

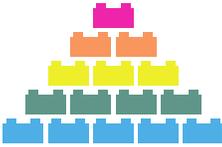


Becoming an Age-Friendly Community

A PROPOSAL FOR HOULTON

An age-friendly community is livable for people of all ages.

More than 70 communities throughout Maine believe that the places where we live are more livable - and better able to support people of all ages - when local leaders commit to improving the quality of life for the very young, the very old, and everyone in between.

Community Sectors	Building Blocks	Guiding Principles
 <p>Age-Friendly communities bring together stakeholders from multiple sectors, including local government, transportation, health & human services, recreation, housing, education, arts, employment, and civic organizations.</p>	 <p>Age-Friendly communities seek to create programs and services that build an informed society, an enabling and supportive environment, and personal, social, and system connectedness... which benefit all residents of a community.</p>	 <p>Age-Friendly communities value livability, access & inclusion, accountability, a respect & support for all citizens, and community engagement in decision-making. These are aspects essential to enhancing the lives of people of all ages.</p>

What is the expected financial commitment for the town?

\$0

We're simply asking for a letter of support from Council.

For more information, check out the AARP's booklet on age-friendly communities.

WHY BECOME AGE-FRIENDLY?

Members of the AARP Network of Age-Friendly Communities join a network of cities and towns working to enhance the lives of people of all ages and enabling older residents to have rewarding, productive and safe lives. Houlton's membership in the network will help community leaders identify and understand needs and serve as an organizing structure for making community improvements. Age-Friendly Communities foster robust partnerships among community groups and local stakeholders, provide leadership opportunities for volunteers, and enable changes that benefit people of all ages.

IN WHAT WAYS IS HOULTON ALREADY TAKING STEPS TO BE AGE-FRIENDLY?

Houlton has an enthusiastic group of residents that are already working hard to make our community members' lives more rewarding, productive, and safe. As a result, we're fortunate to have the Putnam House Senior Center, the Town & Country seniors' group, the Meduxnekeag River Trail, adult education classes, senior farm share programs, Walking at the Rec, and more serving Houlton's older residents. In addition, the work in progress to renovate Houlton's downtown sidewalks will increase our age-friendliness and improve access to our downtown merchants and service providers.

Participating in the network of Age-Friendly Communities will allow us to expand our support for services of all ages by offering access to new sources of grant funding, expertise in and best practices for improving livability, and more.

WHAT'S THE PROCESS FOR APPLYING FOR AGE-FRIENDLY STATUS?

Communities begin the Age-Friendly enrollment process by submitting a membership application to AARP, which administers the Age-Friendly Community network in the United States. This membership application requires us to detail existing community activities, engagements, and collaborations that target older adults and to explain how we'll involve Houlton's older residents in planning activities. The application also must be accompanied by a letter of commitment signed by the jurisdiction's highest-elected official. **This is where we need your commitment.** After becoming an Age-Friendly Community, the citizen-led initiative must conduct a needs assessment, build and execute an action plan, and report results to AARP on an ongoing basis.



The journey toward increased age-friendliness has been incredibly helpful to our older adults, who comprise more than 50% of Danforth's population. As our neighbors age, it's critical that our community provides robust, integrated services and supports that make personal well-being and independent living more attainable for everyone in Danforth.

ARDIS BROWN

Town Manager, Danforth



1762

The number of people
age 55+ in Houlton

(American Community Survey, 2018)



Houlton's Current

Livability Index Score: 50

The AARP Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that impact your life the most.