

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

COMMUNITY ASSESSMENT

FOR THE

TOWN OF STRAFFORD

GREATER SEACOAST COMMUNITY HEALTH



PUBLISHED: OCT 2022

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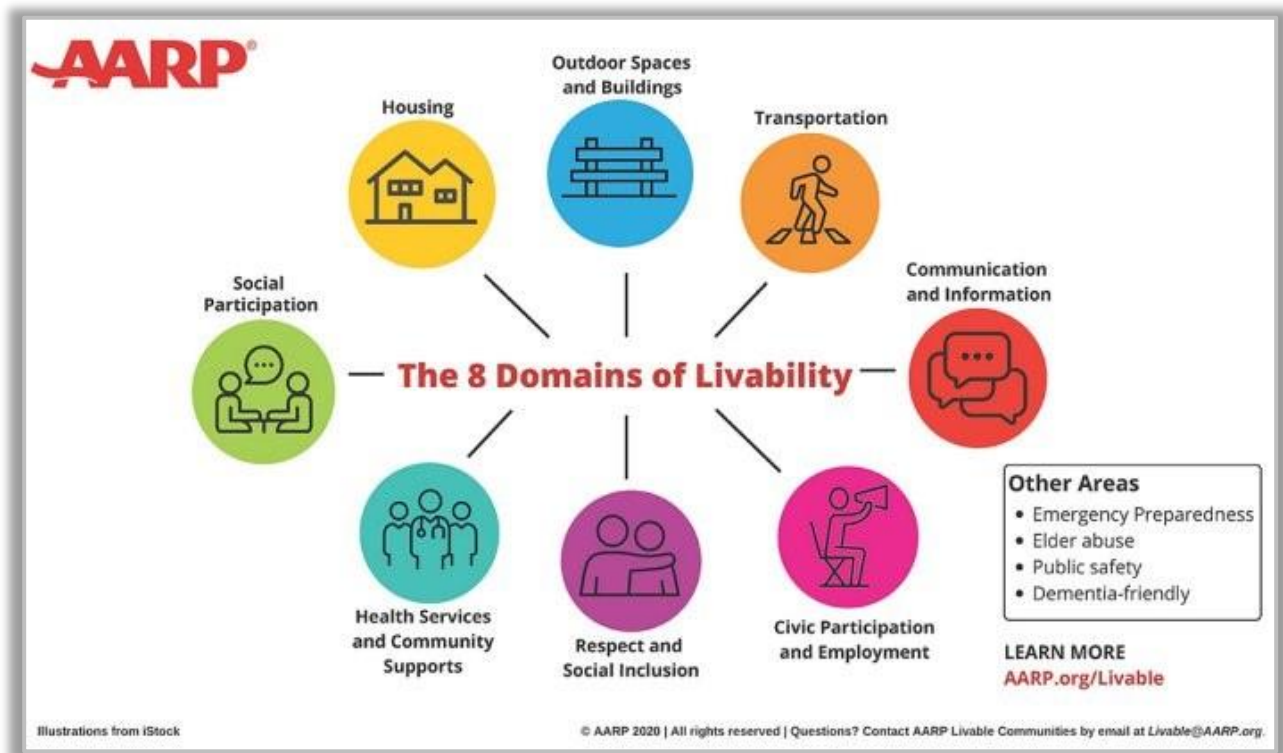
INTRODUCTION AND FRAMEWORK

[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 19, 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 February 2021, the CHAT online survey was distributed through multiple regional outlets to the residents of Strafford via social media, through the community forum announcements, and between town staff and residents. There was a total of 5 responses from people who live, play, and work in town.

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.

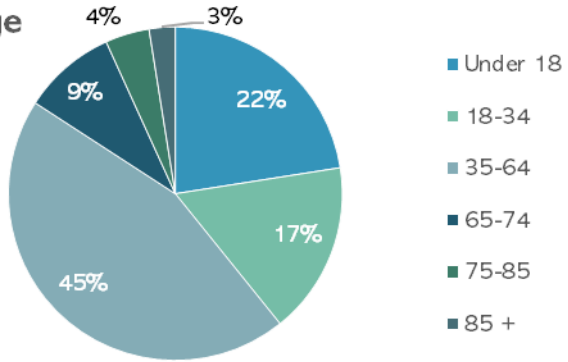
COMMUNITY PROFILE

Strafford is small, rural, lake community located in Strafford County, NH. Residents report that the schools and proximity to Bow Lake make the town an ideal place to live and have children. The community is warm, close-knit and friendly. Strafford has an extensive network of trails including the Isinglass River Conservation Reserve, and trails within the Strafford Town Forest.

The outreach process, combined with supplementary data analysis, was used to outline the many ways in which Strafford 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	4,230
Median Age	43.7
Total Housing Units	1,395
Number of Jobs in Town	372
Life expectancy	76.5

Age



Sex



LIVABILITY PRINCIPLE #1 - OUTDOOR SPACES AND BUILDINGS

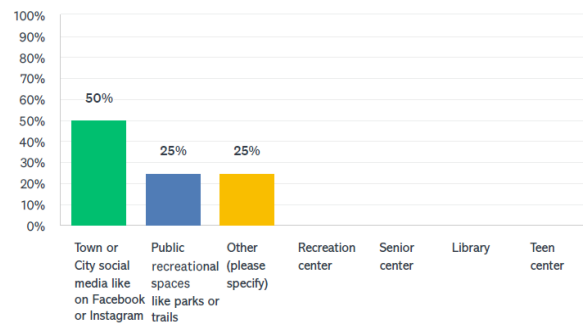
“People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.”ⁱⁱ

DATA

Recreation Site Type	Number of Sites
Beach	0
Boating Access	1
Community Garden	1
Disc Golf Course	0
Dog Park	0
Fishing Access	0
Golf Course	0
Gym	0
Open Space and Trails	4
Park	0
Playground	1
Pool	0
Rail Trail	0
Skatepark	0
Skating Rink	0
Sledding Hill	0
Sports Fields and Courts	1
Total	8

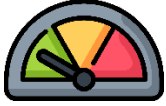
Community Resources	Number of Sites
Places of Worship	2
Historic Places, Buildings, or Structures	1
Libraries	2
Medical and Health Care Facilities	0
Governmental Services	1
Non-Governmental Services	0
Fire and Police Stations	4
Schools	1
Total	11

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



26% of land in Strafford is conserved.





STRENGTHS

- **Hiking** – There are close places to hike and walk if you enjoy the outdoors, particularly Blue Job Mountain.
- **Community feel** – Many survey respondents moved to Strafford for the feel of the community, noting that it is a nice area and they appreciate the proximity to Bow Lake.



OPPORTUNITIES

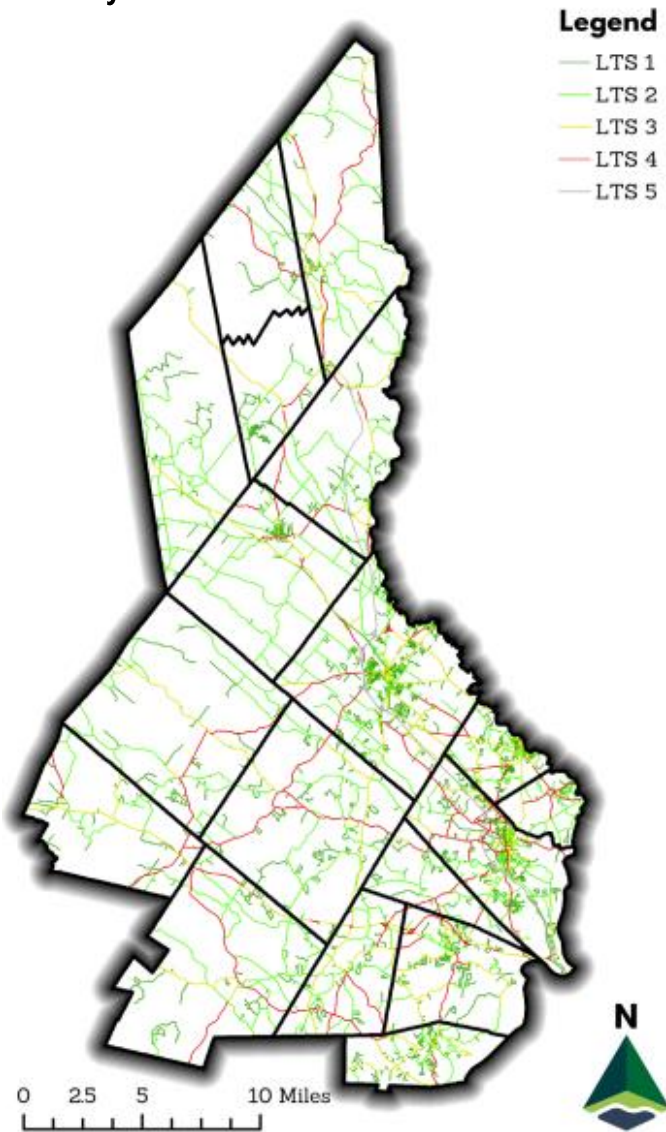
- **Parks for recreation** – Residents would like more outdoor recreation spaces, noting that many parks are only available at the school.
- **Recreation center** – Residents would enjoy having a recreation center and suggested it may be located inside the Town Hall. This would expand opportunities for indoor recreation.

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).”ⁱⁱⁱ

DATA

Bicycle Level of Traffic Stress



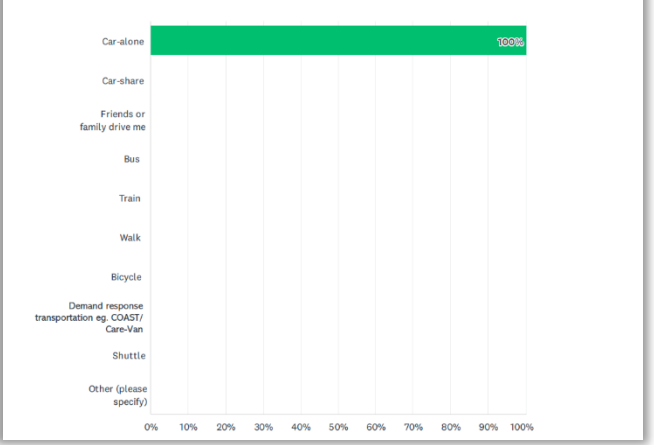
Legend

- LTS 1
- LTS 2
- LTS 3
- LTS 4
- LTS 5

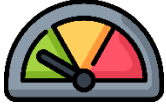
LTS Rating	LTS Rating Description	Population Class
LTS 1	Lowest stress; suitable for all riders	Kids and Beginners
LTS 2	Lower stress; suitable for adults with some experience	Willing but Wary Riders
LTS 3	Moderate stress; suitable for those who ride regularly	Comfortably Confident Riders
LTS 4	High 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.

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

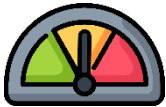


COAST Routes (including ADA On-Demand Transit)	0
Wildcat Routes	0
Demand Response Transit	Yes



STRENGTHS

- **Downtown** – Downtown sidewalks are an appreciated infrastructure element.
- **Transportation methods** – The only method of transportation reported by survey respondents was driving in a car alone. However, the school is helpful when there are transportation barriers for parents and students.
- **Ready Rides** – Ready Rides are available in Strafford to assist the elderly and disabled populations in need of transportation for medical care.
- **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.”ⁱⁱⁱ



OPPORTUNITIES

- **Public transportation** – Residents would like to see public transportation through a bus to get out and about.
- **Access to services** – It is difficult for people with transportation barriers to access medical services and the grocery store. Some people mentioned a desire for a food delivery option during times like Covid-19, this may also help to address access issues for those without transportation options. The town may also consider adding a medical clinic or primary care facility in future development considerations, as residents expressed a need for this, and it may be easier for those lacking transportation options to receive services in Town.

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

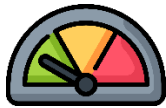
■ Single family ■ Multi-family ■ Mobile Home



Own vs Rent

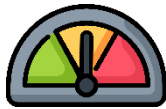


1,395 total housing units in Strafford.



STRENGTHS

- **Housing environment** – Privacy, quiet, large yards and scenery make living in Strafford ideal.
- **Attracting homeowners** – Many survey respondents chose to settle in Strafford for its school system.



OPPORTUNITIES

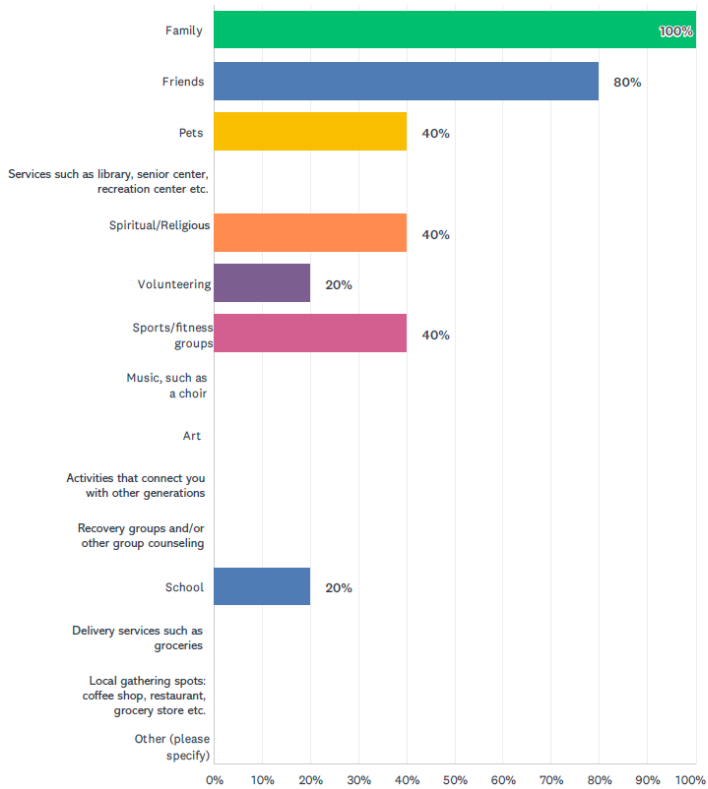
- **Affordable housing** – Housing options are not affordable in Town, especially if residents are looking to rent considering most people own homes. Diversifying Strafford's housing stock could help retain residency.
- **Senior housing** – More affordable elderly housing is needed in Strafford.

LIVABILITY PRINCIPLE #4 – SOCIAL PARTICIPATION

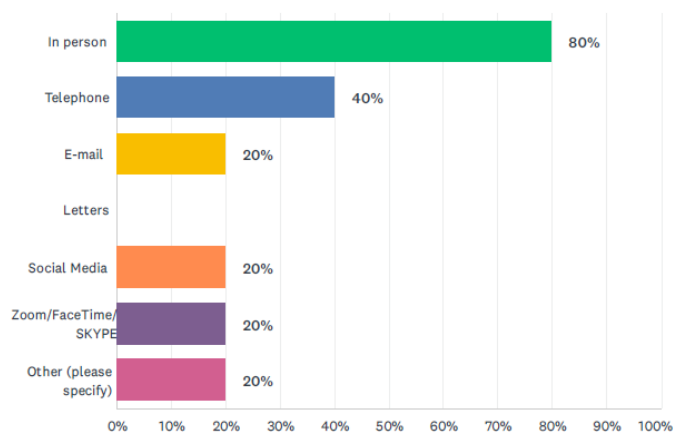
“Regardless of a person’s age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combated by having opportunities to socialize and the availability of accessible, affordable and fun social activities.”^v

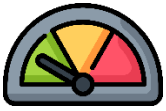
DATA

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



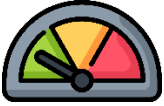
Q15 How do you most commonly socialize? Check all that apply.





STRENGTHS

- **Sports programs** – The sports program merged with Barrington Youth Association in order to accommodate residents’ requests for a more competitive program.
- **Church events** – Events through the local church such as paint nights and Halloween activities like Trunk or Treat are enjoyed by the community.



OPPORTUNITIES

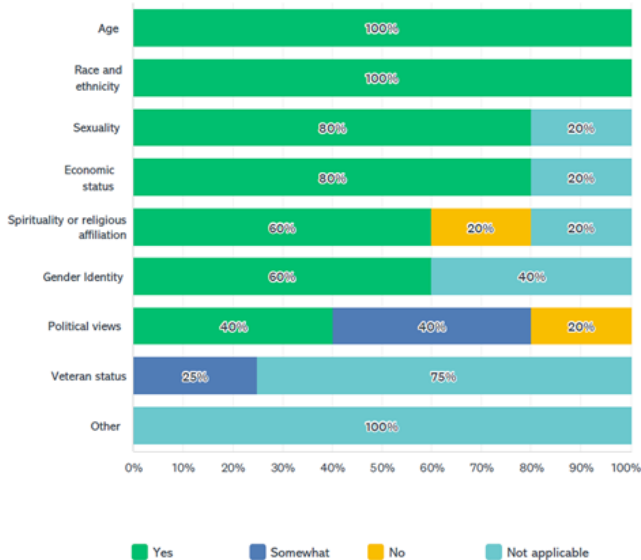
- **Events** – Hosting more community events to bring people together could increase social participation, particularly for seniors who may feel there is a lack of services for their population.
- **Age inclusivity** – The Town should ensure there are events and programs targeted to multiple different age groups.

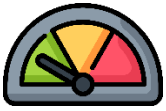
LIVABILITY PRINCIPLE #5 – RESPECT AND INCLUSION

“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

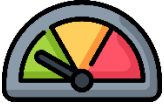
Q9 Do you feel accepted in your community with regards to:





STRENGTHS

- **Neighborhoods** – The neighborhoods in the Town are friendly and people look out for one another.
- **Welcoming community** – Residents noted the community was non-judgmental and helpful when needed.



OPPORTUNITIES

- **Aging in place** – Services such as food delivery, housing, and healthcare are needed for older adults.
- **Acceptance** – According to survey responses, there may be an opportunity to cultivate a more accepting atmosphere around peoples’ religious and political views.

“STRAFFORD IS A SAFE PLACE TO RAISE A FAMILY.”

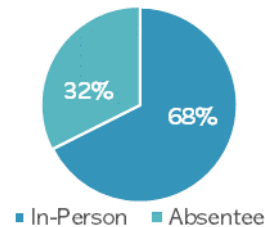
LIVABILITY PRINCIPLE #6 – WORK AND CIVIC ENGAGEMENT

“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}

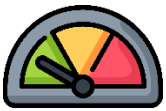
DATA

Income	Median Household Income	\$98,625
	Income Inequality (Gini Index)	0.35
	Low income households	16.64%
	High income households	8.80%

Ballots Cast

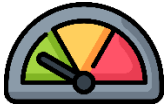


372 total jobs in Strafford.



STRENGTHS

- **Voter participation** – According to voter registration records and ballots cast in the 2020 election, the voter participation rate in Strafford was about 76%.



OPPORTUNITIES

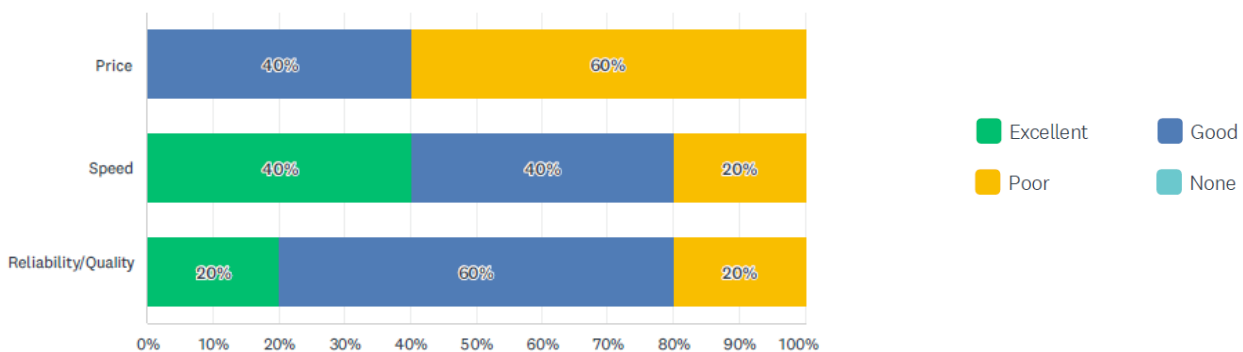
- **Aging and employment** – Lack of employment opportunities will make growing old difficult in Strafford. When planning for future development, the Town should consider businesses that will bring in employment opportunities for its residents.
- **Volunteer opportunities** – Survey respondents noted that there aren't many volunteer opportunities other than at the school. There may be potential to address the lack of volunteer opportunities and the desire for senior services simultaneously.
- **Traveling for work** – Resident suggested that to have a good job, you must travel far out of Strafford.

LIVABILITY PRINCIPLE #7 – COMMUNICATION AND INFORMATION

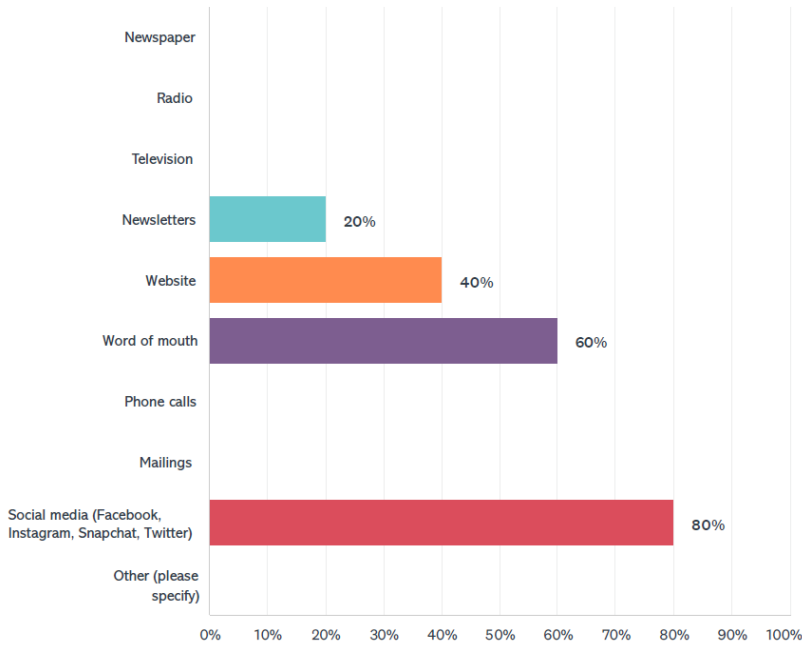
“We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.”^{viii}

DATA

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

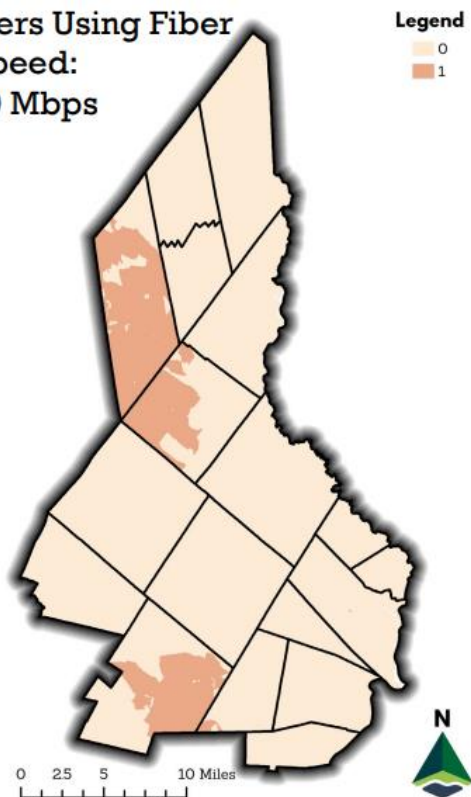


Q17 How do you learn about community news and activities? Check all that apply.

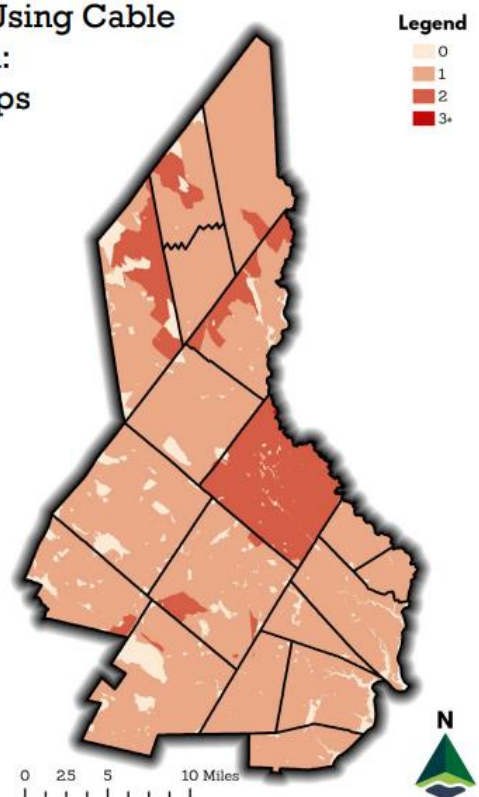


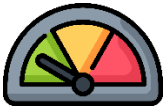
Broadband Access

Providers Using Fiber
Min. Speed:
100/20 Mbps



Providers Using Cable
Min. Speed:
100/20 Mbps





STRENGTHS

- **Word of mouth** – Sharing information via word of mouth is an effective communication method in Strafford because of the friendly, close-knit community.
- **Social media** – Most residents get their information from social media. The public group, “Town of Strafford, NH Community” has 6,600 members.



OPPORTUNITIES

- **Emergency communication** – In the event of a future crisis, text/phone alerts and improved broadband would be beneficial.
- **Variety** – Other than Facebook and word of mouth there are limited communication channels, expanding outlets may help to reach a more diverse audience.

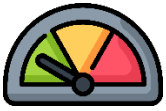
LIVABILITY PRINCIPLE #8 – COMMUNITY AND HEALTH SERVICES

“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	0
Hospitals	0
Community Health Centers	0
Home Health Agencies	5
Memory Cafes	0
Dementia Support Group	0
Total	5

Community Resources	Number of Sites
Places of Worship	2
Historic Places, Buildings, or Structures	1
Libraries	2
Medical and Health Care Facilities	0
Governmental Services	1
Non-Governmental Services	0
Fire and Police Stations	4
Schools	1
Total	11



STRENGTHS

- **Youth services** – Strafford School and youth sports are a great asset in Town.
- **Use of services** – According to survey responses, at least 80% of survey respondents use emergency walk-in or clinic services as well as dental care, and 100% of survey respondents use primary care services.



OPPORTUNITIES

- **Senior services** – Residents would like to see services for older adults at the town hall.
- **Medical services and aging** – Access to medical services is a concern for those thinking about aging in Strafford. Residents would like to see more doctors' offices on Route 4.
- **Emergency services** – In the event of a future crisis, food delivery and a resource center would be a helpful service.

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>

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

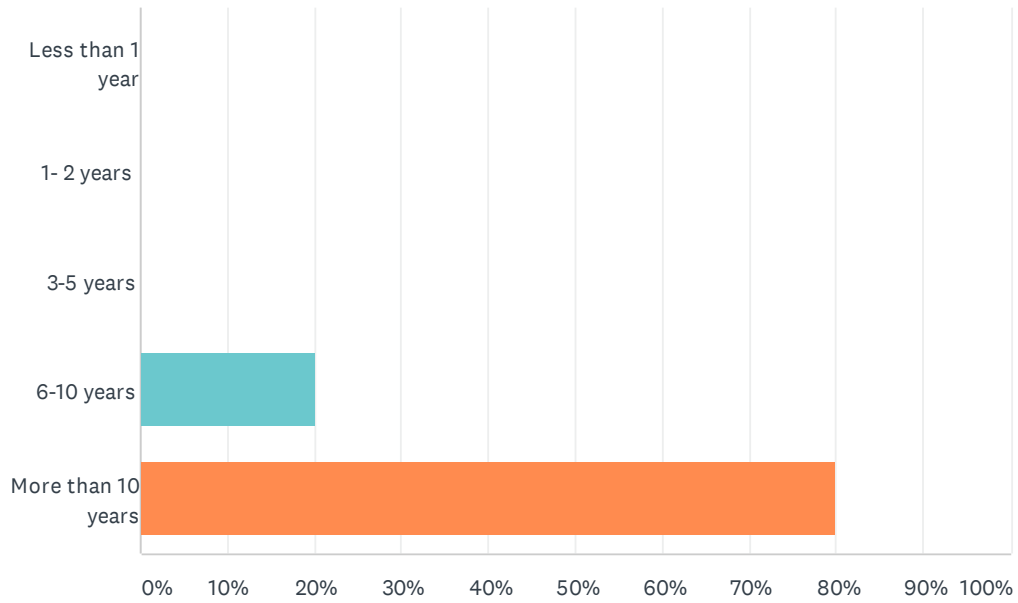
This documents the data sources for each metric used in the CHAT Community Assessment report, in order that they appear.

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: 5 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 year	0.00%	0
1- 2 years	0.00%	0
3-5 years	0.00%	0
6-10 years	20.00%	1
More than 10 years	80.00%	4
TOTAL		5

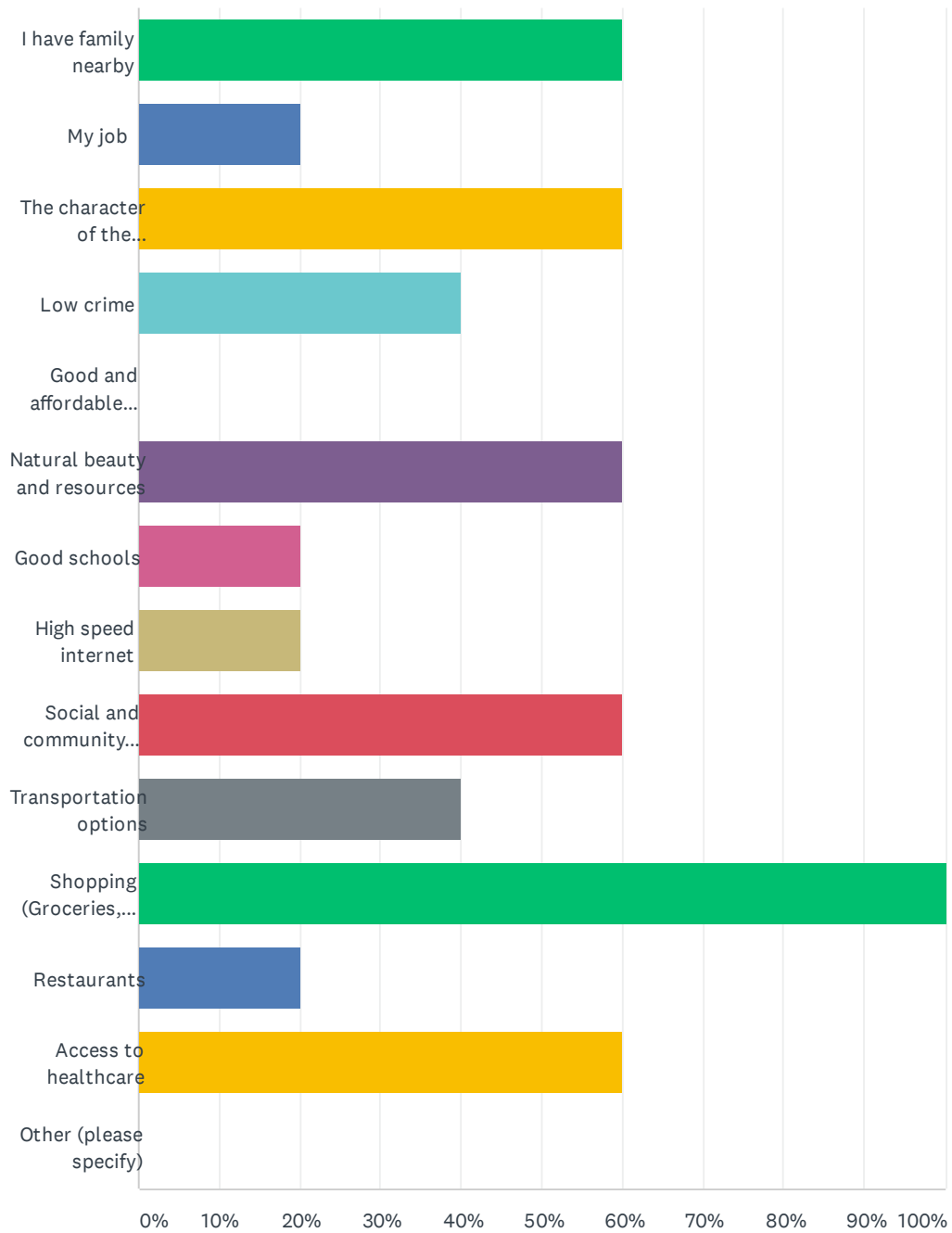
Q2 Why did you or your family decide to live or move here?

Answered: 5 Skipped: 0

#	RESPONSES	DATE
1	Affordable housing and land. Safe place to raise a family.	7/10/2021 12:03 AM
2	The Strafford School was great back then	7/9/2021 1:42 PM
3	Good school system, nice area	4/18/2021 3:16 PM
4	Like the area	3/10/2021 8:41 PM
5	Because we are close to Bow Lake.	2/13/2021 10:45 AM

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

Answered: 5 Skipped: 0



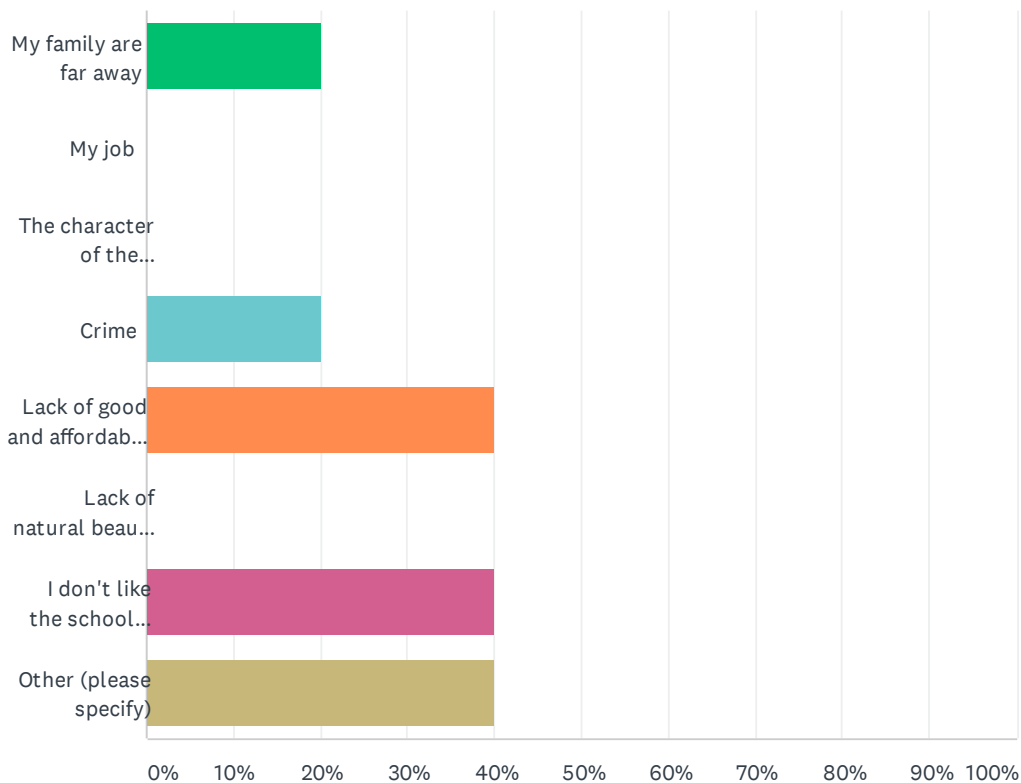
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I have family nearby	60.00%	3
My job	20.00%	1
The character of the community	60.00%	3
Low crime	40.00%	2
Good and affordable housing choices	0.00%	0
Natural beauty and resources	60.00%	3
Good schools	20.00%	1
High speed internet	20.00%	1
Social and community activities	60.00%	3
Transportation options	40.00%	2
Shopping (Groceries, prescriptions, recreational items etc.)	100.00%	5
Restaurants	20.00%	1
Access to healthcare	60.00%	3
Other (please specify)	0.00%	0
Total Respondents: 5		

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

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

Answered: 5 Skipped: 0

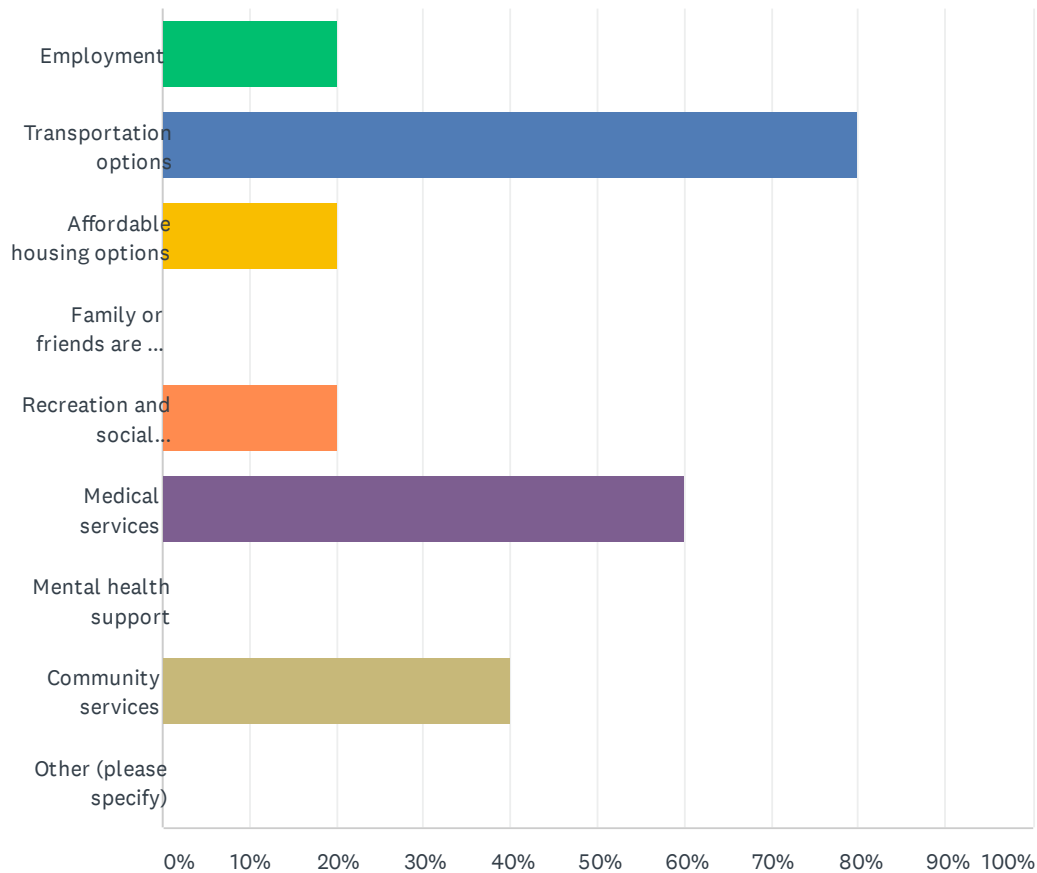


ANSWER CHOICES	RESPONSES
My family are far away	20.00% 1
My job	0.00% 0
The character of the community	0.00% 0
Crime	20.00% 1
Lack of good and affordable housing choices	40.00% 2
Lack of natural beauty and resources	0.00% 0
I don't like the school system	40.00% 2
Other (please specify)	40.00% 2
Total Respondents: 5	

#	OTHER (PLEASE SPECIFY)	DATE
1	Nice warm area to retire	4/18/2021 3:16 PM
2	???	3/10/2021 8:41 PM

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

Answered: 5 Skipped: 0



ANSWER CHOICES	RESPONSES	
Employment	20.00%	1
Transportation options	80.00%	4
Affordable housing options	20.00%	1
Family or friends are not nearby	0.00%	0
Recreation and social engagement opportunities	20.00%	1
Medical services	60.00%	3
Mental health support	0.00%	0
Community services	40.00%	2
Other (please specify)	0.00%	0
Total Respondents: 5		

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

Q6 With regards to the concerns you expressed in question 5, what changes would help?

Answered: 4 Skipped: 1

#	RESPONSES	DATE
1	Elderly services such as a rec center at Town Hall. Transportation to get out and about. More doctor options on Route 4.	7/10/2021 12:03 AM
2	Public transportation through a bus	7/9/2021 1:42 PM
3	None	3/10/2021 8:41 PM
4	More affordable elderly housing	2/13/2021 10:45 AM

Q7 What type of home do you currently live in?

Answered: 5 Skipped: 0



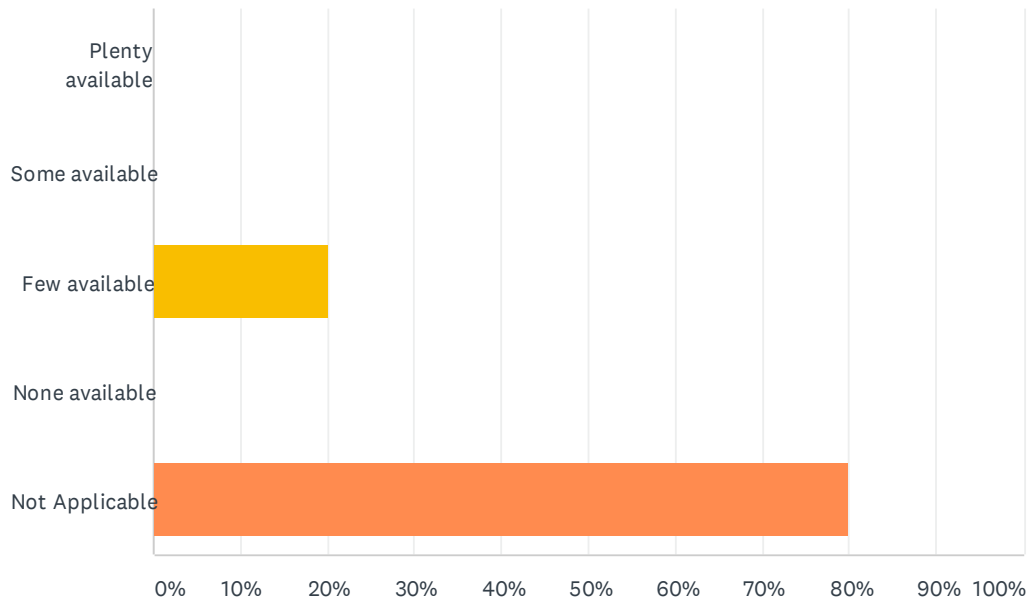
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Single family home	100.00%	5
Multi-family home	0.00%	0
Apartment	0.00%	0
Condominium	0.00%	0
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: 5		

#	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?

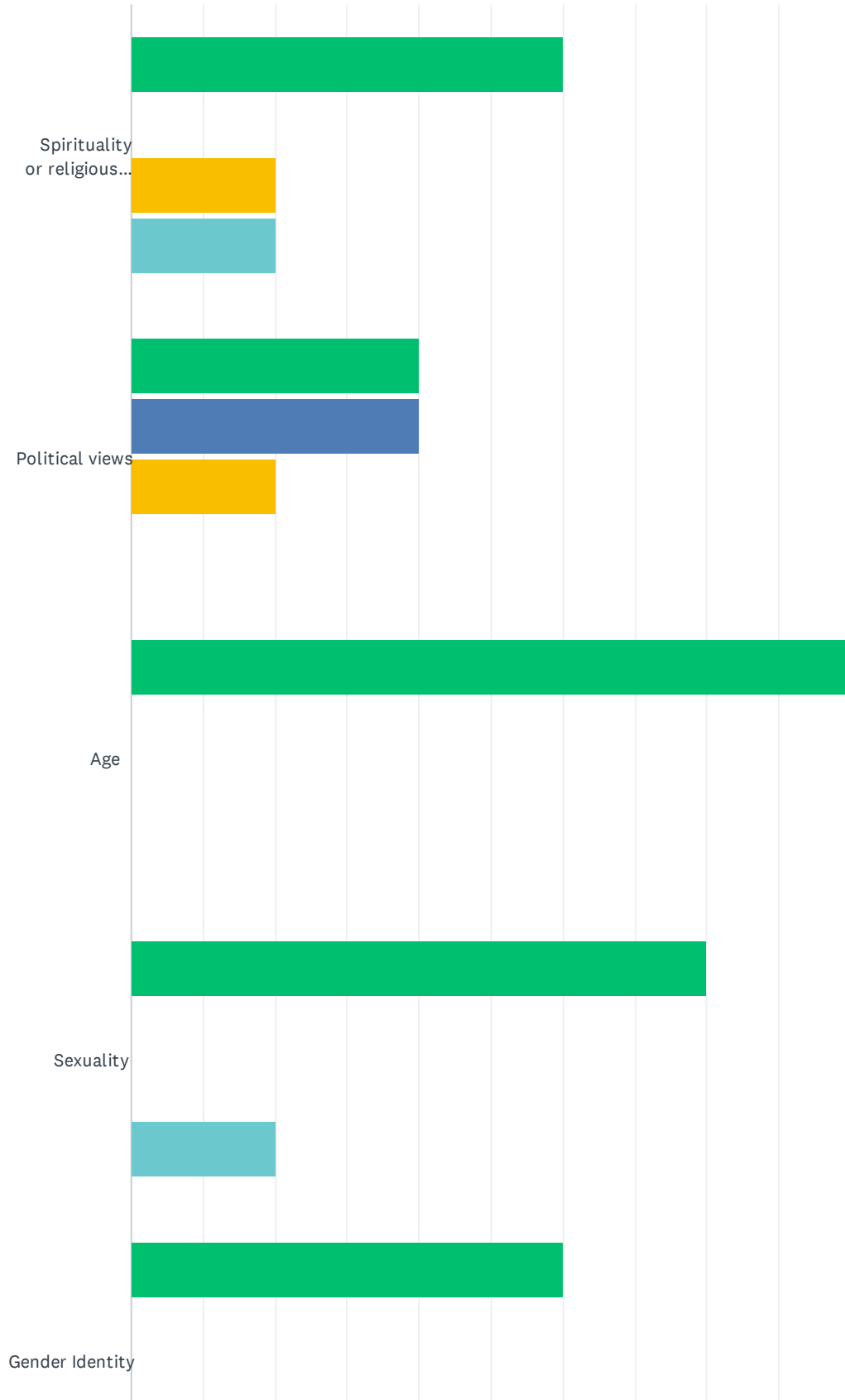
Answered: 5 Skipped: 0



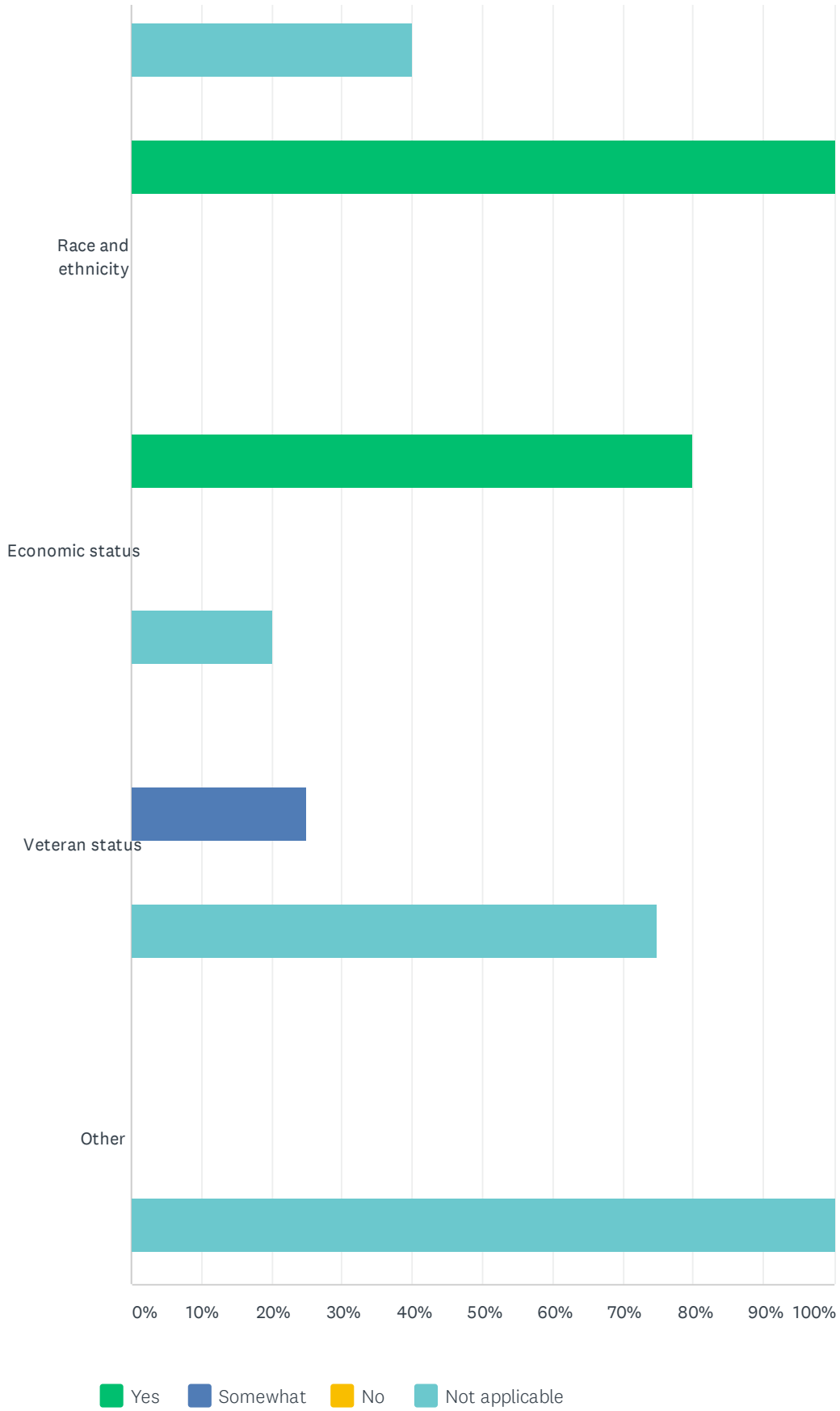
ANSWER CHOICES	RESPONSES
Plenty available	0.00% 0
Some available	0.00% 0
Few available	20.00% 1
None available	0.00% 0
Not Applicable	80.00% 4
TOTAL	5

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

Answered: 5 Skipped: 0



Communities for Healthy Aging Transitions Survey

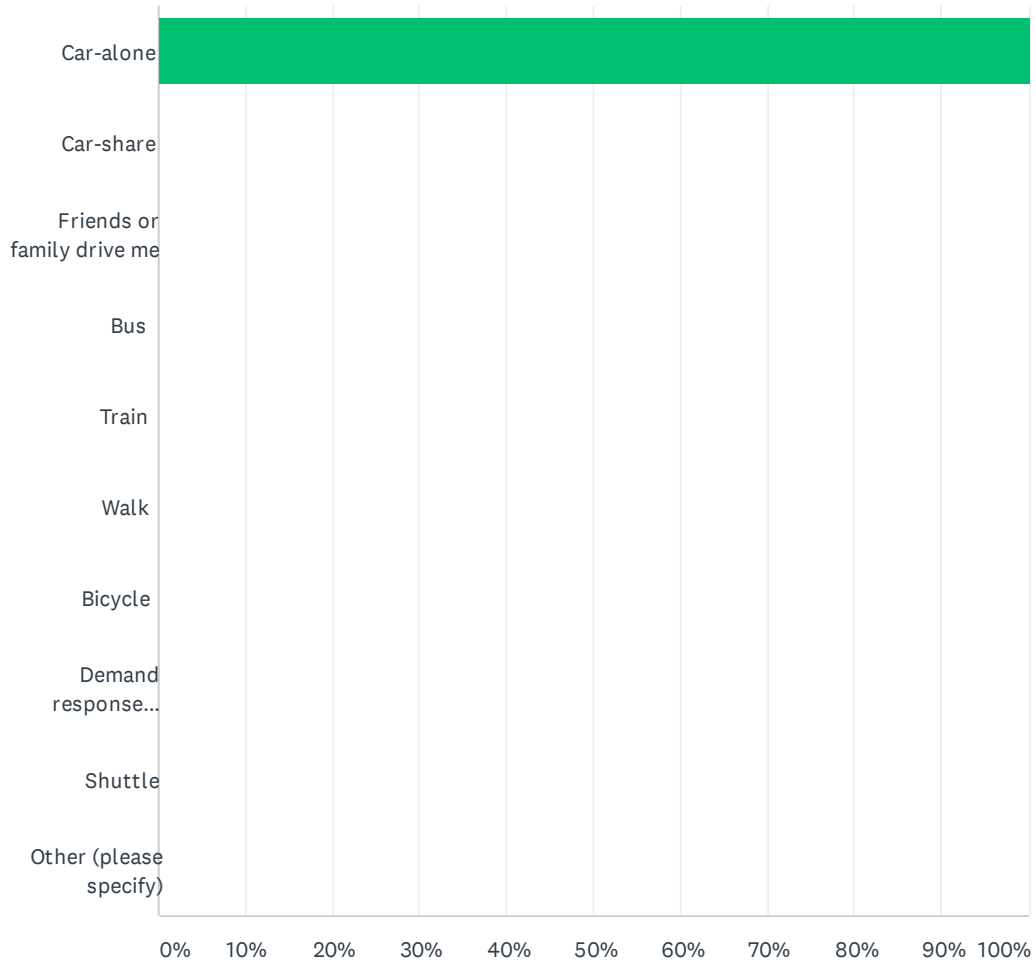


Communities for Healthy Aging Transitions Survey

	YES	SOMEWHAT	NO	NOT APPLICABLE	TOTAL
Spirituality or religious affiliation	60.00% 3	0.00% 0	20.00% 1	20.00% 1	5
Political views	40.00% 2	40.00% 2	20.00% 1	0.00% 0	5
Age	100.00% 5	0.00% 0	0.00% 0	0.00% 0	5
Sexuality	80.00% 4	0.00% 0	0.00% 0	20.00% 1	5
Gender Identity	60.00% 3	0.00% 0	0.00% 0	40.00% 2	5
Race and ethnicity	100.00% 5	0.00% 0	0.00% 0	0.00% 0	5
Economic status	80.00% 4	0.00% 0	0.00% 0	20.00% 1	5
Veteran status	0.00% 0	25.00% 1	0.00% 0	75.00% 3	4
Other	0.00% 0	0.00% 0	0.00% 0	100.00% 2	2

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

Answered: 5 Skipped: 0



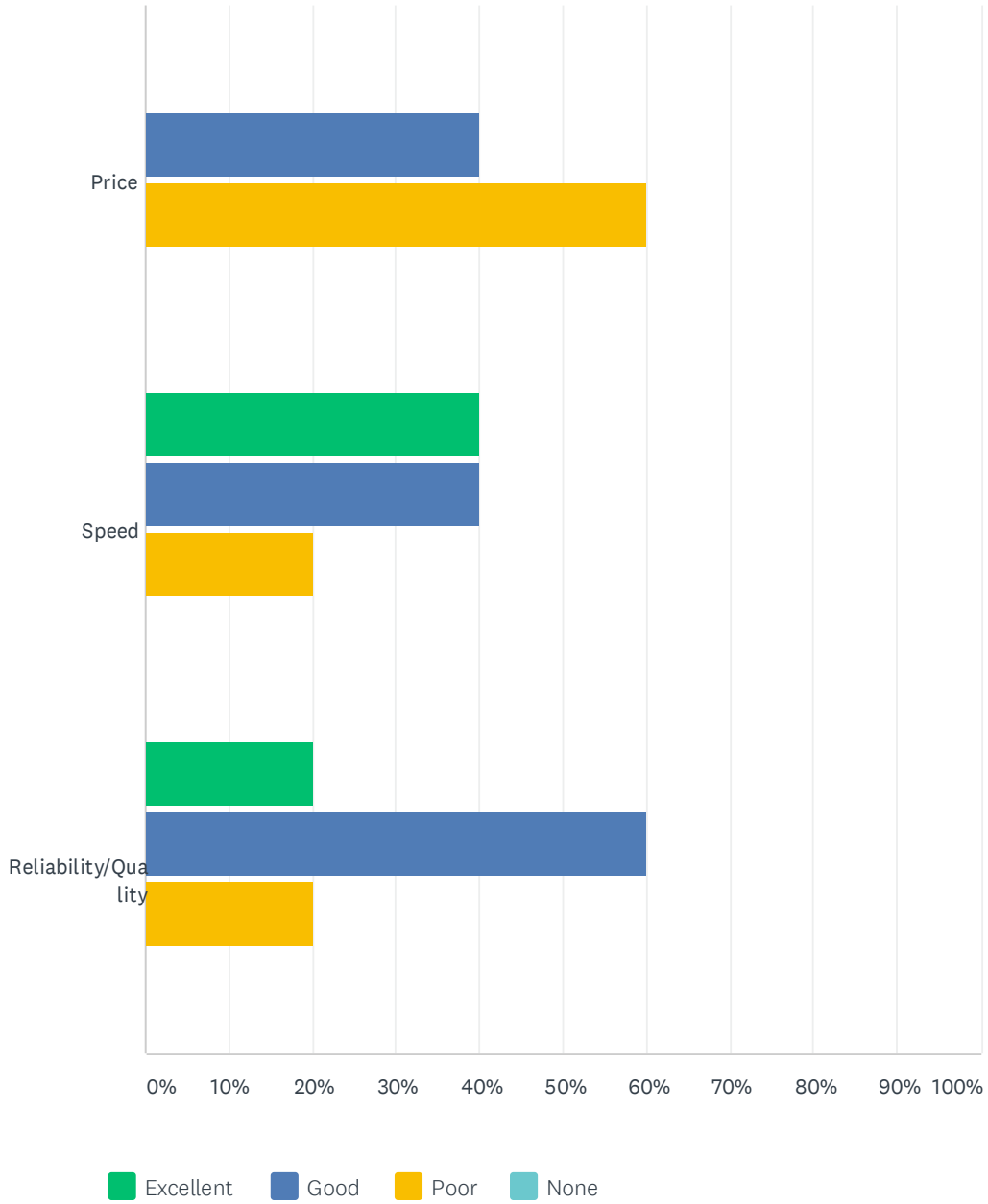
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES
Car-alone	100.00% 5
Car-share	0.00% 0
Friends or family drive me	0.00% 0
Bus	0.00% 0
Train	0.00% 0
Walk	0.00% 0
Bicycle	0.00% 0
Demand response transportation eg. COAST/Care-Van	0.00% 0
Shuttle	0.00% 0
Other (please specify)	0.00% 0
Total Respondents: 5	

#	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.

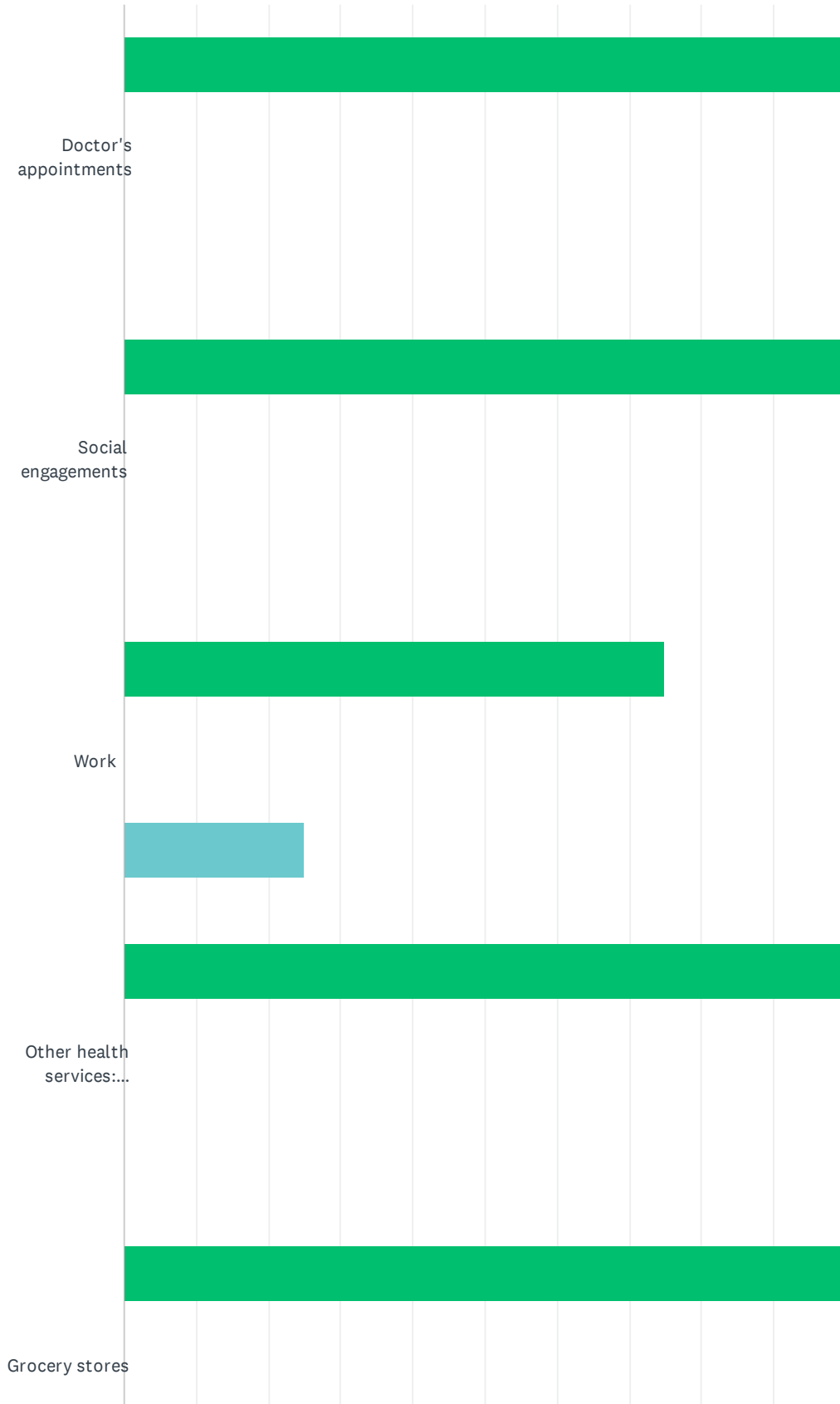
Answered: 5 Skipped: 0



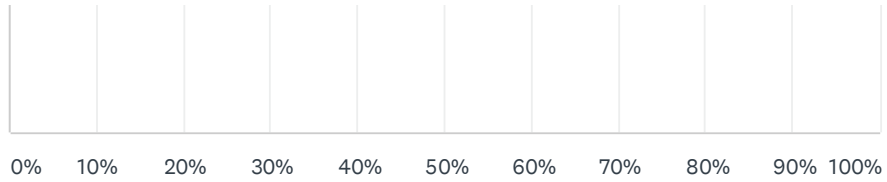
	EXCELLENT	GOOD	POOR	NONE	TOTAL
Price	0.00% 0	40.00% 2	60.00% 3	0.00% 0	5
Speed	40.00% 2	40.00% 2	20.00% 1	0.00% 0	5
Reliability/Quality	20.00% 1	60.00% 3	20.00% 1	0.00% 0	5

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

Answered: 5 Skipped: 0



Communities for Healthy Aging Transitions Survey

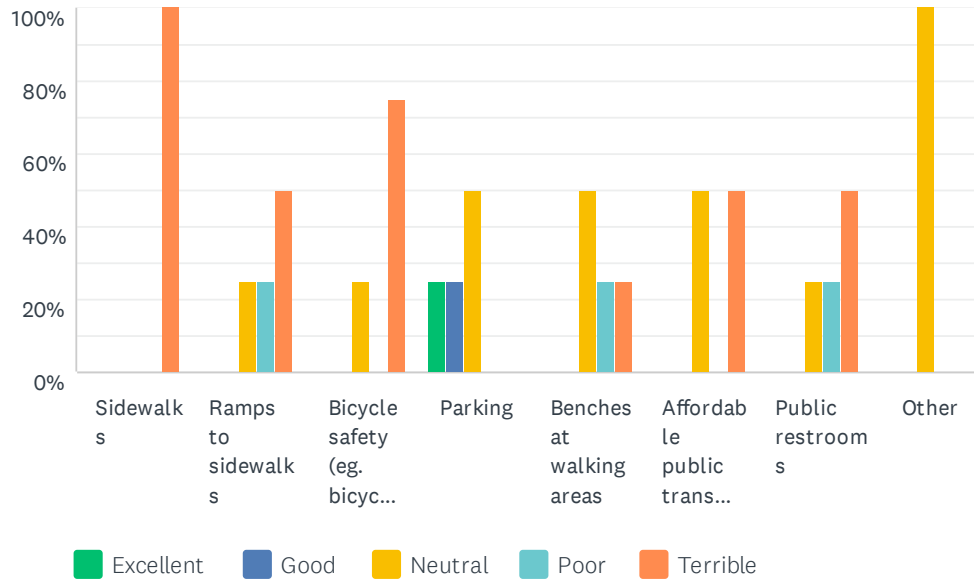


■ Always
 ■ Sometimes
 ■ Never
 ■ Not applicable

	ALWAYS	SOMETIMES	NEVER	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
Doctor's appointments	100.00% 5	0.00% 0	0.00% 0	0.00% 0	5	1.00
Social engagements	100.00% 5	0.00% 0	0.00% 0	0.00% 0	5	1.00
Work	75.00% 3	0.00% 0	0.00% 0	25.00% 1	4	1.75
Other health services: mental health, prenatal care, substance misuse treatment, physical therapy etc	100.00% 5	0.00% 0	0.00% 0	0.00% 0	5	1.00
Grocery stores	100.00% 5	0.00% 0	0.00% 0	0.00% 0	5	1.00

Q13 Please rate the following in your community

Answered: 4 Skipped: 1

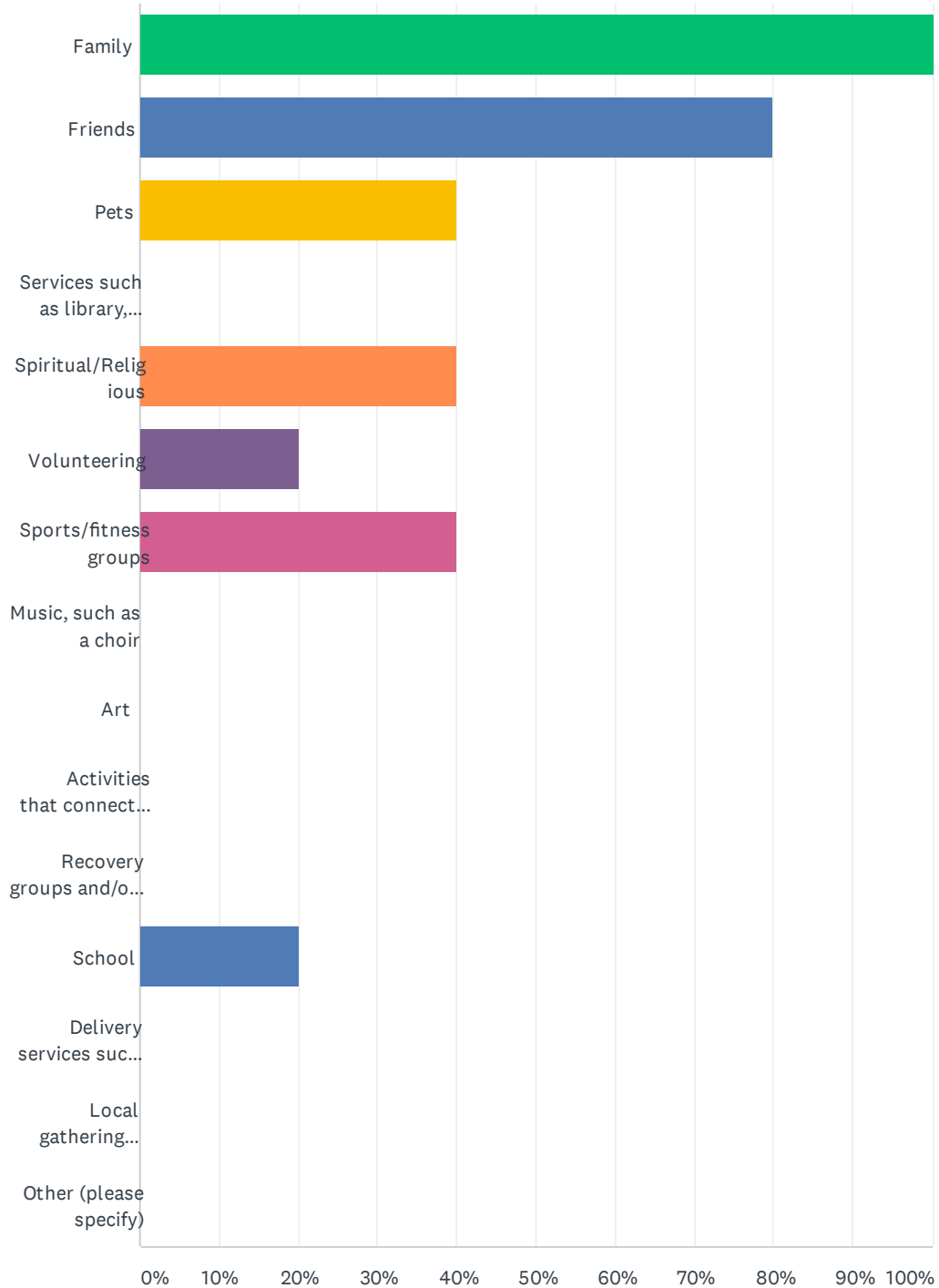


	EXCELLENT	GOOD	NEUTRAL	POOR	TERRIBLE	TOTAL	WEIGHTED AVERAGE
Sidewalks	0.00% 0	0.00% 0	0.00% 0	0.00% 0	100.00% 4	4	5.00
Ramps to sidewalks	0.00% 0	0.00% 0	25.00% 1	25.00% 1	50.00% 2	4	4.25
Bicycle safety (eg. bicycle lanes)	0.00% 0	0.00% 0	25.00% 1	0.00% 0	75.00% 3	4	4.50
Parking	25.00% 1	25.00% 1	50.00% 2	0.00% 0	0.00% 0	4	2.25
Benches at walking areas	0.00% 0	0.00% 0	50.00% 2	25.00% 1	25.00% 1	4	3.75
Affordable public transportation	0.00% 0	0.00% 0	50.00% 2	0.00% 0	50.00% 2	4	4.00
Public restrooms	0.00% 0	0.00% 0	25.00% 1	25.00% 1	50.00% 2	4	4.25
Other	0.00% 0	0.00% 0	100.00% 1	0.00% 0	0.00% 0	1	3.00

#	OTHER (PLEASE SPECIFY)	DATE
1	Nonexistent. I live in the country.	3/10/2021 8:41 PM

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

Answered: 5 Skipped: 0



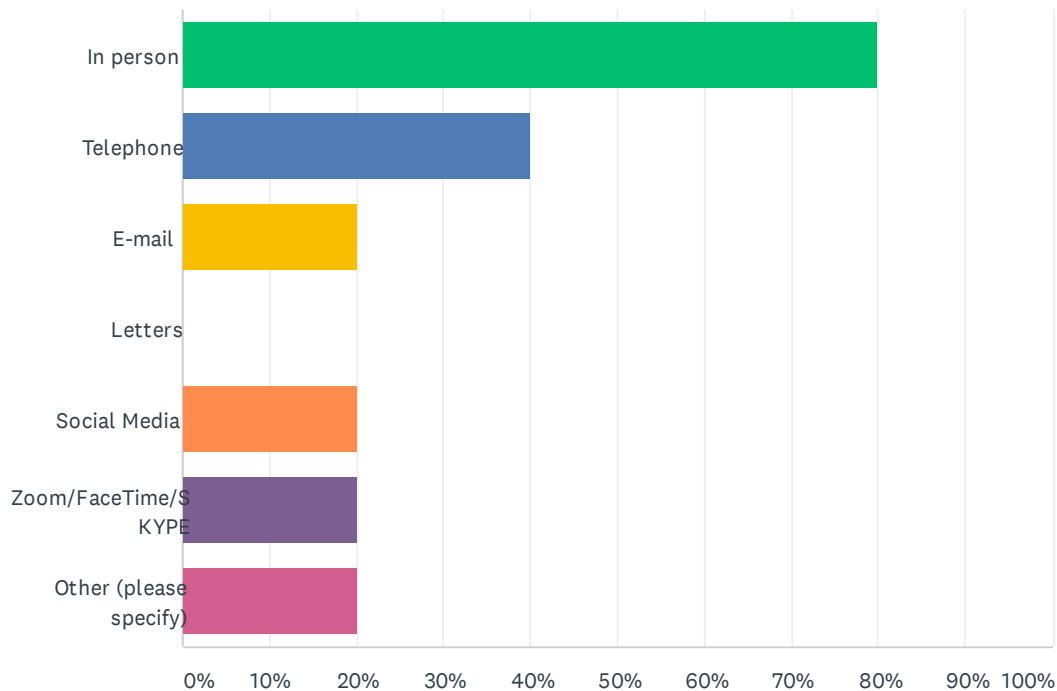
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Family	100.00%	5
Friends	80.00%	4
Pets	40.00%	2
Services such as library, senior center, recreation center etc.	0.00%	0
Spiritual/Religious	40.00%	2
Volunteering	20.00%	1
Sports/fitness groups	40.00%	2
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	20.00%	1
Delivery services such as groceries	0.00%	0
Local gathering spots: coffee shop, restaurant, grocery store etc.	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 5		

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

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

Answered: 5 Skipped: 0

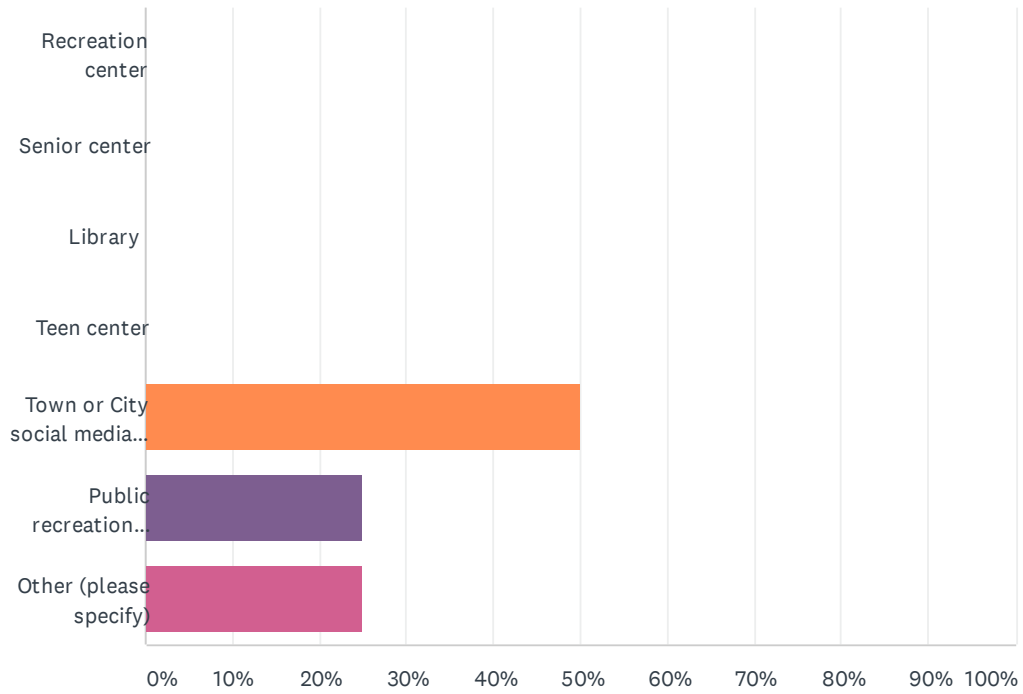


ANSWER CHOICES	RESPONSES
In person	80.00% 4
Telephone	40.00% 2
E-mail	20.00% 1
Letters	0.00% 0
Social Media	20.00% 1
Zoom/FaceTime/SKYPE	20.00% 1
Other (please specify)	20.00% 1
Total Respondents: 5	

#	OTHER (PLEASE SPECIFY)	DATE
1	Per covid-19 CDC recommendations	3/10/2021 8:41 PM

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

Answered: 4 Skipped: 1

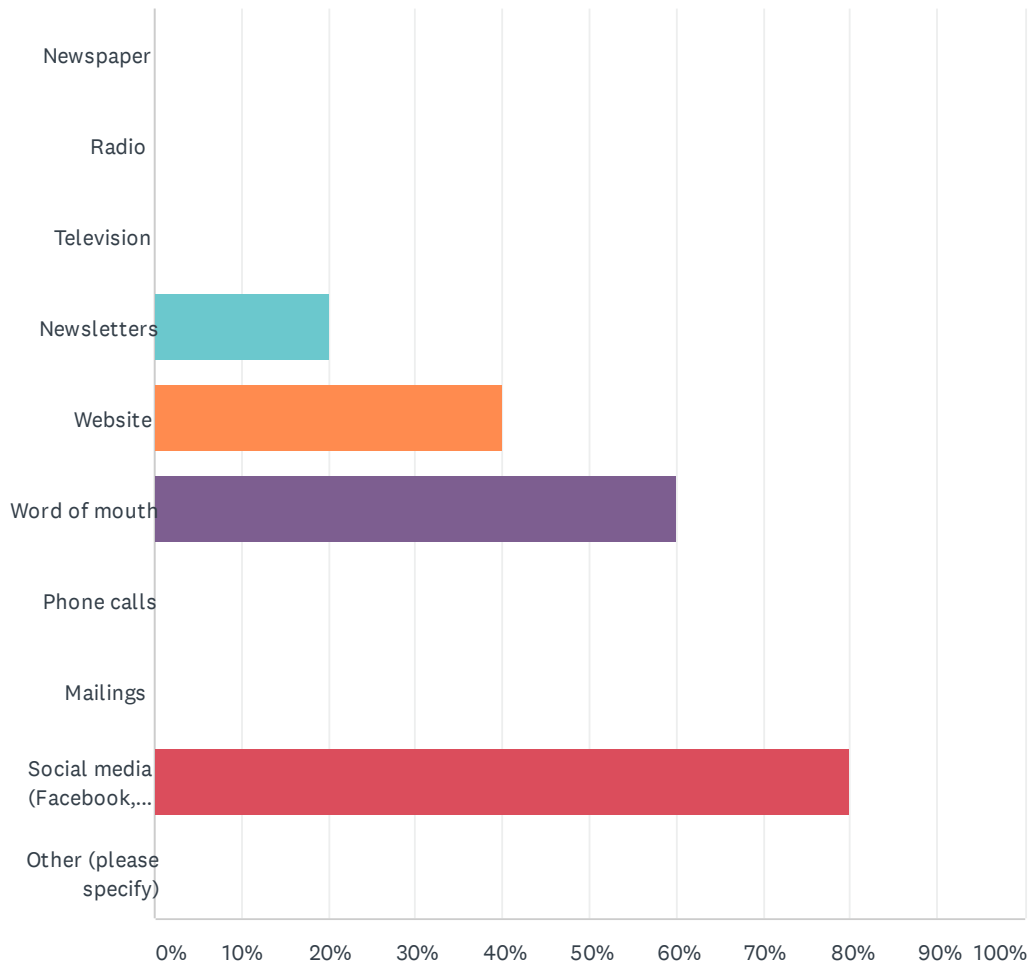


ANSWER CHOICES	RESPONSES
Recreation center	0.00% 0
Senior center	0.00% 0
Library	0.00% 0
Teen center	0.00% 0
Town or City social media pages like on Facebook or Instagram	50.00% 2
Public recreation spaces like parks or trails	25.00% 1
Other (please specify)	25.00% 1
Total Respondents: 4	

#	OTHER (PLEASE SPECIFY)	DATE
1	Recycle center	3/10/2021 8:41 PM

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

Answered: 5 Skipped: 0



Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES
Newspaper	0.00% 0
Radio	0.00% 0
Television	0.00% 0
Newsletters	20.00% 1
Website	40.00% 2
Word of mouth	60.00% 3
Phone calls	0.00% 0
Mailings	0.00% 0
Social media (Facebook, Instagram, Snapchat, Twitter)	80.00% 4
Other (please specify)	0.00% 0
Total Respondents: 5	

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

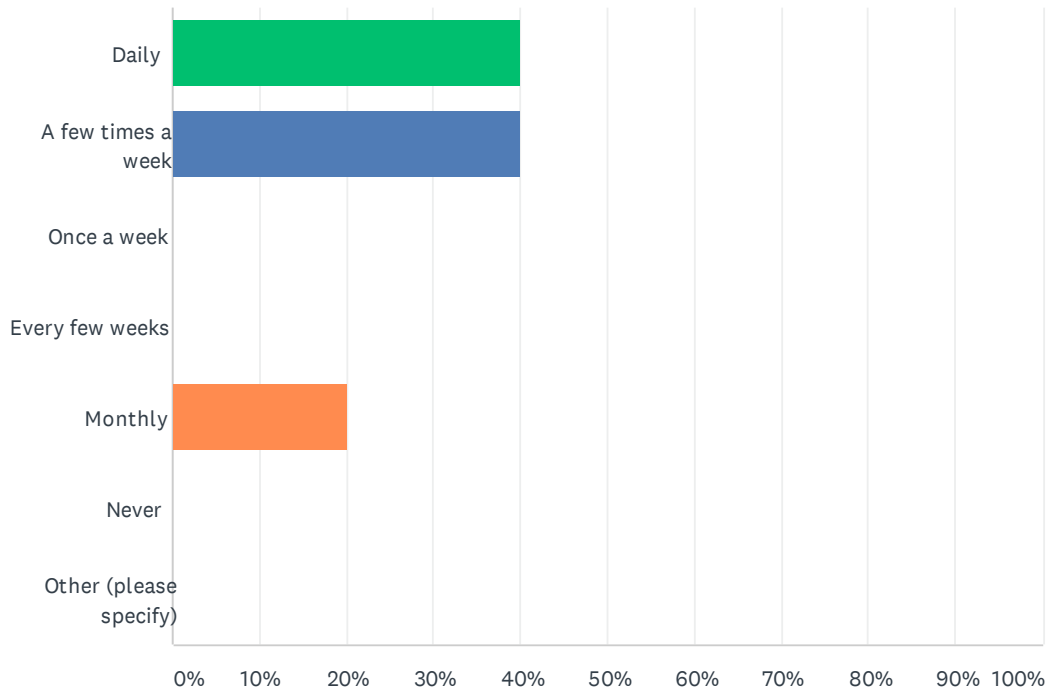
Q18 Do you have employment and/or trainings available to you in your community? If so, which kinds?

Answered: 4 Skipped: 1

#	RESPONSES	DATE
1	No	7/10/2021 12:03 AM
2	No	7/9/2021 1:42 PM
3	We are retired	3/10/2021 8:41 PM
4	No	2/13/2021 10:45 AM

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

Answered: 5 Skipped: 0

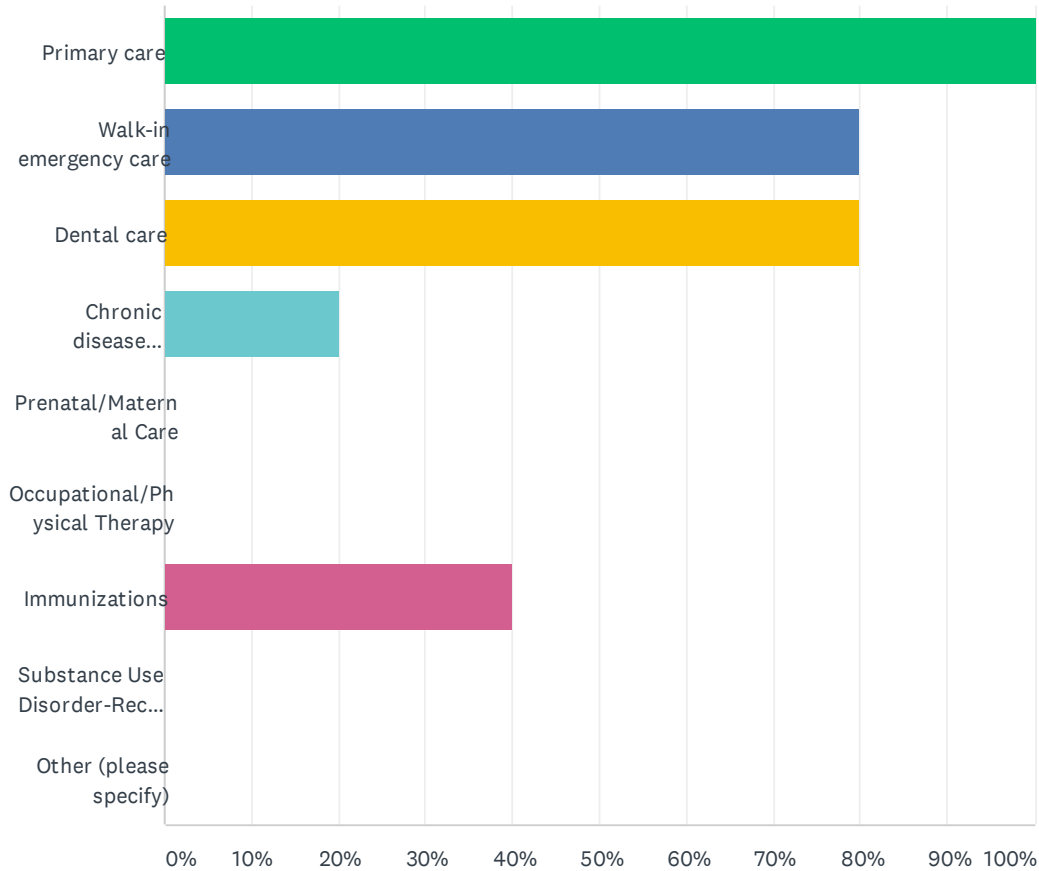


ANSWER CHOICES	RESPONSES
Daily	40.00% 2
A few times a week	40.00% 2
Once a week	0.00% 0
Every few weeks	0.00% 0
Monthly	20.00% 1
Never	0.00% 0
Other (please specify)	0.00% 0
TOTAL	5

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

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

Answered: 5 Skipped: 0

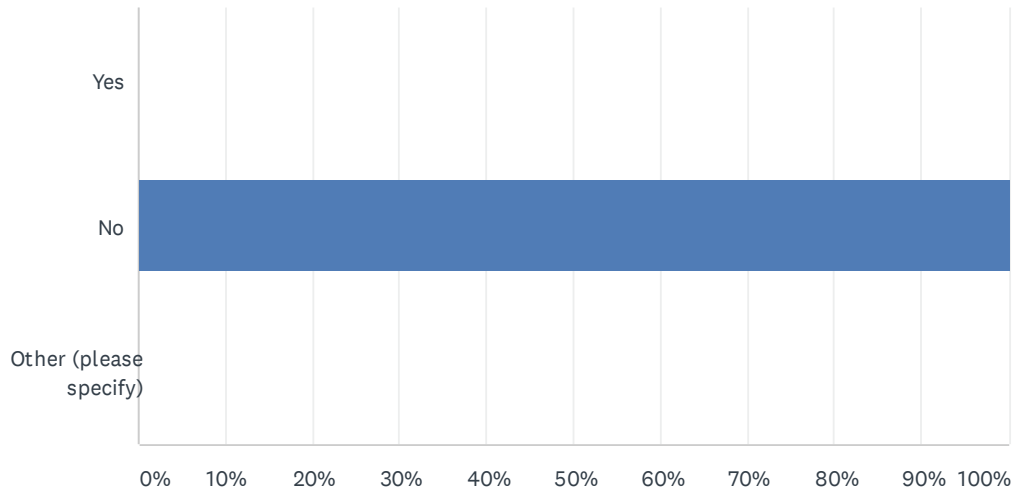


ANSWER CHOICES	RESPONSES
Primary care	100.00% 5
Walk-in emergency care	80.00% 4
Dental care	80.00% 4
Chronic disease management	20.00% 1
Prenatal/Maternal Care	0.00% 0
Occupational/Physical Therapy	0.00% 0
Immunizations	40.00% 2
Substance Use Disorder-Recovery	0.00% 0
Other (please specify)	0.00% 0
Total Respondents: 5	

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

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: 5 Skipped: 0

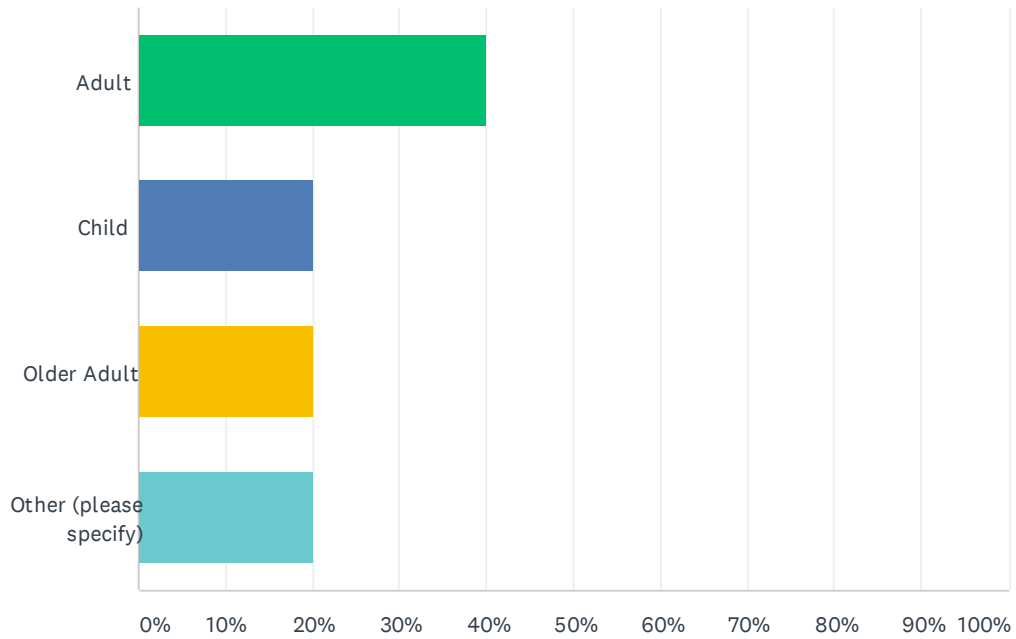


ANSWER CHOICES	RESPONSES
Yes	0.00% 0
No	100.00% 5
Other (please specify)	0.00% 0
TOTAL	5

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

Q22 Are you currently a caregiver providing unpaid care to:

Answered: 5 Skipped: 0

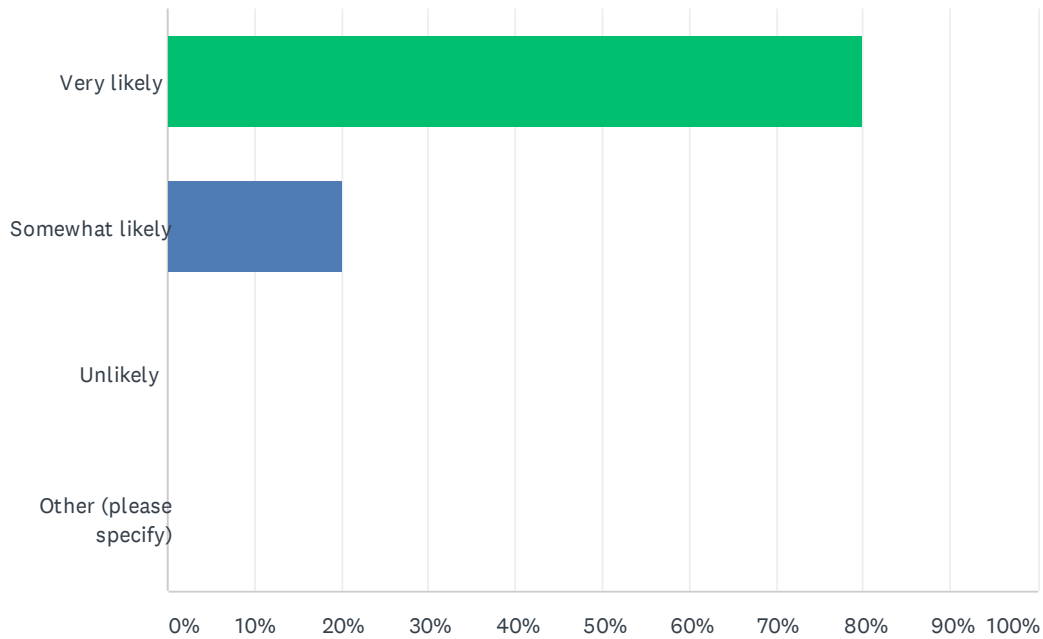


ANSWER CHOICES	RESPONSES
Adult	40.00% 2
Child	20.00% 1
Older Adult	20.00% 1
Other (please specify)	20.00% 1
Total Respondents: 5	

#	OTHER (PLEASE SPECIFY)	DATE
1	No	7/10/2021 12:03 AM

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

Answered: 5 Skipped: 0



ANSWER CHOICES	RESPONSES
Very likely	80.00% 4
Somewhat likely	20.00% 1
Unlikely	0.00% 0
Other (please specify)	0.00% 0
TOTAL	5

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

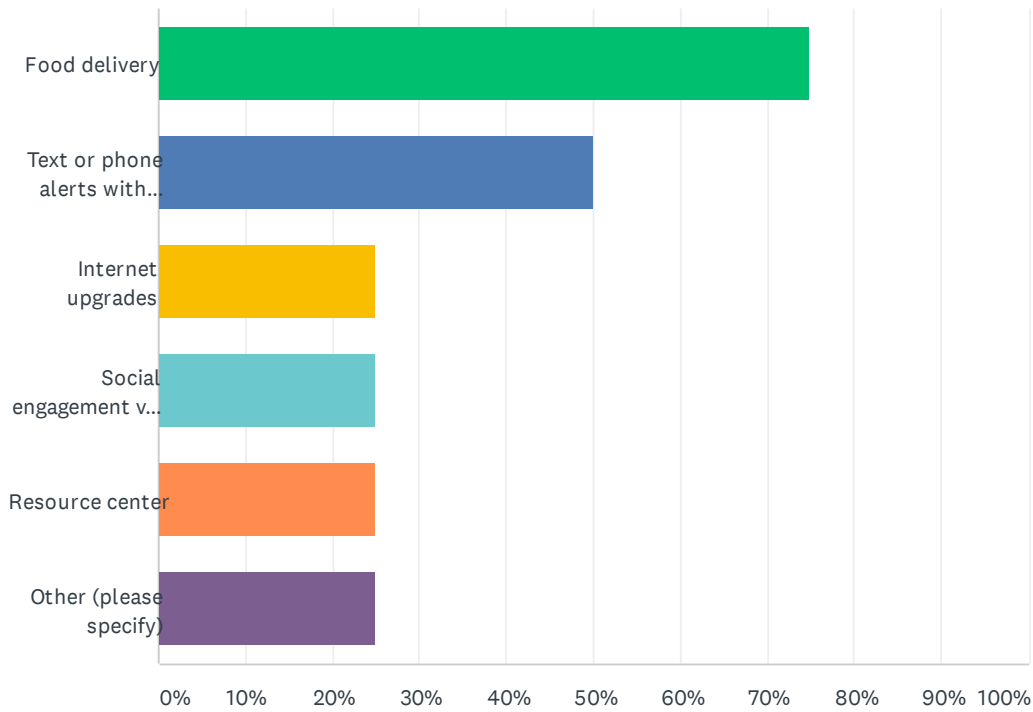
Q24 How has COVID-19 affected you in terms of health and safety?

Answered: 4 Skipped: 1

#	RESPONSES	DATE
1	It has not	7/10/2021 12:03 AM
2	During the height of the virus, we didn't socialize or do much shopping	7/9/2021 1:42 PM
3	Not a whole lot. Caregiving keeps me home.	3/10/2021 8:41 PM
4	It hasnt	2/13/2021 10:45 AM

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

Answered: 4 Skipped: 1

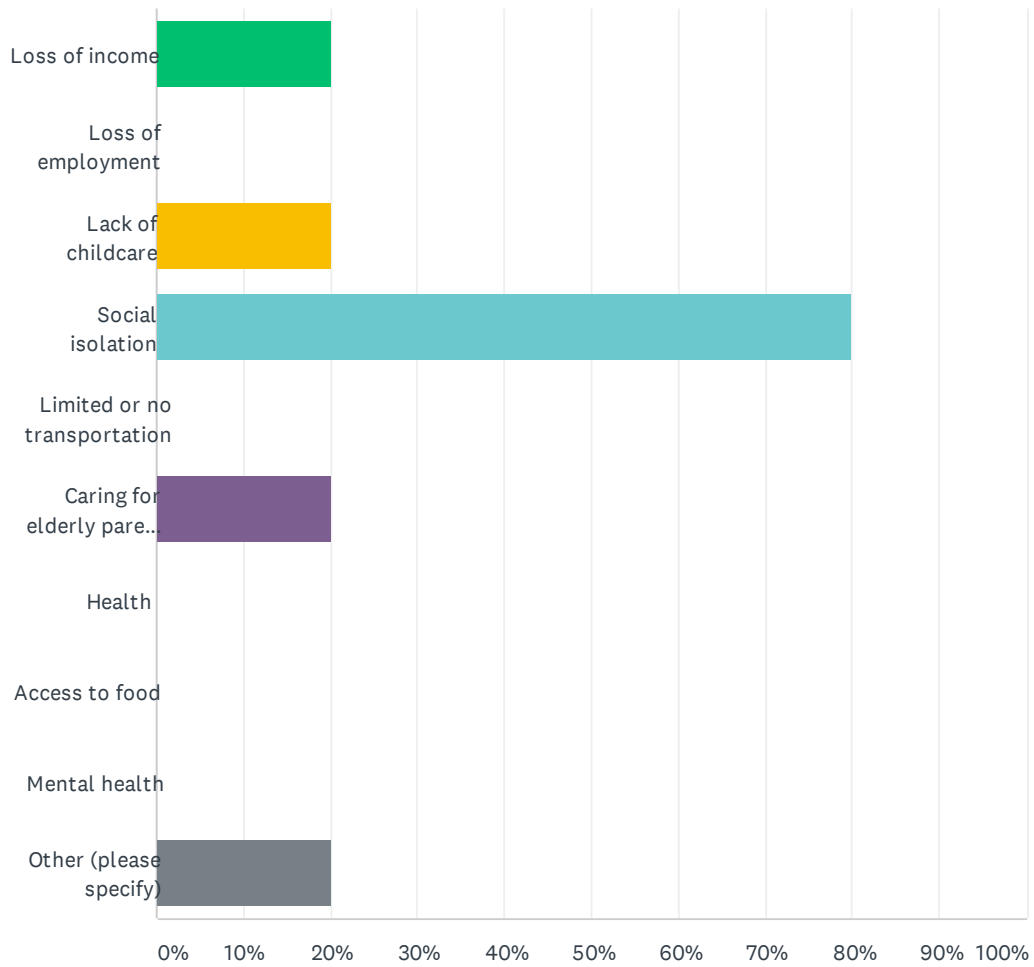


ANSWER CHOICES	RESPONSES	
Food delivery	75.00%	3
Text or phone alerts with important information	50.00%	2
Internet upgrades	25.00%	1
Social engagement via internet	25.00%	1
Resource center	25.00%	1
Other (please specify)	25.00%	1
Total Respondents: 4		

#	OTHER (PLEASE SPECIFY)	DATE
1	???	3/10/2021 8:41 PM

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

Answered: 5 Skipped: 0



Communities for Healthy Aging Transitions Survey

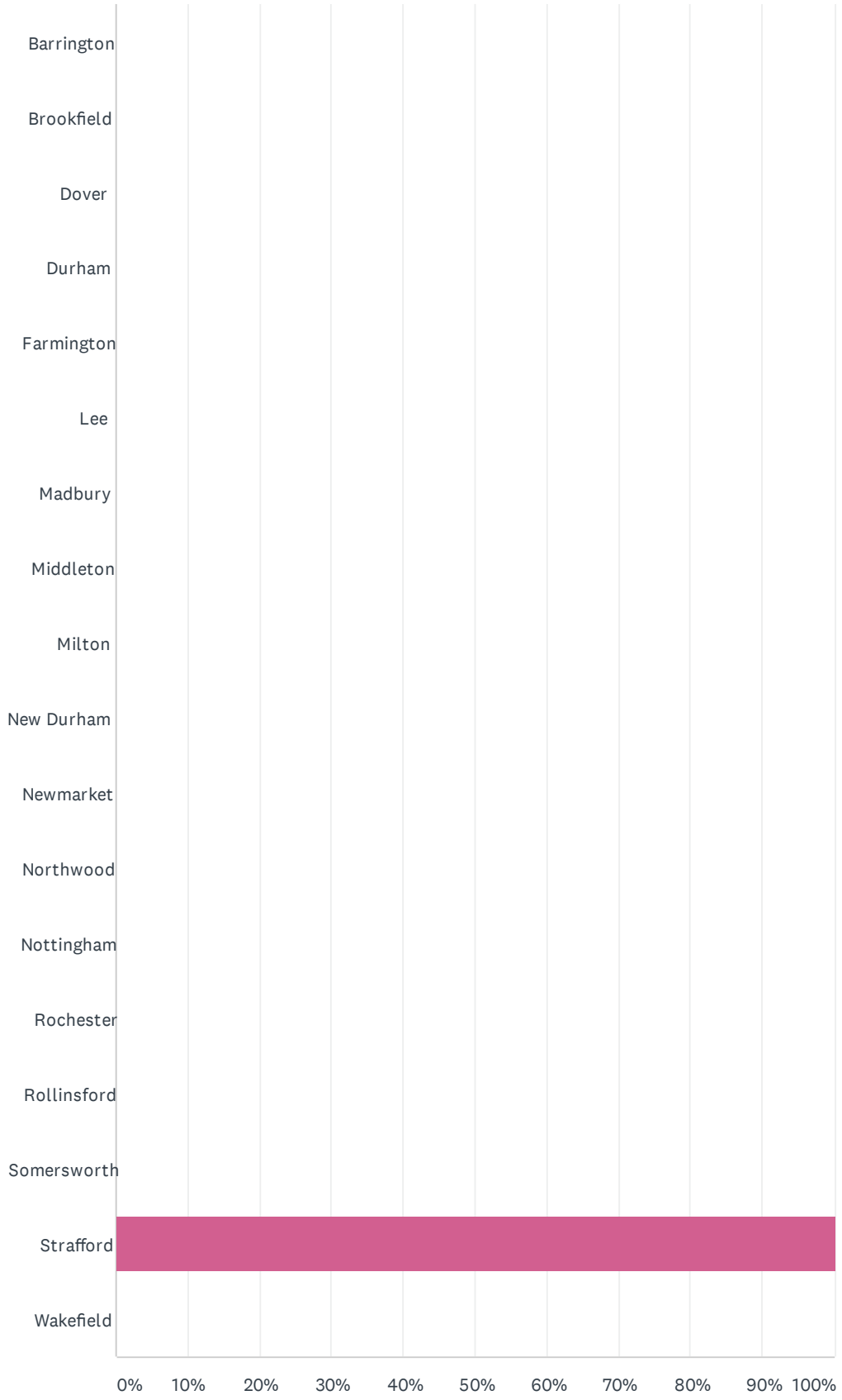
ANSWER CHOICES	RESPONSES
Loss of income	20.00% 1
Loss of employment	0.00% 0
Lack of childcare	20.00% 1
Social isolation	80.00% 4
Limited or no transportation	0.00% 0
Caring for elderly parents or family members	20.00% 1
Health	0.00% 0
Access to food	0.00% 0
Mental health	0.00% 0
Other (please specify)	20.00% 1
Total Respondents: 5	

#	OTHER (PLEASE SPECIFY)	DATE
1	Reduced interaction with family and friends.	3/10/2021 8:41 PM

Q27 Which city or town do you live in?

Answered: 5 Skipped: 0

Communities for Healthy Aging Transitions Survey



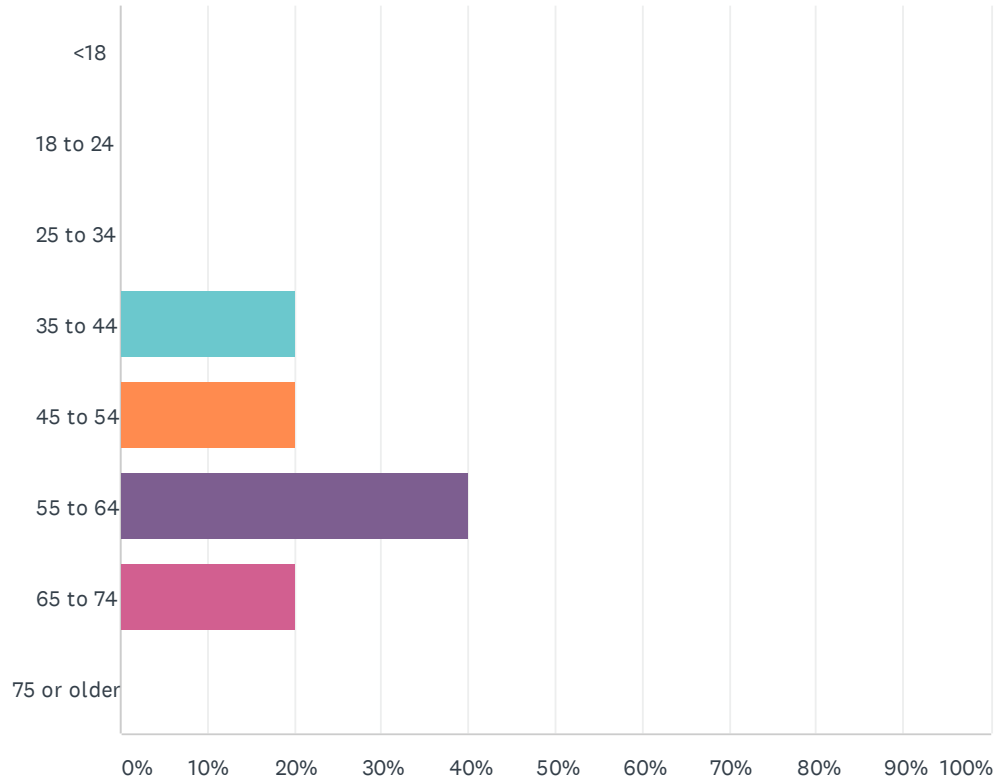
Communities for Healthy Aging Transitions Survey

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)	0.00%	0
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)	100.00%	5
Wakefield (18)	0.00%	0
TOTAL		5

BASIC STATISTICS				
Minimum 17.00	Maximum 17.00	Median 17.00	Mean 17.00	Standard Deviation 0.00

Q28 What is your age?

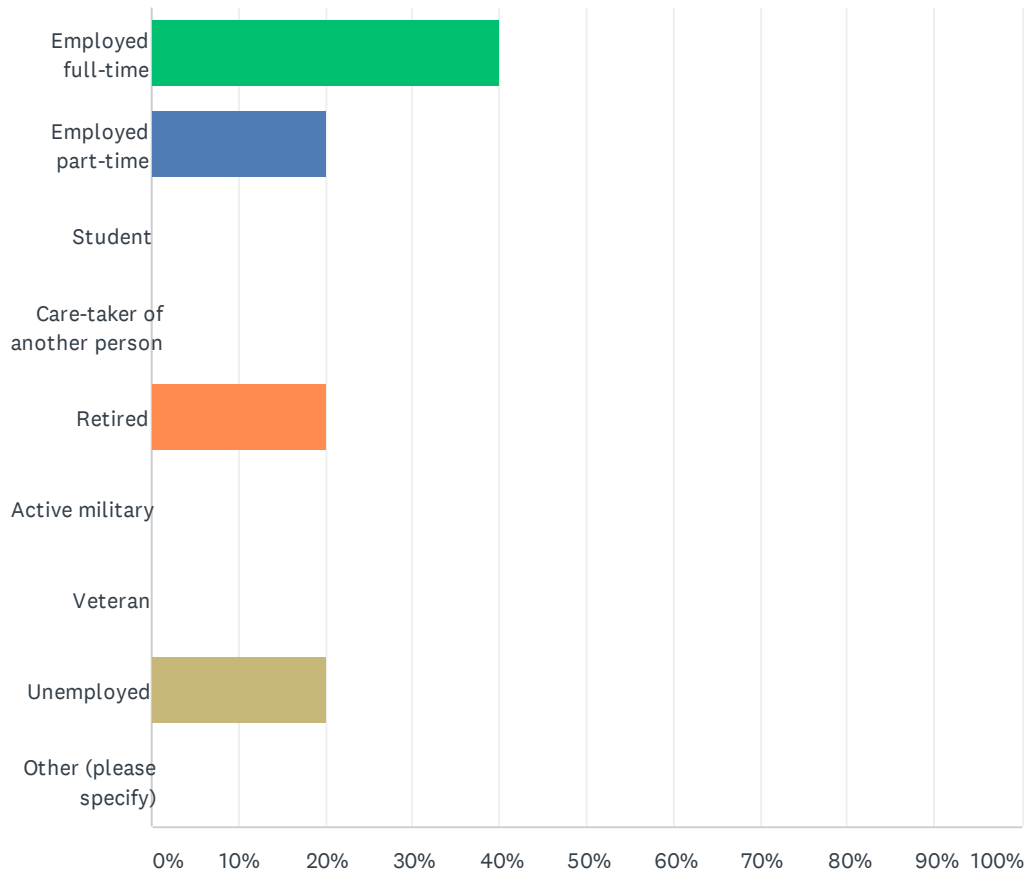
Answered: 5 Skipped: 0



ANSWER CHOICES	RESPONSES	
<18	0.00%	0
18 to 24	0.00%	0
25 to 34	0.00%	0
35 to 44	20.00%	1
45 to 54	20.00%	1
55 to 64	40.00%	2
65 to 74	20.00%	1
75 or older	0.00%	0
TOTAL		5

Q29 What is your employment status?

Answered: 5 Skipped: 0

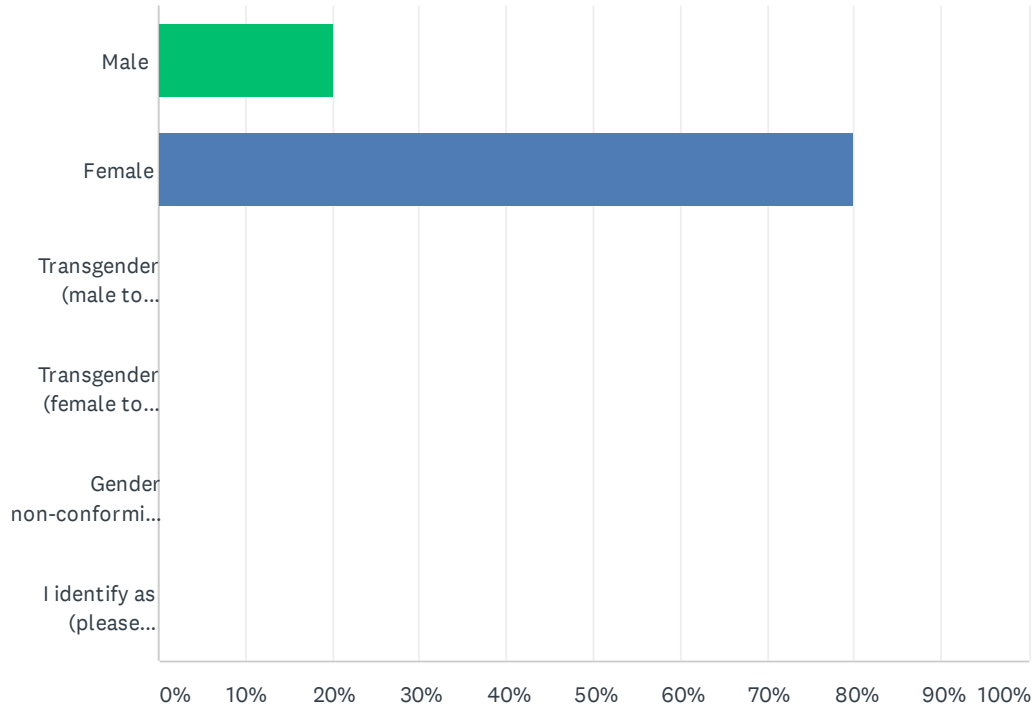


ANSWER CHOICES	RESPONSES
Employed full-time	40.00% 2
Employed part-time	20.00% 1
Student	0.00% 0
Care-taker of another person	0.00% 0
Retired	20.00% 1
Active military	0.00% 0
Veteran	0.00% 0
Unemployed	20.00% 1
Other (please specify)	0.00% 0
TOTAL	5

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

Q30 What is your gender expression?

Answered: 5 Skipped: 0

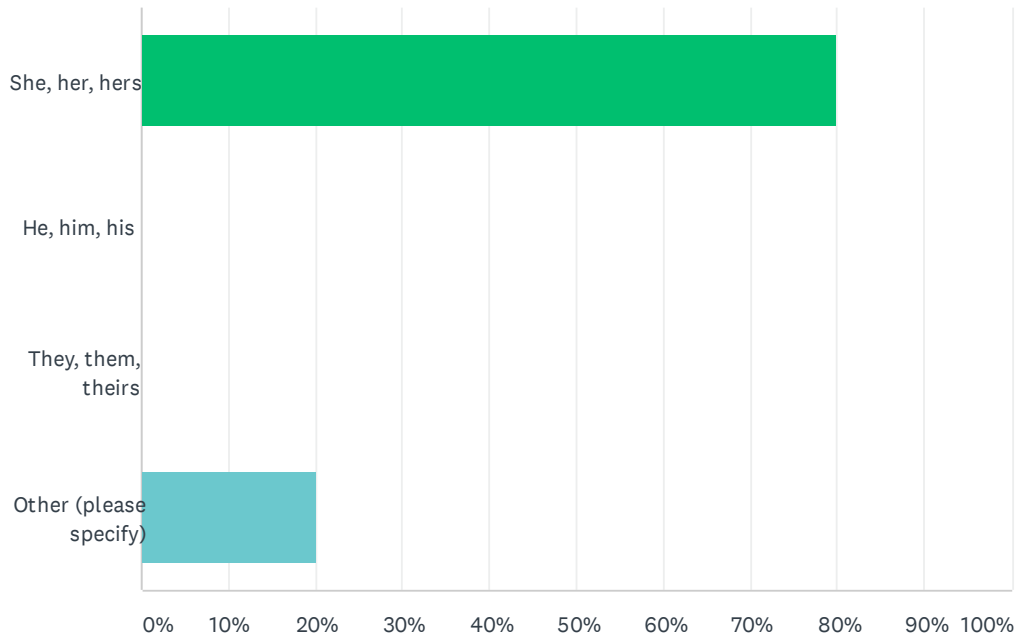


ANSWER CHOICES	RESPONSES	
Male	20.00%	1
Female	80.00%	4
Transgender (male to female)	0.00%	0
Transgender (female to male)	0.00%	0
Gender non-conforming, neither exclusively male or female	0.00%	0
I identify as (please specify):	0.00%	0
TOTAL		5

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

Q31 Which pronouns do you prefer?

Answered: 5 Skipped: 0

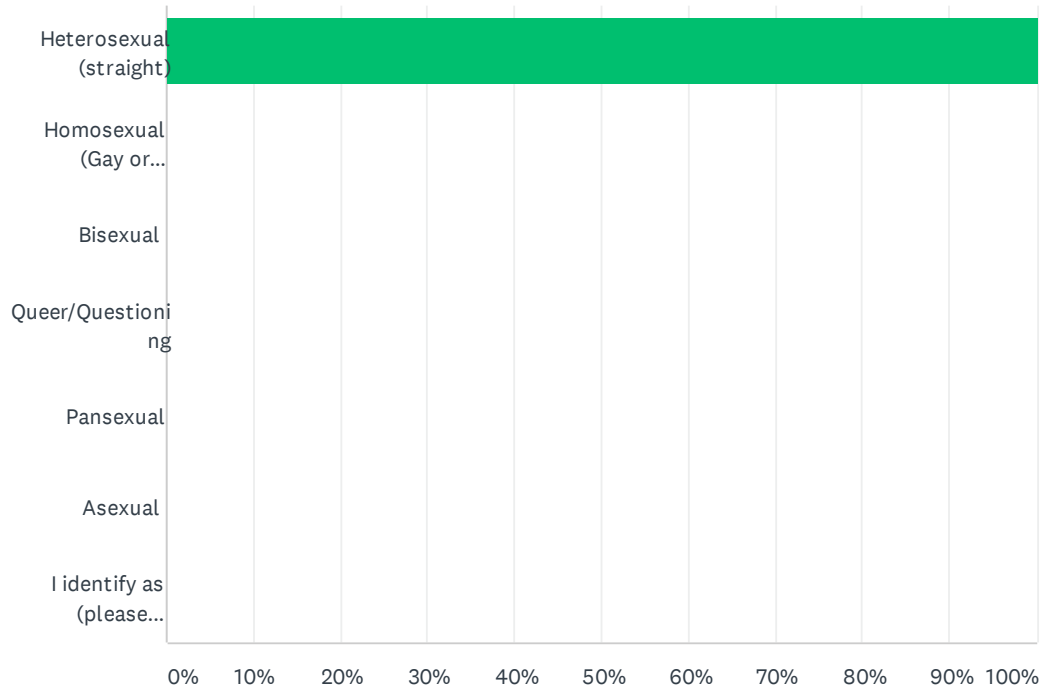


ANSWER CHOICES	RESPONSES	
She, her, hers	80.00%	4
He, him, his	0.00%	0
They, them, theirs	0.00%	0
Other (please specify)	20.00%	1
TOTAL		5

#	OTHER (PLEASE SPECIFY)	DATE
1	???	3/10/2021 8:41 PM

Q32 What is your sexual orientation?

Answered: 5 Skipped: 0

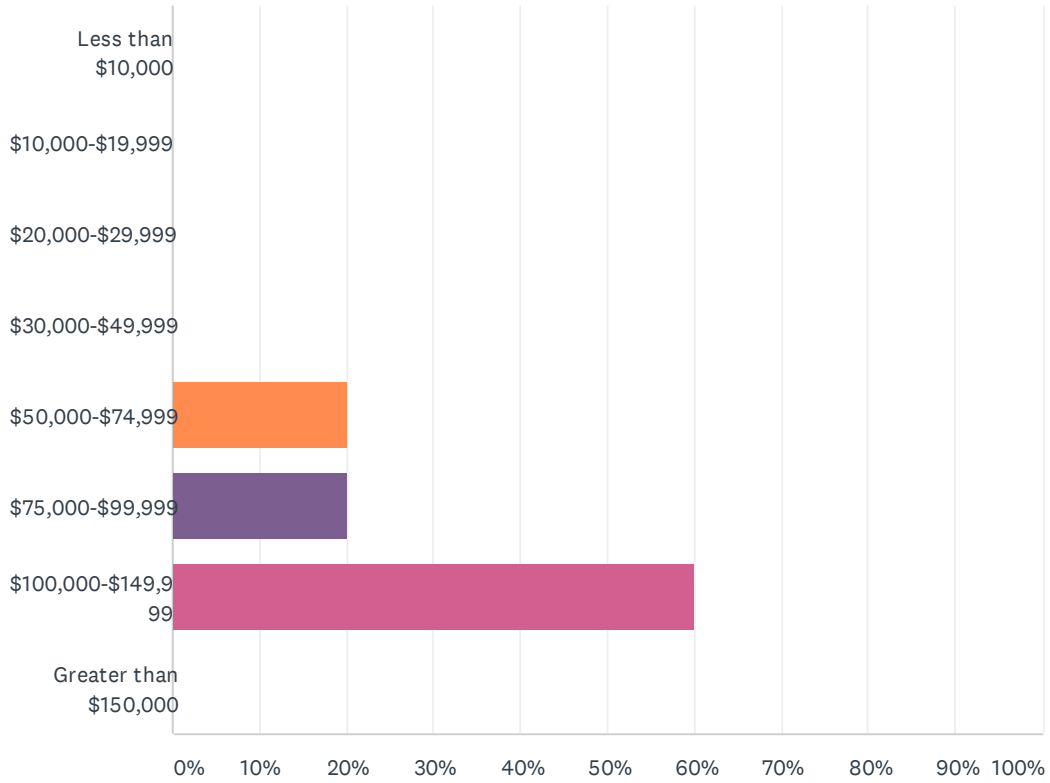


ANSWER CHOICES	RESPONSES
Heterosexual (straight)	100.00% 5
Homosexual (Gay or Lesbian)	0.00% 0
Bisexual	0.00% 0
Queer/Questioning	0.00% 0
Pansexual	0.00% 0
Asexual	0.00% 0
I identify as (please specify):	0.00% 0
TOTAL	5

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

Q33 What is your household Income?

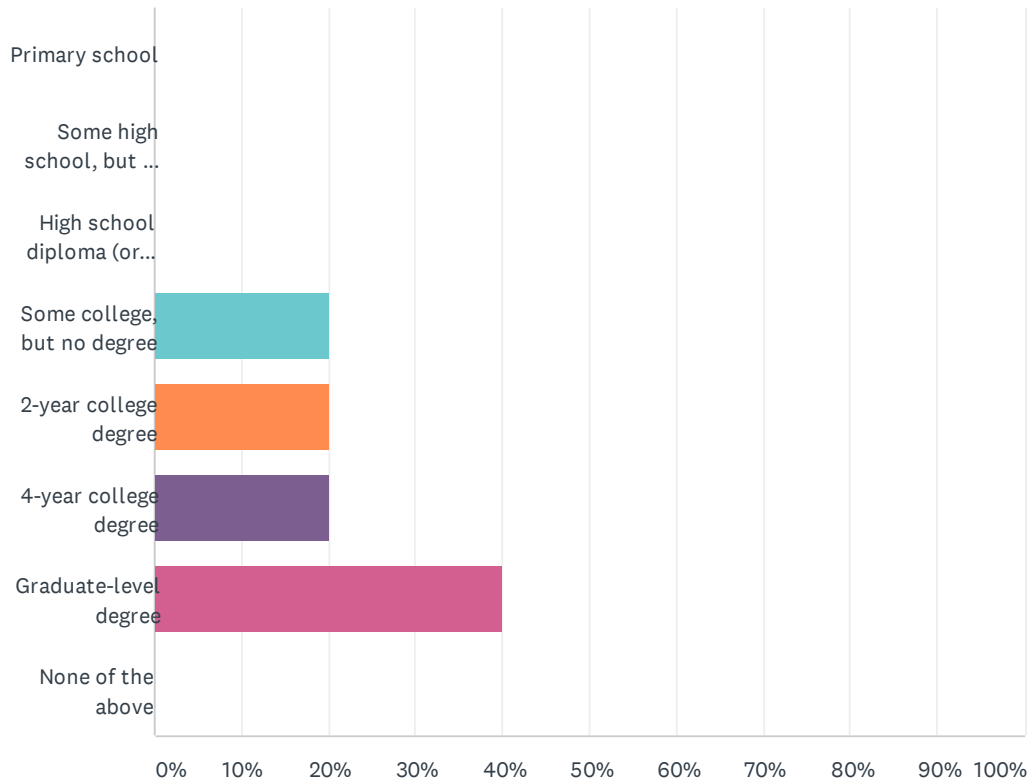
Answered: 5 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than \$10,000	0.00%	0
\$10,000-\$19,999	0.00%	0
\$20,000-\$29,999	0.00%	0
\$30,000-\$49,999	0.00%	0
\$50,000-\$74,999	20.00%	1
\$75,000-\$99,999	20.00%	1
\$100,000-\$149,999	60.00%	3
Greater than \$150,000	0.00%	0
TOTAL		5

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

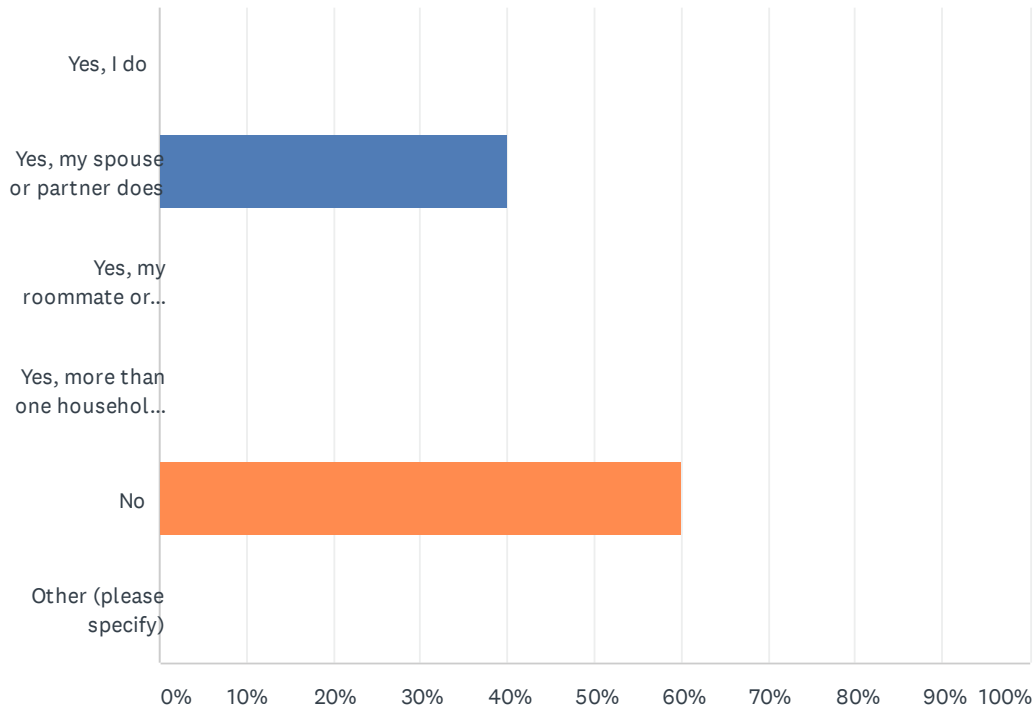
Answered: 5 Skipped: 0



ANSWER CHOICES	RESPONSES	
Primary school	0.00%	0
Some high school, but no diploma	0.00%	0
High school diploma (or GED)	0.00%	0
Some college, but no degree	20.00%	1
2-year college degree	20.00%	1
4-year college degree	20.00%	1
Graduate-level degree	40.00%	2
None of the above	0.00%	0
TOTAL		5

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

Answered: 5 Skipped: 0

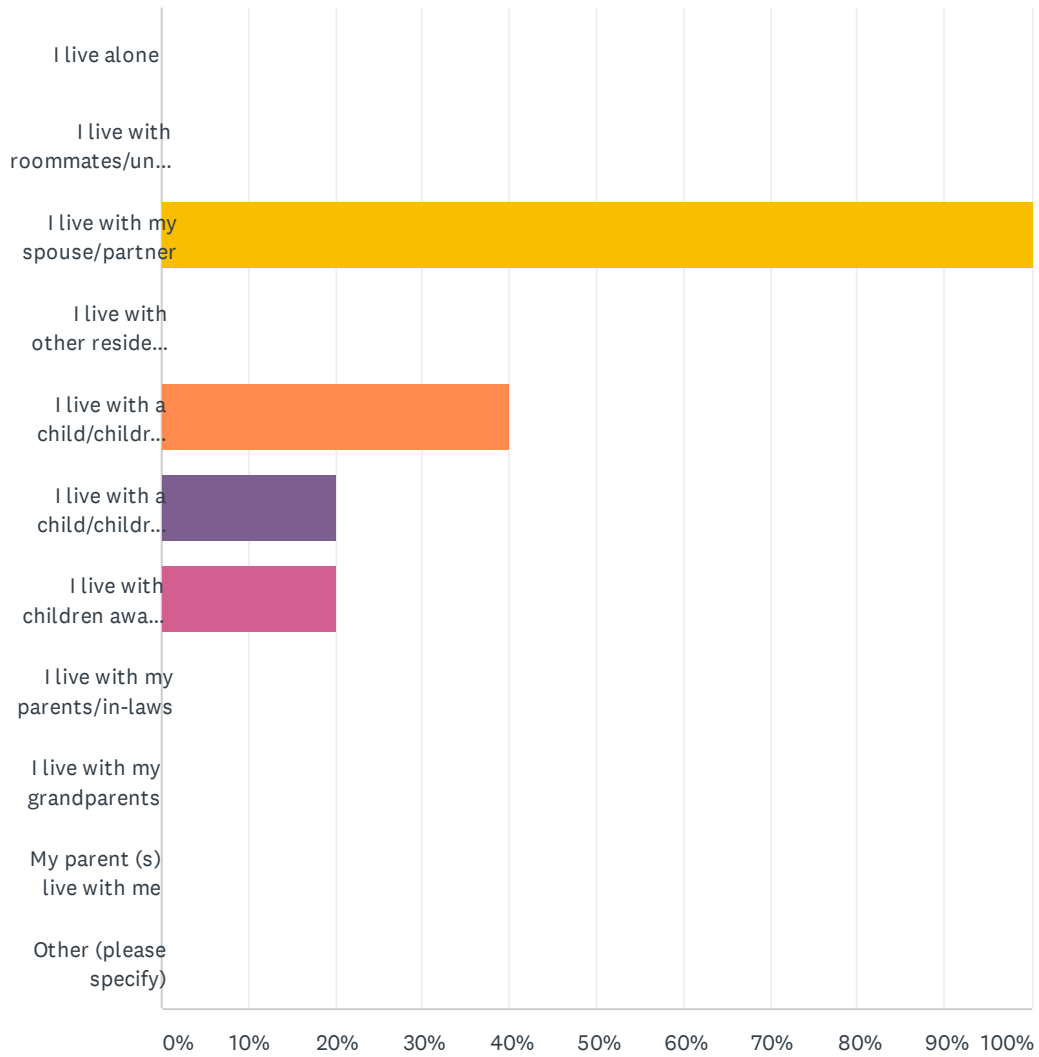


ANSWER CHOICES	RESPONSES
Yes, I do	0.00% 0
Yes, my spouse or partner does	40.00% 2
Yes, my roommate or household member does	0.00% 0
Yes, more than one household member does	0.00% 0
No	60.00% 3
Other (please specify)	0.00% 0
Total Respondents: 5	

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

Q36 What describes your living situation? Check all that apply

Answered: 5 Skipped: 0



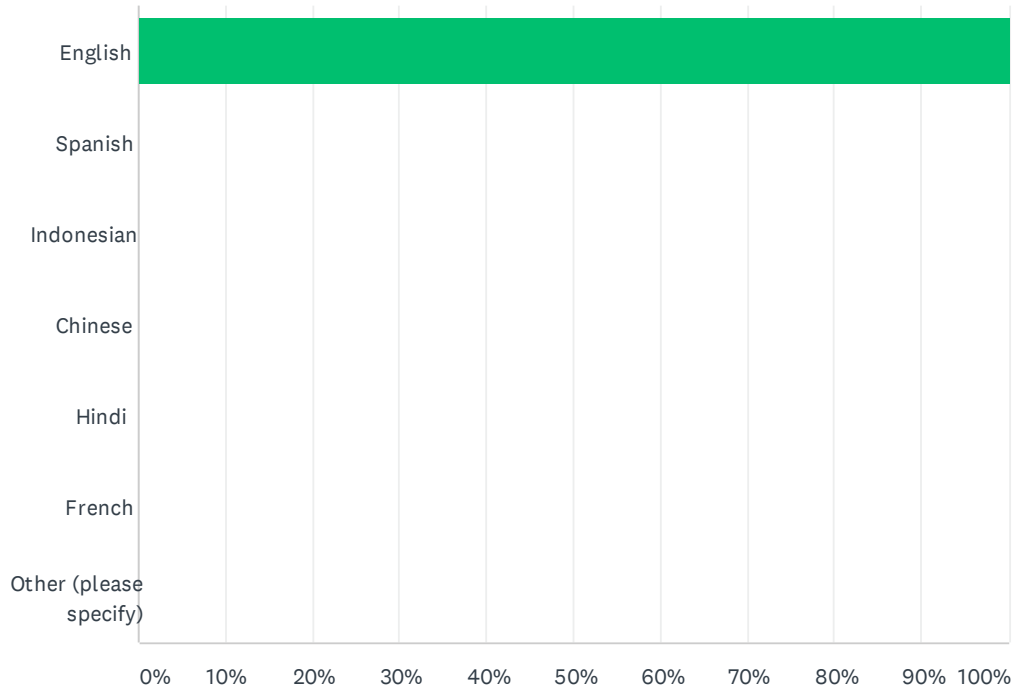
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I live alone	0.00%	0
I live with roommates/unrelated people	0.00%	0
I live with my spouse/partner	100.00%	5
I live with other residents in a group facility	0.00%	0
I live with a child/children under 18	40.00%	2
I live with a child/children over 18	20.00%	1
I live with children away at college	20.00%	1
I live with my parents/in-laws	0.00%	0
I live with my grandparents	0.00%	0
My parent (s) live with me	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 5		

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

Q37 What language do you primarily speak at home?

Answered: 5 Skipped: 0



ANSWER CHOICES	RESPONSES
English	100.00% 5
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	5

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