

## **GOALS & RECOMMENDATIONS**

### **Age Friendly**

The vision of Age Friendly Bowdoinham is to foster changes in the physical and social environment to make Bowdoinham a better place to live for people of all ages and physical abilities.

#### Goals

1. To expand and promote services and supports to assist individuals to remain in Bowdoinham as they age.
2. To enhance the accessibility of services, buildings, events, and the physical environment.
3. To enhance programs to reduce social isolation and build social connections.
4. To develop accessible and affordable housing that promotes independent living.
5. To expand transportation options.
6. To develop, support, and promote recreational programs and facilities appropriate for all ages and abilities.

#### Key Issues

As of the 2020 Census, one-third of Bowdoinham's population was over 60 years of age. The key issues facing older adults in Bowdoinham are insufficient affordable housing, inadequate services and support, and accessibility to buildings, services, events, and recreational opportunities.

#### Recommendations

1. Support the current Age Friendly Bowdoinham three-year plan.
2. Expand and provide home improvement programs to help older adults remain in their homes.
3. Support and participate in initiatives to expand the in-home direct care workforce.
4. Build and sustain efforts to increase availability of wellness, health, and support services to older adults.
5. Update the evaluation of accessibility of the Town's public and private buildings and spaces and make improvements as recommended.
6. Expand the walk-ability and accessibility of residential areas and public grounds in the Village for all users, regardless of physical ability.
7. Expand opportunities for sharing ideas, activities, and knowledge across generations.
8. Expand programs to enhance the physical, mental, and social health of older adults.
9. Develop a dedicated space for older adults with access to services and resources.
10. Research and pursue new models of affordable housing, such as but not limited to cluster housing, shared housing, and Accessory Dwelling Units.
11. Develop options for individuals requiring in-home and other support services.
12. Promote the Rides in Neighbors' Cars program or other similar transportation programs through driver recruitment and building awareness of the program.