

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

Age-Friendly Action Plan for the Town of Farmington 2023



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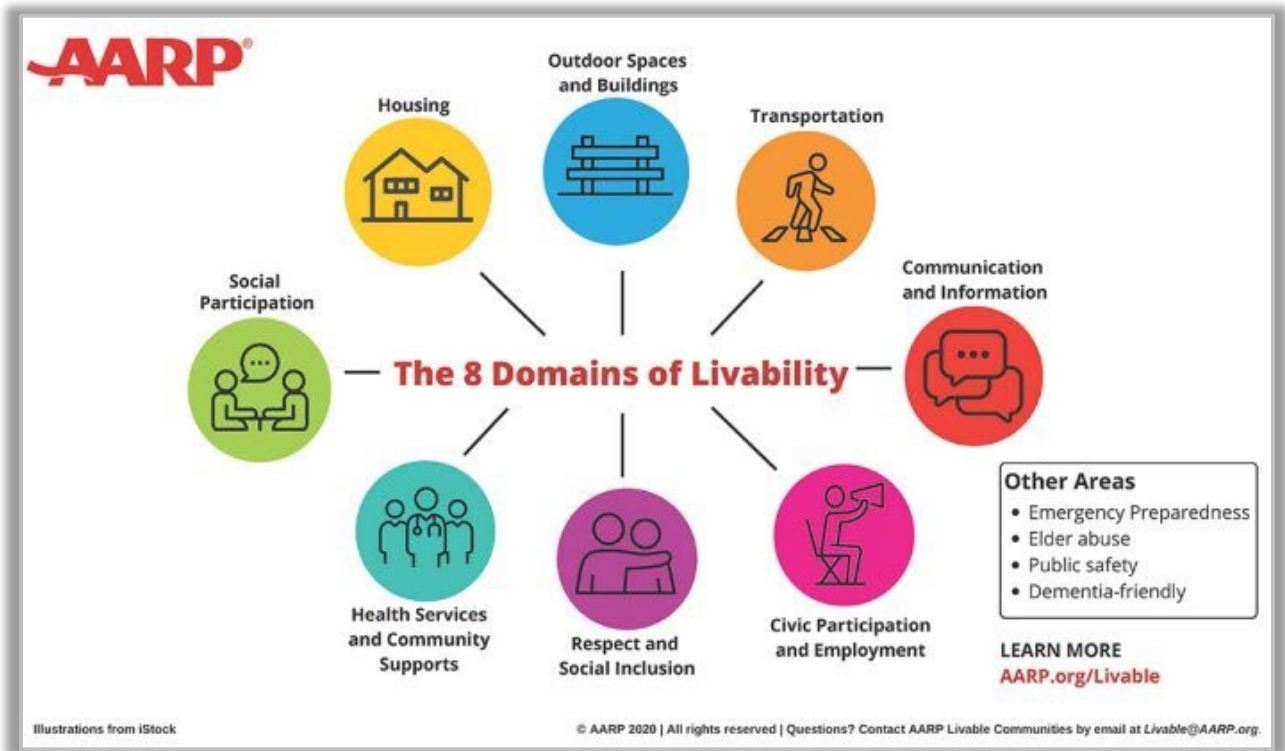
INTRODUCTION

An age-friendly action plan is intended to convey a clear vision and set of values towards an age friendly community and define goals to make a community a better place for residents of all ages, abilities, racial and ethnic identifications, and socioeconomic levels.¹

[Communities for Healthy Aging Transitions \(CHAT\)](#), a regional project, examined age-friendliness in Stafford 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 Stafford 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.



¹ AARP - <https://www.aarp.org/content/dam/aarp/livable-communities/livable-documents/documents-2019/AARP-NAFC-action-planning-overview.pdf>

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

COMMUNITY PROFILE

Farmington is located midway between the Seacoast and the Lakes Region with NH Route 11 acting as a gateway linking the two regions. Existing land use patterns, which include a mix of industrial, retail and service sector businesses, and critical workforce for seacoast area businesses, can be defined as reflecting three unique geographic locations – the Village Center and adjacent urban neighborhoods, commercial development along Route 11, and rural areas in the southwestern part of Town. Route 11 is a major transportation corridor that contains most of Farmington’s commercial development and offers future opportunities for new commercial and industrial growth. Residents have expressed their appreciation for the available recreational opportunities and feel the Town is accepting of people with different backgrounds.

Farmington is a classic example of a small-town with a strong sense of community, where local police and fire department staff help people shovel driveways and change flat tires. There are also great community organizations like Friends of Farmington and the Goodwin Library, which installed a new lift allowing handicapped access to the Community Room at the library in 2020.

DATA

In the Spring of 2023, the Strafford Regional Planning Commission updated the community profiles for each municipality in the region. The data presented here provides the most up-to-date information on Farmington as of 2023 and provides a snapshot of the demographics, household dynamics, education and employment status for the Town. Unless otherwise noted, the data source is the 2016-2021 American Community Survey.

DEMOGRAPHICS

Table 1: Population Trends and Projections: 2010 - 2050

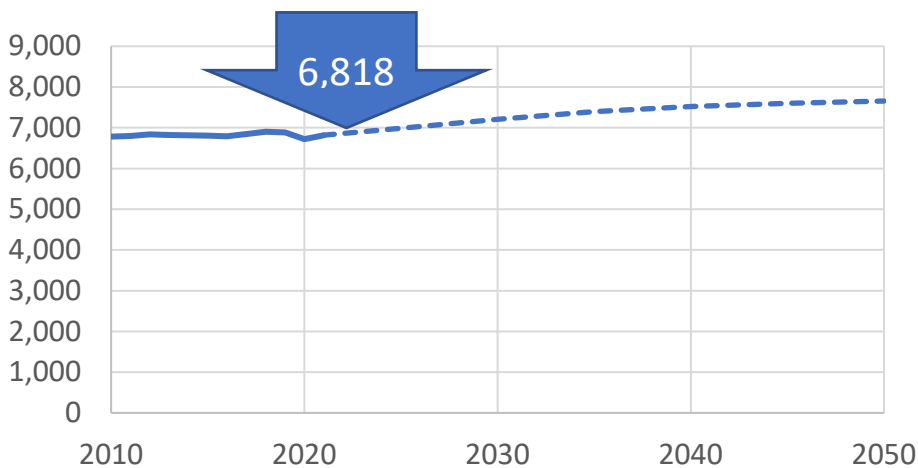


Figure 1: Population by Sex: 2021



Table 2: Population by Age: 2011, 2016 and 2021

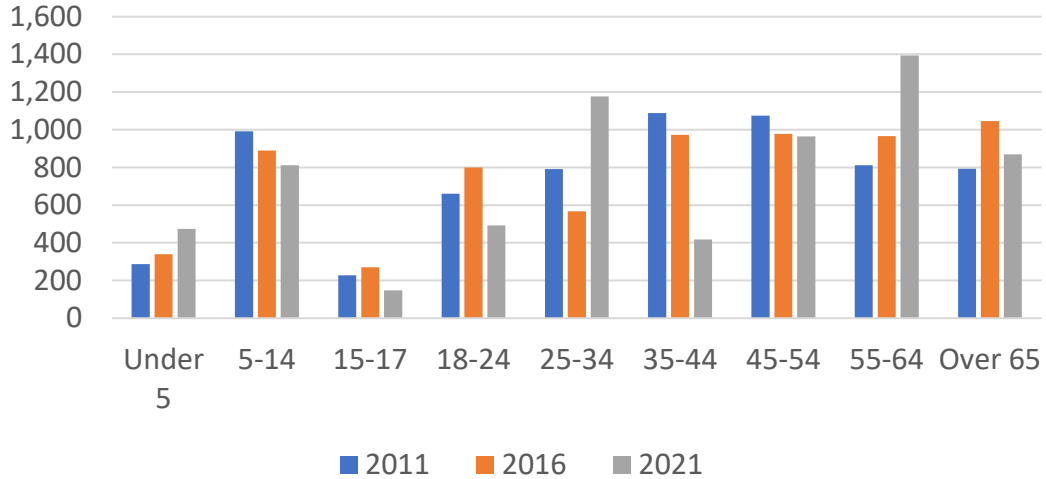


Table 3: Race and Ethnicity: 2011, 2016 and 2021

Race or Ethnicity	2011	2016	2021
Total Minority	4.7%	1.5%	7.9%
Black Alone	0.0%	0.0%	2.1%
Native American Alone	0.0%	0.0%	0.0%
Asian Alone	2.5%	0.0%	1.4%
Hawaiian and Pacific Islander Alone	0.0%	0.0%	0.0%
Some Other Race Alone	0.0%	0.0%	1.2%
Two Or More Races	2.0%	0.4%	2.1%
Hispanic or Latino	0.1%	1.1%	1.0%

Table 4: People with a Disability:² 2016 and 2021

Location	2016	2021
Farmington	18.80%	16.85%
Strafford County	12.85%	12.85%
SRPC	12.98%	12.26%

² People who reported a qualifying disability when taking the American Community Survey

Table 5: Shared Housing Statistics: 2010 and 2020

Group Quarters	2010	2020
Correctional	0	0
Nursing Homes	0	17
Other Institutionalized	0	0
College Dorms	0	0
Other Non-Institutionalized	0	21
Total	0	38

HOUSEHOLD DYNAMICS

Figure 2: Household Tenure: 2021



Figure 3: Households by Size

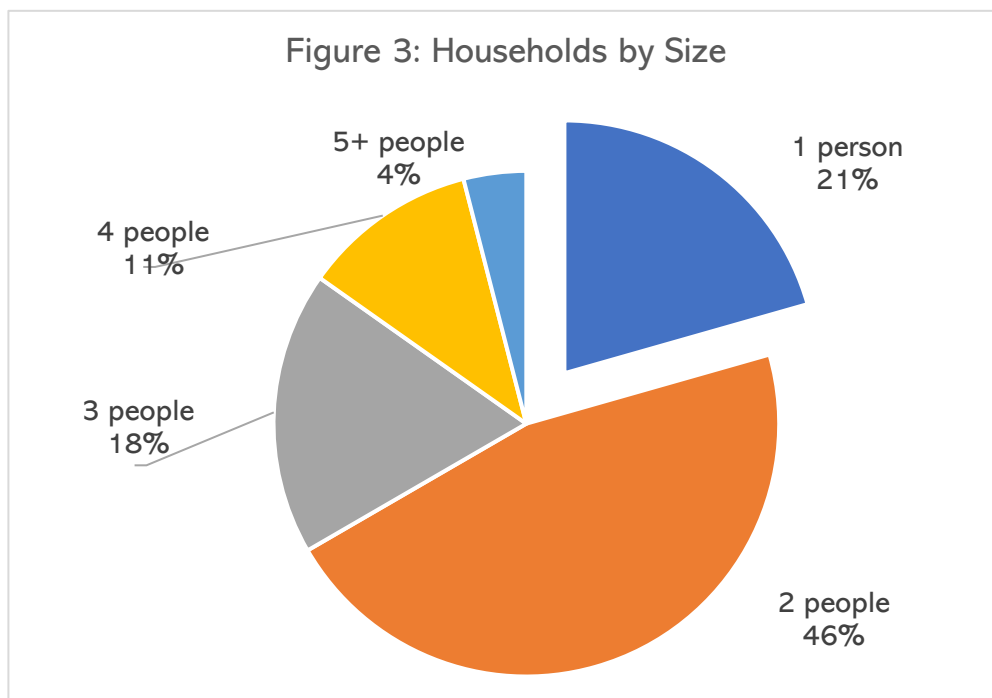


Figure 4: Parental Marital Status: 2021

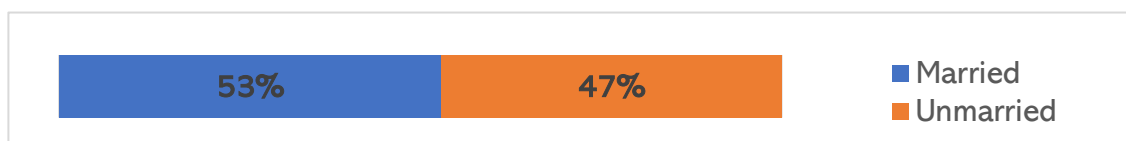
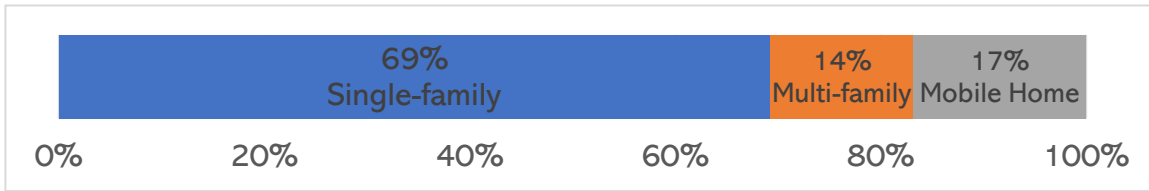


Figure 5: Housing Types: 2021



EDUCATION

Figure 6: Educational Attainment of Adults Over 25: 2021

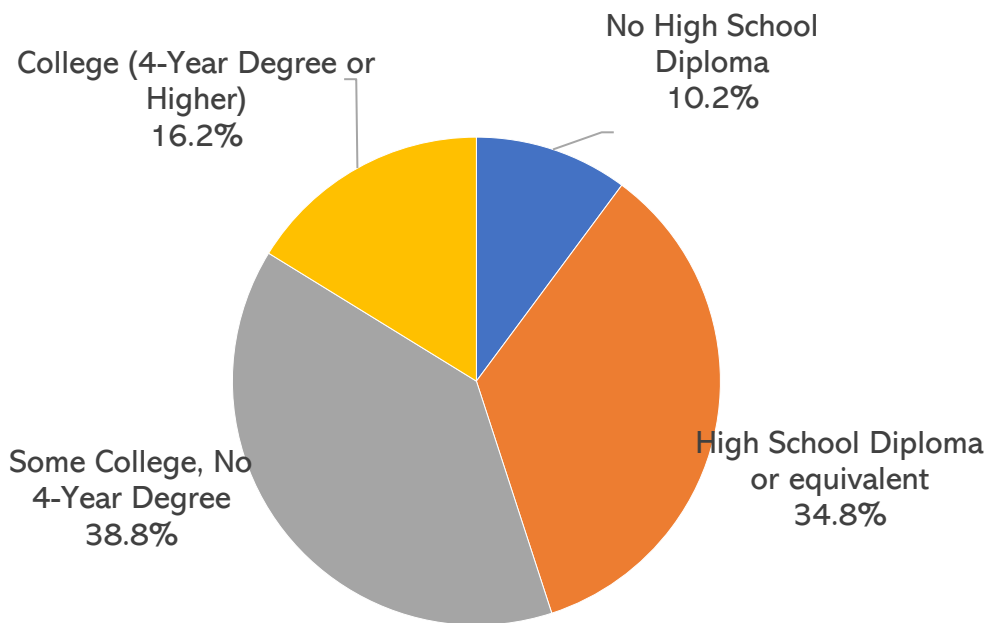
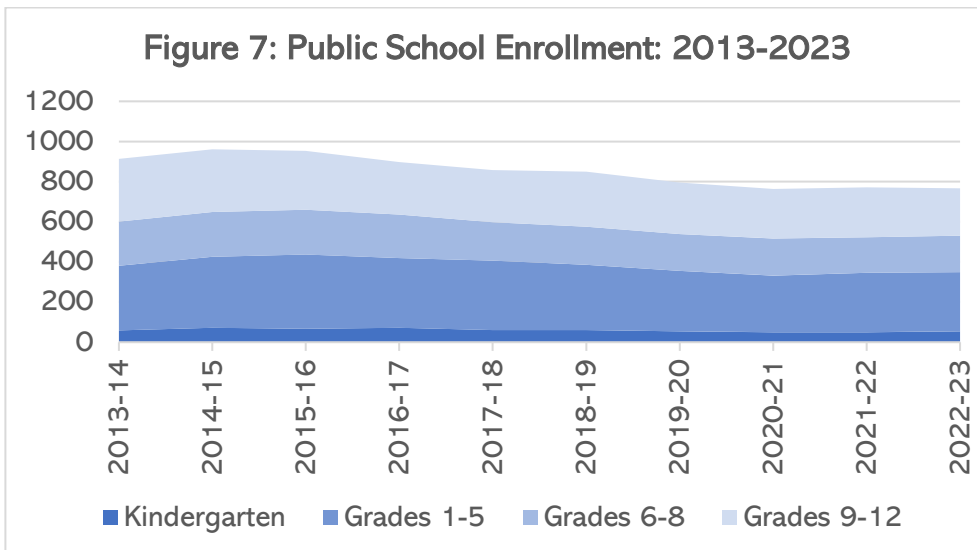


Figure 7: Public School Enrollment: 2013-2023



ECONOMIC VITALITY

Table 6: Changes in Employment: 2020 - 2023

Month/Year	Labor Force	Unemployment Rate
Jan '20	3,647	2.9%
Apr '20	3,599	17.4%
Apr '21	3,639	4.8%
Apr '22	3,614	2.3%
Feb '23	3,678	2.7%

Table 7: Employees by Age in Strafford County: 2019 – 2022

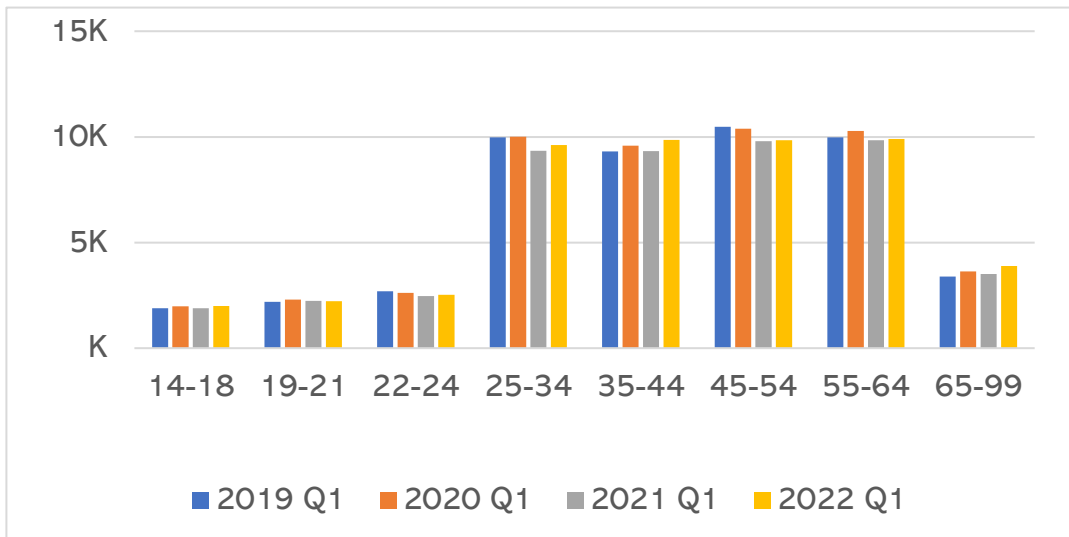
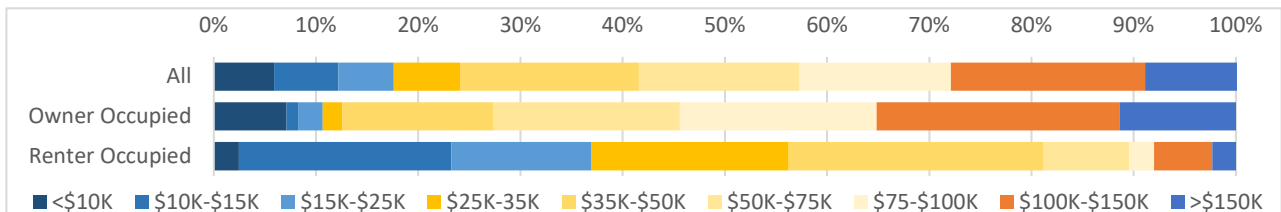


Figure 8: Household Incomes: 2021



TOWARDS AN AGE-FRIENDLY FARMINGTON

This plan builds upon the community assessment completed for the Town of Farmington in Phase I of the CHAT project by providing goals and actions that can be implemented by various entities, officials, and volunteers in town over the next 5-10 years.

PLAN DEVELOPMENT

SRPC, with support from partners at GSCH, leveraged the input of Farmington residents and town staff, officials, and volunteers to create a plan with implementable goals and actions for the town. For Phase I of the CHAT project, SRPC launched a survey and hosted a Community Zoom forum for Farmington and surrounding towns in April 2021. The survey was taken by 11 residents with 12 attendees participating in the community forum. The feedback was documented in the Farmington Community Assessment, which informed this Action Plan.

This Action Plan should be used in conjunction with other state and regional plans for age-friendly strategies, such as the New Hampshire State Plan on Aging. The Town can supplement this Age-Friendly Plan with local public health and safety protocols or programs. These can include regular check-ins with people who have mobility issues to ensure they are safe in their homes (i.e., their smoke detectors are working) and they have access to food and running water. The Age-Friendly Plan includes the actions, associated livability domains, timeframe for implementation, the responsible party(ies), and the resources and partners necessary to implement the actions. The timeframe for implementation is broken into long-term (5-10 years), medium-term (1-4 years), and short-term (<1 year). We hope this plan can be a living document which is revisited annually to track progress, celebrate successes, and update as necessary to reflect current priorities and resources available. It should be noted that most of the actions in the plan can be wrapped into other planning efforts in Farmington to maximize time and efforts of staff and volunteers.

This Action Plan should be used in conjunction with other state and regional plans for age-friendly strategies, such as the [New Hampshire State Plan on Aging](#). The Town can supplement this Age-Friendly Plan with local public health and safety protocols or programs. These can include regular check-ins with people who have mobility issues to ensure they are safe in their homes (i.e., their smoke detectors are working) and they have access to food and running water.

FARMINGTON AGE-FRIENDLY ACTION PLAN

Goal 1: Improve and expand outdoor recreation options for seniors					
Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Create a long-term vision for the Farmington Rail Trail	#1 Outdoor Spaces and Buildings	x	<u>Timeframe:</u> Long-term <u>Progress:</u> There is an action in the master plan that supports this effort	Planning Department, Recreation Department	<u>Partners:</u> NHDOT, state trails bureau, City of Rochester, Powdermill Snowmobile Club <u>Resources:</u> <u>Ideas:</u>
	#2 Transportation	x			
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			
Audit existing trails and parking at town-owned recreation spaces and create a plan for practical upgrades to improve accessibility	#1 Outdoor Spaces and Buildings	x	<u>Timeframe:</u> Medium <u>Progress:</u> current trails are overgrown and need to be cleaned up	Recreation Department, Conservation Commission	<u>Partners:</u> State Trails Bureau, 500 Boys and Girls Club <u>Resources:</u> <u>Ideas:</u> This could include trail clean-up for downed branches, etc.
	#2 Transportation	x			
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			

Goal 1: Improve and expand outdoor recreation options for seniors

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Finalize land acquisition for new conservation lands (~350 acres) between Spring Street and Bay Road	#1 Outdoor Spaces and Buildings	x	<p><u>Timeframe:</u> Short</p> <p><u>Progress:</u> Phase I environmental assessment completed; grant received to help cover legal fees; baseline report of the properties is being prepared; a title search has been completed.</p>	Planning Department, Town Administrator, Conservation Commission	<p><u>Partners:</u> A regional land trust (i.e., SELT or MMRG)</p> <p><u>Resources:</u></p> <p><u>Ideas:</u> Once acquired, a survey of the property should be conducted and develop a long-term management plan (i.e., create and maintain trails, parking, signage, etc.). Deed restrictions and allowable uses for the property need to be completed.</p>
	#2 Transportation				
	#3 Housing				
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			
Seek grant to install outdoor fitness stations or playground systems that encourage physical activity at all ages	#1 Outdoor Spaces and Buildings		<p><u>Timeframe:</u></p> <p><u>Progress:</u> Investigating grants and talked with playground equipment company. New playground in progress at Fernald Park (includes picnic area and walking trails)</p>	Recreation Department, Select Board	<p><u>Partners:</u> AARP, National Recreation and Park Association</p> <p><u>Resources:</u> Grants, and Park Inventory from SRPC</p> <p><u>Ideas:</u> Connect with Somersworth who did something similar at Willand Pond. Research companies that provide outdoor fitness equipment to determine what may be best suited in town.</p>
	#2 Transportation				
	#3 Housing				
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services				

Goal 2: Upgrade downtown infrastructure to support equitable active and regular transportation options

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Conduct a downtown infrastructure feasibility study to understand what improvements are needed, including water/sewer utilities, pedestrian safety, and landscaping	#1 Outdoor Spaces and Buildings	x	Timeframe: Long Progress:	Planning Department, Public Works Department	Partners: SRPC, NHDOT, Plan NH Resources: Ideas: Town can look at utility upgrades needed for increased density, pedestrian and public space improvements for redevelopment in Village Center, and landscaping to improve aesthetics.
	#2 Transportation	x			
	#3 Housing	x			
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			
Develop a Complete Streets policy	#1 Outdoor Spaces and Buildings		Timeframe: Medium Progress: money to replace handicap ramp	Planning Department, Planning Board, Select Board	Partners: SRPC, NHDOT Resources: Dover's Complete Streets and Traffic Calming Guidelines Ideas: Review Dover's policy with the Public Works Department and bring recommendations to Board of Selectmen.
	#2 Transportation	x			
	#3 Housing				
	#4 Social Participation				
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			

Goal 2: Upgrade downtown infrastructure to support equitable active and regular transportation options

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Improve signage for easier wayfinding in and around downtown	#1 Outdoor Spaces and Buildings	x	<p><u>Timeframe:</u> Long</p> <p><u>Progress:</u> This should be incorporated into the downtown feasibility study as part of the landscaping plan</p>	<p>Planning Department, Planning Board, Select Board</p>	<p><u>Partners:</u> Greater Rochester Chamber of Commerce</p> <p><u>Resources:</u></p> <p><u>Ideas:</u> Review what Dover and Portsmouth have done with their wayfinding efforts</p>
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information	x			
	#8 Community and Health Services				

Goal 3: Increase senior involvement in the community					
Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Increase use of the new Senior Center	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> Short-term <u>Progress:</u> Not being used, reprogram to another use? Free lunch every Wednesday in June	Senior Center, Recreation Department	<u>Partners:</u> Select Board <u>Resources:</u> <u>Ideas:</u> Have community events with food for older adults. Consider some messaging in local paper, at other places that population frequents (stores/shops/restaurants). Conduct another study?
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			
Offer more interactive community programming	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u> Constantly trying to do this. Senior Art Show idea.	Senior Center, Recreation Center	<u>Partners:</u> Strafford Community Action Program <u>Resources:</u> <u>Ideas:</u> Strafford CAP and other programs are often looking for opportunities to start new groups, host classes, etc.
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information	x			
	#8 Community and Health Services	x			

Goal 3: Increase senior involvement in the community

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Improve advertising of in-town volunteer opportunities	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> Short <u>Progress:</u> Town utilizes community TV to broadcast meetings/share news, in addition to the website. The economic development committee has a quarterly newsletter.	Select Board Secretary	<u>Partners:</u> Other Departments <u>Resources:</u> <u>Ideas:</u> Put together a distribution list and utilize various channels (i.e., local entities like churches, libraries, doctor’s offices), that could print a copy of monthly newsletter to display. Research existing groups in the area. Regain access to existing Facebook page (or start new one)
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement	x			
	#7 Communication and Information	x			
	#8 Community and Health Services	x			
Advertise or offer professional development/skill building for seniors who are looking to re-enter the job market (i.e. IT/Microsoft Office, etc.)	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u>	Senior Center, Select Board Secretary	<u>Partners:</u> Dover Adult Learning Center <u>Resources:</u> <u>Ideas:</u> Examples could include workforce programs, job fairs or advertising programming offered through Dover Adult Learning Center.
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement	x			
	#7 Communication and Information	x			
	#8 Community and Health Services				

Goal 3: Increase senior involvement in the community

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Provide opportunities for intergenerational connections/activities	#1 Outdoor Spaces and Buildings	x	Timeframe: Progress: Kids Sewing class	Senior Center, Recreation Department	Partners: Resources: Ideas: Build partnerships & volunteer opportunities for other groups (i.e., youth groups) to do activities with senior center/programming
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services	x			

Goal 4: Improve outreach about existing resources available in the community

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Grow contact list for new EDC newsletter and consider highlighting businesses with age-friendly and accessible amenities	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u>	Town Economic Development Committee	<u>Partners:</u> <u>Resources:</u> <u>Ideas:</u> Are the businesses handicap accessible, etc. Do they provide senior discounts?
	#2 Transportation				
	#3 Housing				
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement	x			
	#7 Communication and Information	x			
	#8 Community and Health Services				
Develop an outreach plan that outlines how to best to disseminate different types of information to different age groups	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u>	Town Administrator, Select Board	<u>Partners:</u> <u>Resources:</u> <u>Ideas:</u> Develop outreach plan for how to disseminate information to different age groups (i.e., public notices, senior center events, etc.). Think about adult caregivers - how are we reaching people working or interacting with older adults?
	#2 Transportation				
	#3 Housing				
	#4 Social Participation	x			
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information	x			
	#8 Community and Health Services				

Goal 4: Improve outreach about existing resources available in the community

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Share information important to older adults (i.e., about Medicaid, etc.) at social events	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u> Put up info on bulletin board in Senior Center, use new website as well	Senior Center, Recreation Department, Town Administrator	<u>Partners:</u> <u>Resources:</u> Canva <u>Ideas:</u> Use the free version of Canva to make things appealing and easy to read
	#2 Transportation				
	#3 Housing				
	#4 Social Participation				
	#5 Respect and Social Inclusion	x			
	#6 Work and Civic Engagement				
	#7 Communication and Information	x			
	#8 Community and Health Services	x			

Goal 5: Make changes within town government to improve seniors' ability to "age in place" and "age in town"

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Revise minimum lot size and maximum density requirements in the urban and suburban residential zones	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u> The housing navigator is looking at the urban and suburban residential districts for potential zoning amendments in March 2024.	Planning Department, Planning Board	<u>Partners:</u> <u>Resources:</u> <u>Ideas:</u> May also want to consider offering additional density bonuses for lots with water/sewer.
	#2 Transportation				
	#3 Housing	x			
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services				
Encourage programs that increase accessibility in existing and new homes	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u>	Planning Department, Planning Board	<u>Partners:</u> SRPC <u>Resources:</u> HOP Grants, UNH Office on Disability for ADA guidelines <u>Ideas:</u> Utilize housing navigator to accomplish housing tasks and goals, develop revolving loan fund to subsidize home accessibility improvements
	#2 Transportation				
	#3 Housing	x			
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services				

Goal 5: Make changes within town government to improve seniors' ability to "age in place" and "age in town"

Action Items	Livability Domains		Timeframe/ Progress Notes	Responsible Party	Partners, Resources, and Ideas
Assess the feasibility of adding senior housing as a permitted use in the town's zoning ordinance	#1 Outdoor Spaces and Buildings		<u>Timeframe:</u> <u>Progress:</u> Age restricted housing is defined in the ordinance but is not called out in the table of permitted uses or part of a standalone ordinance.	Planning Department, Planning Board	<u>Partners:</u> <u>Resources:</u> <u>Ideas:</u> This could be done as part of the Housing Grant that the Town received to assess Route 11.
	#2 Transportation				
	#3 Housing	x			
	#4 Social Participation				
	#5 Respect and Social Inclusion				
	#6 Work and Civic Engagement				
	#7 Communication and Information				
	#8 Community and Health Services				

