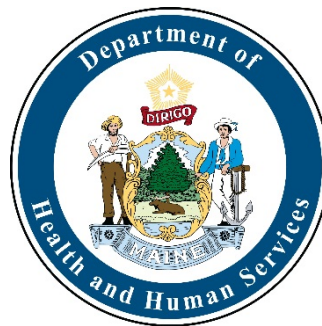


Moving Towards A More Age-Friendly State



Getting Started

- In 2019, Maine was designated as an Age-Friendly State, joining many cities and communities across the globe who are committed to becoming more inclusive of people of all ages
- Maine is now part of the AARP's *Network of Age-Friendly States and Communities* and the World Health Organization's *Global Network for Age-Friendly Cities and Communities*
- Joining this network is just the first step in a multi-year process
- Age-Friendly states and communities are encouraged to **plan** and **implement strategies** that best fit the assets and opportunities of their state and community, as well as embrace and assess multiple domains of livability



Getting Started

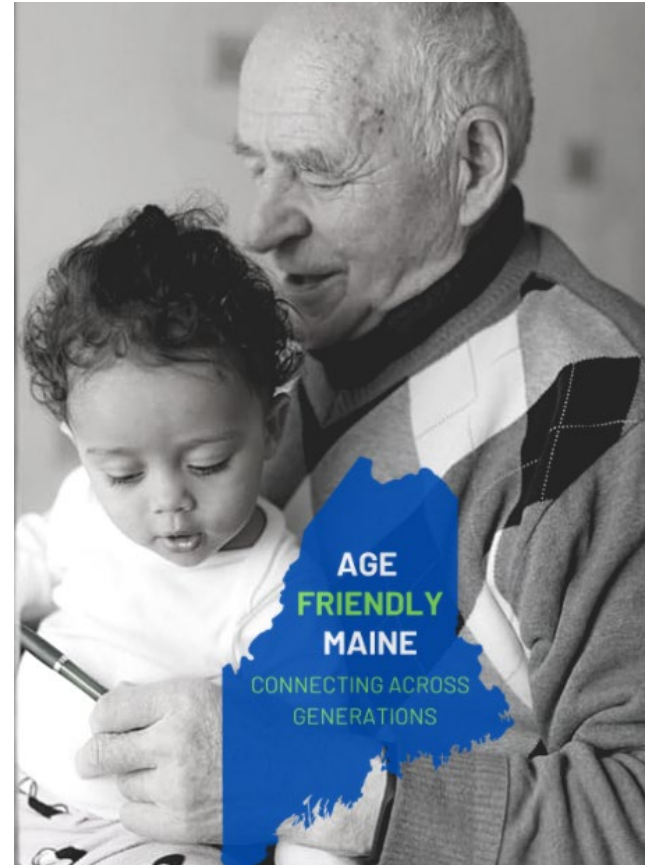
- OADS, as the Age-Friendly lead, brought together six State agencies (Maine State Housing and the Departments of Agriculture, Conservation, and Forestry; Health and Human Services; Labor; Public Safety; and Transportation)
- Additionally, a stakeholder group of more than 50 organizations and individuals statewide



Plan Released

The plan was released in January of 2021

- ✓ With an announcement and press release by Governor Mills
- ✓ *“Maine has the oldest population in the nation. If you, like some, react to that fact with sympathy for our graying state, I invite you instead to see as I do: a unique opportunity.”*



Domain Overview

Respect, Equity & Social Engagement



Sub-Domains:

- Expand Opportunities for Inclusion and Diversity
- Enhance Efforts to Preserve and Support Autonomy
- Promote Volunteerism and Community Service



Example Strategic Objective:

Raise awareness of, and combat ageism, by supporting current and emerging best practices of inclusion, interdependence, self-determination, cultural empathy, communication about reducing systemic bias, and respect for the inherent abilities of each person to contribute to society

Accessible Communication & Information



Sub-Domains:

- Support Access to High-Speed Internet & Cellular Service
- Strengthen No Wrong Door Approaches to Access Services



Example Strategic Objective:

Work with existing stakeholder groups and committees to leverage their expertise and connections to strengthen a No Wrong Door approach for local libraries, faith-based organizations, Social Security offices, community-based organizations and town halls/offices, while encouraging multiple methods of communication to increase accessibility.

Domain Overview

Health Coverage, Health Care, Healthy Aging & Supportive Services



Sub-Domains:

- Protect Access to Health Care
- Promote Access to and Coordinate Community-Based Supportive Services with Health Care Services
- Promote Healthy Aging

Example Strategic Objective:

Implement the provisions of the Made for Maine Health Coverage Act to promote affordable health coverage for all Mainers, including older adults

Example Strategic Objective:

Improve Maine's infrastructure for that promotes brain health, increase cognitive screening, and expand development support of supportive services for those with ADRD and their caregivers.

Domain Overview

Employment & Financial Security



Sub-Domains:

- Embrace an Aging Workforce
- Enhance Access to Financial Information, Tools, & Resources
- Protect Older Mainer's Income Security

Example Strategic Objective:

Support employers to attract and retain older workers through education about innovative approaches that are appealing, including encouragement, direct support, physical workplace accommodations, flexible work arrangements, and mentoring opportunities.

Housing



Sub-Domains:

- Promote Accessible and Affordable Housing
- Strengthen Resources that Allow Mainers to Remain at Home

Example Strategic Objective:

Explore novel approaches to housing that provide options for individuals to remain in the communities of their choice and in settings such as shared housing or accessory dwelling units

Domain Overview

Transportation



Sub-Domains:

- Support Access to Transportation
- Develop Alternatives to Driving



Example Strategic Objective:

Increase support for Maine's network of volunteer driver organizations through programs such as the Maine Department of Transportation Technical Assistance Program

Natural Resource Management, Outdoor Spaces and Recreation



Sub-Domains:

- Promote Accessible Outdoor Recreation Areas
- Safety and Succession Planning for Farmers & Woodland Owners



Example Strategic Objective:

Enhance/increase interpretive information for older recreationists on cultural, historic, and wildlife resources

What Can You Do?

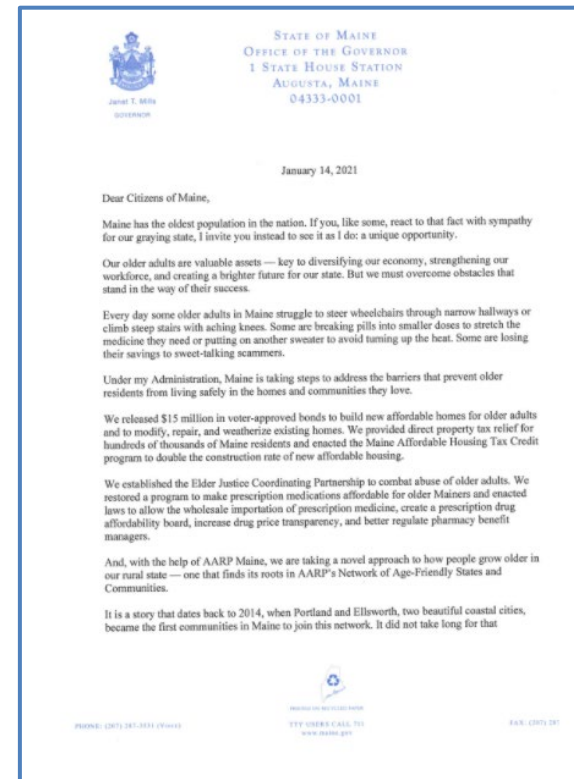
- Share the plan to the organizations you belong to
- Choose 1 or more domains that you would like to work on
- Create a local project or initiative that advances one or more of the strategic objectives within the domain
- Let us know what you're doing! Email joseph.zamboni@maine.gov



Age-Friendly Next Steps

We will continue this work through 2021 with:

- ✓ Community awareness sessions (invite us!)
- ✓ A dashboard with correlating data, and
- ✓ Periodic Steering Committee (Maine State Departments) and Advisory Group meetings



Acknowledgements

- For this work, Maine partnered with AARP Maine
- Maine recruited Public Allies, a national organization dedicated to advancing social justice by engaging the leadership capacities of people (2 positions for 10 months)
- Additional 2, 8-week COVID-19 Corps, to assist with studying the pandemic's impact on Age-Friendly Communities



Moving Towards A More Age-Friendly State

Want to learn more about our work?

<https://www.maine.gov/dhhs/oads/about-us/major-initiatives/maines-age-friendly-state-plan>

