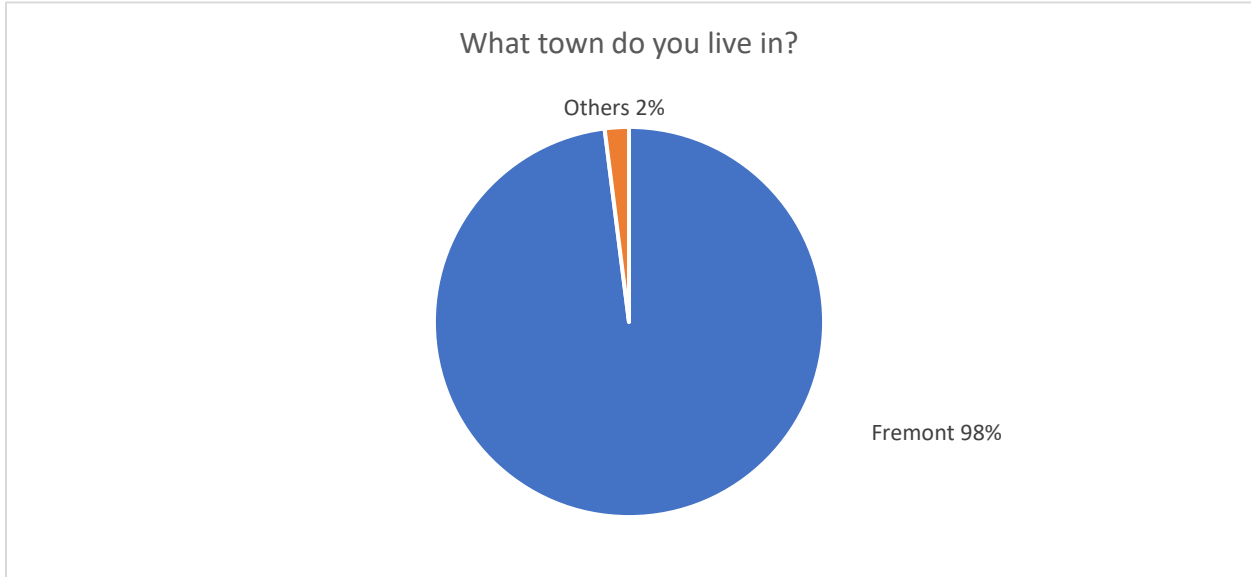


Fremont Age Friendly Survey Summary

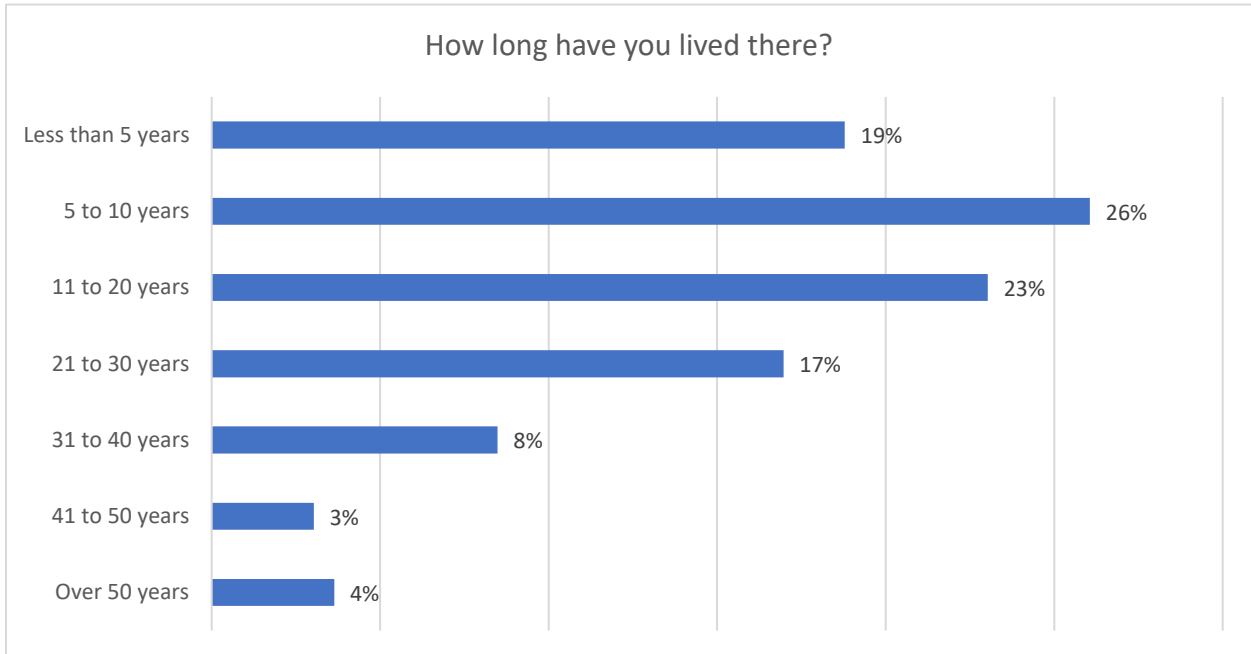
Question 1: What town do you live in?

98% of survey respondents (166) were from Fremont. Two respondents were from Brentwood and Epping (2%)



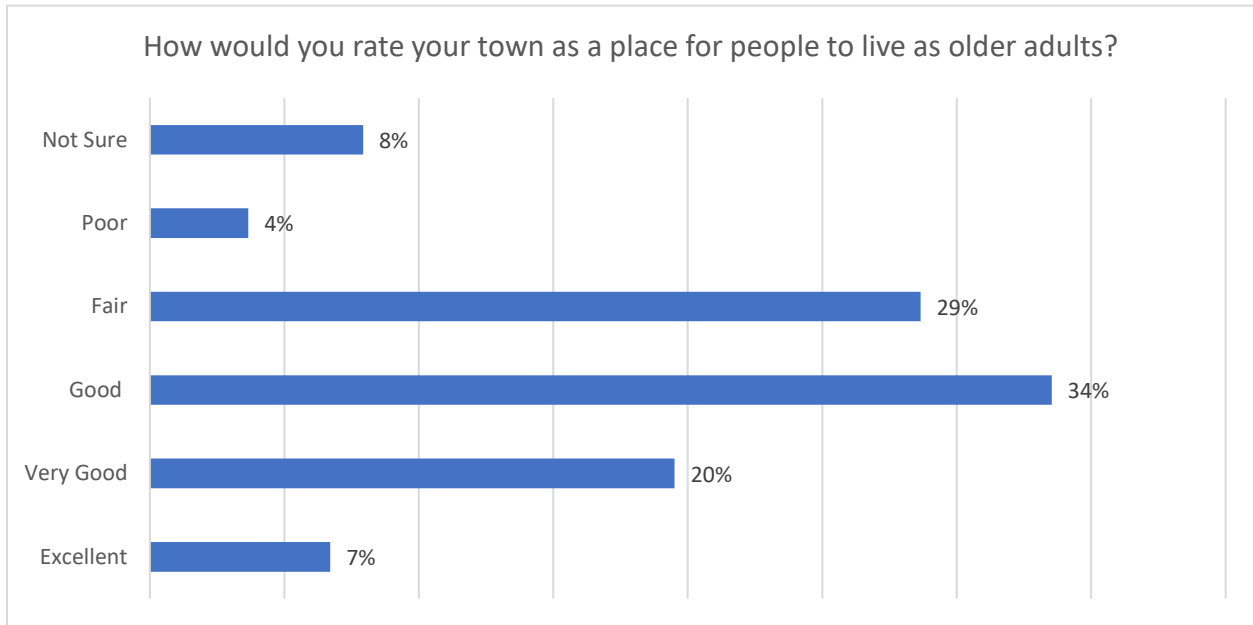
Question 2: How long have you lived there?

Most survey respondents (26%) have lived in town for 5-10 years followed by 11-20 years (23%).



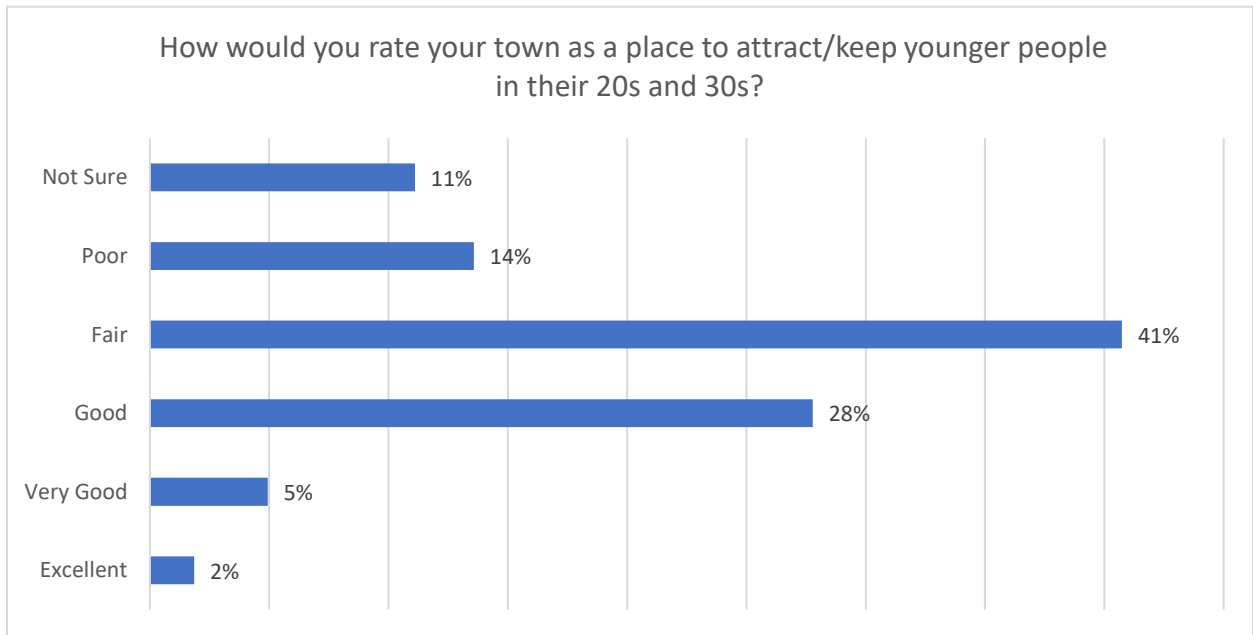
Question 3: How would you rate your town as a place for people to live as older adults?

Most survey respondents indicated that Fremont is a good (34%) or fair (29%) place to grow old.



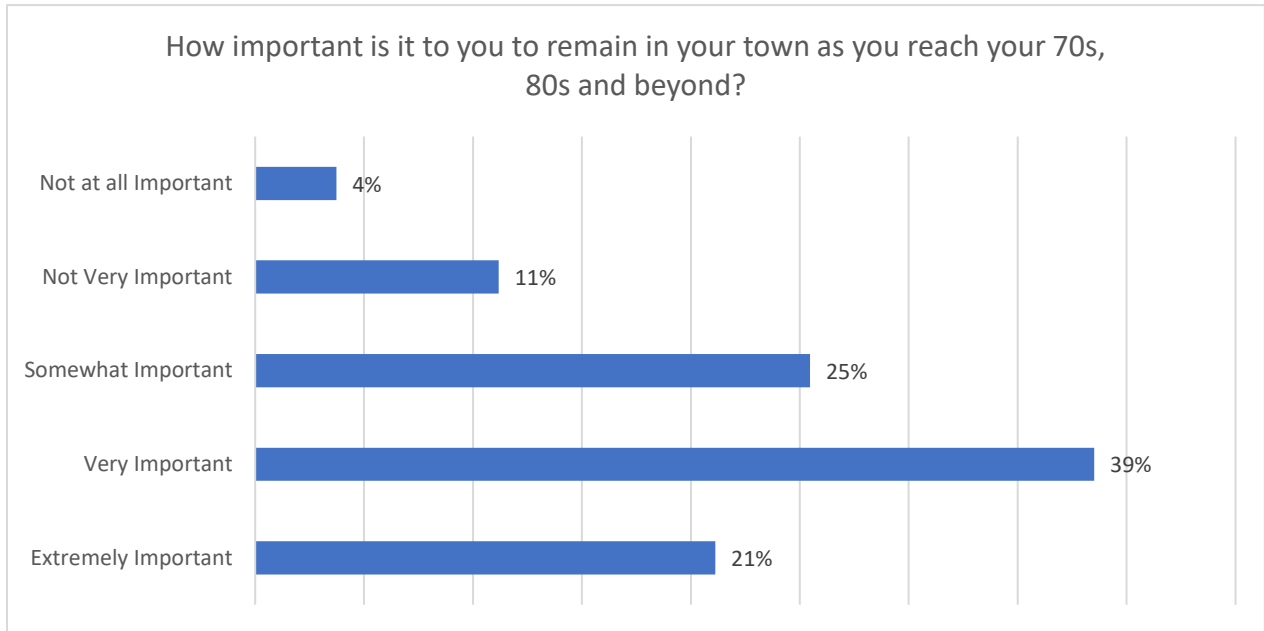
Question 4: How would you rate your town as a place to attract/keep younger people in their 20s and 30s?

Most survey respondents rated Fremont "fair" concerning attracting/keeping younger adults.



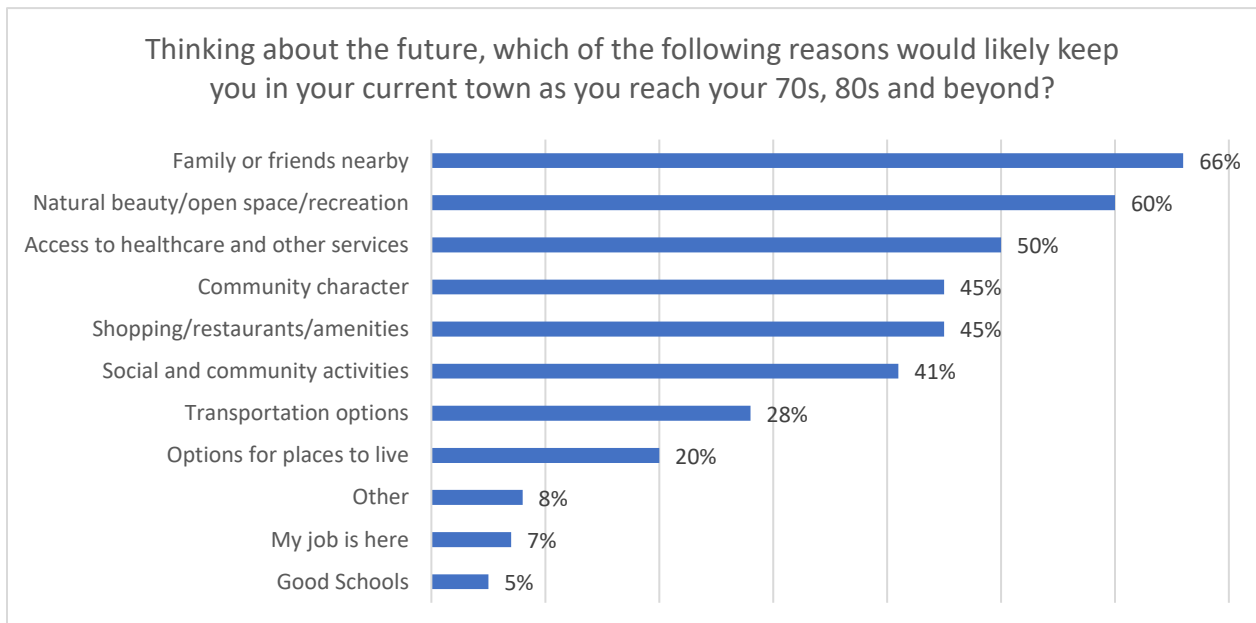
Question 5: How important is it for you to remain in your town as you reach your 70s 80s and beyond?

The majority of respondents indicated that it is very important for them to remain in Fremont as they age (39%) followed by somewhat (25%) and extremely important (21%)



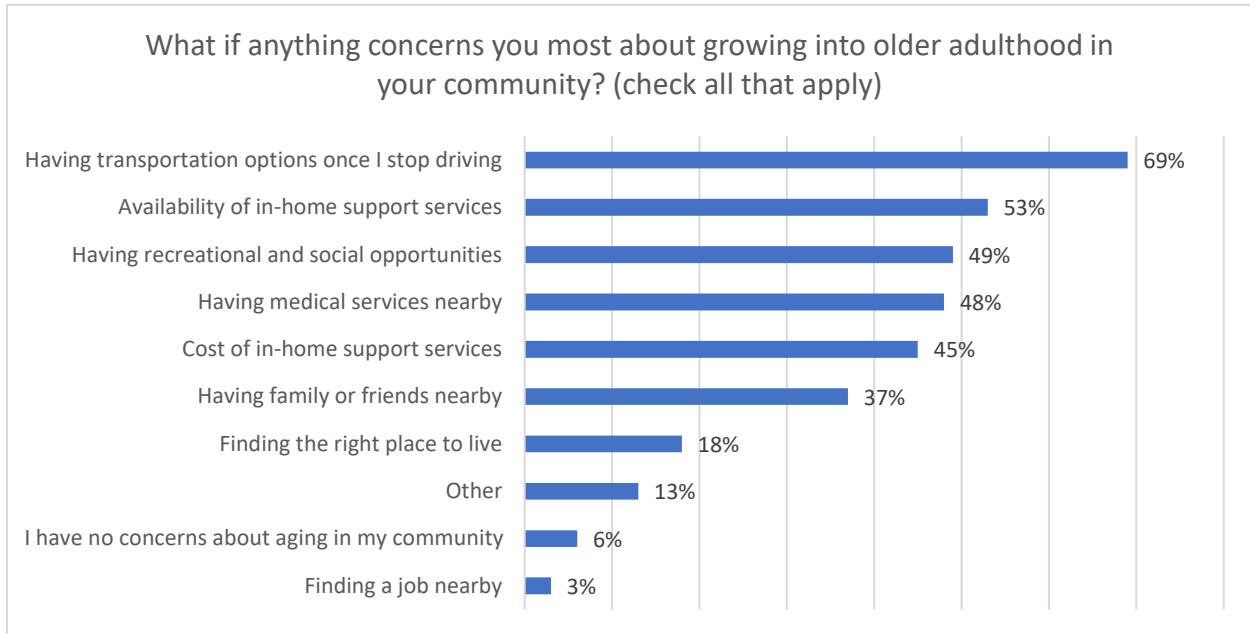
Question 6: Thinking about the future, which of the following reasons would likely keep you in your current town as you reach your 70s, 80s and beyond? (check all that apply)

Most respondents indicated that having family or friends nearby would be the topmost reason for staying in Fremont as they age. This is followed by natural beauty/open space/recreation (60%), access to healthcare and other services (50%) and overall community character (45%).



Question 7: What if anything concerns you most about growing into older adulthood in your community? (check all that apply)

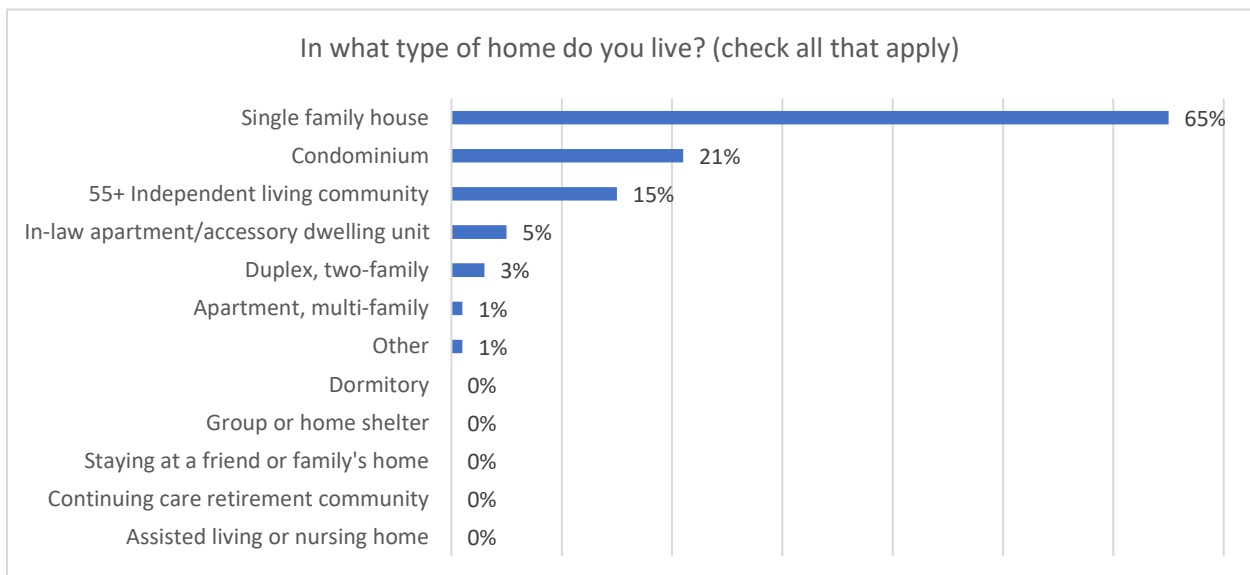
The biggest concern about aging in Fremont indicated by survey respondents is having transportation options once they can no longer drive (69%). This is followed by availability of in-home support services (53%), having recreational and social opportunities (49%), and having medical services nearby (48%).



Question 8: Regarding the concerns you noted in the previous question, what changes would help? (See Appendix for full comments)

Question 9: In what type of home do you live? (check all that apply)

The vast majority of survey respondents indicated that they live in a single-family house (65%).



Question 10: My current home meets or fits my needs regarding:

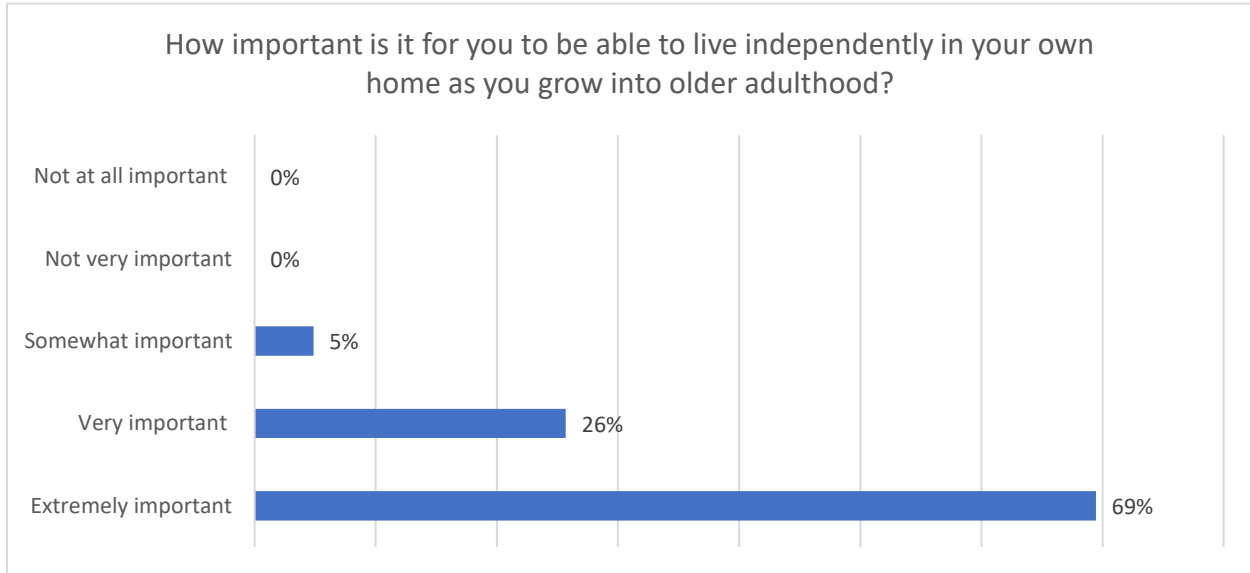
	Very well	OK	Not very well	Not at all
Design (e.g. single floor living, width of doors, few or no steps to get in)	62%	31%	6%	1%
Type of home (ex. Single family, apartment, condominium, other)	71%	25%	4%	1%
Location near places I want to go	49%	38%	12%	1%
Amount of routine maintenance (ex. Raking, snow shoveling)	34%	43%	18%	5%
Affordability within my budget	34%	54%	10%	2%
Sense of acceptance (if in an assisted living or other retirement community)	39%	47%	6%	9%

Question 11: If you have looked for a place to live in the past five years, or are considering finding another place to live in your community in the future, how would you rate the options available for you related to:

	Many Available	Some Available	Few Available	None Available	Not Applicable	Don't Know
Desired type of home (e.g. single family, apartment, condo, other)	2%	21%	37%	13%	18%	10%
Design (e.g. single floor living, width of doors, few or no steps to get in)	2%	22%	37%	7%	19%	14%
Location near places I want to go	6%	23%	32%	9%	13%	10%
Maintenance I'm willing to take on (e.g. lawn, raking, snow clearance)	2%	22%	30%	10%	22%	14%
Affordability within my budget	1%	13%	40%	15%	19%	11%
Sense of acceptance (if looking for an assisted living or other retirement community or neighborhood)	2%	20%	21%	7%	25%	25%

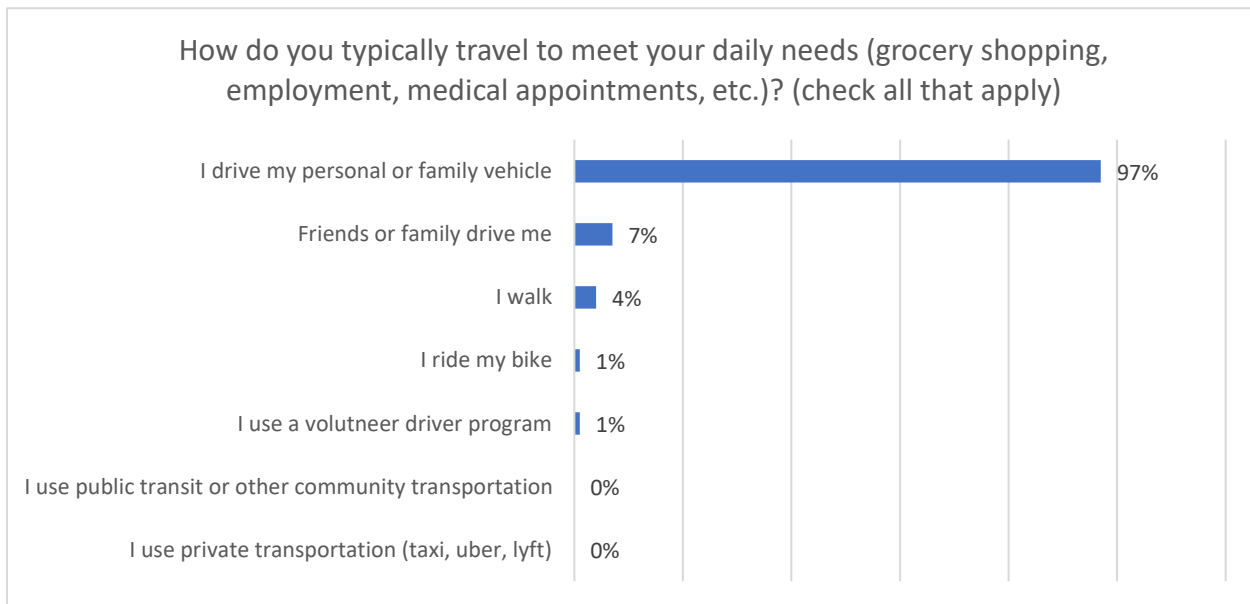
Question 12: How important is it for you to be able to live independently in your own home as you grow into older adulthood?

The overwhelming majority of survey respondents indicated that it is extremely important for them to be able to live independently in their own homes as they age (69%).



Question 13: How do you typically travel to meet your daily needs (grocery shopping, employment, medical appointments, etc.)? (check all that apply)

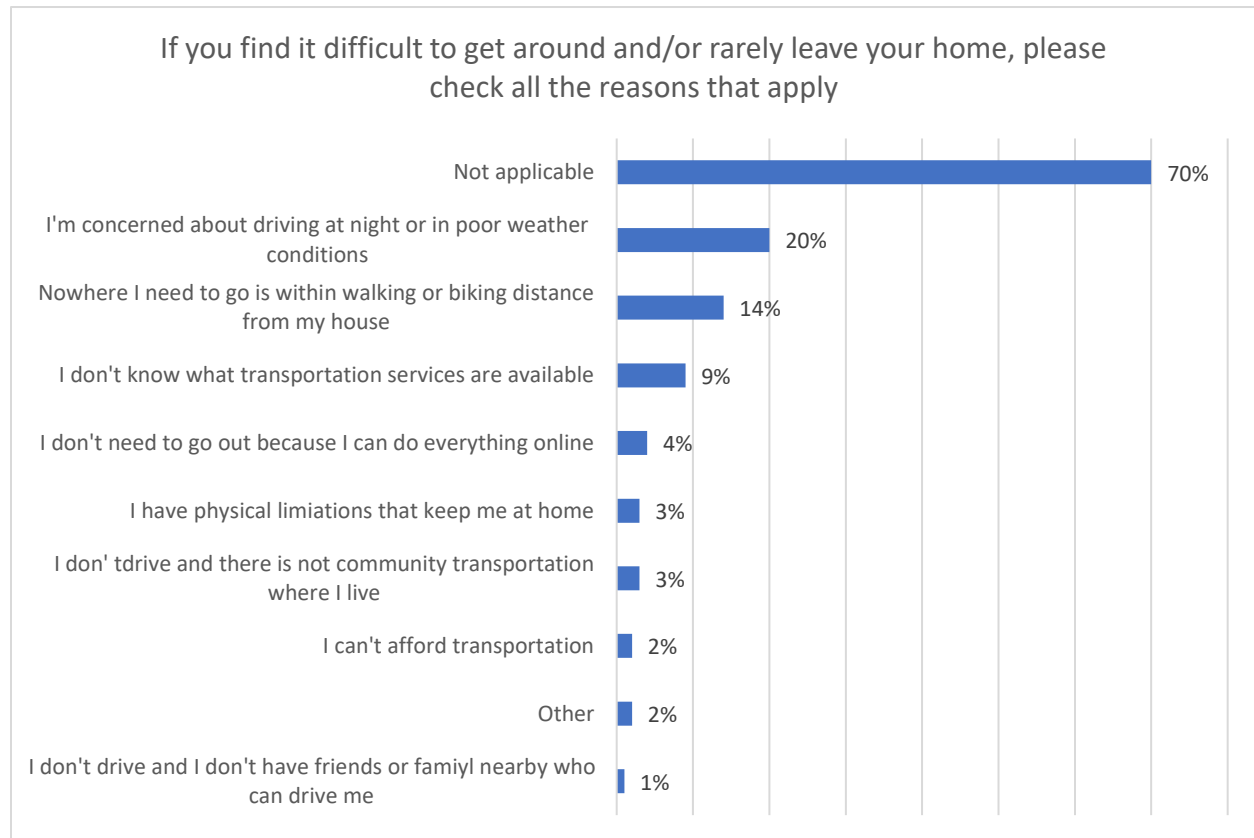
The vast majority of survey respondents drive their own personal vehicle to meet their daily travel needs (97%).



Question 14: How would you rate the following in your town?

	Excellent	Good	Fair	Poor	Not Sure	Not Applicable
Sidewalks	1%	3%	8%	46%	6%	36%
Bicycle safety	1%	8%	22%	50%	11%	8%
Parking	6%	28%	28%	23%	4%	10%
Public/community transportation	0%	2%	4%	51%	19%	24%
Easy to read traffic signs	16%	57%	18%	3%	3%	3%
Enforced speed limits	13%	44%	27%	8%	6%	2%
Benches where I walk	0%	7%	16%	36%	11%	30%
Ease of getting to town facilities	11%	50%	18%	9%	6%	7%
Ease of access at town facilities	10%	55%	19%	7%	6%	3%
Public restrooms	1%	10%	14%	28%	24%	23%

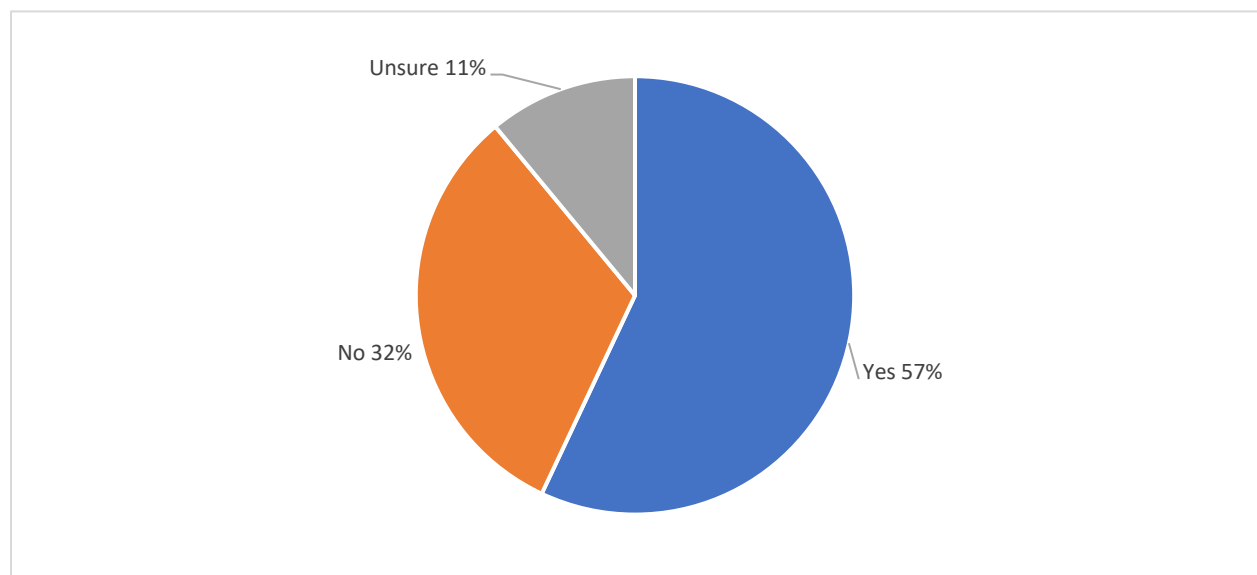
Question 15: If you find it difficult to get around and/or rarely leave your home, please check all the reasons that apply



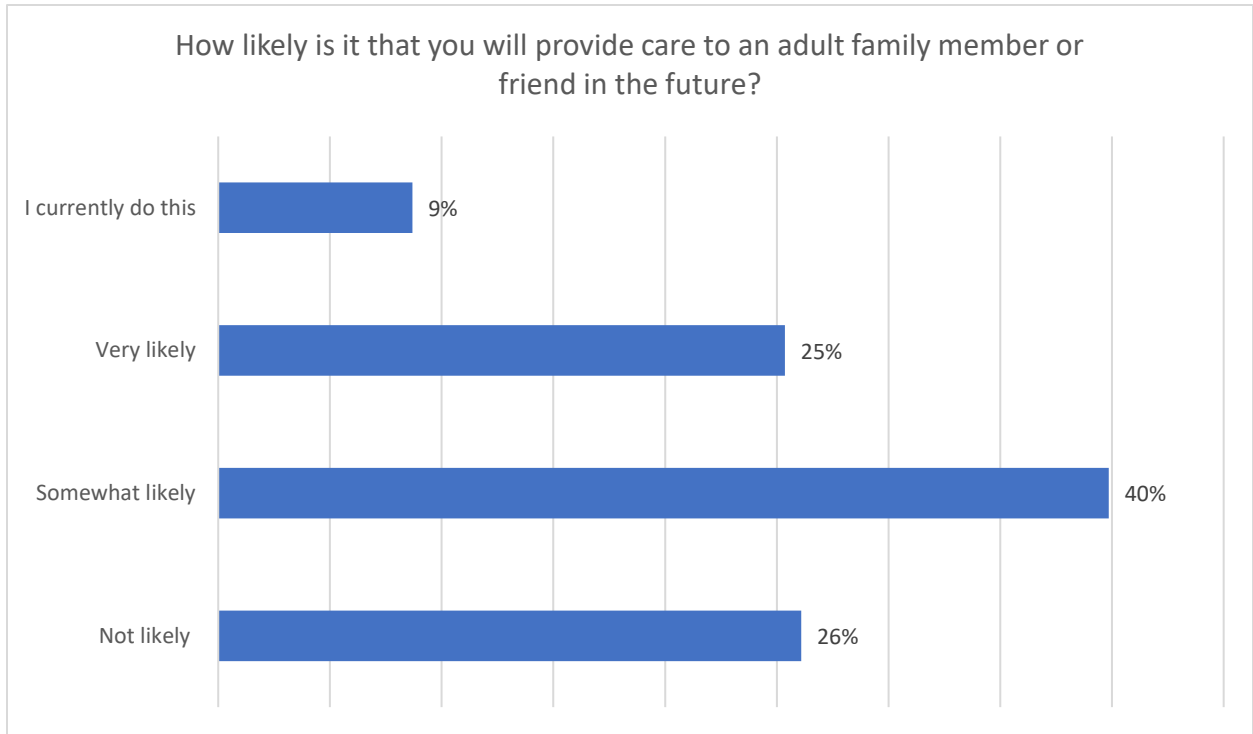
Question 16: Which if any of the following services do you use in your community?

	I use	Available, I don't use	Not available	Not sure if available
In-person medical services	31%	15%	25%	29%
Telehealth medical services	35%	40%	6%	19%
Substance use disorder-recovery services	1%	23%	16%	60%
Dental care services	42%	12%	26%	20%
Vision care or hearing services	39%	10%	26%	25%
Meals on Wheels weekday delivery of meals at home	1%	45%	5%	49%
Weekday luncheons for older adults	0%	14%	23%	64%
In-home personal care assistance	0%	33%	10%	58%
In-home healthcare	0%	33%	10%	57%
In-home help with tasks like housekeeping, cooking, grocery shopping	4%	27%	9%	60%
Early childhood education / preschool / daycare	2%	60%	6%	33%
After school care	2%	49%	6%	43%
Youth summer day camps	2%	42%	1%	44%
Teen center	0%	20%	29%	51%

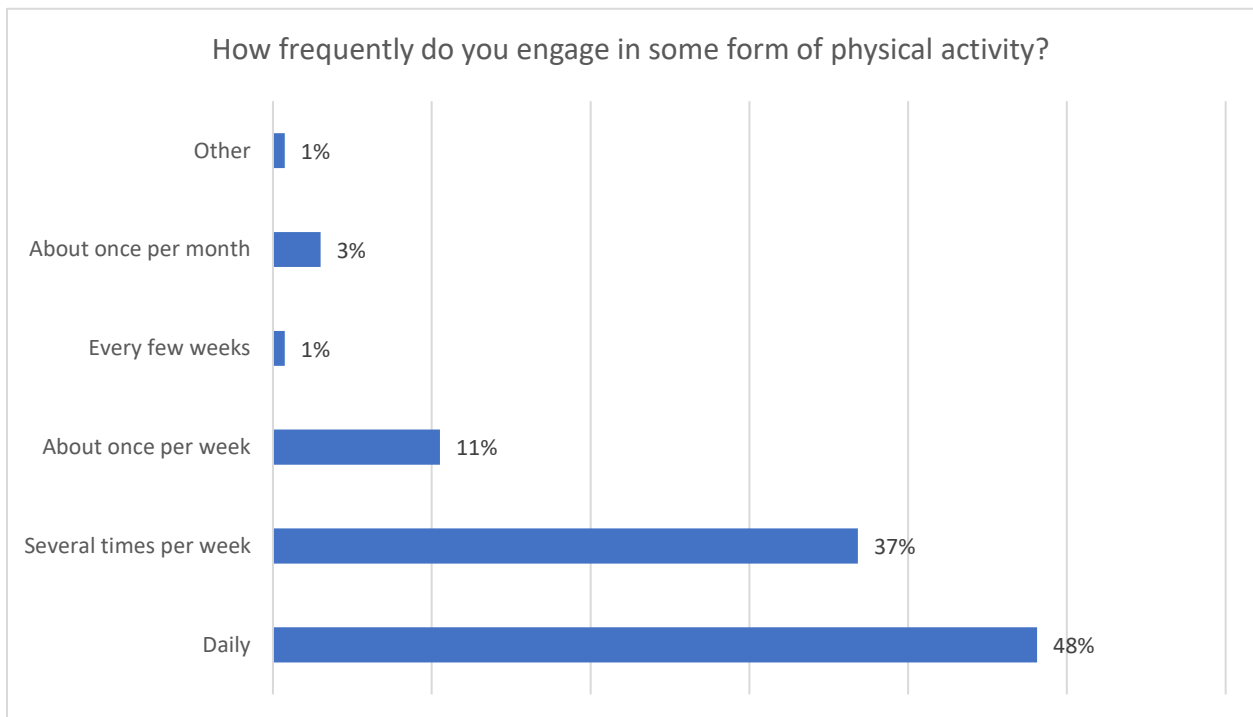
Question 17: Do you have family or friends nearby who can provide you with assistance now or in the future for things like running errands, transportation, cooking, and self-care?



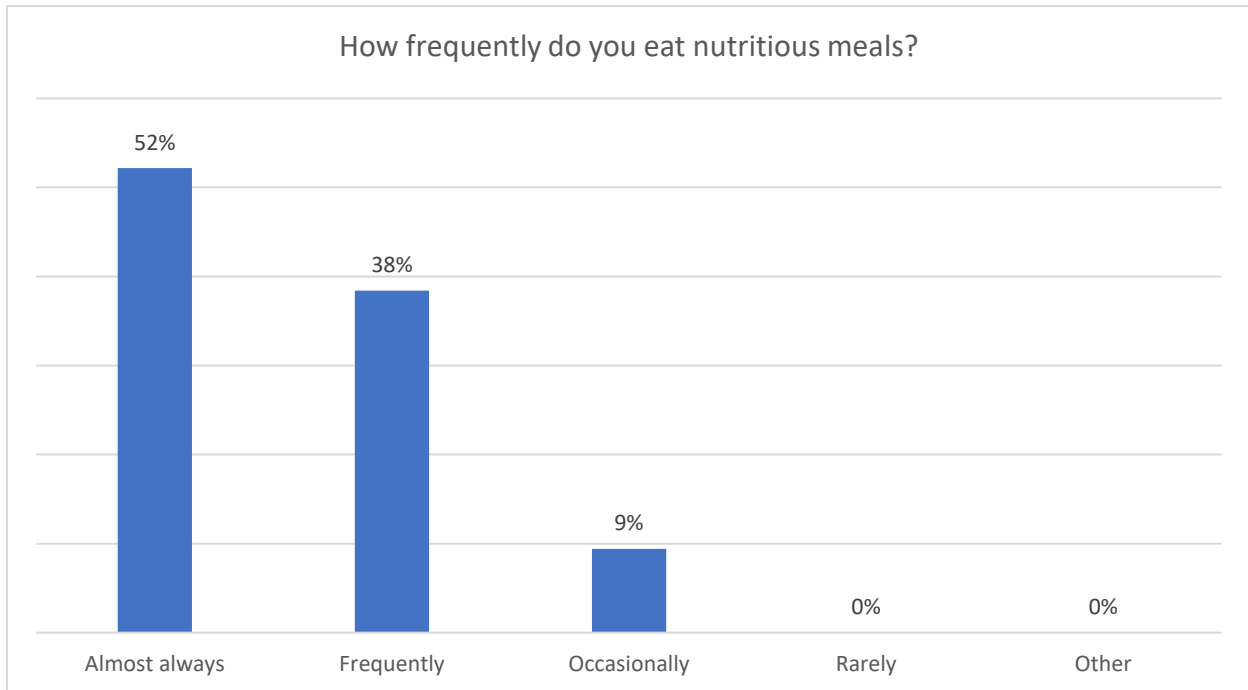
Question 18: How likely is it that you will provide care to an adult family member or friend in the future?



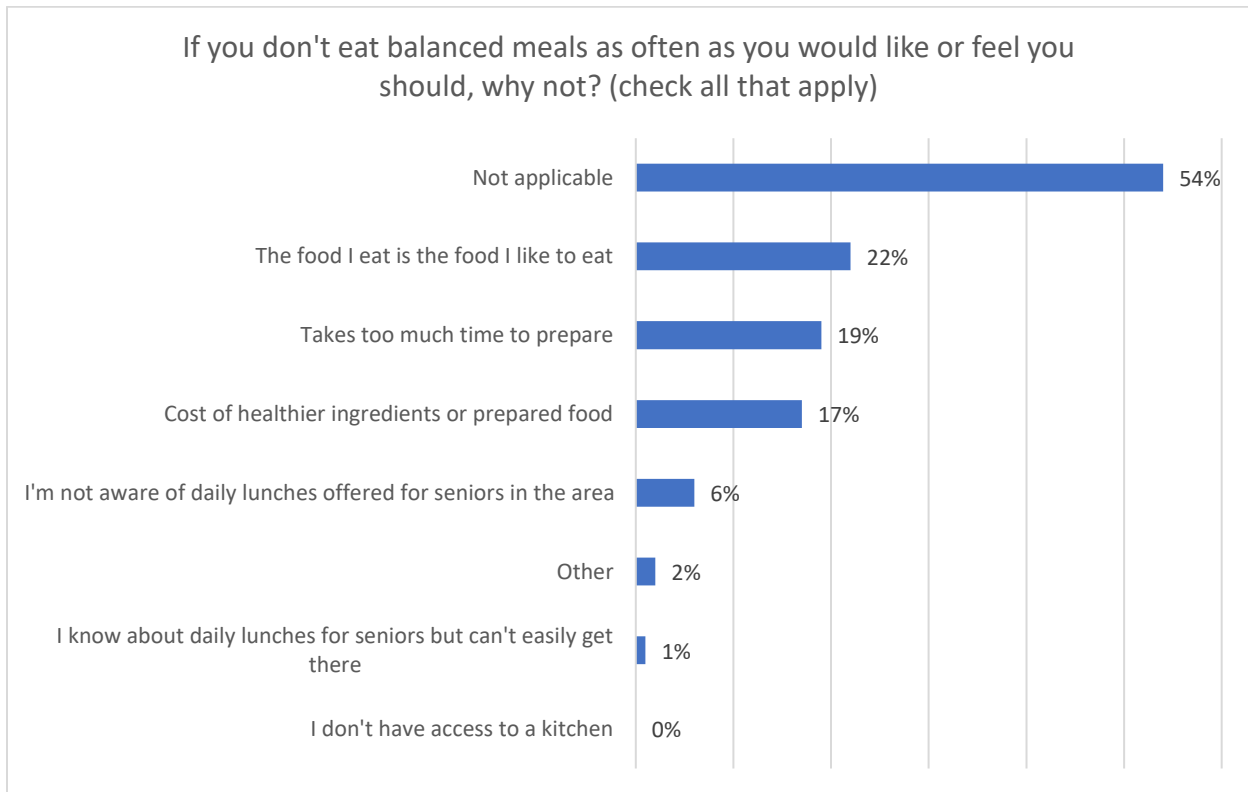
Question 19: How frequently do you engage in some form of physical activity?



Question 20: How frequently do you eat nutritious meals?

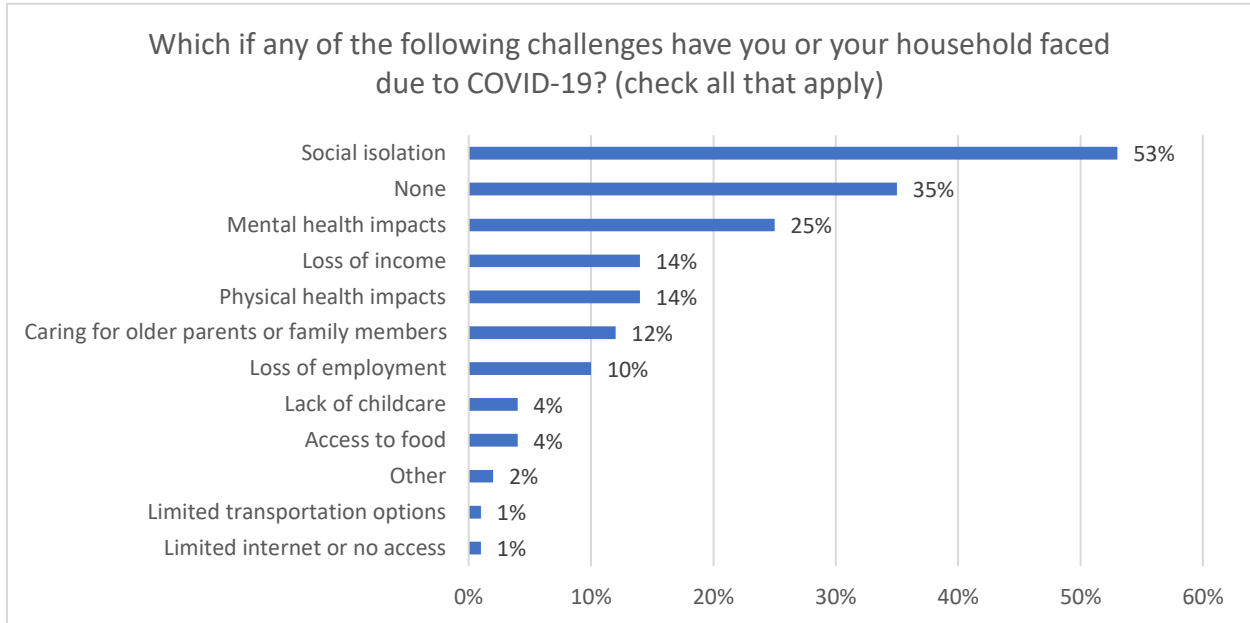


Question 21: If you don't eat balanced meals as often as you would like or feel you should, why not? (check all that apply)

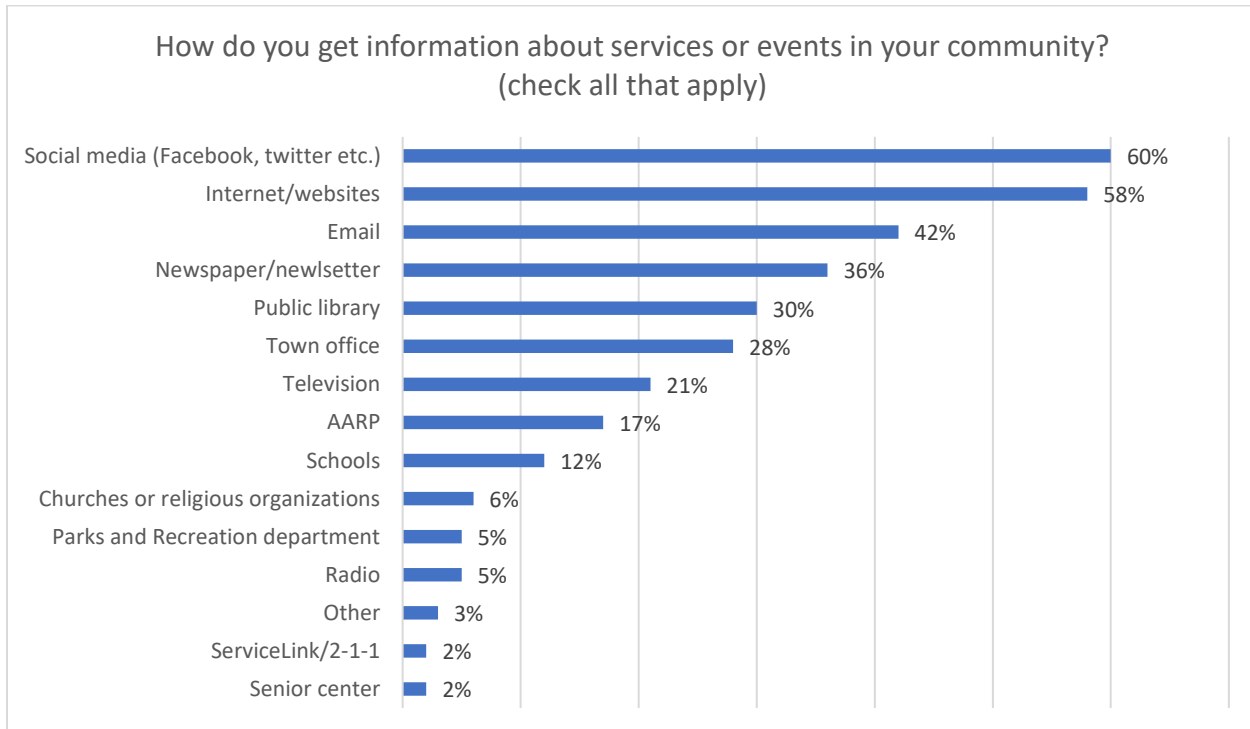


Question 22: Which if any of the following challenges have you or your household faced due to COVID-19? (check all that apply)

Social isolation was the most significant challenged faced by survey respondents during the COVID19 Pandemic.



Question 23: How do you get information about services or events in your community? (check all that apply)

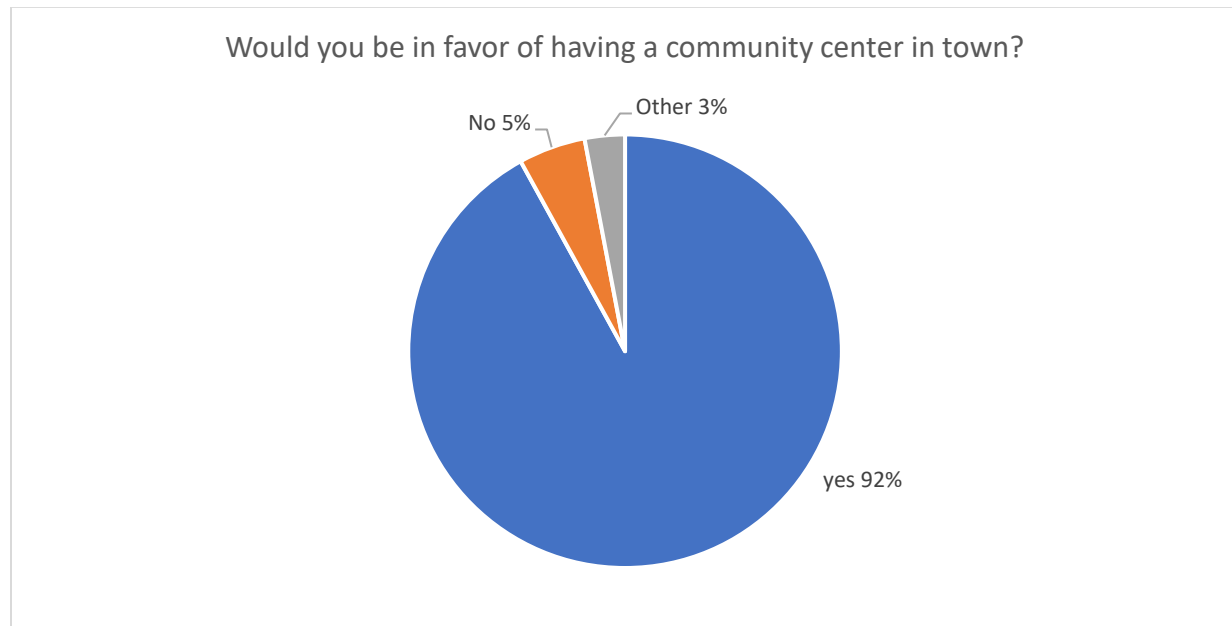


Question 24: Which of the following do you use in your community?

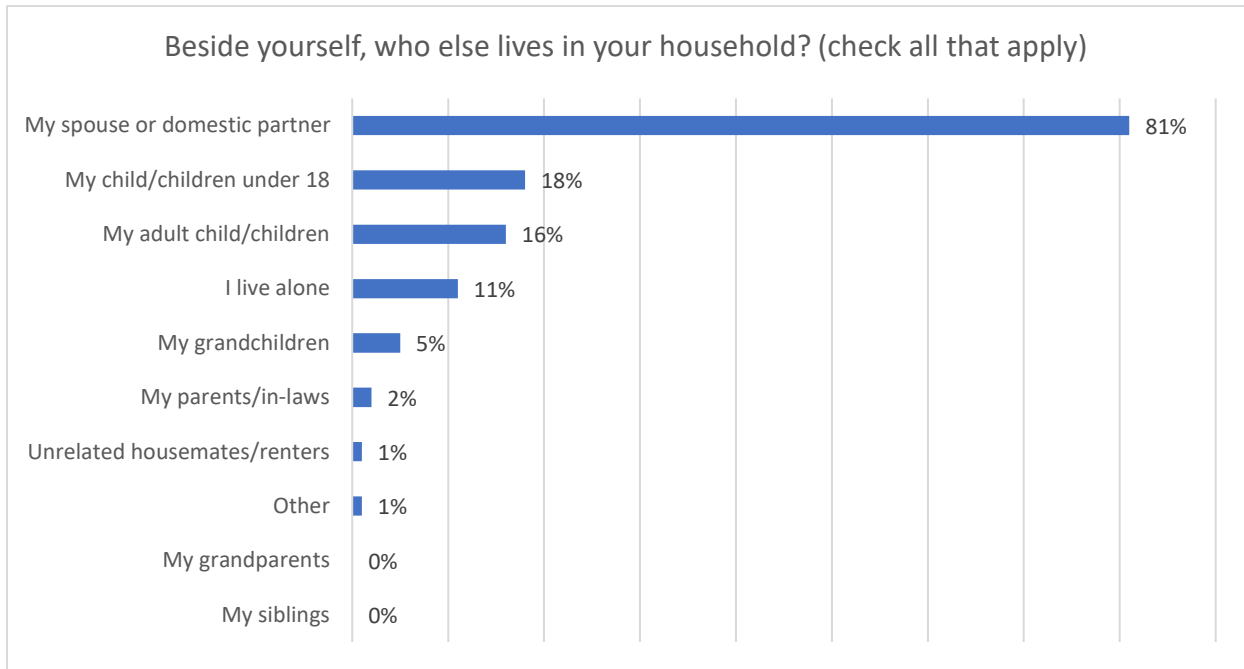
	I use	Available, I don't use	Not available	Not sure if available
Volunteer/ community service opportunities	22%	35%	3%	39%
Trails, conservation land, natural areas	65%	34%	1%	1%
Playgrounds, ball fields, swimming pools	23%	59%	4%	14%
Sidewalks and bike paths	13%	21%	48%	18%
Concerts, dances, socials	4%	10%	44%	42%
Veterans services	3%	20%	19%	57%
Restaurants/coffee shops/stores	68%	13%	16%	4%
Fitness centers, exercise classes, rec sports	11%	44%	20%	25%
Community centers, Boys & Girls Club, YMCA (youth, young adult, family)	2%	12%	53%	32%
Senior center or activities for older adults	1%	21%	42%	36%
Social/civic groups (book clubs, garden clubs, Lions, Kiwanis, VFW)	26%	54%	3%	17%
Continuing education/ learning opportunities	7%	26%	22%	45%
Churches or other places of worship	21%	70%	4%	5%
Food pantry	0%	86%	1%	13%
Town welfare office	2%	57%	7%	34%
Internet access at public locations (library, town hall)	15%	74%	2%	9%
Libraries	66%	31%	1%	2%

Question 25: Would you be in favor of having a community center in town?

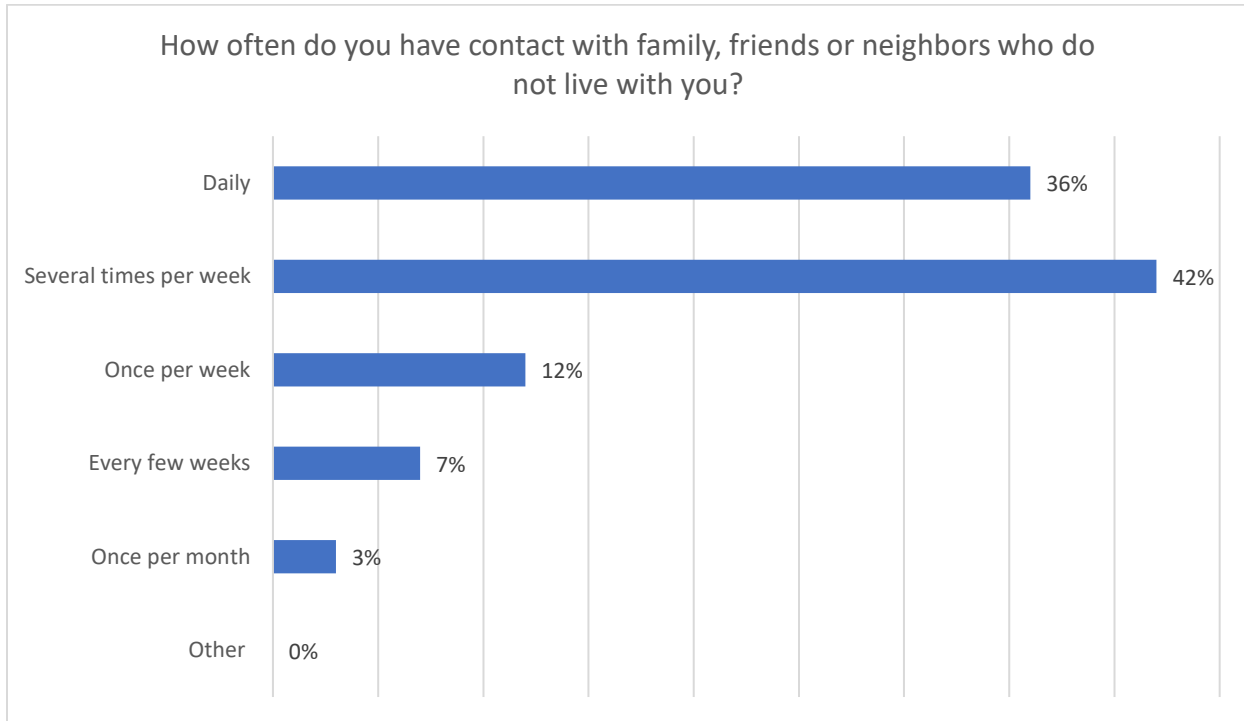
The overwhelming majority of survey respondents would be in favor of having a community center in town.



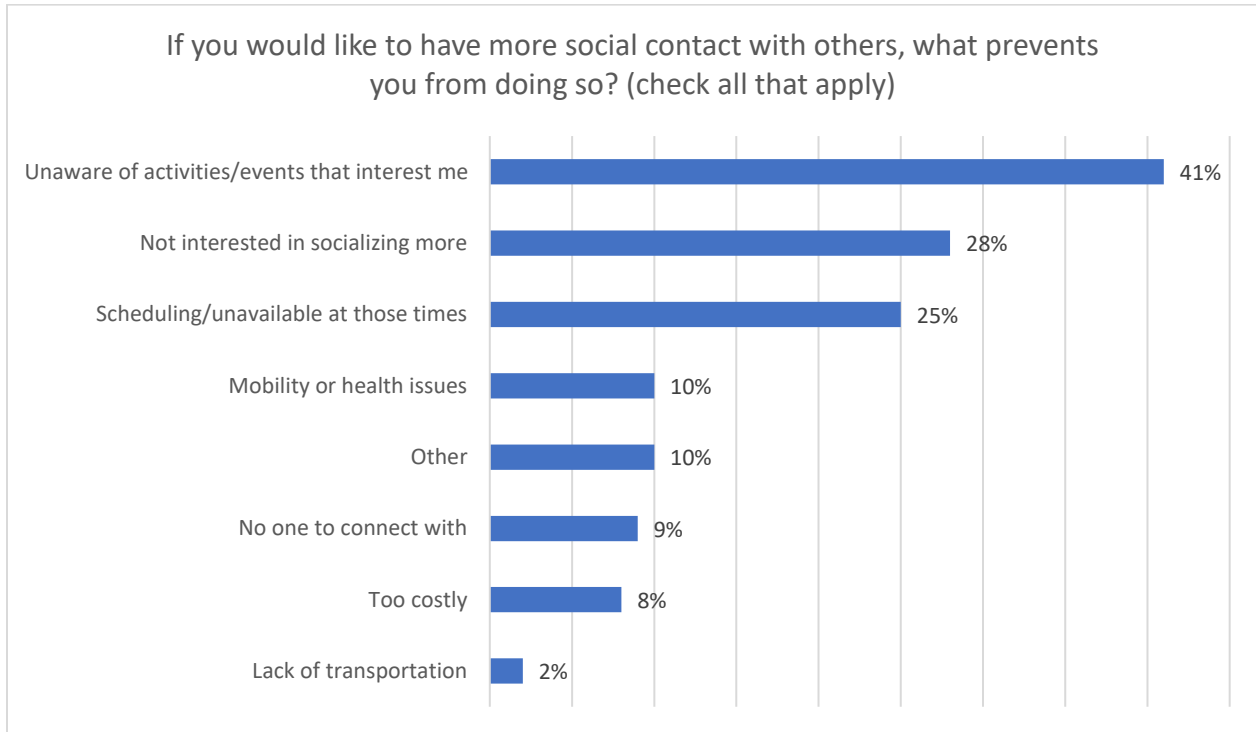
Question 26: Beside yourself, who else lives in your household? (Check all that apply)



Question 27: How often do you have contact with family, friends or neighbors who do not live with you?



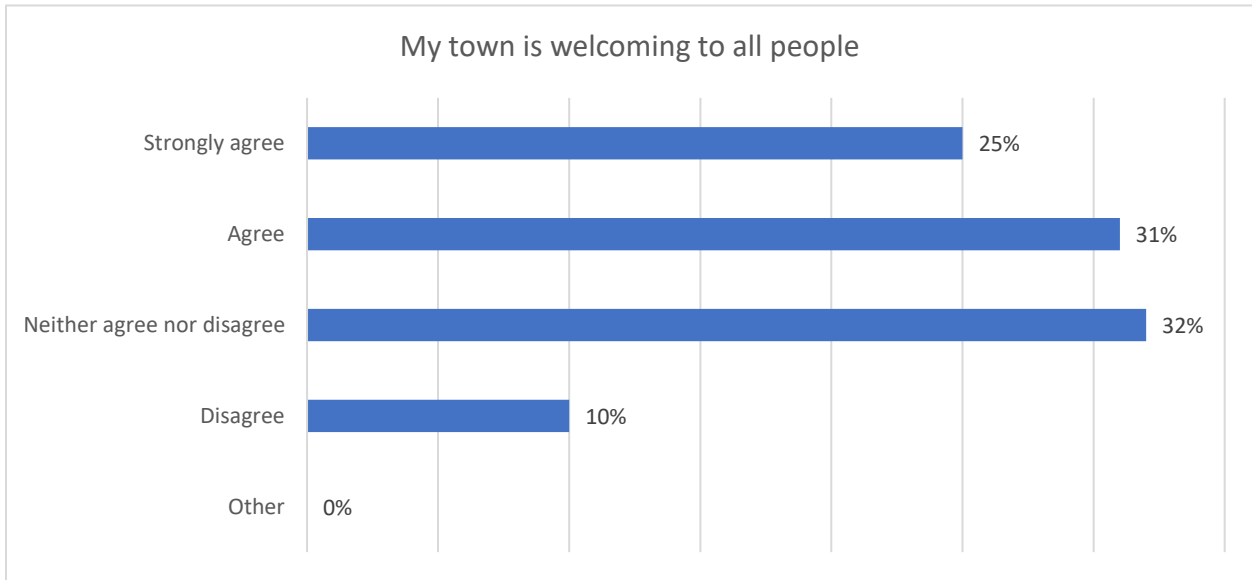
Question 28: If you would like to have more social contact with others, what prevents you from doing so? (check all that apply)



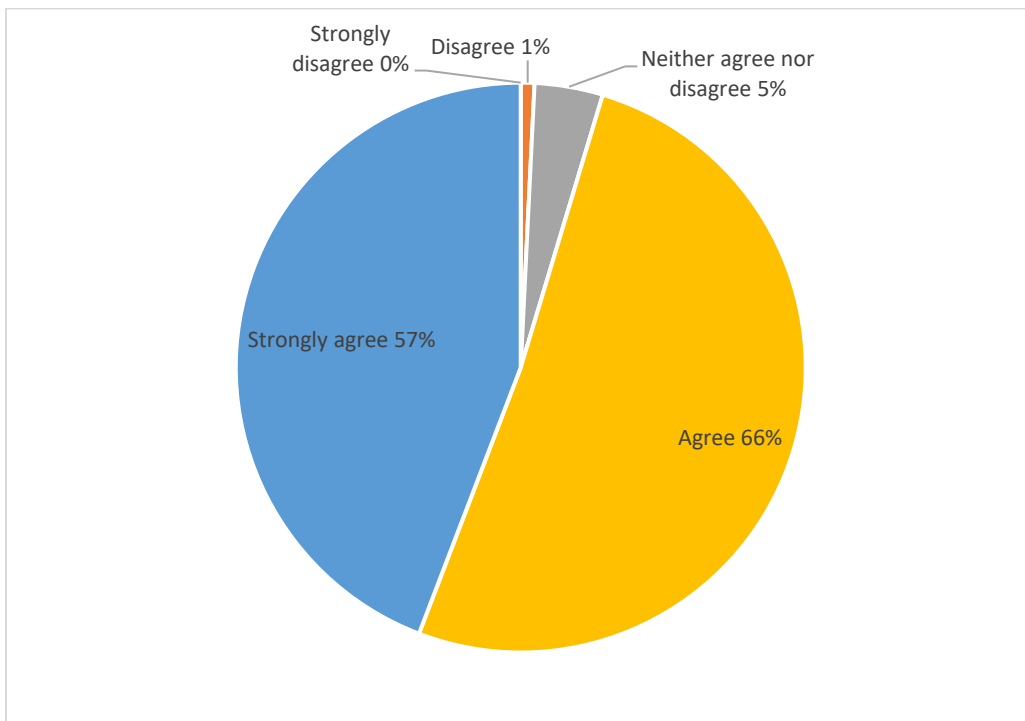
Question 29: Do you feel accepted in your town with regard to:

	Yes	Somewhat	No	N/A
Spirituality or religious affiliation	44%	7%	2%	47%
Political views	28%	32%	13%	27%
Age	72%	20%	2%	6%
Sexuality	60%	5%	0%	35%
Gender Identity	53%	5%	0%	42%
Race and ethnicity	65%	5%	1%	30%
Economic status	63%	11%	5%	21%

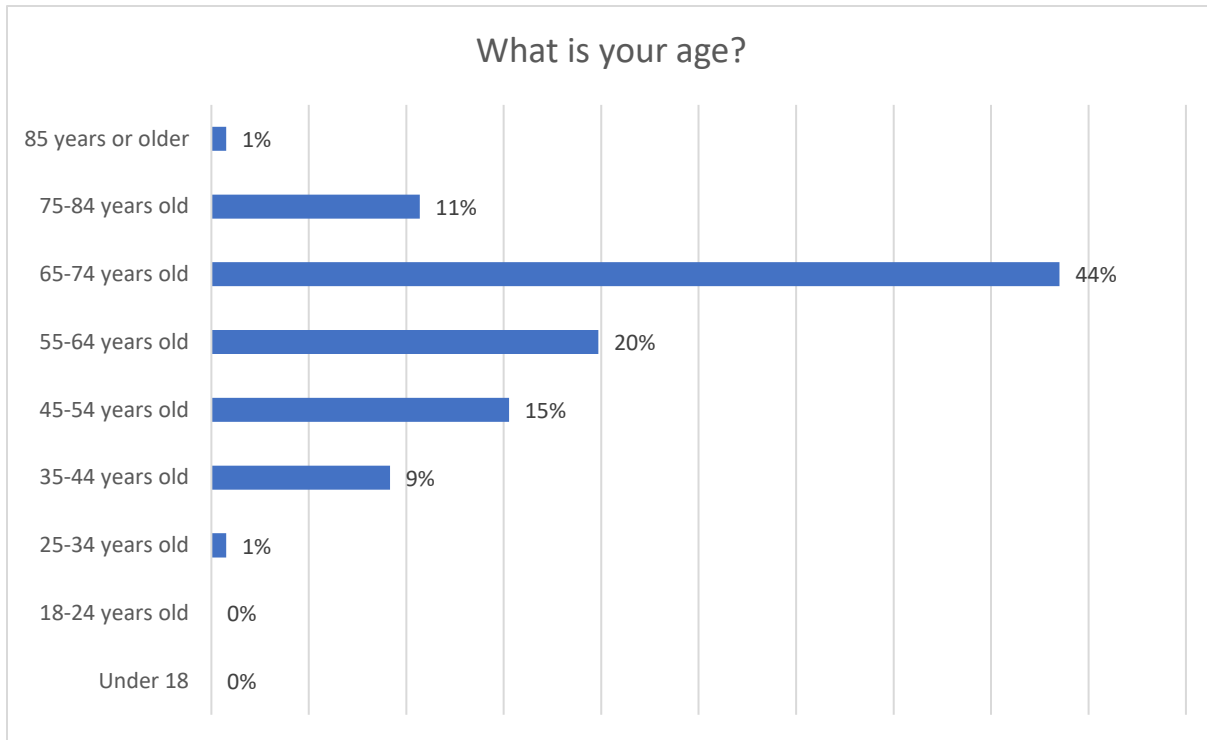
Question 30: My town is welcoming to all people:



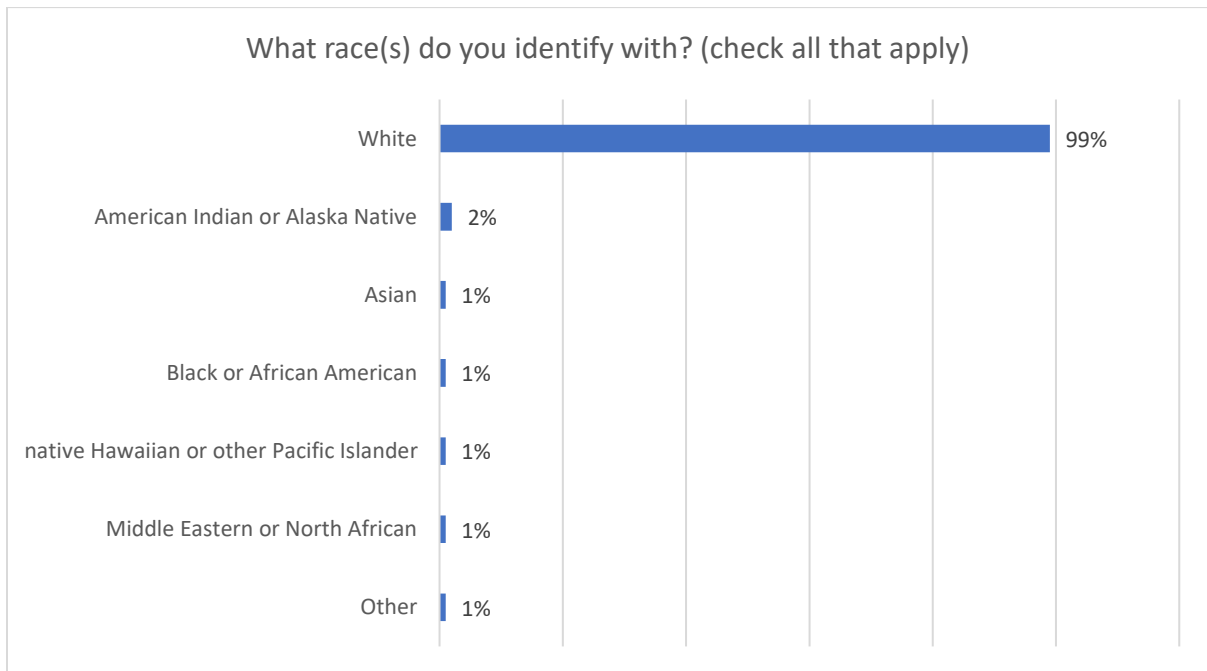
Question 31: I feel safe in my community



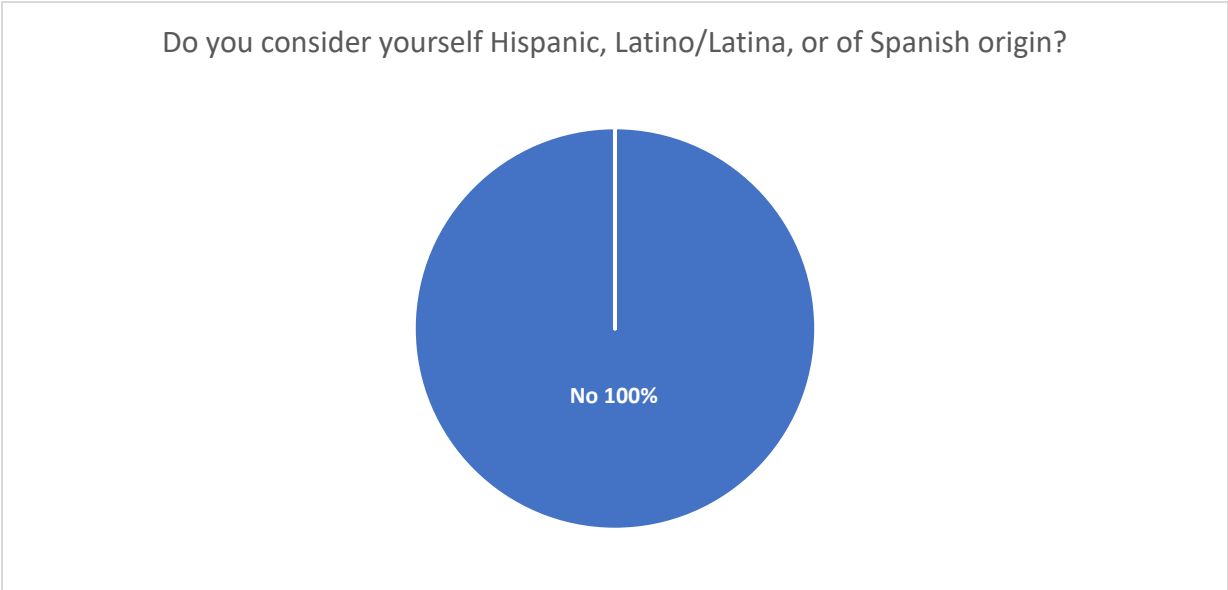
Question 32: What is your age?



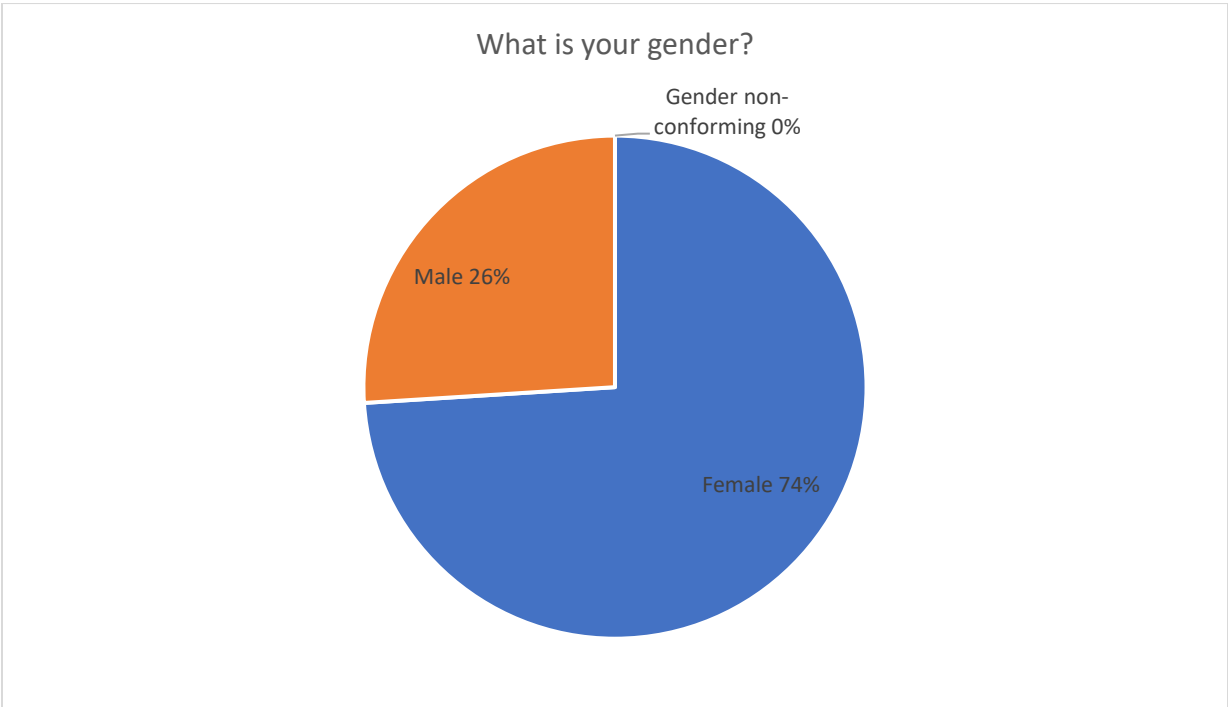
Question 33: What race(s) do you identify with? (Check all that apply)



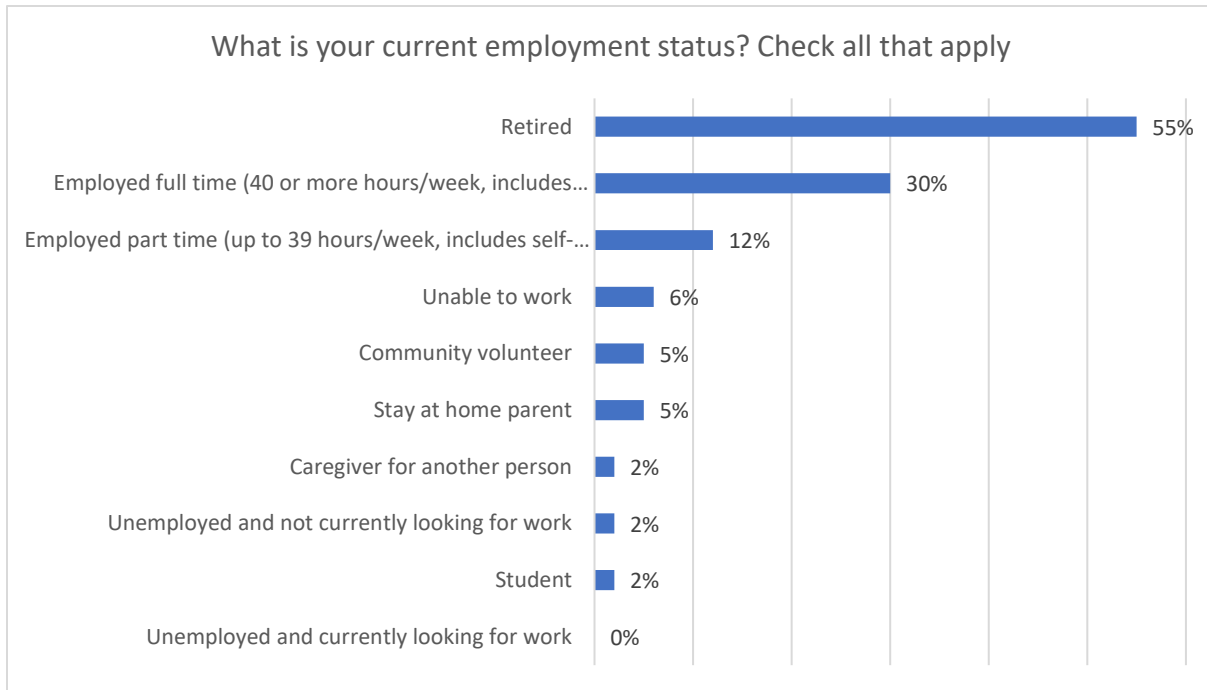
Question 34: Do you consider yourself Hispanic, Latino/Latina, or of Spanish origin?



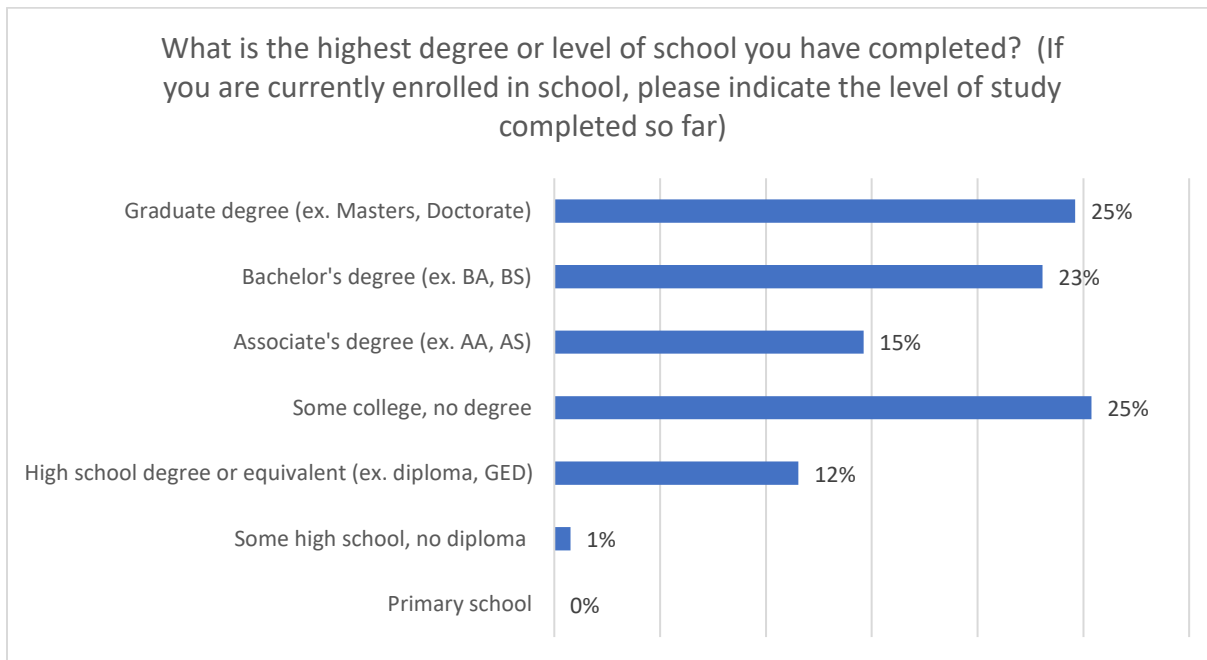
Question 35: What is your gender?



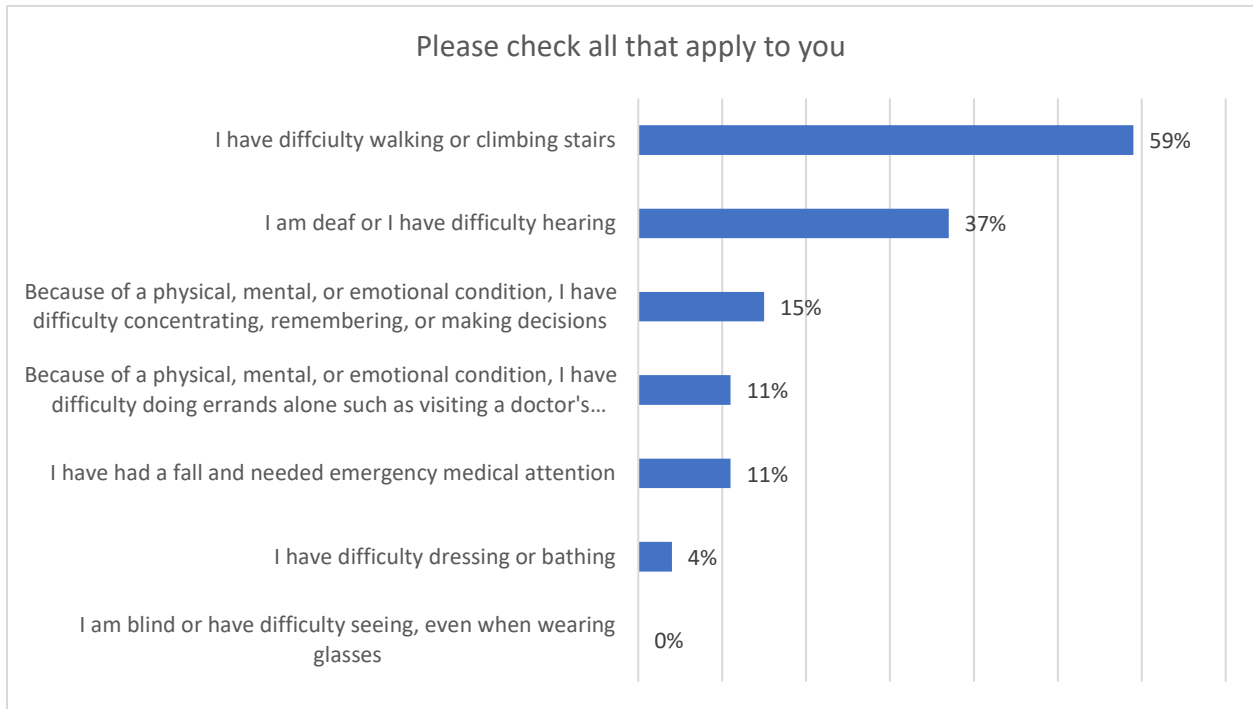
Question 36: What is your current employment status? (Check all that apply)



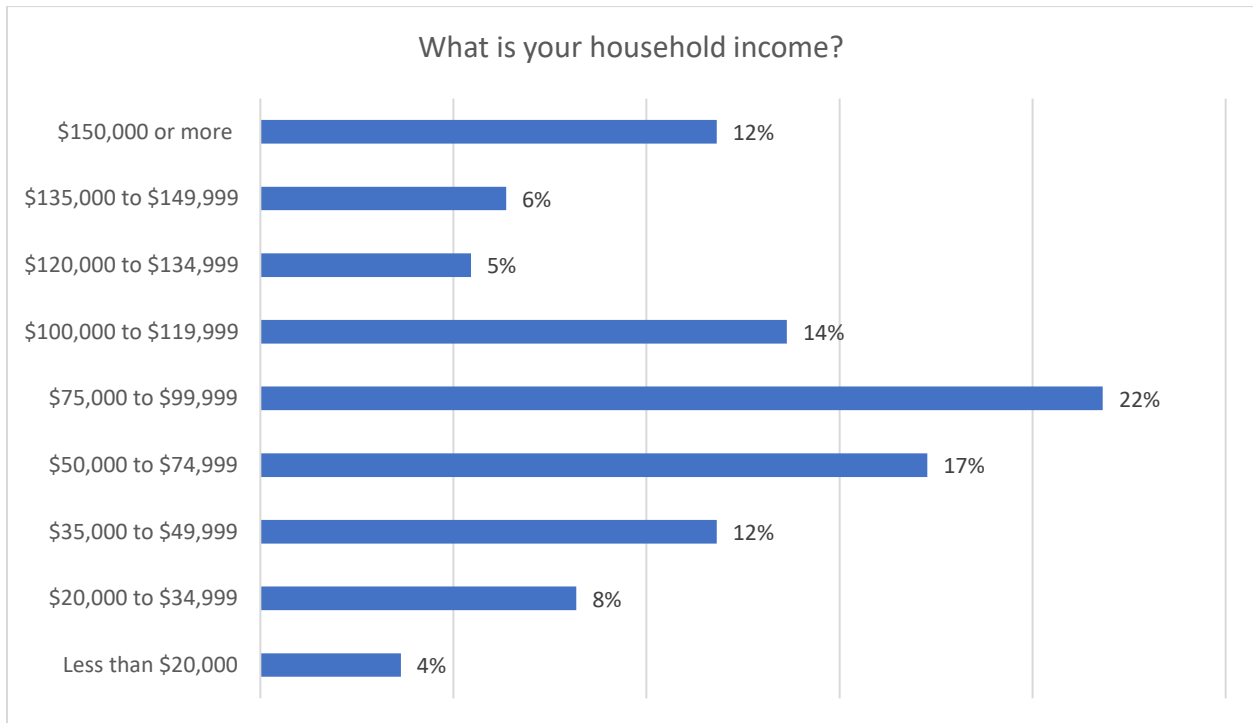
Question 37: What is the highest degree or level of school you have completed? (If you are currently enrolled in school, please indicate the level of study completed so far)



Question 38: Please check all that apply to you:



Question 39: What is your household income?



Question 40: Do you have any additional comments about aging and livability in your town or the broader region? (See appendix A for full comments)

Appendix A: Open Response questions

Question 8: Regarding the concerns you noted in the previous question, what changes would help?

Much improved Public Transportation services;
Being more familiar with currently available transportation services and recreational and social services that currently exist.
A shuttle going to key shopping areas in Epping and Raymond; to hospitals in Exeter and Manchester, the library, and local senior centers.
More recreational/social opportunities
AFFORDABLE 55+ housing
Having local, affordable transportation options.
A tax break for 55+, that is my biggest concern by far. I honestly find Fremont a great place to live and wouldn't need anything to change except the high property tax.
As I stated...a tax break for 55+.
If I had medical issues, I would look to move to a town that has a full time Fire and Rescue department. I assume when I am in my 70s and older I may need help with tasks around the home-mowing, etc. I would be looking for a place that includes outdoor maintained.
More involvement with and recognition of Ra-Fre Senior Center.
Having services available locally to help with the listed concerns as I age.
Elder care services, meals on wheels, recreation services or activities, public transportation
Tax breaks, a community center
Transportation - some type of reasonable bus / "as needed" system as this town is too far from all services and supports when unable to drive. It must be for the entire town. not just the "planned" senior areas. Other: 1. property taxes continuous unaffordable escalation (in real dollars): From \$2000 to \$5000 in 20 years, paychecks have not increased at that rate. The taxes cannot continue to do so either. 2. our school system - quality and costs, plus the upcoming need (AGAIN!) for an affordable high school / options / planning. See #1 re: reasonable affordability and taxes. We CANNOT continue to tax people out of their homes. They need to be able to live indoors, be warm, have enough to eat and enjoy living.
Low-cost housing,
Mixed income housing, multi-generational housing
Local low-cost transportation
Transportation to shopping and medical care.
Elderly transportation
We just moved from the South. There were a lot of companies that went to senior citizens homes.
Senior transportation, town rec that provides on-site senior activities and day trips out of town, affordable in-home support services

Connection! Town garden with benches, a “know your neighbors” group to find the people-resources already in the community, a Real town newsletter that shares about People rather than just politics and information. Hiding right here are the people, resources, and camaraderie we all need.
Having the opportunities
Affordable housing
More Medicare coverage
Lower taxes.
Lowering taxes
Taxes are a great concern when you are on social security.
Having transportation to doctors and hospitals. Having senior housing.
Public support for in-home support services and transportation. I would like to see this more accessible and made public.
I'm terrified of growing old in Fremont and not being able to pay the taxes. So I guess the change that would help would be to lessen the taxes on the older residents.
public transportation, meals on wheels
Transportation service to get to shopping, medical appointments
Available senior transportation, more medical offices in the area, keeping recreational areas we have an adding more safe recreational areas i.e. hiking/walking trails, sidewalks etc.
Sidewalks, better transportation, cultural activities
Sharing cost with the public regarding in-home support services and where you might get them.
I am not yet able to answer, as I have only been here 3 months, but all reasons listed are things I have to keep in mind for the future.
Perhaps a Senior Center with activities in town and a Senior Shuttle Service
The existence of some scheduled or community supported transportation options for shopping, appointments, etc. in the area would be very helpful to many seniors.
Some sort of volunteer or paid people to assist elderly people as needed. In practice, it is difficult and costly for elder care and takes a special person. People that are wheelchair bound due to MS or other disease come to mind too
public transportation to this area
Can't think of anything.
Options for transportation available
Consistent local transportation (a regular shuttle up to Epping and Exeter, for example) would be very helpful around here.
Knowledge of support services available and their costs.
Giving seniors a tax break for having no children in the school system
An on-call van for local transportation.
One stop senior advisory service.
Having transportation to medical appointments
Lower the taxes, I don't think I can pay them on social security
Lowering taxes
Lower rate for elderly on fixed incomes.
Not sure.
Better use of money in schools and towns

lower taxes
Very limited transportation options in Fremont. Even uber drivers not very available.
People forget that when they were kids. Some paid for their school. Stop blaming the school on why it hard to retire in Fremont
Bus transportation!
Increase of local and state resources and supports for aging adults that are accessible and affordable.
Would like Fremont to have our own Senior Center.
We now have Derry Medical services nearby on Rte. 107, which is wonderful. In-home services when needed could be costly if insurance doesn't cover it. Being unable to drive oneself will be a problem; therefore, options are needed. Hopefully, family and friends will remain in the vicinity.
Friendlier support for the elderly in general shopping roadways sidewalks
Medical transportation bus to go to medical facilities
Have a large community center or hall large enough for community use or gatherings; transportation to get to appointments or shopping; fulltime fire department & EMT's.
It would be great if there was a local senior center for seniors to go for adult interaction; where there would be trips organized; exercise programs (like those offered at the library); safe, flat areas to walk; people to help understand Medicare, completing tax forms; transportation availability to doctors and shopping.
Tax credit for elderly without restrictions on savings.
On a fixed income derived only from social security anything that costs money is a concern.
Shopping and Restaurants near by
Lower tax rate for seniors with no children or grandchildren in school. Having streetlights
Having a ride share program (e.g., Uber, Lyft) or a bus/van service. Having a place large enough to meet with other seniors.
Giving older adults a better option for reducing our taxes. If we have savings, we are denied a reduction.
a community transportation system to help get to stores, doctors, and social activities. Come social center in town for classes and groups.
transportation nearby

Question 40: Do you have any additional comments about aging and livability in your town or the broader region?

Definitely would love a community center where people could get together to socialize and do various activities
Now that I'm retired, I want to get more involved
None
Needs improvement
Need more low-cost housing for seniors
I still love my town though it's not perfect.
Town officials focus on managing town business but not growing community.
Fremont has limited services for older adults, i will be moving before I retire
I would like to see more public awareness of services available in my community

As a healthy senior, livability in Fremont is fine. However, I know of older residents with physical limitations and disabilities who have transportation and home services issues which can be difficult for them. Having better community-based services such as transportation services, nursing and healthcare, home assistance services would go a long way towards make Fremont a better place to live for older individuals.
I would like to see more senior support, activities and services
Sidewalks and a larger shoulder area on the road to ride bikes on/ or walk. That's the only thing I feel would make getting around town easier.
We tried a 55+ condo. It was not a good experience. The condos were expensive but poorly built, and the condo board mindset was to minimize spending and ignore even significant problems like basement leaks and a septic failure. The 'independence' of someone mowing the lawn and shoveling snow was more than offset by the frustration. Perhaps with some legal changes to give owners more recourse condos would be more workable but currently 55+ condos are a poor solution for aging.
Emergency contact devices at low cost for older residents to have available to them might add confidence and comfort knowing that they can get help.
Hope the community is able to keep its rural character into the future...development pressures are immense and housing costs going through the roof!
I really believe you cannot live in the Bay Area on your Social Security alone after retirement
This is still a relatively rural, sparsely populated area so there is not every kind of opportunity for every kind of person. That is part of what makes it desirable. However, with aging and less contact with people in a work environment and more time on ones' hands, social connection and activities would be more important. Having not grown up here, we don't have a lot of connections from our childhoods or early years. Making new connections is difficult. Our daughter does not attend the local public school and she was not interested in the few clubs in town, so she has not made a lot of friends in town and we have not become friendly with their parents.
Low-income senior housing would be beneficial for those like myself who would like to remain in their hometown.
Coming back to live in New England after 35 years in another state where doctors-dentists-malls-and the hospital was 10-15 minutes away and roads were straight and flat-where my bank grocery store and drug store were not even 5 minutes away. There was a clinic available to do testing or procedures nearby and doctors had their own offices, so you did not have to pay the outrageous price hospital charge. I had forgotten how things were not convenient here. Fremont seems to be a place in the road with no town I have found. Any shopping medical appts mean a journey. THE VERY BEST PART OF Fremont is the library is well stocked and with wonderful people who are so helpful. I use their home delivery system since I no longer feel comfortable driving--I did not know there was such a system till Kathy told me about after I had to drop out of their book club--without this service I would NEVER have survived Covid isolation.
I'd really like to have public transportation and van access. Also, a chance to socialize with people my age.
Affordable Housing and Senior Center in town
would love to see a senior/community center that offers classes, activities, etc. Would love to know there is some kind of transport to stores, doctors, social centers, when I can no longer drive myself.