

## APPENDIX A - HAMPSTEAD AGE FRIENDLY COMMUNITY SURVEY ANALYSIS

### Survey Methodology

Hampstead's Age Friendly Community Survey was adapted from a national model developed by AARP. The survey includes questions related to all eight of the AARP eight dimensions of Age Friendly Communities, including transportation, housing, social engagement, outdoor spaces and buildings, work and civic engagement, respect and social inclusion, health and nutrition services and information flow. The core of the forty-question survey was consistent across the six assessment communities, while each community had an opportunity to add questions of local importance. The survey was primarily circulated online and online response encouraged, while paper copies were made available at Town Hall, Hampstead Public Library and several other locations in town.

The survey was promoted with a range of methods including:

- Announcements at Select Board and Planning Board meetings
- Promotion on the Town website
- Promotion on local cable Channel 17
- Promotion at the Recreation Dept's senior drop-in events
- Flyers at Town Hall, Public Library, The Zone Gym.
- Postings on the unofficial town Facebook page Hampstead Community Connection
- Announcements and flyer distribution at local churches



**HAMPSTEAD AGE FRIENDLY COMMUNITY SURVEY**


The Town of Hampstead, in partnership with the Rockingham Planning Commission and Rockingham Nutrition Meals on Wheels Program, is assessing the needs of older adults in our community—now and into the future. We want to hear from residents of all ages. Many younger people live with or help care for older adults and we are all aging. YOUR voice will help us understand what is working now and what is needed.

**Take the survey today!**  
<https://publicinput.com/AgeFriendlyHampstead>

Paper surveys available at Hampstead Town Hall and Hampstead Public Library

FOR MORE INFORMATION CONTACT SCOTT BOGLE:  
sbogle@therpc.org

Logos for Town of Hampstead, Rockingham Planning Commission, and Rockingham Nutrition Meals on Wheels are included.



**AGE FRIENDLY HAMPSTEAD COMMUNITY SURVEY**

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Logos for Town of Hampstead, Rockingham Planning Commission, and Rockingham Nutrition Meals on Wheels are included.

### Survey Findings

The survey was fielded on February 23, 2022 and remained open until July 15, 2022. A total of 231 responses were received in Hampstead and 1,493 responses across the six assessment communities.

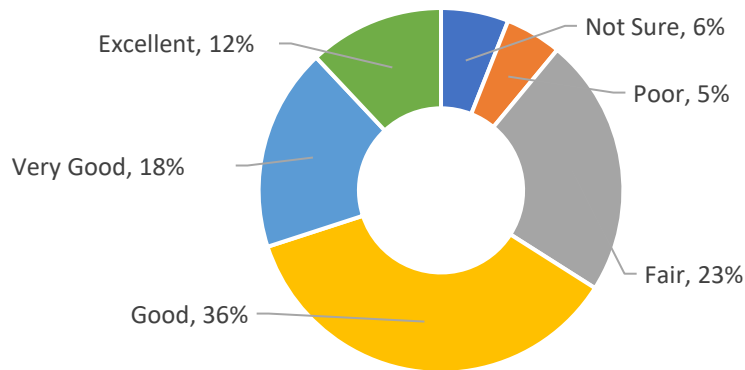
#### Demographics of survey respondents:

- **Gender:** Sixty-seven (67) percent of survey respondents were female
- **Age:** Sixty five percent of survey respondents were aged 65 or older, including 41% age 65-74, 22% age 75-84, and 2% age 65 and over. An additional 20% were between 55-64 years old.
- **Race:** Ninety seven percent of survey respondents identified as either White Alone or White in combination with another race. One percent each identified as Asian, American Indian, Middle Eastern or North African or Other Race. One percent identified as Hispanic.
- **Length of Residency:** Seventy percent of survey respondents had lived in Hampstead more than 10 years, and 49 percent of respondents had lived in Hampstead over 20 years.
- **Employment Status:** Fifty nine percent of survey respondents indicated they were retired, while 27% noted working full-time and 14% noted working part-time.
- **Educational Attainment:** Thirty two percent of respondents indicated completing a graduate degree (Masters or Doctorate), while 28% had completed a Bachelor's (4 year) degree, 12% an Associates (2 year) degree, 16% noted some college but not degree, and 11% reported a high school diploma or GED and not further schooling. Two percent noted some high school but no diploma.

### General Questions on Aging in Hampstead

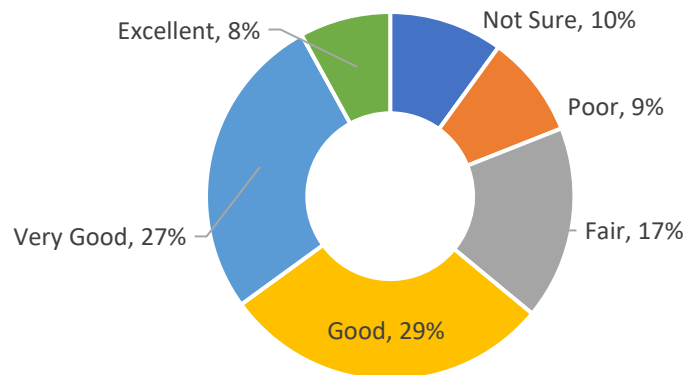
The initial questions on the survey asked respondent to rate Hampstead as a place to live as an older adult, and as a place to attract and keep younger people in their 20s or 30s. As a place to live as an older adult, two thirds of respondents rated the town as Good, Very Good or Excellent; with 30% indicating Very Good or Excellent. This was slightly below the average across the six assessment communities of 70% indicating Good/Very Good/Excellent, and 39% indicating their town was a Very Good or Excellent place to age.

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



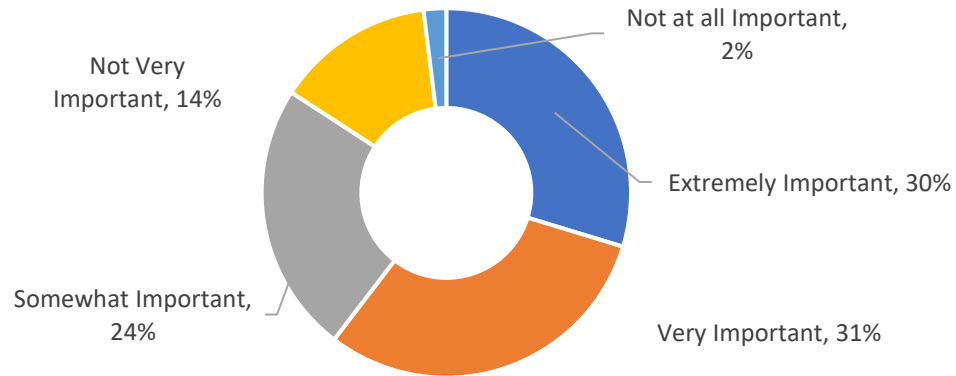
Respondents ratings were nearly identical when asked about Hampstead as a place to attract and keep younger families. Sixty-six percent of respondents rated the town as Good, Very Good or Excellent; with 30% indicating Very Good or Excellent. On this question Hampstead's results were somewhat higher than the average across the six assessment communities, where 56% indicating Good/Very Good/Excellent, and 28% indicating their town was a Very Good or Excellent place to age.

#### How would you rate your town as a place to attract/keep younger people in their 20s or 30s?



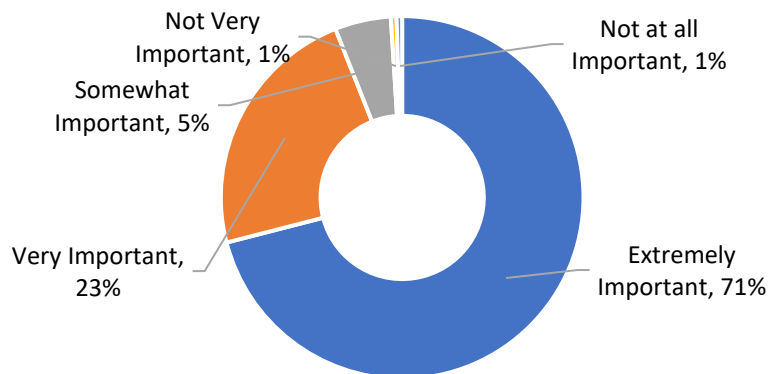
Respondents had stronger feelings when asked how important it is to them to remain in Hampstead as they reach their 70s, 80s and beyond. Thirty percent identified this as Extremely Important, and 85% indicated this is Extremely, Very or Somewhat Important. This is roughly consistent with the average across the other five assessment communities.

**How important is it to you to remain in your town as you reach your 70s, 80s and beyond?**



Respondents views were stronger still on the question “How important is it for you to be able to live independently in your own home as you grow into older adulthood?” Over 94% of respondents indicated this is Extremely Import or Very Important to them, including 71% citing this as Extremely Important. While this importance was consistent region-wide, the frequency of respondents choosing Extremely Important was highest in the smaller communities of Hampstead (71%) and Fremont (70%) vs. Exeter at 56% and Stratham at 50%. Strong desire to continue living independently is also consistent across national surveys by AARP, and is a key goal identified in the NH State Plan on Aging as a means of managing potential costs to the public of long term care for a growing older adult population.

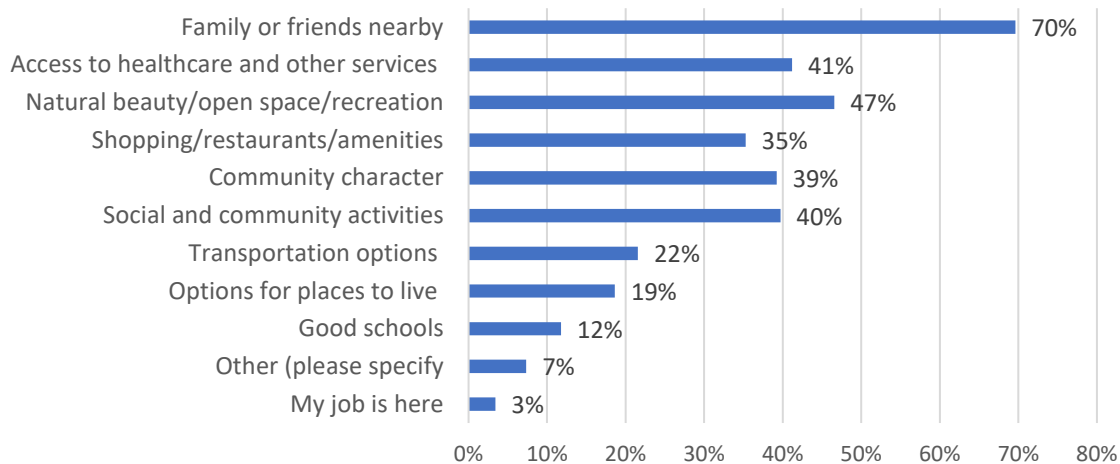
**How important is it for you to be able to live independently in your own home as you grow into older adulthood?**



Responses to the question “which of the following reasons would likely keep you in your current town as you reach your 70s, 80s and beyond?” are shown in the chart below. Be far the most frequent response, cited by 709% of respondents, was the importance of having family and friends nearby. This was consistent across all six communities. The next five most common responses (access to healthcare,

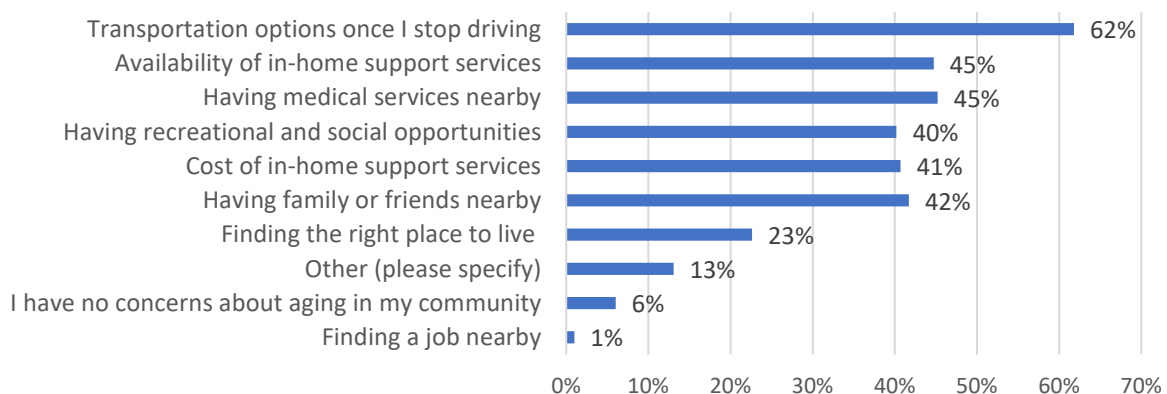
natural beauty/recreation, shopping and restaurants, community character and social and community activities) were also consistent across all six communities, though each was cited more frequently in the other communities.

**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)**



Respondents were asked what if anything concerns them about growing older in their community. The most frequent answer for Hampstead and across all six communities was “Having transportation options once I stop driving”, cited by 62% of Hampstead respondents and as high as 68% and 69% in Stratham and Fremont. The next most frequent response across all communities was “Availability of in-home support services” followed by “Having medical services nearby” and “Having recreational and social opportunities”. This order was consistent across each community.

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



This question about concerns was followed by an open-ended question: “Regarding concerns you noted in the previous question, what changes would help?” Of 116 written responses the most common were:

- 40 comments calling for expanded senior transportation services
- 35 comments calling for tax breaks for older residents given the high percentage of tax proceeds going to the school system
- 19 comments related to the need for better housing options and home modification assistance
- 18 comments calling for a local senior center or meeting area for seniors
- 15 comments calling for broader recreation opportunities for older residents.

No other topic garnered more than eight comments. As an illustration of comment content, the full text of comments was entered into a Word Cloud Generator generating the graphic below where the font size of a word is determined by its frequency in the text. Transportation and Taxes show up with the largest font, followed by Services, Housing and Center (as in senior center).

**Regarding concerns you noted in the previous question, what changes would help?**



The next question asked respondents to rate how well their current home fit their needs with regard to a number of factors, including home type, layout, location near desired destinations, required maintenance, affordability, and, if respondents were in a retirement community or assisted living environment, the level of acceptance they felt from other residents. Results generally showed people feeling well situated in their current home. The strongest positive ratings were for layout/design and type of home, while concerns are visible in the categories of required maintenance (41% choosing OK and 23% Not Very Well) and affordability (53% choosing OK and 16% Not Very Well).

**My current home meets or fits my needs regarding:**

	Very Well	OK	Not Very Well	Not at All
Type of home (e.g. single family, apartment, condominium, other)	54%	36%	9%	2%
Design (e.g. number of floors, width of doors, number of steps to get in)	68%	29%	3%	0%
Location near places I want to go	43%	47%	7%	3%
Amount of routine maintenance (e.g. lawn, raking, snow clearance)	28%	41%	23%	8%
Affordability within my budget	30%	53%	16%	1%
Sense of acceptance (if in an assisted living or other retirement community or neighborhood)	34%	49%	6%	11%

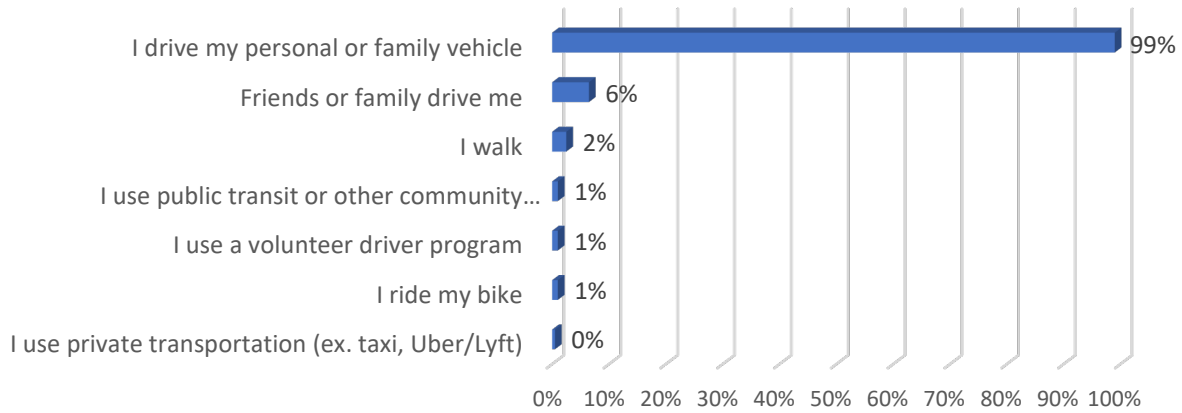
Next was a question addressing availability of housing options if respondents had looked for a new living situation in the prior five years or are looking currently in the community. The plurality response across almost all categories was Few Available, ranging from a high of 42% indicating few options available in their desired type of home to a low of 24% noting few assisted living options available where they would feel accepted. The most common response for this last question was Not Applicable (29%).

**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)	5%	11%	42%	5%	23%	14%
Design (e.g. single floor living, width of doors, few or no steps to get in)	3%	21%	33%	5%	19%	19%
Location near places I want to go	6%	23%	31%	6%	21%	14%
Maintenance I'm willing to take on (e.g. lawn, raking, snow clearance)	5%	18%	33%	6%	21%	17%
Affordability within my budget	2%	19%	36%	13%	16%	13%
Sense of acceptance (if looking for an assisted living or other retirement community or neighborhood)	1%	16%	24%	7%	29%	23%

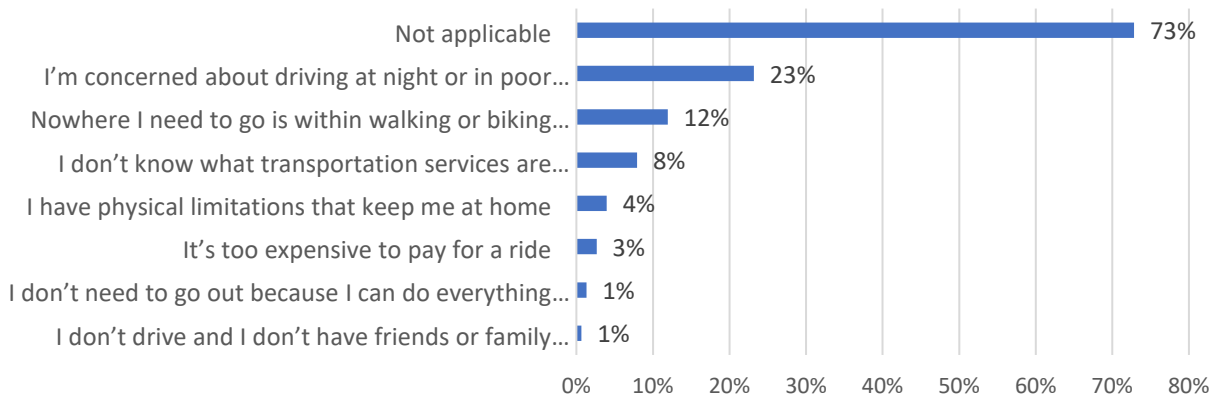
By far the most common response to the question of how respondents typically travel was driving their personal vehicle, cited by 99% of respondents. Six percent noted that family or friends drove them while 2% indicated walking and one percent each noted bicycling, public transit or a volunteer driver program.

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



Question 13 asked “If you find it difficult to get around and/or rarely leave your home, please check all the reasons that apply.” This question was skipped by some respondents, answered by 151 of 261 people completing the survey. Reflecting the high number of people who on the previous question noted that they drove their own car, the most common response here was “not applicable”. That said, a significant number (23%) noted that they are “concerned about driving at night or in poor weather conditions”, and 12% noted “Nowhere I need to go is within walking or biking distance from my house”. This highlight that even for older adults who maintain a license and automobile, many drive only in good weather and during daylight hours, impacting their mobility.

**If you find it difficult to get around and/or rarely leave your home, check all reasons that apply.**



Question 12 asked for ratings on a series of community facilities and functions, most but not all related to transportation, with each category rated on a scale from Poor to Excellent with additional response options of Not Sure and Not Applicable. Highest marks were given to traffic signage (79% Good or Excellent), ease of getting to town facilities (63% Good or Excellent) and ease of access at town facilities (66% Good or Excellent). Lowest marks were given to bicycle safety (74% Fair or Poor), Sidewalks (55% Fair or Pool) and public/community transportation (55% Fair or Poor).



**How would you rate the following in your town?**

	Excellent	Good	Fair	Poor	Not Sure	Not Applicable
Sidewalks	0%	4%	7%	48%	7%	34%
Bicycle safety	1%	5%	23%	51%	11%	10%
Parking	9%	47%	27%	7%	6%	5%
Public/community transportation	0%	3%	11%	44%	22%	21%
Easy to read traffic signs	14%	65%	15%	3%	2%	1%
Enforced speed limits	8%	47%	23%	15%	7%	1%
Benches where I walk	3%	16%	16%	27%	13%	26%
Ease of getting to town facilities	11%	52%	16%	11%	6%	5%
Ease of access at town facilities	15%	51%	20%	6%	8%	2%
Public restrooms	3%	8%	15%	30%	25%	18%

Question 14 asked whether respondents used medical and other services available in Hampstead. The services showing highest use included Dental Care (49%), Vision Care (36%), and Telehealth Medical Services (36%). Perhaps the most interesting aspect of this question is that majorities of respondents indicated they were uncertain about availability of a range of services including in-home healthcare, personal care, housekeeping services; luncheons for seniors offered by RNMOV, and substance use disorder recovery services. Forty three percent of respondents were not sure if home meal delivery for older residents is available in Hampstead. This points to an opportunity for additional outreach by non-profit organizations like Rockingham Nutrition Meals on Wheels and Community Caregivers of Greater Derry as well as various private in-home support services for older residents.

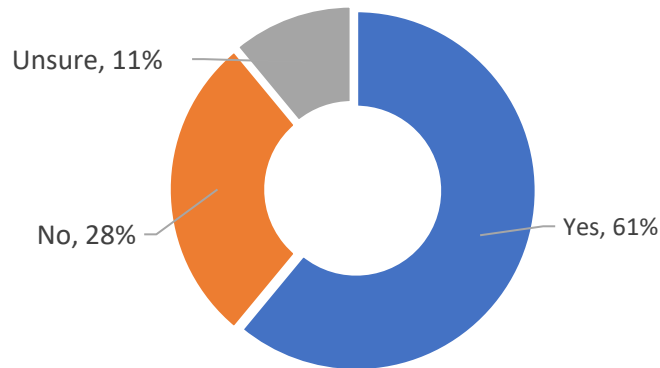
**Which if any of the following services do you use in your community?**

	I use	Available, I don't use	Not Available	Not sure if available
In-person medical services	24%	28%	12%	36%
Telehealth medical services	36%	34%	3%	27%
Substance use disorder-recovery services	0%	37%	6%	57%
Dental care services	49%	35%	4%	13%
Vision care services	36%	28%	11%	25%
Meals on Wheels weekday delivery of meals to homes	1%	53%	3%	43%
Weekday luncheons for seniors	0%	29%	12%	59%
In-home healthcare services	1%	37%	7%	55%
In-home personal care help	1%	36%	9%	55%
In-home help with housekeeping, cooking, groceries	2%	33%	7%	57%
Early childhood education/preschool/daycare	4%	63%	3%	29%
After school care	1%	62%	3%	34%
Youth summer day camps	4%	62%	2%	32%
Teen center	0%	23%	25%	52%



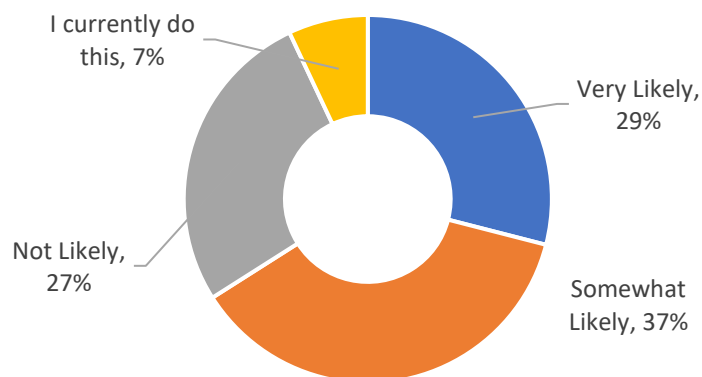
Respondents were asked whether they have family or friends nearby who could assist them now or in the future with things like transportation, errands, cooking or self-care. Sixty-one percent of respondents indicated they did have a support network that could help with this sort of assistance. This is similar to and slightly higher than the regional average response of 59% of respondents indicating they have family and friends to whom they can turn for some assistance with basic tasks if needed.

**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?**



As a companion to the previous question, the survey asked how likely it is that the respondent will provide care for an adult family member or friend in the future. Sixty six percent of respondents indicated that this is Somewhat Likely or Very Likely. An additional 7% indicated that they provide care of this sort already. While respondents saying they do this already was slightly below the regional average (7% vs. 10% average), Hampstead was highest among the assessment communities in people anticipating providing this sort of care in the future. Fremont was second highest while Portsmouth was lowest, reflecting a potential pattern between more rural vs. more urban communities.

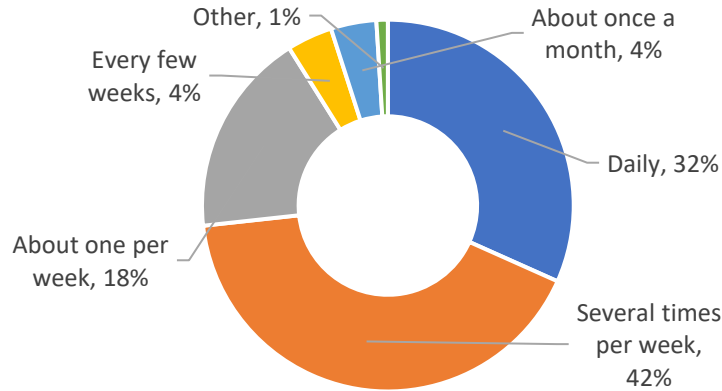
**How likely is it that you will provide care to an adult family member or friend in the future?**



Seventy four percent of respondents indicated that they participated in some form of physical activity several times per week or daily. Hampstead respondents were slightly below the average across the six communities, with fewer daily exercisers (32% vs. 43%) but slightly more claiming noting exercise

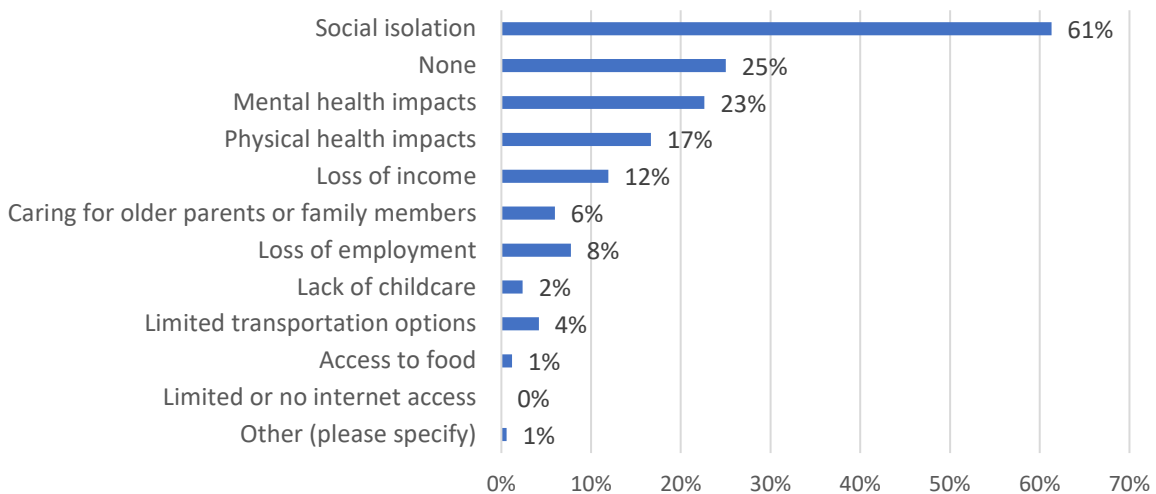
several times per week (42% vs. 40%). Hampton and Exeter lagged the other four communities who ranged from 85%-89% noting exercise at least several times per week.

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



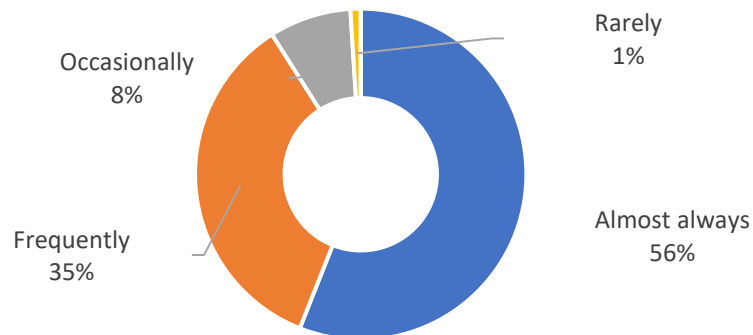
When asked about challenges faced due to the COVID-19 pandemic, Social Isolation was consistently the most frequent response in Hampstead (61%) and across the six assessment communities (56% average). This was followed (again consistently) by “None” (25% in Hampstead and 28% average), Mental Health Impacts (23% in Hampstead and 22% average) and Physical Health Impacts (17% in Hampstead and 16% average). The lowest responses for Social Isolation were in Stratham (46%) and Fremont (48%).

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



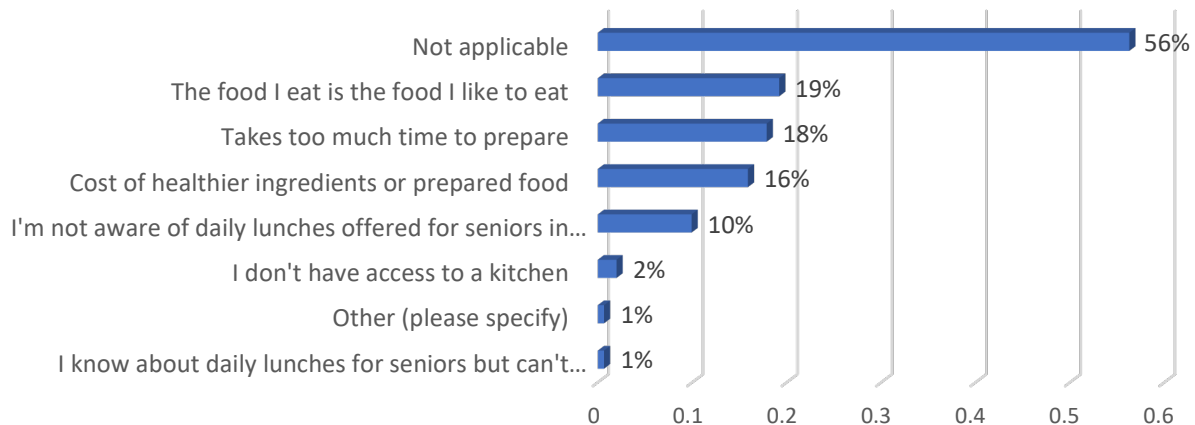
Question 17 asked how frequently respondents ate nutritious meals. Fifty six percent indicated Almost Always, and 91% indicated either Almost Always or Frequently. This was consistent with the average across the six assessment communities.

**How frequently do you eat nutritious meals?**



Question 18 followed up on nutrition asking, if respondents didn't eat balanced meals as often as they would like, why not? Given the frequency of respondents eating well in the prior question, the most common response was Not Applicable (56%). Nineteen percent indicated "the food I eat is the food I like to eat", while 18% indicated healthier meals take too much time to prepare and 16% noted the cost of healthier ingredients. These numbers are consistent with averages across the six communities.

**If you don't eat balanced meals as often as you would like or feel you should, why not?**



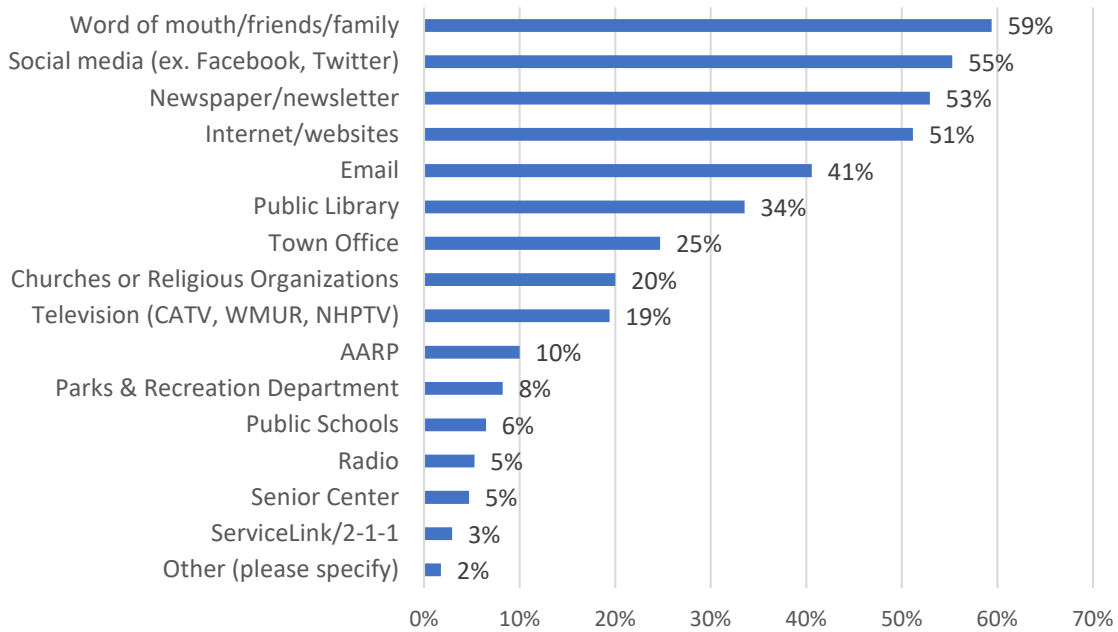
Question 21 asked respondents about a range of amenities available in Hampstead and whether they use them. The most commonly cited amenity group was Restaurants/Coffee Shops/Stores noted by 88% of respondents. The next most frequent was Trails, Conservation Land and Natural Areas noted by 56% of respondents. Forty three percent noted they used Churches and Places of Worship, and a plurality of 35% noted they took part in Concerts, Dances and Socials. The Public Library was included on the paper version of the survey but inadvertently omitted from the online survey. All of the respondents who filled out the paper survey indicated that they used the Library. Compared to the Services questions, few respondents noted that they weren't sure if certain amenities are available in town.

**Which of the following do you use in your town?**

	I use	Available, I don't use	Not available	Not sure if available
Volunteer/ community service opportunities	22%	46%	4%	29%
Trails, conservation land, natural areas	56%	37%	1%	7%
Playgrounds, ball fields, swimming pools	26%	58%	3%	13%
Sidewalks and bike paths	7%	23%	51%	18%
Concerts, dances, socials	35%	34%	12%	19%
Veterans services	6%	44%	6%	44%
Restaurants/coffee shops/stores	88%	10%	2%	0%
Fitness centers, exercise classes, rec sports	21%	64%	4%	11%
Community centers, Boys & Girls Club, YMCA (youth, young adult, family)	2%	32%	39%	28%
Senior center or activities for older adults	6%	42%	23%	29%
Social/civic groups (book clubs, garden clubs, Lions, Kiwanis, VFW)	17%	67%	3%	13%
Continuing education/ learning opportunities	4%	45%	14%	36%
Churches or other places of worship	43%	53%	2%	2%
Food pantry	4%	83%	2%	10%
Town welfare office	1%	52%	6%	40%
Internet access at public locations (library, town hall)	14%	74%	2%	10%

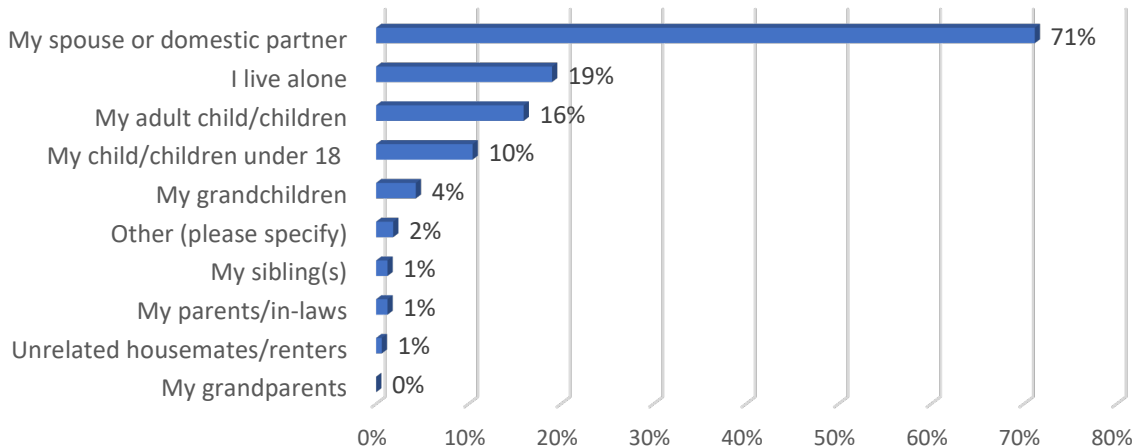
Question 20 asked respondents how they get information about events or services in town. The most common response, in Hampstead and across the six communities, was “Word of Mouth/Friends/Family”, cited by 59% of Hampstead respondents. The next most common responses in Hampstead were Social Media (55%), Newspaper/Newsletter (53%), and Internet/Websites (51%). Remaining information channels all dropped below fifty percent. Of 190 respondents to this question, 38 (20%) selected no information sources using the Internet. This is an important reminder that a significant percentage of older residents are not necessarily online and gather information from more traditional sources like newspapers, word of mouth, television, radio, the town offices or public library.

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



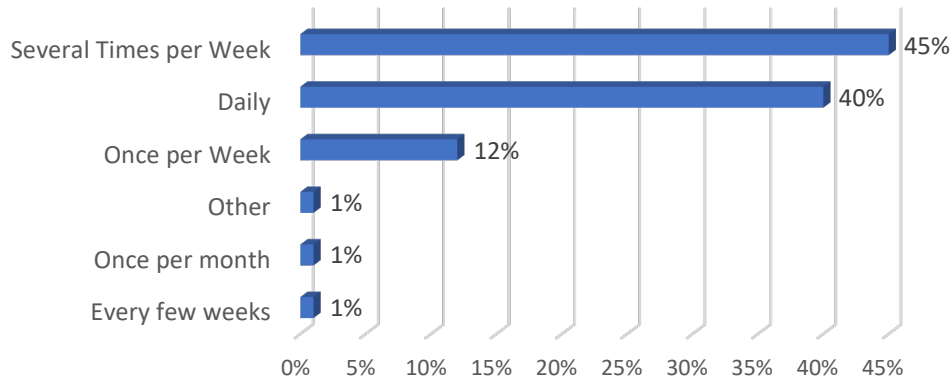
Question 22 asked about living situation, including who lives in the respondent’s household aside from themselves. By far the most common answer was Spouse or Domestic Partner noted by 71% of respondents as compared to a 66% average across the six communities. Nineteen percent noted that they live alone. Hampstead had the highest percentage of respondents (16%) noting that they shared space with their adult children, compared to 11% across the other communities.

**Beside yourself, who else lives in your household? (check all that apply)**



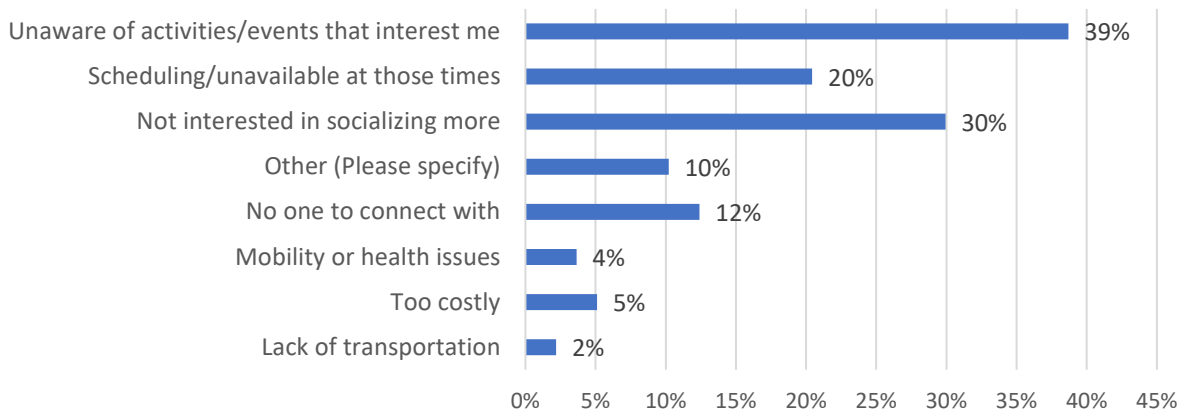
Forty percent (40%) of Hampstead respondents noted they have social contact outside their home daily, and fully 85% had contact at least several times per week. An additional 12% noted contact once per week. On this measure Hampstead was notably higher than the average across the other assessment communities, where 75% of respondents noted contact at least several time per week.

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



Following on the questions about frequency of social contact, question XX asked if respondents would like to have more social contact with others, what stands in the way of doing so? The most common response across to this question in Hampstead (39%) and across the six assessment communities (34%) was “Unaware of activities/events that interest me”. The next most common response in Hampstead was “Not interested in socializing more” selected by 30% of respondents. Scheduling problems were cited by 20% of Hampstead respondents and 26% of respondents across the other communities. This again points to opportunities for better information flow to residents by the Town and by groups organizing activities for older residents.

**If you would like to have more social contact with others, what prevents you from doing so?**



Corresponding to the AARP domain of Respect and Social Inclusion, the survey asked a series of questions about respondents sense of acceptance and welcome in their community with regard to a number of factors, including religious affiliation, political views, age, sexuality, gender identity, race and ethnicity and economic status. Large majorities indicated Yes, they do feel accepted, with a key outlier regarding political views, where only 34% noted feeling fully accepted for their political views, 35% saying they felt somewhat accepted and 14% feeling they were not accepted for these views. This result was interesting and largely consistent across the six communities. There was not a follow-up question to determine whether respondents feeling lack of acceptance had views that were more liberal or more

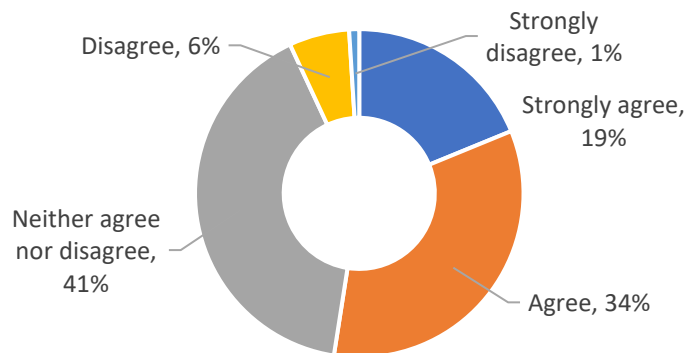
conservative than local norms. Between 20%-30% of respondents noted Not Applicable for acceptance regarding religion, sexuality, gender identity and race/ethnicity. Of eight respondents identifying as non-white or multiple racial and ethnic identities in addition to white, three noted feeling not accepted for their race and ethnicity.

**Do you feel accepted in your town with regard to:**

	Yes	Somewhat	No	N/A
Spirituality or religious affiliation	59%	12%	3%	26%
Political views	34%	35%	14%	18%
Age	64%	25%	5%	6%
Sexuality	66%	6%	1%	27%
Gender Identity	64%	4%	1%	31%
Race and ethnicity	72%	5%	2%	21%
Economic status	68%	14%	3%	15%

An individual’s sense of acceptance and welcome was also tested asking people to agree or disagree with the statement “My town is welcoming to all people”. Fifty three percent of respondents either Agreed or Strongly Agreed with this statement. Six percent disagreed with the statement and 1% noted strong disagreement. Disagreement on this question corresponded most frequently with feelings of lack of acceptance regarding political views on the prior question.

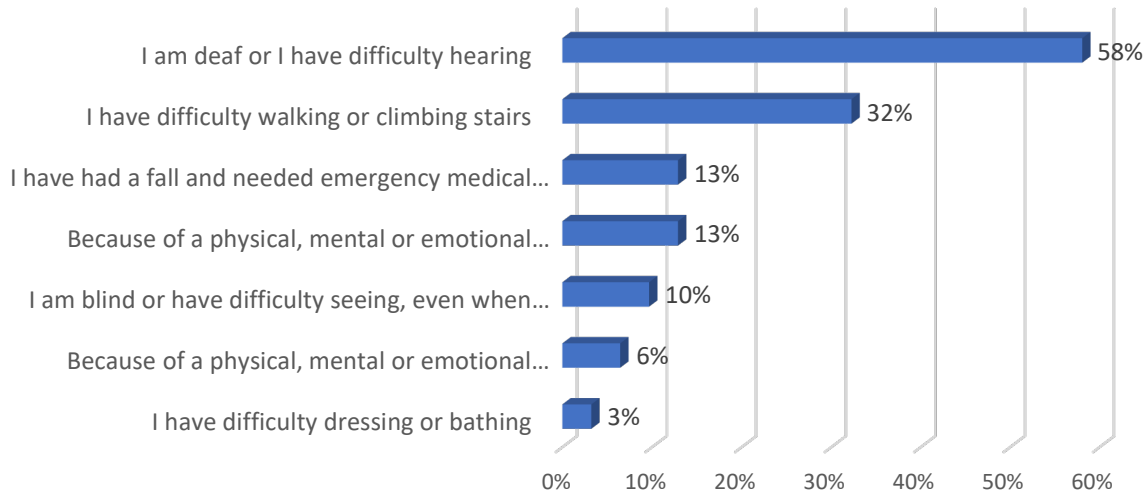
**My Town is Welcoming to all people**



Question 33 asked respondents to self-identify if they live with one of a number of disabilities or medical conditions. The most commonly cited condition was deafness or difficulty hearing, cited by 58% of respondents. This was followed by difficulty walking or climbing stairs, noted by 32%. Thirteen percent each noted cognitive difficulties or having had a fall and needed emergency medical attention. Across the six communities mobility impairments (difficulty walking or climbing stairs) was the most frequently cited condition, noted by 51% of respondents. Hearing difficulties were noted by 40% of respondents across the six communities.

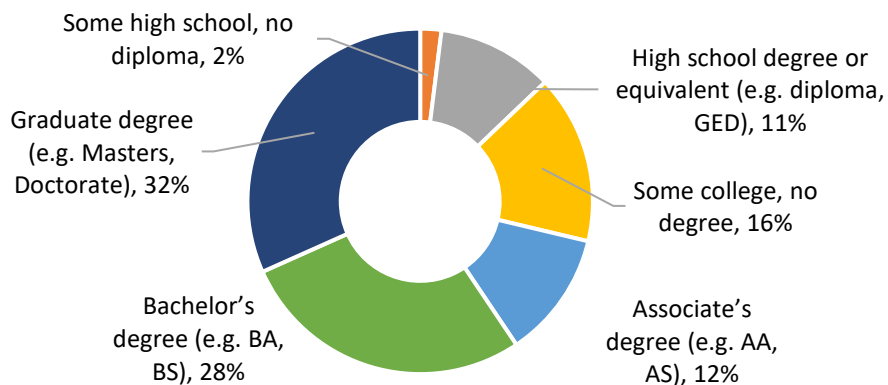


**Disabilities or medical conditions - please check off all that apply to you**



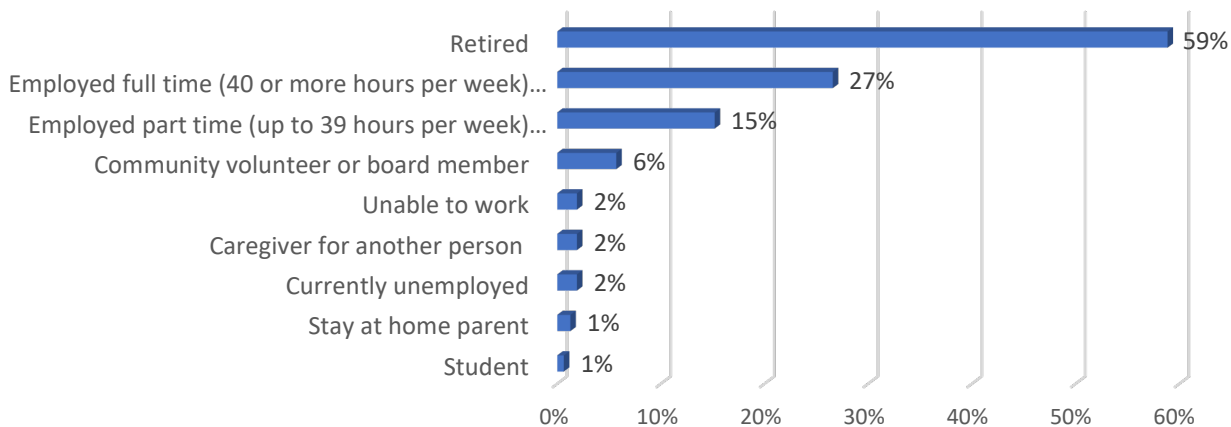
Question XX asked about respondents’ level of educational attainment. The largest share of respondents (32%) possessed a graduate degree, followed by 28% with a Bachelor’s degree, 12% with an Associate’s degree, 16% with some college but not degree, 11% with a high school degree or equivalent, and 2% with less than a high school diploma. This reflects an overrepresentation of residents with a college degree or higher compared to Census data showing 42.6% of Hampstead residents with a college degree or higher.

**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)**



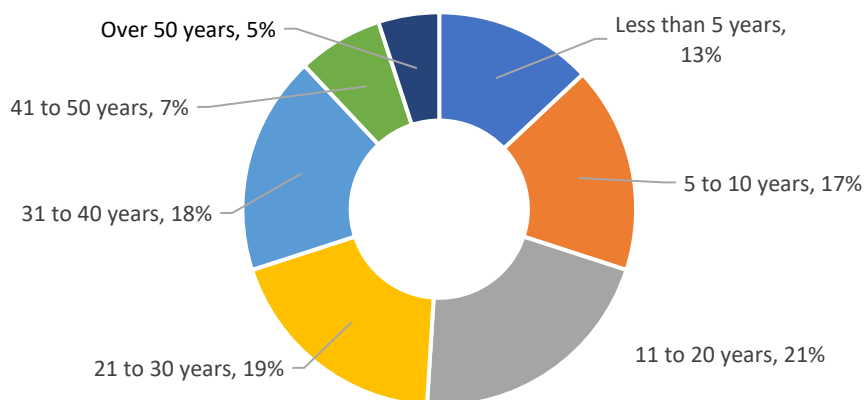
Close to 60% of survey respondents reported that they are retired, while 27% were employed full time, 5% employed part time, 6% identifying as a community volunteer or board member, and two percent each noting they were unemployed, unable to work, or a caregiver for another person.

**What is your current employment status? (Check all that apply)**



Seventy percent of survey respondents reported having lived in Hampstead over ten years, with 19% having lived in town for 21 to 30 years, 18% 31 to 40 years, 7% 41 to 50 years, and 5% over 50 years. These percentages were similar to response patterns in the other assessment communities.

**How long have you lived in Hampstead?**



## Hampstead Age Friendly Communities Survey 2022

### Open Ended Question Responses

#### 8) Regarding the concerns you noted in the previous question (*about growing older in your community*), what changes would help?

- Sidewalks to get around at least on the main roads. More space for recreational activities indoors or outdoors, more variety in activities for older adults than just casino trips and a dinner once a year. Rec dept needs to plan more things for older adults. More local transportation options even with ride share or coordinated volunteers.
- More senior transportation options during the week
- local transport
- There is no affordable housing for young adults. Transportation is a real issue for the elderly. There is little recreation opportunities for older adults and the elderly.
- Keeping them stable
- No additional senior living developments, no additional storage unit facilities, better school system (re school bond issues in Hampstead)
- FREEZE TAXES FOE RESIDENTS 65 AND OVER. TAXES WILL BE THE RESAON ME AND MY HUSBAND WOULD BE FORCED TO MOVE OUT OF TOWN.
- have the town take better care of the seniors. Do not think the town does very much at all for it's seniors. Seniors really do not have a meeting area that they can call their own. A place to gather and do senior activities on a daily basis. No transportation to local stores for shopping, doctor care or need for the seniors to just get out and enjoy their senior years.
- Elderly transport
- Tax exemptions for seasons who have some savings and therefore don't meet the eligibility requirements
- Lower taxes or there will be only rich people in Hampstead. Average people can't afford the taxes.
- More activities for the elderly including day trips to the beach, movies, theatre. Also a program that more resembles Atkinson NH transportation for elderly.
- Giving seniors discounted taxes. We can't afford these taxes on a fixed income
- Once you stop driving, if you don't have somebody to drive you to your designated locations, you are very limited, especially if your medical provider is in Exeter or Nashua or Manchester. Changing medical providers later in life is extremely difficult. There are few around that want to take on an elderly patient on Medicare.
- Public transportation, affordable housing ,
- Affordable transportation and healthcare
- First priority is public transportation
- Affordable tax rate for seniors.
- cheaper taxes, cheaper in home care, cheaper gas, cheaper food
- Primary concern is being able to afford to continue living in Hampstead due to consistent property tax increases. Many Seniors are not at poverty levels to take advantage of lowering our property taxes, yet it is a major concern every year when the tax bills comes in. Our 55+

Adult community has so many town/state mandated regulations, yet our home taxes are not proportionate to single family home taxations.

- Medical services nearby eg doctors urgent care
- Hospital near by
- Exempt older folks from some portion of the school related taxes. I've paid into taxes for that purpose for nearly 50 years - time to get a break.
- some public transportation options, more recreational options
- More options for public transport, more affordable housing for fixed income in retirement,
- Freezing property taxes for the people on fixed income. The taxes are and will drive older people out
- Sidewalks!
- Need improved opportunities for elderly to socialize
- Communication for planning purposes. Information on how to make and keep home affordable and accessible. Lower taxes. Information on elder home sharing and service options, what is the safety net.
- Having a good senior center properly located which provided some health services and provided transportation to other health services.
- Review all contracts within the school system. Hampstead teachers receive health insurance for life, the "Hampstead Incentive" etc. it all costs thousands of dollars annually
- Transportation is a biggie. A few more programs in town, maybe a central meeting place where we could do yoga or chair yoga, table tennis, line dancing at a reasonable cost.
- add another pharmacy
- There is a stigma in Hampstead that we "older" folks are holding up progress. As our tax dollars increase, 75 percent of which go to the school, it becomes more difficult to maintain a home in Hampstead. This also leaves little in the budget for senior services. We do not have a community center where many opportunities for programs both young and old could be held. In light of that maybe the schools should make more of an effort to allow programs for the older residents to participate in. Also a adopt a Grandparent program would bridge the gap between the younger and older people. Affordable housing should be part of a future plan if we are to age in place.
- Tax credits, transportation, activities, social opportunities, coordinator support for elderly
- More and Better hospital options
- Create a Senior Center . Establish a social program that includes trips to events. ( Bus trips)
- Affordability.
- Having transportation options once I stop driving
- Incentives to strengthen the home health workforce; a community center at Central School
- Financial support to help with property taxes so older citizens can stay in their homes.
- Lower taxes for older residents on fixed incomes
- Increased opportunities for outdoor recreation that is senior friendly ie paved walkways etc.
- Develop a service that provides in home services, unrelated to health care, so that as our strength and function deteriorates there are people who can be available to come into the home to help for a reasonable cost...and help keep people safe and independent...

- "The closest hospital is Parkland in Derry, this is a poorly run hospital. We need better health care options for our seniors.
- Transportation options are a concern once I have to stop driving. A local commuter van that could be called to bring seniors from home to say shopping would be nice."
- tax reduction for seniors
- More public transportation
- Nice reasonably priced condominium with walking trails
- That the town address the needs of old people, just like they do for youngsters.
- We need to move to one level housing and unfortunately the cost and minimum size of land in Hampstead is prohibiting builders for building a ranch style home with a basement for our hobbies. The over 55 communities in town are mostly trailers or low end manufactured housing, where the land is leased. The land owners are not a very good community folks as they threaten the resident with raising their lease if the much needed school improvements are passed.; Smaller lot minimum say 1/2 to 1 acre with covenants for 55 and older.
- Transportation with frequent pick up and drop off times. This might already exist. I don't need this service yet so I haven't researched it.
- "Affordable Senior Housing options. Allow Parental living space in Children's homes.
- Having regular travel services for movement around town and nearby shopping."
- Getting notifications of future services
- We realize that when a town is growing and needs infrastructure of any kind that it relies on increasing taxes. However they never consider those of us who are in their 80s on a fixed income so they are lumped in with everyone else. How about freezing the tax rate so that the impact on us is much less annually.
- Having reasonable prices on senior housing.
- N/A
- More senior citizen 50+ communities or assisted living facilities. A senior center is very much needed. Transportation for seniors once they cannot drive.
- " Regular free or low cost exercise classes and yoga classes geared to seniors 3 or more days per week. Transportation!!
- In home help when/if needed"
- It would help to give property tax relief to elders who are not at the poverty level but who struggle to pay ever increasing taxes while living on a fixed income.
- The increasing cost of things that cannot afford-- discounts for taxes concerning the school when seniors have been paying all of their lives and now paying even more for children they don't have in school. It's a true shame
- My doctors and benefits are all located in Massachusetts. I would need transportation that can offer services outside of New Hampshire.
- More services and activities for older adults
- Not a thing just a nice senior housing
- More reasonable housing.
- Option for affordable places to live; More options for affordable housing
- Being a senior on a fixed income is a concern as to how to continue affording to live in Hampstead. Cost of in-home support factors into that.

- flat school tax for sr.
- Hampstead needs a senior center and access to transportation when unable to drive
- There should be more transportation offered to the seniors. There is very little recreation offered in town for the seniors. We have to travel out of town to have our own place to socialize or sit down for a senior meal. We used to have trips but now we don't. reason being given is covid but other towns are doing the trips.
- Limit tax increases for unnecessary projects
- I think it would be nice to have a nice building for Community house so the elderly can play bingo and games and not have to be able to drive so far to get to it
- Community Center, senior activities
- A free newspaper or monthly publication listing activities, day trips, place to congregate (Senior Center?).
- No real Senior Center Services or dedicated facility in Hampstead.
- Having a senior center that would provide drop in clinics for routine health checks, hot meals, and socializing.
- Universal healthcare and affordable housing
- Assisted living options on one floor would help...
- Transportation options would be nice when I am too old to drive.
- Allowing seniors who are on fixed income to Not have to pay School Tax
- In Hampstead, we have no senior center or community center, so recreational/social activities for seniors are limited. A senior center would help. Also, there are few medical facilities offered in Hampstead, making it difficult for people who don't drive to access nearby services in other towns.
- Noted that the Selectmen voted unanimously to increase the town's budget for the Central School and the addition to the existing fire station. Yet they voted unanimously to kill the warrant to ask the state to review the possibility of communities somewhat alleviating the burden of increased taxation for the elderly in their community. With the increased inflation which affects all aspects of everyday life and its associated expenses not even one selectman voted to consider the impact on the elderly in their community. I am sure that some upgrades are necessary to improve the Central School and the fire station, but again perhaps generate a plan to take smaller steps incrementally to make these improvements, therefore mitigating immediate large tax increases. And, to ask the state to look at allowing communities to determine if a school related tax cap for the elderly is warranted. The selectman voting to me was not indicative of a group interested or even taking into consideration the impact on the elderly population living on a fixed income. It was noted that a strong school system attracts future residents. The other side of the coin should also be mentioned, high tax rates deter future residents from considering moving to the community. Should all of the warrants in the ballot passed, my tax per year would be reaching ~ \$8k, for a condo! I sincerely hope the in the future the selectmen seriously consider the impact of tax increases on elderly in the community and try to ameliorate the impact. Disappointed in our appointed.
- Some type of reliable transportation and affordable transportation for citizens.

- Upscale 55 and older communities with programmed activities. Nearby "Boston" level medical facilities and transportation to those facilities. Uber or similar transport options. (Can't even get a taxi here!)
- Need to have reliable transportation for medical appointments through Boston Hospitals. Hope the new Mass General facility in Salem NH will help resolve this issue. Also use Lahey Hospital in Burlington MA. May need to move to a town with transportation services
- Reduction in the costs of Property taxes
- I find it very ironic that an Age Friendly Hampstead survey would be circulated TWO days after the town election in which all 5 Board of Selectmen recommended against partially relieving some of the tax burden for resident senior citizens. The survey seems a bit hypocritical. As it is, our taxes are astronomical. And if I say I'd like to see better public transportation or other senior services, I would just be asking for another tax hike which would push me right back over the border to MA.
- A freeze on Taxes for anyone 65 or older
- More senior programs town or just local... senior outreach.. more social programs or activities
- Having seniors on a lower property tax base
- Lowering property taxes for seniors, making easier transportation to healthcare services, AND making the information more accessible as how to access the services. Transportation to the Plaistow rd (125 ) strip would be great!! Many valuable stores there. Walmart, market Basket, home depot, BBB etc. With reasonable prices.; LOWERING PROPERTY TAXES FOR SENIORS. SCHEDULED TRANSPORTATION TO THE PLAISTOW RD (125 STRIP) AVAILABLE . GREAT STORES, WALMART, MARKET BASKET, HOME DEPOT, BED ABTH AND BEYOND. RED SHOE BARN, DOLLAR STORE, CVS AND TAX HELP.
- When my husband was ill, there was almost no availability for transportation. He was 15 years older than me and When was working and he often needed to get to appointments.
- Senior center. Lower taxes for seniors.
- Give elderly tax breaks.
- None that I can think of right now!
- A central location to research my options when I can't drive, need ; I would like a central location where seniors can access resources available to help them "age in place".
- More Elderly property tax relief
- Follow Atkinson or Salem protocol. There is very little that is offered. Taxes keep increasing for the younger generation, not seeing any go for elder services. Thanks
- Freezing the school tax portion at age 65 would help. There are many seniors in Hampstead and it is not fair that the seniors are taxed for school children's education ( and the high schoolers are bussed to the expensive Pinkerton Academy miles away) , when seniors are on a fixed income and do not use these service.
- A true elderly senior center elderly housing for those that want/need it.
- The rural character of the community is lovely, if you have family and friends nearby, however, I imagine it would be isolating if one does not, nor if there are no transportation options to assist those unable to drive. Also, our town skews toward older people already - the tight-fisted, low-tax mentality results in a lack of services, decaying school, and few affordable housing options for those in their 20s and 30s.



- My doctors and the hospitals they are at are in Massachusetts. I need to have procedures at hospital 3-4 times per year that require anesthesia, so I cannot drive myself to those appointments. I cannot find transportation for these appointments.
- senior transportation, discount on property taxes based on income and age.
- Transportation
- In future - Available low cost transportation for errands, entertainment, community activities. Also low cost simple repairs to do in house which are necessary.
- Volunteers to drive-maybe through the police-elder services, in home support services are very costly.
- A Senior Center. Urgent care nearby.
- A Community Center
- Did not know that the town has transport to medical, food shopping, etc. for residents, but it should.
- Cap my property TAXES!
- Make transportation options more available to older people.
- N/A
- Less focus on school services and expansion
- Ensuring the CART ride service is available to me once I stop driving so I can get to medical appointments. Also good senior social activity/recreational programs during the day (not at night).

**39) Do you have any additional comments about aging and livability in your town or the broader region?**

- Public library is a major social resource for me and many in Hampstead.
- Just moved here
- The powers that be in Hampstead seem to have the goal of turning the town into a senior living community—senior housing and storage facilities are the largest signs of growth. We would not have purchased a home here had we known.
- NOT AT THIS TIME; PROPERTY TAXES HAVE TO STABILIZE FOR OLDER ADULTS LIVING ON LIMITED INCOME.
- no
- Tax relief is a huge issue. The income guidelines and amount of savings needs to be changed
- Unfortunately if you aren't rich you can't afford the taxes and will have to go somewhere less expensive to live when retired.
- Reduce taxes for senior
- I'm not sure if this applies here but there are several older adults in my community who have no access to a handy man, for lack of a better term. The apartment complex takes care of major items but when it comes to moving furniture or washing windows there seems to be a lack of resources. If you don't have an able bodied relative or neighbor there's basically nobody to turn to.

- Need a walkable downtown with sidewalks. More specialty locally owned stores to shop. Independent eateries.
- Need warrant article to freeze school taxes at 65 so will be able to continue to support them
- Noise/auditory stimulation is excessive -fireworks are year around, residents with outside music, motorcycles, pistol practice etc.
- No
- Wouldn't want to live here when I retire. Too dependent on being able to drive and no senior center to coordinate activities
- I feel that much if not all of the public focus is on well to do 30 and 40 somethings, and once the kids graduate the parents lose all connections. As the only thing that connects is the school. People are forgotten about once their kids finish school. And people here don't want to make new friends with anyone remotely different
- "High taxes. Town allows over 55 developments so residents pay full tax but have no children using services. What about freezing the school
- Portion of the taxes when resident reaches 65? We are told this is illegal in NH. It would be good for discussion especially as the schools consume at least 82% of tax revenue.
- 65"
- Southern NH lacks services of all kinds many still use Massachusetts for docs etc. But the convenience of being available locally would be less of a burden. Affordable housing to downsize into is almost non-existent which really is a concern if we want to stay local and near family and friends.
- "I wish there was a better way to learn ALL opportunities for people my age from one location, person, department, website.
- The real estate taxes are too high for retired seniors.
- Only grocery store in my town is the most expensive.
- New school admin - overkill, outrageously expensive for a town of our size. How many towns our size inNH, with 2 school buildings/staff, have their own SAU?
- Budget oversight, not enough. Salaries driving costs through the ceiling.
- Elderly getting forced out by taxes, costs. "
- I think town sidewalks would allow people to walk much more and open the town to new services...
- No
- No
- Once again we've been asked to complete a survey about the town, AND THERE IS NO MENTION OF THE LIBRARY. I think we ought to really knows what people think of the library and the staff do down there.
- "I think the biggest issue we face as we age is not being open to the fact that we will have to change how and where we live as we move through the various stages. One of the first questions in this survey was on staying in your present home where the majority chose Extremely or Very important. This is complete denial that a) you may not be able to stay in your home and b) that you should stay in your home. Folks fail to prepare for the inevitable that one will need increasing amount of care and assistance and you may not be able to get that in your present home through the end of life. You will need to move!!!

- Finally, Hampstead/Rockingham County needs to allow 55+communities that are more like a traditional home and not an old age trailer park. "
- It would be nice to have an active senior group and a senior center in town.
- no
- A very nice little town however I wish at people from out of state who come into our community would STOp trying to change things and make it like the places they came from
- I live in a senior park and I feel safe. The emergency services in Hampstead respond quickly when called. Traveling in the community is safe whether it is by car or walking. Although...I would love to see sidewalks on Emerson Street to increase safety.
- Other than cost of housing. Love Hampstead
- Only have available affordable housing issues someplace I don't have to climb stairs to get into apartment and having a walk-in shower ...climbing in and out of a tub-shower situation is a huge problem
- Need to stablize school cost
- no
- Paying for snow removal I can't afford. Plus I need a roof I can't afford
- Some kind of low-cost or free transportation for appointments, trips to grocery stores, pharmacies, etc. would be helpful when I can no longer drive myself.
- The rising property taxes and cost of living is making it difficult to stretch a fixed income and stay in my home.
- We are retired in our early 70's and would like to move to a single family house in a quieter location in our town as we live near a state highway. Our house is older, and we want to move to a house that needs less maintenance. However, since we are on a fixed income and sale prices for houses have increased, we feel there are few options.
- Hampstead has very few resources specific for seniors, but overall Rockingham County has good resources available. It would be great if Hampstead had the budget to create a senior center or fund senior programs.
- I feel Hampstead is going through changes. Young families that move to town say they moved here because of the good schools. If so, why are they trying to pass a \$12 million addition? I thought you moved here for good schools? It seems the town is pitted against older versus younger. The older people in town that I talk to would vote yes on a renovation or addition warranty article as long as it was not so high in price as \$12 million. They would like a compromise, but the school board has said every year, they are coming back again next year and will show us how we are wrong in our ideas. They refuse to compromise. The more they come back again and again with the same proposal, the harder those people that vote against it will dig in their heels. Compromise compromise compromise. I am not sure if it will ever happen and Hampstead.
- We need to focus on more single family homes and less 55+ communities
- Town becoming more narrow, biased, less accepting.
- Town needs low income housing
- If Property Taxes continue to rise at the current pace I will no longer be able to live in Hampstead.

- The area is becoming an area for the young and wealthy! The possibility of living in this area we love is stressed by high taxes and utilities
- KEEPING EVERYONE INFORMED AS TO SERVICES OFFERED, AND GIVING US INPUT FROM THE FUTURE IS GREAT. KEEPING THE COST OF SERVICES AFFORDABLE.
- Real estate taxes are VERY high
- Too expensive and age discriminate
- We don't take care of the kids in this town in regards to school. If the plan is to make the community more attractive to older adults, then it is time to start prioritizing schools so that an older person's kids and grandkids would want to live in town. The town needs sidewalks and needs to increase handicap accessibility to town buildings and fields. It is NOT readily accessible to people in wheelchairs or with vision impairment, etc.
- No
- There are many Seniors in my town, but few recreational services. Even though there are several 55+ Communities, we have no Senior Center. For the amount of taxes we pay to the town, we should have more services.
- Better Elderly houses, 2. Can never find someone who could shovel snow on walkway, driveway taken care of. 3. Unaware of elderly activities and events that are available to me, but I do like living in Hampstead
- Hampstead has low income housing (that you hide) you do not have decent elder housing. Senior & Assisted living is needed in this town. You really need a senior center with activities such as movies, card game, board games & trips. I have never in almost 30 years felt like I was welcome in this town as a senior citizen just my tax dollars.
- Nice town very \$\$ taxes huge. instead of piece meal 1/2 hour or max 1 hour more time to meet and mingle. A.M. is not always best time. New card games or classes on learning chess would be welcome. Perhaps walking groups- bike groups, pickle ball and tennis would be enjoyable.
- Unless people are willing to increase the availability of affordable housing, our communities will devolve into age-in-place, self-selecting retirement communities. Hampstead is nearly there. NH has one of the lowest medicaid reimbursement rates, but the older people in our state continually vote down any tax or tax increase, that might improve schools or zoning affordable homes (not more 55+) to attract young families. The added tax revenue might benefit older people in the long run by increasing medicaid funds for in-home health services. If I am not mistaken, Hampstead approved a measly \$500 for community caregivers to assist homebound seniors, and yet people will keep voting against their self interests if it means "no taxes."
- Noted public library under amenities - option on paper version but not electronic version
- Checked Public Library under Amenities; It is too expensive to live here. They tax the life out of Seniors!!!
- Thank goodness we have Atkinson Community Center which offers some events - even more would be better - ones that pertain to movement, exercise, dance, social card playing, games. BUT Hampstead has very little for elderly. They cater to youth. Even the Director of Recreation 10 years ago never recognized elderly. I know people with children moved to Hampstead from Atkinson because Hampstead is for kids. Again discrimination.
- High taxes may force us to relocate! Would like to see more shopping opportunities in Hampstead. Forced to go to Plaistow for all shopping except food.

- Hampstead is a wonderful town to live in. Town employees are always helpful. We do need a place that we can come together, regardless of age, we do have activities for school age, but nothing for older to come together. Hampstead is a very friendly town.
- Real estate TAXES are high and probably going higher due to the influx of younger families specifically from MASS who want better -bigger- schools. Its great BUT because I'm on a FIXED income it make it difficult to accept. So their wants/needs will drive a number of us to leave this community!
- Noted library under amenities
- Very noisy, loud motorcycles and cars on Route 111 and Route 121. Police don't seem to care. Increased all night lights at gas stations, storage facilities, etc. Getting crowded. I miss my quiet small town. Thank you for asking!
- Noted library under amenities; Taxes need to be reduced (especially property taxes), so that seniors can age in place in their homes and remain in their chosen community. More affordable (55+) living options need to be made available to seniors that are within reasonable walking distance to downtown.