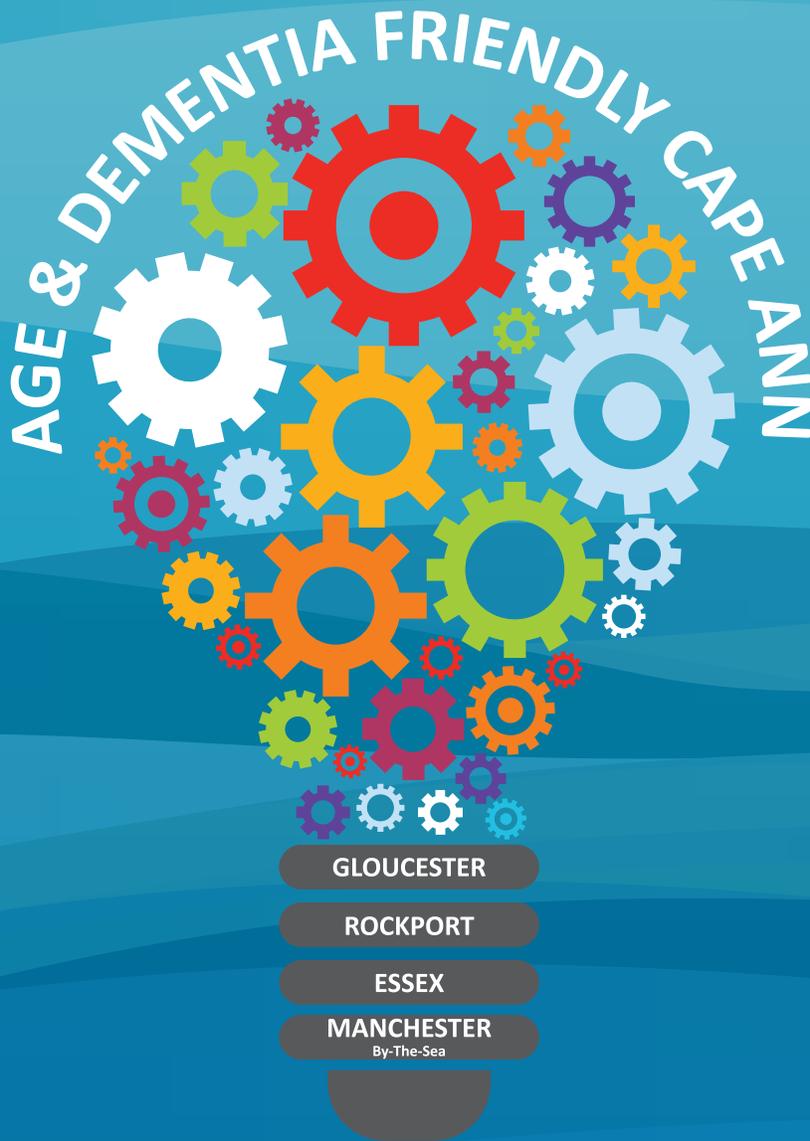


Age & Dementia Friendly Cape Ann

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

Tufts Health Plan Foundation

North Shore Community
Health Network

Massachusetts Councils on Aging

Center for Social & Demographic
Research on Aging,

University of Massachusetts Boston

SeniorCare Board of Directors,
Staff & Volunteers

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.

Age & Dementia Friendly Cape Ann Steering Committee

Karin Carroll, Gloucester Health Department

Rosanne Cody, City of Gloucester*

Shirley Conway, Addison Gilbert & Beverly Hospitals

Adam Curcuru, Cape Ann Veterans' Services

Anthony D'Antonio, Resident

Andrew DeFranza, Harborlight Community Partners

Kate Desmond, Resident

Tamsen Endicott, Resident*

Helene Feeley, YMCA of the North Shore

Bob Gillis, Cape Ann Savings Bank

Peggy Hegarty-Steck, Action, Inc.

Lisa Orgettas, Disability Resource Center

Jennifer Perry, The Open Door

Dr. Richard Safier, Gloucester Public Schools

Mark Schmink, Rockport Police Department

Elizabeth Veno, Lahey Health at Home

Felicia Webb, Cape Ann Transportation Authority

Peter Webber, Cape Ann Chamber of Commerce

* Former Steering Committee member

SeniorCare Support Staff

Scott Trenti, Chief Executive Officer

Linnea Hagberg, Director of Community Programs
and Planning

Dori Prescott, Director of Homecare

Carrie Johnson, ADFCA Coordinator

Michelle Cohen, ADFCA Intern

Tracy Arabian, Marketing



Support for the Age & Dementia Friendly Cape
Ann Summit 2019 was provided by a grant from
Tufts Health Plan Foundation.

