

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

COMMUNITY ASSESSMENT

FOR THE

TOWN OF FARMINGTON

GREATER SEACOAST COMMUNITY HEALTH

STRAFFORD COUNTY
PUBLIC HEALTH
NETWORK + ♥ ♻️

STRAFFORD
Regional Planning Commission

 **TUFTS**
Health Plan
FOUNDATION

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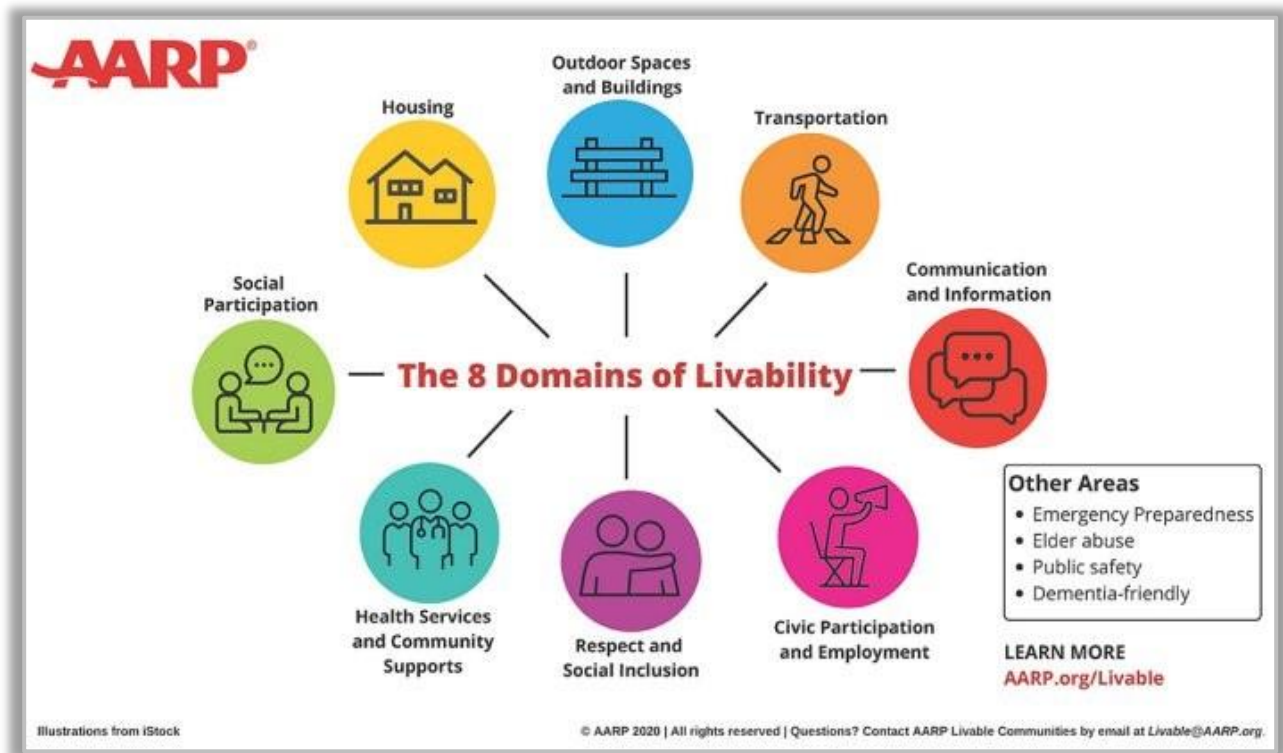
INTRODUCTION AND FRAMEWORK

[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 and SCPHN held a subregional community Zoom forum for the Town in addition to the surrounding communities of Brookfield, Middleton, Milton, New Durham and Wakefield on April 7, 2021. These communities were invited to the same forum given the geographic connection through the Explore Moose Mountains grassroots tourism initiative.

SURVEY

Launched in early 2021, the CHAT online survey was distributed through multiple regional outlets, through social media, and shared with those who participated at the community Zoom forums. Eleven Farmington residents responded to the survey. This information was supplemented with data from a survey sent to Explore Moose Mountain area businesses.

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, to the Dover Teen Center, and a variety of other locations.

ADDITIONAL FEEDBACK

The above outreach strategies were supplemented with community draft assessment reviews by community representatives. Draft review and additional comments were provided by Bill Fisher, Farmington Planning Board Member and SRPC Commissioner.

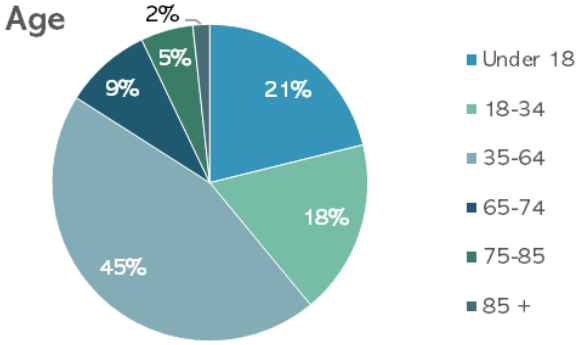
COMMUNITY PROFILE

Farmington is the gateway to the Lakes Region, as well as home to a mix of industrial, retail and service sector businesses, and critical workforce for seacoast area businesses. The Town benefits from the Route 11 corridor, which offers commercial development opportunities and brings businesses into town. Residents appreciate the available recreational opportunities and feel that the Town is accepting of people of different backgrounds.

There is a good sense of community where local police and fire department staff help people shovel houses and change flat tires. There are also great community organizations like Friends of Farmington, and the Goodwin Library, that just installed a new handicap lift at the library.

The outreach process, combined with supplementary data analysis, was used to outline the many ways in which Farmington 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	6,722
Median Age	44
Total Housing Units	2,868
Number of Jobs in Town	1,041
Life expectancy	76.5



Sex



LIVABILITY PRINCIPLE #1 - OUTDOOR SPACES AND BUILDINGS

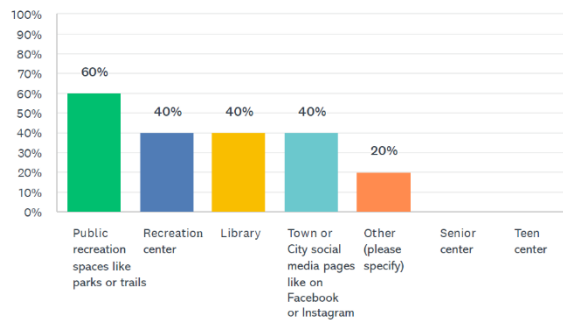
“People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.”ⁱ

DATA

Recreation Site Type	Number of Sites
Beach	0
Boating Access	0
Community Garden	0
Disc Golf Course	0
Dog Park	0
Fishing Access	0
Golf Course	0
Gym	0
Open Space and Trails	4
Park	3
Playground	2
Pool	0
Rail Trail	1
Skatepark	0
Skating Rink	0
Sledding Hill	0
Sports Fields and Courts	3
Total	13

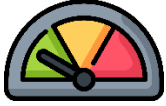
Community Resources	Number of Sites
Places of Worship	1
Historic Places, Buildings, or Structures	1
Libraries	3
Medical and Health Care Facilities	2
Governmental Services	2
Non-Governmental Services	1
Fire and Police Stations	2
Schools	3
Total	15

Q16 Do you use any of these public spaces in your town?



10% of land in Farmington is conserved.





STRENGTHS

- **Trails and recreation** – The Town has ample conservation land with trail systems that are enjoyed by residents, like French Conservation on Hornetown Rd.
- **Recreation Center and Old Town Hall** – The Old Town Hall is a historic space in Farmington that is still utilized by the Recreation Department for its exercise classes, senior programming, and community events.
- **Natural resources** – Residents love the natural resources in Town like the Cocheco River.
- **Goodwin Library** – The library is an important gathering space in Town for families with its rentals, computer access and programming.



OPPORTUNITIES

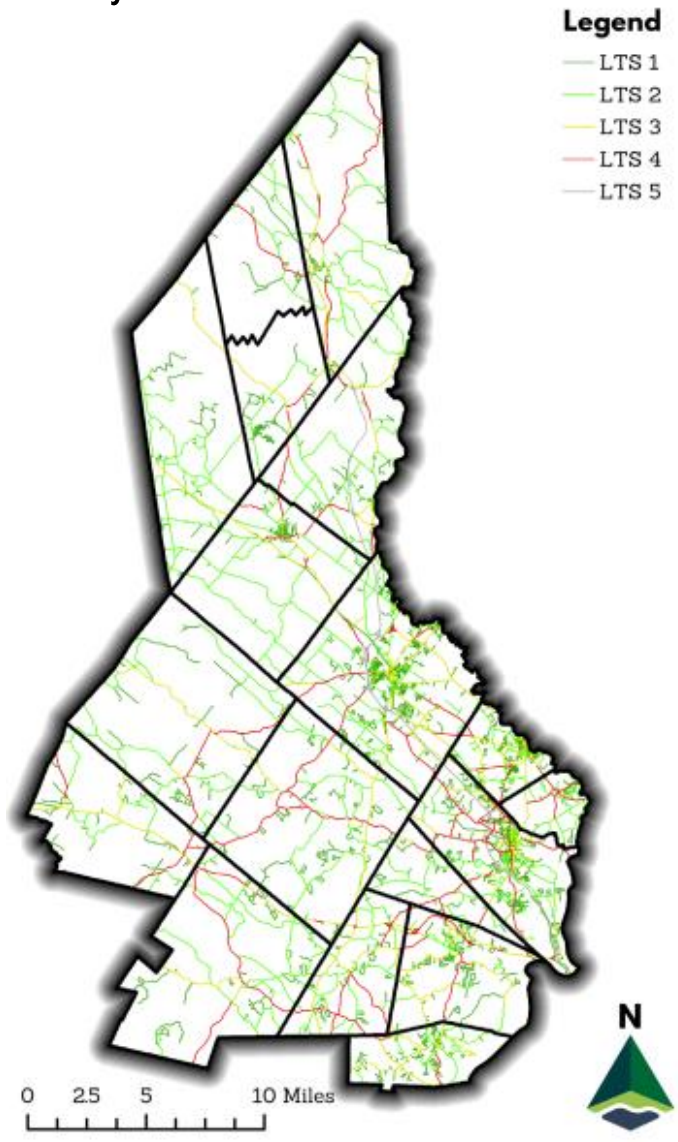
- **Lack of public restrooms** – The Town could use centrally located public restrooms for visitors and residents who spend time in downtown.
- **Boat launch on the Cocheco River** – A boat launch on the Cocheco River in Farmington would increase access to this natural resource that runs through Town.
- **Add to trail networks and increase senior access** – Current trail networks in town, like the Farmington Rail Trail, could be expanded and designed with senior access in mind, such as adding benches spaced out on the trail.
- **Interconnected trail system with crossings over Rt. 16** – This type of trail system could be a great draw to the area for recreationalists.
- **Increase conservation land** – Farmington could continue to conserve land in town, to add to properties like Dubois Conservation on River Road.

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

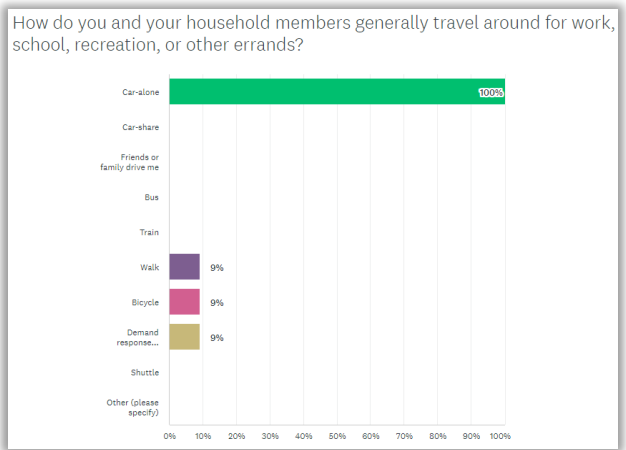
DATA

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.

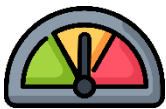


COAST Routes (including ADA On-Demand Transit)	1
Wildcat Routes	0
Demand Response Transit	Yes



STRENGTHS

- **Safe Routes to School** – The Town has pawprints stenciled on the sidewalks for a route for kids walking to Henry Wilson Memorial School.
- **Proximity to Route 11** – The Town's center is near a major Route, which provides access to shopping and jobs on the Seacoast and in the Lakes region and makes it easy for visitors to access downtown.
- **Handicap Bus** – The Town benefits from a bus that serves those with handicaps, that is available by reservation.
- **Snowmobile trails and the rail trail** – Both the Farmington Rail Trail and the nearby Cotton Valley Rail Trail are important resources which connect Farmington to bordering Towns, like Rochester. Residents and visitors use these trails for hiking, biking, cross country skiing, and snowmobiling.
- **COAST Bus** – Farmington is served by COAST bus on its Route 6 loop, which runs between downtown Rochester, up Route 11, and through downtown Farmington.
- **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 Farmington. 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
- **COAST's ADA Paratransit** – This COAST service is intended for individuals who are unable to use accessible fixed –route services due to their disabilities. It is an origin-to-destination transit program that requires pre-approval. It is operated as a shared-ride program, operating in the same areas on the same days and during the same hours as the fixed-route bus system. This includes the Town of Farmington.



OPPORTUNITIES

- **Increased transportation options for the aging population** - 30% of residents who took the CHAT survey were concerned about aging and transportation options.

- **Increased and affordable public transportation** – With the aging population, residents vocalized the need for increased public transportation options that are affordable, like increased COAST Bus service. This could also include rideshare options, like Uber (which is currently spotty in town).
- **Sidewalk improvements** – There are opportunities to improve the Town’s current sidewalk network, which runs throughout the downtown.
- **Increase bicycle safety** – There could be more infrastructure for bicycle safety, like sharrows and painted bike lanes.
- **Handicap bus** – Ensure that this current service in Town, which was impacted by Covid-19, returns to its regular operating practices.

“[FARMINGTON] LACKS IN PUBLIC TRANSIT, [WHICH IS] ESPECIALLY IMPORTANT FOR SENIORS, [IT] HAS 3 OR 4 COAST BUS STOPS, [AND] ONLY STOPS A FEW TIMES A DAY.”

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

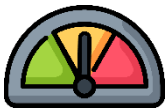


2,868 total housing units in Farmington.



STRENGTHS

- **Zoning allowing duplexes** – The Town’s current zoning allows duplexes in all residential zones.
- **Density in downtown allowed** – Zoning changes in the last several years have encouraged more density in the downtown.
- **Affordable housing options** – Residents noted that the Town has affordable housing options for those who rent (33%) and own (67%).



OPPORTUNITIES

- **Increased housing options for the aging population** - 30% of residents who took the CHAT survey were concerned about aging and housing options. Residents think there should be more housing options for 55+, while maintaining the town’s rural setting.
- **Increase in affordable housing stock** -There could be a greater variety of housing options at different prices. The town has recognized this in its master plan with a goal to, “Encourage diversified residential development that creates housing options for all generations, income levels and household types...”^v
- **Modifications to zoning to allow for smaller lot sizes** – The town could adjust lot size requirements. While Farmington’s downtown is denser, the town’s master plan shares, “Low density, large lot development occurs in the rurally zoned areas of town.”^{vi}
- **More lodging for visitors to the Town** - There is limited lodging for those visiting town. More lodging could lead to more visitors to support local business.

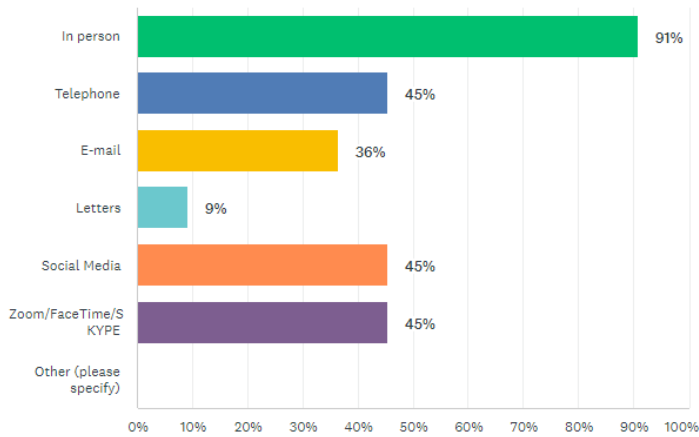
“[FARMINGTON] ALLOWS DUPLEXES IN ALL RESIDENTIAL ZONES, [WHICH] ALLOWS FOR MORE DENSITY IN DOWNTOWN, [AND] HAS MANY AFFORDABLE OPTIONS.”

LIVABILITY PRINCIPLE #4 – SOCIAL PARTICIPATION

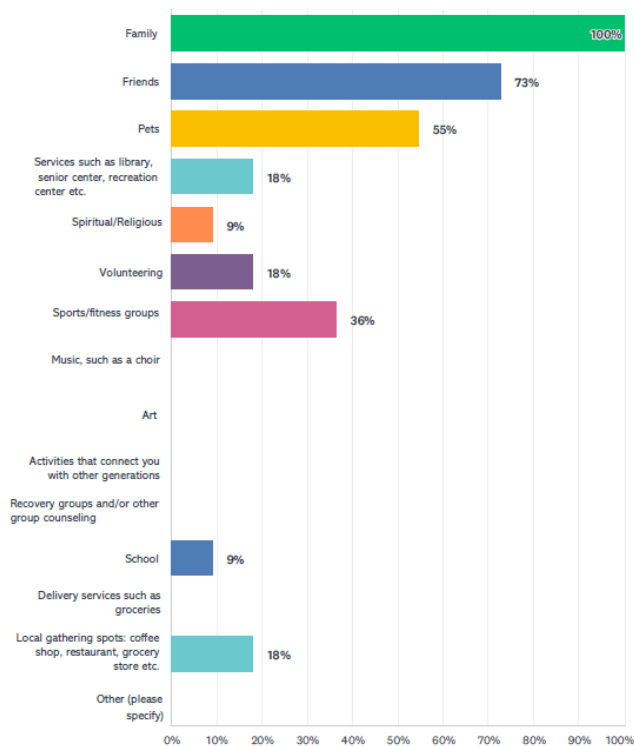
“Regardless of a person’s age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combated by having opportunities to socialize and the availability of accessible, affordable and fun social activities.”^{vii}

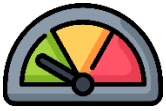
DATA

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



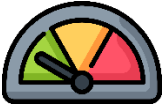
What are your main social interactions? Check all that apply





STRENGTHS

- **Small town feel** – Residents like the close-knit feel of Farmington, which has a good sense of community and is accepting.
- **The Goodwin Library** – This public institution sponsors guest speakers once a month on topics such as bee keeping, gardening, child development, New Hampshire history, and many other topics.
- **The Friends of Farmington** – This community organization sponsors art shows, craft shows, and music night sing-alongs.
- **Farmington's Recreation Department** – This town department has been providing programs for families and the elderly such as paint nights, bingo, quilting, concerts in the park, and various other activities. They also collaborate with the New Durham Recreation Department to schedule events.



OPPORTUNITIES

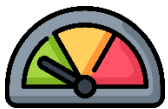
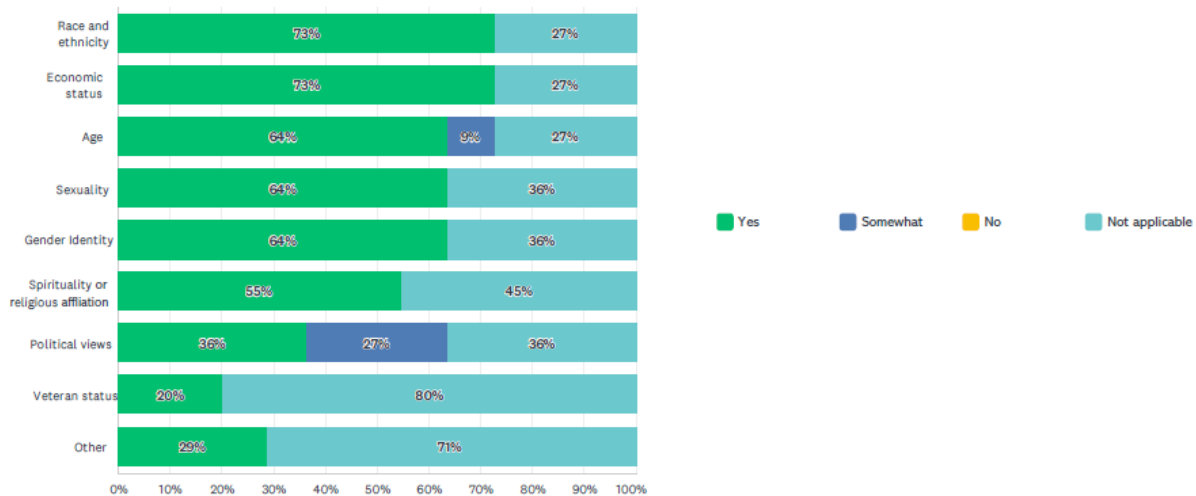
- **More activities for seniors** – Residents think there needs to be more social opportunities for the aging population like gatherings, activities, and trips.
- **Regional collaboration** - Smaller communities nearby (i.e. Middleton, Milton, etc.) could work together to support increased events and services for community members. Resources could be pooled to support multi-town gatherings and activities.

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.”^{viii}

DATA

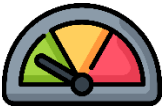
Q9 Do you feel accepted in your community with regards to:



STRENGTHS

- **Acceptance in the community** - Residents feel accepted in terms of the spirituality, politics, age, sexuality, race, and economic status in Farmington, as expressed on the CHAT survey.
- **Accessibility at the library** – A new handicap accessibility lift was installed at the Goodwin Library.
- **Transit inclusion for seniors** - There are bus stops at elderly housing complexes in Town like Orchard Park or Trotting Circle.

“FARMINGTON IS STRONGER TOGETHER.”



OPPORTUNITIES

- **Intergenerational connections** – There is a missed opportunity for events that focus on bringing together older and younger generations to encourage friendships and connections. Clubs or groups could encourage youth to interact with senior populations for example boy scouts could take walks with seniors. These efforts could be coordinated by Farmington Parks and Recreation or the Goodwin Library.

“ELDERLY PERSONS COULD READ STORIES TO SMALL CHILDREN, SORT OF LIKE A RENT A GRANDPARENT DAY OR TIME.”

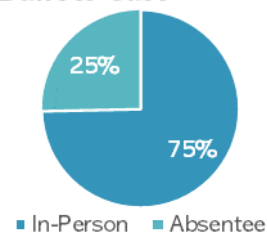
LIVABILITY PRINCIPLE #6 – WORK AND CIVIC ENGAGEMENT

“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.”^{ix}

DATA

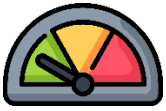
Income	Median Household Income	\$70,257
	Income Inequality (Gini Index)	0.37
	Low income households	26.96%
	High income households	1.20%

Ballots Cast



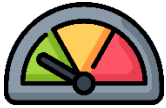
* This data is from the 2020 general election

 **1,041** total jobs in Farmington.



STRENGTHS

- **Commercial development opportunities** - The Town benefits from its proximity to Route 11, which is a heavily traveled corridor that connects to Route 16 and the Seacoast, and to the Lakes Region. It opens Farmington up to unique commercial opportunities as it provides a main corridor to access the Town. As explained in the 2021, Farmington Master Plan, “Farmington’s existing zoning allows commercial development along NH Route 11 and within the downtown Village District.”^x



OPPORTUNITIES

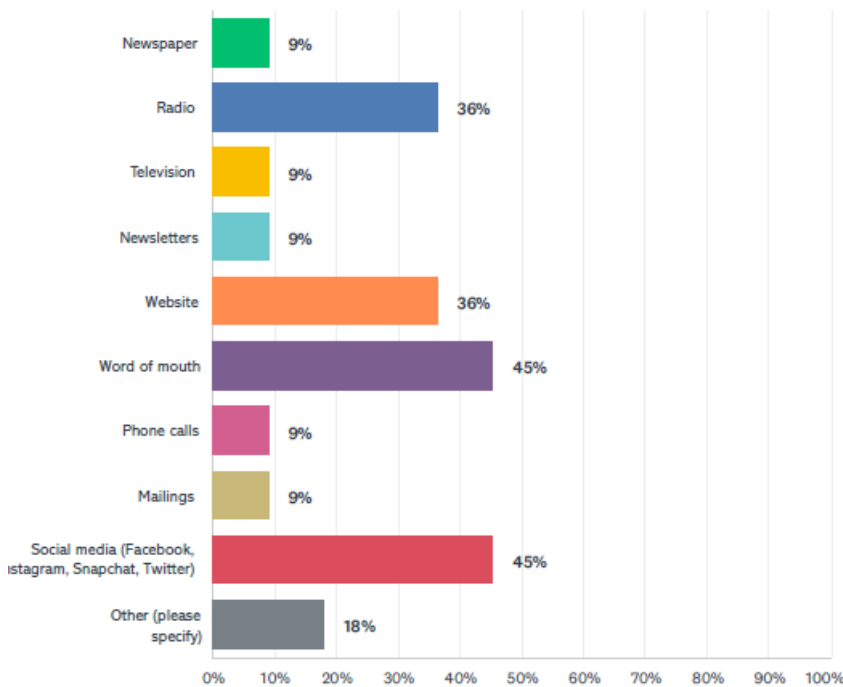
- **Increased employment options for the aging population** - 30% of residents who took the CHAT survey were concerned about aging and employment options. The town acknowledges in its 2021 master plan that, “The local economy, over the past few years, has been affected by regional, state, national, and even international factors and trends, from loss of manufacturing jobs and conversion to a service economy to the severe health pandemic of 2020.”^{xi}
- **Increased job opportunities close to Town** - Some residents feel there are not enough jobs within proximity to Town (see bullet above).
- **Communicate a business-friendly environment in Town** – Advocate for an “open to business” atmosphere to encourage more business in Town (see bullet below).
- **Increased employment options for the aging population** - 30% of residents who took the CHAT survey were concerned about aging and employment options. The town acknowledges in its 2021 master plan that, “The local economy, over the past few years, has been affected by regional, state, national, and even international factors and trends, from loss of manufacturing jobs and conversion to a service economy to the severe health pandemic of 2020.”
- **Zoning adjustments for business** - Modify zoning to allow certain types of business, such as event venues. Per the 2021 Master Plan, the town plans to act by conducting “an audit of Farmington land use regulations to determine if they support economic development objectives (e.g., uses not specified in the zoning to be allowed as a conditional use permit instead of a special exception), and annually amend and revise as necessary to achieve a healthy business environment.”^{xii}

LIVABILITY PRINCIPLE #7 – COMMUNICATION AND INFORMATION

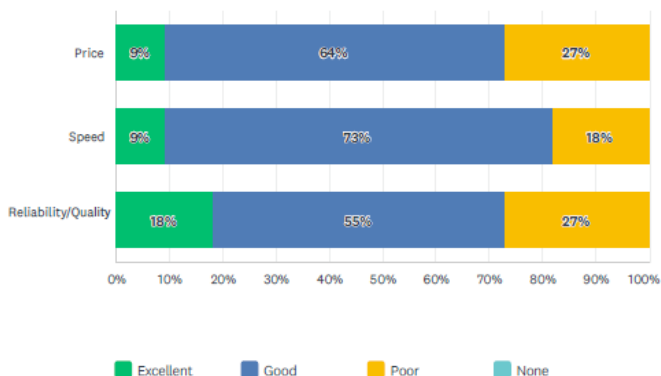
“We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.”^{xiii}

DATA

Q17 How do you learn about community news and activities? Check all that apply.



Q11 How would you rate your internet access in regard to? Please select none if you do not have internet access.

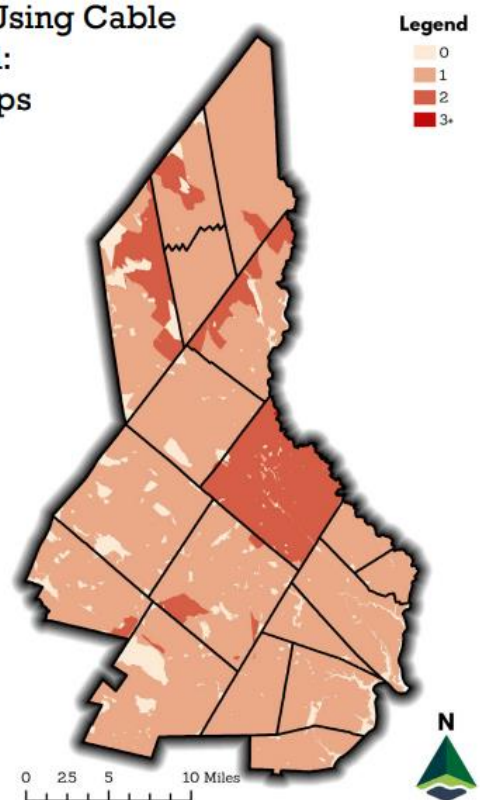


Broadband Access

Providers Using Fiber
Min. Speed:
100/20 Mbps

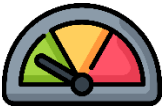


Providers Using Cable
Min. Speed:
100/20 Mbps



STRENGTHS

- **Facebook town groups** – While not maintained or interacted with by the Town, Facebook groups like “Farmington, NH News” prove to be a popular source of happenings and news in Farmington.
- **The Town’s e-mail blasts and community calendars** – The communications put out by the town, like its email blasts about upcoming meetings and news, and the community calendar on the Farmington website, are a good way to share information.
- **Bulletin boards around town** – A hub of information in certain areas, like the Bulletin Board in front of town hall, is a good way to share information.
- **Resident input opportunities** – The town did a community survey to guide the update of its Master Plan.
- **Small monthly publications** – There is a small monthly publication, the Puddledock Press, run by donations. It began in 1979 to provide, “coverage of location events and personalities”^{xiv}



OPPORTUNITIES

- **Internet upgrades** – While residents see the internet as sufficient, there are opportunities for increased speeds.
- **Text or phone alerts** - This could be useful for important news updates from the community, and especially for times like the Covid-19 pandemic.
- **Town transparency** – There is an opportunity for education and transparency surrounding Town regulations and their purposes. For instance, the town could provide outreach around reasoning for zoning and ordinance changes, why they were approved, and how they align with the master plan.
- **Signage** – There could be a benefit to having more signs for points of interest in and around Farmington. In the 2021 Master Plan the town had a goal to, “Establish attractive gateways at major highway entrances into Town with the message that Farmington is unique and open for business.”^{xv}

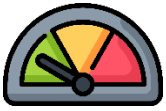
LIVABILITY PRINCIPLE #8 – COMMUNITY AND HEALTH SERVICES

“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.”^{xvi}

DATA

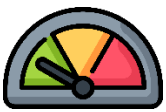
Healthcare and Aging Services	Number of Sites
Assisted Living Sites	0
Nursing Homes	0
Senior Centers	0
Primary Care Providers	3
Hospitals	0
Community Health Centers	0
Home Health Agencies	4
Memory Cafes	0
Dementia Support Group	0
Total	7

Community Resources	Number of Sites
Places of Worship	1
Historic Places, Buildings, or Structures	1
Libraries	3
Medical and Health Care Facilities	2
Governmental Services	2
Non-Governmental Services	1
Fire and Police Stations	2
Schools	3
Total	15



STRENGTHS

- **The Goodwin Library** – This public institution is an important community service providing family-friendly activities like gingerbread housing making and provides rentals and computers for resident use.
- **Police and fire departments** – Officers and firefighters are known for helping residents shovel houses and change flat tires. There is good outreach by those town departments.
- **Friends of Farmington** – This entity offers services to the community like AA meetings, virtual yoga, community events like the Mini Festival of Trees, job skill training, and many other services.



OPPORTUNITIES

- **Regional collaboration for services** – Smaller communities nearby (for example, Middleton, Milton, Wakefield, etc.) could work together to support increased events and services for community members. Resources could be pooled to support multi-town gatherings and activities.
- **Advertise community resources** – There could be better communication about resources and businesses in Town. The Town could more leverage local grassroots tourism initiative Explore Moose Mountains and the work they are doing to promote local business in Farmington and six other surrounding communities.

“CONCERNS ABOUT GROWING OLDER IN FARMINGTON COULD BE ALLEVIATED IF “[FARMINGTON] PROVIDED MORE COMMUNITY SERVICES FOR THE ELDERLY.”

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 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.farmington.nh.us/sites/g/files/vyhlf566/f/uploads/final_farmingtonmasterplan_reduced_090821.pdf#page=4

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vi

https://www.farmington.nh.us/sites/g/files/vyhlf566/f/uploads/final_farmingtonmasterplan_reduced_090821.pdf#page=4

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^{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>

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https://www.farmington.nh.us/sites/g/files/vyhlf566/f/uploads/final_farmingtonmasterplan_reduced_090821.pdf#page=5

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xi

https://www.farmington.nh.us/sites/g/files/vyhlf566/f/uploads/final_farmingtonmasterplan_reduced_090821.pdf#page=5

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xii

https://www.farmington.nh.us/sites/g/files/vyhlf566/f/uploads/final_farmingtonmasterplan_reduced_090821.pdf#page=5

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

^{xiv} <http://www.puddledockpress.org/p/history.html>

xv

https://www.farmington.nh.us/sites/g/files/vyhlf566/f/uploads/final_farmingtonmasterplan_reduced_090821.pdf#page=5

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

APPENDICES

DATA DISCLAIMER AND SOURCES

This details the sources for the data included in this CHAT report and any data disclaimers.

CHAT SURVEY RESULTS

This is the raw data results from your municipality's CHAT Online Public Survey.

DATA DISCLAIMER AND SOURCES

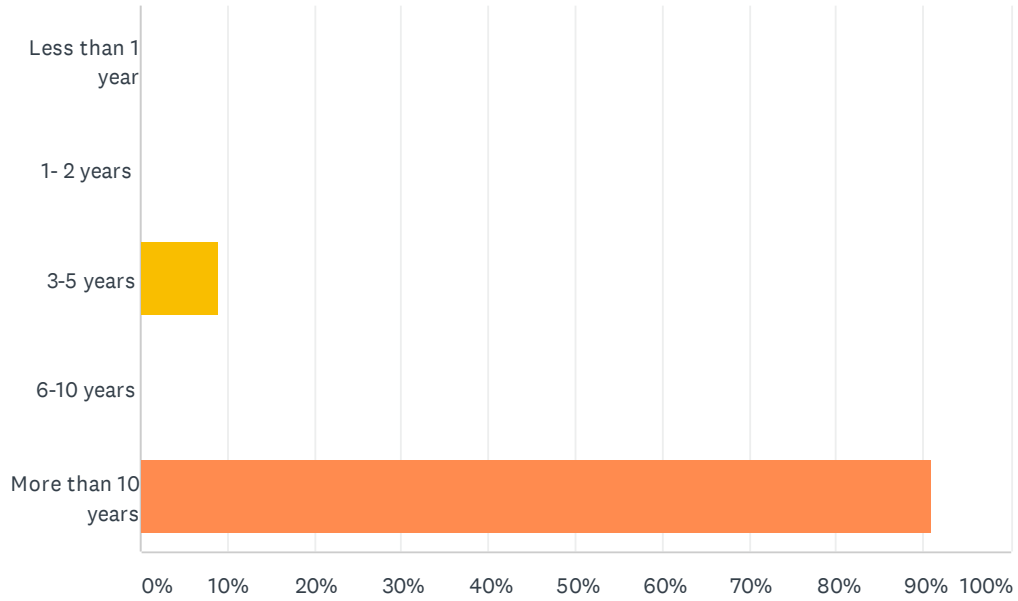
This documents the data sources for each metric used in the CHAT Community Assessment report, in order that they appear.

METRIC	SOURCE
Total Population	Census 2020
Median Age	ACS 2019
Total Housing Units	ACS 2019
Number of Jobs in Town	NH Employment Security, 2015 Estimates
Life Expectancy	Center for Disease Control Small-Area Life Expectancy Estimates, 2015
Age Brackets (Percentages)	ACS 2019
Sex (Percentages)	ACS 2019
Recreation Sites	Promoting Outdoor Play via SRPC, 2021
Community Resources	Community Anchor Institutions 2014 and National Register of Historic Places 2014
Q 16 Do you use any of these public spaces in town?	CHAT Public Survey via SRPC
Conservation Land (Percentage)	NH GRANIT, 2021
Bicycle Level of Traffic Stress	Bicycle Level of Traffic Stress via SRPC, 2019
Q 10 How do you and your household members generally travel around for work, school, recreation, or other errands?	CHAT Public Survey via SRPC
Bus/On-Demand Response Transit	COAST/Wildcat Transit/TripLink

METRIC	SOURCE
Housing Stocks	ACS 2019
Own vs Rent	ACS 2019
Q14 What are your main social interactions?	CHAT Public Survey via SRPC
Q15 How do you most commonly socialize? Check all that apply.	CHAT Public Survey via SRPC
Q9 Do you feel accepted in your community with regards to:	CHAT Public Survey via SRPC
Median Household Income	ACS 2019
Income Equality (Gini Index)	ACS 2019
Low income households	ACS 2019
High income households	ACS 2019
Ballots cast	NHSOS Voting data, 2020
Q11 How would you rate your internet access in regard to: Please select none if you do not have internet access.	CHAT Public Survey via SRPC
Q17 How do you learn about community news and activities? Check all that apply.	CHAT Public Survey via SRPC
Broadband Access	FCC, Dec. 2020
Healthcare and Aging Services	Tufts Health Plan Foundation - New Hampshire Healthy Aging Community Profiles, 2019

Q1 How long have you lived in this community?

Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 year	0.00%	0
1- 2 years	0.00%	0
3-5 years	9.09%	1
6-10 years	0.00%	0
More than 10 years	90.91%	10
TOTAL		11

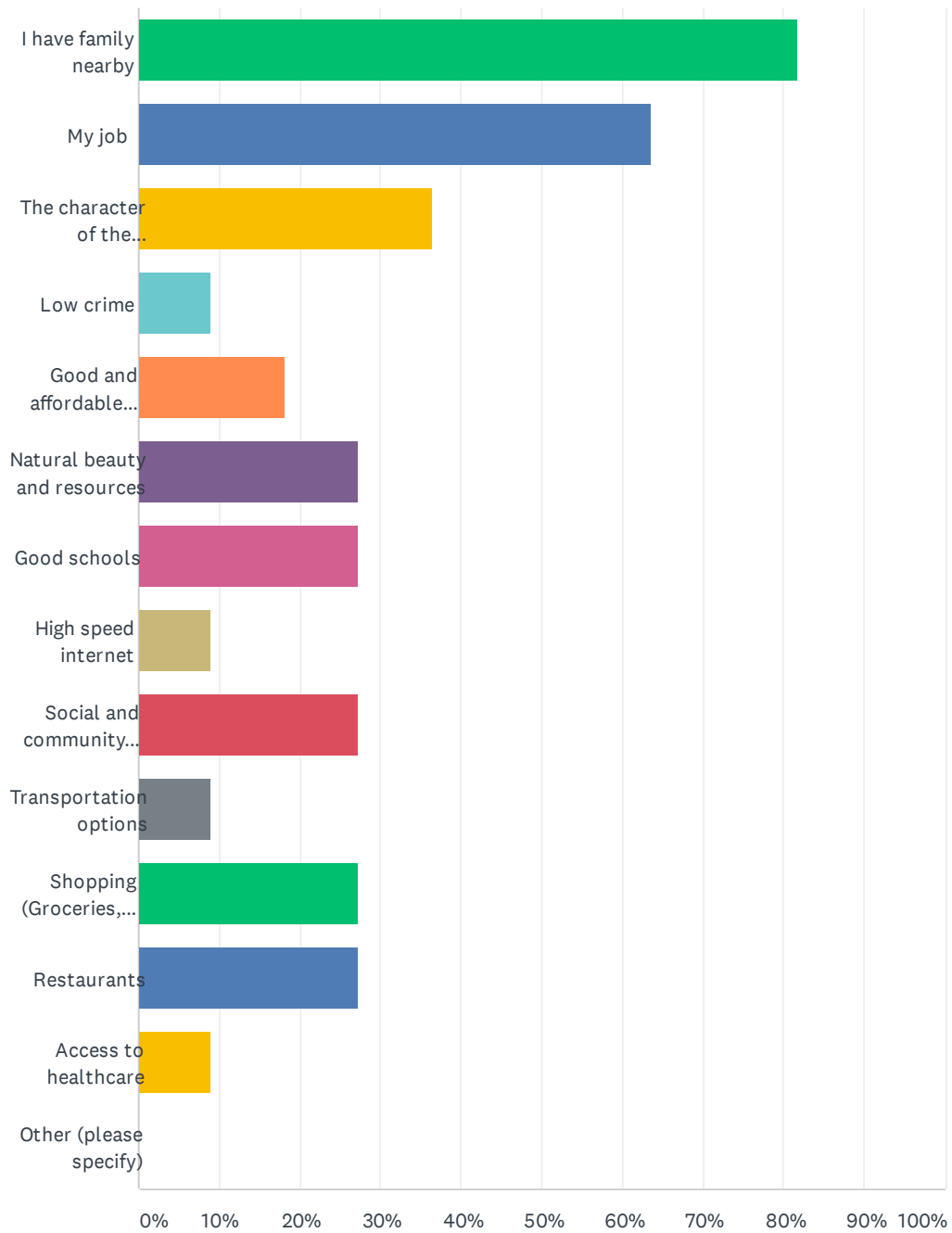
Q2 Why did you or your family decide to live or move here?

Answered: 10 Skipped: 1

#	RESPONSES	DATE
1	We were born and raised here and we decided to stay here.	5/10/2021 12:29 PM
2	Because we were already here	4/18/2021 1:30 PM
3	Small town feel.	4/9/2021 5:49 PM
4	family	4/6/2021 1:16 PM
5	Grew up in the area and got a job in the area after graduating. Family and close friends still live in the area.	4/6/2021 12:18 PM
6	Like it here	4/1/2021 11:07 AM
7	Close to family and friends	3/24/2021 12:27 PM
8	Moved closer to family.	3/12/2021 10:48 AM
9	My parents moved here when I was very young for work opportunities.	3/12/2021 10:30 AM
10	Marriage	3/9/2021 8:21 AM

Q3 Thinking about the future, which of the following reasons would keep you in your present community? Check all that apply.

Answered: 11 Skipped: 0



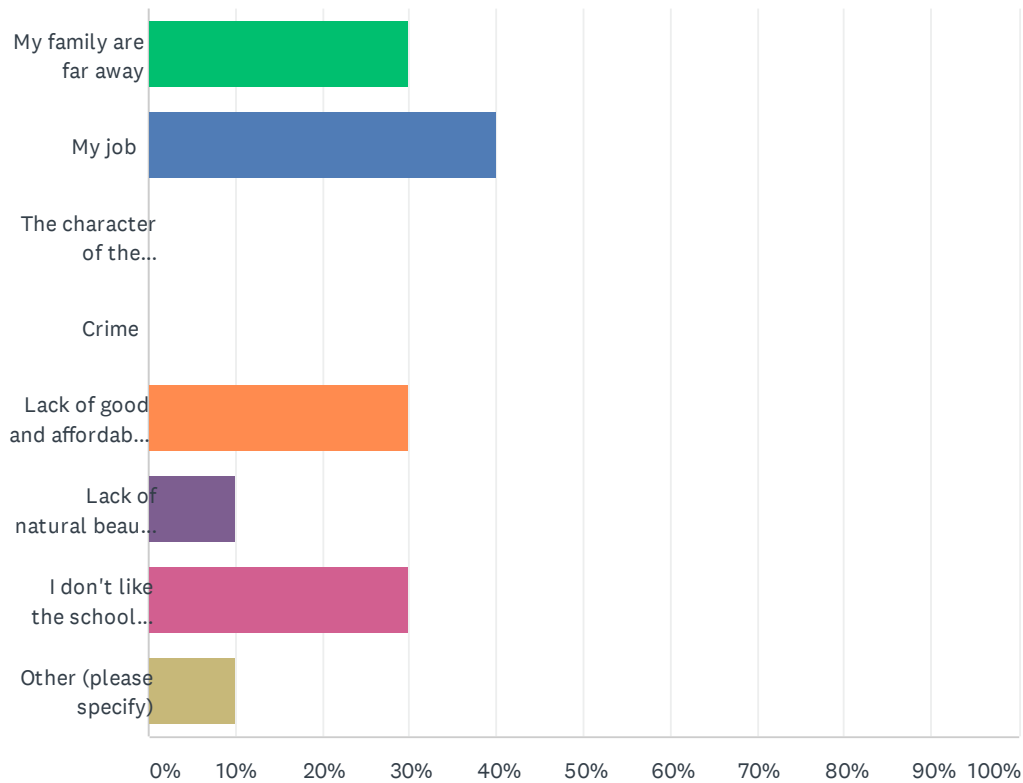
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I have family nearby	81.82%	9
My job	63.64%	7
The character of the community	36.36%	4
Low crime	9.09%	1
Good and affordable housing choices	18.18%	2
Natural beauty and resources	27.27%	3
Good schools	27.27%	3
High speed internet	9.09%	1
Social and community activities	27.27%	3
Transportation options	9.09%	1
Shopping (Groceries, prescriptions, recreational items etc.)	27.27%	3
Restaurants	27.27%	3
Access to healthcare	9.09%	1
Other (please specify)	0.00%	0
Total Respondents: 11		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q4 Similarly, what might influence your decision to move out of your present community?

Answered: 10 Skipped: 1

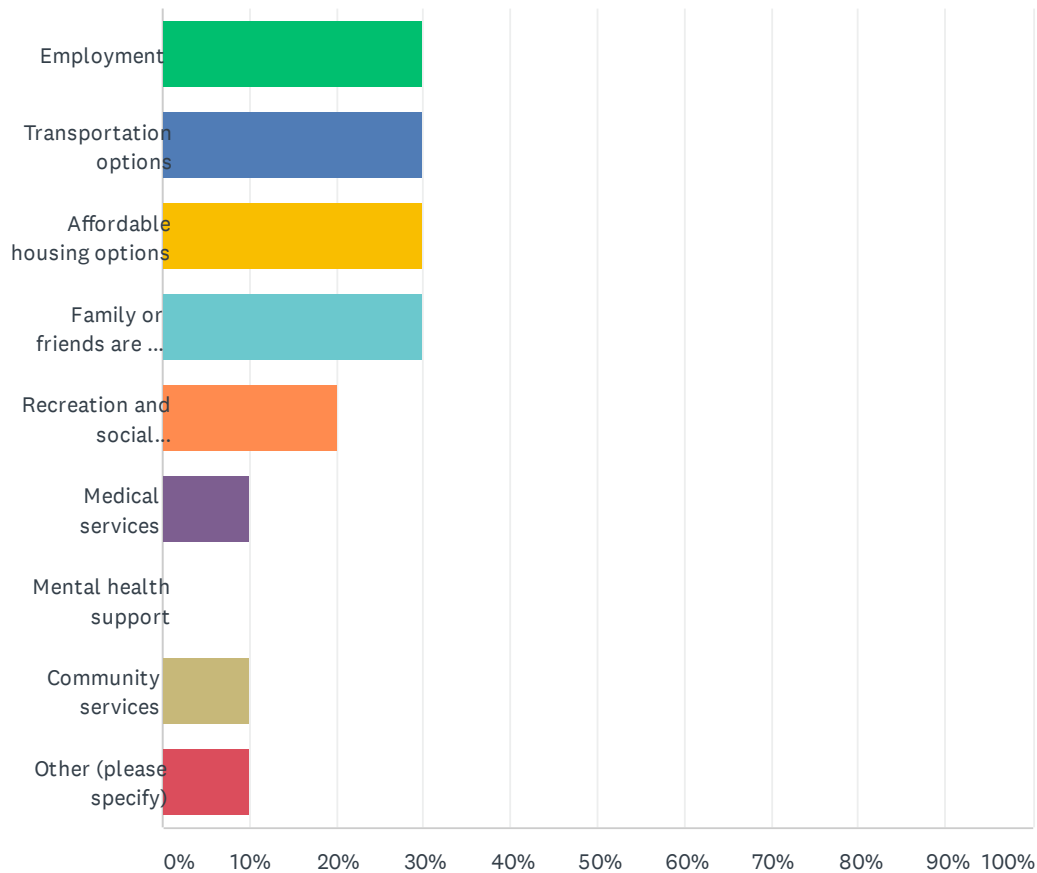


ANSWER CHOICES	RESPONSES
My family are far away	30.00% 3
My job	40.00% 4
The character of the community	0.00% 0
Crime	0.00% 0
Lack of good and affordable housing choices	30.00% 3
Lack of natural beauty and resources	10.00% 1
I don't like the school system	30.00% 3
Other (please specify)	10.00% 1
Total Respondents: 10	

#	OTHER (PLEASE SPECIFY)	DATE
1	Weather	3/9/2021 8:21 AM

Q5 What concerns do you have about growing older in your community? Check all that apply

Answered: 10 Skipped: 1



ANSWER CHOICES	RESPONSES	
Employment	30.00%	3
Transportation options	30.00%	3
Affordable housing options	30.00%	3
Family or friends are not nearby	30.00%	3
Recreation and social engagement opportunities	20.00%	2
Medical services	10.00%	1
Mental health support	0.00%	0
Community services	10.00%	1
Other (please specify)	10.00%	1
Total Respondents: 10		

#	OTHER (PLEASE SPECIFY)	DATE
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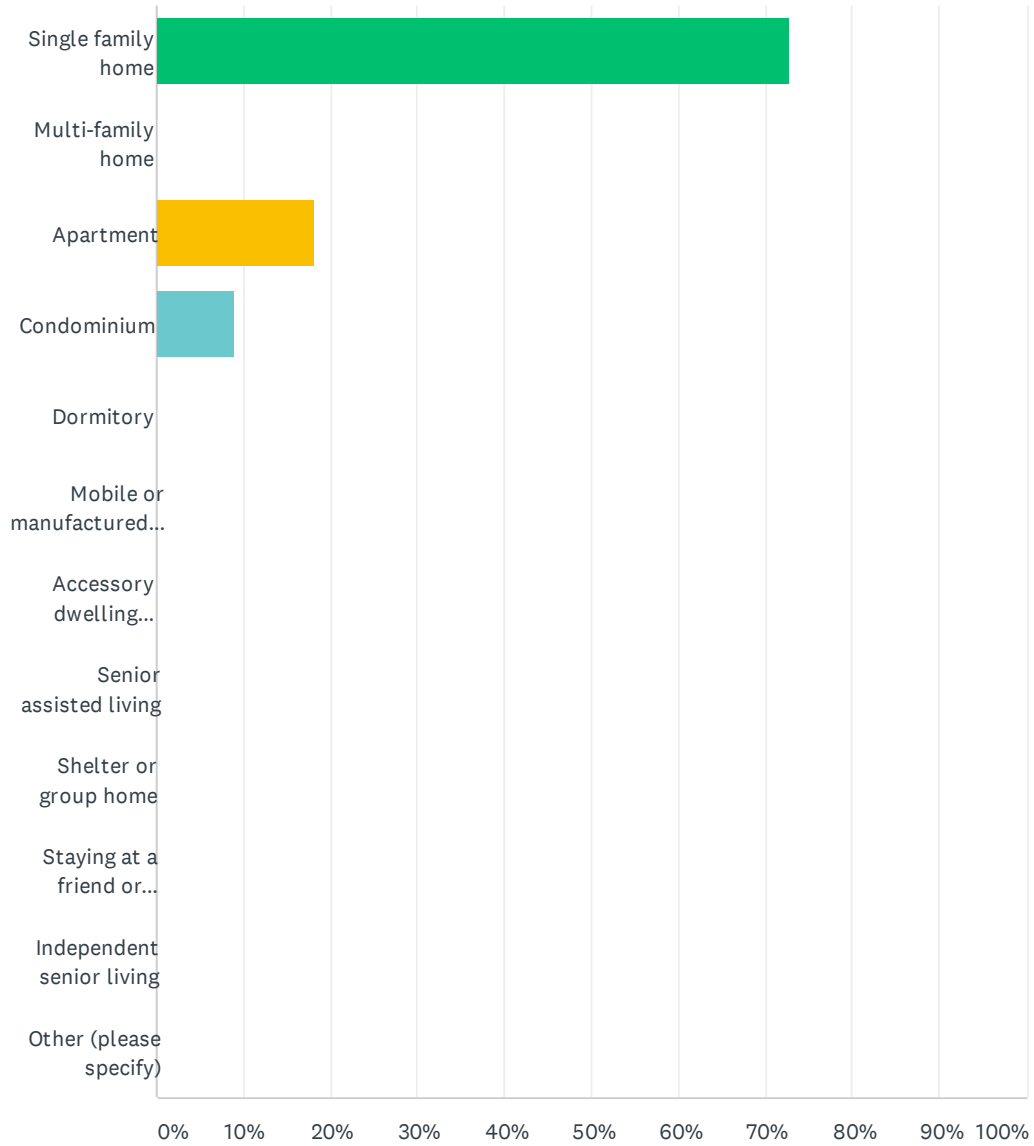
Q6 With regards to the concerns you expressed in question 5, what changes would help?

Answered: 9 Skipped: 2

#	RESPONSES	DATE
1	Nothing.	5/10/2021 12:29 PM
2	I have no clue	4/18/2021 1:30 PM
3	Provide more community services for the elderly.	4/9/2021 5:49 PM
4	Social opportunities	4/6/2021 1:16 PM
5	More affordable housing especially for families. Better public transportation.	4/6/2021 12:18 PM
6	N/A	3/24/2021 12:27 PM
7	not sure	3/12/2021 10:48 AM
8	N/a	3/12/2021 10:30 AM
9	Honesty	3/9/2021 8:21 AM

Q7 What type of home do you currently live in?

Answered: 11 Skipped: 0



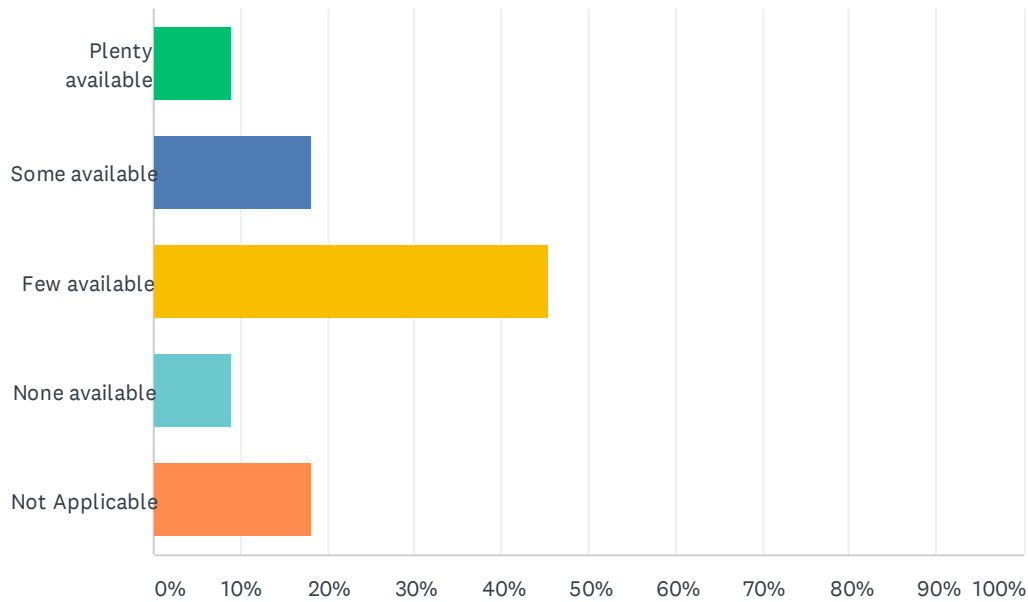
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Single family home	72.73%	8
Multi-family home	0.00%	0
Apartment	18.18%	2
Condominium	9.09%	1
Dormitory	0.00%	0
Mobile or manufactured home	0.00%	0
Accessory dwelling unit-eg. a an apartment attached to a family member's home	0.00%	0
Senior assisted living	0.00%	0
Shelter or group home	0.00%	0
Staying at a friend or family's home	0.00%	0
Independent senior living	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 11		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q8 If you have searched for housing in the last five years, how would you describe the options you found in your price range?

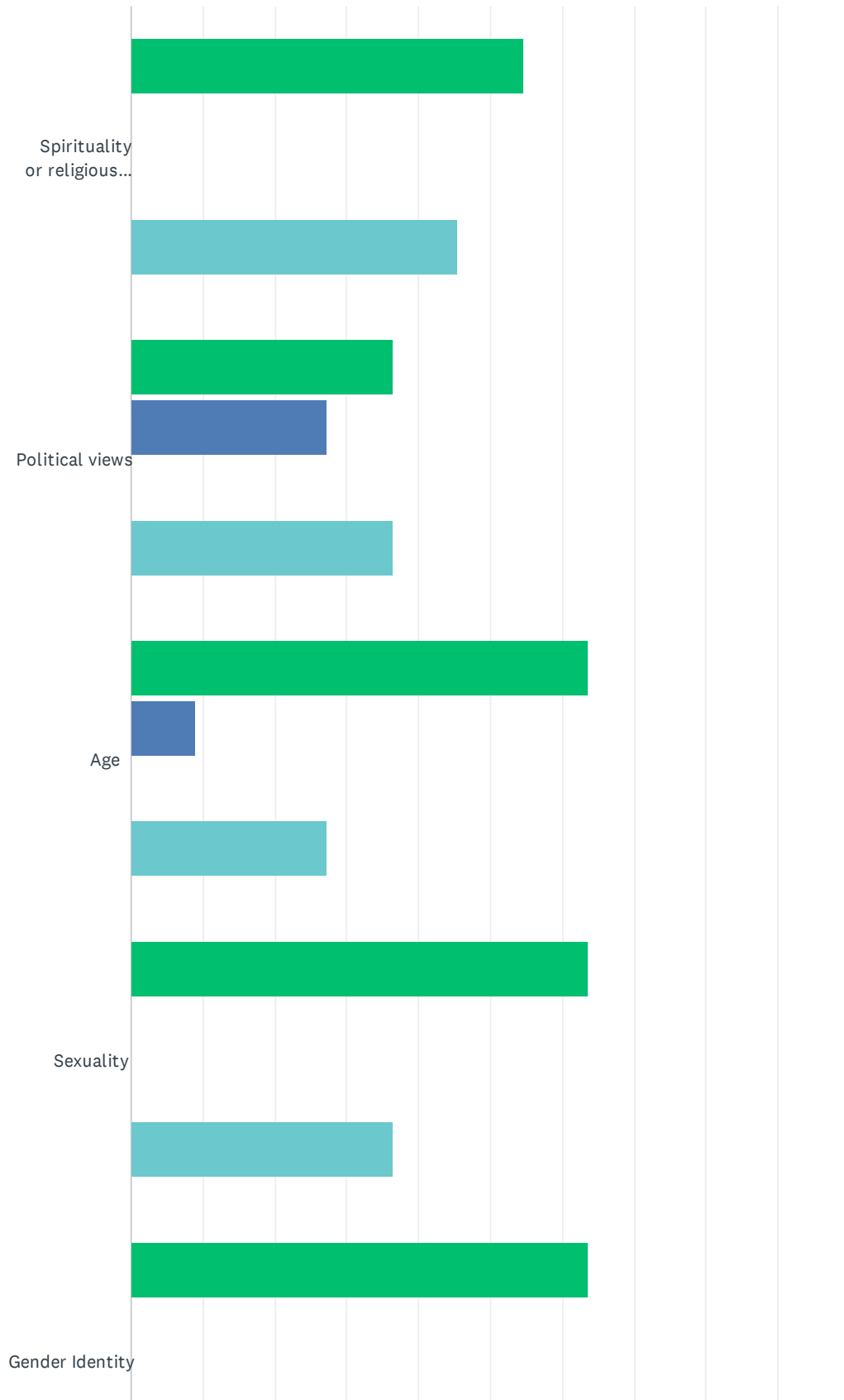
Answered: 11 Skipped: 0



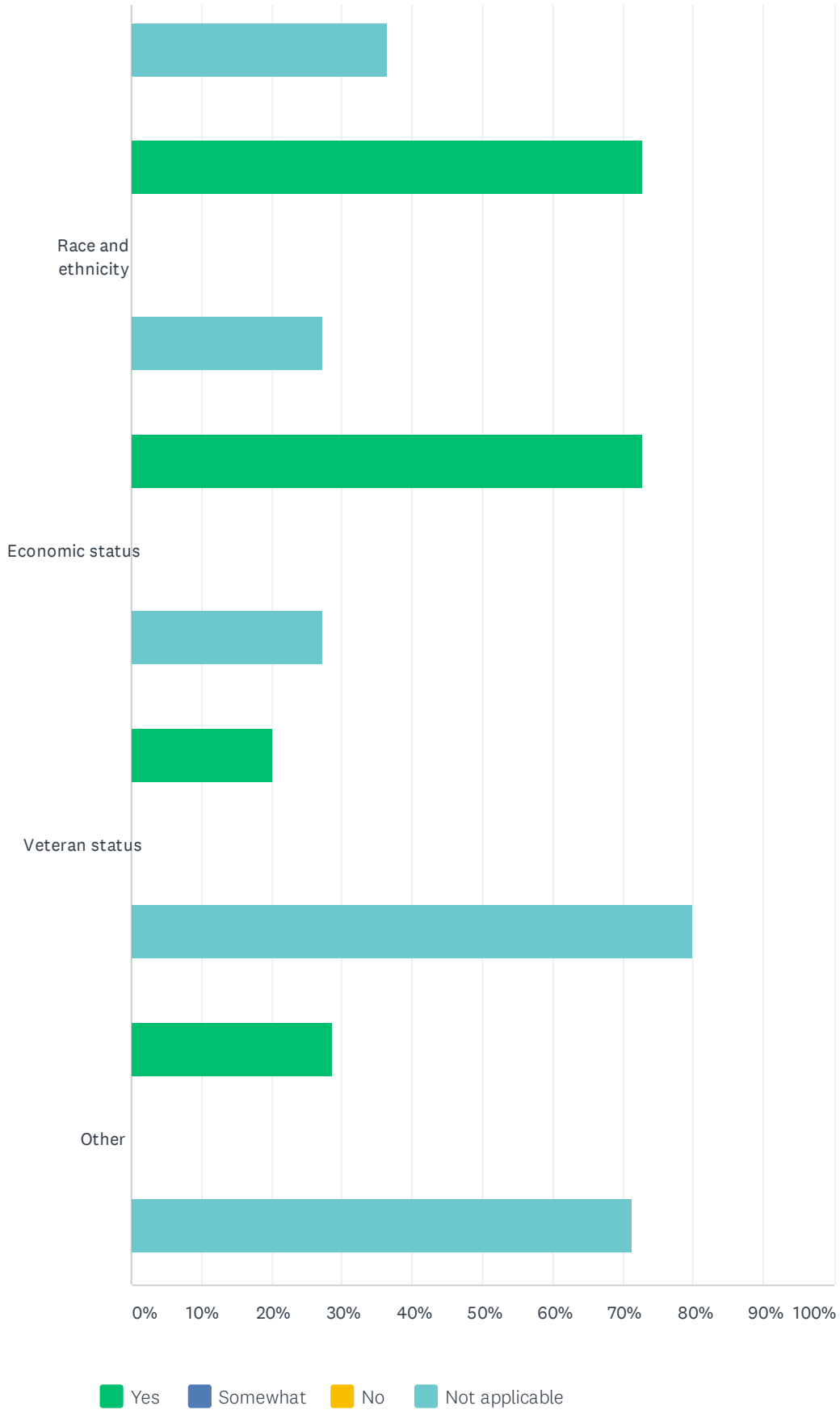
ANSWER CHOICES	RESPONSES
Plenty available	9.09% 1
Some available	18.18% 2
Few available	45.45% 5
None available	9.09% 1
Not Applicable	18.18% 2
TOTAL	11

Q9 Do you feel accepted in your community with regards to:

Answered: 11 Skipped: 0



Communities for Healthy Aging Transitions Survey

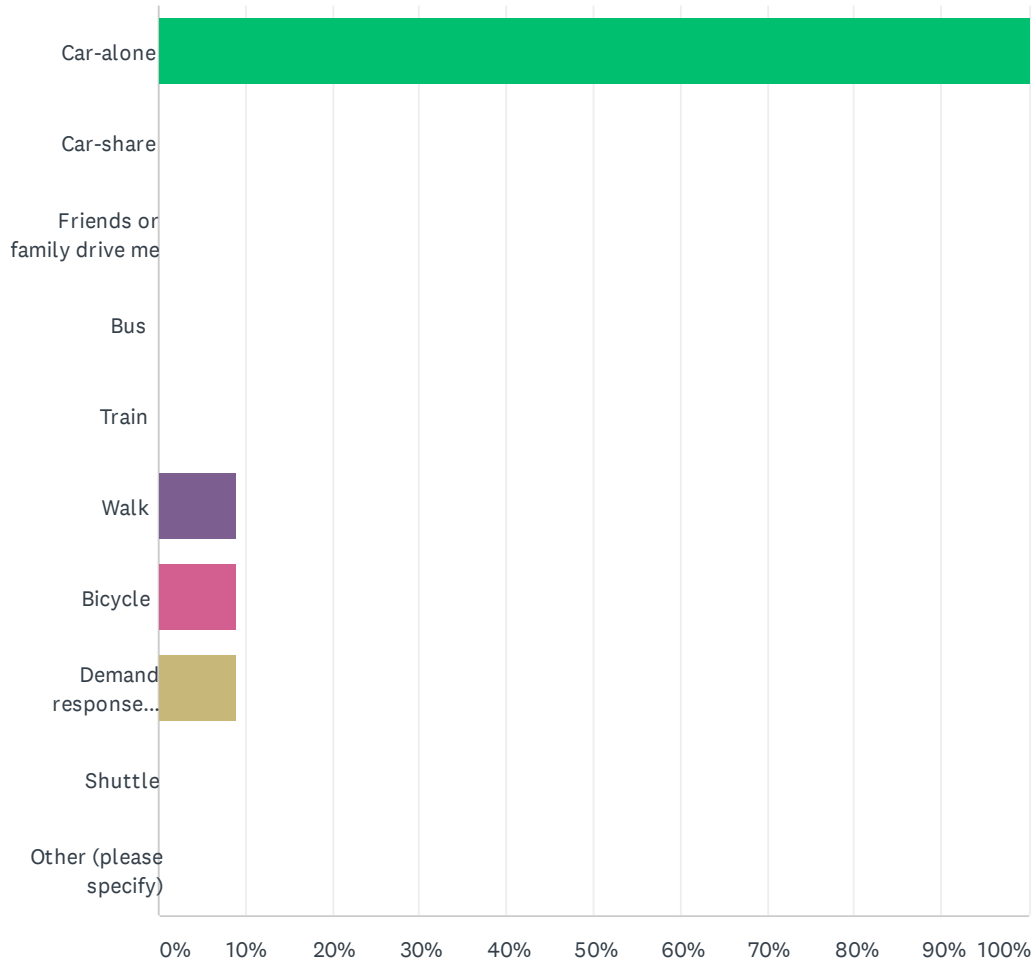


Communities for Healthy Aging Transitions Survey

	YES	SOMEWHAT	NO	NOT APPLICABLE	TOTAL
Spirituality or religious affiliation	54.55% 6	0.00% 0	0.00% 0	45.45% 5	11
Political views	36.36% 4	27.27% 3	0.00% 0	36.36% 4	11
Age	63.64% 7	9.09% 1	0.00% 0	27.27% 3	11
Sexuality	63.64% 7	0.00% 0	0.00% 0	36.36% 4	11
Gender Identity	63.64% 7	0.00% 0	0.00% 0	36.36% 4	11
Race and ethnicity	72.73% 8	0.00% 0	0.00% 0	27.27% 3	11
Economic status	72.73% 8	0.00% 0	0.00% 0	27.27% 3	11
Veteran status	20.00% 2	0.00% 0	0.00% 0	80.00% 8	10
Other	28.57% 2	0.00% 0	0.00% 0	71.43% 5	7

Q10 How do you and your household members generally travel around for work, school, recreation, or other errands?

Answered: 11 Skipped: 0



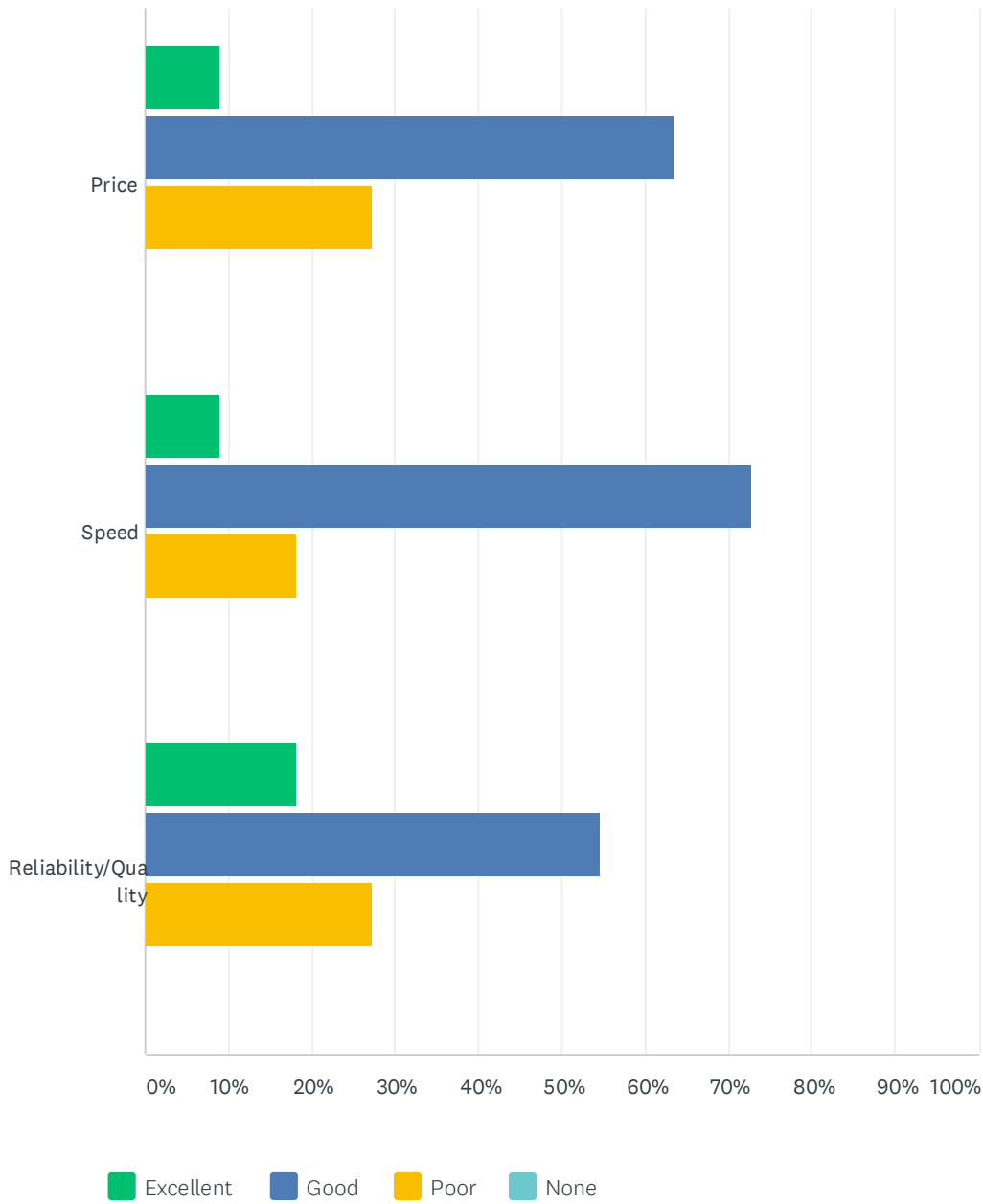
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES
Car-alone	100.00% 11
Car-share	0.00% 0
Friends or family drive me	0.00% 0
Bus	0.00% 0
Train	0.00% 0
Walk	9.09% 1
Bicycle	9.09% 1
Demand response transportation eg. COAST/Care-Van	9.09% 1
Shuttle	0.00% 0
Other (please specify)	0.00% 0
Total Respondents: 11	

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q11 How would you rate your internet access in regard to? Please select none if you do not have internet access.

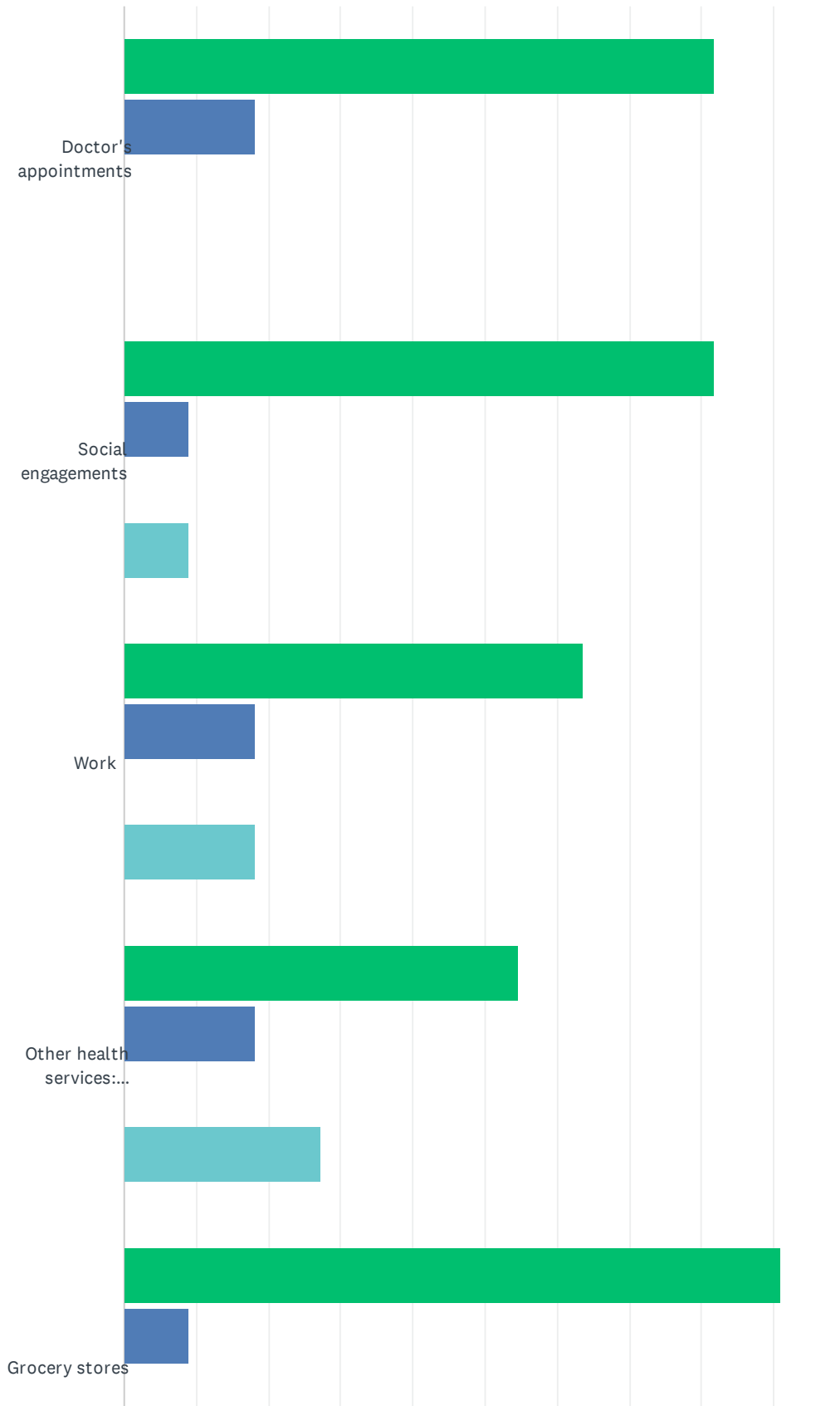
Answered: 11 Skipped: 0



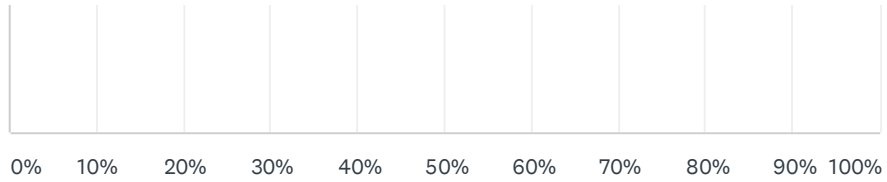
	EXCELLENT	GOOD	POOR	NONE	TOTAL
Price	9.09% 1	63.64% 7	27.27% 3	0.00% 0	11
Speed	9.09% 1	72.73% 8	18.18% 2	0.00% 0	11
Reliability/Quality	18.18% 2	54.55% 6	27.27% 3	0.00% 0	11

Q12 Do you have safe and reliable transportation to connect you to:

Answered: 11 Skipped: 0



Communities for Healthy Aging Transitions Survey

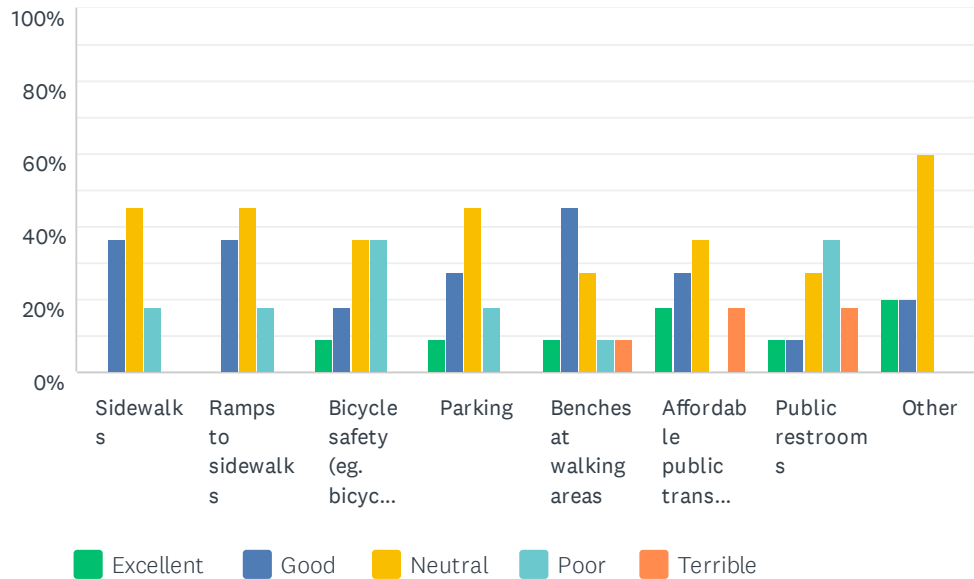


■ Always
 ■ Sometimes
 ■ Never
 ■ Not applicable

	ALWAYS	SOMETIMES	NEVER	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
Doctor's appointments	81.82% 9	18.18% 2	0.00% 0	0.00% 0	11	1.18
Social engagements	81.82% 9	9.09% 1	0.00% 0	9.09% 1	11	1.36
Work	63.64% 7	18.18% 2	0.00% 0	18.18% 2	11	1.73
Other health services: mental health, prenatal care, substance misuse treatment, physical therapy etc	54.55% 6	18.18% 2	0.00% 0	27.27% 3	11	2.00
Grocery stores	90.91% 10	9.09% 1	0.00% 0	0.00% 0	11	1.09

Q13 Please rate the following in your community

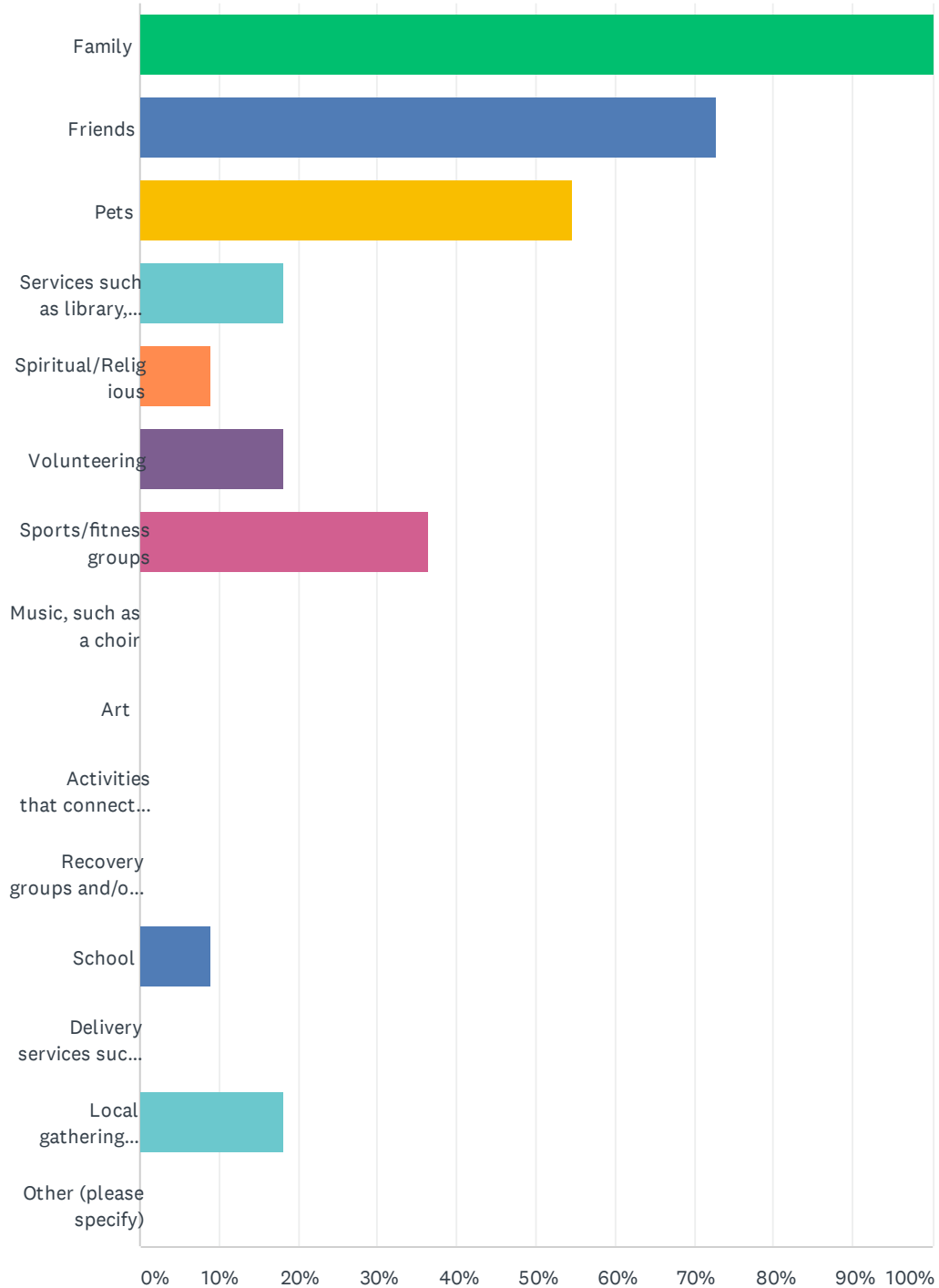
Answered: 11 Skipped: 0



	EXCELLENT	GOOD	NEUTRAL	POOR	TERRIBLE	TOTAL	WEIGHTED AVERAGE
Sidewalks	0.00% 0	36.36% 4	45.45% 5	18.18% 2	0.00% 0	11	2.82
Ramps to sidewalks	0.00% 0	36.36% 4	45.45% 5	18.18% 2	0.00% 0	11	2.82
Bicycle safety (eg. bicycle lanes)	9.09% 1	18.18% 2	36.36% 4	36.36% 4	0.00% 0	11	3.00
Parking	9.09% 1	27.27% 3	45.45% 5	18.18% 2	0.00% 0	11	2.73
Benches at walking areas	9.09% 1	45.45% 5	27.27% 3	9.09% 1	9.09% 1	11	2.64
Affordable public transportation	18.18% 2	27.27% 3	36.36% 4	0.00% 0	18.18% 2	11	2.73
Public restrooms	9.09% 1	9.09% 1	27.27% 3	36.36% 4	18.18% 2	11	3.45
Other	20.00% 1	20.00% 1	60.00% 3	0.00% 0	0.00% 0	5	2.40

Q14 What are your main social interactions? Check all that apply

Answered: 11 Skipped: 0



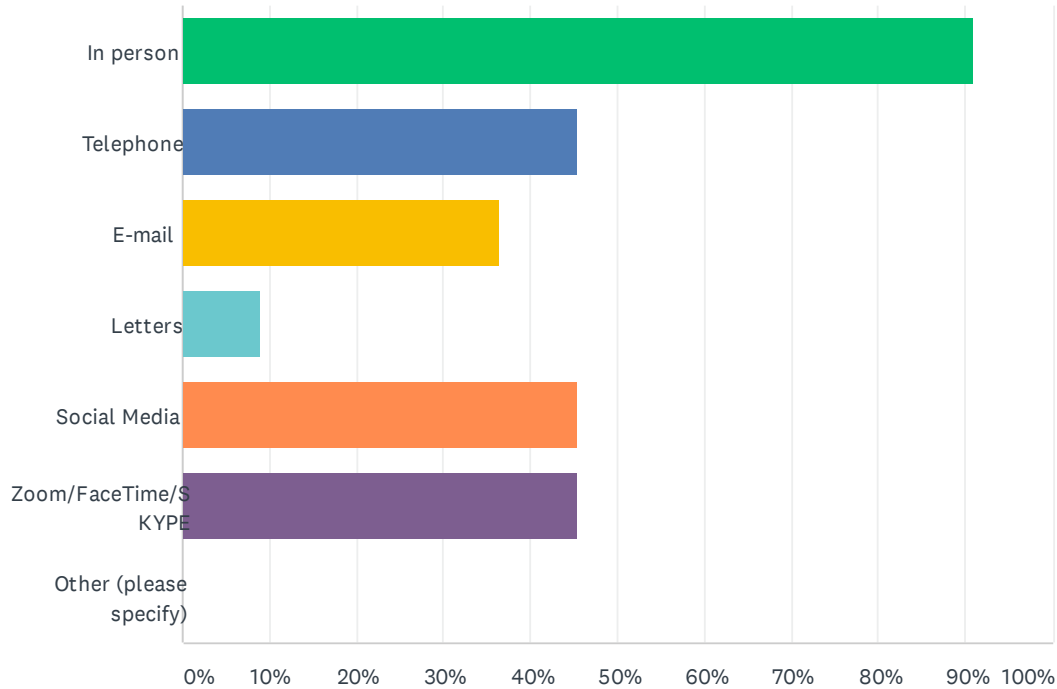
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Family	100.00%	11
Friends	72.73%	8
Pets	54.55%	6
Services such as library, senior center, recreation center etc.	18.18%	2
Spiritual/Religious	9.09%	1
Volunteering	18.18%	2
Sports/fitness groups	36.36%	4
Music, such as a choir	0.00%	0
Art	0.00%	0
Activities that connect you with other generations	0.00%	0
Recovery groups and/or other group counseling	0.00%	0
School	9.09%	1
Delivery services such as groceries	0.00%	0
Local gathering spots: coffee shop, restaurant, grocery store etc.	18.18%	2
Other (please specify)	0.00%	0
Total Respondents: 11		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q15 How do you most commonly socialize? Check all that apply.

Answered: 11 Skipped: 0

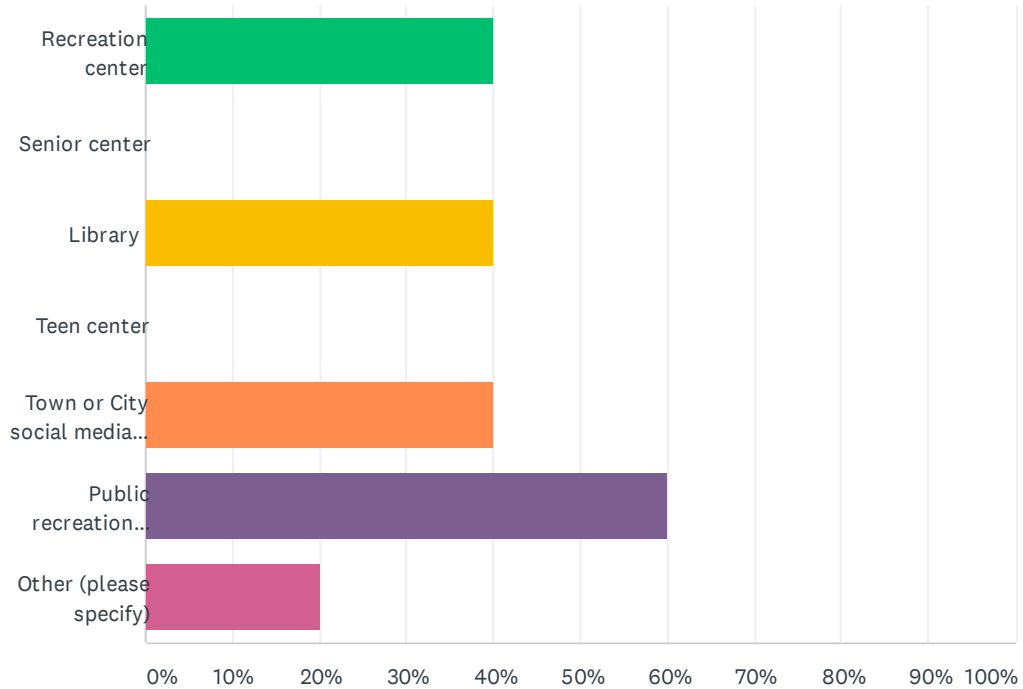


ANSWER CHOICES	RESPONSES
In person	90.91% 10
Telephone	45.45% 5
E-mail	36.36% 4
Letters	9.09% 1
Social Media	45.45% 5
Zoom/FaceTime/SKYPE	45.45% 5
Other (please specify)	0.00% 0
Total Respondents: 11	

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q16 Do you use any of these public spaces in your town?

Answered: 10 Skipped: 1

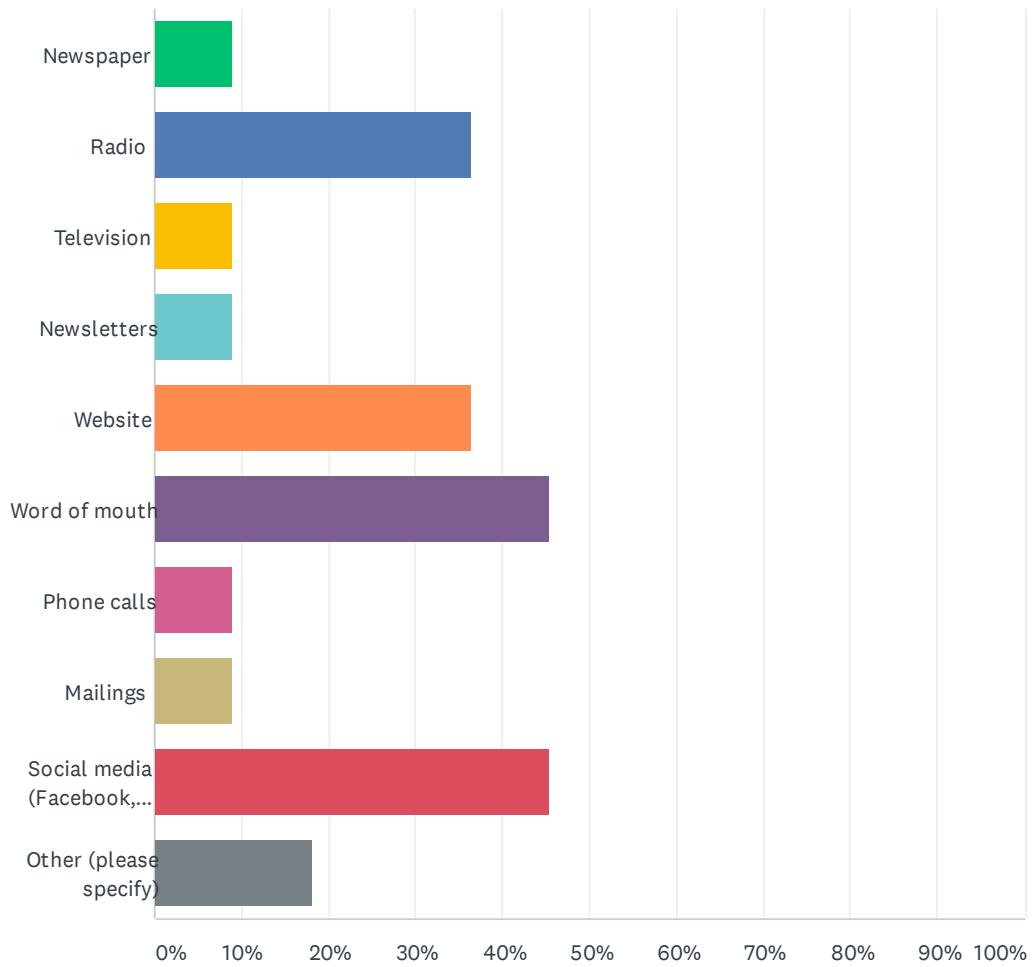


ANSWER CHOICES	RESPONSES
Recreation center	40.00% 4
Senior center	0.00% 0
Library	40.00% 4
Teen center	0.00% 0
Town or City social media pages like on Facebook or Instagram	40.00% 4
Public recreation spaces like parks or trails	60.00% 6
Other (please specify)	20.00% 2
Total Respondents: 10	

#	OTHER (PLEASE SPECIFY)	DATE
1	none	3/12/2021 10:48 AM
2	None	3/9/2021 8:21 AM

Q17 How do you learn about community news and activities? Check all that apply.

Answered: 11 Skipped: 0



Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES
Newspaper	9.09% 1
Radio	36.36% 4
Television	9.09% 1
Newsletters	9.09% 1
Website	36.36% 4
Word of mouth	45.45% 5
Phone calls	9.09% 1
Mailings	9.09% 1
Social media (Facebook, Instagram, Snapchat, Twitter)	45.45% 5
Other (please specify)	18.18% 2
Total Respondents: 11	

#	OTHER (PLEASE SPECIFY)	DATE
1	e-mail blasts, community calendars	4/6/2021 12:18 PM
2	Seldom inquire	3/9/2021 8:21 AM

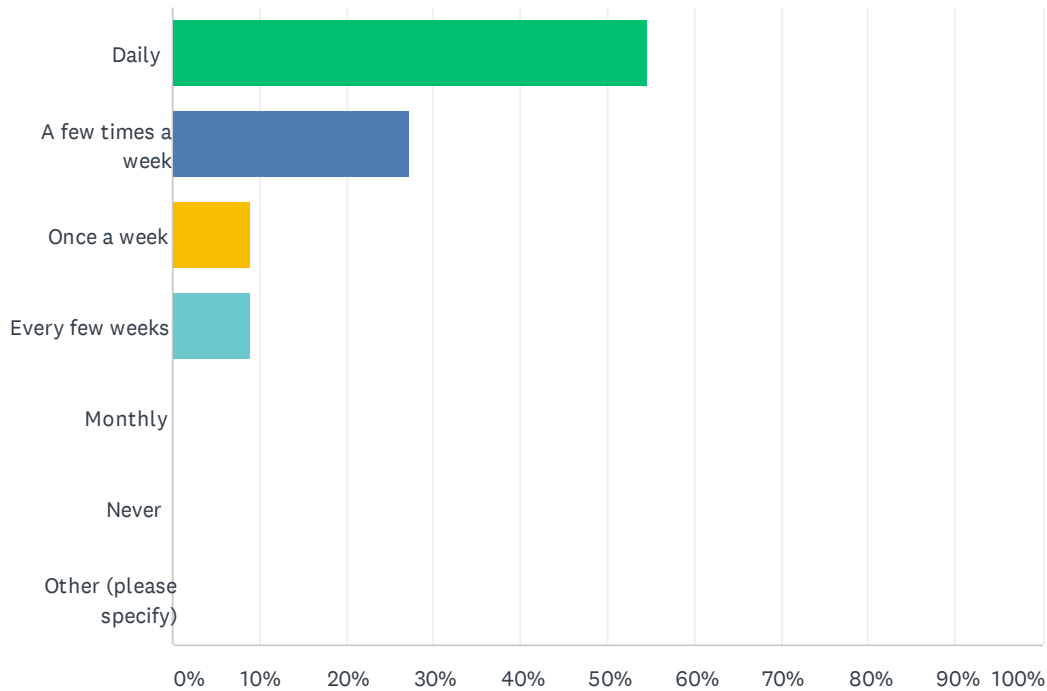
Q18 Do you have employment and/or trainings available to you in your community? If so, which kinds?

Answered: 6 Skipped: 5

#	RESPONSES	DATE
1	Yes. I work at the child care center in town and all my trainings are paid for. There are lots of different opportunities available.	5/10/2021 12:29 PM
2	I don't know	4/18/2021 1:30 PM
3	no	4/9/2021 5:49 PM
4	no	4/6/2021 1:16 PM
5	not sure	3/12/2021 10:48 AM
6	?	3/9/2021 8:21 AM

Q19 How frequently do you engage in some form of physical activity?

Answered: 11 Skipped: 0

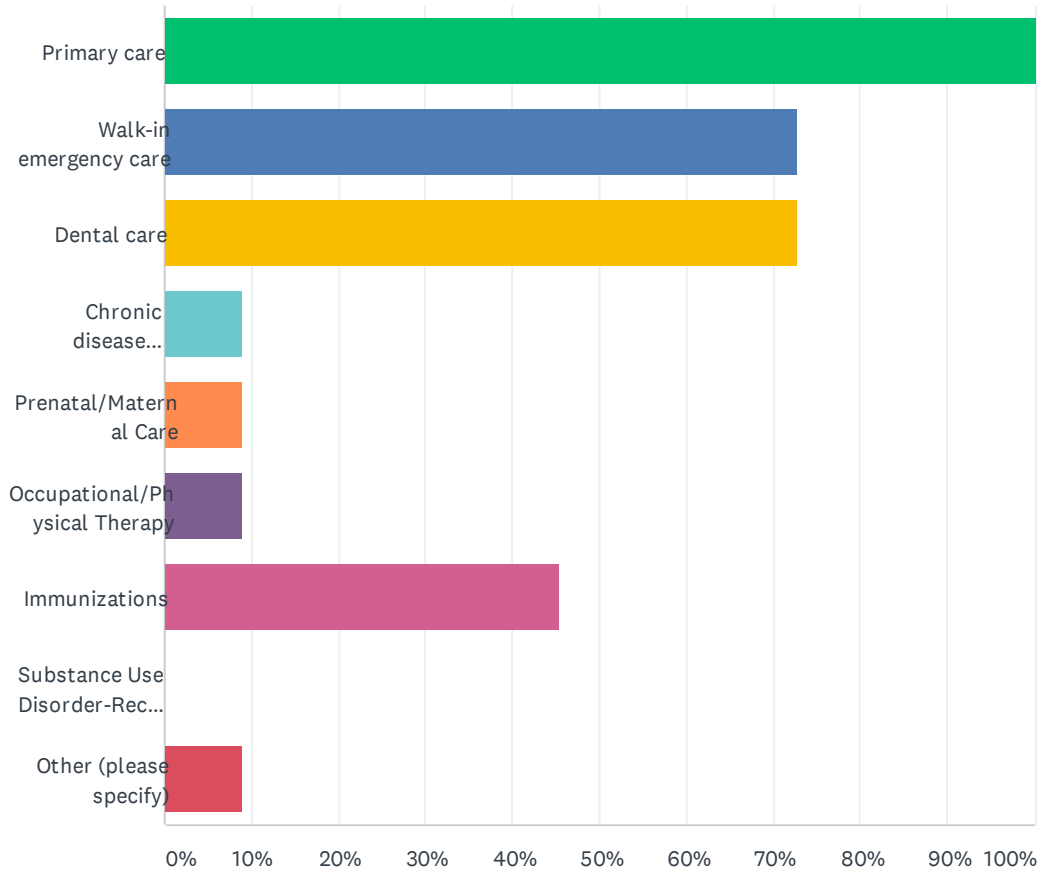


ANSWER CHOICES	RESPONSES
Daily	54.55% 6
A few times a week	27.27% 3
Once a week	9.09% 1
Every few weeks	9.09% 1
Monthly	0.00% 0
Never	0.00% 0
Other (please specify)	0.00% 0
TOTAL	11

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q20 What kind of health services do you use? Check all that apply.

Answered: 11 Skipped: 0

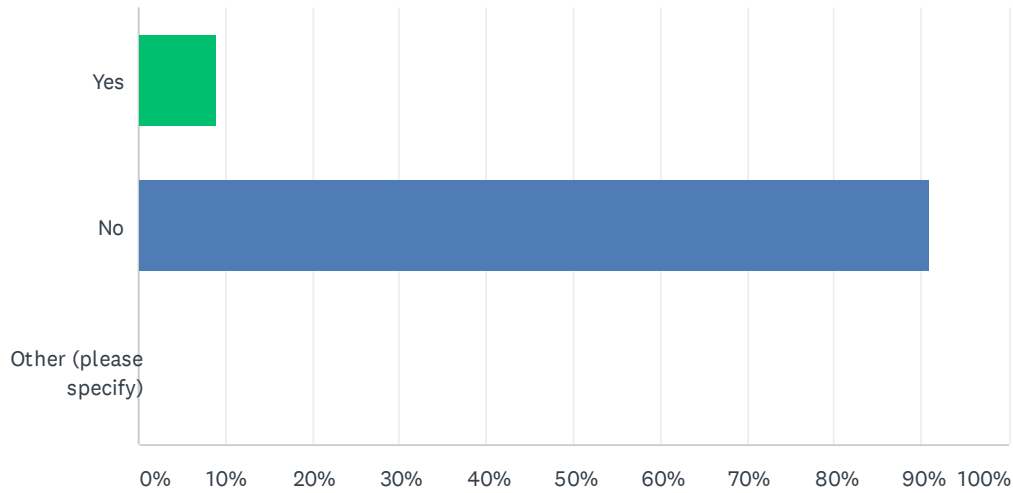


ANSWER CHOICES	RESPONSES	
Primary care	100.00%	11
Walk-in emergency care	72.73%	8
Dental care	72.73%	8
Chronic disease management	9.09%	1
Prenatal/Maternal Care	9.09%	1
Occupational/Physical Therapy	9.09%	1
Immunizations	45.45%	5
Substance Use Disorder-Recovery	0.00%	0
Other (please specify)	9.09%	1
Total Respondents: 11		

#	OTHER (PLEASE SPECIFY)	DATE
1	Work	3/9/2021 8:21 AM

Q21 Are you concerned that you or someone else in your household is struggling with substance use, mental illness, or is at risk for harming themselves or others?

Answered: 11 Skipped: 0

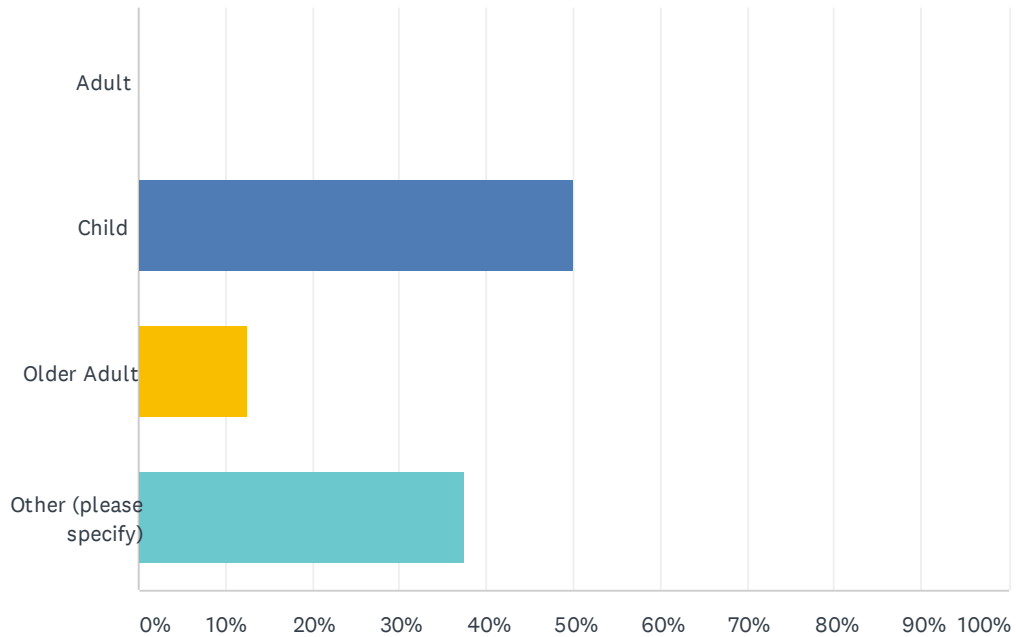


ANSWER CHOICES	RESPONSES
Yes	9.09% 1
No	90.91% 10
Other (please specify)	0.00% 0
TOTAL	11

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q22 Are you currently a caregiver providing unpaid care to:

Answered: 8 Skipped: 3

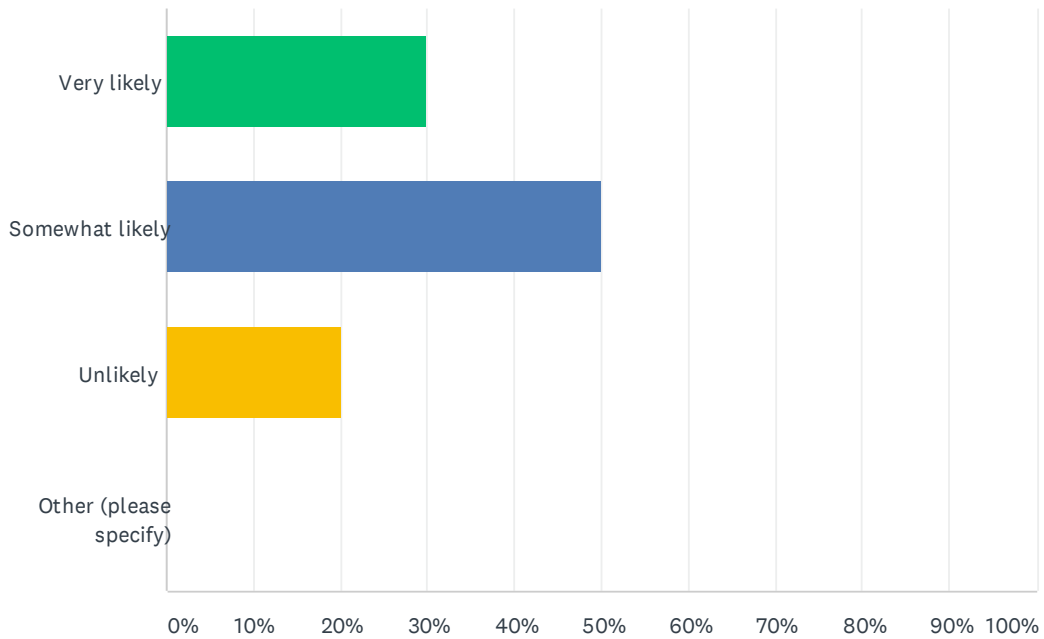


ANSWER CHOICES	RESPONSES
Adult	0.00% 0
Child	50.00% 4
Older Adult	12.50% 1
Other (please specify)	37.50% 3
Total Respondents: 8	

#	OTHER (PLEASE SPECIFY)	DATE
1	I'm a teenager	4/18/2021 1:30 PM
2	none	4/9/2021 5:49 PM
3	no	3/12/2021 10:48 AM

Q23 How likely is it that you will provide care to an adult loved one in the future?

Answered: 10 Skipped: 1



ANSWER CHOICES	RESPONSES
Very likely	30.00% 3
Somewhat likely	50.00% 5
Unlikely	20.00% 2
Other (please specify)	0.00% 0
TOTAL	10

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

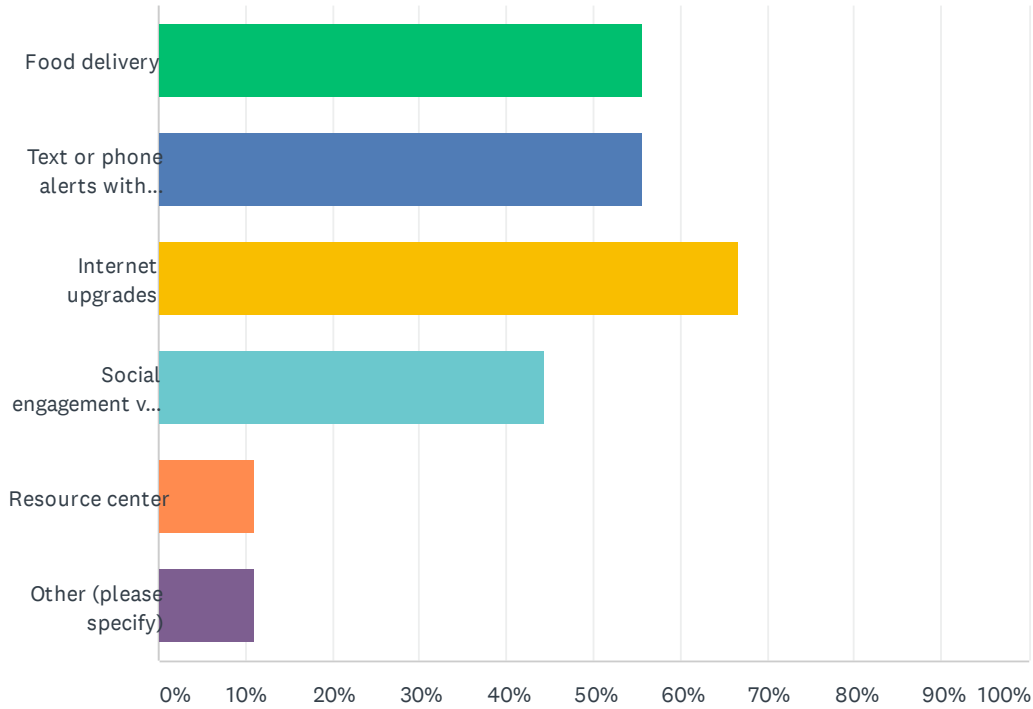
Q24 How has COVID-19 affected you in terms of health and safety?

Answered: 10 Skipped: 1

#	RESPONSES	DATE
1	We have not been able to get as much physical activity in as we would have liked to, and everything has been closed so unable to travel anywhere safely.	5/10/2021 12:29 PM
2	Not at all	4/18/2021 1:30 PM
3	social isolation	4/9/2021 5:49 PM
4	child care	4/6/2021 1:16 PM
5	Isolation having impacts on mental health, concerns about high risk household members getting sick	4/6/2021 12:18 PM
6	None	4/1/2021 11:07 AM
7	Moderately	3/24/2021 12:27 PM
8	just a sense of not being able to see friends and family	3/12/2021 10:48 AM
9	Not at all	3/12/2021 10:30 AM
10	Not at all, I don't believe the scientists or the politicians	3/9/2021 8:21 AM

Q25 What kind of resources are needed in your community facing a crisis like COVID-19 in future?

Answered: 9 Skipped: 2

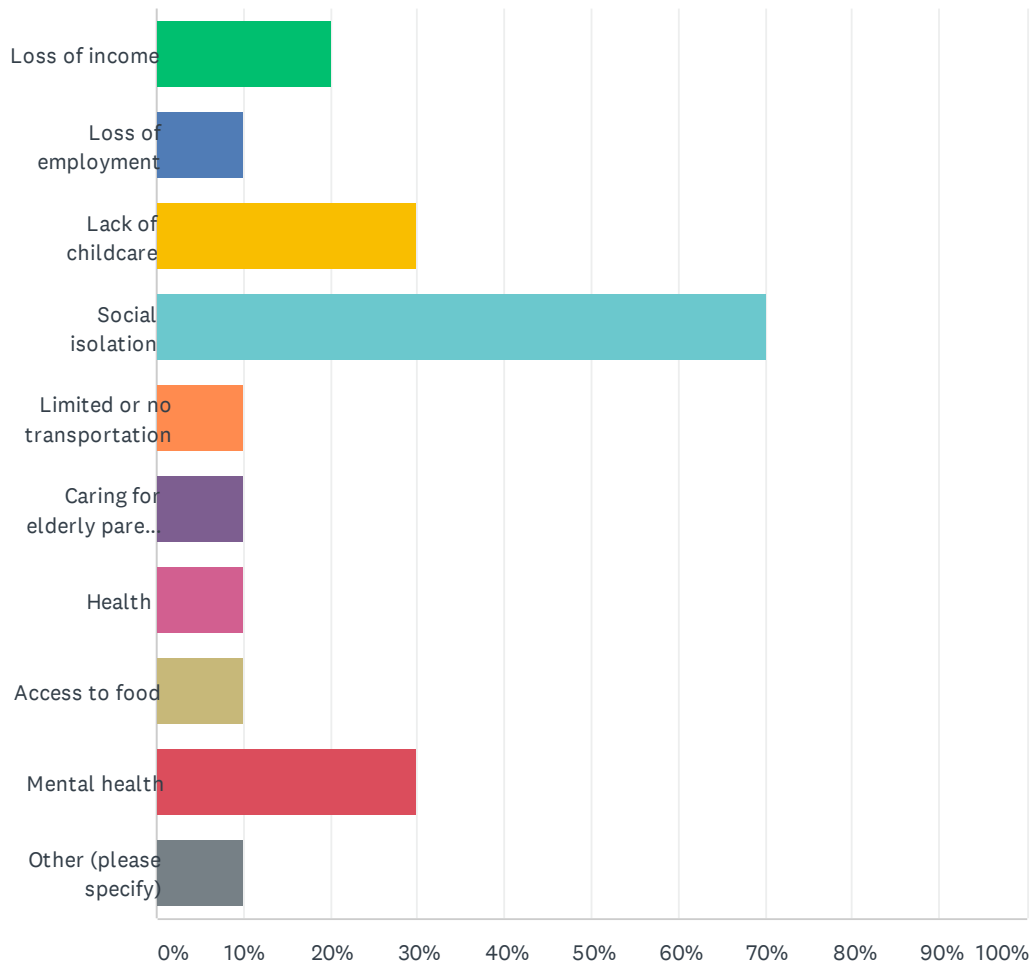


ANSWER CHOICES	RESPONSES
Food delivery	55.56% 5
Text or phone alerts with important information	55.56% 5
Internet upgrades	66.67% 6
Social engagement via internet	44.44% 4
Resource center	11.11% 1
Other (please specify)	11.11% 1
Total Respondents: 9	

#	OTHER (PLEASE SPECIFY)	DATE
1	Honest integrity of the problem	3/9/2021 8:21 AM

Q26 What have been the greatest challenges you or your household have faced due to COVID-19?

Answered: 10 Skipped: 1



Communities for Healthy Aging Transitions Survey

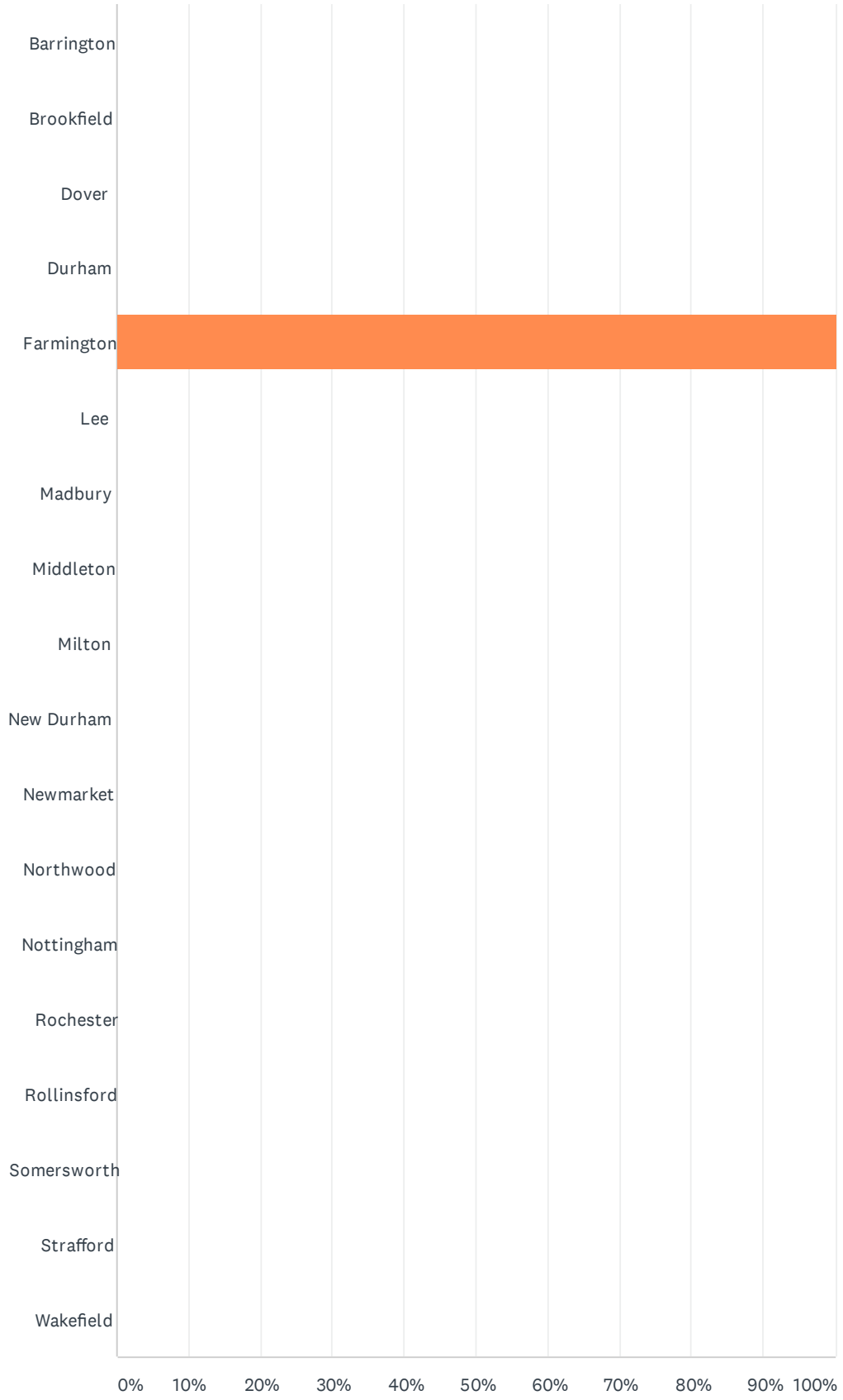
ANSWER CHOICES	RESPONSES
Loss of income	20.00% 2
Loss of employment	10.00% 1
Lack of childcare	30.00% 3
Social isolation	70.00% 7
Limited or no transportation	10.00% 1
Caring for elderly parents or family members	10.00% 1
Health	10.00% 1
Access to food	10.00% 1
Mental health	30.00% 3
Other (please specify)	10.00% 1
Total Respondents: 10	

#	OTHER (PLEASE SPECIFY)	DATE
1	Inconvenience	3/9/2021 8:21 AM

Q27 Which city or town do you live in?

Answered: 11 Skipped: 0

Communities for Healthy Aging Transitions Survey



Communities for Healthy Aging Transitions Survey

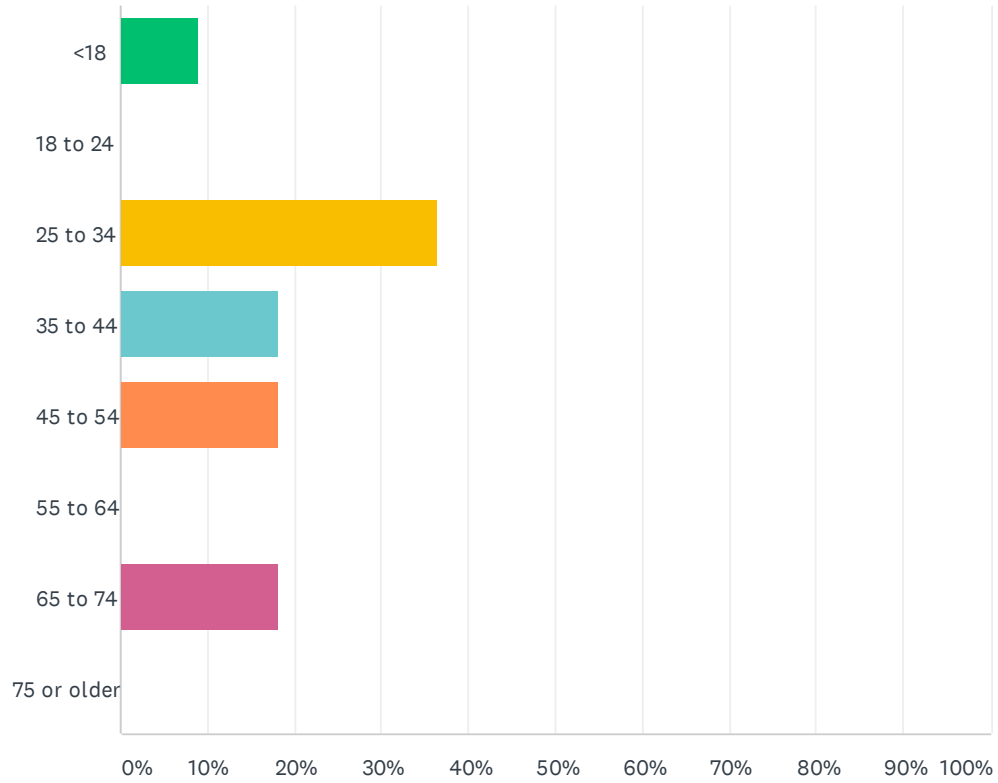
ANSWER CHOICES	RESPONSES	
Barrington (1)	0.00%	0
Brookfield (2)	0.00%	0
Dover (3)	0.00%	0
Durham (4)	0.00%	0
Farmington (5)	100.00%	11
Lee (6)	0.00%	0
Madbury (7)	0.00%	0
Middleton (8)	0.00%	0
Milton (9)	0.00%	0
New Durham (10)	0.00%	0
Newmarket (11)	0.00%	0
Northwood (12)	0.00%	0
Nottingham (13)	0.00%	0
Rochester (14)	0.00%	0
Rollinsford (15)	0.00%	0
Somersworth (16)	0.00%	0
Strafford (17)	0.00%	0
Wakefield (18)	0.00%	0
TOTAL		11

BASIC STATISTICS

Minimum 5.00	Maximum 5.00	Median 5.00	Mean 5.00	Standard Deviation 0.00
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Q28 What is your age?

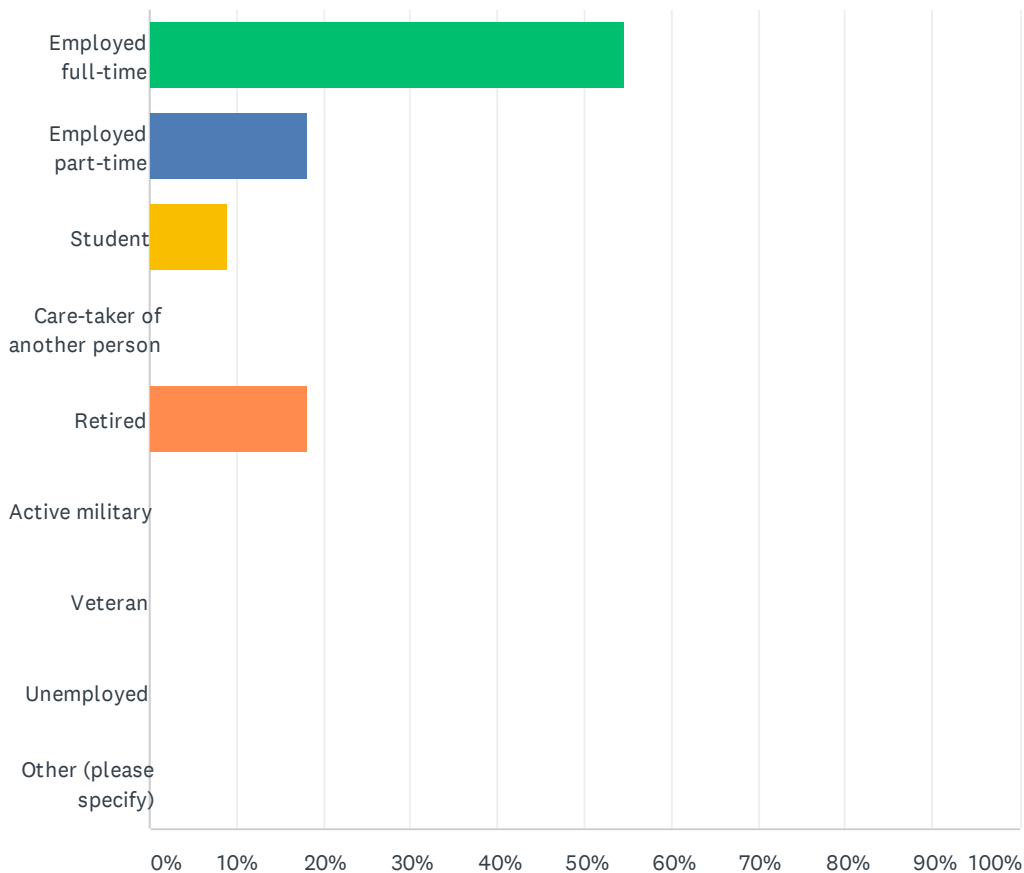
Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES	
<18	9.09%	1
18 to 24	0.00%	0
25 to 34	36.36%	4
35 to 44	18.18%	2
45 to 54	18.18%	2
55 to 64	0.00%	0
65 to 74	18.18%	2
75 or older	0.00%	0
TOTAL		11

Q29 What is your employment status?

Answered: 11 Skipped: 0

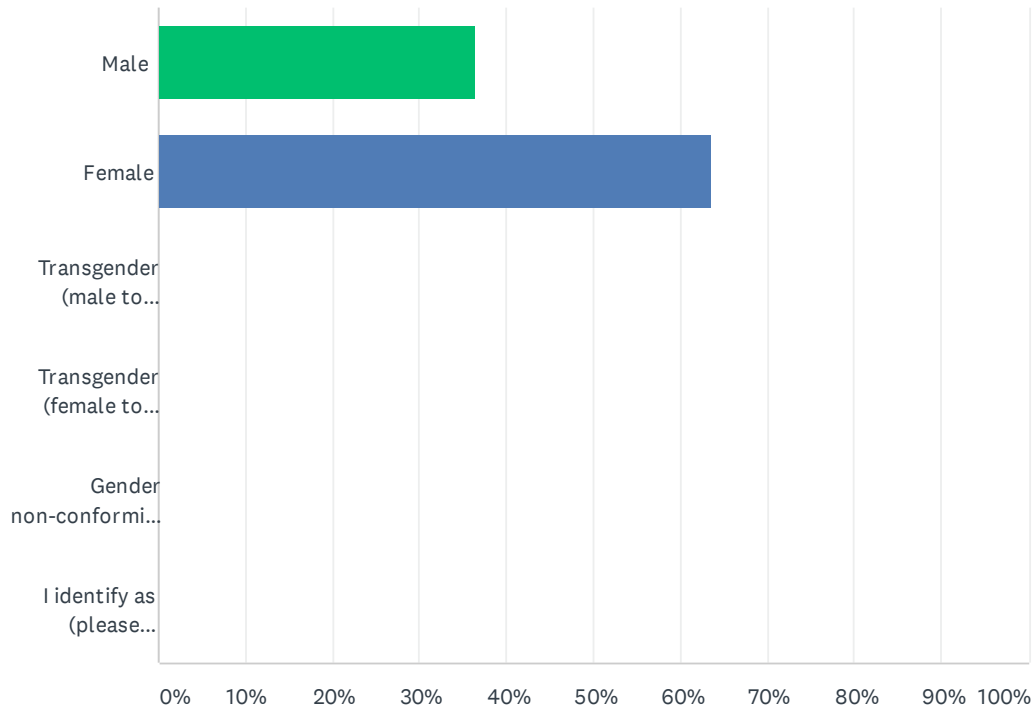


ANSWER CHOICES	RESPONSES	
Employed full-time	54.55%	6
Employed part-time	18.18%	2
Student	9.09%	1
Care-taker of another person	0.00%	0
Retired	18.18%	2
Active military	0.00%	0
Veteran	0.00%	0
Unemployed	0.00%	0
Other (please specify)	0.00%	0
TOTAL		11

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q30 What is your gender expression?

Answered: 11 Skipped: 0

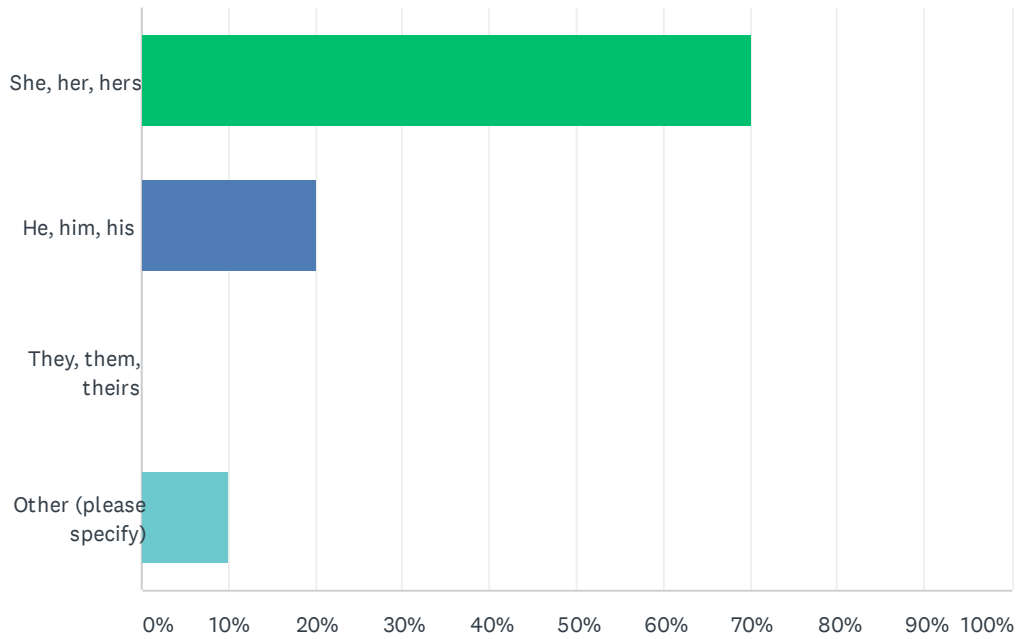


ANSWER CHOICES	RESPONSES	
Male	36.36%	4
Female	63.64%	7
Transgender (male to female)	0.00%	0
Transgender (female to male)	0.00%	0
Gender non-conforming, neither exclusively male or female	0.00%	0
I identify as (please specify):	0.00%	0
TOTAL		11

#	I IDENTIFY AS (PLEASE SPECIFY):	DATE
	There are no responses.	

Q31 Which pronouns do you prefer?

Answered: 10 Skipped: 1

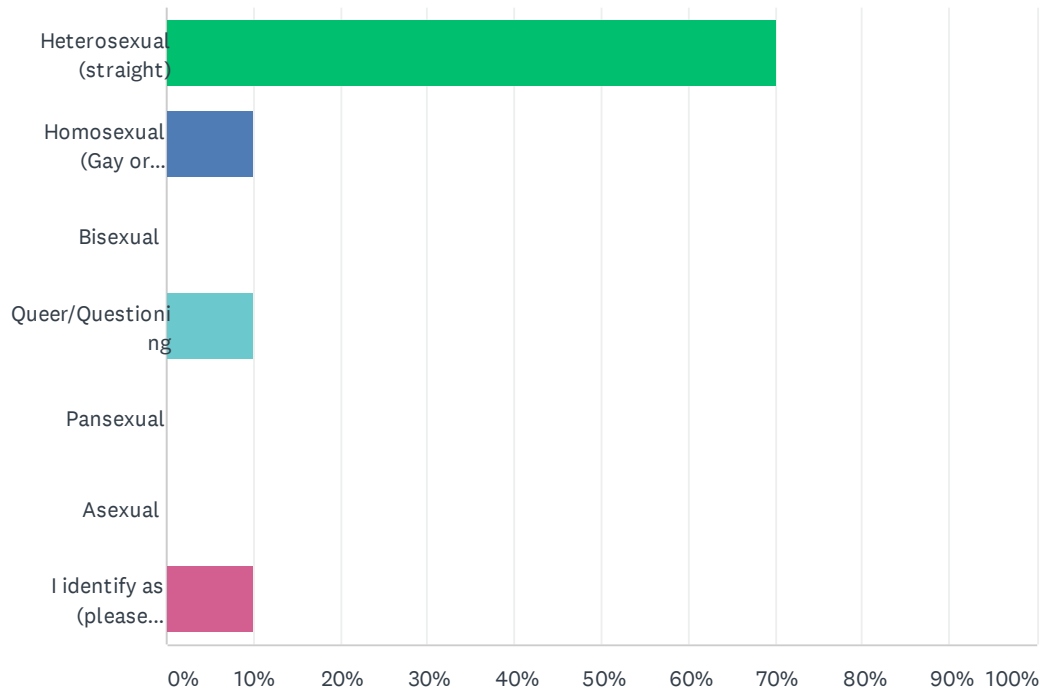


ANSWER CHOICES	RESPONSES
She, her, hers	70.00% 7
He, him, his	20.00% 2
They, them, theirs	0.00% 0
Other (please specify)	10.00% 1
TOTAL	10

#	OTHER (PLEASE SPECIFY)	DATE
1	All of the above	3/9/2021 8:21 AM

Q32 What is your sexual orientation?

Answered: 10 Skipped: 1

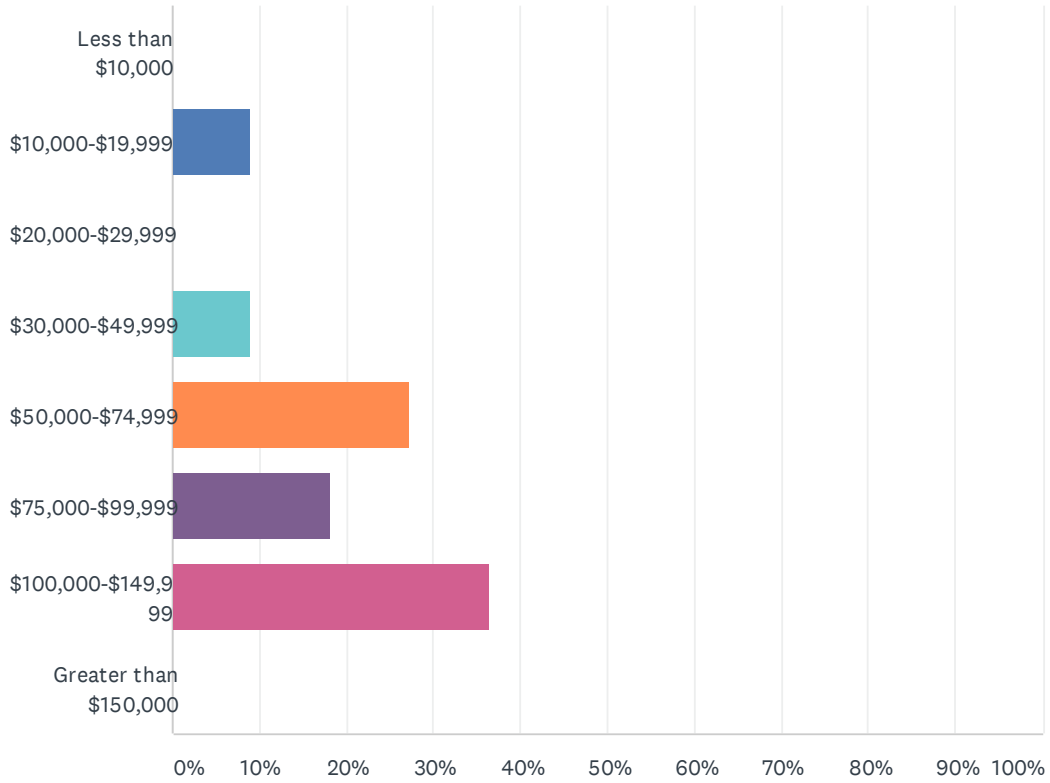


ANSWER CHOICES	RESPONSES	
Heterosexual (straight)	70.00%	7
Homosexual (Gay or Lesbian)	10.00%	1
Bisexual	0.00%	0
Queer/Questioning	10.00%	1
Pansexual	0.00%	0
Asexual	0.00%	0
I identify as (please specify):	10.00%	1
TOTAL		10

#	I IDENTIFY AS (PLEASE SPECIFY):	DATE
1	American male	3/9/2021 8:21 AM

Q33 What is your household Income?

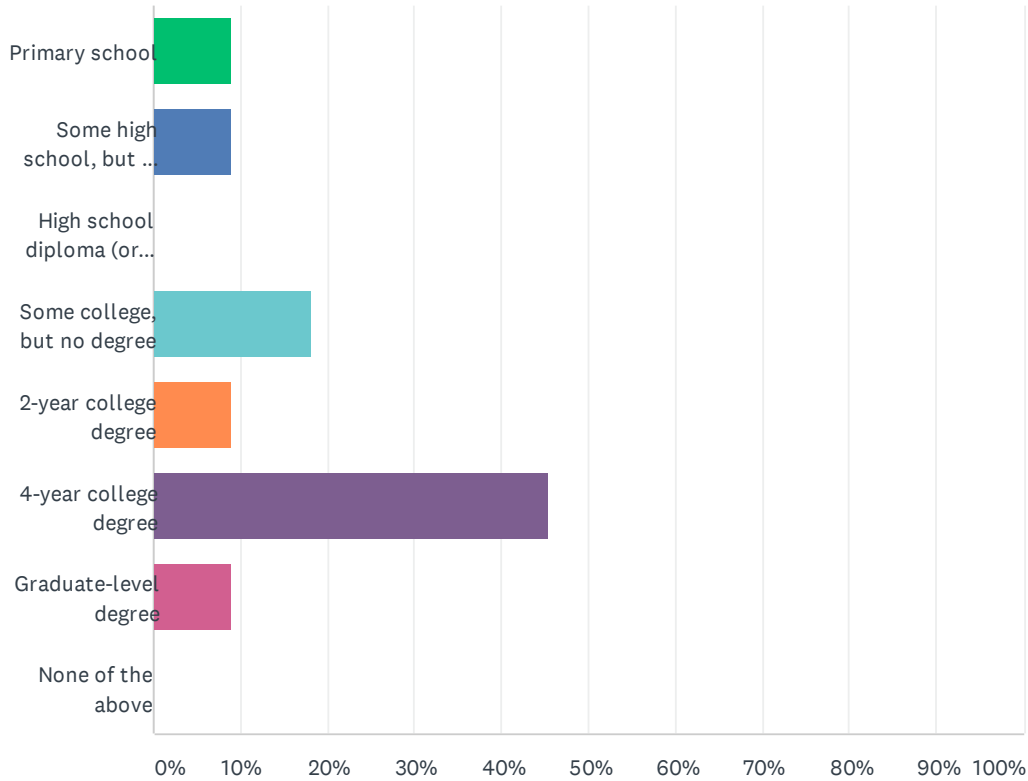
Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES
Less than \$10,000	0.00% 0
\$10,000-\$19,999	9.09% 1
\$20,000-\$29,999	0.00% 0
\$30,000-\$49,999	9.09% 1
\$50,000-\$74,999	27.27% 3
\$75,000-\$99,999	18.18% 2
\$100,000-\$149,999	36.36% 4
Greater than \$150,000	0.00% 0
TOTAL	11

Q34 What is the highest level of school that you have completed?

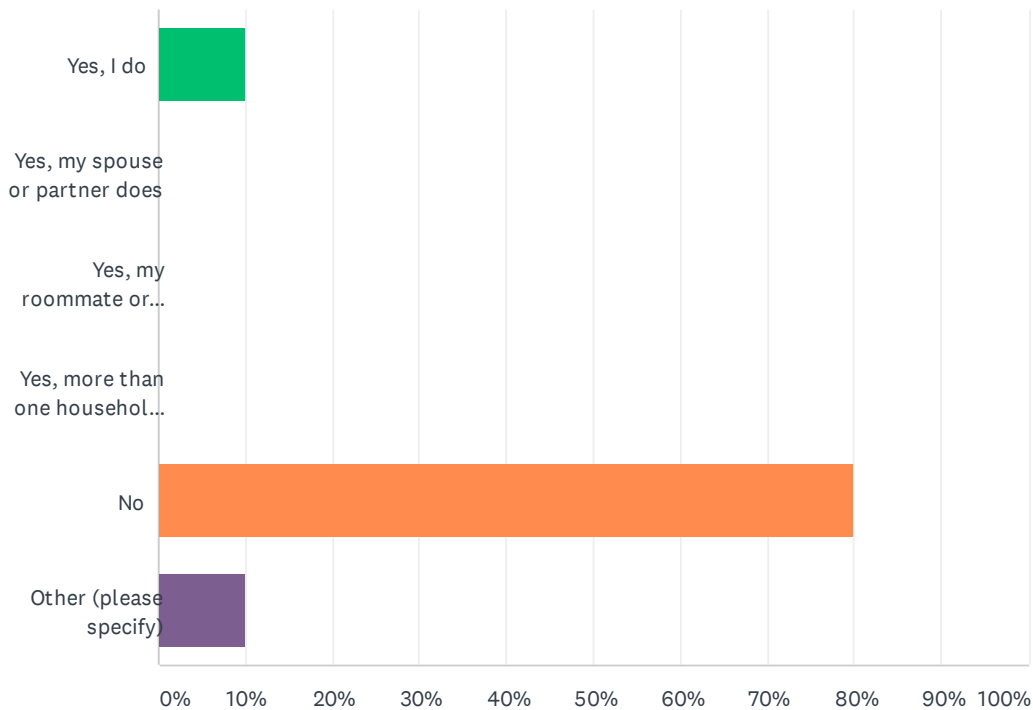
Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES	
Primary school	9.09%	1
Some high school, but no diploma	9.09%	1
High school diploma (or GED)	0.00%	0
Some college, but no degree	18.18%	2
2-year college degree	9.09%	1
4-year college degree	45.45%	5
Graduate-level degree	9.09%	1
None of the above	0.00%	0
TOTAL		11

Q35 Do you or a household member live with a disability?

Answered: 10 Skipped: 1

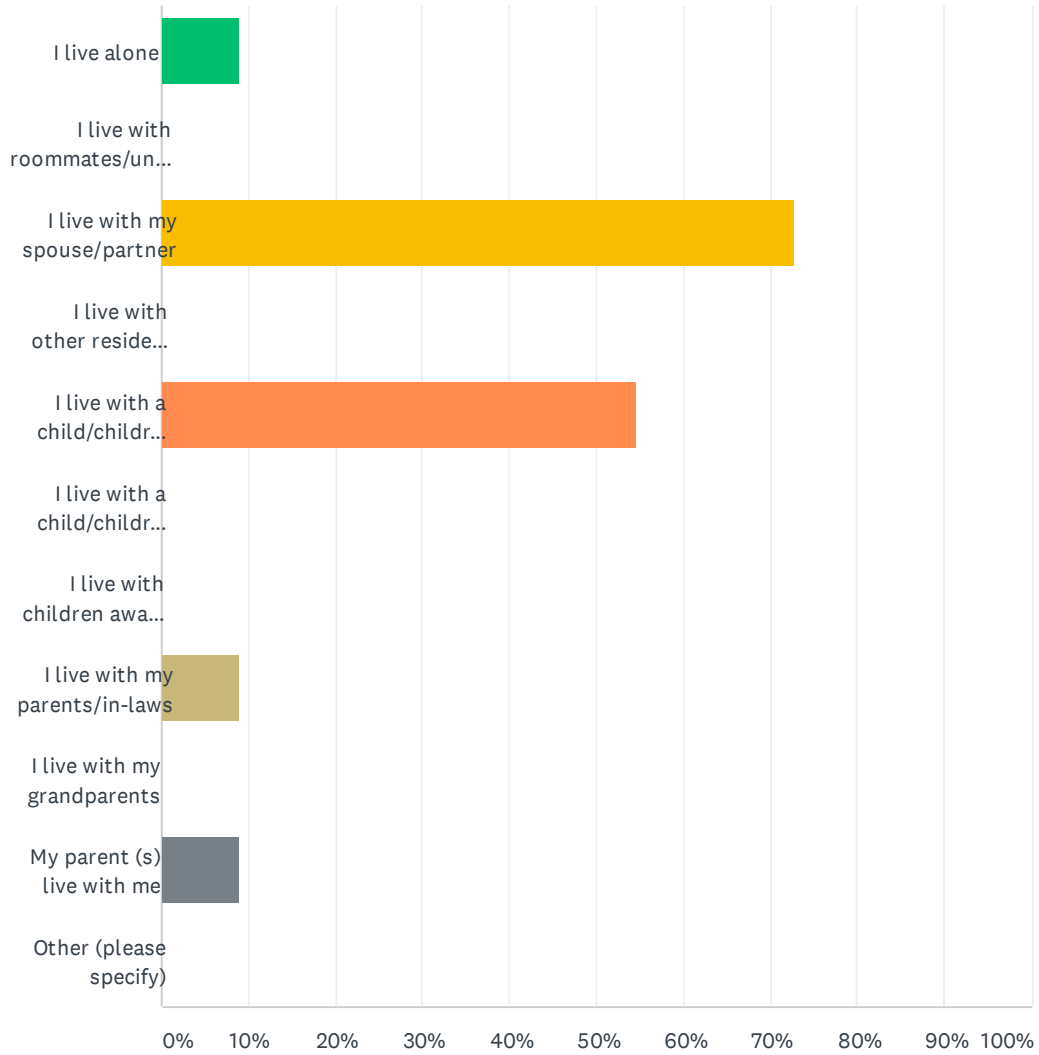


ANSWER CHOICES	RESPONSES
Yes, I do	10.00% 1
Yes, my spouse or partner does	0.00% 0
Yes, my roommate or household member does	0.00% 0
Yes, more than one household member does	0.00% 0
No	80.00% 8
Other (please specify)	10.00% 1
Total Respondents: 10	

#	OTHER (PLEASE SPECIFY)	DATE
1	Two of my children have ADHD	5/10/2021 12:29 PM

Q36 What describes your living situation? Check all that apply

Answered: 11 Skipped: 0



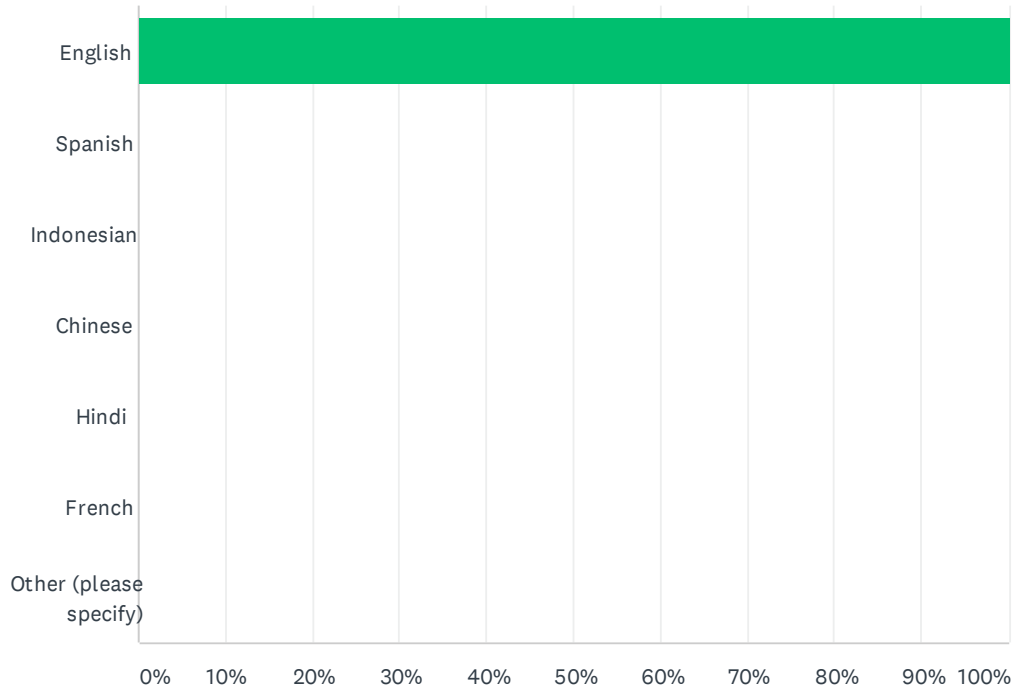
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I live alone	9.09%	1
I live with roommates/unrelated people	0.00%	0
I live with my spouse/partner	72.73%	8
I live with other residents in a group facility	0.00%	0
I live with a child/children under 18	54.55%	6
I live with a child/children over 18	0.00%	0
I live with children away at college	0.00%	0
I live with my parents/in-laws	9.09%	1
I live with my grandparents	0.00%	0
My parent (s) live with me	9.09%	1
Other (please specify)	0.00%	0
Total Respondents: 11		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q37 What language do you primarily speak at home?

Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES	
English	100.00%	11
Spanish	0.00%	0
Indonesian	0.00%	0
Chinese	0.00%	0
Hindi	0.00%	0
French	0.00%	0
Other (please specify)	0.00%	0
TOTAL		11

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	