Action Plan Summary

www.ADFCA.org
Age & Dementia Friendly Cape Ann: Five Guiding Themes

Our community assessment process brought to light five themes that thread through the ADFCA Ten Areas of Focus. These themes cross-cut many of the needs identified for Cape Ann and were used to guide the development and implementation of the ADFCA Action Plan.

1. Reinforcing a Regional Approach
   The four communities of Cape Ann are already linked by geography and existing regional operations. From transportation to health resources, arts institutions to Veteran’s services, residents of Cape Ann are already connected in many ways. Fostering a more Age and Dementia Friendly Cape Ann will be bolstered by finding ways for the four communities to work together to make improvements across sectors and municipalities.

2. Education
   Raising awareness and a deeper understanding of aging, ageism, and dementia is a key component to making our communities more Age and Dementia Friendly. It is also critical that individuals be informed and prepared for their own changing needs as they age.

3. Intergenerational Connections
   It has been said that a community that works well for older adults and for children works well for everyone. Intergenerational programming and education can help develop a culture of respect that cuts across age, decreases barriers between generations, addresses the desire of older adults to age in place, and allows communities to tap into the talents and energy of older residents.

4. Caregiving
   The ADFCA community assessment process indicated the needs of caregivers to be high in our community. By its nature, caregiving touches on all aspects of community life and these needs cut across our Ten Areas of Focus. ADFCA will direct special attention to the needs of caregivers in all of our Areas of Focus.

5. Veterans
   A significant proportion of older adults are veterans or spouses of veterans. While the needs of older adult veterans are similar to the needs of older adults as a whole, the barriers and resources available can be unique. ADFCA will assure that veterans remain a part of the conversation in each Area of Focus.
Age & Dementia Friendly Cape Ann: Action Plan Goals

Transportation
Cape Ann will have regional transportation that is flexible, efficient, diversified, and responsive to all ages.

Housing
Cape Ann will have housing that is affordable, designed to accommodate a range of needs, and with a continuum of options available.

Communication & Information
Cape Ann will have a regional communication strategy that engages with community members of all ages through multiple systems.

Healthcare & Continuum of Care
Cape Ann will be a community in which residents have knowledge of and access to the health, homecare, respite care, and caregiver support that they need.

Community & Business Support
Cape Ann will be a supportive community that understands the specific needs of residents of all ages and abilities and promotes quality of life for all residents, regardless of age or health status.

Civic Participation & Employment
Cape Ann will be a region in which older adults are engaged in the civic life of their community and have access to rewarding volunteer or paid work opportunities.

Legal & Advance Planning
Cape Ann residents will have the information they need to make informed decisions and prepare for their future as they age.

Outdoor Spaces & Buildings
Cape Ann will be a community in which people of all ages and abilities can enjoy access to the rich natural and built environments.

Respect & Social Inclusion
Cape Ann will be a supportive, welcoming environment where all residents, regardless of age, gender, ethnicity, health status, or socio-economic backgrounds can participating fully in the community and thrive.

Social Participation
Cape Ann will be a region with a wide range of social and recreational opportunities that are affordable and accessible to all.
Thank You
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Leadership of the four communities of Cape Ann: Essex, Gloucester, Manchester-by-the-Sea, and Rockport
Community members who shared their knowledge and insight with us through surveys, community forums, focus groups, and interviews

The complete Age & Dementia Friendly Cape Ann Action Plan may be downloaded from our website www.ADFCA.org or contact ADFCA Coordinator Carrie Johnson at 978-281-1750 to arrange for a printed copy.

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