



Mass. Municipal Association 2019 Annual Conference

James Fuccione – MHAC Senior Director

The work of the Massachusetts Healthy
Aging Collaborative is supported in part by:





Age-friendly environments foster health and well-being and the participation of people as they age. They are accessible, equitable, inclusive, safe and secure, and supportive.

Without age-friendly environments, health for all cannot be achieved.

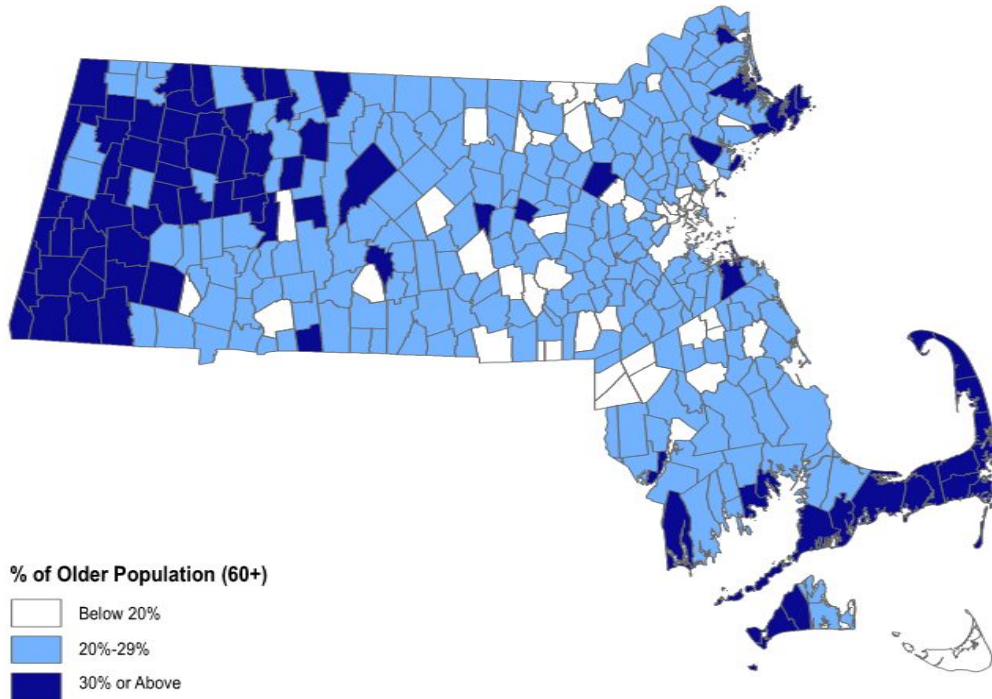
Creating barrier-free and affordable housing, accessible public spaces, and transportation enable people to stay independent and participate in community life.

Older people play a crucial role in their communities – they engage in paid or volunteering work, transmit experience and knowledge, and help their families with caring responsibilities.

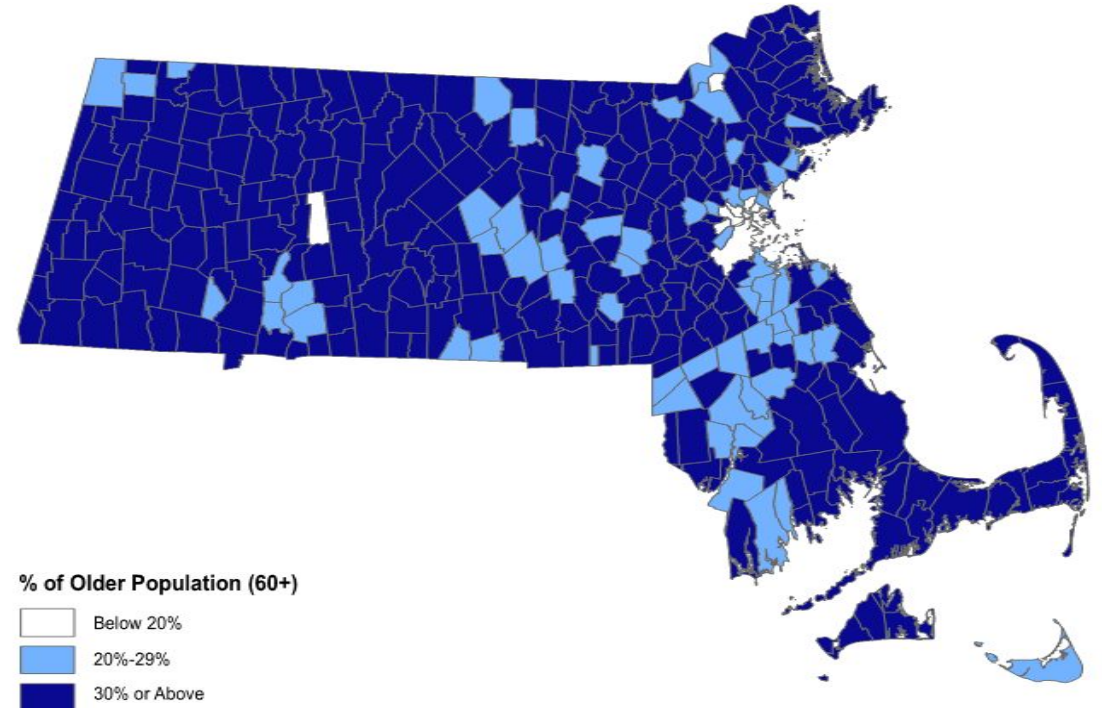
...These contributions can only be ensured if societies foster their health and participation.

Aging Population in MA (60+)

2015

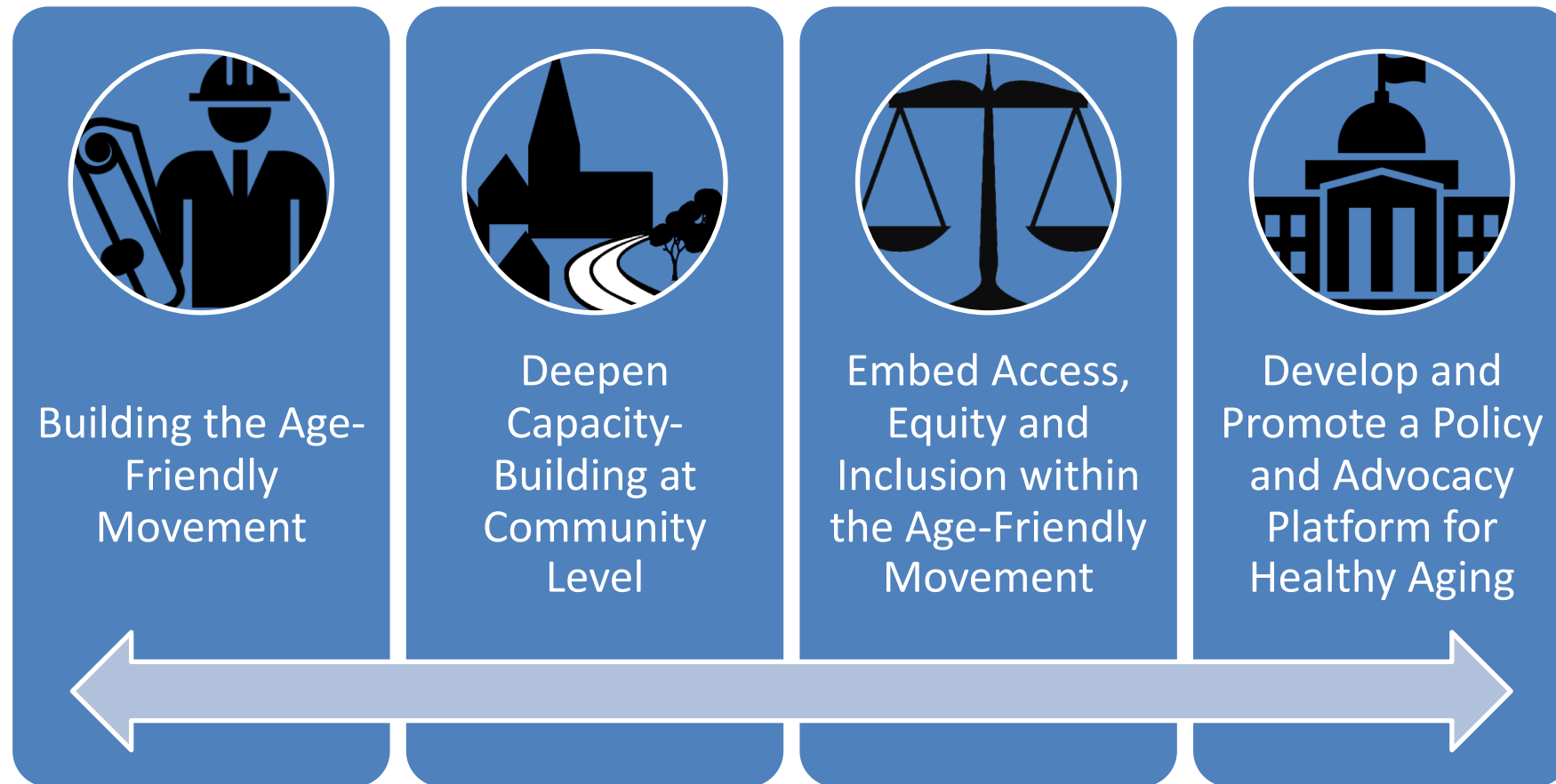


20-year projection



Source: Center for Social & Demographic Research on Aging. Gerontology Institute. UMass Boston.
Based on data from the Donahue Institute. University of Massachusetts

The **Massachusetts Healthy Aging Collaborative** is a network of leaders in community, health and wellness, government, advocacy, research, business, education, and philanthropy who have come together to advance healthy aging.





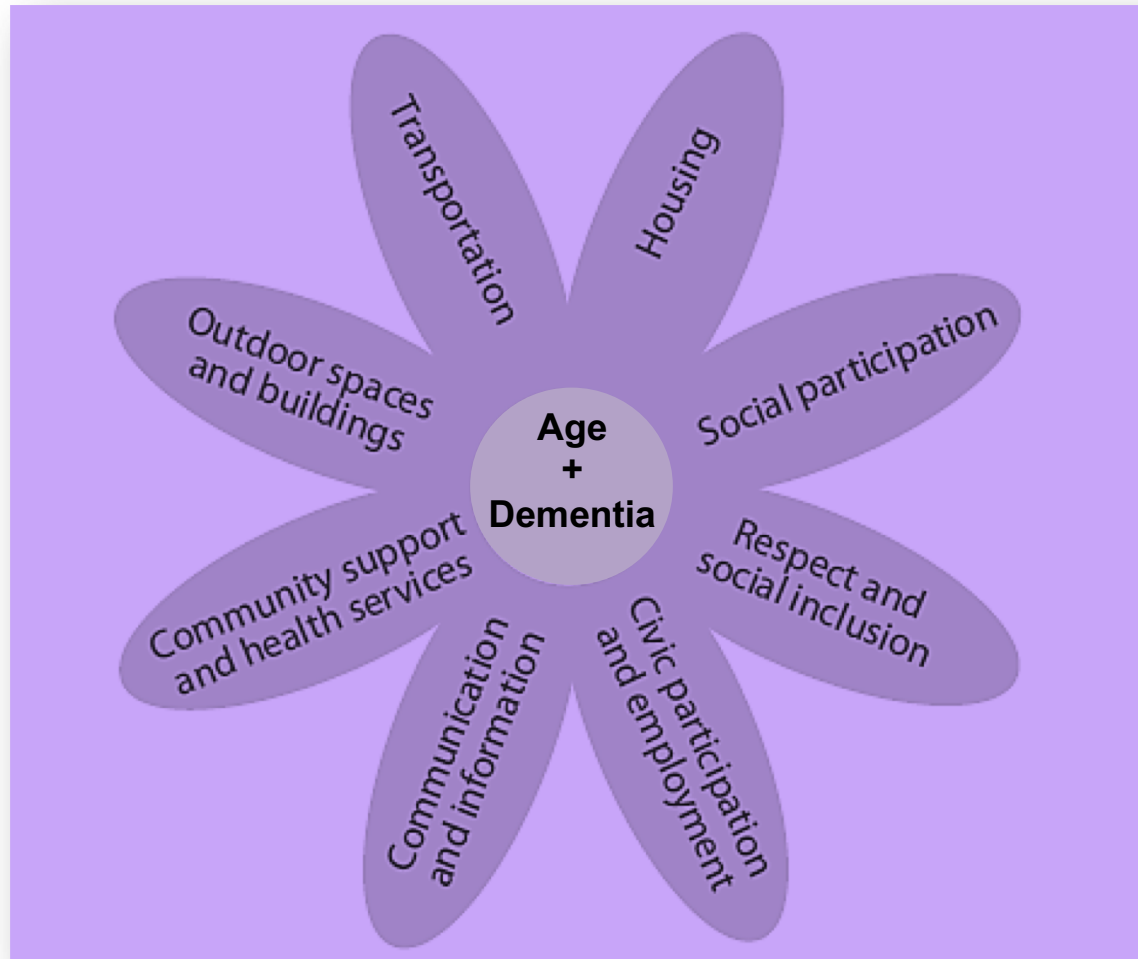
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Dementia Friendly: Cross-Sector Approach



Mass. Councils on Aging are the backbone organization for Dementia Friendly Massachusetts



Age-Friendly Community efforts...

- *Include people living with Dementia, caregivers, and service/support providers on task force*
- *A Dementia Friendly advisory group that can focus on raising awareness and working through sectors in coordination with Age-Friendly*



Massachusetts
Councils On Aging



DATA REPORT

PROGRAMS

AGE-FRIENDLY

RESOURCES

JOIN

NEWS

DATA REPORT

Explore the Report

Highlights Report

Community Profiles

Infographic

State Maps

Interactive Map

Data Sources and Methods

Find Other Data

Area Plans on Aging

HOME > DATA REPORT > EXPLORE THE REPORT > COMMUNITY PROFILES

+/-TEXT SIZE

PRINT



Community Profiles

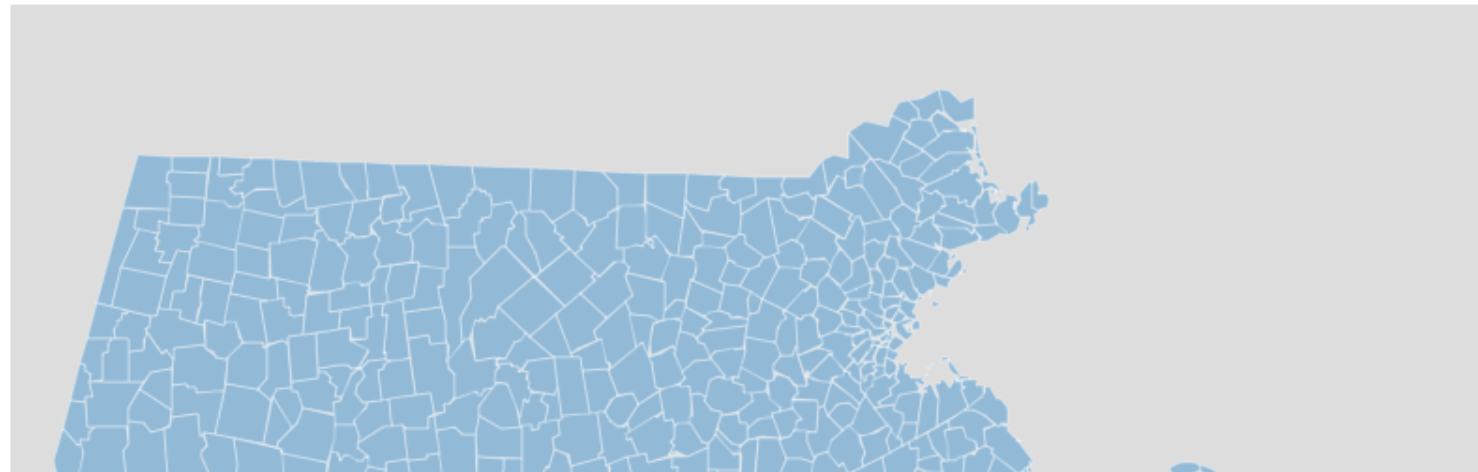
Choose a city or town to download its community profile.

Select...

Choose a county to view a collection of community profiles.

Select...

Or explore via the map.



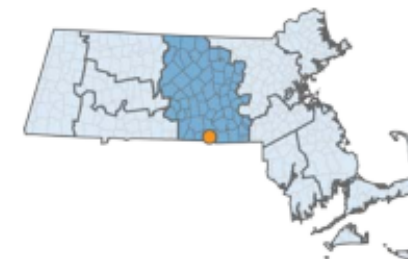


MASSACHUSETTS HEALTHY AGING COMMUNITY PROFILE

Webster (Worcester)

Webster is a town located in central Massachusetts with 2,690 residents aged 65 or older. Compared to state averages older residents of Webster do better on 3 healthy aging indicators, glaucoma, cataracts, and mammogram within last 2 years. However, older residents of Webster do worse than state average on many indicators: depression, Alzheimer's disease, diabetes, stroke, COPD, ischemic heart disease, congestive heart failure, osteoporosis, hypothyroidism, anemia, kidney disease, annual inpatient hospital stays, inpatient hospital readmissions, annual skilled nursing facility stays, emergency room visits, physical activity last month, and annual dental exam.

Community resources to promote healthy aging include: a walking club, a Council on Aging, senior center, and an arts and/or cultural department. Crime and poverty rates are higher than state average, voter participation is below the state rate.



POPULATION CHARACTERISTICS

	COMMUNITY ESTIMATE	STATE ESTIMATE
Total population all ages	16,767	6,547,629
Population 60 years or older as % of total population	22.0%	19.2%
Total population 60 years or older	3,678	1,249,723
Population 65 years or older as % of total population	16.1%	13.7%
Total population 65 years or older	2,690	891,303
% 65-74 years	50.8%	49.8%
% 75-84 years	28.6%	34.3%
% 85 years or older	20.6%	15.8%
Gender (65+ population)		
% female	57.9%	58.5%
Race/Ethnicity (65+ population)		

*It all starts with **CONVENING**: Active Age- and Dementia Friendly models in Massachusetts*

- **Age- and Dementia Friendly Cape Ann (emerging):**
 - *ASAP-led model with support from Tufts Health Plan Foundation to work with UMass-Boston for four communities (Gloucester, Rockport, Essex, Manchester)*
- **Age-Friendly Berkshires (AARP – Municipal Resolution):**
 - *Countywide effort began with regional planning agency and private-pay home care company that lead “planning” and “people” sides of the work, respectively.*
- **Age-Friendly Boston (AARP):**
 - *City’s Elderly Commission have dedicated staff to convene groups, liaise between city departments and carry out action plan.*
 - *Support from THPF and UMass Boston*
- **Age-Friendly Framingham (Emerging):**
 - *City’s Public Health Department co-leads with Latino Health Insurance Program*
- **Salem for All Ages (AARP):**
 - *Volunteer, retired professor leads “people” side of the work with support from Mayor’s office and local volunteers/volunteer orgs*

Focus on linking **Social Determinants of Health**

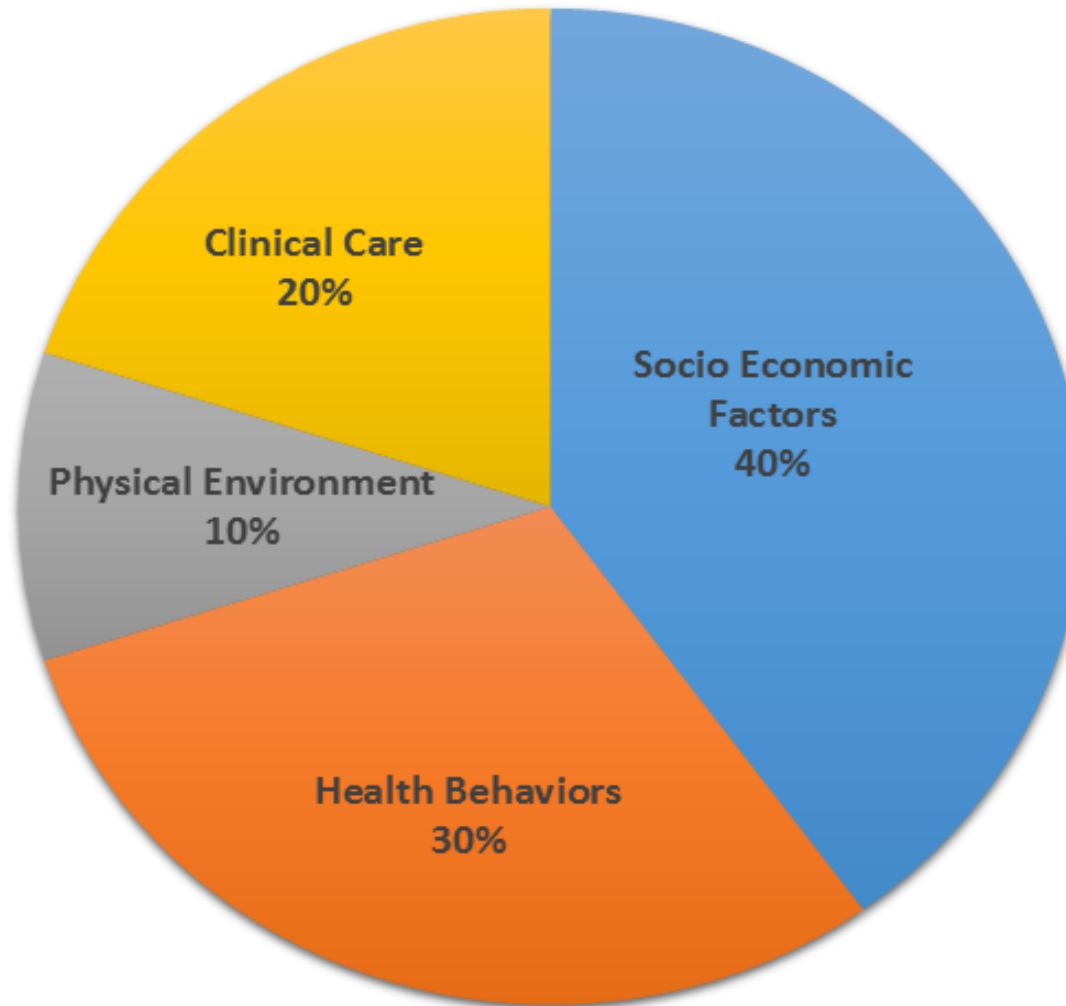
Focus on **Access, Equity, Inclusion**

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

What Determines Population Health?



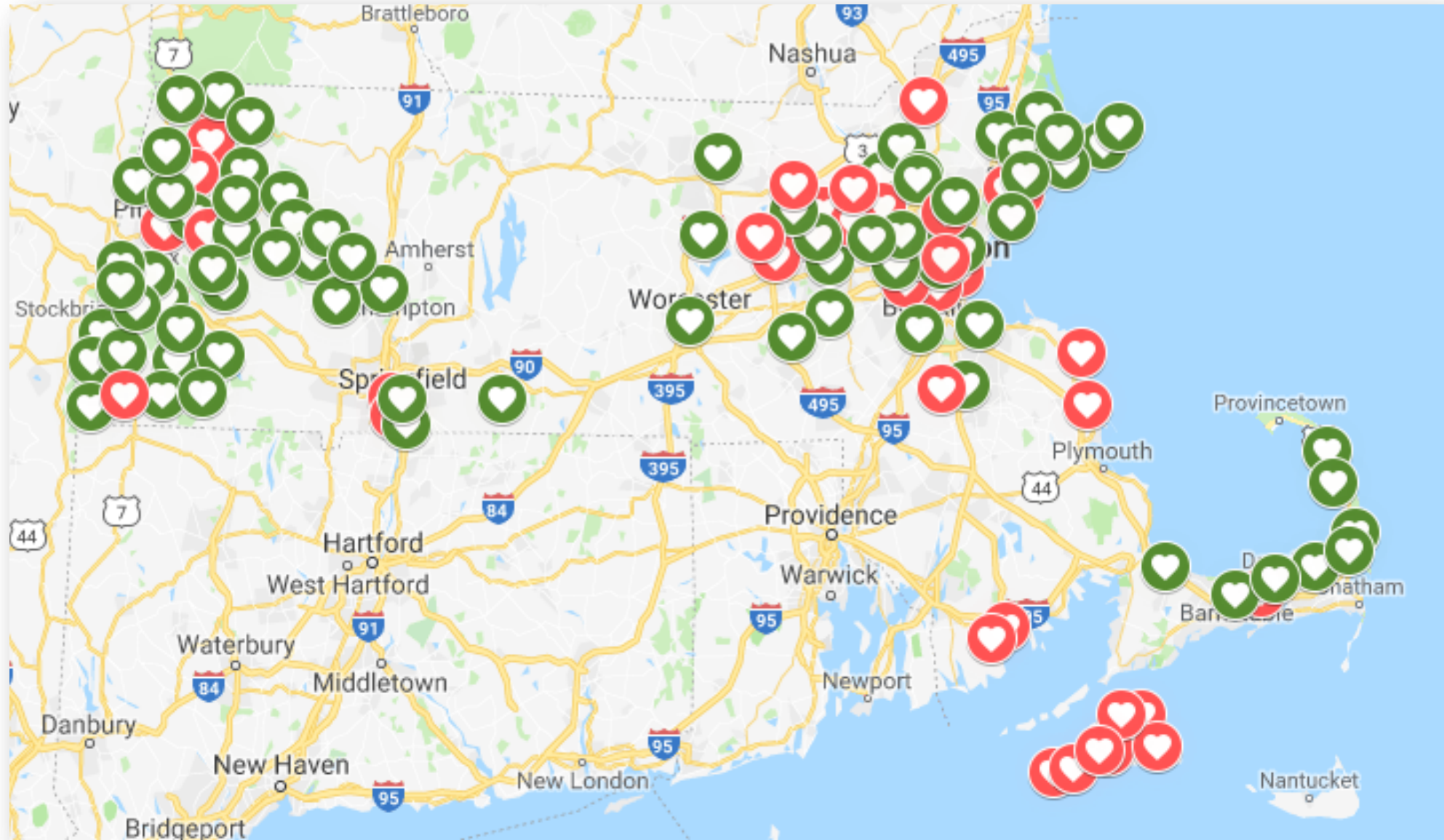
Source: Countyhealthrankings.org

- Accounting
- Animal Control
- Assessing Department & Board of Assessors
- Board of Selectmen
- Capital Projects & Facilities Management
- Conservation Commission
- Community & Economic Development
- Council on Aging
- Cultural Council
- Finance Division
- Fire
- Health Department
- Human Resources
- Human Services
- Inspectional Services
- Library
- Licensing
- Parks, Recreation
- Planning Board
- Police
- Public Schools
- Public Works
- Purchasing
- Retirement Board
- Technology Services
- Town Clerk
- Town Manager
- Treasurer / Collector
- Veterans Services
- Zoning Board of Appeals



Aging in all Policies

Age-Friendly Communities in MA





Age and Dementia Friendly Best Practices

Age Friendly is a community that is livable for residents of all ages inclusive of older adults and those living with dementia. Age friendly communities strive to be equitable and accessible with walkable streets, housing and transportation options, access to services, and opportunities for residents to participate in community activities.

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MMA Policy Committee on Municipal and Regional Administration Best Practice Recommendation: Age- and Dementia-Friendly Community Commitments

BEST PRACTICE: Engage in the continuous improvement process of the Age- and Dementia-Friendly Community Movement.

In less than two decades, at least 30 percent of the residents of most cities and towns in Massachusetts will be at least 60 years old. A national demographic trend that will result – for the first time in this country's history – in a greater number of people over the age of 65 than under 18 by 2030 has already occurred in parts of the Commonwealth. A corresponding development is that there will also be more individuals living with dementia above the current 120,000 Massachusetts citizens with Alzheimer's, which is the most common type of dementia.



Massachusetts Municipal Association

MMA BEST PRACTICES SERIES

*Recommendations for Effective Local Government Administration and
Management from MMA Policy Committees*

Age- and Dementia Friendly Zoning



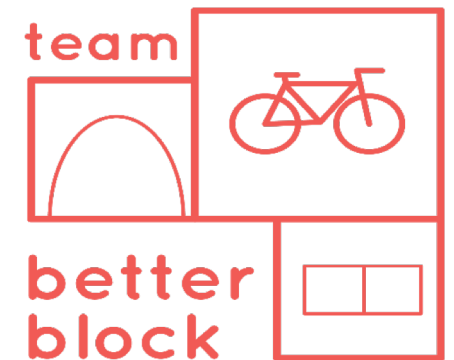
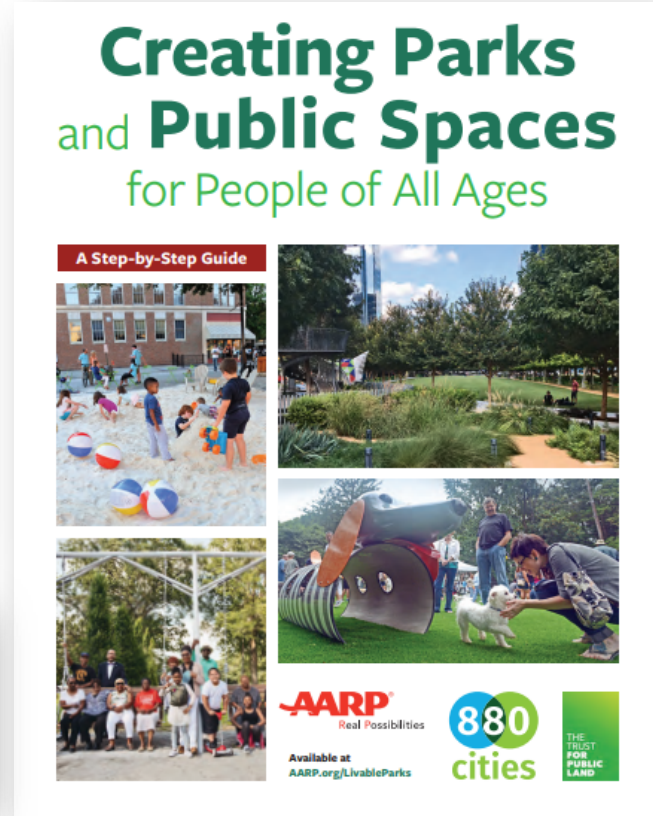
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MMA Policy Committee on Municipal and Regional Administration
Best Practice Recommendation: Update Accessory Dwelling Unit Bylaws

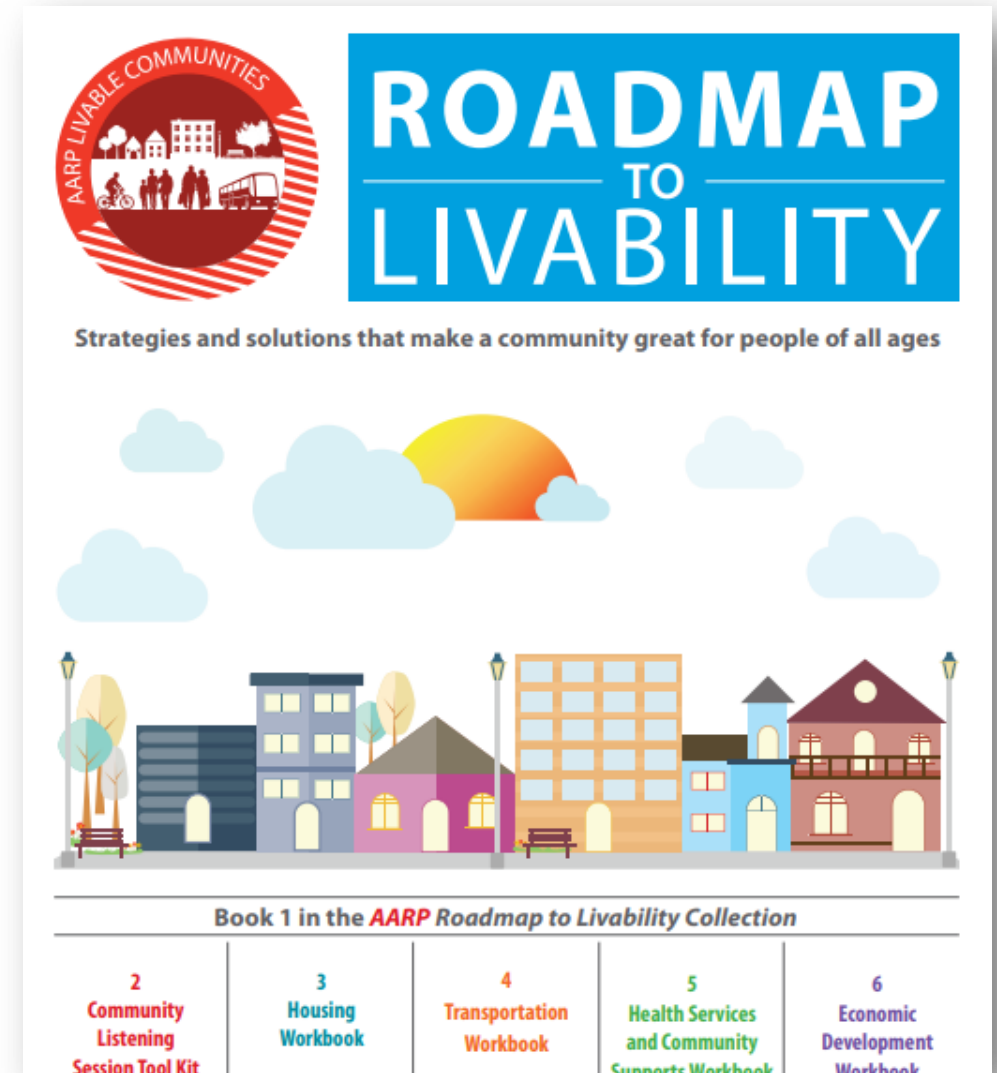
BEST PRACTICE: Each municipality should look at updating its accessory dwelling unit bylaw, considering whether to include successful techniques and approaches used in communities large and small across the Commonwealth.



MASSACHUSETTS
SMART GROWTH
ALLIANCE



- AARP Resources:
 - [Roadmap to Livability Series](#)
 - [Network of Age-Friendly States and Communities](#)
- MA Healthy Aging Collaborative
 - [Healthy Aging Data Reports – Community Profiles](#)
 - [News – Funding Opportunities and Best Practices](#)
- [Dementia Friendly Massachusetts](#)
- [Dementia Friendly America](#)
- [Governor’s Council to Address Aging](#)
- Community Compact Program
 - [Best Practice Areas – Age/Dementia Friendly](#)
 - [Program Background](#)



Thank you!

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Executive Office
Of Elder Affairs

