



# AGE FRIENDLY EXETER

An Assessment Report

## WHAT DOES IT MEAN TO BE AGE FRIENDLY?

Age Friendly communities enable residents to thrive at every age and every stage of life, as policies and initiatives that help older residents tend to make communities more livable for all ages.

Written by: [Rockingham Planning Commission](#) and the [Town of Exeter](#)

Funding from the [Tufts Health Plan Foundation](#)

# EXETER AGE FRIENDLY COMMUNITIES ASSESSMENT REPORT

## Contents

Introduction .....	2
What does it mean to be Age Friendly?.....	2
Why does it matter? .....	3
Project Background.....	5
Age Friendly Communities Project Overview .....	5
History of Age Friendly Work in Exeter.....	5
Exeter Steering Committee.....	6
Exeter Community Profile .....	8
Demographic Data .....	8
Transportation Data.....	8
Housing Data.....	9
Outdoor Spaces and Buildings Data.....	10
Social & Civic Engagement Data .....	10
Communication & Information Flow Data.....	10
Respect and Social Inclusion Data .....	11
Health and Nutrition Data.....	12
Work & Civic Opportunities Data.....	13
Results and Key Themes .....	14
Survey Methodology.....	14
Characteristics of Survey Respondents.....	15
KEY THEME—Transportation .....	23
KEY THEME—Housing .....	26
KEY THEME—Recreational and Social Opportunities .....	30
KEY THEME—Senior Services.....	37
KEY THEME—Information Sharing, Leadership, and Organization.....	43
Next Steps .....	47
Step 1—Conduct an inventory of your community’s existing resources. ....	47
Step 2—Analyze your community’s existing resources.....	47
Step 3—Set Goals.....	47
Step 4—Implement your first project.....	47

## Introduction

### What does it mean to be Age Friendly?

Age Friendly Communities are committed to supporting their youngest residents, oldest residents, and everyone in between. Residents of all ages benefit from walkable neighborhoods, a variety of transportation options, access to services, opportunities for social activities, and housing options that are affordable and adaptable. Age Friendly Communities foster economic growth, improve public health, and enhance quality of life for all residents.

The American Association of Retired Persons (AARP) has identified eight characteristics or “domains” of Age Friendly Communities:

- **Outdoor Spaces and Buildings**—it is important that gathering spaces, both indoors and out, are accessible to everyone. This can include anything from providing seating, highly-visible signage, and wide trails in green spaces; offering closed captioning and assisted listening devices at meetings; to equipping public buildings with elevators, zero-step entrances, and railings along staircases.
- **Transportation**—transportation options should not be limited to driving your own car. Bicycle and pedestrian infrastructure such as sidewalks, crosswalks, and designated bike lanes enhance safety for all residents. Public transportation options—such as buses and trains—are also important, but may not be practical in smaller, less densely populated communities. Taxis, shuttles, rideshare, and volunteer driver services play a bigger role in most New Hampshire communities. Affordability is as important as the availability of these transportation services and age friendly communities ensure accessibility across all income levels.
- **Housing**—AARP surveys consistently find that most older adults want to remain in their current home or community for as long as possible. Survey data from this project indicates that Exeter residents also feel strongly about remaining in town in their own homes. This is possible if a community has housing options suitable for a variety of incomes and ages, or if homes are designed or modified for aging in-place. Municipalities can encourage development patterns that locate housing in close proximity to services and amenities that make it easier for older adults to live independently.
- **Social Participation**—opportunities for accessible, affordable, and enjoyable social activities help community members to combat feelings of loneliness and isolation. Special attention should be given to ensure that older adults living on low incomes or with long-term limiting health conditions are included.
- **Respect and Social Inclusion**—everyone in the community should feel valued. Opportunities such as intergenerational programs that allow community members to learn from one another and honor what each person has to offer are great ways to promote respect and social inclusion.
- **Work and Civic Engagement**—age friendly communities provide opportunities for older adults to remain engaged through paid employment and volunteer positions. Creating an age-friendly business guide is a great way to encourage local businesses to be accessible and attractive to employees and customers. It can also include information about the benefits of employing older workers and tips on recruitment, retention, and training.

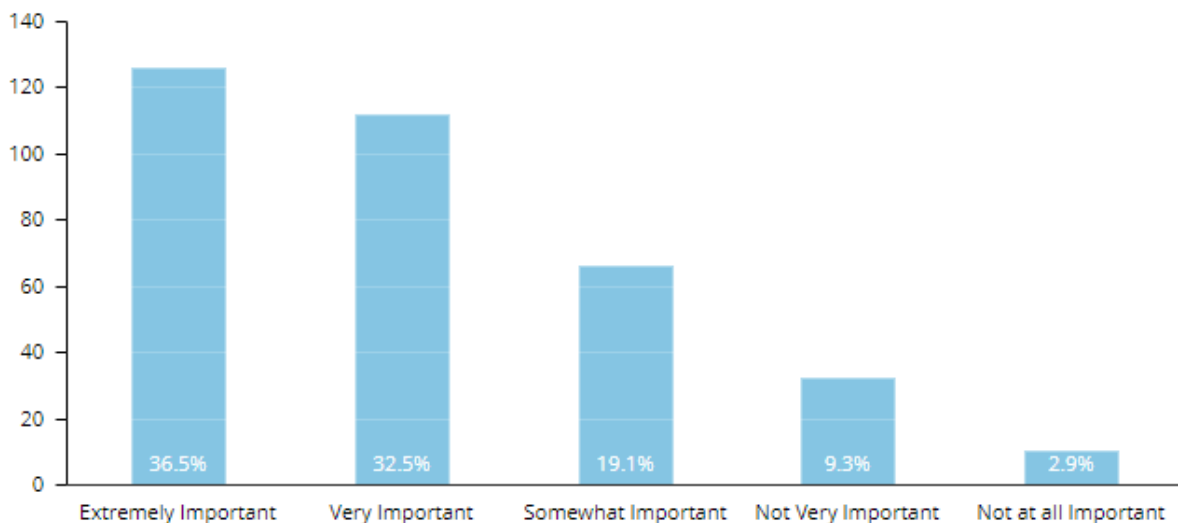
- **Communication and Information**—outreach to older adults should be clear, well-coordinated among partner entities, and disseminated across a variety of methods to ensure it reaches all residents. Through this project Exeter residents expressed a desire to have information for older adults in “one-stop-shop” formats, such as a printed booklet or website highlighting available services.
- **Health and Nutrition Services**—assistance and care should be available close to where older adults live and affordable to all income levels. Likewise, age friendly communities provide support and services to family caregivers, who are often unprepared for the role, so that they can make informed decisions.

### Why does it matter?

New Hampshire has an aging population. In 2015 there were 220,672 adults over the age of 65; by 2040 the projected 65+ population will be 408,522. According to AARP, 1 in 5 Americans over the age of 65 does not drive. That equates to 75,000 non-driving older adults in NH by 2030, based on population projections. Furthermore, what’s good for seniors is often good for younger adults and families. This includes having a variety of transportation options, walkable neighborhoods, access to services, and vibrant social opportunities.

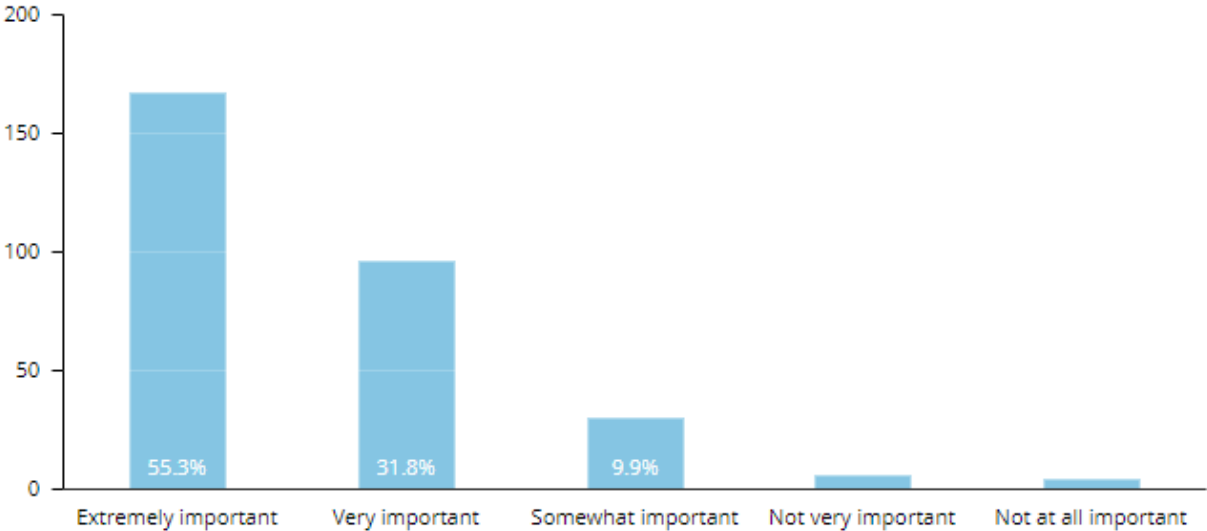
Findings from Exeter’s 2022 Age Friendly Communities survey show that residents wish to remain in the community as they age. 36.5% of respondents said it was “Extremely Important” to remain in Exeter in their 70s, 80s, and beyond while 32.5% answered that it was “Very Important.”

Survey Question 5. How important is it to remain in Exeter as you reach your 70s, 80s, and beyond?



Likewise, 55.3% of respondents said it is “Extremely Important” to live independently in their own home as they grow older and 31.8% reported that it is “Very Important.”

Survey Question 12. How important is it for you to live independently in your own home as you grow older?



## Project Background

### Age Friendly Communities Project Overview

In 2021, the Rockingham Nutrition Meals on Wheels Program (RNMOW) and Rockingham Planning Commission (RPC) were awarded a two-year grant from [Tufts Health Plan Foundation](#) to work with an array of partners to assist communities in the Rockingham region in becoming Age-Friendly. Age Friendly communities enable residents to thrive at every age and every stage of life, as policies and initiatives that help older residents tend to make communities more livable for all ages. The project draws on a national framework developed by [AARP](#) that has been used widely in New Hampshire in recent years. [AARP New Hampshire](#) is also a collaborating sponsor of the project.

Rockingham Planning Commission worked with the following six communities in 2021-2022 to conduct Age Friendly Community Assessments—Exeter, Fremont, Hampstead, Hampton, Portsmouth, and Stratham. Additional assessments and two local pilot implementation projects will be completed by July 2023.

### History of Age Friendly Work in Exeter

The following is a brief summary of previous programs and initiatives sponsored by the Town of Exeter geared towards older adults.

- Initial Council on Aging—this group was comprised of Exeter residents and spearheaded by Doug Dicey, who was Exeter’s Parks and Recreation Director for 23 years before retiring in 2002.
- Taxi Vouchers—this program was initiated by the Council on Aging and is still in existence today. Residents age 60 and over can purchase a book of 20 vouchers for \$10 to be used towards payment of their transportation with Academy Taxi. The program is subsidized at 50% by the Town.
- 2019 Survey—under the direction of Melissa Roy, the Exeter Parks & Recreation Department conducted a survey in 2019 to understand the needs of older adults in Exeter. Survey respondents were asked questions such as:
  - How would you rate Exeter as a place to live as you age?
  - Which community organizations and programs do you utilize?
  - How do you prefer to receive information?
  - How important is it to have well maintained, safe, and accessible public parks, facilities, and buildings?
  - If a multi-generational community center was built in Exeter, what programs would you participate in?
  - How do you get around for things like shopping, medical appointments, and errands?
  - Which transportation programs do you use?
  - How important is it to have convenient, accessible, reliable, safe public transportation?
- 2019 Council on Aging resurfaces—following the 2019 survey, Exeter Parks & Recreation along with 15+ organizations and residents gathered to recreate the Council on Aging. Members included Exeter Fire and Police departments, Exeter Town Manager, Riverwoods administration, Rockingham Nutrition and Meals on Wheels, Exeter Library, Exeter Adult Education, Sterling

Hills, Exeter YMCA, Seacoast Mental Health, 277 Water Street, Exeter Hospital, Exeter Housing Authority, Exeter Human Services, St. Vincent de Paul, and Exeter Chamber of Commerce.

- 2020 Subsidized Programs and Events—the Town of Exeter allocated \$7,500 to help offset the costs of programs and events for older adults, including monthly socials, crafts, a summer BBQ, walking program, aquatic programs, exercise classes, and trips.
- Walkable Communities Initiative—the Town and Dept. of Public Works are exploring opportunities to add more sidewalks in Exeter to make it safer and easier for people of all ages to walk around town.
- Exeter Library Programs—the Exeter Public Library offers a number of programs for older adults, including Movies at the Library, morning and evening book groups, live music opportunities, and free one-on-one technology lessons through Tech Teach.

### Exeter Steering Committee

This initiative was guided by a local steering committee of Exeter residents and Exeter's Assistant Parks and Recreation Director, David Tovey. Members included: Julie Gilman, Hope Godino, Bette Henneberry, Sally McRae, Francine Hall, Beverly Barney, Susan Raycraft, Leslie Haslam, and Janet Rooney. Agendas from the local steering committee meetings as well as the community Forum appear in the Appendix of this document.

At their first meeting on January 28, 2022, steering committee members worked with Rockingham Planning Commission staff to draft a survey designed to assess the needs of older adults in Exeter. They also brainstormed locations and methods to distribute the survey in order to reach as many residents as possible. Over the next few months, steering committee members helped to disseminate and promote the survey, which was available in paper and electronic formats. There were 290 online responses to the survey and 69 paper surveys completed.

At their second meeting on April 1, 2022 committee members reviewed the survey data and identified key themes to be explored in more detail at a community-wide forum. These themes included transportation, housing, recreational and social opportunities, in-home senior services, and information sharing/leadership/organization. Members then held a Forum on May 12, 2022 at the Exeter Public Library, which featured an information sharing component from local service providers as well as breakout sessions to get more detailed input on key themes. Local service partners in attendance included: Exeter Parks & Recreation Dept., Exeter Library, Exeter Hospital, Riverwoods, Rockingham Nutrition and Meals on Wheels, Transportation Assistance for Seacoast Citizens (TASC), Exeter Area YMCA, State of NH Commission on Aging, and St. Vincent de Paul. Findings from the Exeter survey and Forum appear in the next section of this document.

The local steering committee met for a third time on July 14, 2022 to review a draft of this Assessment Report and provide input on recommended revisions. A final meeting was held on September 12, 2022 during which Rockingham Planning Commission staff presented the final Assessment Report and discussed potential next steps with committee members.



## Exeter Community Profile

The following section includes data on a series of indicators related to each of the AARP Eight Domains of Age Friendly Communities.

### Demographic Data

Exeter is located in Rockingham County, in the Seacoast region of New Hampshire. The 2019 Census estimate for Exeter was 15,313 residents, which ranked it 19<sup>th</sup> among NH's incorporated cities and towns. According to the American Community Survey (ACS) 2015-2019 data, the median age in Exeter is 47.3 years. Exeter's population by age group is distributed as follows:

- Under age 5 = 645
- Age 5 to 19 = 2,526
- Age 20 to 34 = 2,295
- Age 35 to 54 = 4,044
- Age 55 to 64 = 2,118
- Age 65 and over = 3,449

94.6% of Exeter's residents 25 years and over have a high school degree or higher and 48.3% have a Bachelor's degree or higher. Per capita income is \$50,642 and median household income is \$77,120. 5.7% of Exeter residents fall below the poverty level (*Source: ACS 2015-2019*).

According to the 2015-2019 ACS data, Exeter has a total of 7,013 housing units, of which 3,467 are single-family units; 723 are 2-4 units multi-family structures; 1,850 are 5 or more units in structure; and 973 are mobile homes or other housing units. The 2019 total tax rate (per \$1,000 of value) in Exeter was \$23.27 and 75.2% of local assessed value came from residential land and buildings (*NH Dept. of Revenue Administration*).



### Transportation Data

- Exeter residents have access to transportation services from three different providers:
  - Transportation Assistance for Seacoast Citizens (TASC)—TASC's mission is to help people maintain their health, independence, and dignity by mobilizing volunteer drivers to provide rides to eligible residents in the towns of Brentwood, East Kingston, Exeter, Greenland, Hampton, Hampton Falls, Kensington, North Hampton, Rye, Seabrook, and Stratham. <https://www.tasc-rides.org/>
  - Rockingham Nutrition Meals on Wheels (RNMOW)—RNMOW provides rides for adults 60 years of age and older. There is a suggested \$3 roundtrip contribution for shopping, medical

appointments, and errands and \$1 round trip to local RNMOV senior luncheon centers. For more information, call 603-834-6010.

- Taxi Voucher Program—residents age 60 and over can purchase a book of 20 vouchers for \$10 to be used towards payment of their transportation with Academy Taxi. The program is subsidized at 50% by the Town.
- Percent of Exeter residents 65+ who own a motor vehicle = 88.8% (state average = 91.0%)  
*Source: 2019 NH Healthy Aging Community Profile*
- Exeter’s Walk Score = 69 out of 100, “Somewhat Walkable.” This score indicates that some errands can be accomplished on foot in Exeter.  
*Source: <https://www.walkscore.com/score/exeter-nh>*
- Exeter’s Bike Score = 54 out of 100, “Bikeable.” This score estimates the accessibility of community facilities by safe, low stress bicycle routes (road shoulders, bike paths, trails) and indicates that there is some bike infrastructure in Exeter.  
*Source: <https://www.walkscore.com/score/exeter-nh>*



## Housing Data

- Percent of Exeter residents age 60+ who own their home = 71.7% (State average = 79.9%)  
*Source: [2019 NH Healthy Aging Community Profile](#)*
- Percent of Exeter residents age 60+ who have a mortgage on their home = 26.3% (State average = 35.3%) *Source: [2019 NH Healthy Aging Community Profile](#)*
- Percent of Exeter homeowners age 65+ spending > 35% of income on housing = 23.8% (State average = 21.2%) *Source: [2019 NH Healthy Aging Community Profile](#)*
- Percent of Exeter renters age 65+ spending > 35% of income on housing = 12.7% (State average = 8.7%) *Source: [2019 NH Healthy Aging Community Profile](#)*
- Percent of Exeter householders living alone, age 65+ = 16.9%  
*Source: [2020 American Community Survey](#)*
- Exeter has a senior tax abatement policy: <https://www.exeternh.gov/assessing/elderly-exemption>
- Exeter does allow accessory dwelling units (in-law apartments) by Special Exemption: see Article 4. District Regulations, 4.2 Schedule I: Permitted Uses [TOC \(exeternh.gov\)](#)

## Outdoor Spaces and Buildings Data

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

	Excellent	Good	Fair	Poor	Not Sure	Not applicable
Sidewalks	14% Excellent	40% Good	28% Fair	13% Poor	1% Not Sure	3% Not applicable
Benches where I walk	17% Excellent	32% Good	26% Fair	13% Poor	4% Not Sure	7% Not applicable
Ease of getting to town facilities	16% Excellent	51% Good	20% Fair	7% Poor	3% Not Sure	2% Not applicable
Ease of access at town facilities	16% Excellent	48% Good	22% Fair	6% Poor	4% Not Sure	4% Not applicable
Public restrooms	10% Excellent	22% Good	23% Fair	24% Poor	14% Not Sure	8% Not applicable



## Social & Civic Engagement Data

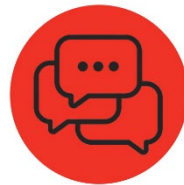
- Ballots cast in Exeter Annual Town Election; March 8, 2022 = 3,090; participation rate = 27%  
*Source: Town of Exeter*
- Exeter voter participation rate in 2018 US midterm election (age 18+) = 68.9% (State average = 54.7%) *Source: [2019 NH Healthy Aging Community Profile](#)*



## Communication & Information Flow Data

- 29% of survey respondents were unaware of activities/events that interest them.
- Percent of Exeter residents age 60+ who used the internet in the past month = 86.3% (State average = 77.6%) *Source: [2019 NH Healthy Aging Community Profile](#)*
- 53% of survey respondents utilized internet/websites to get information about services or events in Exeter.

- 45% of survey respondents utilized social media (ex. Facebook, Twitter) to get information about services or events in Exeter.
- 39% of survey respondents utilized email to get information about services or events in Exeter.
- Percent of Exeter households with:
  - internet subscription = 90.6%
  - broadband of any type = 90.6%
  - dial-up with no other type of internet subscription = 0%
  - cellular data plan = 81.3%
  - cellular data plan with no other type of internet subscription = 10.3%
  - broadband such as cable, fiber optic, or DSL = 78.7%
  - satellite internet service = 1.6%
  - without an internet subscription = 9.4%
    - Source: [2020 ACS](#)

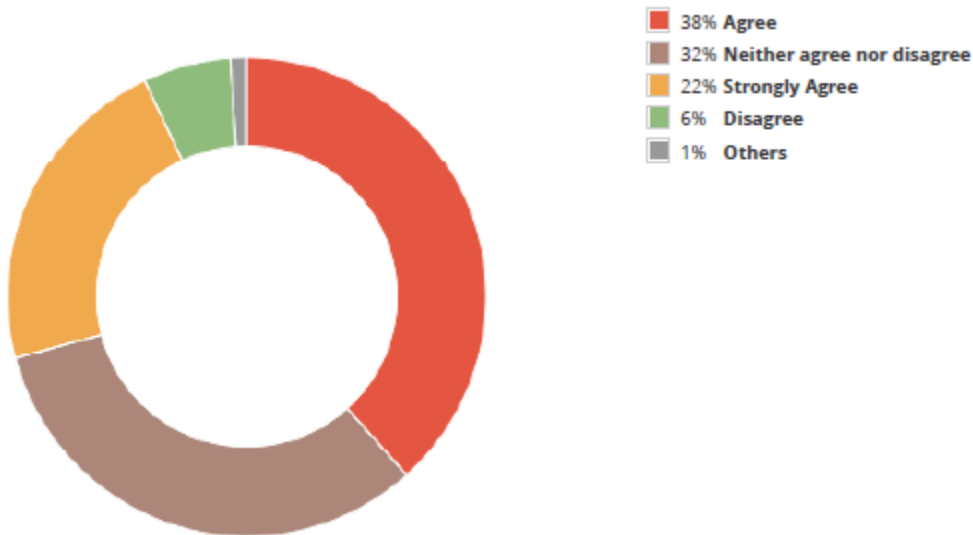


## Respect and Social Inclusion Data

Survey Question 30. Do you feel accepted in your town with regard to:

	Yes	Somewhat	No	N/A
Spirituality or religious affiliation	61% Yes	18% Somewhat	4% No	18% N/A
Political views	54% Yes	25% Somewhat	9% No	12% N/A
Age	67% Yes	23% Somewhat	5% No	5% N/A
Sexuality	72% Yes	12% Somewhat	3% No	13% N/A
Gender identity	69% Yes	6% Somewhat	4% No	22% N/A
Race and ethnicity	72% Yes	12% Somewhat	4% No	12% N/A
Economic status	62% Yes	24% Somewhat	6% No	9% N/A

Survey Question 31. My town is welcoming to all people.



### Health and Nutrition Data

The 2019 New Hampshire Healthy Aging Data Report was designed to help identify strengths and needs across the state by presenting data on the health of older residents. It was funded by the Tufts Health Plan Foundation and created by researchers at the Gerontology Institute of the John W. McCormack Graduate School of Policy and Global Studies at the University of Massachusetts Boston, in partnership with the New Hampshire Alliance for Healthy Aging. The report can be accessed online at: <https://healthyagingdatareports.org/>

The 2019 New Hampshire Healthy Aging Data Report covers 244 NH communities and includes more than 166 health indicators. Individual community reports allow municipalities to compare healthy aging indicators to state averages. The report finds that older Exeter residents did better than the state average on health indicators including tooth loss, tobacco use disorders, diabetes, and endometrial cancer. They are also more likely to have an annual dental exam and to meet the CDC guidelines for muscle strengthening activity and aerobic physical activity. The report found that 97.6% of Exeter residents 60 years and older have a regular doctor and only 2.6% did not see a doctor when needed due to cost.

On the other hand, older Exeter residents had higher rates than the state average of older residents for:

- Hip fracture
- High cholesterol
- Depression
- Anxiety and bipolar disorders
- Schizophrenia
- Alzheimer’s disease
- Stroke
- COPD
- Hypertension
- Heart attack
- Ischemic heart disease
- Congestive heart failure
- Atrial fibrillation
- Peripheral vascular disease
- Hypothyroidism
- Anemia
- Chronic kidney disease
- Liver diseases
- Migraine
- Cataracts
- Pressure ulcers
- Hearing impairment

The report also found that 2.3% of Exeter residents age 60+ received food stamps in the past year. This is lower than the state average of 5.7%.



### Work & Civic Opportunities Data

- Percent of Exeter residents 65+ employed in the past year = 20.2% (state average = 24.8%)  
*Source: [2019 NH Healthy Aging Community Profile](#)*



## Results and Key Themes

### Survey Methodology

Exeter's Age Friendly Community Survey was adapted from a national model developed by AARP. The survey includes questions related to AARP's eight dimensions of Age Friendly Communities: 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 available online through the Public Input platform. It was also circulated in paper format at the February 5<sup>th</sup> Exeter Deliberative Session, Exeter Town offices, Public Library, Recreation Department, 277 Water Street, and by Rockingham Nutrition Meals on Wheels.

The survey was promoted using a range of methods including:

- Post cards at Town Hall, Public Library, and Recreation Department
- Town website
- Exeter TV
- Racial Unity Team
- Rockingham Nutrition and Meals on Wheels
- St. Vincent de Paul
- Local churches

## EXETER AGE FRIENDLY COMMUNITY SURVEY

The Town of Exeter, in partnership with the Rockingham Planning Commission and Rockingham Nutrition Meals on Wheels Program, is embarking on a project to understand 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/AgeFriendlyExeter>

Paper surveys available at Exeter Town Offices,  
Public Library and Recreation Department

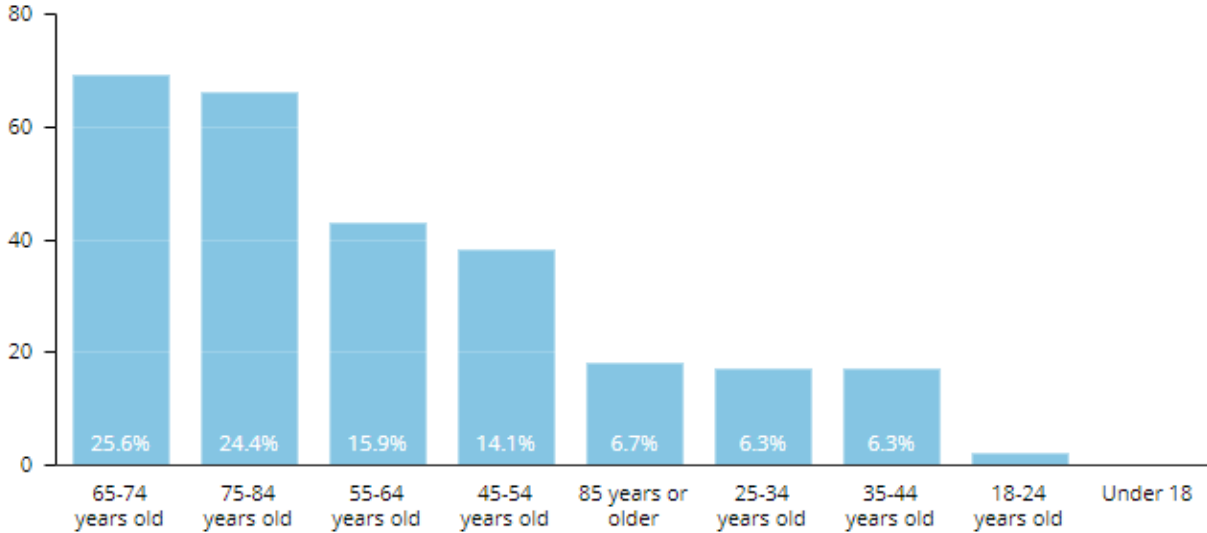


**FOR MORE INFORMATION CONTACT JILL LONGVAL:**

## Characteristics of Survey Respondents

### Age

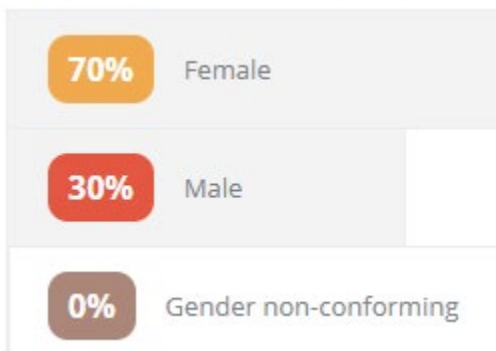
Survey Question 32. What is your age?



Of the 359 people who responded to Exeter's Age Friendly Communities survey, 34% were 54 years old or younger. 16% were 55-64 years of age, 26% were 65-74, and 24% were 75-84.

### Gender

Survey Question 35. What is your gender?

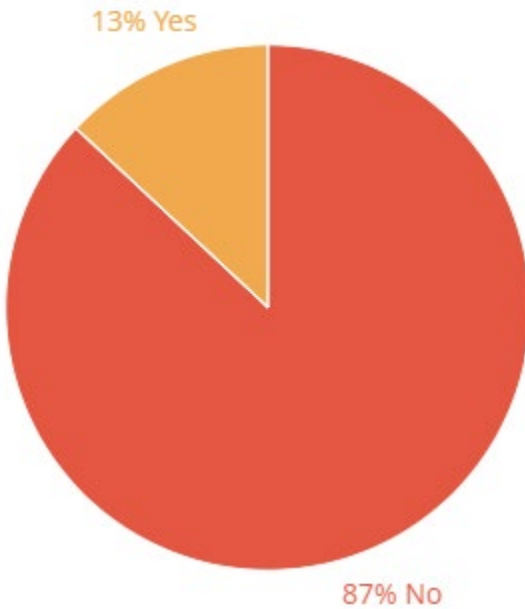


Participation in both the Age Friendly Communities survey and forum in Exeter skewed heavily towards female. This was a consistent trend across all six communities.



## Race/Ethnicity

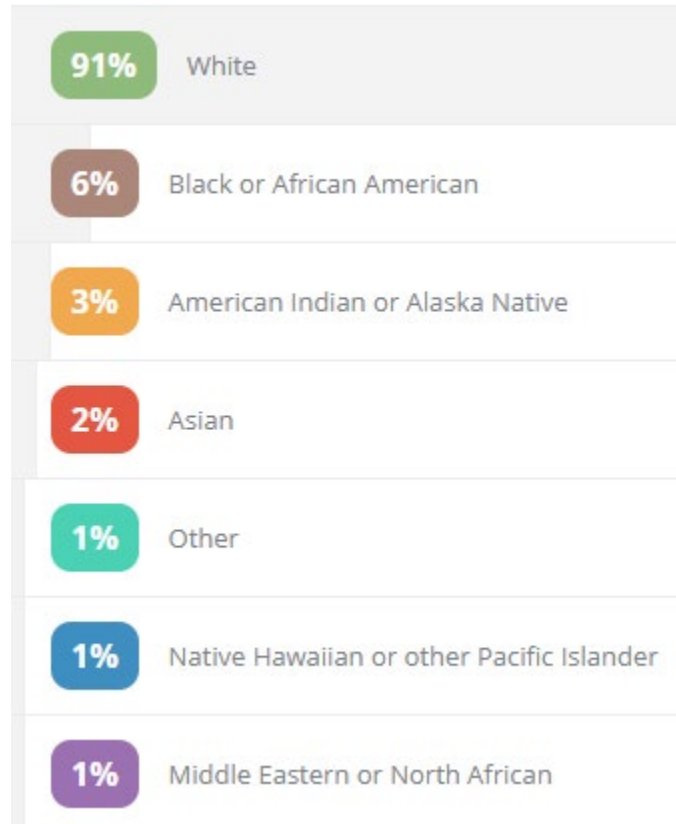
Survey Question 34. Do you consider yourself Hispanic, Latino/Latina, or of Spanish origin?



Survey respondents were asked to answer questions about their race and ethnicity. According to the 2020 American Community Survey 5-year estimate, 2.3% of Exeter's population identifies as Hispanic or Latino, which means that they were overrepresented in this survey.

A goal of this project has been to obtain input from typically under-represented groups. In order to do so, Rockingham Planning Commission staff collaborated with the Racial Unity Team to help with outreach. Their assistance allowed the Steering Committee to reach a larger proportion of Hispanic and Latino residents.

Survey Question 33. What race(s) do you identify with? (check all that apply)

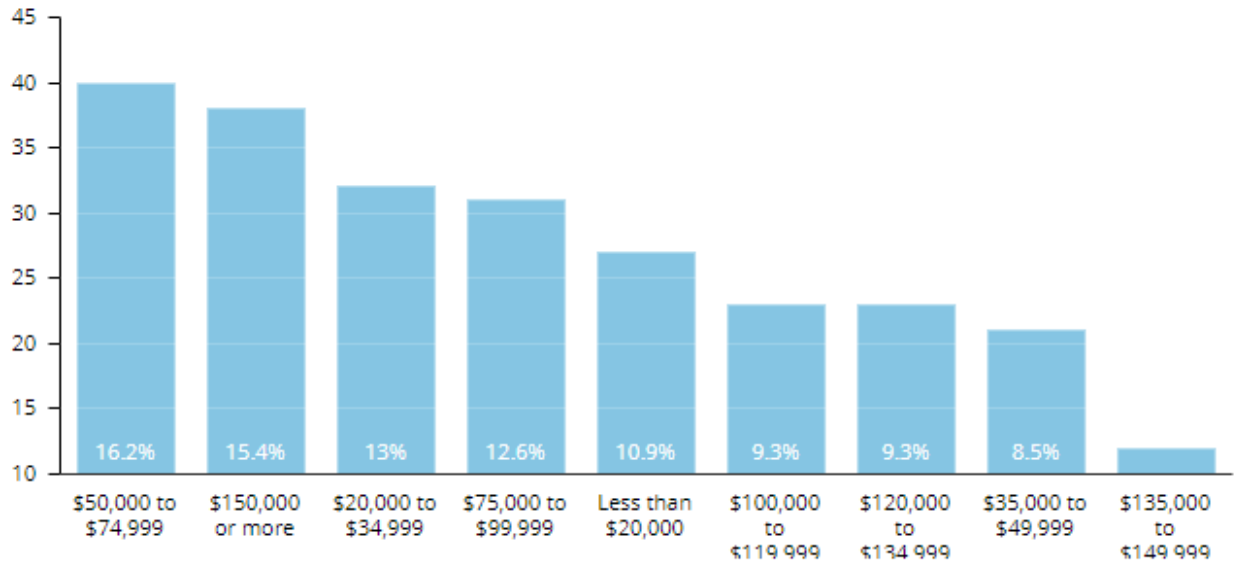


According to the 2020 American Community Survey 5-year estimate, 92.4% of Exeter’s population identifies as white alone, 1.2% identifies as Black or African American alone, 0.0% as American Indian or Alaska Native alone, 4.1% as Asian alone, and 0.0% as Native Hawaiian or other Pacific Islander alone. This means that African American, American Indian/Alaska Native, and Native Hawaiian/Pacific Islander residents were overrepresented in the survey while Asian residents were underrepresented.

Again, the Steering Committee intentionally sought additional participation from traditionally under-represented groups and the support of the Racial Unity Team made this possible.

## Income and Employment Status

Survey Question 39. What is your household income?



Survey respondents were fairly evenly distributed across income levels and were representative of Exeter's population. 48.6% of respondents had a household income of \$74,999 or less. According to the US Census, Exeter's median household income in 2020 dollars is \$73,109.

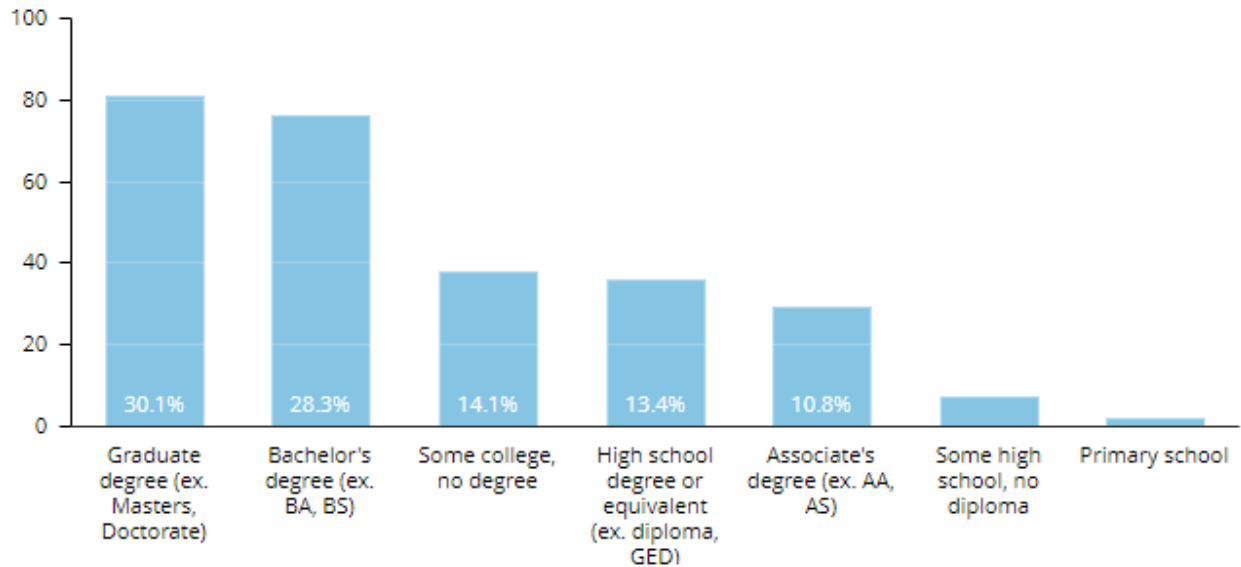
Survey Question 36. What is your current employment status?



56% of survey respondents were retired while 28% were employed full time. Only 2% were unemployed and currently looking for work.

## Education

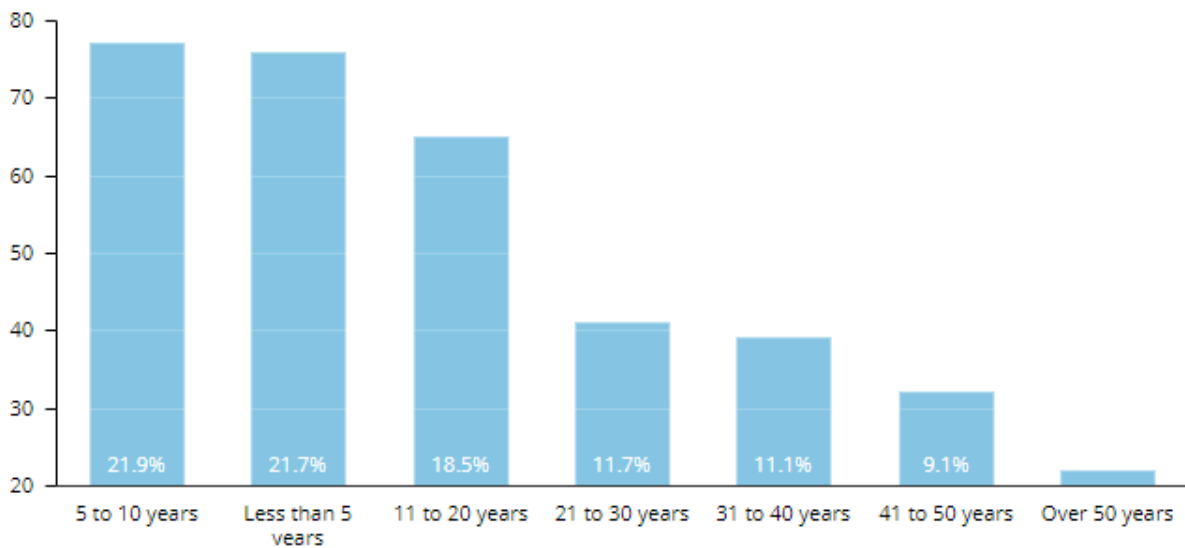
Survey Question 38. What is the highest degree or level of school you have completed?



More than 58% of survey respondents had a Bachelor's degree or higher.

## Length of Time Living in Exeter

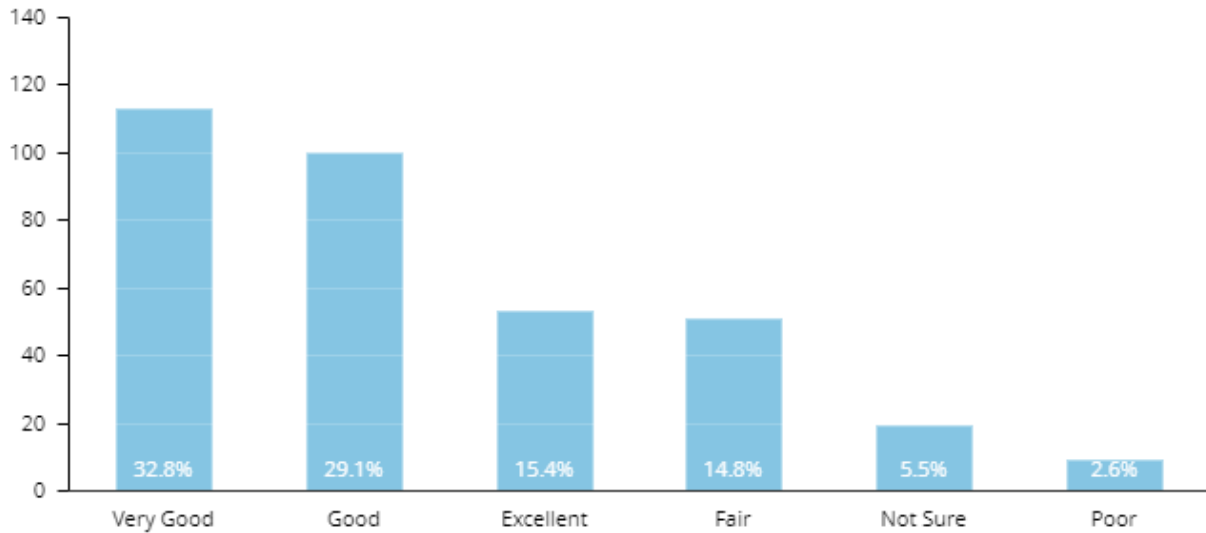
Survey Question 2. How long have you lived here?



Survey respondents represented a mix of new and long-time Exeter residents. 43.6% have lived in Exeter for 10 years or less and 56.4% have lived here for 11 or more years.

## Impressions of Exeter as an Age Friendly Community

Survey Question 3. How would you rate Exeter as a place for people to live as older adults?



By and large, residents had a positive view of Exeter as a community for older adults.

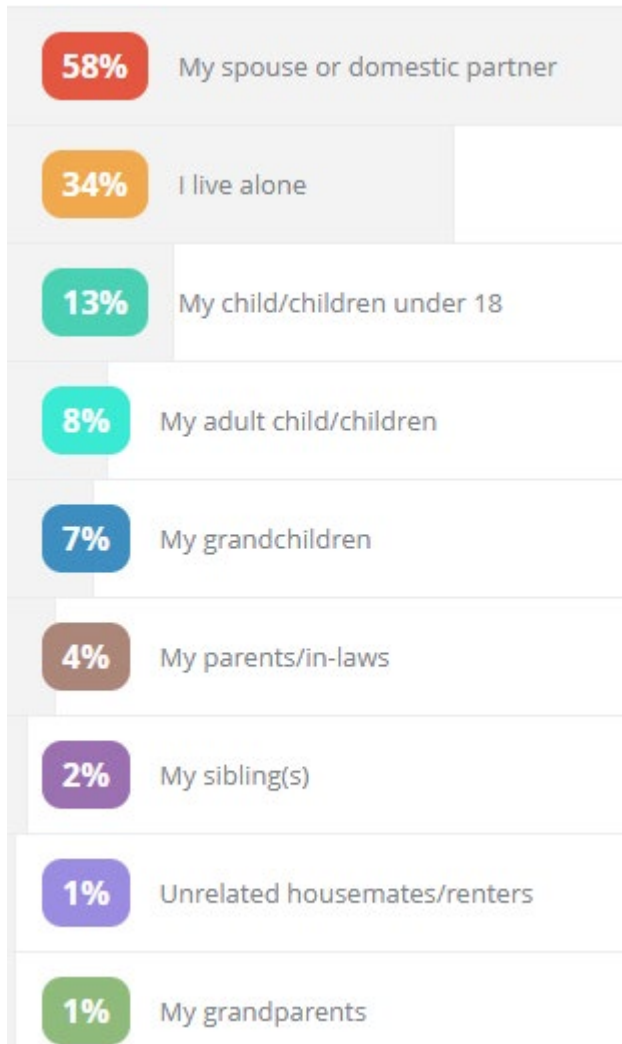
Survey Question 4. How would you rate Exeter as a place to attract/keep younger people in their 20s and 30s?



Residents were slightly less positive about how Exeter rates as a community for younger people.

## Living Arrangements

Survey Question 27. *Beside yourself, who else lives in your household? (check all that apply)*

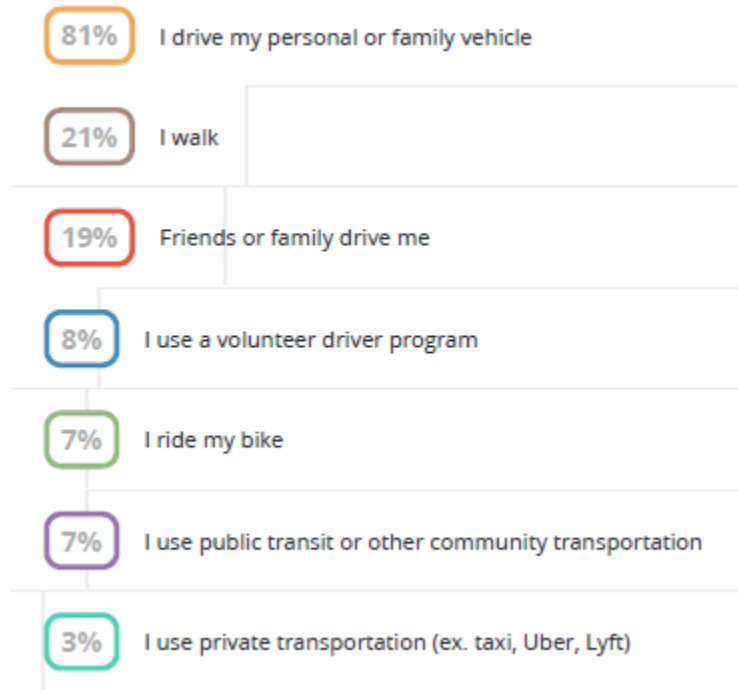


Survey respondents were asked to provide information about who they live with. The majority (58%) reported living with a spouse or domestic partner and 34% reported that they lived alone.

## KEY THEME—Transportation

### Modes of Transportation Used

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



The vast majority of survey respondents used their personal vehicle as their primary mode of travel. However, it should be noted that in other assessment communities over 90% of survey respondents reported that they drove. Exeter's lower percentage of drivers may be due in part to the fact that Exeter survey respondents were older than those in other communities. Exeter's walkable downtown may also allow more survey respondents to get around without driving.



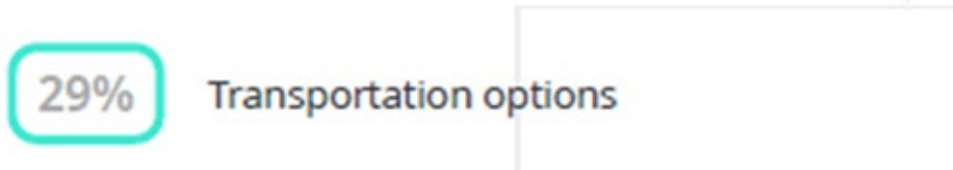
Survey Question 14. How would you rate the following in your town?

	Excellent	Good	Fair	Poor	Not Sure	Not applicable
Sidewalks	14% Excellent	40% Good	28% Fair	13% Poor	1% Not Sure	3% Not applicable
Bicycle safety	8% Excellent	20% Good	29% Fair	24% Poor	4% Not Sure	14% Not applicable

41% of survey respondents rated sidewalks in Exeter as Fair or Poor. 53% of respondents stated that bicycle safety in Exeter was Fair or Poor. Improvements to sidewalks and bicycle infrastructure would help residents to utilize these transportation options to a greater degree.

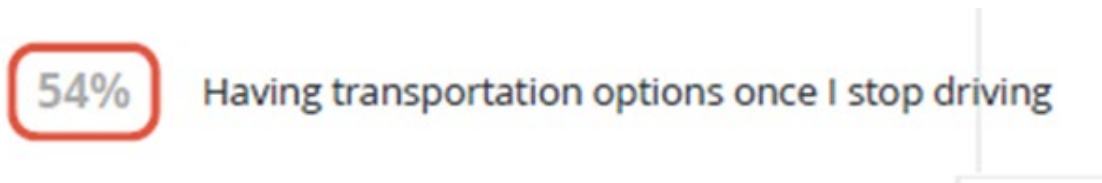
#### Perceived Availability of Transportation Options

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



Only 29% of respondents said that transportation options would be a reason to remain in Exeter.

Survey Question 7. What if anything concerns you most about growing into older adulthood in Exeter?  
(check all that apply)



54% of respondents stated they were concerned about having transportation options once they stopped driving. This concern was consistent across all six assessment communities, however, it was lower in Exeter than in the others. This reflects the senior transit efforts that have already been made and the relatively walkable nature of Exeter’s downtown.

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

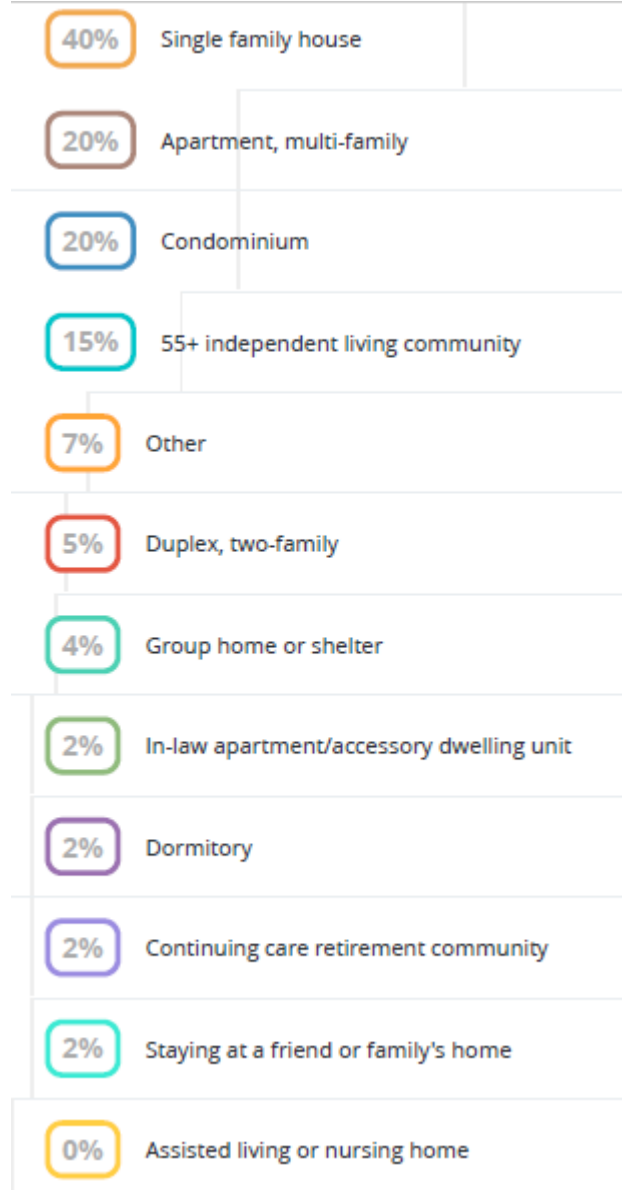
	5%	10%	20%	39%	17%	9%
Public/community transportation	Excellent	Good	Fair	Poor	Not Sure	Not applicable

59% of survey respondents rated public/community transportation in Exeter as Fair or Poor. While it is true that more traditional, fixed route transit options do not exist in Exeter, there are a variety of community-based transportation services available to residents. In fact, Exeter has done more on senior transportation initiatives than most communities in the region. For example, the Town adopted a supplemental \$5 local vehicle registration fee, which is used to support senior transportation services including Cooperative Alliance for Seacoast Transportation (COAST), Transportation Assistance for Seacoast Citizens (TASC), Rockingham Nutrition and Meals on Wheels (RNMOW), and the Senior Taxi Voucher program. The survey responses suggest that more outreach should be done to make residents aware of these options.

## KEY THEME—Housing

### Existing Home Suitability

*Survey Question 9. What type of house do you live in? (check all that apply)*



Survey respondents lived in a variety of housing types. Only 40% lived in single family homes. This is reflective of the fact that Exeter has a broader range of housing options than other assessment communities.

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

	Very Well	OK	Not Very Well	Not at All
Type of home (ex. single family, apartment, condominium, other)	69% Very Well	25% OK	5% Not Very Well	1% Not at All
Design (ex. single floor living, width of doors, few entry steps)	56% Very Well	34% OK	9% Not Very Well	1% Not at All
Location near places I want to go	61% Very Well	30% OK	8% Not Very Well	1% Not at All
Amount of routine maintenance (ex. raking, snow shoveling)	42% Very Well	35% OK	20% Not Very Well	4% Not at All
Affordability within my budget	40% Very Well	45% OK	13% Not Very Well	2% Not at All
Sense of acceptance (if in an assisted living or other retirement community)	44% Very Well	44% OK	6% Not Very Well	6% Not at All

69% of respondents said that the type of home they lived in fit their needs and more than half of respondents were happy with their current home's design and location. On the other hand, only 40% said that their current home was very affordable and 24% of respondents said that the amount of routine maintenance required on their home did not meet their needs very well or at all.

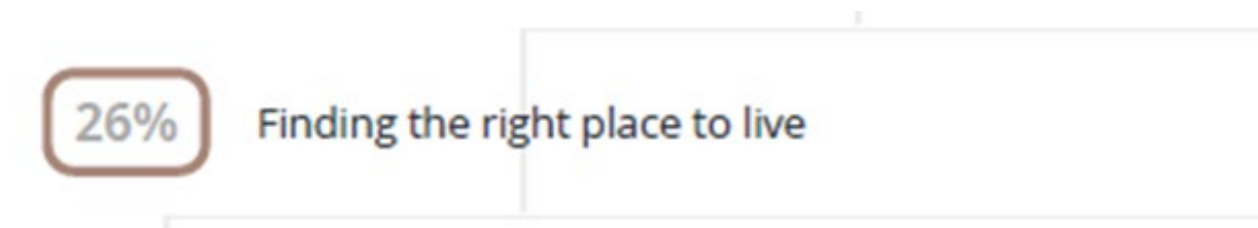
## Options for a New Home

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



Only 26% of respondents said that options for a place to live would be a reason to remain in Exeter.

*Survey Question 7. What if anything concerns you most about growing into older adulthood in Exeter? (check all that apply)*



26% of respondents stated they were concerned about finding the right place to live as they grew older in Exeter.

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

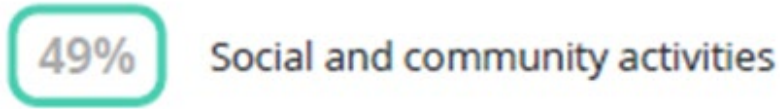
	<b>Many available</b>	<b>Some available</b>	<b>Few available</b>	<b>None available</b>	<b>Not applicable</b>	<b>Don't know</b>
Desired type of home (ex. single family, apartment, condo, other)	6% Many available	21% Some available	43% Few available	10% None available	14% Not applicable	7% Don't know
Design (ex. single floor living, width of doors, few entry steps)	11% Many available	22% Some available	35% Few available	6% None available	15% Not applicable	10% Don't know
Location near places I want to go	10% Many available	23% Some available	36% Few available	8% None available	15% Not applicable	8% Don't know
Level of maintenance I'm willing to take on (ex. lawn, raking, snow clearance)	8% Many available	23% Some available	33% Few available	8% None available	19% Not applicable	9% Don't know
Affordability within my budget	8% Many available	22% Some available	34% Few available	16% None available	13% Not applicable	8% Don't know
Somewhere I'll feel acceptance (if looking for an assisted living or other retirement community)	8% Many available	25% Some available	22% Few available	5% None available	23% Not applicable	16% Don't know

Likewise, 43% of survey respondents indicated that there were few houses available that met their needs with regard to type. More than 30% indicated there were few available that met their needs with regard to design, location, level of required maintenance, and affordability.

## KEY THEME—Recreational and Social Opportunities

### Survey Summary

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



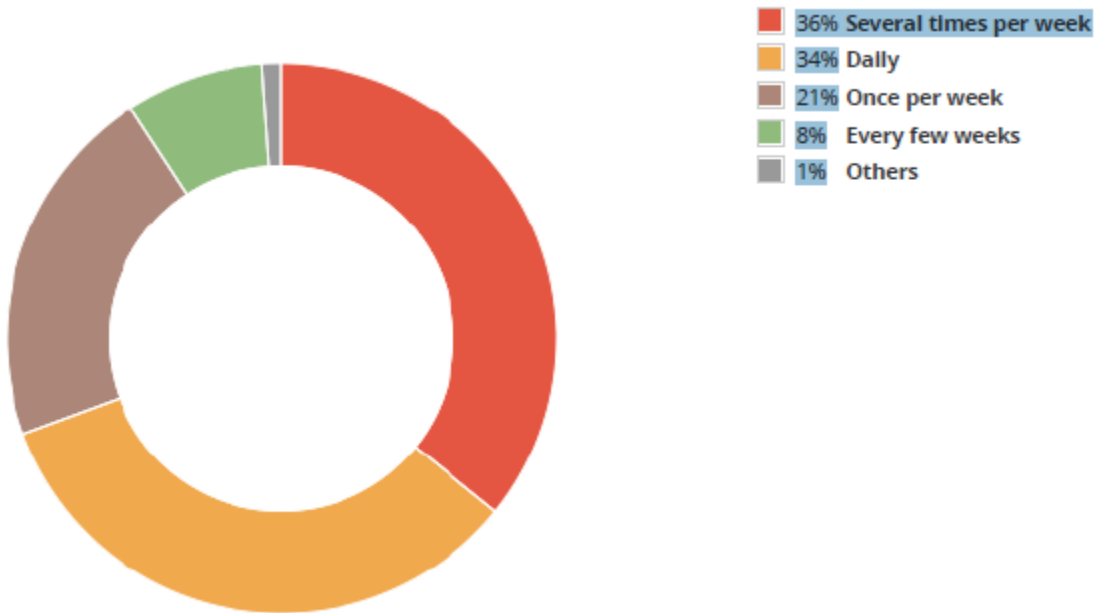
49% of respondents said that social and community activities would be a reason to remain in Exeter.

*Survey Question 7. What if anything concerns you most about growing into older adulthood in Exeter? (check all that apply)*



44% of respondents stated they were concerned about having recreational and social opportunities as they grow older in Exeter.

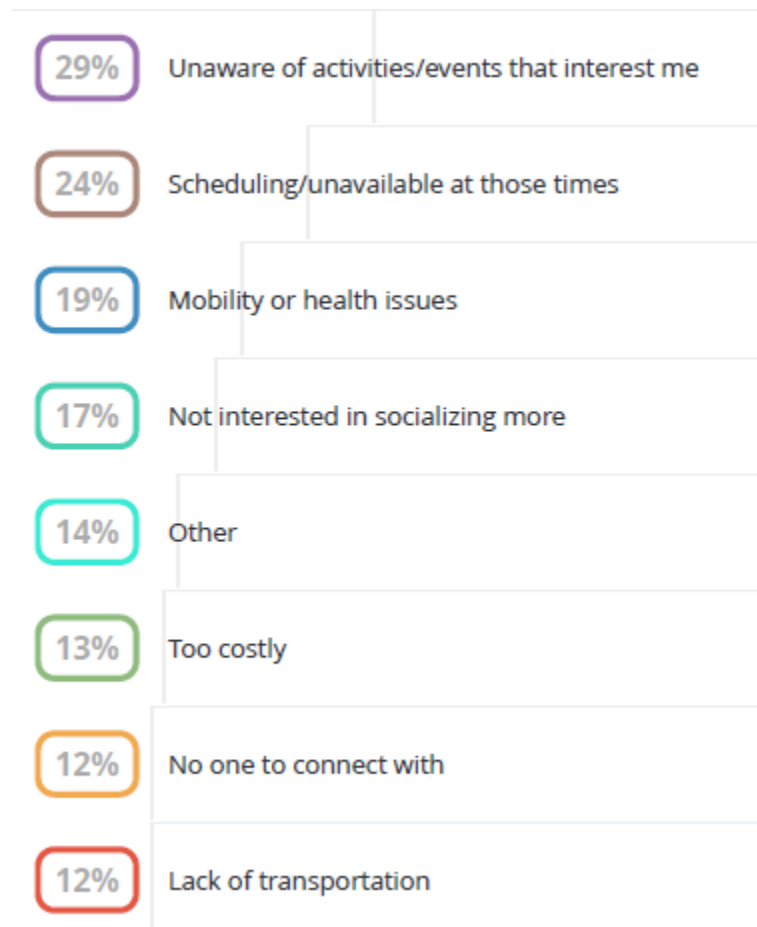
Survey Question 28. How often do you have contact with family, friends, or neighbors who do not live with you?



70% of survey respondents have contact with family, friends, or neighbors outside of their household at least several times per week.



Survey Question 29. If you would like to have more social contact with others, what prevents you from doing so? (check all that apply)



Exeter residents gave a variety of reasons for not having more social contact with others. It is noteworthy that despite concerns about lack of transportation options, only 12% of survey respondents stated that lack of transportation kept them from socializing.

Survey Question 26. Which of the following do you use in your community?

Restaurants, coffee shops, stores	80% Available, I use	8% Available, I do not use	3% Not available, I would use	5% Not available, I would not use	3% Unsure if available, I would use	- Unsure if available, I would not use
Sidewalks and bike paths	62% Available, I use	16% Available, I do not use	9% Not available, I would use	6% Not available, I would not use	4% Unsure if available, I would use	2% Unsure if available, I would not use
Trails, conservation land, natural areas	59% Available, I use	26% Available, I do not use	2% Not available, I would use	2% Not available, I would not use	8% Unsure if available, I would use	3% Unsure if available, I would not use
Fitness centers, exercise classes, recreation sports leagues	40% Available, I use	42% Available, I do not use	6% Not available, I would use	2% Not available, I would not use	7% Unsure if available, I would use	2% Unsure if available, I would not use
Churches or other places of worship	37% Available, I use	47% Available, I do not use	6% Not available, I would use	3% Not available, I would not use	4% Unsure if available, I would use	3% Unsure if available, I would not use

The top 5 social and recreational opportunities in Exeter that are available and used by survey respondents are 1) restaurants, coffee shops, stores; 2) sidewalks and bike paths; 3) trails, conservation land, natural areas; 4) fitness centers, exercise classes, recreation sports leagues; and 5) churches or other places of worship.

Survey Question 26. Which of the following do you use in your community?

Volunteer/community service opportunities	30% Available, I use	30% Available, I do not use	7% Not available, I would use	6% Not available, I would not use	22% Unsure if available, I would use	5% Unsure if available, I would not use
Social organizations (book clubs, garden clubs, civic groups)	23% Available, I use	42% Available, I do not use	4% Not available, I would use	5% Not available, I would not use	18% Unsure if available, I would use	9% Unsure if available, I would not use
Continuing education/learning opportunities	24% Available, I use	42% Available, I do not use	6% Not available, I would use	5% Not available, I would not use	18% Unsure if available, I would use	5% Unsure if available, I would not use
Senior center or activities for older adults	17% Available, I use	49% Available, I do not use	7% Not available, I would use	3% Not available, I would not use	17% Unsure if available, I would use	7% Unsure if available, I would not use
Concerts, dances, socials	31% Available, I use	28% Available, I do not use	11% Not available, I would use	4% Not available, I would not use	17% Unsure if available, I would use	9% Unsure if available, I would not use

When asked if there were social and recreational opportunities that they would use but were unsure whether they were available in Exeter, 22% of survey respondents identified volunteer/community service opportunities; 18% said social organizations and continuing education/learning opportunities; and 17% stated senior center or activities for older adults and concerts, dances, and socials. This is noteworthy because all of these opportunities do exist in Exeter. More outreach is needed to ensure that residents know about them.

Finally, in Question 26 survey respondents were also asked to identify social and recreational opportunities that were not available but that they would use if they were available. It is noteworthy that nothing stood out in this category, meaning that there is not necessarily the need to create new social and recreational opportunities.

## Forum Feedback—Recreational and Social Opportunities

Local Forums were held in all six assessment communities. Each forum featured an introduction to the Age Friendly concept and regional initiative, a summary of local survey findings, and break-out sessions to gather additional feedback on key issues identified through the survey. Lack of awareness about available programs and services was an issue in every community, so forums also featured a series of brief presentations by local service providers.

The Exeter Steering Committee held a Forum on May 12, 2022 at the Exeter Public Library, which featured an information sharing component from local service providers as well as breakout sessions to get more detailed input on key themes. Local service partners in attendance included: Exeter Parks & Recreation Dept., Exeter Library, Exeter Hospital, Riverwoods, Rockingham Nutrition and Meals on Wheels, Transportation Assistance for Seacoast Citizens (TASC), Exeter Area YMCA, State of NH Commission on Aging, and St. Vincent de Paul.

### *Social & Recreation Programs that Work Well*

- Craft programs
- Walking programs
- 277 Water St. opportunities through Parks & Recreation Dept.
- Day trips
- Senior BBQ

### *Potential New Ideas*

- Community vegetable garden (could sell produce at Farmers' Market to raise funds for senior activities)
- "Simple and easy" cooking classes
- Classes about how to utilize leftover food, food management
- Photography classes
- Travel log presentations/travel photo sharing
- Classes about selling online
- More activities are needed at the senior center
- More outdoor activities
- Bring programming like those offered through Parks & Recreation at 277 Water Street to other 55+ residential communities
- Town-wide walking club similar to Portsmouth Town Forest hikes
- Help seniors find a partner to walk with for safety purposes
- Games and trivia at the Library
- Star Island trips
- Sing-alongs
- "Lunch Bunch" outings to different restaurants
- Bowling
- Farmer's Market trips

- More informal opportunities to meet seniors and generally socialize
- Programs that connect teens and seniors
- Tap into existing knowledge among seniors and have them teach classes
- Annual “Senior Day” celebration—“Senior-bration”
- Pilates/yoga classes
- Technology classes from beginner basics to advanced
- Exeter TV does offer video classes that could be promoted to seniors ([extvg@exeternh.gov](mailto:extvg@exeternh.gov))
- Old fashioned mixer, Sadie Hawkins style given the gender imbalance.
- Make it known that a group of seniors are going to the Brass Band Concert and will sit together

#### *Activities that have not returned since Covid but residents would like to see again*

- Phillips Exeter Academy partnerships with seniors (including computer help)
- Bring back Exeter Hospital programs

#### *How do you hear about social & recreational opportunities?*

- Email lists/email newsletters
- Facebook (would like to see more on official Exeter town page)
  - Portsmouth does have a designated senior page that could be used as a model  
<https://www.facebook.com/portsmouthnhsenioractivitycenter/>
- Town should serve as “hub” for information sharing
- Would like a designated website and chat room for Exeter seniors

#### *Barriers to Participation*

- Lack of adequate space/facilities to hold events
- Lack of transportation to events
  - Lack of transportation limits participation in YMCA events
- “Image matters”—make sure the event is marketed in a way that is compelling/appealing to seniors
- Poor coordination among partner organizations
- Typically all females—need better outreach and/or different programs to attract males
- Getting word out to participants so they know events are happening

#### *Other*

- Make sure everyone feels included
- Pay attention to people with hearing loss (offer PA system, assisted listening devices)
- Encourage people to “bring a friend” to improve/expand participation
- Offering food at events improves participation

KEY THEME—Senior Services

Services Used

Survey Question 17. Which if any of the following services do you use in Exeter?

Dental care services	63%	19%	5%	5%	7%	2%
	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
In-person medical services	62%	12%	7%	5%	10%	4%
	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
Vision care or hearing services	61%	18%	3%	7%	8%	3%
	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
Telehealth medical services	46%	32%	4%	4%	11%	3%
	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
Internet access at public locations (ex. library, town hall)	31%	39%	5%	5%	10%	10%
	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use

The top 5 services in Exeter that are available and used by survey respondents are 1) dental care services; 2) in-person medical services; 3) vision care or hearing services; 4) telehealth medical services; and 5) internet access at public locations.

Survey Question 17. Which if any of the following services do you use in Exeter?

In-home healthcare	10% Available, I use	33% Available, I do not use	7% Not available, I would use	4% Not available, I would not use	26% Unsure if available, I would use	19% Unsure if available, I would not use
Weekday luncheons for older adults	4% Available, I use	34% Available, I do not use	7% Not available, I would use	6% Not available, I would not use	25% Unsure if available, I would use	24% Unsure if available, I would not use
In-home personal care assistance	7% Available, I use	36% Available, I do not use	8% Not available, I would use	4% Not available, I would not use	24% Unsure if available, I would use	22% Unsure if available, I would not use
In-home help with tasks like housekeeping, cooking, grocery shopping	8% Available, I use	34% Available, I do not use	7% Not available, I would use	5% Not available, I would not use	24% Unsure if available, I would use	22% Unsure if available, I would not use

When asked if there were services that they would use but were unsure whether they were available in Exeter, 26% of survey respondents identified in-home healthcare; 25% said weekday luncheons for older adults; and 24% stated in-home personal care assistance and in-home help with tasks like housekeeping, cooking, and grocery shopping. It is noteworthy that weekday luncheon opportunities do exist at the Exeter Senior Center through Rockingham Nutrition and Meals on Wheels. More outreach is needed to ensure that residents know about this service. A limited number of in-home health services are available through Rockingham Visiting Nurse Association and there are for-profit companies that offer these services.

Finally, in Question 17 survey respondents were also asked to identify services that were not available but that they would use if they were available. It is noteworthy that nothing stood out in this category, meaning that there is not necessarily the need to bring new services into Exeter.

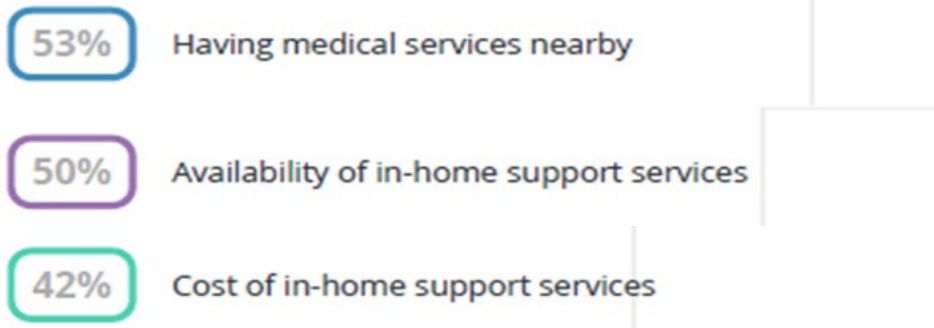
Survey Question 6. Thinking about the future, which of the following reasons would likely keep you in Exeter as you reach your 70s, 80s, and beyond (check all that apply)?



61% of respondents said that access to healthcare and other services would be a reason to remain in Exeter.

### Concerns about Accessing Services

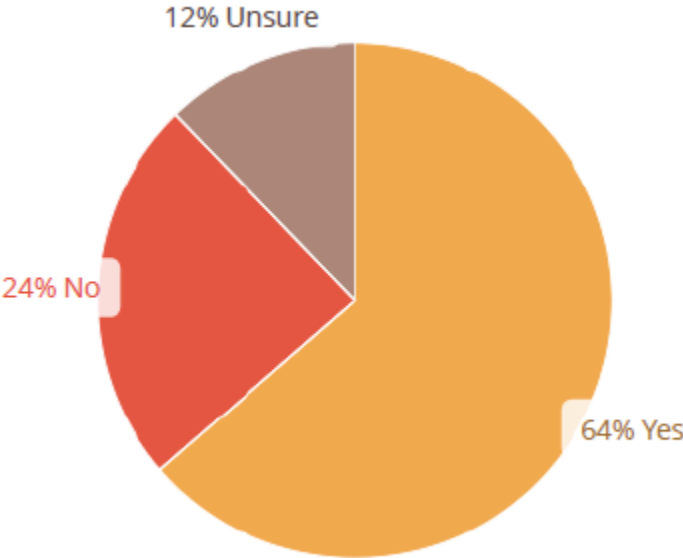
Survey Question 7. What if anything concerns you most about growing into older adulthood in Exeter? (check all that apply)



53% of respondents stated they were concerned about having medical services nearby as they grow older in Exeter. 50% of respondents stated they were concerned about the availability of in-home support services as they grow older in Exeter. 42% were concerned about the cost of these services.



Survey Question 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?



While the majority of respondents do have someone who can help them, almost a quarter do not and another 12% were unsure if they had access to assistance.

## Forum Feedback—Senior Services

### *Transportation related services*

- Some residents at 277 Water Street do not drive and need transportation help, especially for medical trips.
- Better passenger assistance and driver training for ambulance and chair car drivers carrying older passengers. Wheelchair securement may be OK, but it can be an uncomfortable ride when driving on rough roads, accelerating/decelerating, or taking hard turns.
- Need more transportation options as well as better outreach on the options that do exist—Transportation Assistance for Seacoast Citizens (TASC), Rockingham Nutrition & Meals On Wheels (RNMOW), Cooperative Alliance for Seacoast Transportation (COAST), Exeter Senior Taxi Voucher program
- Senior ride board to share rides and trips—ex. if someone local is going to the movies they can let other seniors know they have two open seats.

### *Medical related services*

- The challenge is needing an escort for a medical procedure, which means you can't just take a taxi or an Uber, or even a TASC ride.
- The need is more than just getting to the hospital. Assistance is needed for things like navigating from the reception desk to the exam room if at Exeter Hospital. Concierge services?
- Desire to attract more specialty medical services, such as a retina specialist for macular degeneration. Does the Exeter Health Resources merger with Beth Israel/Leahy increase opportunities for this?
- Monitoring potential side effects of medications. Do RNMOW or TASC drivers get any training in this?
- SST Health Services training—is there community assistance potential?
- Dental and vision services—this is a gap with Medicare.
  - There are some pro bono dental services. A mobile van comes to St. Vincent de Paul on Fridays.

### *General Quality of Life related services*

- Assistance with filling out forms, whether medical forms at doctor's office or other service applications.
- Assistive technologies like those incorporated in the new Exeter Public Library meeting rooms, including amplifying headsets and visual aids.
  - Association of Late-Deafened Adults (ALDA) is working for improved ADA accessibility of documents, events, and services. Thinking about issues of colors, font sizes and shapes, diagram sizes.
- Preventative education to help middle aged people or young retirees age well, such as exercise programs, nutrition guidance.
- Grief assistance – Death Café held at the Library.
- Someone to call on seniors who live alone for a regular check-in.

### *Home related services*

- Services to support aging in place, home modifications like installing ramps.
  - Seacoast School of Technology home modification assistance – ramps, railings
- Help with yardwork and snow shoveling.
  - Scouts used to have an organized corps of shovelers
- Handyman/Handywoman assistance for simple fixes, or advice on larger projects. Someone trusted and without a financial interest.
  - This is theoretically available through the Seacoast Villages Project, but it's expensive to join and maintain a membership. The group is just getting going and is having a chicken/egg challenge. They need enough members to have a budget to offer services, but they need to be able to offer services to get members.
  - At a participant's 55+ community the builder provided a list of trusted contractors to residents – very helpful.
- Assessing housing for safety—checking smoke detectors, fire extinguishers, dryer vents, tripping hazards.
- Energy audits, weatherization, efficiency upgrades (Southern NH Services offers this).

### *Technology related services*

- Phillips Exeter Academy students used to provide technology assistance to residents at 277 Water Street.
- In-home technology assistance—ex. troubleshooting a printer, setting up a new computer, resolving phone issues.
- Technology help in evaluating what to buy.

### *Other services*

- Tax preparation assistance—AARP has offered this at the library.
  - St. Vincent de Paul noted they can't get enough volunteers for the tax prep service now.
- Car repair is expensive and the expense of ownership can lead seniors to stopping driving.
  - Partnership with Seacoast School of Technology (SST) on auto repair. Could this be done by students at the cost of parts?

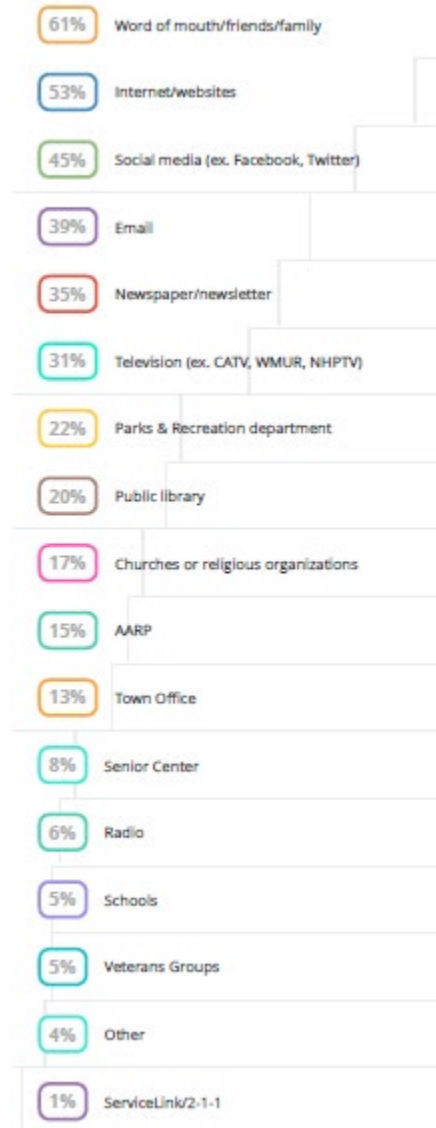
### *Barriers to accessing services*

- Costs—lives shrink due to expense of services.
- There are different levels of financial security. Some can pay for assistance and some can't. Figure out a fee scale.
- Inflation impacts—costs increase but fixed incomes do not.
- Not knowing what services exist—there is a need for a service directory.

## KEY THEME—Information Sharing, Leadership, and Organization

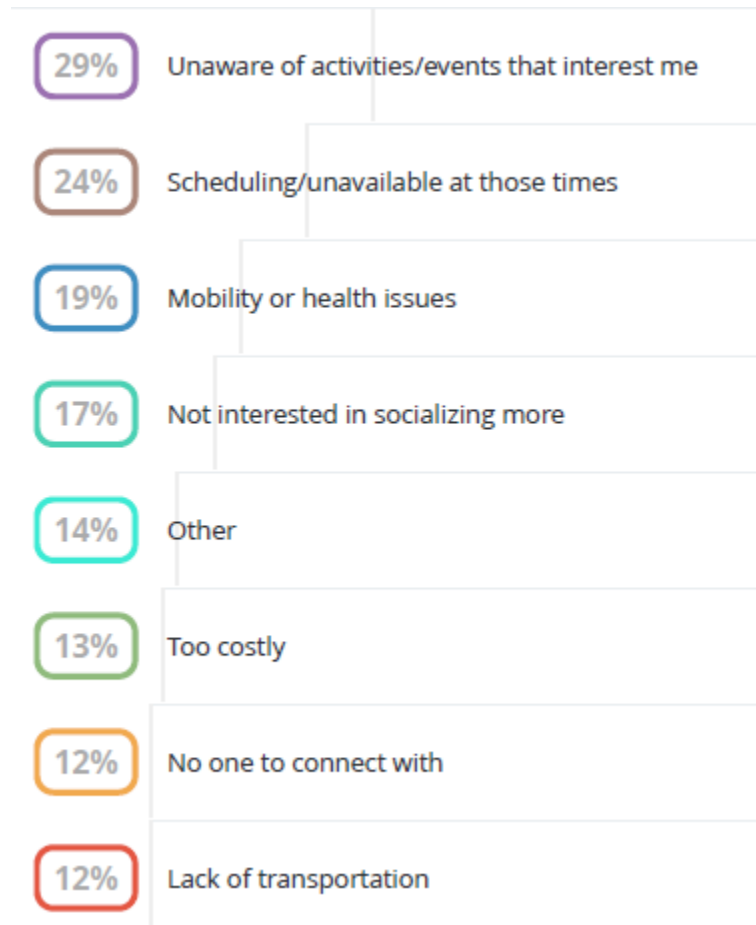
### Survey Summary

Survey Question 25. How do you get information about services or events in your community? (check all that apply)



Survey respondents use a variety of methods to obtain information about events and services. The three most popular are 1) word of mouth/friends/family, 2) internet/websites, and 3) social media.

Survey Question 29. If you would like to have more social contact with others, what prevents you from doing so? (check all that apply)



It is noteworthy that being unaware of activities/events was the most common reason survey respondents gave for not engaging in more social activities. This highlights the need for better outreach and information sharing in the community.

## Forum Feedback—Information Sharing, Leadership, and Organization

*What can the Town do to help ensure information gets out to seniors?*

- Ongoing communication
  - Reminders (1 week out, 2 days out, 1 day before)
- Central hub of information
  - Website with calendar
  - Organized by age, activity, etc.
  - Consolidated website with senior activities and services – one stop shopping for senior information
- Emails
- Information forums
- Schedule sharing/ Town calendar
- Facebook group
- Fliers/brochure at various locations
- TV/sign board display
- Direct mailing (paper and electronic)
- Private/public partnership, include outside organizations
- Information committee
- “Big Topic”/Non-time sensitive information in one brochure
- Senior Welcoming Packet (similar to the old Welcome Wagon) made available through the Town Clerk, Library, Realtors.

*How can seniors organize to ensure that the work resulting from efforts like the Age Friendly Communities project is sustained?*

- Find dedicated people/volunteers
- Recreation Advisory Board
- Reach out to other organizations on success stories
- Task force
- Dedicated senior advocate
- Create mission, vision, goals

*If Exeter created a Council on Aging, who else should be at the table beyond the groups represented here today?*

- Cooperative Alliance for Seacoast Transportation (COAST)
- Religious organizations
- Greater Area Women’s Club
- SAU/Schools
- Teens
- Exeter Adult Education
- Rotary Club/Lions Club
- Seacoast School of Technology (SST)
- Chamber of Commerce

*What skills, areas of expertise, and/or previous experience could you contribute to furthering age friendly work in Exeter?*

- Advocacy
- Marketing
- Fundraising
- Faculty Organization
- Job/volunteer opportunities
- Financial experience

## Next Steps

While this Assessment Report serves as the final product for this grant program, it is just the beginning of Age Friendly work that could take place in Exeter. The following are potential “Next Steps” that the Exeter Steering Committee and Council on Aging could pursue to continue helping residents thrive at every age and stage of life. They have been used successfully by other Age Friendly Communities, including The Gibson Center for Senior Services in New Hampshire’s Northern Carroll County.

**Step 1—Conduct an inventory of your community’s existing resources.** Communities tend to jump into creating new resources, but often existing assets can be utilized to meet your needs. Cast a wide net when thinking about your resources. They should include everything from individuals who have skills and expertise they can share; physical infrastructure like meeting spaces, walking trails, and park benches; to services such as transportation assistance, meal delivery, and in-home healthcare.

**Step 2—Analyze your community’s existing resources.** For each resource identified in your inventory, ask the following questions:

- What is working well but is underutilized? Those who know about these resources like them, but not enough people know they exist.
- What is working well but is overutilized? These are resources that may have a long waiting list or simply not enough capacity to meet demand.
- What is working well in another town that could be replicated in our town?
- What is working well but is at risk of falling apart? For example, this could be a resource that’s being spearheaded by a single person and if that person leaves there is no one else to take it over.
- What else needs to be created? Communities should ask this question last to ensure that they are using their existing resources first.

**Step 3—Set Goals.** Goals should have the following characteristics:

- Specific—make sure your goals are specific and narrow for more effective planning. You should use action words to state exactly what you’ll do.
- Measurable—define what evidence will prove you’re making progress and reevaluate when necessary.
- Achievable—make sure you can reasonably accomplish your goal within a certain timeframe.
- Relevant—ensure your goals align with your values and long-term objectives.
- Time-bound—set a realistic timeline and end-date for your goals and prioritize tasks accordingly.

**Step 4—Implement your first project.** While planning is important, completing a successful project often helps to galvanize a volunteer group and build support among community members. Select a project that is low cost and relatively easy to implement. Here are a few examples:



- Sand Bucket Crew—deliver sand to seniors in November prior to the first snow.
- May Baskets—deliver baskets filled with flowers and other springtime items to those who need a “pick-me-up.” Include a list of senior services in the baskets. If you are unsure of who to include, you may be able to get names of seniors from your municipal tax rolls or from veterans service groups.
- Morning Check-In—seniors who live alone can call the Police Dept. each morning by 10:00AM to say they are OK. If they don’t call the Police by the set time then the Police will check-in on them. Start by asking your Police Department if a program like this already exists. It may be the case that it just needs to be publicized better.
- Database Clean-up and Outreach—make sure all the existing services in your community are accurately listed on NH 2-1-1. Then conduct an outreach campaign to ensure residents know about NH 2-1-1. <https://www.211nh.org/>
- Men’s Sheds—in the UK and Australia “sheds” are local programs or projects that provide social and community activities for older men. Men’s sheds typically take on projects that involve building or making things. In Louth, Ireland the men’s shed built bus shelters, which had been identified by senior citizens as a problem and priority need. In Exeter, a men’s group could work with the Parks and Recreation Department’s foreman on construction and maintenance projects. There may also be opportunities to partner with Seacoast NH Habitat for Humanity or other groups to help make housing more accessible to older adults.
- Library Vanpool—work with the Exeter Public Library to create a vanpool program that offers round trip transportation to the library for local youth and seniors. Youth transportation could be focused during the summer vacation months to help children utilize the library when they are not in school.
- Hospital Transportation Program—too often seniors are discharged from the hospital without a source of transportation back to their homes. Investigate options to establish a volunteer driver program or shuttle service to provide transportation from area hospitals for residents in need.