



North Suburban Planning Council

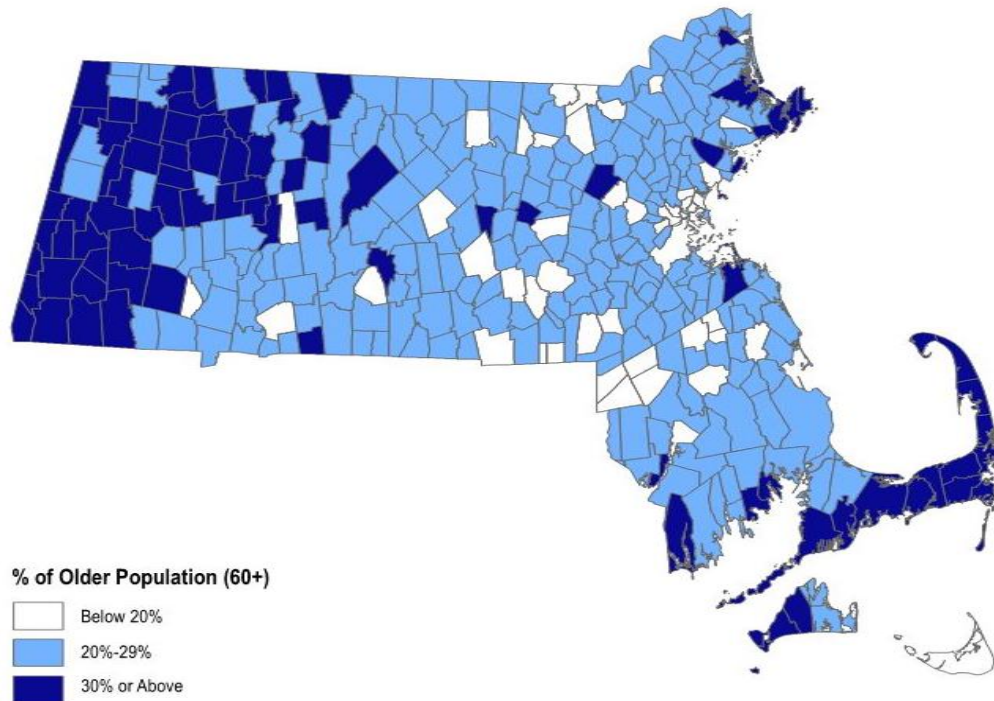
James Fuccione – Senior Director
May 2019

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

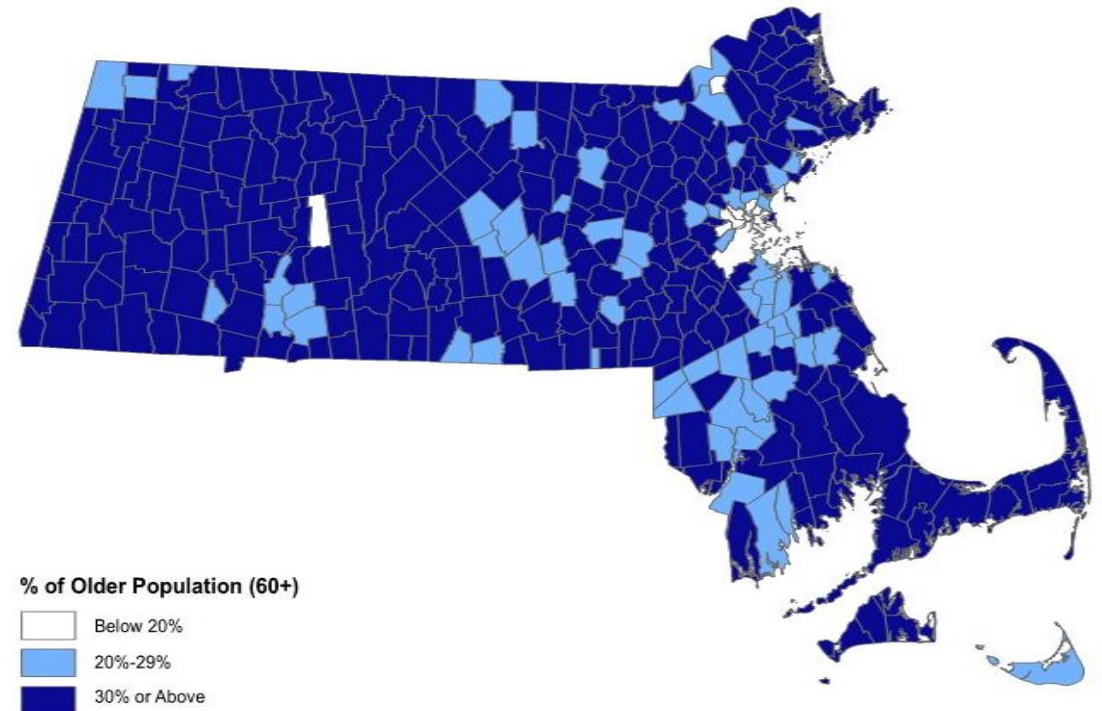


Aging Population in MA (60+)

2015



20-year projection



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

How we got here: Age/Dementia Friendly

International/
National:



WHO Global Network
for Age-friendly Cities
and Communities



Dementia
Friendly
America®

Announced at WH
Conference on Aging



becomes USA affiliate for WHO

2005 to Today

Massachusetts:



+ Healthy Aging



Convener/Steering
Committee



Action Oriented



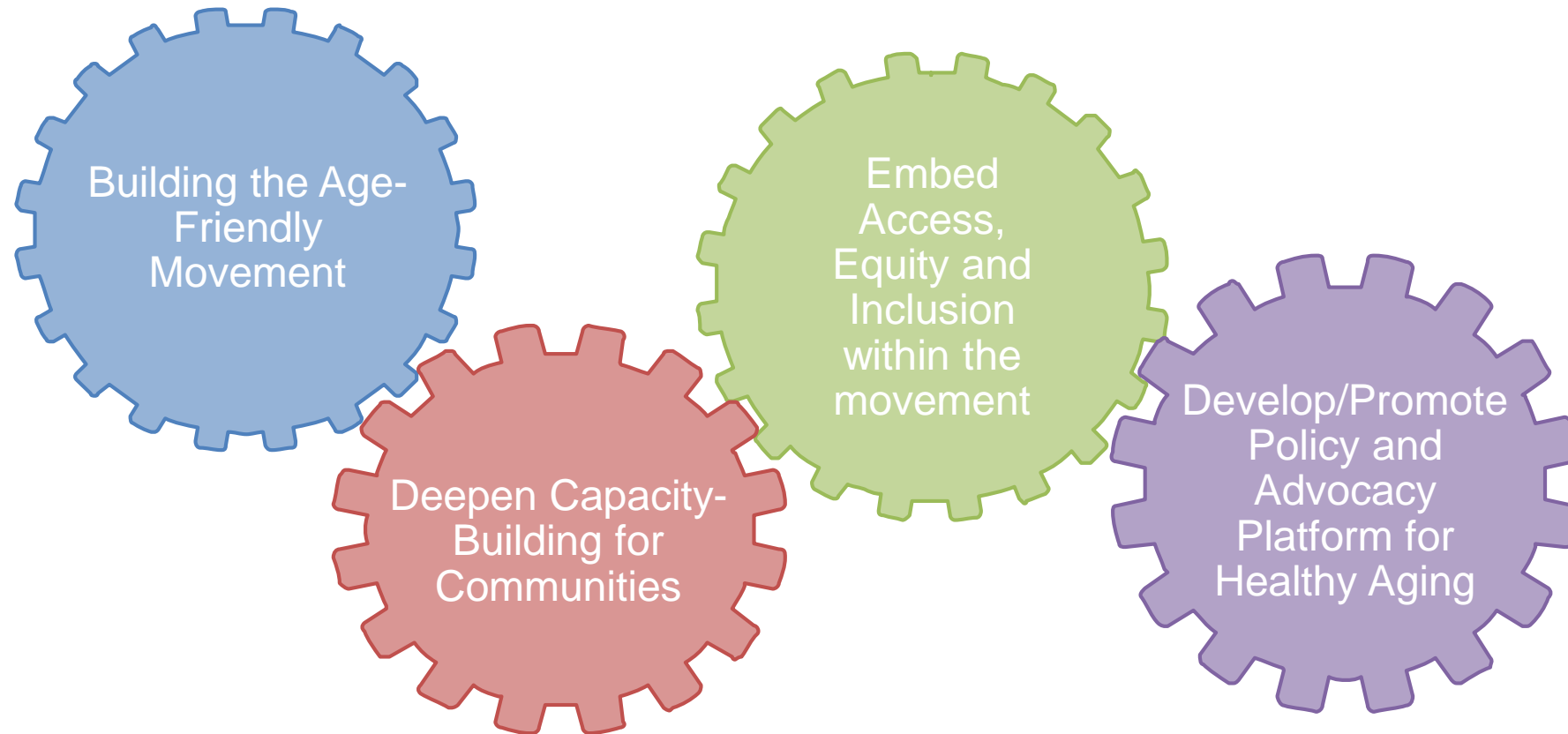
Massachusetts
Councils On Aging
+ Dementia
Friendly
MA



World Health Organization

- ✓ Age-friendly environments foster health and well-being and the participation of people as they age. They are accessible, equitable, inclusive, safe and secure, and supportive.
- ✓ Without age-friendly environments, health for all cannot be achieved.
- ✓ Creating barrier-free and affordable housing, accessible public spaces, and transportation enable people to stay independent and participate in community life.
- ✓ Older people play a crucial role in their communities – they engage in paid or volunteering work, transmit experience and knowledge, and help their families with caring responsibilities.
- ✓ ...These contributions can only be ensured if societies foster their health and participation.

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





Search Mass.gov

LIVING ▼

WORKING ▼

LEARNING ▼

VISITING & EXPLORING ▼

YOUR

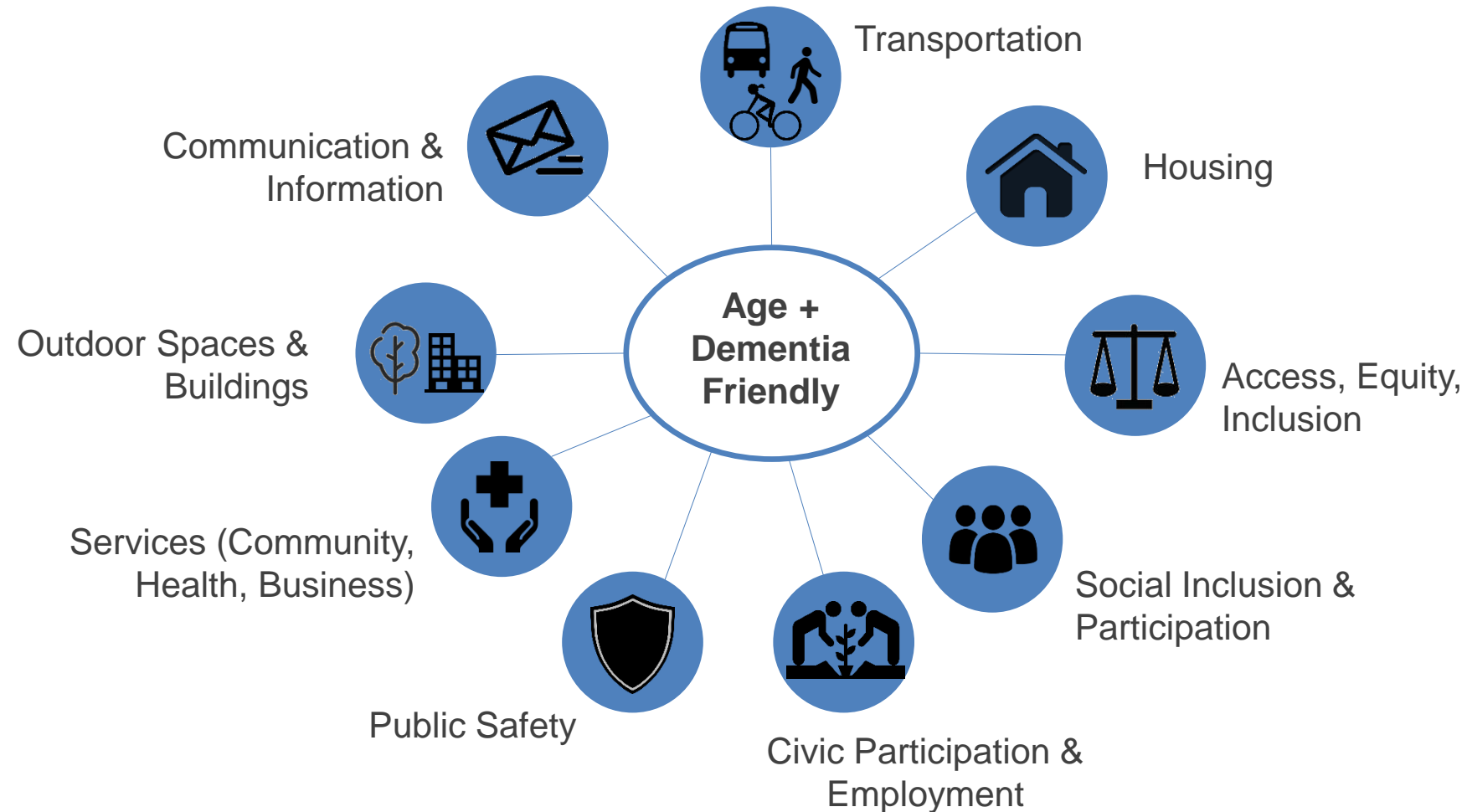
OFFERED BY Executive Office of Elder Affairs

Massachusetts Age- and Dementia Friendly Integration Toolkit

Resources for integrating age- and dementia friendly activities
in your community.

Age- and Dementia Friendly Communities

A **continuous improvement** and **collective impact process** for communities



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

- **Age- and Dementia Friendly Cape Ann:**
 - *ASAP-led model with support from Tufts Health Plan Foundation to work with UMass-Boston for four communities (Gloucester, Rockport, Essex, Manchester)*
- **Age-Friendly Berkshires:**
 - *Countywide effort began with regional planning agency and private-pay home care company that lead “planning” and “people” sides of the work, respectively.*
- **Age-Friendly Boston:**
 - *City’s Elderly Commission have dedicated staff to convene groups, liaise between city departments and carry out action plan.*
 - *Support from THPF and UMass Boston*
- **MAPC/MAGIC Sub-Region:**
 - *Planning sub-region coordinates and leads an approach focused on housing and transportation, but also supports individual town efforts.*
- **Salem for All Ages:**
 - *Volunteer, retired professor leads “people” side of the work with support from Mayor’s office and local volunteers/volunteer orgs*

Focus on linking **Social Determinants of Health**

Focus on **Access, Equity, Inclusion**

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

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



Aging in all Policies

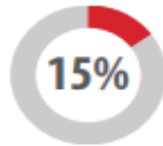
MA Healthy Aging Data Report: Infographic

2018 Massachusetts Healthy Aging Data Report Older Adult Health in Every Community



Reporting on **179** health risk indicators in **379** communities

MASSACHUSETTS IS GETTING OLDER



About 15% of people in Massachusetts are **age 65+**, an increase of about 125,000 people since last report.

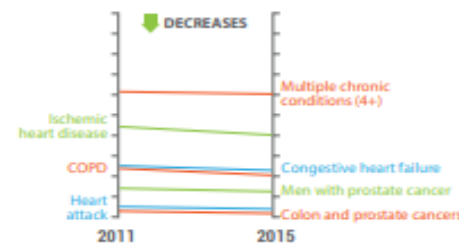
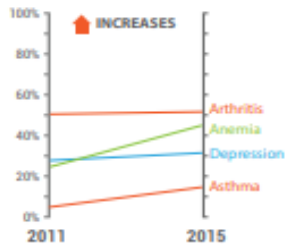
The older population in Massachusetts:

- Is more racially and ethnically **diverse**
- Has more **education**
- Has **higher incomes**, with more people earning \$50K+
- Is **younger**, with more 65-74-year-olds



Massachusetts is the **7th** healthiest state for older people in the U.S., according to America's Health Rankings Senior Report. Still, there is room to improve!

Health challenges are shifting



MENTAL HEALTH IS OVERLOOKED



Mental health is important at every stage of life. It includes **emotional, psychological, and social well-being**. It affects how we think, feel, and act. It influences how we handle stress, relate to others, and make choices.



3 out of every 10

older residents have ever been diagnosed with **depression** – the most commonly diagnosed mental health issue among older people.

6%

of all Massachusetts residents 65+ years have some form of **substance use disorder**.

Rates vary widely across the state, from less than 4% to about 16%.



Higher rates were found in communities with relatively high levels of serious and chronic disease, crime, and older people living alone.



Lower rates were found in communities with higher percentages of older women of Asian descent.

BE A PART OF THE CHANGE



UNDERSTAND.

- Download your Community Profile at healthyagingdatareports.org.
- Educate yourself and others about the older people who live in your city or town.
- Compare your city or town to state averages.



ENGAGE.

- Start a conversation.
- Bring older people, community organizations together.

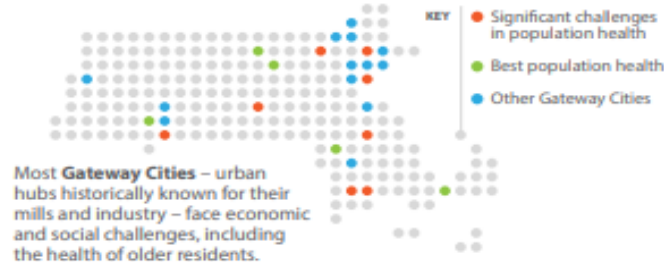


ACT.

- Join the age-friendly movement.
- Prioritize community needs and resources.
- Collaborate with diverse partners and funders.

WHERE YOU LIVE MATTERS

Many **rural communities** have higher percentages of people 65+ and limited access to care and transportation options.



Serious chronic disease rates among older people are **lowest** in cities and towns where people have **more** education and **higher** incomes.

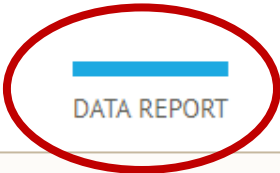


Serious chronic disease rates among older people are **highest** in cities and towns where people have **less** education and **lower** incomes.



The 2015 data above reflect health for adults age 60+ or 65+ in Massachusetts.

Visit healthyagingdatareports.org for more.



PROGRAMS

AGE-FRIENDLY



About

Contact



RESOURCES

JOIN

NEWS

DATA REPORT

Explore the Report

Highlights Report

Community Profiles

Infographic

State Maps

Interactive Map

Data Sources and Methods

Find Other Data

Area Plans on Aging

HOME > DATA REPORT > EXPLORE THE REPORT > COMMUNITY PROFILES

+/-TEXT SIZE

PRINT



Community Profiles

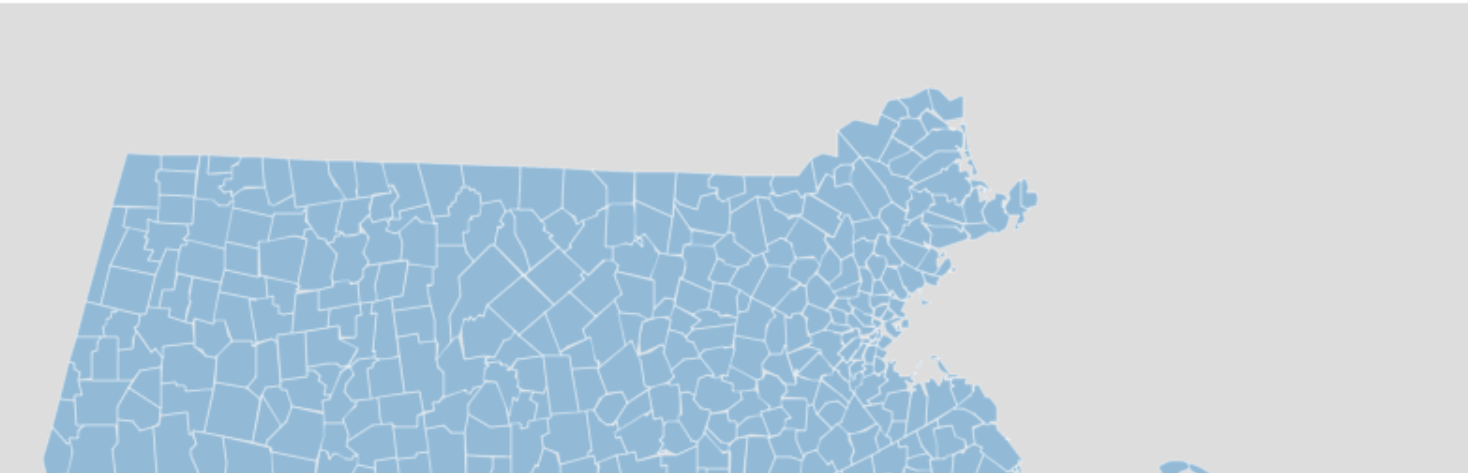
Choose a city or town to download its community profile.

Select...

Choose a county to view a collection of community profiles.

Select...

Or explore via the map.

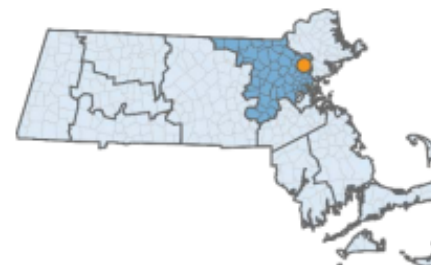


2018 MASSACHUSETTS HEALTHY AGING COMMUNITY PROFILE

Reading (Middlesex)



Reading is a town 11 miles north of Boston, with 3,709 residents aged 65 or older. The transit score suggests that there is some transit (4/10). Compared to state averages, older residents have lower rates of tooth loss, obesity, depression, anxiety disorders, post-traumatic stress disorder, schizophrenia and other psychotic disorders, substance use disorder, tobacco use disorder, diabetes, chronic obstructive pulmonary disease, asthma, hypertension, lung cancer, endometrial cancer, anemia, liver diseases, and fibromyalgia. However, they have higher rates of women with breast cancer, traumatic brain injury, glaucoma, and cataract. Community resources to promote healthy aging include a Council on Aging walking club, YMCA, and a memory café.



POPULATION CHARACTERISTICS

	BETTER / WORSE STATE RATE ¹	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages		25,490	6,742,143
Population 60 years or older as % of total population		21.1%	21.2%
Total population 60 years or older		5,391	1,428,144
Population 65 years or older as % of total population		14.6%	15.1%
Total population 65 years or older		3,709	1,016,679
% 65-74 years		49.8%	55.3%
% 75-84 years		30.7%	29.4%
% 85 years or older		19.5%	15.2%
Gender (65+ population)			
% female		61.9%	57.2%
Race/Ethnicity (65+ population)			
% White		93.6%	90.0%
% African American		0.0%	4.3%

Active Communities

- 53 Active Age-Friendly Communities – designated by AARP/WHO
- 70+ Emerging Age-Friendly Communities



Governor Baker's Challenge



“We need to think differently about aging in Massachusetts. This isn’t just about acknowledging a shift in demographics; it’s about being intentional in our planning to ensure that those who grew up here, raised families and built communities, can continue to contribute their energy experience and talents where they live and make Massachusetts the most age-friendly state.”

— Governor Charles D. Baker, 2018 —

Age-Friendly Massachusetts

Community-Led Age and Dementia Friendly Efforts



Age-Friendly Businesses



Dementia Friendly Massachusetts



Feedback and Input from Stakeholders



Massachusetts Healthy Aging Collaborative (MHAC and Multicultural Coalition on Aging)



Governor's Council to Address Aging in Massachusetts



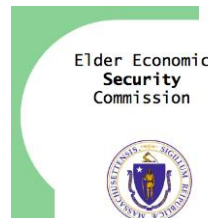
Cross-Sector Partnerships and Collaboration



Input from 500+ Residents Across Massachusetts



State Commissions on Issues Critical to Older People



Sector-Specific Age-Friendly Initiatives

Age-Friendly Health Systems



Age-friendly University
Global Network

ReiMAGine Aging:

Planning Together to
Create an
Age-Friendly Future for
Massachusetts

Age-Friendly Massachusetts

Mission

To amplify, align, and coordinate local, regional, and statewide efforts to create a welcoming and livable Commonwealth as residents grow up and grow older together.

Vision

Aging in Massachusetts is reimaged.

The Commonwealth is an accountable partner in supporting communities, embedding aging in all policies, and empowering residents with opportunities to age meaningfully in the communities of their choice.

Goals

1. Deepen Community Initiatives
2. Promote Information and Communication
3. Reframe Aging
4. Embed Aging in Policy and Practice
5. Improve Economic Security
6. Create Sustainability

Community Compact Examples

Needs Assessment & Planning



Conduct listening sessions, survey residents and hire a part-time consultant for a community needs assessment

Transportation and Built Environment



Analyze bus stops condition and make physical improvements to increase ridership or host a travel training at library

Connection and Engagement



Designate businesses as age- and dementia friendly or encourage hiring and retaining of older workers by employers

Housing and Economic Security



Increase awareness of local property tax deferral programs, offer a home safety evaluation program, or amend zoning laws to allow for ADUs

Thank You!

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Executive Office
Of Elder Affairs

