

## APPENDIX A - HAMPTON AGE FRIENDLY COMMUNITY SURVEY ANALYSIS

### Survey Methodology

Hampton'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, Lane Memorial Library, Hobbs House 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 22
- Flyers at Town Hall, Lane Memorial Library, Hobbs House
- Postings on the Parks & Recreation Department, Public Works Department, Hampton Area Chamber of Commerce and Experience Hampton Facebook pages
- Announcements and flyer distribution at local churches

**HAMPTON AGE FRIENDLY COMMUNITY SURVEY**

The Town of Hampton, 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/AgeFriendlyHampton>

Paper surveys available at Hampton Town Hall and Lane Memorial Library

FOR MORE INFORMATION CONTACT JASON BACHAND OR SCOTT BOGLE:  
jbachand@hamptonnh.gov • sbogle@therpc.org

Logos for Hampton, Rockingham Planning Commission, and Rockingham Nutrition Meals on Wheels are included.

**AGE FRIENDLY HAMPTON  
COMMUNITY SURVEY**

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### Survey Findings

The survey was fielded on June 7, 2022 and remained open until July 29, 2022. A total of 208 responses were received in Hampton and 1,497 responses across the six assessment communities.

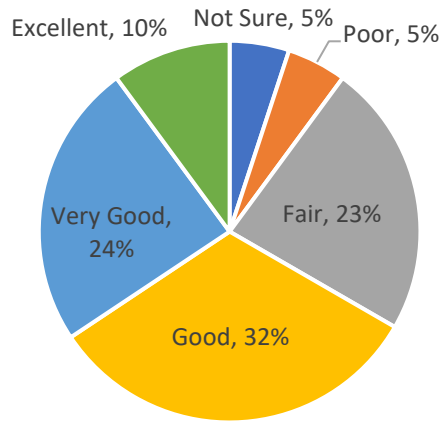
#### Demographics of survey respondents:

- **Gender:** Sixty-three (63) percent of survey respondents were female
- **Age:** Fifty seven percent of survey respondents were aged 65 or older, including 41% age 65-74, 15% age 75-84, and 1% age 85 and over. An additional 22% were between 55-64 years old.
- **Race:** Ninety five percent of survey respondents identified as either White Alone or White in combination with another race. One percent identified as Asian, while 5% identified as some other race. Three percent identified as Hispanic.
- **Length of Residency:** Sixty-three percent of survey respondents had lived in Hampton more than 10 years, and 46% of respondents had lived in Hampton over 20 years.
- **Employment Status:** Fifty nine percent of survey respondents indicated they were retired, while 25% noted working full-time and 10% noted working part-time.
- **Educational Attainment:** Twenty six percent of respondents indicated completing a graduate degree (Masters or Doctorate), while 31% had completed a Bachelor's (4 year) degree, 13% an Associates (2 year) degree, 22% noted some college but not degree, and 8% reported a high school diploma or GED and not further schooling.

## General Questions on Aging in Hampton

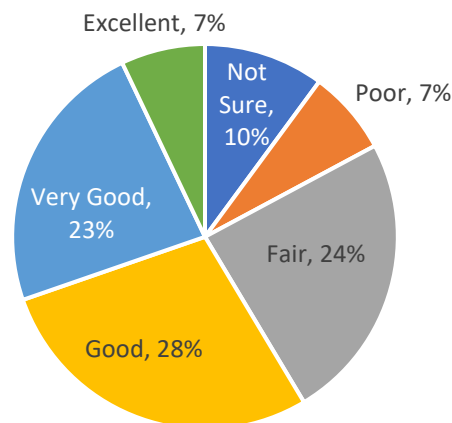
The initial questions on the survey asked respondents to rate Hampton as a place to live as an older adult, and as a place to attract and keep younger people in their 20s or 30s. As a place to live as an older adult, two thirds of respondents rated the town as Good, Very Good or Excellent; with 34% indicating Very Good or Excellent. This was on par with the average across the six assessment communities of 70% indicating Good/Very Good/Excellent, and 38% 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 slightly lower when asked about Hampton as a place to attract and keep younger families. Fifty-eight percent of respondents rated the town as Good, Very Good or Excellent; with 30% indicating Very Good or Excellent. On this question Hampton'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.

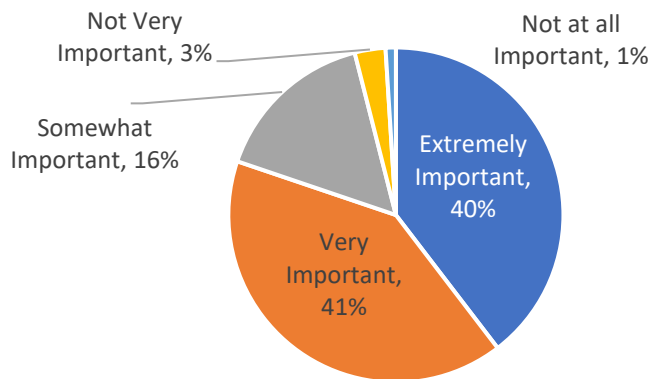
### How would you rate your town as a place to attract/keep younger people in their 20s or 30s?



Respondents had stronger feelings when asked how important it is to them to remain in Hampton as they reach their 70s, 80s and beyond. Forty percent identified this as Extremely Important, and 97%

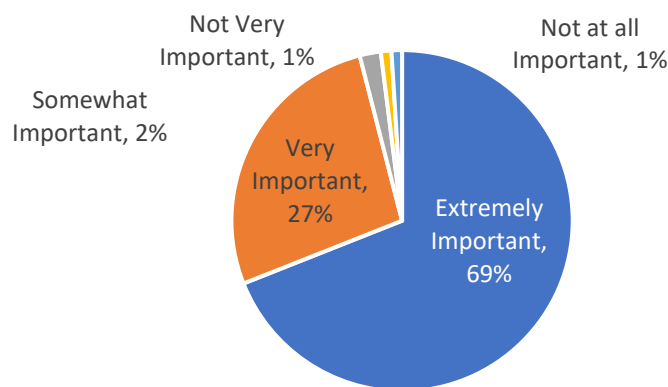
indicated this is Extremely, Very or Somewhat Important. This is higher than the average across the other five assessment communities of 88% indicating remaining in their current community is Extremely, Very or Somewhat Important.

**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 96% of respondents indicated this is Extremely Import or Very Important to them, including 69% 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%), Fremont (70%)and Hampton (69%) vs. Exeter at 56%, Stratham at 50% and Portsmouth at 63%. 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.

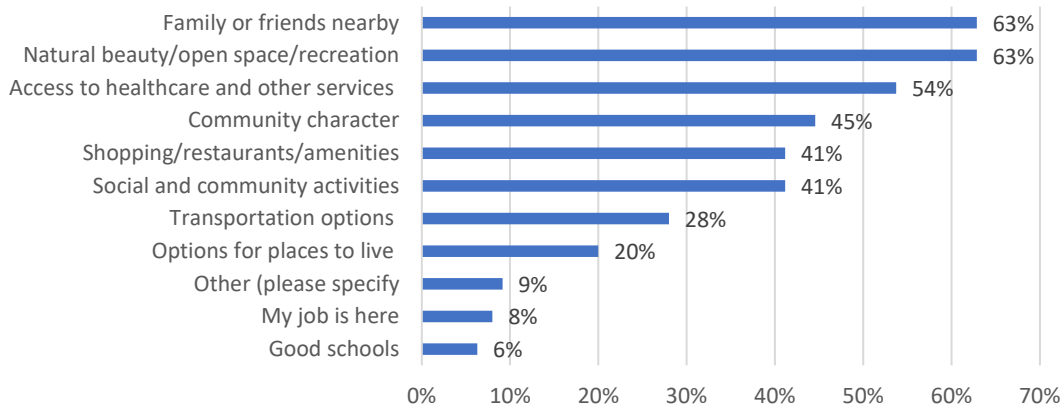
**How important is it for you to be able to live independently in your own home as you grow into older adulthood?**



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. The most frequent responses, cited by 63% of respondents each, were the importance of having family and friends nearby and the importance of natural beauty/open space/recreation. While access to family and friends was consistent

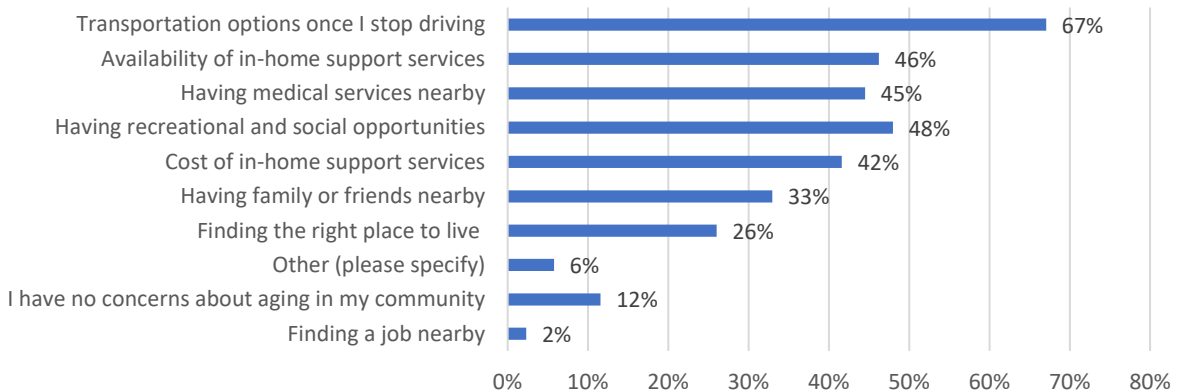
across all six communities, natural beauty/open space/recreation ranked more highly in Hampton than in other communities. This likely reflects the value Hampton residents place on access to the ocean and associated recreation opportunities. The next four most common responses (access to healthcare, community character, shopping and restaurants and social and community activities) were also consistent across all six communities with slight variations.

**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 Hampton and across all six communities was “Having transportation options once I stop driving”, cited by 67% of Hampton respondents and as high as 69% in Portsmouth and Fremont, and 68% in Stratham. The next most frequent response was “Having recreational and social opportunities”, slightly ahead of “Availability of in-home support services” and “Having medical services nearby”. These top four choices were consistent across each community.

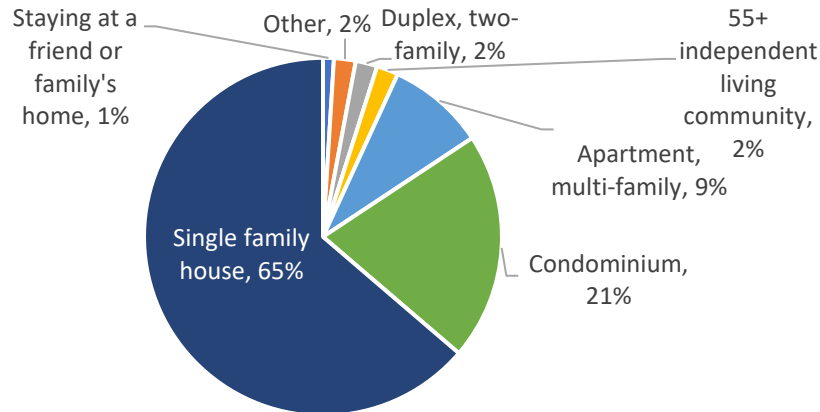
**What if anything concerns you most about growing into older adulthood in your community? (check all that apply)**



This question about concerns was followed by an open-ended question: “Regarding concerns you noted in the previous question, what changes would help?” Of 98 written responses the most common were:



**In what type of home do you live?**



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 an 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 type of home and location near desired destinations, while concerns are visible in the categories of required maintenance (57% choosing OK and 13% Not Very Well), affordability (48% choosing OK), and sense of acceptance if the respondent lived in an assisted living or other retirement community (47% OK and 14% Not at All).

**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)	70%	27%	1%	2%
Design (e.g. number of floors, width of doors, number of steps to get in)	49%	35%	13%	2%
Location near places I want to go	75%	22%	2%	1%
Amount of routine maintenance (e.g. lawn, raking, snow clearance)	27%	57%	13%	3%
Affordability within my budget	40%	48%	9%	3%
Sense of acceptance (if in an assisted living or other retirement community or neighborhood)	30%	47%	9%	14%

Next was a companion question getting at 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 45% indicating few options available in their desired type of home to a low of 23% noting few assisted living options

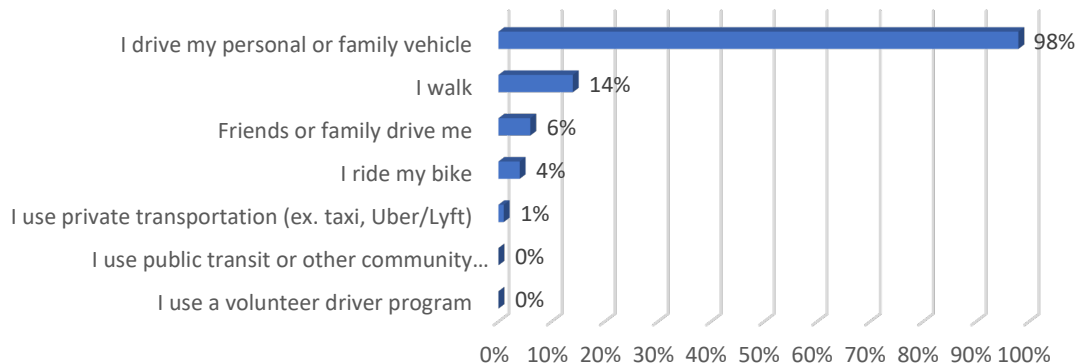
available where they would feel accepted. The most common response for this last question was Not Applicable (30%).

**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)	3%	13%	45%	11%	20%	9%
Design (e.g. single floor living, width of doors, few or no steps to get in)	4%	17%	40%	8%	19%	13%
Location near places I want to go	9%	23%	34%	6%	17%	11%
Maintenance I'm willing to take on (e.g. lawn, raking, snow clearance)	4%	21%	33%	5%	23%	13%
Affordability within my budget	2%	16%	34%	19%	18%	12%
Sense of acceptance (if looking for an assisted living or other retirement community or neighborhood)	1%	16%	23%	5%	30%	26%

By far the most common response to the question of how survey takers typically travel was driving their personal or family vehicle, cited by 98% of respondents. Fourteen percent noted that they walk (higher than any other community), 6% noted that family or friends drove them while 4% indicated bicycling and 1% noted private transportation (taxi, Uber/Lyft).

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

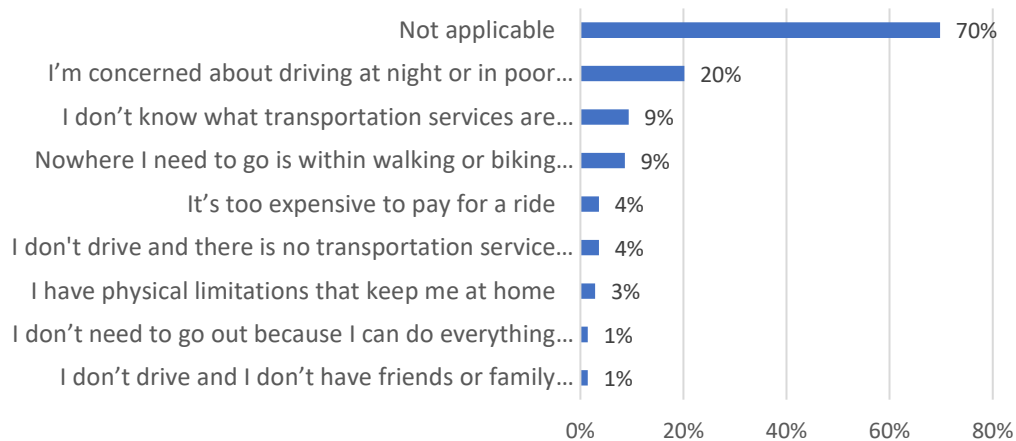


Question 17 asked “If you find it difficult to get around and/or rarely leave your home, please check all the reasons that apply.” Reflecting the high number of people who on the previous question noted that they drove their own car, the most common response here was “Not applicable” (70%). That said, a



significant number (20%) noted that they are “concerned about driving at night or in poor weather conditions”, and 9% each noted “I don’t know what transportation services are available” or “Nowhere I need to go is within walking or biking distance from my house”. This highlights that even for older adults who maintain a license and automobile, many tend to drive only in good weather and during daylight hours, impacting their mobility. It also highlights the need for additional outreach regarding available transportation services in Hampton.

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



Question 14 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 ease of getting to town facilities (76% Good or Excellent), ease of access at town facilities (74% Good or Excellent) and traffic signage (72% Good or Excellent). Lowest marks were given to community transportation access (74% Fair or Poor), Sidewalks (70% Fair or Pool), speed enforcement (60% Fair or Poor) and bicycle safety (57% Fair or Poor).

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

	Excellent	Good	Fair	Poor	Not Sure	Not Applicable
Sidewalks	1%	26%	42%	28%	0%	3%
Bicycle safety	1%	22%	28%	29%	9%	11%
Parking	14%	45%	28%	12%	0%	1%
Public/community transportation	0%	3%	11%	63%	16%	7%
Easy to read traffic signs	12%	60%	22%	3%	0%	3%
Enforced speed limits	4%	31%	39%	22%	3%	1%
Benches where I walk	11%	34%	23%	19%	5%	9%
Ease of getting to town facilities	15%	61%	14%	6%	2%	2%
Ease of access at town facilities	17%	57%	25%	3%	7%	2%
Public restrooms	7%	33%	26%	20%	11%	3%



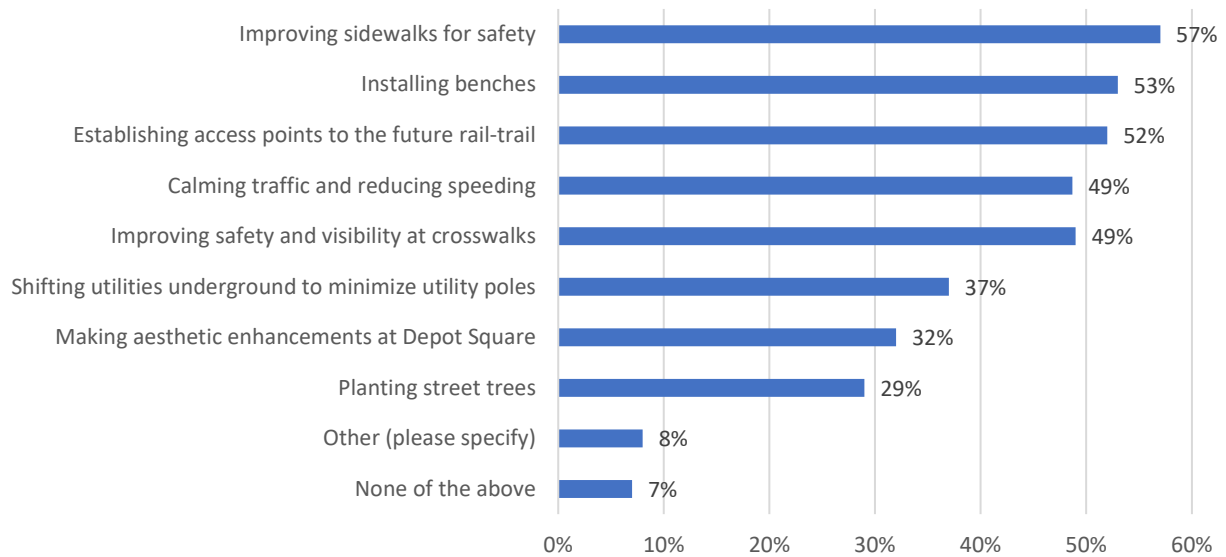
Question 18 asked whether respondents used medical and other services available in Hampton. The services showing highest use included In-person medical services (70%), Vision Care (50%), and Dental Care (49%). No other service garnered more than 5% of respondents indicating use. Perhaps the most interesting aspect of this question is that majorities of respondents indicated they were uncertain about availability of a range of services including in-home personal care, housekeeping services; luncheons for seniors offered by RNMOW. Thirty four percent of respondents were not sure if home meal delivery for older residents is available in Hampton. This points to an opportunity for additional outreach by non-profit organizations like Rockingham Nutrition Meals on Wheels and Rockingham VNA 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	70%	17%	2%	11%
Telehealth medical services	31%	43%	1%	24%
Substance use disorder-recovery services	1%	34%	3%	6%
Dental care services	55%	28%	1%	16%
Vision care services	50%	27%	2%	2%
Meals on Wheels weekday delivery of meals to homes	1%	63%	1%	34%
Weekday luncheons for seniors	3%	29%	7%	61%
In-home healthcare services	2%	50%	1%	47%
In-home personal care help	1%	46%	1%	51%
In-home help with tasks like housekeeping, cooking, groceries	5%	48%	2%	45%
Early childhood education/preschool/daycare	2%	61%	3%	34%
After school care	1%	49%	3%	47%
Youth summer day camps	4%	57%	4%	36%
Teen center	0%	21%	17%	62%

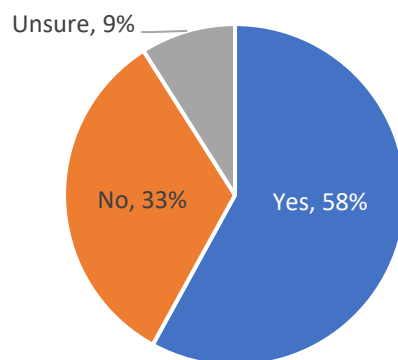
Question 16 asked respondents to rate the importance of various potential improvements to Hampton's town center. This question was specific to Hampton and ties in with the parallel update to the Hampton Master Plan. Much as respondents to Question 14 rated sidewalks in town as fair to poor, sidewalk improvements were the most frequently cited need in the town center (57%), followed by installation of benches (53%) and access points to the soon-to-be constructed rail trail.

**Which if any of the following would make Hampton Center a more inviting and accessible place for visitors and residents?**



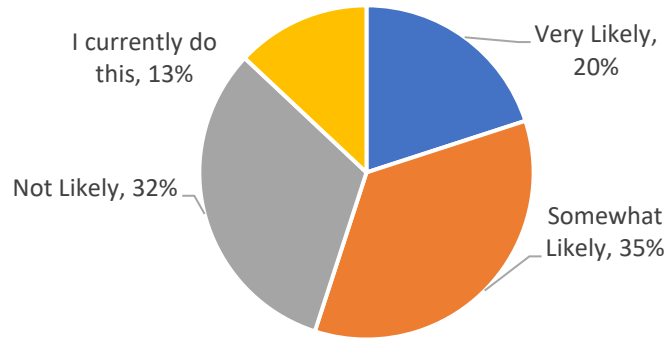
Respondents were asked whether they have family or friends nearby who could assist them now or in the future with things like transportation, errands, cooking or self-care. Fifty-eight percent of respondents indicated they did have a support network that could help with this sort of assistance. This is similar to and just below 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?**



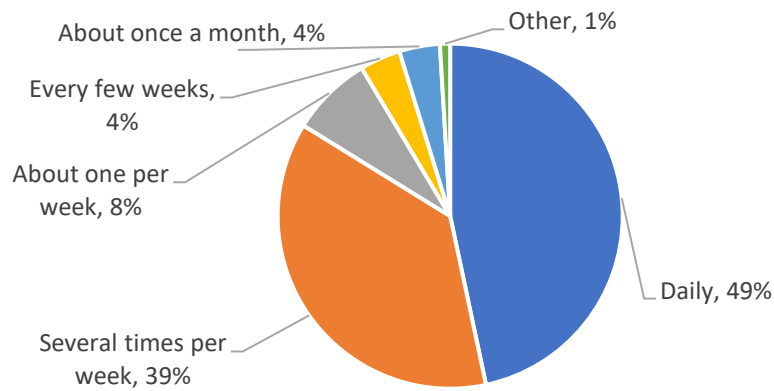
As a companion to the previous question, the survey asked how likely it is that the respondent will provide care for an adult family member or friend in the future. Fifty-five percent of respondents indicated that this is Somewhat Likely or Very Likely. An additional 13% indicated that they provide care of this sort already. The number of respondents in Hampton saying they do this already was above the regional average (13% vs. 10% average). Hampton was close to the regional average (59%) in people anticipating providing this sort of care in the future. This expectation appeared highest in smaller more rural communities (Hampstead 66%, Fremont 65%) and lowest in larger communities (Portsmouth 36%).

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



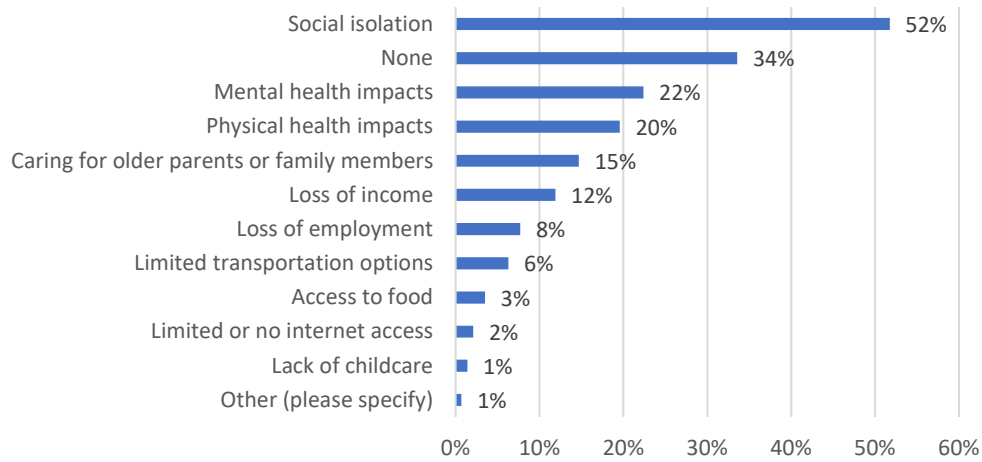
Eighty-eight percent of respondents indicated that they participated in some form of physical activity several times per week or daily – the highest percentage among the six assessment communities. The regional average was 83% of respondents exercising at least several days per week.

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



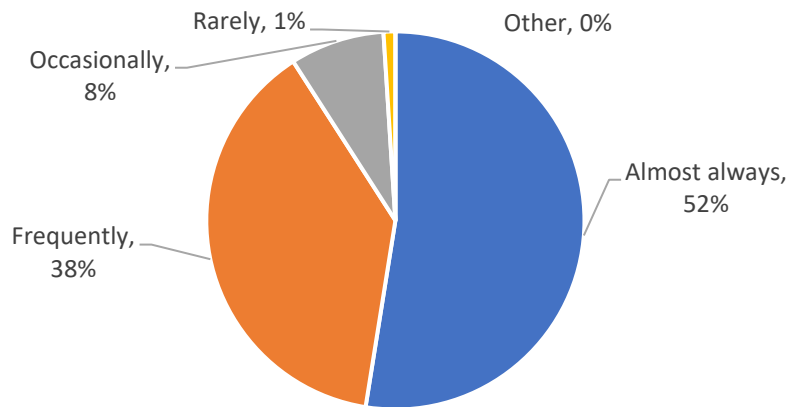
When asked about challenges faced due to the COVID-19 pandemic, Social Isolation was consistently the most frequent response in Hampton (52%) and across the six assessment communities (56% average). This was followed (again consistently) by “None” (34% in Hampton and 29% average), Mental Health Impacts (22% in Hampton and 22% average) and Physical Health Impacts (20% in Hampton 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)**



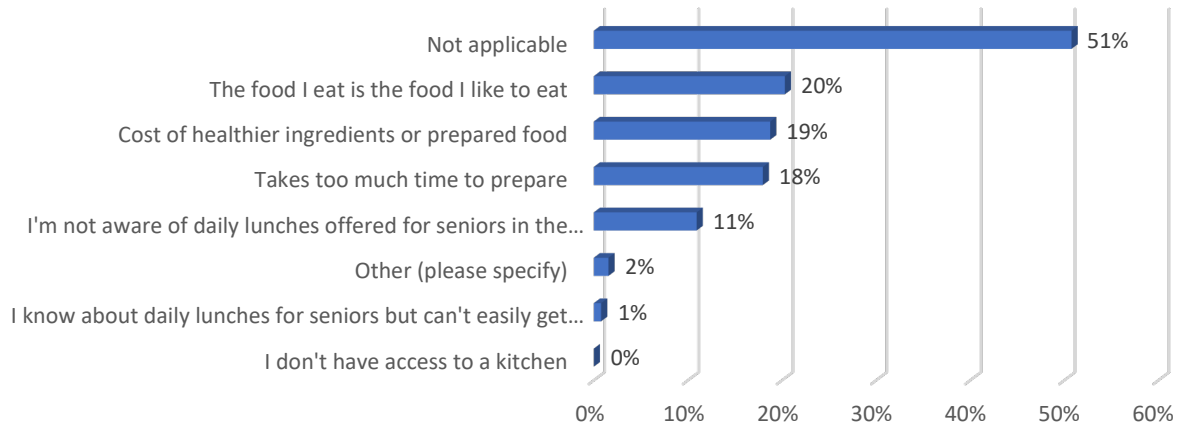
Question 22 asked how frequently respondents ate nutritious meals. Fifty two percent indicated Almost Always, and 90% indicated either Almost Always or Frequently. This was consistent with the average across the six assessment communities (91%).

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



Question 23 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 (51%). Twenty percent indicated "the food I eat is the food I like to eat", while 19% noted the cost of healthier ingredients and 18% indicated healthier meals take too much time to prepare. 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?**



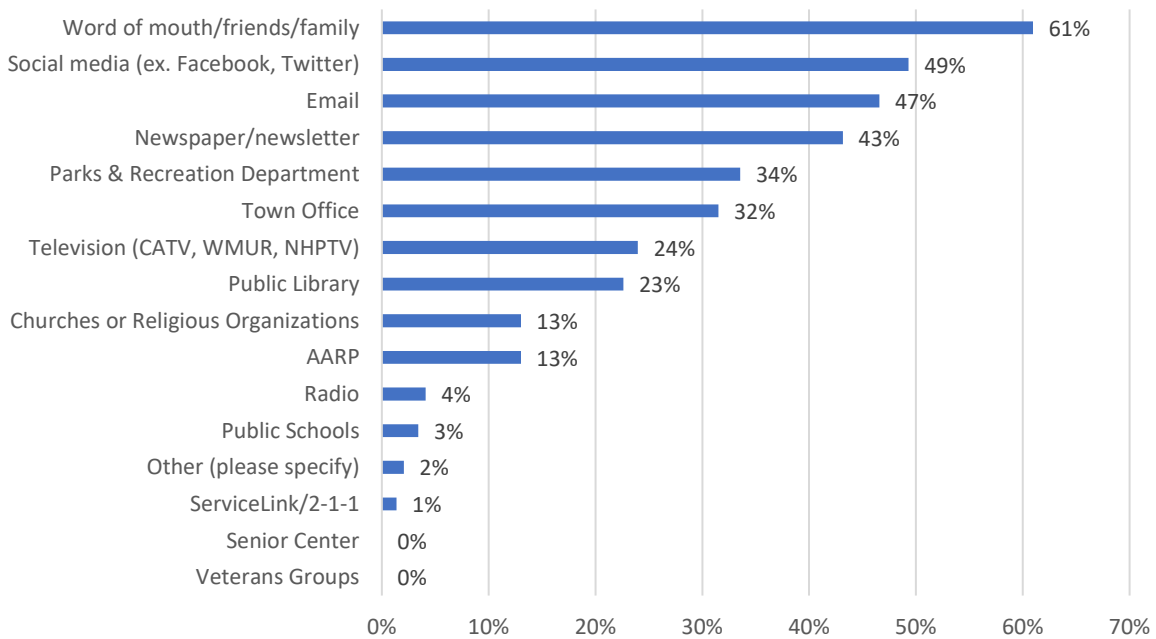
Question 26 asked respondents about a range of amenities available in Hampton and whether they use them. The most commonly cited amenity group was Restaurants/Coffee Shops/Stores noted by 91% of respondents. The next most frequent was Sidewalks and Bike Paths noted by 85% of respondents, followed by 74% who noted they use the public library. Fifty nine percent noted they used Trails, Conservation Land and Natural Areas. Compared to the Services questions, few respondents noted that they weren't sure if certain amenities are available in town. Highest percentages here were respondents citing uncertainty about Veterans' Services and Community Centers (34%).

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

	I use	Available, I don't use	Not available	Not sure if available
Libraries	74%	26%	0%	0%
Volunteer/ community service opportunities	30%	40%	2%	28%
Trails, conservation land, natural areas	59%	22%	2%	17%
Playgrounds, ball fields, swimming pools	33%	51%	0%	16%
Sidewalks and bike paths	85%	6%	6%	2%
Concerts, dances, socials	35%	20%	17%	28%
Veterans services	5%	47%	2%	47%
Restaurants/coffee shops/stores	91%	6%	0%	2%
Fitness centers, exercise classes, rec sports	20%	48%	5%	27%
Community centers, Boys & Girls Club, YMCA	9%	18%	39%	34%
Senior center or activities for older adults	7%	38%	31%	24%
Social/civic groups (book clubs, garden clubs, Lions, Kiwanis)	17%	67%	3%	13%
Continuing education/ learning opportunities	13%	42%	16%	29%
Churches or other places of worship	48%	50%	2%	0%
Food pantry	7%	84%	0%	9%
Town welfare office	5%	75%	2%	18%
Internet access at public locations (library, town hall)	24%	62%	2%	11%

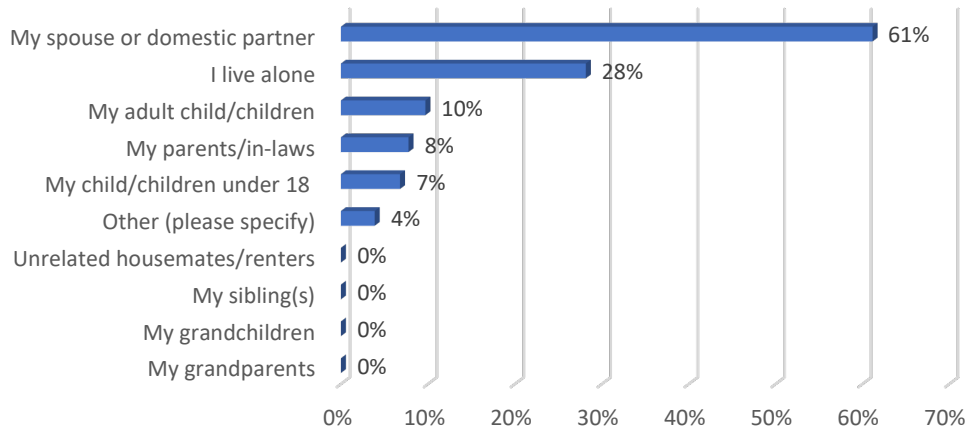
Question 25 asked respondents how they get information about events or services in town. The most common response, in Hampton and across the six communities, was “Word of Mouth/Friends/Family”, cited by 61% of Hampton respondents. The next most common responses in Hampton were Social Media (49%), Email (47%), Newspaper/Newsletter (43%), Hampton Parks & Recreation (34%) and the Town Offices (32%). Remaining information channels all dropped below thirty percent. Of 146 respondents to this question, 17 (11.6%) 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)**



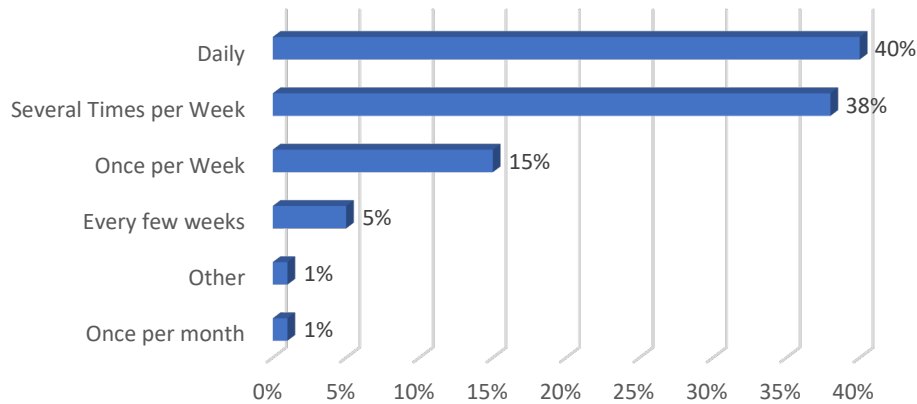
Question 27 asked about living situation, including who lives in the respondent’s household aside from themselves. By far the most common answer was Spouse or Domestic Partner noted by 61% of respondents as compared to a 66% average across the six communities. Twenty-eight percent noted that they live alone, 10% noted living with adult children.

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



Forty percent (40%) of Hampton respondents noted they have social contact outside their home daily, and 78% had contact at least several times per week. An additional 15% noted contact once per week. On this measure Hampton was slightly higher than the average across the other assessment communities, where 76% of respondents noted contact at least several time per week. Hampton was second only to Hampstead on this measure, where fully 85% of respondents noted contact outside their house at least several times per week.

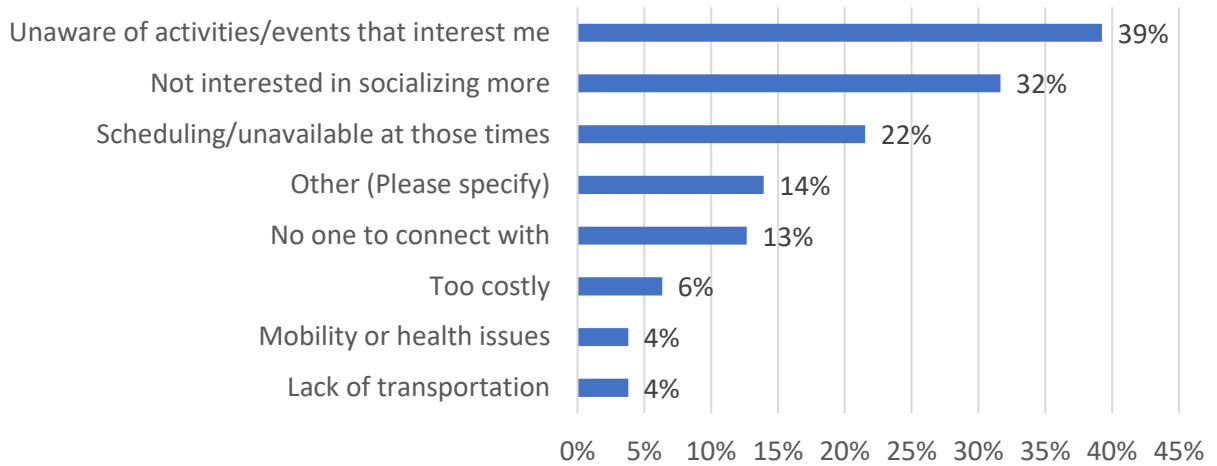
**How often do you have contact with family, friends or neighbors who do not live you?**



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 Hampton (39%) and across the six assessment communities (34%) was “Unaware of activities/events that interest me”. The next most common response in Hampton was “Not interested in socializing more” selected by 32% of respondents. Scheduling problems were cited by 22% of Hampton 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? (check all that apply)**



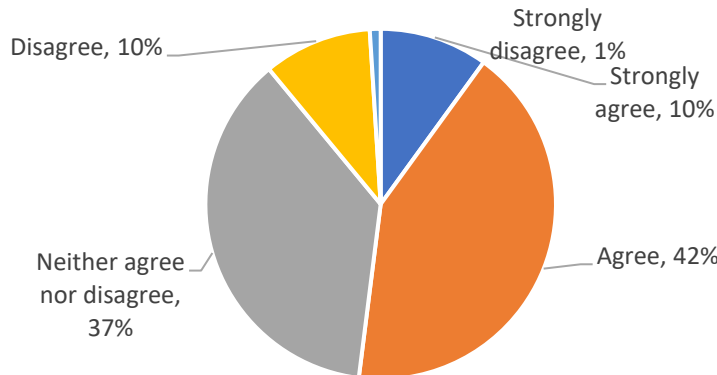
Corresponding to the AARP domain of Respect and Social Inclusion, the survey asked a series of questions about respondents’ sense of acceptance and welcome in their community with regard to a number of factors, including religious affiliation, political views, age, sexuality, gender identity, race and ethnicity and economic status. Large majorities indicated Yes, they do feel accepted, with a key outlier regarding political views, where only 49% noted feeling fully accepted for their political views, 34% saying they felt somewhat accepted and 3% 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 15%-26% of respondents noted Not Applicable for acceptance regarding religion, sexuality, gender identity and race/ethnicity. Of six respondents identifying as non-white or multiple racial and ethnic identities in addition to white, none noted feeling a lack of acceptance in town.

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

	Yes	Somewhat	No	N/A
Spirituality or religious affiliation	66%	9%	5%	20%
Political views	49%	34%	3%	14%
Age	75%	11%	7%	7%
Sexuality	76%	2%	5%	17%
Gender Identity	66%	3%	5%	26%
Race and ethnicity	77%	3%	4%	15%
Economic status	70%	15%	4%	11%

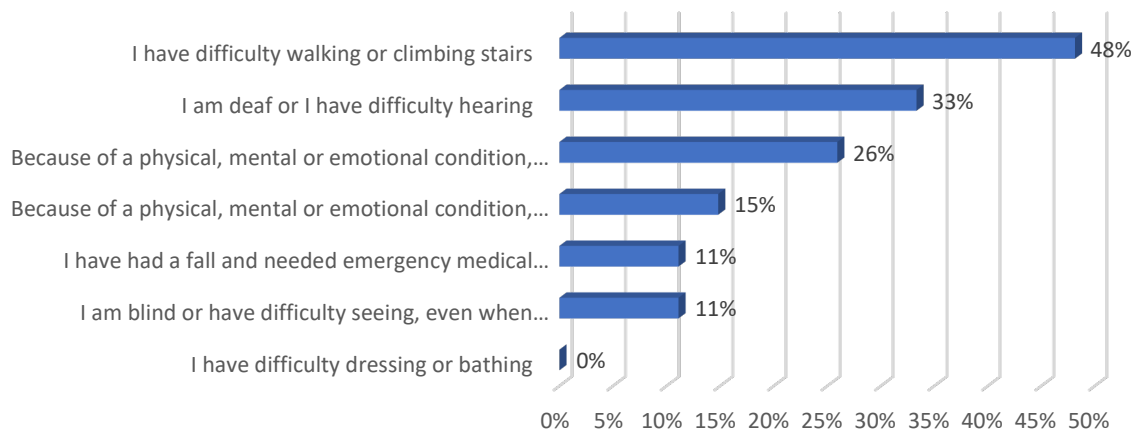
An individual's sense of acceptance and welcome was also tested asking people to agree or disagree with the statement "My town is welcoming to all people". Fifty two percent of respondents either Agreed or Strongly Agreed with this statement. Ten percent disagreed with the statement and 1% noted strong disagreement. Disagreement on this question didn't show a clear correlation to with feelings of lack of acceptance in the previous question.

**My Town is Welcoming to all people**



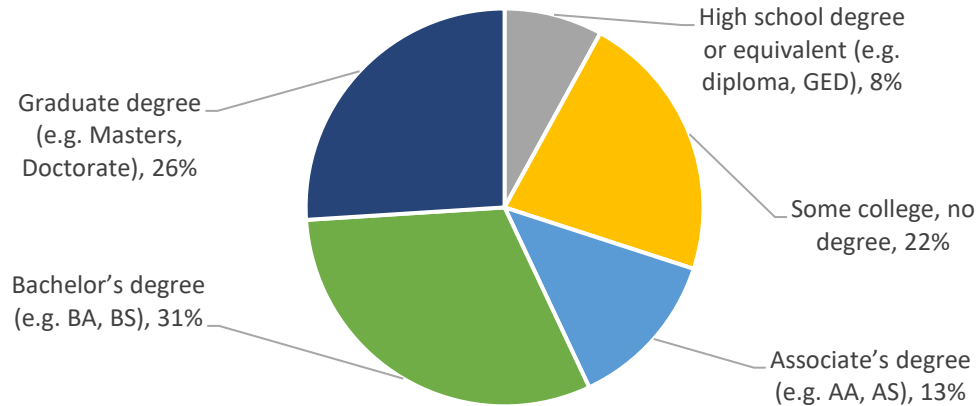
Question 38 asked respondents to self-identify if they live with one of a number of disabilities or medical conditions. The most commonly cited condition was difficulty walking or climbing stairs, cited by 48% of respondents. This was followed by deafness or difficulty hearing, noted by 33%. Twenty six percent noted difficulty running errands, while 15% noted cognitive difficulties. 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**



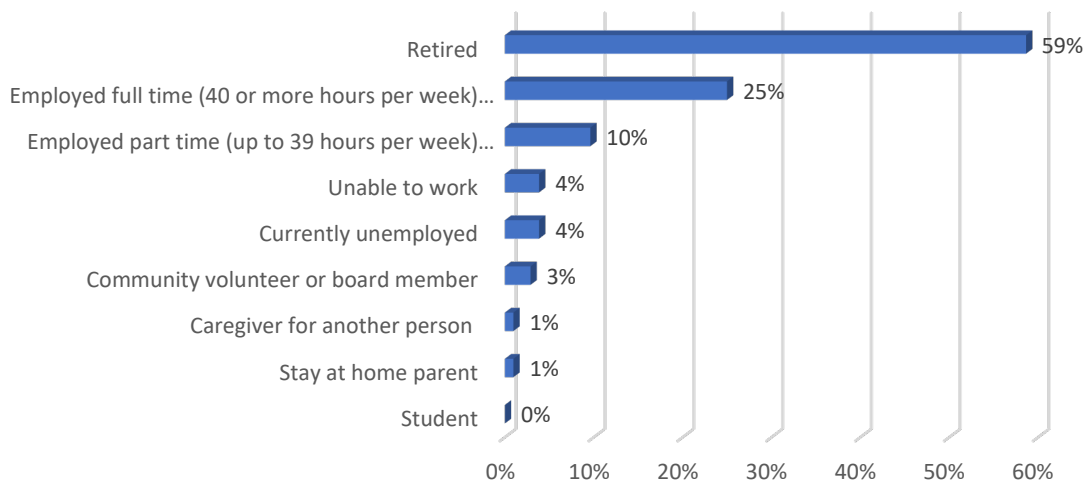
Question 37 asked about respondents' level of educational attainment. The largest share of respondents (31%) possessed a Bachelor's degree, followed by 26% with a graduate degree, 13% with an Associate's degree, 22% with some college but no degree, and 8% with a high school degree or equivalent. This reflects a slight overrepresentation of residents with a college degree or higher compared to Census data showing 54.3% of Hampton 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)**



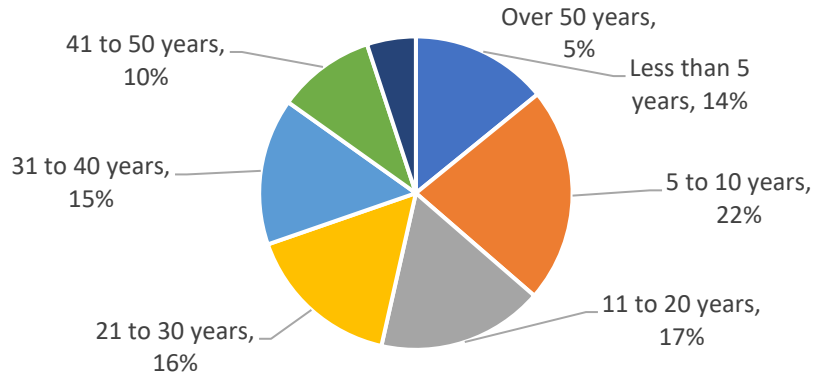
Close to 60% of survey respondents reported that they are retired, while 25% were employed full time, 10% employed part time, 4% each noting currently unemployed or unable to work, 3% identifying as a community volunteer or board member, and one percent each noting they were a stay at home parent or a caregiver for another person.

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



Sixty-three percent of survey respondents reported having lived in Hampton over ten years, with 16% having lived in town for 21 to 30 years, 15% 31 to 40 years, 10% 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 Hampton?**



## Verbatim Written Comments from Community Survey

### Q8) Regarding concerns expressed in the previous question (i.e. what concerns you about growing older in town), what changes would help?

- Better transportation options
- Community center , affordable housing , transportation
- Housing for aging adults and people to grocery shop transport to health care.
- "COMMUNITY SENIOR CENTER!
- Every town has one but Hampton! A place to gather, play bingo, socialize. BESIDES THE LANE LIBRARY BASEMENT."
- As much attention paid to schools focus as much on seniors
- Not sure
- It would be nice if we have a nicer downtown, more like Portsmouth or Exeter. Bike lane (separate from the road) would also be great.
- Being able to afford living in a he area. Affordable property taxes!
- More affordable apartments
- Can you get a decent senior center. I have had to go to other towns and cities to participate in their senior centers. Hampton should be ashamed of itself for not having one given the taxes are so high.
- The need for community service. Transportation
- "Transportion, total town communication and more services for inactive Aged.
- Comprehensive databases on age and daily communication setup for checking in on,
- as in my hometown Wyandotte Michigan of 47k population."
- Safe, reliable and responsive transportation
- Trolley or car service would be nice.
- Public transportation
- Better access to quality medical care
- A COMMUNITY CENTER for social events for seniors and others in the community !!
- The cost of living and taxes are high. I hope I can stay once I retire but it will depend on costs.
- I wound like to see a senior housing project built closer to the beach. Maybe in place of all of these condos.
- "I need to know what bus line is available. I know there is a train in Exeter however it is not a Dial-A-Ride in Hampton.
- I go to the Unitarian church in Portsmouth. I would need to car pool. I need to explore options,"
- Unknown, not there yet
- "A senior center for Hampton!! Long over due....
- Which then could provide information about transportation and social opportunities."
- Public transportation options
- a senior center with activities for all
- Senior housing
- Transportation throughout the Seacoast. More gerentologist needed, more AFFORDABLE elder housing needed.
- Install crosswalks and openings in guardrail.

- Financially responsible elected officials
- "Transportation and social opportunities
- I'm concerned about future large increases in rents.
- More availability of rides to shopping and medical appointments.
- Transportation options well published
- More transportation options
- transportation services
- No public transportation for those who don't drive.
- Community center. Jitney service. Local home health care services
- Safe unbroken sidewalks to walk on. I have already fallen twice on the broken sidewalk excuse for sidewalks along the older sections of Hampton Beach along Ocean Blvd. If older folks have to stop walking, mobility problems get worse. If we fall, it's months of pain, lack of mobility, not to mention cause for law suits.
- Keep young people from coming to Hampton and causing trouble near the beaches. Keep residents from shooting off fireworks in neighborhoods. They are dangerous and are bad for people with PTSD.
- Better public transportation
- More available resources for adults that address the aging population.
- Public transportation and low income /affordable , safe housing
- Reduce the house taxes.
- Hangs in current economy and people working in all sectors of community
- Better quality healthcare & town water
- Having a building that is dedicated to senior citizens. A place for them to gather, to form a community that is inviting to them. A kind of home away from home. At the present time there is no dedicated place for Seniors. There are some programs through the rec department and library, but Hampton needs to do a much better job at providing recreation and services for its Seniors.
- Find a way to keep older residents from potentially losing their homes by fighting the ever increasing property taxes. Maybe a significant tax break for those over 65.
- Information / options. Transportation availability
- free/low cost senior transportation to shopping, medical services
- Affordable senior housing.
- We need a senior center.
- Transportation
- Safe bike paths, ability to use an E-bike safely
- Subsidized living and health care.
- Transportation options.
- in home services
- Some type of public transportation from beach area into town.
- Public transport
- Public transportation to beach/downtown, anywhere along Routes 1-1A. Bus or trolley would be excellent.
- Community Center; Safe areas to walk and bike.
- Cost of living is getting to be so high in the area!

- "We need Town cohesiveness, Town officials that include 40% of Taxpaying Seniors in
- Town, The State needs to provide payment for Hampton State parks and Roads"
- Having more access to a community center that had some senior activities. The rec department does great when it comes to kids and adults but I rarely see things for seniors. We also have very few options of housing for those on a fixed income. Living in hampton is expensive, but a lot of our seniors are being priced out and there is no option for them unless they move out of town or into a senior community. Affordable housing is a necessity that we should be actively involved in making sure we have in our community. Many of these seniors have lived here there entire lives and sadly have to move because they have no access to housing, and no available transportation that's accessible.
- Lower property taxes for older folks and not just for those at poverty level
- Available public transportation
- lower property taxes for senior citizens
- Town and School cost controls ( caps on annual budget requirements). innovative ways to supply natural gas and electricity.
- "Senior center
- Professionals available to provide info and referrals to services and provide info helpful to seniors"
- Easily accessible, convenient and affordable transportation and in-home support.
- Availability of transportation. Senior Center is needed.
- more affordable housing, more doctor services, better transportation options, adult day care, elderly recreation
- More public transportation
- mass transit (bus service, etc)
- Improved walkability, transportation services throughout town, better library, better & competitive internet, more in home services, more healthcare options, access to the beach for town residents (better roads, better parking, HP access to the sand. It is sad to live here, have the town spend so much on the Beach when so few residents attend because of the rowdie, congestion and ridiculous traffic that puts you on an alley to go west on 101)
- Put up more cellular towers. Pull in additional internet service providers to force xfinity to provide better service. Add more public transportation options, esp. for people who don't live on the Rte1 corridor. Create a special taxation district for the Hampton Beach area and \*tax\* those businesses to help defray the costs \*they\* impose on the rest of the Town — for example, police, fire, sanitation, ...
- Finances
- Town needs to be sustainable, have a net zero carbon policy, better community spaces like parks/ bike lanes, sidewalks. There should be more gun safety, especially in public spaces and schools. Should be a tolerant community.
- The ability to understand available senior services to the public must be reinforced through a better communication mechanism. Get the message out to the people. I heard about this survey through my parish.
- Hampton's needs to attract businesses back along with affordable housing/rental for young, just out of college workers. If it fails to do that it risks not having a tax income offset for homeowners who



will then have to bear the rising taxes to meet the needs of an aging town in regular operation costs, infrastructure (ever on the back burner) and population.

- We need a community center for everyone! I have had the chance to go to Seabrook and Portsmouth centers and they are always in use. We need a driving service for the elderly and people with disabilities.
- There is very little affordable housing for seniors. I will not be able to afford Riverwoods and there only a handful of other options when I need to relocate from my home. Since I don't have any children, these are serious concerns for me.
- community programs offered toward seniors.
- year round senior center with activities
- Door to door transportation. My street has no sidewalk and seems unsafe to walk, with my cane, for a bus in winter...if there were one.
- More single level homes available at reasonable price
- Senior Center for seniors
- More affordable housing for seniors.
- Reliable, dependent public transportation. A senior center with a dedicated staff member to the senior population to act as a liaison.
- Some bus or ride service to Drs, hospital, and shopping g areas

**Q15) Are there places you would like to walk but can't access by sidewalk or trail?**

- North side of Mill Road and Mace Rd. Can not walk to playground at end of Mace Rd or walk north on Mill Rd to HD shopping area.
- Many side streets
- Improve and connect to the rail trail
- No
- Many of the businesses downtown are not easily accessible for those that struggle with balance.
- No but they are in poor condition
- No
- No
- Ocean Blvd, sidewall on both sides of street between Rocky bend and Dumas Ave very poor!
- Many roads outside of 'downtown' do not have sidewalks.
- No
- I love sidewalks so feel free to put in more.
- "When inclement weather the aged need a indoor place to walk,
- Such as the rim for walking in rain or winter ice."
- No
- Towle Farm Road
- Not sure
- there are sidewalks but there are in such disrepair they are dangerous to walk on
- no
- Parts of downtown

- No
- If I am walking to the high school don't think there are sidewalks along the way.
- In winter High St is only maintained to 5 corners. I live between 5 corners and the beach. Many people walk this section in the street in the winter.
- Yes, I cannot walk around my block because of Mace Road -- very dangereous with no sidewalk.
- No
- No
- grocery stores, cvs, restaurants,
- No
- "N/A
- Yes. Most side streets have no sidewalks
- No
- Locke Road, Mace Road, Woodland Road, North Shore Road, Little River Road
- Sidewalks on High St. to the beach are terrible.
- Walking to the boardwalk I possible, but the sidewalks along the way to get there are treacherous!
- Mace Road
- Mace Rd, Anns Ln, Locke Rd, Mill Rd
- Yes. Towle Farm Road traffic is dangerous
- Sidewalks are sufficient but bike lanes are needed on Ocean Boulevard.
- "There is very little reason to walk in the town. No interesting shops . I usually go elsewhere to shop
- Streets at the beach where I would like to ride my bike.
- Mace Road
- More trail access in green spaces
- No
- Towle Farm Rd, no sidewalks, high traffic
- N/A
- Need sidewalks on North Shore Rd
- No
- It would be fantastic if Hampton and Seabrook would connect to the rail trail that stops at the NH line in Seabrook.
- Beach sidewalks are horrible in Hampton
- n/a
- Rail Trail
- TEST
- No
- West side
- Not in the main town no, but the moment you leave the strip it becomes dangerous.
- No
- no
- no, but the Mace Road people have complained.
- Towle Farm Rd. - Drake side Rd.- Exeter Rd.
- Yes

- Beach after 3-4 on fireworks night. NO beach accessibility north of the bandstand till the Hampton House Hotel Beach has to be vacated for 6 hours for a 15 minute fireworks show. Really no other way ! A barge ( like Salisbury and Portsmouth) would be a way been option Who can get this done
- no
- route 286 should have a bike lane and a sidewalk would be nice, this is the main route to connect the beach to the rest of town, there is no safe way to travel other than by car
- No
- the whole downtown is difficult to walk.
- Exeter Rd. Lack of sidewalks means you “can’t get there from here”
- Exeter Rd is unsafe for pedestrians and bikers. True of many other residential streets. Motorists routinely exceed posted speed limit. How about some bike/pedestrian trails with physical barriers separating them from vehicular traffic? How about telling the police to enforce our speed limits?
- Better marking of trails and availability of trail maps for town conservation properties would be nice. Downloadable versions would be helpful.
- No
- yes
- Not at this time.
- Sidewalks in Hampton are
- There are very few sidewalks in Stratham. Walking on the shoulder is dangerous on the major roads (Portsmouth Ave., Bunker Hill, Stratham Heights, etc.)
- The sidewalks are dangerous throughout the town of Hampton and the Beach area. Walking is difficult and many times I am on the side of the street.
- I don't view Hampton as a walking friendly town.
- not yet!
- no
- No
- White’s lane on mill rd.

**Q16) Which if any of the following would make Hampton Center a more inviting and accessible place for visitors and residents? (“Other” Responses)**

- Shops that are worth spending money and time visiting.
- Hampton Hardware is the only store I frequent "
- Make Rt 1 a one way Road and/or have speed limit 25 mph “bridge to bridge” (Rte 101 overpass to railway overpass bridge just before North Hampton town line. Change lights at center of town to one side at a time (especially east to west & vice versa). Lengthen time of green lights especially for west bound traffic!
- Get the traffic off route 1 as it passes through the center of town so the town can take on the appearance of being a town instead of a pass through to southern and northern destinations! When I first got here coming from Portsmouth I passed right through to Seabrook not knowing I missed Hampton center!!! It's non descript!!!

- please continue the rail trail through hampton, this is such an asset to our community. check out the one that leads from seabrook to salisbury on route 286 by the old police station, this is a treasure to the town and we need more of this. side walks are always a good idea for safety, invest in downtown hampton so people have more to do there. benches are good for seniors
- A study should be made of adding light rail transit to the rail trail. As of this time, there are no transit options along the U.S. Route-1 corridor between Seabrook and Portsmouth. Doing so will decrease backed up traffic on local roads, and potentially add to the attractiveness of the area for people working in Portsmouth, but seeking more affordable living situations. And, it need not obviate recreational use of the rail trail. Also, the average cost of gas is unlikely to get much lower very soon!
- Sidewalks in Hampton are terrible! They are too slim to fit two people in most places. They stop and start randomly so that you have to cross streets to stay on them, some of which are too busy to cross. Most are unlit. many don't have curbs and the road stripping isn't maintained which adds to the perception of them being especially risky at night. And If Hampton has trails, they're a well kept secret
- Repave not replace

**Q40) Do you have any additional comments about aging and livability in your town or the broader region?**

- Property taxes are a significant factor in being able to afford maintaining living in the area. Need to keep taxes low!!!!
- Hampton needs a Senior Center for people to get together for activities and socializing.
- Again, I would love to see a much better senior center. There was one area of this survey that would not allow me to choose answers so if anything is blank, that is the only reason. Thanks for listening.
- there was a whole section of this survey that was not working - would not let me choose my answers .
- I have lived here almost 5 years. I am not sure how welcoming Hampton is to all races etc.
- Need a senior center.
- Lack of public transportation and activities for inactive seniors make me feel isolated
- Just to let you know that a portion of this survey would not let me answer. Don't know if it was a glitch or what.
- We need the parking lot at North Beach resident lot paved and parking lines added. I have had 2 seniors hit my car in last year while parking at the lot. This would be helpful to not only seniors but all town residents!
- "Still feel safe in my Hampton Community . grateful for a good police presence . Great police . Fire fighters .
- We need a senior center and a swimming pool for our future swimmers as wlt has our seniors . Get it right , every age benefits ."
- Hampton is not a Senior friendly town.
- My husband just passed away in December, looking at having to sell our home. Rents are outrageous, as I have been looking since February for a 1 bedroom apt., with heat etc. included.

- We need more bike racks
- I am not aware of any community groups that I am interested in joining. I am active with veteran groups and was very involved with the Pease Greeters when they were allowed free reign at Pease.
- could not do #26
- Fear of property taxes increase force us to sell or relocate!
- The cigarette smoking in town is insane
- TEST
- "We need to reach ALL Seniors that are isolated, physically, mentally or no transportation
- Just a drop in Center to go to."
- would like to see more senior gatherings and activities for companionship & to volunteer to do things for our town.
- Focus on the Senior population as this is an aging town ( check the latest census) and young marrieds are blocked out due to the pricing of the homes . We need low cost housing and developers who can build homes for less than \$700,000! Where did that 3 bedroom 5 room ranch go that we all started out with ?
- Town needs to provide ways to educate re topics related to seniors and needs a senior center, public transportation, ways for seniors to feel safer and more secure in their community.
- I was on the waiting list for Dearborn House for 3 years before getting an apartment, which was a hardship.
- Hampton is too expensive for young people to live in.
- locals can't afford to live here, no affordable housing, nothing for sale. accessory dwelling units are very important to our future so our parents can age in place and we can eventually also
- One really needs a car....no options available. Scary as I get older.
- Hampton needs to embrace change, bring in new elected leadership. Town residents pay significant taxes to support the Beach operations for a few months each year focused on tourists. People I know go to Exeter, Portsmouth and further to shop, dine, and for entertainment. The movie theater was replaced with a chain drug store. Rt 1 & the Center are poorly structured and not inviting. Not sure how to improve, as property owners are motivated by their profit not community good. Affordability is an issue. Too few condo/apartment or assisted living (not nursing home) are available. New proposed facility north of Exeter/High proposes to address this but offers no covered parking. Internet service is poor and a monopoly. Town web site is not informative (frustrating to not be able to find out when trash pickup is following a holiday) and does not connect community. Great concern about isolation and how hard we may have to fight for services and support as we age. Core/Exeter Hospital is the only medical support available locally. Things are okay now, but will not be if we suffer any downturn.
- I find it unreasonable that the businesses in the Hampton Beach area are allowed to push so many of the costs their businesses cause onto the rest of us — e.g., the fact that the whole Town pays for extra police to control crowds there — when nobody I know ever goes down there except off-season. Those summer crowds are generally out-of-towners. I think the businesses in that area should shoulder more of the costs they cause. I find it incredible that there are areas in our Town where there is very poor, unreliable cellular service. And how come

xfinity is the only provider of high speed internet? They stink — I routinely have dropped or unreliable service. I rely on internet service for my job, accessing health services, among other things. It's crazy that there isn't more competition in that market.

- Hampton's downtown needs to be "a destination that can be accessed by more than just cars and able bodied young people or from just the center and far ends of town (coming from the west). All the municipal lots need better upkeep. Can we attract the arts and culture for those who can no longer drive to Boston, Manchester or Portland? Can we create activities/events in the downtown area that are profitable for the town? I wouldn't know where to begin to tackle the issues for seniors who are in need of help when they're on fixed incomes. Good luck!
- My family is being priced out of Rockingham County.
- Would love to see a Community Center in Hampton - it has been attempted many times but perhaps now is THE time! As a lover of the beach, would like to see easier access points at North Beach and Plaice Cove.
- Lets get a Senior center for our seniors.
- I would like to see more options for affordable elderly housing.
- Zoning changes to further facilitate ADUs, multi family and two living units on one lot.