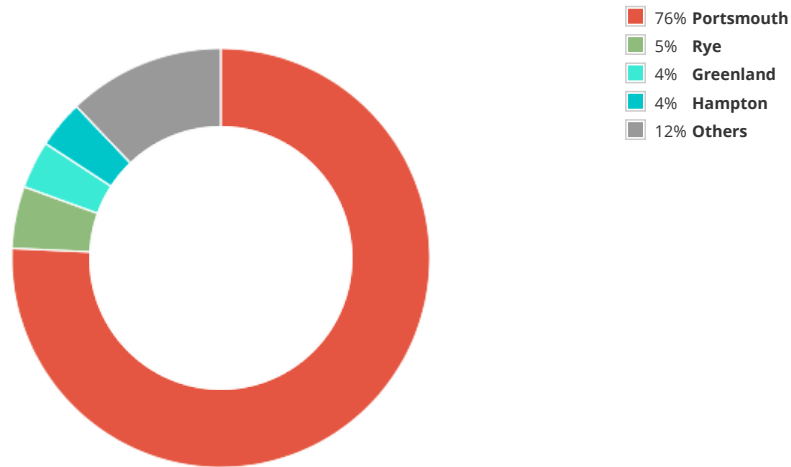


# Portsmouth Age Friendly Communities Survey

## Project Engagement

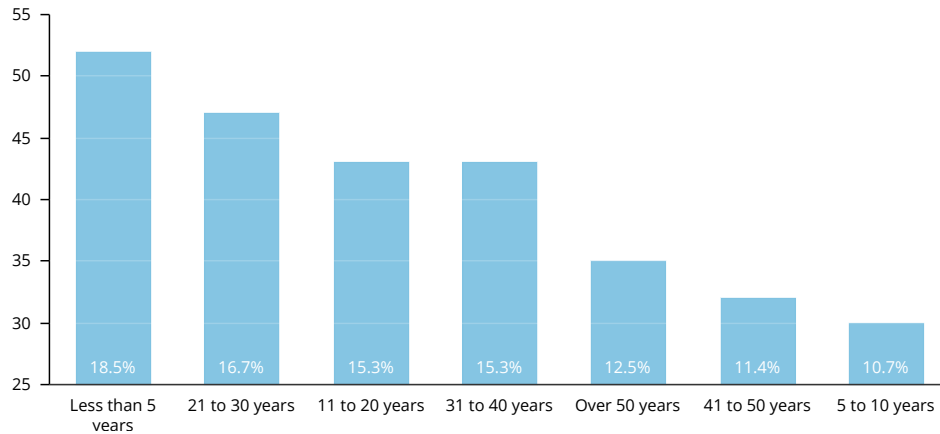
VIEWS	832	PARTICIPANTS	290
RESPONSES	23,670	COMMENTS	582
SUBSCRIBERS	162		

1) What town do you live in?

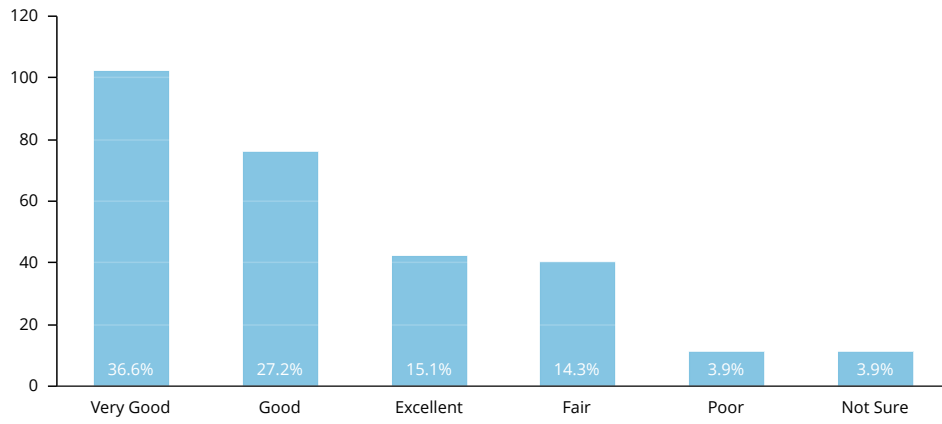


272 respondents

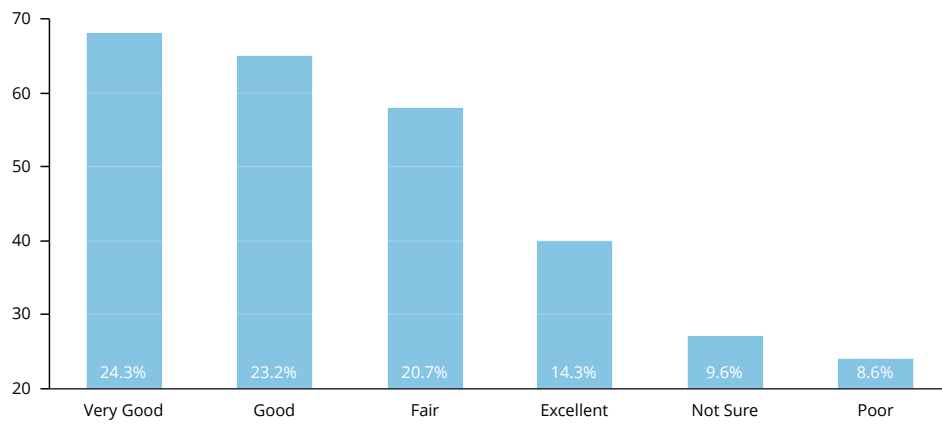
2) How long have you lived there?



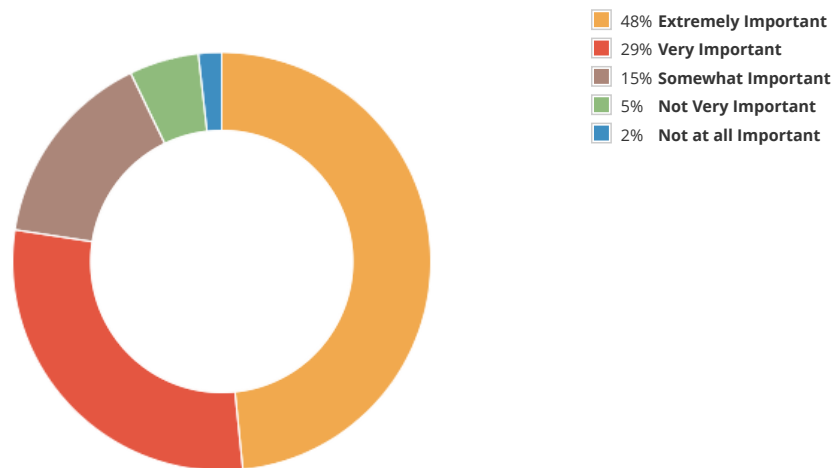
3) How would you rate your town as a place for people to live as older adults?



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



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



278 respondents

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

73%	Family or friends nearby	198 ✓
67%	Access to healthcare and other services	182 ✓
56%	Social and community activities	152 ✓
55%	Natural beauty/open space/recreation	150 ✓
54%	Shopping/restaurants/amenities	147 ✓
53%	Community character	144 ✓
39%	Transportation options	106 ✓
26%	Options for places to live	72 ✓
8%	Other	23 ✓
5%	Good schools	14 ✓
4%	My job is here	11 ✓

273 Respondents

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

69%	Having transportation options once I stop driving	186 ✓
56%	Availability of in-home support services	151 ✓
52%	Cost of in-home support services	140 ✓
49%	Having medical services nearby	132 ✓
49%	Having recreational and social opportunities	130 ✓
41%	Having family or friends nearby	109 ✓
28%	Finding the right place to live	76 ✓
8%	Other	22 ✓
8%	I have no concerns about aging in my community	21 ✓
1%	Finding a job nearby	4 ✓

268 Respondents

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

More access to transportation.  
More support services in home.

15 days ago

Help reading/processing the paperwork to understand what is offered.

15 days ago

More frequent transit services.

one month ago

More affordable housing not only for being able remain in Portsmouth but also for workers who do essential jobs like home health workers.

one month ago

Show all comments

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

63%	Single family house	167 ✓
15%	Condominium	39 ✓
14%	Apartment, multi-family	36 ✓
3%	55+ independent living community	9 ✓
3%	Other	9 ✓
3%	Duplex, two-family	8 ✓
1%	Staying at a friend or family's home	3 ✓
1%	In-law apartment/accessory dwelling unit	2 ✓
0%	Dormitory	0 ✓
0%	Group home or shelter	0 ✓
0%	Continuing care retirement community	0 ✓
0%	Assisted living or nursing home	0 ✓

265 Respondents

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

	<b>Very Well</b>	<b>OK</b>	<b>Not Very Well</b>	<b>Not at All</b>
Design (ex. single floor living, width of doors, few entry steps)	56% Very Well	28% OK	13% Not Very Well	2% Not at All
Location near places I want to go	67% Very Well	27% OK	4% Not Very Well	2% Not at All
Type of home (ex. single family, apartment, condominium, other)	70% Very Well	25% OK	3% Not Very Well	2% Not at All
Affordability within my budget	34% Very Well	50% OK	14% Not Very Well	2% Not at All
Amount of routine maintenance (ex. raking, snow shoveling)	36% Very Well	38% OK	20% Not Very Well	5% Not at All
Sense of acceptance (if in an assisted living or other retirement community)	45% Very Well	36% OK	7% Not Very Well	12% Not at All

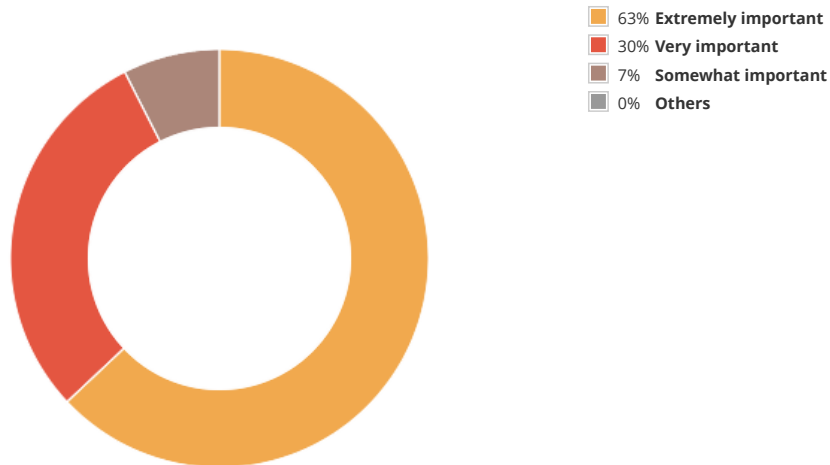
259 respondents

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

	<b>Many available</b>	<b>Some available</b>	<b>Few available</b>	<b>None available</b>	<b>Not applicable</b>	<b>Don't know</b>
Desired type of home (ex. single family, apartment, condo, other)	1% Many available	18% Some available	46% Few available	10% None available	18% Not applicable	7% Don't know
Level of maintenance I'm willing to take on (ex. lawn, raking, snow clearance)	3% Many available	17% Some available	36% Few available	7% None available	24% Not applicable	13% Don't know
Location near places I want to go	6% Many available	22% Some available	39% Few available	6% None available	17% Not applicable	10% Don't know
Design (ex. single floor living, width of doors, few entry steps)	1% Many available	16% Some available	45% Few available	8% None available	17% Not applicable	13% Don't know
Somewhere I'll feel acceptance (if looking for an assisted living or other retirement community)	2% Many available	18% Some available	27% Few available	4% None available	26% Not applicable	24% Don't know
Affordability within my budget	2% Many available	17% Some available	36% Few available	19% None available	16% Not applicable	10% Don't know

216 respondents

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



254 respondents

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

91%	I drive my personal or family vehicle	228 ✓
26%	I walk	65 ✓
11%	Friends or family drive me	28 ✓
7%	I ride my bike	18 ✓
6%	I use public transit or other community transportation	14 ✓
2%	I use private transportation (ex. taxi, Uber, Lyft)	6 ✓
1%	I use a volunteer driver program	3 ✓

251 Respondents



14) How would you rate the following in your town?

	Excellent	Good	Fair	Poor	Not Sure	Not applicable
Bicycle safety	4% Excellent	19% Good	31% Fair	20% Poor	8% Not Sure	18% Not applicable
Sidewalks	9% Excellent	39% Good	26% Fair	19% Poor	1% Not Sure	6% Not applicable
Parking	6% Excellent	28% Good	37% Fair	25% Poor	2% Not Sure	3% Not applicable
Easy to read traffic signs	14% Excellent	65% Good	14% Fair	2% Poor	4% Not Sure	2% Not applicable
Public/community transportation	2% Excellent	20% Good	29% Fair	28% Poor	12% Not Sure	9% Not applicable
Enforced speed limits	9% Excellent	43% Good	28% Fair	15% Poor	4% Not Sure	1% Not applicable
Ease of access at town facilities	12% Excellent	54% Good	21% Fair	8% Poor	3% Not Sure	2% Not applicable
Benches where I walk	4% Excellent	19% Good	26% Fair	25% Poor	11% Not Sure	16% Not applicable
Ease of access at town facilities	13% Excellent	53% Good	23% Fair	5% Poor	5% Not Sure	1% Not applicable
Ease of getting to town facilities	11% Excellent	55% Good	23% Fair	7% Poor	3% Not Sure	1% Not applicable
Public restrooms	2% Excellent	14% Good	26% Fair	35% Poor	15% Not Sure	7% Not applicable

247 respondents

15) Are there places in town you would like to walk to but can't access by sidewalk or trail?

Unsure, don't know the area

15 days ago

I have access to many safe, beautiful walking spots.

15 days ago

No

15 days ago

No

15 days ago

Show all comments

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

64%	No applicable	128 ✓
23%	I'm concerned about driving at night or in poor weather conditions	45 ✓
9%	Nowhere I need to go is within walking or biking distance from my house	18 ✓
7%	I have physical limitations that keep me at home	14 ✓
7%	I don't know what transportation services are available	13 ✓
5%	I can't afford transportation	10 ✓
3%	I don't drive and I don't have friends or family nearby who can drive me	5 ✓
3%	Other	5 ✓
2%	I don't need to go out because I can do everything online	3 ✓
1%	I don't drive and there is not community transportation where I live	2 ✓

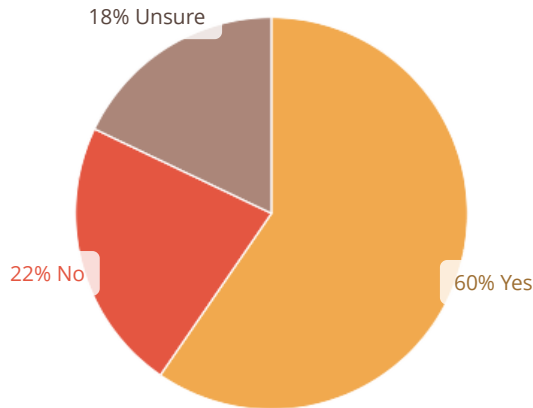
199 Respondents

## 17) Which if any of the following services do you use in your community?

	<b>I use</b>	<b>Available, I do not use</b>	<b>Not available</b>	<b>Not sure if available</b>
Telehealth medical services	38% I use	51% Available, I do not use	1% Not available	10% Not sure if available
In-person medical services	75% I use	12% Available, I do not use	6% Not available	6% Not sure if available
Substance use disorder-recovery services	2% I use	58% Available, I do not use	6% Not available	35% Not sure if available
Meals on Wheels weekday delivery of meals to home	4% I use	77% Available, I do not use	1% Not available	18% Not sure if available
Vision care or hearing services	81% I use	9% Available, I do not use	3% Not available	7% Not sure if available
Dental care services	80% I use	9% Available, I do not use	6% Not available	6% Not sure if available
In-home personal care assistance	3% I use	60% Available, I do not use	2% Not available	34% Not sure if available
Weekday luncheons for older adults	10% I use	63% Available, I do not use	4% Not available	23% Not sure if available
In-home help with tasks like housekeeping, cooking, grocery shopping	8% I use	50% Available, I do not use	2% Not available	39% Not sure if available
In-home healthcare	3% I use	60% Available, I do not use	2% Not available	35% Not sure if available
Early childhood education/preschool/daycare	1% I use	70% Available, I do not use	1% Not available	29% Not sure if available
Teen center	1% I use	50% Available, I do not use	9% Not available	41% Not sure if available
Youth summer day camps	2% I use	69% Available, I do not use	3% Not available	27% Not sure if available
After school care	1% I use	62% Available, I do not use	3% Not available	34% Not sure if available

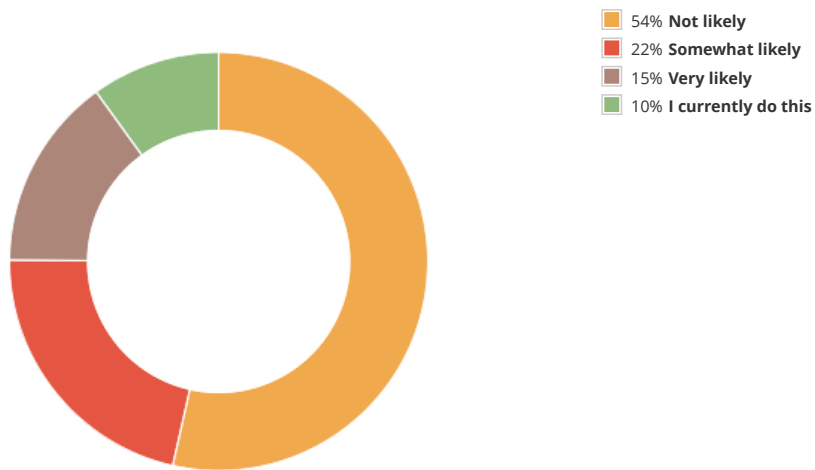
234 respondents

18) 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?



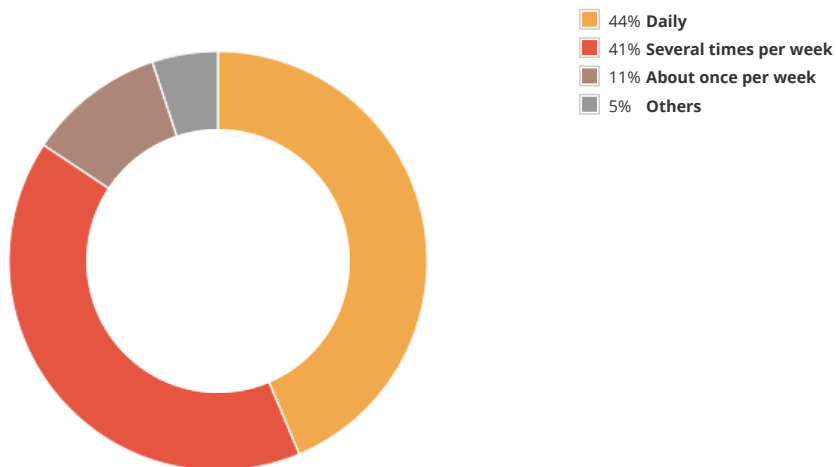
240 respondents

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



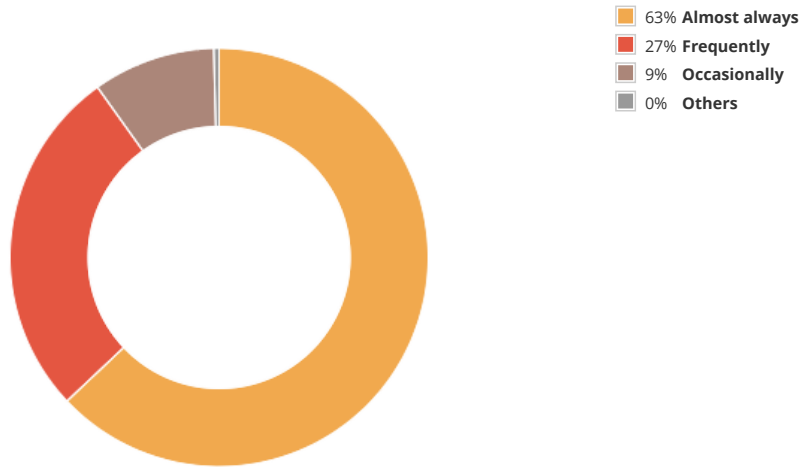
240 respondents

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



236 respondents

21) How frequently do you eat nutritious meals?



242 respondents

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

60%	Not applicable	117 ✓
17%	The food I eat is the food I like to eat	34 ✓
13%	Takes too much time to prepare	25 ✓
12%	Cost of healthier ingredients or prepared food	24 ✓
5%	I'm not aware of daily lunches offered for seniors in the area	10 ✓
3%	Other	6 ✓
3%	I know about daily lunches for seniors but can't easily get there	5 ✓
1%	I don't have access to a kitchen	1 ✓

196 Respondents

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

61%	Social isolation	143 ✓
32%	None	75 ✓
20%	Mental health impacts	47 ✓
15%	Physical health impacts	35 ✓
10%	Loss of income	24 ✓
7%	Loss of employment	17 ✓
7%	Caring for older parents or family members	16 ✓
4%	Limited transportation options	9 ✓
3%	Access to food	6 ✓
2%	Limited or no internet access	5 ✓
2%	Other	5 ✓
1%	Lack of childcare	2 ✓

236 Respondents

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

68%	Newspaper/newsletter	162 ✓
64%	Word of mouth/friends/family	154 ✓
64%	Internet/websites	153 ✓
58%	Email	139 ✓
56%	Senior Center	134 ✓
41%	Public library	99 ✓
41%	Social media (ex. Facebook, Twitter)	99 ✓
28%	Television (ex. CATV, WMUR, NHPTV)	67 ✓
28%	AARP	66 ✓
23%	Parks & Recreation department	55 ✓
21%	Churches or religious organizations	50 ✓
19%	Town Office	45 ✓
12%	Radio	28 ✓
2%	ServiceLink/2-1-1	5 ✓
2%	Other	5 ✓
2%	Schools	4 ✓

240 Respondents

## 25) Which of the following do you use in your community?

	<b>I use</b>	<b>Available, I do not use</b>	<b>Not available</b>	<b>Not sure if available</b>
Library	82% I use	17% Available, I do not use	- Not available	- Not sure if available
Volunteer/community service opportunities	32% I use	50% Available, I do not use	- Not available	18% Not sure if available
Sidewalks and bike paths	63% I use	23% Available, I do not use	9% Not available	5% Not sure if available
Playgrounds, ball fields, swimming pools	36% I use	59% Available, I do not use	1% Not available	4% Not sure if available
Trails, conservation land, natural areas	58% I use	34% Available, I do not use	1% Not available	7% Not sure if available
Veterans service organizations	8% I use	60% Available, I do not use	3% Not available	30% Not sure if available
Concerts, dances, socials	48% I use	38% Available, I do not use	3% Not available	12% Not sure if available
Fitness centers, exercise classes, recreation sports leagues	46% I use	46% Available, I do not use	3% Not available	5% Not sure if available
Restaurants, coffee shops, stores	92% I use	6% Available, I do not use	1% Not available	1% Not sure if available
Community centers, Boys & Girls Club, YMCA	13% I use	67% Available, I do not use	5% Not available	15% Not sure if available
Social organizations (book clubs, garden clubs, civic groups)	36% I use	51% Available, I do not use	1% Not available	11% Not sure if available
Senior center or activities for older adults	54% I use	38% Available, I do not use	4% Not available	4% Not sure if available
Food pantry	5% I use	83% Available, I do not use	3% Not available	9% Not sure if available
Churches or other places of worship	46% I use	51% Available, I do not use	- Not available	2% Not sure if available



	I use	Available, I do not use	Not available	Not sure if available
Continuing education/learning opportunities	27% I use	52% Available, I do not use	3% Not available	18% Not sure if available
Internet access at public locations (ex. library, town hall)	22% I use	72% Available, I do not use	1% Not available	6% Not sure if available
Town welfare office	2% I use	81% Available, I do not use	2% Not available	15% Not sure if available
Library	67% I use	29% Available, I do not use	- Not available	4% Not sure if available

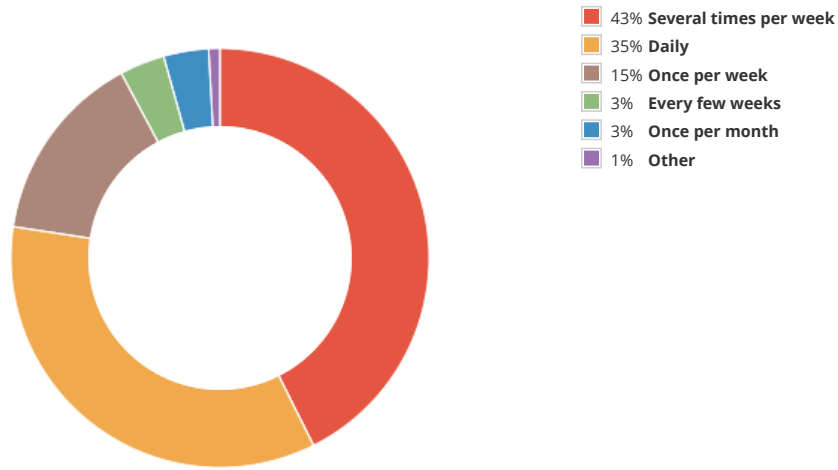
230 respondents

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

46%	My spouse or domestic partner	110 ✓
45%	I live alone	108 ✓
8%	My adult child/children	19 ✓
2%	Other	5 ✓
1%	My sibling(s)	3 ✓
1%	My child/children under 18	3 ✓
1%	Unrelated housemates/renters	3 ✓
0%	My parents/in-laws	1 ✓
0%	My grandparents	1 ✓
0%	My grandchildren	0 ✓

239 Respondents

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



230 respondents

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

28%	Unaware of activities/events that interest me	45 ✓
27%	Scheduling/unavailable at those times	44 ✓
23%	Not interested in socializing more	38 ✓
19%	Other	31 ✓
15%	No one to connect with	25 ✓
14%	Mobility or health issues	22 ✓
13%	Too costly	21 ✓
7%	Lack of transportation	12 ✓

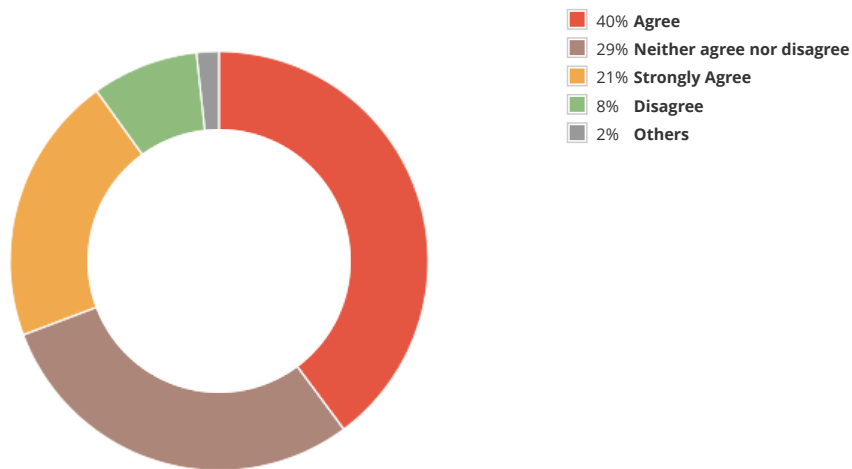
162 Respondents

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

	Yes	Somewhat	No	N/A
Spirituality or religious affiliation	60% Yes	9% Somewhat	3% No	27% N/A
Sexuality	64% Yes	9% Somewhat	3% No	25% N/A
Age	67% Yes	25% Somewhat	3% No	5% N/A
Political views	52% Yes	24% Somewhat	8% No	16% N/A
Gender identity	66% Yes	4% Somewhat	2% No	28% N/A
Race and ethnicity	75% Yes	7% Somewhat	2% No	17% N/A
Economic status	66% Yes	18% Somewhat	6% No	10% N/A

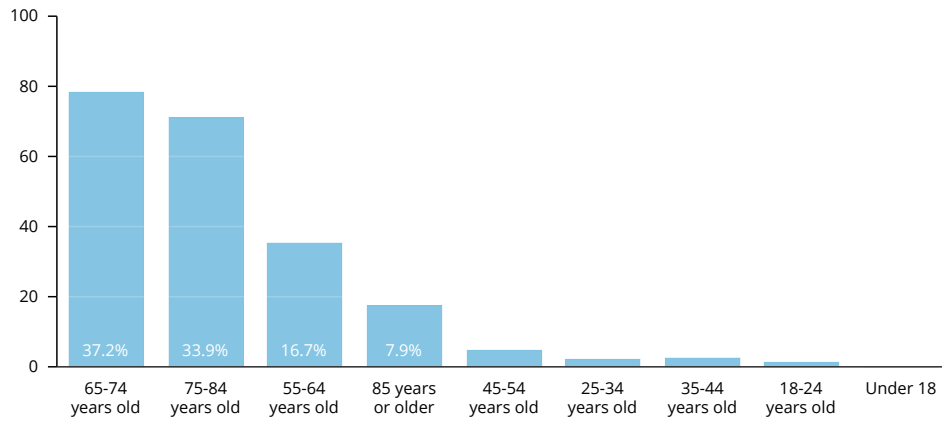
234 respondents

30) My town is welcoming to all people.



231 respondents

31) What is your age?

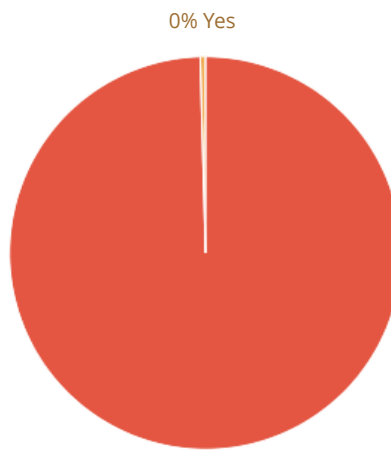


32) What race(s) do you identify with? (check all that apply)

97%	White	220 ✓
1%	American Indian or Alaska Native	3 ✓
1%	Black or African American	3 ✓
1%	Other	3 ✓
1%	Asian	2 ✓
1%	Middle Eastern or North African	2 ✓
0%	Native Hawaiian or other Pacific Islander	1 ✓

227 Respondents

33) Do you consider yourself Hispanic, Latino/Latina, or of Spanish origin?



100% No  
231 respondents

34) What is your gender?

82%	Female	188 ✓
17%	Male	38 ✓
1%	Gender non-conforming	3 ✓

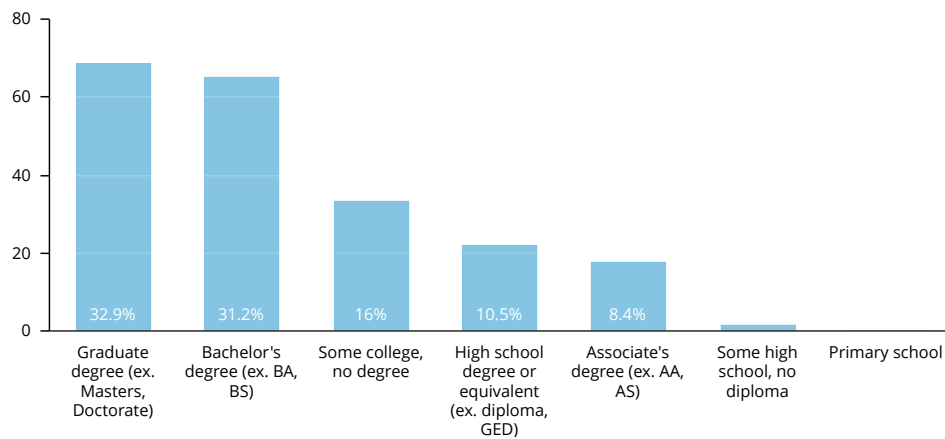
229 Respondents

35) What is your current employment status? (check all that apply)

79%	Retired	181 ✓
10%	Employed part time (up to 39 hours/week, includes self-employed)	22 ✓
10%	Community volunteer	22 ✓
9%	Employed full time (40 or more hours/week, includes self-employed)	20 ✓
4%	Unable to work	9 ✓
3%	Unemployed and not currently looking for work	7 ✓
2%	Unemployed and currently looking for work	5 ✓
2%	Caregiver for another person	5 ✓
0%	Student	1 ✓
0%	Stay at home parent	0 ✓

228 Respondents

36) 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)

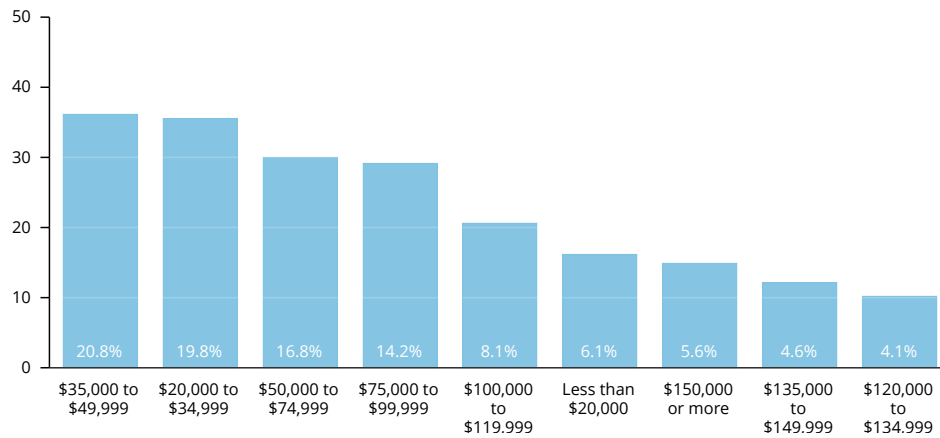


Rockingham Planning Commission, NH - Report Creation  
 37) Please check all that apply to you:

61%	I have difficulty walking or climbing stairs	51 ✓
31%	I am deaf or I have difficulty hearing	26 ✓
19%	I have had a fall and needed emergency medical attention	16 ✓
17%	Because of a physical, mental, or emotional condition, I have difficulty concentrating, remembering, or making decisions	14 ✓
13%	Because of a physical, mental, or emotional condition, I have difficulty doing errands along such as visiting a doctor's office or going shopping	11 ✓
6%	I am blind or have difficulty seeing, even when wearing glasses	5 ✓
4%	I have difficulty dressing or bathing	3 ✓

83 Respondents

38) What is your household income?



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

Have to find access to info.

15 days ago

No other options for apartments.

15 days ago

Houses are so expensive. Young families cannot afford to buy home in Newcastle.

15 days ago

Seniors would benefit from a senior center and programs on a weekly basis. Town of Hampton does not allow Comcast (Xfinity) to offer a senior citizen discount.

Show all comments

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