

TOWN OF ELIOT

INCORPORATED 1810

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ELIOT, MAINE 03903
207-439-1813

The **Aging-In-Place Committee (AIP)** is a group of Eliot residents, appointed by the Select Board, who are working together to identify what is needed to make Eliot a more age-friendly/livable place.

The AIP has been gathering information about how to make Eliot more age-friendly. We now need your help before we can go any further. Our goal is to hear from as many Eliot residents as possible. This includes residents of all ages as well as those over 50.

This survey focuses on aspects of our community that are important for the health and well-being of older residents. It also explores what might help older residents age in place or age in the community.

Please take a few minutes of your time to complete this survey. Your opinions will help us learn about the strengths of Eliot and will help us to identify opportunities for improvement as we build an age-friendly community. The survey results will be analyzed and from there we will work together to develop actions steps to address our community needs.

Your opinion is important to us! We appreciate your help!

To learn more about the AIP you can access the minutes of our monthly meetings (held the second Thursday of the month from 1-2:30p.m.) and watch meetings via video streaming from the Town of Eliot website.

If you would like to be added to our contact list, please complete the form below.
(Your response to the survey will be separated from the contact information to ensure that your response is confidential.)

Name: _____

Address: _____

Email: _____

Telephone: _____

About You

Please select your age category:

- Under 50 50-59 60-65 66-69 70-79 80-89 90 or older

Are you: Male Female

How many years have you lived in Eliot?

- Less than one year 1-9 years 10-19 years 20 or more years I grew up here

Your nearest family lives:

- With me Within a one-hour drive In the same town More than one hour away

Describe your household: (check all that apply)

- Live alone With spouse With child/children under 18 With parent(s) or other older relative
 Other: _____

What is your current living arrangement? Rent Own your home Other: _____

Our Community

1. How would you rate Eliot as a place for people to live?

- Excellent Good Fair Poor

2. How important is it for you to remain in Eliot as you age?

- Very important Somewhat important Not at all important

Communication and Information

Staying connected with activities, resources, and people is key to optimal aging. In similar surveys, the central concern expressed by older people is the desire for information about local activities and resources that is easy to find.

3. Is information about services and resources to support aging in place easy to find?

- Yes No Not sure

4. Is information about community events and local activities easy to find?

- Yes No Not sure

5. How would you like to receive information about community services, news and events?

- Newspaper Word of mouth Websites E-mail Newsletters Twitter
 Social media Text message Eliot Community television Radio Flyers

5a. Please list your top three choices from above

1. _____ 2. _____ 3. _____

Outdoor Space and Buildings

Outdoor spaces and buildings have a significant effect on the ability of older people to age in the community where they want to live. Outdoor spaces, such as parks and buildings, affect the independence and quality of life of older people in Eliot.

6. Please rate the following when thinking about civic buildings and parks in Eliot:

	Satisfied	No opinion	Not satisfied
a. Civic buildings that are accessible to people of all abilities.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Elevators, escalators or ramps where needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The number of parking spaces.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The number of designated parking spaces for people with mobility limitations.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Clear, easy-to-read signs.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Public parks with enough benches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Paths that are wide enough to accommodate a wheelchair or other assistive mobility device	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Path and street lighting at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Sidewalks that are in good condition, safe for pedestrian use and accessible for wheelchairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Public restrooms that are accessible to people of different physical abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Respect and Social Inclusion

The lack of contact between generations and ignorance about aging are two reasons why stereotypes that exclude older people from full participation in the community continue. Aging adults who feel welcomed and respected for their contribution are more likely to remain actively engaged in the economic, social, and civic life of the community than those who do not feel included.

7. Do you feel valued as an older resident of Eliot?

- Yes Most of the time Not usually No

8. Do you think there is general awareness of the contributions of older residents in Eliot?

- Yes Most of the time Not usually No

9. Do you think that the town of Eliot wants to encourage older residents to remain in Eliot as they age?

- Yes No

Social Participation

Social participation – spending time with friends and neighbors who don't live in the same home with you – is connected to physical and cognitive health. People are more likely to participate in formal social opportunities when activities are well-publicized, events are affordable and offered in an accessible place, and transportation alternatives are available.

10. About how often do you spend time with family, friends, or neighbors in the Eliot area?

- Once a day or more
 Several times each week
 Once each week
 Every 2-3 weeks
 Once each month
 Less than once each month

10a. Would you ask a neighbor for help if you needed it? Yes No

11. Which of the following are available/do you use or attend in Eliot?

	Available, I use	Available, I don't use	Not available, I wish it was	Not available, not important
a. Activities that offer senior discounts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Accurate and widely publicized information about social and recreational activities.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Formal recreational opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Opportunities to volunteer at local schools.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Social or hobby clubs (e.g. book club, craft group).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

12. If you would like to socialize more, what prevents you (check all that apply)?

- Mobility issues or health
 Events are scheduled at times when I am not available
 No one to go with me
 Too costly
 Find out too late
 Lack of transportation
 Not much to do here
 Other: _____

Housing

Safe and affordable housing promotes the well-being of residents of all ages. Information about home modification and the availability of housing options for people at all income levels are key to encouraging older residents to age comfortably and safely in the house and community of their choice.

13. What kind of housing do you currently occupy (check all that apply)?

- Single-family dwelling
 Apartment
 Condominium
 Extended family
 Retirement community
 Mobile home
 Assisted living
 Nursing home

14. If you were to move during the next few years, would the following factors impact your decision to move?

	Yes	No	Not sure
a. Need for smaller or more accessible home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Desire to live near friends or family.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Expense of your current home (e.g. property tax, maintenance) is too high ..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Need to be near medical care and conveniences (e.g. shopping, library, church)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Need public transportation or other transportation options.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Prefer a different climate.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other, please specify: _____			

15. People sometimes make modifications to their home to allow them to stay there as they age. Do you plan to make any of the changes below to enable you to stay in your home?
- Create easier access into or within your home by, for example, installing a ramp or widen doors.
 - Put in a bedroom, bathroom, or kitchen on the first floor.
 - Add grab bars, handrails, or non-slip tiles.
 - Install better indoor or outdoor lighting.
 - Install a medical emergency response system.
 - Other: _____

16. Please rate how important you think each of the following is to have in Eliot:
- | | Very
important | Somewhat
important | Not very
important |
|--|--------------------------|--------------------------|--------------------------|
| a. Home repair contractors who are trustworthy, and do good work for a good price..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. A home repair service for low-income and older adults that helps with things like roof or window repairs..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Seasonal services such as lawn work or snow removal for low-income and older adults..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Housing options (e. g. retirement communities, assisted living, congregate housing) for people at all income levels | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Civic Participation and Employment

Older people do not stop contributing to their communities when they turn 65 or 85 or 105. An age-friendly community provides opportunities for residents who want to or need to work past traditional retirement age. Age-friendly communities encourage people of all ages to participate in volunteer work and in the political process.

17. What is your employment status (check all that apply)?
- Employed full- or part-time Unemployed, looking for work Retired
- Other: _____

18. For each of the items below, please indicate how important you think it is to have in Eliot.
- | | Very important | Somewhat
important | Not very
important |
|---|--------------------------|--------------------------|--------------------------|
| a. A range of volunteer activities..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Opportunities to participate in local government. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Opportunities to participate in decision-making in community organizations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Easy-to-find information about volunteer opportunities... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Transportation to and from volunteer activities for people who need it..... | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Comments: _____

19. On average, how many hours each week do you spend in formal and informal volunteer activities (rounded to the nearest hour)?

- 0
 1-2
 3-4
 5-6
 7-8
 More than 8

Transportation

Transportation, from affordable and accessible public transportation to volunteer door-to-door and door-through-door transportation services, is key to the ability of people to age in place safely and independently. The transportation options available reflect community values – what people want for public transportation – and community capacity.

20. Please describe your level of mobility (your ability to walk and get around):

- I can easily walk unassisted
 I use a cane or walker when walking
 I walk unassisted but with difficulty
 I use a wheelchair

21. Please tell us how you usually travel in the area (check all that apply):

- Personal vehicle
 Friends/family
 Volunteer driver program
 Walking
 Public transportation
 Taxi/Uber
 Other: _____

22. Please rate how important the following factors are to your ability to travel in Eliot. Only rate those factors that are relevant to your situation.

	Very important	Somewhat important	Not very important
a) I no longer have a valid driver's license/don't drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) I don't have anyone to take me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) I can't afford transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Availability of transportation (services/times are inconvenient).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) I have physical limitations and there is no accessible means of transportation available in Eliot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Weather conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Darkness.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

23. How many times per month do you go:

	0	1-2	3-4	5 or more
a) To medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) For a walk or to a group exercise program.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Out to run errands (e.g. banking or shopping).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Out to socialize (e.g. visit relatives or friends, play cards, attend a book club).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (please list): _____

Community Support and Health Services

Access to health care and services to support aging in place is key for the health and well-being of older residents. Knowing how and where to find needed resources before they are needed is an essential part of preparing for the time when you – or a friend – may need those services.

24. Place a check beside the resources you would use if you or a friend or family member needed information about a service?

- | | |
|---|--|
| <input type="checkbox"/> AARP | <input type="checkbox"/> Southern Maine Area Agency on Aging |
| <input type="checkbox"/> Faith-based organizations | <input type="checkbox"/> Local non-profit organization |
| <input type="checkbox"/> Library | <input type="checkbox"/> Eliot town office |
| <input type="checkbox"/> Doctor or health care provider | <input type="checkbox"/> Friends and Family |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Popular press (newspaper, radio) |

25. How likely do you think it is that you will need the following services in the next five years?

	Very likely	Somewhat likely	Not likely
a. Personal care at home.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Housecleaning.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Caregiver support.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Wellness/fitness classes.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Home maintenance.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Home delivered meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Safety checks.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Library services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Elder Daycare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

26. Please use the space below to make any other comments. What is great about living in Eliot? What could use improvements to make this an even better place for people to live, work, and play?

Thank you for completing the survey!