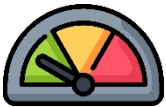
Providers Using Cable
Min. Speed:
100/20 Mbps





STRENGTHS

- **Neighborhood communications** – Barrington’s smaller, close-knit community communicates well by word of mouth.
- **Community updates on social media** – The town Facebook page is valuable. The Police Department, Fire Department and Highway Department all have their own Facebook pages and post extremely helpful, important information.



OPPORTUNITIES

- **Multiple communication approaches** – Without a local newspaper and many forms of social media, it’s challenging to communicate to a broad audience and get information out to people – especially older adults.
- **Public Library** – The library could conduct a series of trainings for interested community members around communication, internet usage and how to access information.

LIVABILITY PRINCIPLE #8 – COMMUNITY AND HEALTH SERVICES

“At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it’s important that assistance and care be available nearby, it’s essential that residents are able to access and afford the services required.”^{ix}

DATA

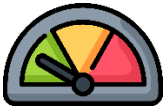
Healthcare and Aging Services	Number of Sites
Assisted Living Sites	0
Nursing Homes	0
Senior Centers	0
Primary Care Providers	7
Hospitals	0
Community Health Centers	0
Home Health Agencies	9
Memory Cafes	0
Dementia Support Group	0
Total	16

Community Resources	Number of Sites
Places of Worship	1
Historic Places, Buildings, or Structures	1
Libraries	1
Medical and Health Care Facilities	4
Governmental Services	2
Non-Governmental Services	1
Fire and Police Stations	1
Schools	3
TOTAL	14



STRENGTHS

- **Health care amenities** – The local primary care doctors at the Barrington Health Center are wonderful and the communication is fantastic. Health care services are available to meet the daily needs for persons of all ages right in town.
- **Location** – Barrington is in very close proximity to many health care options in both Dover and Rochester including Wentworth Douglas hospital system and Frisbie Hospital further expanding the network of health resources easily accessible to residents.



OPPORTUNITIES

- **Increase access to behavioral health care** – Many survey respondents said that social isolation and mental health issues had occurred due to the pandemic. Increasing information and communications about support options for increased levels of anxiety would be helpful to the community.
- **More communication from police department** – Residents suggested the police department should work to more effectively communicate safety issues and other work to the residents of Barrington.
- **More environmental services** – Residents would appreciate better access to water and trash pick-up services.

NEXT STEPS

Following completion of the community assessments, SRPC and SCPHN staff will solicit interest from and work with a limited number of communities to develop action plans. Selected municipalities will be able to take the information in the community assessments a step further, to identify specific implementation strategies that respond to the assessment findings and aim to enhance the community’s “age-friendliness.” Communities will be selected based upon interest and engagement in promoting age friendly communities, local support and willingness to implement recommendations, and geographic diversity. With the goal of adoption, final plans will be presented to each community. There is also the opportunity for completion of one or two pilot projects that will be selected from the action plan recommendations. Lastly, SRPC and SCPHN will publish an extensive resource guide that will be widely distributed via channels appropriate to our key audiences.

ⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

ⁱⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

ⁱⁱⁱ <https://communityrides.org/community-rides-0>

^{iv} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^v <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{vi} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{vii} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{viii} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

^{ix} <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>