



**LIVE WELL**

**SCITUATE**

2020

**AN AGE-FRIENDLY  
ACTION PLAN**



## Acknowledgements

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## Background

Scituate's story is one of heritage, creativity, perseverance and spirit. This seaside community has been rapidly evolving from a primitive fishing community, to a beach destination, and now as a destination for families, retirees, working professionals, and artists. Situated on Massachusetts' South shore, the Town of Scituate is at a point in its history which requires planning for its future identity.

On March 18, 2020, ground will be broken on the site of the former Gates School to build a senior community center adjacent to the Department of Recreation. Residents of Scituate are revolutionizing what it means to age in community—and a state of the art community center will function as a shiny new hub. However, it has been acknowledged that a physical space is only one element of an age-friendly community. Thus, the charge of Live Well Scituate has been to develop a plan for ways that the Town can support older residents and their families in a holistic fashion—touching on health, housing, transportation, and opportunities for social and civic engagement. This report is one, of many, plans intended to guide Scituate to its future; and thus we have drawn on these and other planning documents to ensure that we are a community unified for our future.

Preserving elements of its history as a community, today Scituate offers residents of all ages, talents, and backgrounds many desirable features including beautiful beaches; several historic locations including the Scituate Lighthouse; a farmers' market; multiple recreational amenities; conservation areas; several faith communities; many civic organizations; and a vibrant business community. The Town celebrates each summer during the Heritage Days festival which brings the community together to acknowledge the past and celebrate the future of such a wonderful place.

Projections suggest that by the year 2035, approximately 35% of Scituate residents will be age 60 or older<sup>1</sup>. As the town of Scituate evolves and its residents age, there is continued focus on quality of life, inclusivity, and accessibility. The goal of Live Well Scituate is to ensure that Scituate is a place for residents of all ages to thrive. Dedicated to this goal, the Council on Aging board of directors and the Town Administrator initiated the process of becoming a certified Age Friendly Community. The Town of Scituate was accepted into the Age-Friendly Community network in 2018. The contents of this report are designed to inform the Live Well Scituate Steering Committee as it puts action in place to address the needs of its older residents. In addition, this

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<sup>1</sup> Figures for 2035 are the Vintage Population Projections generated by the Donahue Institute, University of Massachusetts: <http://pep.donahue-institute.org/>

report intends to intersect with and advise other ongoing efforts. This work also aligns with Governor Baker’s plan for an Age Friendly State<sup>2</sup>.

## What is Age-Friendly?

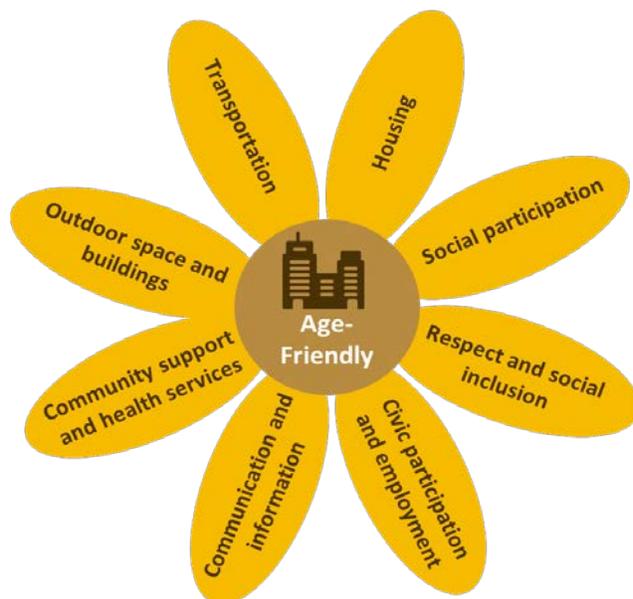
The Age-Friendly framework was developed by the World Health Organization (WHO). According to WHO, an age-friendly community is one where people participate, are connected, remain healthy and active, and feel they belong—no matter their age. Through assessment, planning, action, and evaluating progress, communities all over the world are taking steps to improve their social and physical environments as a strategy for promoting health and well-being throughout the life course.

The Age-Friendly model includes a conceptual framework (domains) for describing areas for communities to focus on. It also lays out a process intended to ensure repeated consultation with the community, collective reflection, action and evaluation.

### Domains

The Age-Friendly framework includes eight domains of community life that intersect with livability, accessibility, and the ability to thrive within the community. Within each domain, elements are identified relevant to affordability, appropriateness, and accessibility. (See **Figure 1 below.**)

**Figure 1:** Eight Domains of an Age-Friendly Community



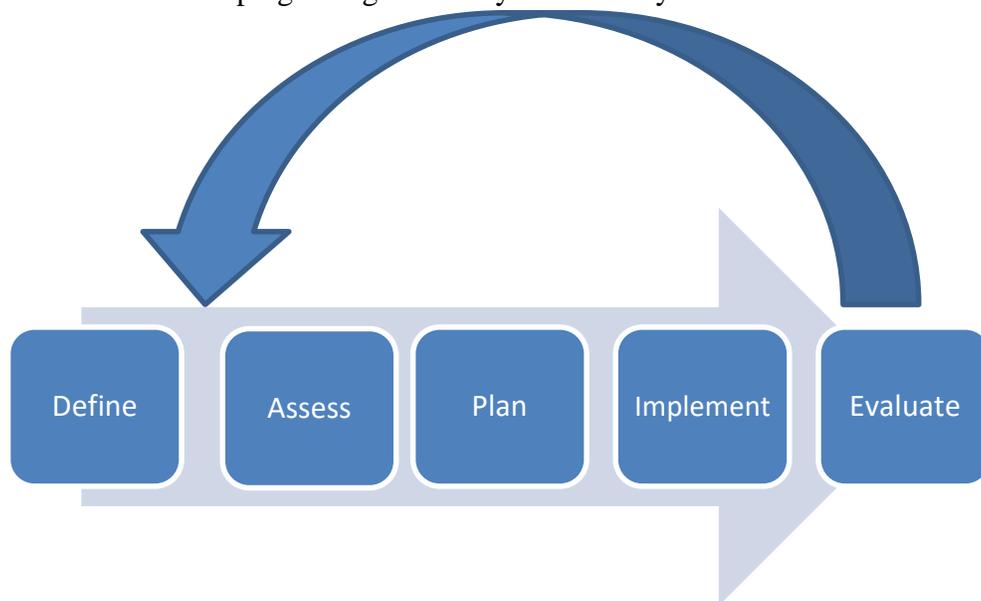
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<sup>2</sup> <https://www.mass.gov/service-details/age-friendly-massachusetts>

## Process

WHO describes five components of an age-friendly initiative, and indicates that these components will be pursued sequentially. At the end of each age-friendly process cycle, a new phase begins, during which new goals are set, innovations put in place, and progress evaluated (see **Figure 2** below). Briefly, in step one local principles are defined in conjunction with building partnerships, creating a vision, and recruiting community members for involvement. Through these efforts, initiative goals are prioritized. Step two involves generating a needs assessment, focusing on environmental and population-based features that reflect age-friendliness, as well as those that pose a challenge to this goal. The third step includes developing an Action Plan, which may be thought of as a “road map” to define programs and interventions that will be pursued in the process of becoming an age-friendly community. Broadly speaking, the final steps involve implementing promising interventions; these may include programs (such as evidence-based health promotion activities) as well as environmental modifications (such as expanding traffic-calming features at key intersections). As programs and modifications are put in place, evaluations focus on assessing outcomes (e.g., were the proposed modifications implemented appropriately?) as well as impacts (that is, have well-being, health, and quality of life been improved by the improvements put in place?).

**Figure 2.** Process of Developing an Age-Friendly Community



The description of age-friendly features, and the experiences of communities throughout the world that are using the framework, make clear that each community will conceptualize this effort in a somewhat unique way. Local conceptualizations will shape the initiatives, programs, and partnerships put in place; they will also shape the research and measurement used in support

of the effort. Ultimately, the Age-friendly Framework requires that environmental features are defined and evaluated relative to the characteristics and resources of residents actually living in the community. An initial task of any community's effort is therefore to identify elements that residents feel are "age-friendly."

## Live Well Scituate Progress to Date

In 2015, the Scituate Council on Aging commissioned a needs assessment of the community's older adult population<sup>3</sup>. The project included the distribution of a town-wide survey to 2,000 residents, 3 community stakeholder (including religious organizations, housing authority properties and privately-owned older adult housing buildings) and resident focus groups, and several key-informant interviews. The purpose of this project was to gain insights from a wide range of residents about the challenges and barriers to livability in Scituate, as well as to highlight opportunities for age-friendly modifications. This assessment laid the groundwork for Live Well Scituate as it facilitated town-wide discussion about the needs of older residents.

The survey included topics such as housing, services, and transportation; it was administered in print format. More than 632 Scituate residents responded to the survey, revealing and quantifying the needs of Scituate residents. Following the needs assessment, Scituate's next step was to develop a steering committee to advance the Live Well initiative (e.g., develop a mission statement, logo, and build community awareness). In 2018, the application to become an age-friendly community was accepted. In September of 2018, a family fun walk served the function of celebrating the kick-off of Live Well Scituate.

Most recently, the Live Well steering committee developed this action plan to address barriers to livability in Scituate revealed in the need's assessment. *The contents of Live Well Scituate's Age-Friendly Action Plan are described in detail in this report.*

## Methods

### Demographic Profile

Demographic material used in this report was drawn from the U.S. Census Bureau (the decennial censuses and the American Community Survey); from projections generated by the Donahue

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<sup>3</sup> <https://www.scituatema.gov/council-on-aging/pages/needs-assessment-study>

Institute at the University of Massachusetts; and from the Healthy Aging Data Report<sup>4</sup> for Scituate. A full demographic profile of Scituate’s older population can be found in **Appendix A**.

### **Document Review**

In order to harness existing momentum and future goals, a number of existing reports were reviewed by members of the Live Well Scituate Steering Committee and connections to the Live Well Scituate Initiative were drawn. In each section, reference to these potential intersections are made.

- Scituate Council on Aging Community Needs Assessment (2014)
- Housing Production Plan (2015)
- Outdoor Spaces & Recreation Plan (2018)
- DRAFT Master Plan (2020)
- South Shore Elder Services Area Plan (2018-2021)

### **Community Feedback**

The Live Well Scituate Steering Committee gathered twice in the Winter of 2020 to brainstorm ideas for action, based on findings from the needs assessment activities as well as the document review and demographic profile. In addition to the Steering Committee Members, Scituate Council on Aging board members also reviewed the action plan, in detail, and provided feedback on the plan. Finally, in the Fof 2020, a draft action plan was put out for public comment. All comments were collected, reviewed, and appropriately incorporated to the plan.

*The tables below outline Scituate’s goals, a brief description of the action steps to be taken to achieve those goals, as well as the identification of potential partners and an estimated timeframe for completion (over the course of 3 years, as designated by AARP).*

## **Action Plan**

This following section provides details of Scituate’s Age-Friendly Action Plan categorized by domain. Given the vast amount of planning and activity happening in Scituate, we first document current activities that can be characterized as age-friendly, followed by referencing future plans that have already been put in place. Lastly, we present a set of action steps that will build on existing momentum and allow Scituate to continue its evolution toward a more age friendly community. These findings are presented in the tables below.

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<sup>4</sup> <https://mahealthyagingcollaborative.org/data-report/explore-the-profiles/community-profiles/>



## Housing

In order for adults to remain in their communities as they age, housing must be available, affordable, and designed to accommodate a range of physical abilities. Moreover, homeowners must be able to adequately maintain and repair their homes in order to stay in them safely. An age friendly community provides a continuum of safe, affordable, and healthy housing options that provide the services and accessible design necessary to allow residents, regardless of income or housing type, to age in place.

Residents are “cost-burdened” with regard to housing. In Scituate, 32% of homeowners with a mortgage (*ACS, 2014 – 2018, Table S2506*) and nearly 14% of homeowners without a mortgage (*ACS, 2014 – 2018, Table S2507*) are “cost-burdened,” spending more than 30% of their income on housing costs including mortgage payments, property taxes, home insurance, and utilities. In addition, more than one-third of Scituate renters (37%) are “cost-burdened” (*ACS, 2014 – 2018, Table S2503*) spending at least 30% of their incomes on housing costs including rent and utilities. According to the Department of Housing & Community Development’s Subsidized Housing Inventory (September, 2017), Scituate had 315 units of affordable housing. This means that 4.4% of year-round housing in Scituate is considered affordable—far less than the State’s 10% mandate.

The COA is witnessing an increasing demand for subsidized housing for older adults and financial assistance for property taxes and utilities. The August 2019 working session stressed the need for home modification resources to support the safety and suitability of existing homes. The Town of Scituate recognizes the compelling need for the development of additional housing to meet the needs of residents and the growing populations of older adults. Efforts are underway to create housing that offers affordability, accessibility, and supportive services to promote aging in place.

### **Current Age Friendly Housing Practices in Scituate:**

Scituate’s Housing Production Plan<sup>5</sup> was adopted in 2015. The Plan outlines several current zoning and policy strategies that promote the development of affordable housing:

- **Accessory dwelling units (ADUs):** ADUs are allowed in Scituate with few restrictions.
- **Multi-family housing:** Allowed by right in several zoning districts.
- **Development of Senior Housing:** 39 age-restricted 1-bedroom apartments were built in 2020, including 22 low-income and 8 for extremely low income residents. Additionally, 142 units of 55+ housing are being built for market-rate costs.

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<sup>5</sup>[https://www.scituatema.gov/sites/g/files/vyhlf3781/f/pages/edc36\\_link\\_scituate\\_housing\\_production\\_plan\\_2015\\_dhcd\\_approved.pdf](https://www.scituatema.gov/sites/g/files/vyhlf3781/f/pages/edc36_link_scituate_housing_production_plan_2015_dhcd_approved.pdf)

- **Village Business Overlay District (VBOD):** The villages (North Scituate, Greenbush, Harbor) have been rezoned to include residential development.
- **Community Preservation Fund:** This fund provides authority for municipalities in Massachusetts to create a surcharge of up to 3% of the property tax with a state match of up to 100%. A portion of these funds are dedicated to the creation of affordable housing.
- **Property tax relief for seniors.** Both a property tax work-off program and a tax deferral program exist in Scituate.
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## Housing Action Steps

### Goal #1: Expand housing options in Scituate and support home modifications that promote aging in place.

Proposed Age Friendly Action Items:	Potential Partner:	Estimated Timeframe:
<b><u>Action Item A:</u></b> Promote awareness of various housing options across the lifespan. Host a forum with housing experts to promote affordable, accessible housing options and support services.	COA Planning Department	Year 1
<b><u>Action Item B:</u></b> Explore shared housing arrangements for older adult homeowners and those looking for rental units. Enlist the Senior Center and real estate agents to connect homeowners with residents seeking rental units. See Nesterly. <sup>6</sup>	COA Real estate agents	Year 1
<b><u>Action Item C:</u></b> Consider tax relief incentive for residents completing age-friendly home modifications or the creation of an ADU.	Planning Department Building Department Assessors	Years 2-3
<b><u>Action Item D:</u></b> Develop a list of trusted handyman services to make home modifications and repairs.	COA, other Town non-profit and fraternal organizations	Year 1
<b><u>Action Item E:</u></b> Continue supporting efforts to develop affordable, downsize-able, housing units in Scituate.	COA, Housing Authority, Live Well Committee	Year 1-3

<sup>6</sup> <https://www.nesterly.io/>

**Action Item F:** Explore Grant funding for placement of housing authority resident coordinators.

Housing Authority

Year 2-3



## Transportation

Accessible and affordable transportation options are necessary for active aging. When transport is available and adapted to the needs of older adults, both in terms of access and destination, it enhances mobility and facilitates social-participation and a sense of belonging to one’s community. An age-friendly community provides coordinated intra and inter-Town travel options and public transportation that is accessible to people of all abilities. The following transportation related needs were identified through community engagement: extended geographical and weekend coverage bus transit; alternative transportation options; and educational support to promote the use of on demand ride services.

### **Current Age Friendly Transportation Practices in Scituate:**

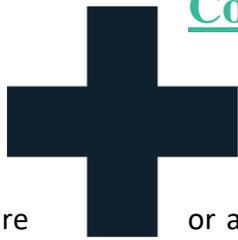
- The COA’s van offers weekly trips to local shopping destinations and the food pantry. In addition, rides may be requested for personal appointments and other destinations. The cost of these local rides is low, approximately \$3.50 round-trip. In addition, transportation to out of town medical appointments can be made 5 days in advance for \$10, round-trip.
- GATRA Sloop service is a fixed route bus service that operates within Scituate. It makes stops at both the MBTA commuter rail stations as well as the Senior Center and the Library. Fare is \$1.50, round-trip for seniors and \$3 round-trip for other adults.
- Scituate is home to two MBTA Commuter Rail stations operating between Scituate and Boston. The MBTA does offer a reduced fare for seniors, age 65+.
- The Conservation Committee has established maps for all walking paths and trails in Town—available in both online and print formats.

## Transportation Action Steps

### Goal #1: Enhance existing, and develop new, transportation options

Proposed Age Friendly Action Items:	Potential Partner:	Estimated Timeframe:
<b><u>Action Item A:</u></b> Increase weekend transportation services.	COA, Veterans Affairs	Years 2-5
<b><u>Action Item B:</u></b> Identify potential grant opportunities to purchase a small vehicle for local trips and providing transportation to social events <sup>7</sup> .	Conservation Committee, COA, planning	Years 2-5
<b><u>Action Item C:</u></b> Increase awareness and advocate for the use of on-demand ride services in through funding and education workshops. Host information sessions and develop directory of ride sharing services such as Uber, Go Go Grandparent. Consider developing a relationship with a local driver and profiling them in the COA newsletter, to mitigate feelings of fear or anxiety about riding with a “stranger”.	COA, Library	Year 2
<b><u>Action Item D:</u></b> Develop a volunteer driver program in Scituate to assist those who are unable to drive. Consider a “Scituate to Scituate” volunteer driver pilot program.	COA, Veterans Affairs, Scituate Community Christmas	Years 2-5
<b><u>Action Item E:</u></b> Explore possibility of installing bike stations or bike racks in town. This would create connectivity between rail stations and other destinations for both residents and tourists.	DPW, Recreation, Planning	Year 1
<b><u>Action Item F:</u></b> Review walkability and connectivity of the intersection nearest the new senior center building and recreation center. This connects with the Town Green, the Library, and the senior housing in Town. Explore possibility of creating a cohesive network of sidewalks.	DPW, Recreation, Planning, COA, Library, Housing Authority	Year 1

<sup>7</sup> <https://www.barnstablepatriot.com/news/20180720/barnstable-senior-center-kicks-tires-on-new-hybrid-vehicle>



## Community Supports & Health Services

An age-friendly community offers a continuum of services and supports to meet the health and social needs of its older adult population. Community supports include access to health services like home health care or access to hospitals and doctors; but also, to services like nutritious food, opportunities for physical activity and caregiver support services that enable older residents to age securely in the residence of their choosing. The Town of Scituate recognizes that the availability and funding of supportive services are critical to promoting health and independence within the community. The senior center is committed to the continued expansion of supportive services and partnership with Health and Human Services to promote nutrition services and access to behavioral health services. In addition to the resources available at the senior center, Scituate residents can access a spectrum of supportive programs through South Shore Elder Services. Additional needs identified through community engagement include: affordable home-making services, caregiver support, respite, and education, and affordable/accessible opportunities for the promotion of healthy behavior and outreach to veteran and minority populations.

### **Current Age-friendly Community Supports & Health Service Practices in Scituate:**

- The Scituate Senior Center provides health education classes, a health fair, support groups, fitness classes, wellness programs (e.g., reiki and decluttering) and information and referral to other social services
- Town of Scituate employs a social worker that works, in part, for the COA
- The Veterans' agent and Veterans Council provides financial assistance to low income Veterans and their families
- The Public Health department provides flu clinics, mammograms, and other health supports.
- Police Department provides a Senior SAFE Program and an officer is located at housing authority, dedicated to elder affairs.
- Scituate operates a local food pantry as well as a nonprofit organization (Scituate Community Christmas) that offers supports to local families, including older adults
- Scituate Food Pantry, meals on wheels, and senior center lunch program offer nutrition supports.
- South Shore Elder Services offers case management, home care services and other important services and supports to area residents.

## Community Supports & Health Services Action Steps

### Goal #1: Explore the expansion of home and community-based services to support aging in place.

Proposed Age-friendly Action Items:	Potential Partner:	Estimated Timeframe
<p><b><u>Action Item A:</u> Increase awareness of aging in place resources.</b> Connect residents with a resource guide to facilitate aging in place; inform older residents of financial, home improvement, health, and convenience resources available.</p>	<p>COA AARP MCOA; South Shore Elder Services</p>	<p>Year 1</p>
<p><b><u>Action Item B:</u> Explore the expansion of health and wellness services for older adult residents.</b> Consider ways to expand the current “health fair” to include aspects of wellness and spirituality.</p>	<p>COA Public Health, Schools</p>	<p>Year 1</p>
<p><b><u>Action Item C:</u> Advocate for increased financial and legal support programs and services.</b> Work with Town leaders to expand tax work-off eligibility requirements and tax work-off positions. See the Town of Milton.<sup>8</sup> Encourage online bill pay with no fees for convenience/traffic reduction</p> <ul style="list-style-type: none"> <li>● Tax work-off</li> <li>● Subsidies or relief on taxes, fees, utility bills, Comcast (cable/Internet)</li> <li>● Modified home loan program</li> <li>● End of life legal planning</li> <li>● Medical transportation</li> </ul>	<p>COA Department of Assessing</p>	<p>Year 2-5</p>

<sup>8</sup> <https://www.townofmilton.org/sites/miltonma/files/uploads/write-off.pdf>

## Outdoor Spaces and Buildings

An age-friendly community offers opportunities and accessibility for older adults to engage in activities in outdoor spaces, parks, and public buildings. It is important that the community be accessible for residents of all ages and abilities. According to U.S. Census data, 23% of Scituate residents age 65 and older reporting at least one disability. Tufts Health Plan Foundation’s Healthy Aging Community Profile notes that 11% of Scituate residents over age 65 have a diagnosis of Alzheimer’s or other dementia<sup>9</sup>. Community engagement results identified the following relevant needs: improving accessibility in parks and public buildings; and increasing walkability and connectivity for safety and convenience throughout the community.

### Current Age-friendly Practices in Scituate:

- New signage and wayfinding installed around town.
- New benches installed along the harbor walk, bench repair happened at Minot Beach
- Continuous sidewalk repair/improvements take place

## Outdoor Spaces & Buildings Action Steps

**Outdoor spaces and buildings - Goal #1: Support a complete streets initiative, making roads safe and convenient for drivers, pedestrians, bicyclists, and transit users.**

<u>Proposed Age-friendly Action Items:</u>	<u>Potential Partner:</u>	<u>Estimated Timeframe</u>
<b><u>Action Item A: Promote safe walking and wheelchair use in Scituate.</u></b> Identify potential improvements to roads, sidewalks and crosswalks by conducting walk audits. Utilize existing resources for the development of walk audit trainings to promote ongoing walk audits. Devise a mechanism to report results of audits to Public Services.	COA Public Services Disability Commission Walk Boston	Year 1
<b><u>Action Item B: Advocate for bike safety features in Scituate.</u></b> Convene an initial meeting with local partners to discuss bike lane and bike safety advocacy opportunities. Consider the	Public Services	Year 1

<sup>9</sup> [https://mahealthyagingcollaborative.org/wp-content/themes/mhac/pdf/community\\_profiles/MA\\_Towncode264\\_Scituate.pdf](https://mahealthyagingcollaborative.org/wp-content/themes/mhac/pdf/community_profiles/MA_Towncode264_Scituate.pdf)

<p>implementation of a “Racks with Plaques” <sup>10</sup> program which allows residents to donate a bike rack and receive recognition through a posted plaque .</p>		
<p><b><u>Action Item C: Advocate for improvements to the accessibility of the Scituate bus system.</u></b> Create signage, seating, and shelter for the Scituate transit. Identify grants for the Town to apply for in order to support the new signage/seating. Refer to New York Town’s DOT bench and bus stop shelter installation.<sup>11</sup></p>	<p>COA Public Services Disability Commission</p>	<p>Years 2-5</p>
<p><b><u>Action Item D: Encourage the beautification and accessibility of Scituate’s parks and off-road trails for visitors of all ages and abilities.</u></b> discuss age-friendly/intergenerational park features, exercise equipment. Encourage modifications that address specific mobility and logistical needs. Consider the creation of “town trails” that link multiple destinations for biking or walking tour of Scituate—could draw tourists as well. Use Wichita, Kansas’ Grandparent Park as a guide.<sup>12</sup></p>	<p>Parks &amp; Recreation</p>	<p>Year 1</p>
<p><b><u>Action Item E: Consider developing a “bike tour of Scituate”</u></b> that could be marked for self-guided tours or guided tours with particular focuses (e.g., marine life, history, industry etc.)</p>	<p>Historical Commission, COA, DPW, planning</p>	<p>Years 2-5</p>

<sup>10</sup> <https://www.arcgis.com/home/item.html?id=c6461b1fa03646ed85ff9129c4927855>

<sup>11</sup> <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2015/domain-2-new-york-Town-bus-bench-program>

<sup>12</sup> <https://www.aarp.org/livable-communities/info-2014/grandparents-park-wichita-kansas>

## Social Participation

An age-friendly community offers recreational programs, historical and cultural activities, and events that encourage social participation of residents and facilitate healthy aging. Improving the inclusion of older adults offers engagement opportunities for those who are at risk for social isolation due to geographic dispersion of families, socioeconomic status, English language abilities, physical or mental health impairment or other social factors. The new Senior Center will offer an opportunity to a grow the number and type of social programming and offer a communal space for gathering. Community engagement results stressed the need for additional programming opportunities for men throughout town and events that promote intergenerational connection through intra-town partnerships.

### Current Age-friendly Practices in Scituate:

- A local faith community offers a monthly “community dinner” and a weekly luncheon to bring the community together.
- The Scituate Senior Center and Recreation Department offer a wide range of programs to engage residents of any age.
- The Scituate library offers book clubs, reading lists, and lectures.
- “First Fridays” is a year-round monthly event encouraging residents to spend time in the Harbor restaurants and shops and enjoying local art and music.
- High school students host monthly technology forums for seniors

## Social Participation Action Steps

### Social Participation - Goal #1: Expand programs and develop new offerings to promote learning and wellness.

<u>Proposed Age-friendly Action Items:</u>	<u>Potential Partner:</u>	<u>Estimated Timeframe</u>
<b><u>Action Item A:</u> Consider a sub-committee or resident advisory group to brainstorm and design new programs to be offered at the Senior Center.</b>	COA, faith communities,	Year 1
<b><u>Action Item B:</u> Increase lifelong learning opportunities. Make a public solicitation to Scituate residents to “share their passion” and offer to facilitate educational courses related to their careers, talents, passions or hobbies.</b>	COA, Scituate Mariner	Year 1

<p><b><u>Action Item C: Increase programming and events for caregivers.</u></b> Host/co-host events that provide information and resources about aging services and caregiver support in Scituate. Offer opportunities for social engagement. See Plymouth County “Caregiver Night Out”.<sup>13</sup> Or participate in a regional memory café.</p>	<p>South Shore Elder Services, surrounding COAs</p>	<p>Year 1</p>
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## Social Participation - Goal #2: Promote the accessibility of existing social programs to include and attract multiple generations

<b><u>Proposed Age-friendly Action Items:</u></b>	<b><u>Potential Partner:</u></b>	<b><u>Estimated Timeframe</u></b>
<p><b><u>Action Item A: Increase multigenerational engagement opportunities.</u></b> Collaborate with schools to consider the development of a “gold card” program which provides older adults access to school theater, musical, and athletic events. See Commack School District in NY<sup>14</sup></p>	<p>COA Scituate Schools,</p>	<p>Year 1</p>
<p><b><u>Action Item B:</u></b> Record oral histories of Scituate Residents and make available at the local library. Encourage students to interview older residents as part of a history curriculum.</p>	<p>COA, Scituate Schools, Scituate Library, Veterans Council</p>	<p>Year 2</p>

<sup>13</sup> <http://www.prworkzone.com/old-colony-elder-services-treats-caregivers-to-a-special-%E2%80%9Ccaregiver-night-out%E2%80%9D>

<sup>14</sup> <http://www.comackschools.org/seniorcitizens.aspx>

## Respect and Social Inclusion

According to the American Community Survey (2014-2018), 30% of Scituate residents over the age of 65 live alone. At a time when Scituate – and the rest of the world – is aging and diversifying, it is critical to identify opportunities to integrate older residents of all backgrounds into activities and communities in a meaningful way, both to prevent social isolation and its deleterious effects as well as to combat ageism through positive messaging about age. In addition, 11% of older Scituate residents are living with dementia.

### **Current Age-friendly Practices in Scituate:**

- South Shore Elder Services has made it a point to increase targeted outreach to ensure inclusion and communication for older adults who are accessing resources and social events
- The Town of Scituate, and Scituate Public Schools, have formed committees on issues of diversity, equity, and inclusion.
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## **Respect & Social Inclusion Action Steps**

**Respect/Inclusion - Goal: Increase education and engagement opportunities to promote mutual respect and inclusion across generations.**

<b><u>Proposed Age-friendly Action Items:</u></b>	<b><u>Potential Partner:</u></b>	<b><u>Estimated Timeframe</u></b>
<p><b><u>Action Item A: Create neighborhood associations/liasons for support and inclusion. Consider forming a Neighbor Brigade Chapter.</u></b>  <sup>15</sup> These liaisons could implement local communication strategies (e.g., email or social media), help with “literature drops” to neighbors to keep them alert to local happenings and could provide a mechanism for Live Scituate and the Town to more easily reach residents in a systematic way.</p>	COA, Board of Selectpersons	Years 2-5

<sup>15</sup> <https://www.neighborbrigade.org/start-a-chapter/>

<p><b><u>Action Item B: Build awareness to prevent bullying and ageism.</u></b> Facilitate virtual conversations called “How does Scituate Age Strong?” using the discussion guide and images from the Anti Agesim campaign in Boston</p>	<p>COA, Scituate Public Schools, Scituate Community Television</p>	<p>Years 2-5</p>
<p><b><u>Action Item C: Promote dementia-friendly practices in Scituate.</u></b> Work with faith communities to implement the “purple pew” program to raise awareness of dementia. Invite the congregation to wear purple to services and provide a brief educational presentation on dementia and Alzheimer’s disease.</p>	<p>COA, Faith Communities, Dementia Friendly MA,</p>	<p>Year 1</p>
<p><b><u>Action Item D: Encourage local businesses to become designated as “age and dementia friendly businesses<sup>16</sup>”.</u></b> Work with individual local businesses and organizations to offer a senior discount, expand handicap or senior parking, and ensure that physical accessibility and customer service are aligned with the needs of older adults. Request restaurants to print enlarge type menus for eyesight</p>	<p>Scituate Chamber of Commerce, Harbor Business Association</p>	<p>Year 1</p>
<p><b><u>Action Item E: Consider accessibility of Town meetings and events.</u></b> For example, encourage an “early bird” First Fridays where seniors can participate in local shopping, entertainment and arts during the afternoon---consider the provision of transportation and even a senior discount! Explore accessibility of Town Meetings so that late-nights are not a requirement to participate in local government.</p>	<p>Scituate Chamber of Commerce, Harbor Business Association, Board of Selectmen</p>	<p>Years 2-5</p>

<sup>16</sup> <https://www.boston.gov/departments/age-strong-commission/age-friendly-businesses>

## Civic Engagement and Employment

An age-friendly community offers resources and partnerships to promote civic engagement, paid employment, consultancy, or mentorship for residents. These vehicles provide residents with mutually rewarding opportunities to actively share their ideas, interests, and talents through employment or volunteer support for programs, organizations, and economic growth in Scituate.

### Current Age-friendly Practices in Scituate:

- The COA offers volunteer services.
- Property tax work off programs exist
- Robust opportunities through municipal boards, faith communities and nonprofits like FACTS<sup>17</sup>, FOSS<sup>18</sup>, Scituate Community Christmas<sup>19</sup>, -Rotary Club, and the food pantry to be involved.
- The 50+ Job Seekers Club hosted at the Scituate Library
- Annual community clean-up day, known as “Ship Shape Day”

## Civic Engagement & Employment Action Steps

### Civic Engagement and Employment - Goal #1: Improve access to meaningful volunteer and employment opportunities

<u>Proposed Age-friendly Action Items:</u>	<u>Potential Partner:</u>	<u>Estimated Timeframe</u>
<u>Action Item A: Ensure that the voices of older residents are heard by town government.</u> Enlist COA board members or associates to be assigned as liaisons to each of the other relevant boards and committees, attend meetings and report back to the COA.	COA, Board of Selectpersons	Year 1

<sup>17</sup> <https://www.scituatefacts.org/>

<sup>18</sup> <https://www.facebook.com/FoSSEniors/>

<sup>19</sup> <https://scituatecommunitychristmas.org/>

<p><b><u>Action Item B: Consider partnering with an existing event to hold a volunteer/employment fair.</u></b> Bring together organizations seeking volunteers and interested residents. Include a networking reception to follow as a way of promoting relationships. Include local businesses that may have employment needs for part-time, flexible work opportunities.</p>	<p>Scituate Schools, area COAs, regional associations</p>	<p>Years 2-5</p>
<p><b><u>Action Item C: Explore the development of a “volunteer” summer camp.</u></b> For one week, Scituate High School students will spend time at various organizations, including the senior center, as volunteers. Consider Camp United as a model.<sup>20</sup></p>	<p>COA, Recreation</p>	<p>Year 1</p>
<p><b><u>Action Item D: Increase volunteer opportunities for home-bound residents of Scituate.</u></b> Could include knitting for a cause, becoming pen pals for elementary students, or making phone calls.</p>	<p>COA</p>	<p>Year 1</p>
<p><b><u>Action Item E: Welcome new residents, of all ages.</u></b> Formulate a free “newcomers club” and host bi-annual meet and greet coffee hours at the senior center. Consider creating a “welcome packet” for residents to include materials, resources, and coupons.</p>	<p>HelloScituate, COA, Town Clerk</p>	<p>Years 2-5</p>
<p><b><u>Action Item F: Promote intergenerational exchanges.</u></b> Consider an “entrepreneur-ship” program where high school students shadow local business owners to learn the complexities of owning a small business. Or generate a community farm where food grown can be used to celebrate an end-of-summer harvest meal.</p>	<p>Scituate Chamber of Commerce, Harbor Business Association, Conservation Committee, Scituate Public Schools</p>	<p>Years 2-5</p>

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<sup>20</sup> <https://www.allinahealth.org/united-hospital/about-us/volunteer/camp-united/>

## Communication and Information

An age-friendly community offers multiple channels for communicating information across language barriers about emergencies, resources, services, and events. This is achieved through the continued use of electronic media as well as the targeted preservation of printed communication materials as an important component to making information available to all of Scituate’s older residents. In addition, the vision for an age-friendly communication plan includes a public outreach campaign that generally promotes positive messaging about age and makes clear how residents may obtain information about the services and resources available to support themselves and their loved ones in Scituate. The COA is a tremendous source of information and offers a monthly newsletter, age-friendly website, and informational meetings at housing authority properties and other community locations. In addition to the COA additional channels must be available for residents who do not access resources and information at the senior center.

### **Current Age-friendly Practices in Scituate:**

- Town of Scituate website
- Scituate Public Schools
- The COA newsletter is mailed to 1,500 residents, emailed to 1,200 and dropped off around Town
- The TRIAD Committee shares information to promote safety and wellness (Police, Fire, EMS, Board of Health).

## Communication & Information Action Steps

**Communication - Goal #1: Create new and enhance existing communication mechanisms for town-wide information distribution.**

<u>Proposed Age-friendly Action Items:</u>	<u>Potential Partner:</u>	<u>Estimated Timeframe</u>
<b>Action Item A: Support the creation of a centralized digital town wide information platform in Scituate. See Dedham.life. <sup>21</sup></b>	COA, Town staff, Chamber of Commerce, Scituate	Years 2-5

<sup>21</sup> [www.dedham.life](http://www.dedham.life)

	Patch, Facebook pages (Moving Scituate forward), SANDS	
<b><u>Action Item C:</u> Create a town-wide email database for residents 60+.</b> Send a birthday postcard to each resident turning 60+ in Scituate and request their contact information.	COA, Town Clerk	Years 2-5
<b><u>Action Item E:</u> Explore ways to expand accessibility to print based communication in Scituate.</b> Search for media grant opportunities, such as those offered by the Knight Foundation <sup>22</sup> , to increase print communication and subsidize distribution of locally printed newspapers.	COA, Library	Year 1
<b><u>Action Item C:</u> Expand utilization of MySeniorCenter data.</b> Learn more about the available data in MySeniorCenter (e.g., a management software used by senior centers) and determine ways to compare senior center utilization data with the Town Census to identify non-users and target outreach materials.	COA, Town Clerk	Year 1
<b><u>Action Item D:</u> Develop weekly/biweekly Scituate Community television program for persons aging in Scituate. Record an informational PSA about finding resources and have that play regularly.</b>	Scituate Community TV, COA, other Town Departments	Year 1

## Conclusion

The vision of Live Well Scituate’s Age-friendly Planning Committee is to inspire change in the Town of Scituate so that residents of all ages and abilities can thrive. Members of this dedicated and passionate group of residents proactively spearheaded this age-friendly effort based on the current and future demographic shifts for Scituate, as well as many cities and towns around the world. The committee actively collaborates with civic, business and non-profit organizations as well as State and Town government officials to heighten awareness of the age-friendly movement and seeks positive change and age-friendly implementation for the Town of Scituate. This report

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<sup>22</sup> <https://knightfoundation.org>

signifies a milestone in the continued efforts and calls for community involvement in the age-friendly process to improve the quality of life for Scituate residents across generations.