Hallowell All Age-Friendly Action Plan
December 7, 2020

Prepared by the
Hallowell All Age-Friendly Committee
Greetings Lori,

The Hallowell City Council approved the Hallowell All Age-Friendly Plan as submitted by a unanimous vote during its meeting Monday evening December 7, 2020.

I am attaching a copy of the plan and related documents with the hope that this completes our city’s journey to become an accredited Age-Friendly community. Please let me know if there are any other steps that we need to take.

The All Age-Friendly Committee meets tomorrow morning. I will report the approval of the plan and will share any additional information about our plan and Age-Friendly accreditation.

Thanks for the assistance of AARP especially Patricia Oh’s ongoing, supreme patience in support of our efforts.

Regards,

[Signature]

Robert McIntire
Chair – Hallowell All Age-Friendly Committee

Cc: Patricia Oh
    Nate Rudy, Hallowell City Manager
    Mark Walker, Mayor – City of Hallowell
The Hallowell All-Age-Friendly Committee would like to acknowledge the efforts of the 2020 Comprehensive Planning Group. Their preliminary findings are the source of much of the demographic information in this plan. Hallowell Heart and Soul is also to be commended for engaging people in deeper conversations about what makes our city such a great place to live, work, and learn and for sharing wonderful pictures. Historical photographs are from the collection of the Hubbard Free Library and Sam Webber, the City Historian.

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Executive Summary

Hallowell was awarded a grant by AARP Maine to conduct a community survey and sponsor a series of focus group meetings with the goal of providing data to inform the creation of an Age-Friendly Action Plan. Analytic Insights of Auburn, Maine, developed a community survey, conducted three focus groups, and submitted a final report to the City Council in October 2017. The Hallowell Age-Friendly Committee was appointed by Mayor Mark Walker in January 2018 as a subcommittee of the City Council’s Health and Wellness Committee.

Hallowell’s renamed All-Age-Friendly Committee is made up of three members of the City Council, along with representatives from the Area Agency on Aging, residents of the City’s senior housing facilities, individual renters, and property owners. The committee meets monthly, the second Wednesday of each month. Meetings have been held in a variety of locations including the City’s new Fire Department Training Room.

Hallowell is Maine’s smallest city, but its citizens make up for its small population of 2,600 with great enthusiasm for community projects and involvement in civic and social activities.

Our Mission

The mission of the All-Age-Friendly Committee is to make our city inviting, exciting, and accessible for people of all ages and abilities. All are welcome here.

Our Vision
Our vision is that citizens of our city are welcomed to be involved in every aspect of city government and the civic, social, and religious organizations that make up the fabric of this vibrant community.

Assessment and Input

Hallowell All-Age-Friendly efforts to assess the current situation began with a community survey and three focus group meetings conducted in the summer and early fall of 2017. The All-Age-Friendly Committee has presented fraud and fall prevention workshops and participated in community events, taking every opportunity to inform people of our work and encourage involvement and input in the planning process. Data from the survey, focus groups, and listening sessions provided the foundation for developing our Action Plan.

The Domains of Livability and the Committee’s Work to Date

Outdoor Spaces and Public Places: Undertook a Walkability Survey and shared the findings with the City Council.

Transportation: Sponsored a regional transportation forum and teamed with the SEARCH program of Catholic Charities to provide transportation and companion services.

Housing: Assisted the Community Housing of Maine to improve its score in funding applications resulting in the redevelopment of the Central Building at Stevens Commons into a 29-unit apartment building of affordable housing for ages 55+.

Social Participation: Participated in a variety of community activities such as the Cohen Center Health Expo, Old Hallowell Day, and Spectrum Generations’ Pie Crawl.

Respect and Social Inclusion: Promoted and sponsored community discussions and listening sessions to gather input for the Age-Friendly plan.

Work and Civic Engagement: Developed the Hallowell Helps network of volunteer opportunities.

Communications and Information: Promoted and published city newsletter, The Hallowell Champion, with the support of the Publishing Partners.

Community and Health Services: Teamed up with Spectrum Generations to update and share listings of community-supported services and providers.

The Hallowell All-Age-Friendly Committee (*former members)

Sandy Audet – Resident of The Cotton Mill Apartments*
John Bastey – Vice President, Vision Hallowell Downtown Association
Michael Frett – Hallowell City Councilor Ward 2
Lyn Gray – Retired schoolteacher*

Hallowell All Age-Friendly Plan
Stephanie Hanner – Community Outreach Director, Spectrum Generations, Area Agency on Aging*
Jamie Houghton – President, Vision Hallowell Downtown Association
Lynn Irish – Local business owner, Former City Councilor*
George LaPointe – Hallowell City Councilor At Large
Jackie Martin – Resident of The Cotton Mill Apartments*
Bob McIntire – All-Age-Friendly Committee Chair, Historic Hallowell Committee
Diane Polky – Hallowell City Clerk
Barbara Rorhbaugh, Hubbard Free Library, retired
Cindy Sullivan – Director, Cohen Center, Spectrum Generations
Maggie Warren – Hallowell Area Board of Trade, now Resident of Central Commons
Patrick Wynne – Hallowell City Councilor Ward 5
MaryAnn Zagaria – Hallowell Citizen*

The Committee was aided in its work by Sara Grant – AARP Maine Age-Friendly Liaison and Patricia Oh the AARP Maine Livable Communities Consultant.

Hallowell’s Police Chief takes a spin on the bicycle-powered blender making smoothies at the Age-Friendly booth on Old Hallowell Day.

Fire and Fall Prevention workshop presented by Hallowell’s Fire Chief Jim Owens.
The City of Hallowell—A Brief History

Hallowell is Maine’s smallest city by the nature of its governmental structure, not its geographical area. Originally The Hook, as it was known by early European residents, was “a favored hunting ground of the Abenaki or Men [People] of the Dawn who held their patent directly from the creator,” according to Emma Huntington Nason, in her book Old Hallowell on the Kennebec (1909). Once permanent European settlements were established, Hallowell was chartered and covered a land mass of 90 square miles.

Over the years the City’s footprint was reduced by squabbling and attrition. First the neighbors upriver at “The Fort,” the trading post and settlement at the head of tide, won the right to construct a bridge across the Kennebec River. Tensions between the two communities resulted in a breakup. Augusta, now the State’s capital city, was created by that split. Little by little other communities developed and went their own way until Hallowell covered only about 5 square miles. Nevertheless, size doesn’t say anything about the self-esteem of its citizens!

Deacon Clark Pease, his wife, and son Peter landed on the shores of the Kennebec at what is now Hallowell in May 1762. They took the one crude cart they brought with them, turned it over, and spent their first night in the settlement beneath it for protection from the elements. The city grew from this humble beginning.

An article appearing in the American Encyclopedia published in 1807 described the settlement this way:

“Hallowell is the natural head of navigation; that it is a better distributing point for Canada than Portland [Maine]; and that it is certain to become one of the largest American cities.”

Hallowell certainly had better anchorage than Augusta upriver. The Coos Trail reached from the banks of the Kennebec through the woods into New Hampshire allowing access to Canada beyond. The river provided access for shipping. Hallowell in 30 years became the publishing center of the region, second only to Boston. However, the dream of being a massive center of commerce was dashed by the coming of the railroad. Hallowell became just another stop on the line.
Natural resources saved the city from obscurity. Granite quarries opened providing much-sought-after building materials. Many important public structures such as the Maine State House and the New York state capitol building are constructed of Hallowell granite.

The Hubbard Free Library, the state’s oldest building erected for that purpose, was designed by A. C. Courrier, an architect employed by Hallowell Granite Works, and was constructed of the sought after material.

Manufacturing operations began with burning wood to produce ash necessary for processing wool. Soon a large cotton mill was constructed in town powered by coal-fired steam engines manufactured in Hallowell.

The City’s education institutions provided future sea captains with the knowledge to travel the world and spread the reputation of Hallowell as a remarkable center of culture and learning.

Businesses came and went with the tides of fashion and technology. Fortunately, Hallowell’s proximity to the seat of state government provided steady employment for its citizens and patrons for the restaurants, booksellers, and other merchants that make up the fabric of the community today.

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This view of the city shows Hallowell as it looked during the period of America’s Civil War. The bridge crossing the Kennebec River washed out in the freshet of 1869 and was never rebuilt.

Our People

Hallowell is Maine’s smallest city, but its citizens make up for its small population with great enthusiasm for community projects and involvement in civic and social activities. U.S. Census Bureau
data from 2017 estimate the population at 2,453. Hallowell residents age 62 and overrepresented 29.4% of the population.

Hallowell’s population has been slowly declining for the past 40 years, according to data developed for the City’s revised comprehensive plan. Hallowell went through a strong period of growth in the first half of the 19th century. Adjustments to the municipal boundaries that reduced the size of the city resulted in a decline in the population in the 1850s. After that, the population fluctuated around 3,000 for the next 100 years. In the second half of the 20th century the population declined, like that of many American cities.

Starting in 1980, the City’s population stabilized at around 2,500 residents, where it has more or less remained since. The population is not generally aging the way much of the rest of Maine is. A sizeable portion of the population is aged 30 to 34 years.

Source: U.S. Decennial Census 1790-2010.
Hallowell also has a smaller number of children than many places in Maine. Families are a decreasing proportion of households overall, so it may be that younger professionals are locating in the City but have fewer children. Like the rest of Maine, Hallowell has a significant population of older residents. This indicates that there are likely options for the older residents for appropriate housing stock and services in Hallowell.

Hallowell is a highly educated city. Almost half of its residents had a Bachelor’s degree or higher as of 2018, and almost 97% of its residents had graduated high school. These numbers are well above the state average.

Over 95% of residents in 2018 were white, just slightly above the statewide percentage of 94%. Second largest demographic group was Asians, just under 100 in the city. A very small number of African Americans and Native Americans rounded out the population. Hallowell residents work in a variety of professions, but just over the employed adult population work in management, business, science, and the arts.

Hallowell’s household median income in 2018 was $59,548. That number is somewhat above the state median income of $55,602 for that same period. Hallowell has a wide range of household incomes, ranging from very low to very high. While the city as a whole is slightly better off than the state as a whole, it also has an economically diverse population.

Hallowell has a slightly lower rate of poverty than the state or county. However, while the poverty rates for those under 18 are below state and county levels, the rates for adults and older people are actually above state and county levels. Clearly poverty is an issue in Hallowell, just as it is in the rest of the state. In particular, the number of residents in poverty over age 75 is concerning.

Finally, Hallowell residents are generally less likely to relocate than Maine residents as a whole. Fewer than 12% of Hallowell residents had moved in the past year in 2018. In 2010 that number was even lower, at under 10%. Those figures were closer to 14% for the state as a whole for both years. Interestingly, in 2010 more Hallowell residents had moved from out of state, while in 2018, more Hallowell residents had relocated from elsewhere within Kennebec County. It will be interesting to see if that trend continues.

Cost-of-living factors such as housing affordability and overall tax burden—including property taxes—are factors when thinking about poverty in Hallowell. Those issues are discussed in the Housing and Public Facilities & Services sections. As noted earlier, information in this section is drawn in large part from the City’s comprehensive plan update currently being developed.

Hallowell’s Citizens Opinions and Observations
The City of Hallowell was awarded an AARP grant to underwrite developing and conducting a community-wide survey and focus groups with the support of Analytic Insights of Auburn, Maine.

Surveys were distributed using a variety of methods. One thousand surveys were mailed to residents selected at random from a list of property owners in Hallowell. The survey was also available on the Internet, and links were emailed to residents with email addresses available to the City. Lastly, paper surveys were distributed at various public locations throughout the community.

The sample is comprised of 181 paper surveys, which includes mailed and distributed surveys, and 73 surveys taken on the Internet or returned directly to the City of Hallowell where they were entered via the Internet survey form.

Survey respondents were approximately two-thirds (64.9%) female. The majority live in Hallowell. The survey reached a variety of ages, with 19.4% under the age of 50 and 24.7% of respondents 70 years of age or older.

Three focus group sessions were held at locations around the city, including Granite Hill Estates, Hubbard Free Library, and the Cohen Center.

**Synopsis of Research Findings – A great place to live.....mostly**

More than three out of four respondents rate Hallowell as either an excellent or good place to live as they age (76.9%). Most respondents reported living in the Hallowell community for a long time. More than out of five Hallowell residents said they have lived in Hallowell for at least 5 years (81.0%), with one out of three living in Hallowell for 20 or more years (36.9).

Over half of survey respondents said it is extremely important to them to remain in the city as they age (62.7%). Although it is important to respondents to stay in Hallowell as they age, less than half of Hallowell residents said they feel respected as an older resident in Hallowell (43.4%).

**Age-Friendly Hallowell**

Three out of ten Hallowell residents reported that they feel activities for all ages (31.5%) and social events and activities (31.5%) make Hallowell an Age-Friendly community. Accessible outdoor spaces and buildings, volunteer activities, affordable housing, and communications were also frequently mentioned as qualities that make Hallowell Age-Friendly. A smaller percentage said that public transportation (16.4%) and health and social services to address a variety of needs (15.1%) make Hallowell an Age-Friendly community.

Nearly three out of four Hallowell residents reported that availability of medical care, services, or facilities would impact their decision to move (73.1%). Over half said that preference for a smaller or more accessible home (66.2%), need for public transportation or other transportation options (63.3%), or living closer to friends or family (61.2%) would be a factor in their decision to move.
Housing

Four out of ten Hallowell residents reported that their homes are more than 100 years old and three out of four respondents said they want to live in their current homes as they grow older (74.4%). The age of homes in Hallowell, combined with residents’ desire to stay in their current homes may indicate a need for home improvement services.

Half of Hallowell residents reported that they think they will need bathroom modifications such as grab bars, higher toilet, or non-slip tile (50.2%). Over three out of ten reported they think they will need easier access to their homes such as a ramp, chairlift, or wider doorways (35.3%), and putting a bedroom, bathroom, and kitchen on the first floor (32.4%). One out of four reported needing improved lighting (24.4%).

The aging housing stock in Hallowell, combined with residents’ desires to age in their current home, presents a need for home modification services. Compiling and providing a list of referenced contractors who offer special rates to seniors may be of value to the community and help those who are interested in making these modifications do so.

Although a small percentage of Hallowell residents said they currently need help with home chores (5.1%), a substantial number will need such help in the next 5 years (32.3%). One out of four residents said they may need modifications to make their home safer such as a ramp, grab bar, or lighting (24.8%) in the next 5 years.

Seven out of ten residents are either very or somewhat satisfied that housing for seniors is close to amenities (71.6%). Three out of five residents said they are satisfied with accessibility for elders and people with disabilities (60.6%) and availability (60.2%). A little less than half of residents are satisfied that housing for seniors is affordable (49.0%) and close to transportation (47.7%).

Transportation

Over nine out of ten residents said they drive their own car to get around (94.9%). The majority live close to the downtown area. Two out of three respondents live less than 1 mile from downtown Hallowell (65.9%).

Hills often or sometimes make it hard for about one in three Hallowell residents to get around (35%). The lack of public transportation makes it difficult for a substantial percentage of residents (21%).

Parks and Public Buildings

One out of two Hallowell residents said the civic buildings and parks in their community have street lighting at night (49.2%), and one out of six said that the sidewalks are wide enough to accommodate a wheelchair or walker (35.0%), and that civic buildings and parks have enough parking (30.3%). Only one out of six said civic buildings and parks have sidewalks that are in good condition (15.4%), and some mentioned the lack of public restrooms (14.6%).

Health and Wellness
The vast majority of respondents shop for food at supermarkets (98.0%). Over half also reported that they shop for food at a farmer’s market (58.3%).

Nearly three out of ten respondents of any age have a concern about falling (28.9%). Among residents age 70 or over, about one in three (34.8%) have a concern about falling. However, fewer than one in twenty residents said they have looked for information (4.6%) or have taken a falls prevention class (4.2%).

**Information and Communications**

The majority of respondents said they are not sure (57.2%) whether information about services and resources to support aging in place is easy to find, with an additional one in six saying information about services and resources to support aging in place is not easy to find (16.9%). Just one in four Hallowell residents said information about services and resources to support aging in place is easy to find (25.9%). This presents an opportunity to help residents access this important information.

More than two out of three residents said that when they need information about a service, they use the Internet (67.7%) and more than half ask family or friends (56.7%).

Seven of ten Hallowell residents find out what’s happening in Hallowell through the newspaper (71.7%), and three out of five said they find out through word of mouth (59.8%) and Facebook (59.4%).

**Working and Volunteering**

More than half of Hallowell residents said they are working full- or part-time (58.7%), and two out of five said they are retired (41.3%).

More than half of Hallowell residents said they volunteer (53.8%), and one out of ten said they don’t but would like to (12.4%).

**Challenges and Opportunities for Improvement**

The survey and focus groups revealed several strengths of the City of Hallowell, as well as opportunities for improvement. Some suggestions are currently being addressed by the All-Age-Friendly Committee and the City of Hallowell.

The majority of survey respondents rate Hallowell as an excellent or good place to live and wish to remain in the city as they age. In addition, many are invested in spending time with family and friends in the area. This commitment is a strong asset to the community and is also reflected in the high percentage of respondents reporting that they currently volunteer in some capacity in the community. At the same time, however, a small percentage of respondents say that they feel respected as an older person in the community. Building a strong, age-friendly community with intergenerational interaction opportunities will help to ensure that those who want to age in Hallowell will be able to do so.

**Action Plan – Outdoor Spaces**

Hallowell All Age-Friendly Plan
The committee developed its action plan following the organization of the *Eight Domains of Livability.* It chose to combine three domains: Social Participation, Respect and Social Inclusion, and Civic Participation and Employment.

**Our vision:** All city buildings, facilities, parks, and open spaces will be fully accessible to all.

**Goal:** Accessibility remains a focus. Areas of concern are prioritized and to be addressed in 3 years, which is feasible given the City’s financial resources.

**What we know:** Source—Community Survey
- 49.2% feel civic buildings and parks in our community have adequate street lighting at night
- 35.0% feel sidewalks are wide enough to accommodate a wheelchair or walker (and civic buildings)
- 30.3% feel there is adequate parking at public buildings and parks
- 15.4% feel civic buildings and parks have sidewalks that are in good condition
- 14.6% feel there are adequate public restrooms.

**What we have:** Identified during listening session and focus groups:

**Outdoor Spaces**
- Granite City Park (Boardwalk, Adirondack Chairs, bandstand, historic exhibit)
- Vaughan Field
- Kennebec River Rail Trail (KRRT)
- Pocket Park on Union Street
- The Reservoir (The Res)
- Department of Agriculture, Conservation, and Forestry Boat Landing
- Jamies Pond
- Stevens Commons—Kennebec Land Trust easement
- Vaughan Woods—private—Kennebec Land Trust easement
- Community Gardens—Garden Way
- HallDale Elementary School playground

**Public Buildings** (as per access and/or ownership)
- City Hall
- Hubbard Free Library
- Public Works/North Bay Recycling Center

Hallowell All Age-Friendly Plan
The Conservation Commission has done an admirable job in mapping and marking trails in the Res and other areas. There are challenges of accessibility in outdoor facilities in general. The Public Works Department prepares a spring sidewalk review to prioritize its work for the upcoming construction season and shared the 2019 report with the committee.

**Committee Action to Date**

The All Age-Friendly Committee coordinated a citywide walkability survey in May and June 2019. All public and public/private buildings (e.g., Hubbard Free Library) are accessible.

The Hallowell All Age-Friendly Committee, along with Vision Hallowell, a community group focused on supporting downtown development, was awarded an AARP Community Challenge grant in 2020 to install a ramp making the popular waterfront bulkhead more accessible to all Hallowell citizens and visitors alike.

The survey pointed up some specific areas of concern:

**Key Findings**

Not all students have safe walking or biking routes to all schools, of particular concern is Winthrop and Greenville Streets.

Although brick sidewalks provide an historic feel to the City, maintenance is a concern and the walking surface, even those rebuilt as part of the Water Street reconstruction, is difficult for some people with mobility issues.

- Provided information communitywide about the Hallowell Conservation Commission activities through *The Hallowell Champion*.

- Committee made two recommendations to the City Council:

  1. Rename the City Council Highway Committee as the Transportation Committee, charging it with addressing all transportation issues affecting our city.

  2. Prioritize maintenance and upgrade of city sidewalks with input from Bicycle and Pedestrian Committee, All-Age-Friendly Committee, and the City Council Highway Committee as well as the general public and, of course, Public Works.

**Next Steps**

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<tr>
<th>Action</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
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Hallowell All Age-Friendly Plan 14
<table>
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<tr>
<th>Action</th>
<th>Implementer</th>
<th>Next Steps</th>
<th>Outcome</th>
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<tbody>
<tr>
<td>Apply for AARP Challenge Grant</td>
<td>City Manager</td>
<td>Assist City Manager in developing grant application</td>
<td>Y/N Grant application is submitted. Y/N Grant is funded. People of all mobility capacities have access to popular public space.</td>
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<td>Continue working with the Conservation Commission to promote the City’s recreational resources</td>
<td>Conservation Commission Chair and members</td>
<td>Promote the City as a recreational destination through social media, online and paid advertisements.</td>
<td>Y/N Citizens and visitors know of public parks and spaces. Increased interest in becoming new residents. Increased traffic for local businesses.</td>
</tr>
<tr>
<td>Improve walkability</td>
<td>Public Works Director and related committees</td>
<td>Annual review of needs and priorities</td>
<td>Y/N Annual review of needs and projects developed with public input and review. Citizens and visitors feel comfortable and safe when walking downtown and in parks.</td>
</tr>
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</table>
**Action Plan—Transportation**

**Our vision:** Hallowell residents have access to private or public transportation as needed.

**Goal:** Hallowell citizens are able to go when and where they need and want.

**What we know:** Source—Community Survey
- 95% use own cars
- 17% walk
- 5% use family and friends
- 8% use public transportation
- 70% live less than a mile from downtown
- 25% live 1–3 miles from downtown
- 9% live 4+ miles from downtown

**Barriers**
- 35% hills
- 21% need for public transportation
- 17% darkness (lighting)
- 16% uncomfortable
- 16% cross-city borders
- 4% wheelchair transport

**What we have:** Listening session and focus groups
- Kennebec Explorer (KVCAP)
- Taxis (also Uber, Lyft)
- KVCAP volunteer drivers
- Volunteer Driver Program of Catholic Charities—SEARCH
- Family, friends

**Needs:**
- On-demand driving services
- Kennebec Explorer—increase number of rides and stops
- Community shuttle service to and from Cohen Center and Stevens Commons to downtown.

- **Committee Action to Date**
  - The committee convened a regional transportation forum in April 2019 to learn of the current state of services, plan for the immediate future, and explore options for solutions to local and regional transportation needs.
  - The City of Hallowell formally partnered with Catholic Charities SEARCH program to promote and provide individual transportation and companionship services and recruit and vet volunteer drivers and companions.
  - City supports KVCAP through annual appropriation.

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<th>Action</th>
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<tr>
<td>Gather and share information about transportation resources and options</td>
<td>Hallowell citizens will have services to meet transportation needs</td>
<td>All-Age-Friendly Committee Public and Private Vendors</td>
<td>Contact private vendors (taxi companies, Uber, Lyft)</td>
<td>Y/N Information available on All-Age-Friendly website, no. of people viewing the information</td>
<td>People will have information to obtain services to meet transportation needs.</td>
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<tr>
<td>Encourage regional transportation planning and services</td>
<td>Hallowell citizens will have services to meet transportation needs</td>
<td>All-Age-Friendly Committee City Manager</td>
<td>Participate in ongoing transportation discussions</td>
<td>Y/N All-Age-Friendly member participates in regional transportation initiatives/meetings</td>
<td>People will have information to obtain services to meet transportation needs.</td>
</tr>
<tr>
<td>Greenville Street Temporary Traffic Diversion Project</td>
<td>Improve pedestrian safety on street from Rail Trail to middle/high school</td>
<td>City Manager Public Works Director</td>
<td>Review project with City Manager. Determine feasibility/ legality with Public Works Director. Paint stripes along “sidewalk” of street.</td>
<td>Y/N Meeting with City Manager. Y/N Stripes painted.</td>
<td>Pedestrians will have safe walking route up a narrow, steep road from Rail Trail leading to Middle/High School and nearby neighborhoods.</td>
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<td><strong>Long Term</strong></td>
<td><strong>1-2 years</strong></td>
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<tr>
<td>Explore the MaineDOT Bike/Ped Grant for Greenville Street</td>
<td>Improve pedestrian safety on street from Rail Trail to Middle/High School</td>
<td>Hallowell City Manager City Council Transportation Committee</td>
<td>Discuss project with City Manager and Transportation Committee. Estimate cost with Public Works Director. Discuss project with Finance Committee. Process inclusion in 2020–21 City Budget</td>
<td>A representative of Hallowell All-Age-Friendly Committee serves on the Transportation Committee.</td>
<td>Pedestrians will have safe walking route up a narrow, steep road from Rail Trail leading to Middle/High School and nearby neighborhoods.</td>
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**The National Trust for Historic Preservation in the United States**

**Maine Residents Rally to Stall Highway**

Hallowell All Age-Friendly Plan
**Action Plan—Housing**

**Our vision:** “I just need some place where I can lay my head.” *The Weight* by Robbie Robertson

**Goal:** Hallowell citizens will reside in safety and comfort.

**What we know:** Source—Community Survey
75% of respondents said they want to live in their current homes as they grow older.
40% of Hallowell residents reported that their homes are more than 100 years old.
50% of Hallowell residents reported that they think they will need bathroom modifications such as grab bars, higher toilet, or non-slip tile.
35% reported they think they will need easier access to their homes such as a ramp, chairlift, or wider doorways.
The age of homes in Hallowell, combined with residents’ desire to stay in their current homes, may indicate a need for home improvement services.

**Barriers:**
- Geography/topography (hills)
- Older housing stock in limited configurations
- Contractors (too few)

**What we have:** Listening session and focus groups—Housing Options
- Cotton Mill Apartments (affordable 1980)
- Central Commons (affordable 2020)
- Granite Hill Estates
- The Ridges
- Hillside Terrace
- Woodlands
- Oakwood Above the Kennebec
- Mariah Clark School

**Needs:**
- Market-level apartments

**Committee Action to Date**
Through various actions, provided support for Community Housing of Maine—Maine State Housing Authority Loans
<table>
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<th>Immediate Action within 1 year</th>
<th>Goal</th>
<th>Point/Resource</th>
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<tbody>
<tr>
<td>Participate in Comprehensive Planning Group</td>
<td>Encourage the inclusion of planning support of housing options in updated comprehensive plan</td>
<td>Comprehensive Planning Group</td>
<td>Committee members stay active in Comprehensive Planning Group</td>
<td>Y/N HAAFC participation in planning group.</td>
<td>Development will be encouraged that provides Hallowell citizens with a variety of options for residential housing that meets individual needs/wants.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Long Term Action 1–2 Years</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review City Ordinances regarding Accessory Dwelling Units (ADUs) and housing in general</td>
<td>Hallowell citizens will have a variety of housing options</td>
<td>City of Hallowell Ordinance Rewrite Committee</td>
<td>Review of the city ordinances related to housing</td>
<td>Y/N Planning Board and the Ordinance Rewrite Committee will review existing ordinances and codes.</td>
<td>Hallowell citizens will have a variety of options for residential housing that meets individual needs/wants.</td>
</tr>
</tbody>
</table>

**Action Plan—Respect and Social Inclusion Civic Participation and Employment**

**Our vision:** Hallowell Citizens of all ages feel welcome and can contribute to our community to the level they feel most comfortable.

**Goal:** Hallowell residents are encouraged and supported to live their lives to the fullest.

**What we know: Source—Community Survey**
- 81% have lived in Hallowell for at least 5 years.
- 77% rate Hallowell as either an excellent or good place to live as they age.
- 40% have lived here for 20 years or more.
- 63% say it is extremely important to them to remain in the City as they age.
- 43.4% say they feel respected as an older resident in Hallowell.
- 31.5% feel activities are available for all ages.
- 31.5% believe volunteer activities are also frequently mentioned as qualities that make Hallowell Age-Friendly.

**Barriers/Needs: Source Listening Session**

Hallowell All Age-Friendly Plan
Outreach (communications)
Cultural Events
Information on volunteer opportunities
Information on isolation—lack of real data

**Committee Action to Date:**
Focus groups, survey, ongoing participation in various committees and initiatives.

<table>
<thead>
<tr>
<th>Immediate Action within 12 months</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celebrate contributions of individuals that make Hallowell a caring community.</td>
<td>People have the opportunity to contribute to improving the quality of life in Hallowell for people of all ages.</td>
<td>Civic, social, and religious organizations</td>
<td>Work with organizations to identify opportunities to help.</td>
<td>Opportunities are documented and involvement tracked.</td>
<td>Citizens will recognize that personal involvement can have an impact on our neighbors’ quality of life.</td>
</tr>
</tbody>
</table>

**Action Plan: Communications**

**Our vision**—Hallowell residents have the information they need in a format most accessible to them when they need it.

**Goal:** Hallowell residents of all ages are informed and are active in our community affairs.

**What we know:** Source—Community Survey
- 70% of people find out about events through the newspaper.
- 67% of respondents use the Internet to find goods and services.
- 60% learn of events and activities by word of mouth.

**Barriers:**
- 26% of Hallowell residents said information about services and resources to support aging in place is easy to find.
- 17% of respondents say the information about services and resources to support aging in place is not easy to find.
- 57% don’t know if finding information is easy or not.

**Needs:** Source—Community listening session
- Newsletter – regular method of shared information.

Hallowell was a regional publishing center in the early 19th century second only to Boston.
Committee Action to Date:

- The Committee has published four issues of *The Hallowell Champion* and distributed to all mailing addresses and pick-up locations (e.g., City Hall, Hubbard Free Library, downtown businesses, and residential facilities)
- A Facebook page has been created, and the Committee webpage on the City site is regularly updated.
- *Hallowell Helps* website is created in cooperation with the Hallowell Food Bank, HallDaile Elementary Parent/Teachers Organization, and local Legislative Representative. Launched and promoted in newsletters, social media, and press releases.
- Contributed information about Hallowell’s All Age-Friendly initiative to the World Health Organization/Age Friendly World website.
- Updated the Hallowell information on Tri-State Learning Collaborative on Aging website.

<table>
<thead>
<tr>
<th>Immediate Action within 12 months</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Publication of 2021 Spring, Summer, and Fall editions of <em>The Hallowell Champion</em></td>
<td>Hallowell citizens and visitors have information about events and services</td>
<td>All-Age-Friendly Committee Publishing Partners</td>
<td>Develop copy Layout Publish Distribute</td>
<td>Y/N Copy is written, and edition is published</td>
<td>People will have information to obtain services and participate in events</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Long Term 1–2 years</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explore and evaluate other areas of communication and information sharing.</td>
<td>Improve communication with citizens</td>
<td>Hallowell All-Age-Friendly Committee City Staff Other Committees</td>
<td>Conduct community surveys, listening sessions, and focus groups to determine communications needs and methods.</td>
<td>Y/N Representatives of Hallowell All-Age-Friendly Committee serves on the Transportation committee and Comprehensive Planning Group and other.</td>
<td>Citizens, Visitors, and business representatives have necessary information to make decisions important to their lives and businesses.</td>
</tr>
</tbody>
</table>

**Action Plan - Community Support and Health Services**

Hallowell All Age-Friendly Plan
Our vision: Hallowell Citizens of all ages feel welcome and can contribute to our community to the level they feel most comfortable.

Goal: Hallowell residents are encouraged and supported to live their lives to the fullest.

What we know: Source—Community Survey
81% have lived in Hallowell for at least 5 years.
40% have lived here for 20 or more years.
77% of respondents rate Hallowell as either an excellent or good place to live as they age.
63% say it is extremely important to them to remain in the City as they age.
43.4% say they feel respected as an older resident in Hallowell.

Age-Friendly Hallowell
31.5% feel activities are available for all ages.
31.5% believe accessible outdoor spaces and buildings, volunteer activities, affordable housing, and communications were also frequently mentioned as qualities that make Hallowell Age-Friendly.

Barriers:
15.1% believe health and social services to address a variety of needs make Hallowell an Age-Friendly community.
Lack of information— isolation

Needs:
One of the greatest challenges in our community is identifying and addressing social isolation. Learning of needs for those who are separated for whatever reason is crucial to being able to age in place.

Committee Action to Date:
The members of the All-Age-Friendly Committee are actively involved in many of the City committees and organizations working to address this issue.
<table>
<thead>
<tr>
<th>Immediate Action within 12 months</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active involvement in community planning initiatives</td>
<td>Hallowell citizens of all ages have the opportunity to have an impact on the quality of life in our city.</td>
<td>Heart and Soul Committee, Comprehensive Planning Group</td>
<td>HAAFC members participate on both committees</td>
<td>Y/N Minutes of meetings document involvement of HAAFC members.</td>
<td>Comprehensive plan and other community plans include the needs of community members of all ages.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Long Term 1–2 years</th>
<th>Goal</th>
<th>Point/Resource</th>
<th>Steps</th>
<th>Metrics</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opportunities for individual participation and employment are expanded and recognized.</td>
<td>Hallowell citizens of all ages can contribute to improving the quality of life in our city and see the impact of their efforts.</td>
<td>Civic, social, and religious organizations</td>
<td>Work with committee and community members to determine organizations and identify opportunities to help. Promote needs.</td>
<td>Y/N Opportunities are documented, and involvement tracked.</td>
<td>Citizens will recognize that personal involvement can have an impact on our neighbors’ quality of life.</td>
</tr>
</tbody>
</table>
Appendix 1

City of Hallowell Letter of Commitment

CITY OF HALLOWELL

ONE WINTHROP STREET
HALLOWELL, MAINE 04347
Toll: (207) 623-8021, Ext 203; FAX (207) 623-8317

September 21, 2016

Lori Parham
AARP Maine State Director
53 Baster Blvd
Portland, ME 04101

Dear Ms. Parham:

On behalf of the City of Hallowell, I am pleased to submit this letter of interest and commitment in the AARP/World Health Organization Network of Age-Friendly Communities. Hallowell recognizes the importance of encouraging and promoting age-friendly planning and policies to address changing demographics and to enhance independent living, and is committed to a process of continual improvement to support active and healthy aging.

As part of our involvement and commitment we will conduct a base assessment of the community’s age-friendliness and develop a community action plan based on the findings of the assessment. We will involve older residents deeply in the planning process and we commit to monitoring progress toward implementing the action plan.

Sincerely,

Mark Walker, Mayor, City of Hallowell

CC: Nate Rudy, City Manager, City of Hallowell
### Demographics

<table>
<thead>
<tr>
<th></th>
<th>Target Area City</th>
<th>County</th>
<th>Statewide</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hallowell, Maine</td>
<td>Kennebec County, Maine</td>
<td>Maine</td>
<td>United States</td>
</tr>
<tr>
<td>Population:</td>
<td>2,471(^1)</td>
<td>121,507(^1)</td>
<td>1,328,535(^1)</td>
<td>314,107,084(^1)</td>
</tr>
<tr>
<td>Unemployment:</td>
<td>8.2%(^3)</td>
<td>8.4%(^3)</td>
<td>7.4%(^3)</td>
<td>5.0%(^2)</td>
</tr>
<tr>
<td>Poverty Rate:</td>
<td>9.9%(^3)</td>
<td>13.5%(^3)</td>
<td>13.9%(^3)</td>
<td>15.6%(^3)</td>
</tr>
<tr>
<td>Percent Minority:</td>
<td>7.3%(^1)</td>
<td>4.8%(^1)</td>
<td>6.0%(^1)</td>
<td>37.2%(^1)</td>
</tr>
<tr>
<td>Median Household Income:</td>
<td>$46,400(^3)</td>
<td>$46,559(^3)</td>
<td>$48,804(^3)</td>
<td>$53,482(^3)</td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent Households Earning Under $50,000 / Year:</td>
<td>53.2%(^3)</td>
<td>53.0%(^3)</td>
<td>51.1%(^3)</td>
<td>46.9%(^3)</td>
</tr>
<tr>
<td>Population Under Age 14:</td>
<td>10.2%(^3)</td>
<td>16.4%(^3)</td>
<td>16.3%(^3)</td>
<td>19.8%</td>
</tr>
<tr>
<td>Population Over Age 60:</td>
<td>30.4%(^3)</td>
<td>23.8%(^3)</td>
<td>24.2%(^3)</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent Veterans in Population:</td>
<td>9.6%(^3)</td>
<td>9.6%(^3)</td>
<td>9.3%(^3)</td>
<td>6.7%(^3)</td>
</tr>
<tr>
<td>Population Density Per Square Mile:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent Housing Owner Occupied:</td>
<td>57.9%(^4)</td>
<td>71.3%(^4)</td>
<td>71.3%(^4)</td>
<td>65.1%(^4)</td>
</tr>
<tr>
<td>Average Number of Occupants (Owned):</td>
<td>2.21(^4)</td>
<td>2.44(^4)</td>
<td>2.43(^4)</td>
<td>2.65(^4)</td>
</tr>
<tr>
<td>Percent Housing Renter Occupied:</td>
<td>42.1%(^4)</td>
<td>28.7%(^4)</td>
<td>28.7%(^4)</td>
<td>34.9%(^4)</td>
</tr>
<tr>
<td>Average Number of Occupants (Rented):</td>
<td>1.45(^4)</td>
<td>2.03(^4)</td>
<td>2.04(^4)</td>
<td>2.44(^4)</td>
</tr>
<tr>
<td>Percent Housing Unit Vacancy:</td>
<td>10.2%(^4)</td>
<td>16.1%(^4)</td>
<td>22.8%(^4)</td>
<td>11.4%(^4)</td>
</tr>
</tbody>
</table>

\(^1\) Data are from the 2014 American Community Survey data profile and are available on American FactFinder at [http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_DP05&src=pt](http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_DP05&src=pt).
\(^3\) Data are from the 2014 American Community Survey data profile and are available on American FactFinder at [http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_DP03&src=pt](http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_DP03&src=pt).
\(^4\) Data are from the 2010 Census.
Appendix 3

Research Results

Hallowell Age-Friendly Community Survey

The Age-Friendly Community Project

September 28, 2017
ACKNOWLEDGEMENTS

Analytic Insight would like to thank the members of the Health and Wellness Committee team who are working to make the Hallowell area more age-friendly and ensure residents can age in place with comfort and dignity.

The survey was funded through the AARP’s Age-Friendly Community Initiative. More than three dozen communities representing more than a dozen states are enrolled in the AARP Network of Age-Friendly Communities.

At Analytic Insight, we congratulate the City of Hallowell on its good work so far, and wish you the best as you continue to make the Hallowell area more age-friendly so that residents of all ages can participate fully in the Maine philosophy of “life the way it should be.”

Sincerely,

Amy Flowers
President, Analytic Insight
September 2017
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**EXECUTIVE SUMMARY**

The goal of the project is to help the City of Hallowell and its residents better understand the needs of older residents and support healthy aging. This study was developed and administered by a team of volunteers working with the AARP Network of Age-Friendly Communities Program. Analytic Insight, a professional research firm based in Lewiston, was hired to compile the survey results and develop this report.

This Executive Summary summarizes the findings presented in the full report, and is designed to help guide the strategic planning and program implementation efforts of the City of Hallowell and its neighboring communities.

**METHODS**

Surveys were distributed using a variety of methods. One thousand surveys were mailed to residents selected at random from a list of property owners in Hallowell. The survey was also available on the Internet and links were emailed to residents with email addresses available to the City. Lastly, paper surveys were distributed at various public locations throughout the community.

The sample is comprised of 181 paper surveys, which includes mailed and distributed surveys, and 73 surveys taken on the Internet or returned directly to the City of Hallowell where they were entered via the Internet survey form.

<table>
<thead>
<tr>
<th>Method</th>
<th>Surveys Received</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper</td>
<td>181</td>
</tr>
<tr>
<td>Internet</td>
<td>73</td>
</tr>
<tr>
<td>Total</td>
<td>254</td>
</tr>
</tbody>
</table>

Survey respondents were approximately two-thirds (64.9%) female. The majority live in Hallowell. The survey reached a variety of ages, with 19.4% under the age of 50 and 24.7% of respondents 70 years of age or older.

Three focus groups were held at locations around the city, including Granite Hill Estates, Hubbard Free Library and the Cohen Center.
The survey and focus groups covered The World Health Organization’s 8 Domains of Livability including:

- Community
- Outdoor Space & Buildings.
- Communication & Information
- Social Participation
- Housing
- Respect & Social Inclusion
- Civic Participation and Employment
- Transportation
- Community Support & Health Services
- Demographic Information

**Living in the Hallowell Community**

More than three out of four respondents rate Hallowell as either an excellent or good place to live as they age (76.9%).

Most respondent reported living in the Hallowell community for a long time. More than 4 out of five Hallowell residents said they have lived in Hallowell for at least 5 years (81.0%), with one out of three living in Hallowell for 20 or more years (36.9%).

Over half of survey respondents said it is extremely important to them to remain in the city as they age (62.7%). Although it is important to respondents to stay in Hallowell as they age, less than half of Hallowell residents said they feel respected as an older resident in Hallowell (43.4%).

**Age-Friendly Hallowell**

Three of ten Hallowell residents reported that they feel activities for all ages (31.5%) and social events and activities (31.5%) make Hallowell an age-friendly community. Accessible outdoor spaces and buildings, volunteer activities, affordable housing and communications were also frequently mentioned as qualities that make Hallowell age-friendly. A smaller percentage said that public transportation (16.4%) and health and social services to address a variety of needs (15.1%) make Hallowell an age-friendly community.

**Housing**

Four out of ten Hallowell residents reported that their homes are more than 100 years old and three out of four respondents said they want to live in their current homes as they grow older (74.4%). The age of homes in Hallowell, combined with residents' desire to stay in their current homes may indicate a need for home improvement services.

Half of Hallowell residents reported that they think they will need bathroom modifications such as grab bars, higher toilet, or non-slip tile (50.2%). Over three out of ten reported the think they will need easier access to their homes such as a ramp, chairlift, or wider
doorways (35.3%), and putting a bedroom, bathroom, and kitchen on the first floor (32.4%). One out of four reported needing improved lighting (24.4%).

**Reasons to Move**

Nearly three out of four Hallowell residents reported that availability of medical care, services or facilities would impact their decision to move (73.1%). Over half said that preference for a smaller or more accessible home (66.2%), need for public transportation or other transportation options (63.3%) or living closer to friends or family (61.2%) would be a factor on their decision to move.

**Transportation**

Over nine out of ten residents said they drive their own car to get around (94.9%). The majority live close to the downtown area. Two out of three respondents live less than one mile from downtown Hallowell (65.9%).

Hills often or sometimes make it hard for about one in three Hallowell residents to get around (35%). The need for public transportation makes it difficult for a substantial percentage of residents (21%).

**At Home in the Community of Hallowell**

One out of two Hallowell residents said the civic buildings and parks in their community have street lighting at night (49.2%), and one out of six said that the sidewalks are wide enough to accommodate a wheelchair or walker (35.0%), and that civic buildings and parks have parking (30.3%). Only one out of six said civic buildings and parks have sidewalks that are in good condition (15.4%) and public restrooms (14.6%).

**Satisfaction with Senior Housing**

Seven out of ten residents are either very or somewhat satisfied that housing for seniors is close to amenities (71.6%). Three out of five residents said they are satisfied with accessibility to elders and people with disabilities (60.6%) and availability (60.2%). A little less than half of residents are satisfied that housing for seniors is affordable (49.0%) and close to transportation (47.7%).

**Needed Services**

Although a small percentage of Hallowell residents said they currently need help with home chores (5.1%), a substantial number will need such help in the next 5 years (32.3%). One out of four residents said they may need modifications to make their home safer such as a ramp, grab bar, or lighting (24.8%) in the next five years.
Health and Wellness

The vast majority of respondents shop for food at supermarkets (98.0%). Over half also reported that they shop for food at a farmer’s market (58.3%).

Close to three out of ten respondents of any age have a concern about falling (28.9%). Among residents age 70 or over, about one in three (34.8%) have a concern about falling. However, less than one in twenty residents said they have looked for information (4.6%) or took a falls prevention class (4.2%).

Information about Community Services

The majority of respondents said they are not sure (57.2%) whether or not information about services and resources to support aging in place is easy to find, with an additional one in six saying information about services and resources to support aging in place is not easy to find (16.9%). Just one in four Hallowell residents said information about services and resources to support aging in place is easy to find (25.9%). This presents an opportunity to help residents access this important information.

More than two out of three residents said that when the need information about a service, they use the internet (67.7%) and more than half use family or friends (56.7%).

Information about Community Events

Seven of ten Hallowell residents find out what’s happening in Hallowell through the newspaper (71.7%) and three of five said they find out through word of mouth (59.8%) and Facebook (59.4%).

Working and Volunteering

More than half of Hallowell residents said they are working full or part-time (58.7%) and two out of five said they are retired (41.3%).

More than half of Hallowell residents said they volunteer (53.8%) and one of ten said they don’t but would like to (12.4%).

Challenges and Opportunities for Improvement

The survey and focus groups revealed several strengths of the City of Hallowell, as well as opportunities for improvement. Some suggestions are currently being addressed by the age-friendly committee and the City of Hallowell.

Strong Desire to Stay

The majority of survey respondents rate Hallowell as an excellent or good place to live and wish to remain in the city as they age. In addition, many are invested in
spending time with family and friends in the area. This commitment is a strong asset to the community and is also reflected in the high percentage of respondents reporting that they currently volunteer in some capacity in the community. At the same time however, a small percentage of respondents say that they feel respected as an older person in the community. Building a strong, age-friendly community with intergenerational interaction opportunities will help to ensure that those who want to age in Hallowell will be able to do so.

**Improving Communications**

A majority of survey respondents said that information about services and resources to support aging was not easy to find or they were unsure of where to find such information. The City may wish to make use of community events, local newspapers, newsletters and email. Similarly, information about services and resources related to aging is not easily available and presents an opportunity for improvement.

**Housing Modifications and Home Support Services**

The aging housing stock in Hallowell, combined with residents' desire to age in their current home, presents a need for home modification services. Providing a list of referenced contractors who offer special rates to seniors may be of value to the community and help those who are interested in making these modifications do so.

**Brick Sidewalks**

The brick sidewalks downtown are a safety concern for a number of residents. Smoothing the surface or repaving these sidewalks where possible may prevent falls or accidents and make the downtown more accessible to all residents. The City is currently addressing this need.
More than three out of four respondents rate Hallowell as either an excellent or good place to live as they age (76.9%).

More than 4 out of five Hallowell residents said they have lived in Hallowell for at least 5 years (81.0%), with one out of three living in Hallowell for 20 or more years (36.9%).

A small percentage of respondents grew up in Hallowell (4.8%) and very few seasonal residents completed the survey.
**IMPORTANCE OF REMAINING IN HALLOWELL**

Over half of Hallowell residents said it is extremely important for them to remain in the city as they age (62.7%). Over nine out of ten residents said it is at least somewhat important (94.4%).

![Bar Chart](chart1.png)

**RESPECT FOR OLDER RESIDENTS**

Less than half of Hallowell residents said they feel respected as an older resident in Hallowell (43.4%). One out of three said they feel respected “most of the time” (35.7%).

![Bar Chart](chart2.png)
AGE-FRIENDLINESS IN HALLOWELL

Three of ten Hallowell residents reported that they feel activities for all ages (31.5%) and social events and activities (31.5%) make Hallowell an age-friendly community.

Accessible outdoor spaces and buildings, volunteer activities, affordable housing and communications were also frequently mentioned as qualities that make Hallowell age-friendly. A smaller percentage said that public transportation (16.4%) and health and social services to address a variety of needs (15.1%) make Hallowell an age-friendly community.

What do you think makes Hallowell an Age-Friendly Community?

- Activities for all ages, including seniors and families: 31.5%
- Social events and activities: 31.5%
- Accessible outdoor spaces and buildings: 27.4%
- Volunteer activities: 27.4%
- Affordable Housing: 23.3%
- Communications that reach residents of all ages: 21.9%
- Public transportation: 16.4%
- Health and social services to address a variety of needs: 15.1%
HOUSING

AGE OF HOUSING STOCK
Four out of ten Hallowell residents reported that their homes are more than 100 years old (41.1%) and almost one out of four said their homes are 51 – 100 years old (24.1%). Only one out of twenty resides have homes 10 years or less (5.5%).

![How old is your home or the building where you live?](chart)

<table>
<thead>
<tr>
<th>How old is your home or the building where you live?</th>
<th>10 years old or less</th>
<th>11 - 50 years old</th>
<th>51 - 100 years old</th>
<th>More than 100 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=253</td>
<td>5.5%</td>
<td>29.2%</td>
<td>24.1%</td>
<td>41.1%</td>
</tr>
</tbody>
</table>

TYPES OF HOMES IN HALLOWELL
Four out of five residents live in a single family home (81.0%), One out of ten live in apartments (10.3%).

![What type of home do you live in?](chart)

<table>
<thead>
<tr>
<th>What type of home do you live in?</th>
<th>Single family</th>
<th>Apartment</th>
<th>Condominium</th>
<th>Town home or duplex</th>
<th>Other</th>
<th>Mobile home</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=253</td>
<td>81.0%</td>
<td>10.3%</td>
<td>4.7%</td>
<td>2.4%</td>
<td>1.6%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>
WHERE RESIDENTS WOULD LIKE TO LIVE
Three out of four respondents said they want to live in their current homes (74.4%). Less than one of six want to live in a senior community (12.6%), and one of ten want to live with family (9.4%).

<table>
<thead>
<tr>
<th>Where do you want to live?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>In my current home</td>
<td>74.4%</td>
</tr>
<tr>
<td>In a senior community</td>
<td>12.6%</td>
</tr>
<tr>
<td>With family</td>
<td>9.4%</td>
</tr>
<tr>
<td>Closer to the center of town</td>
<td>6.3%</td>
</tr>
<tr>
<td>Have someone move in with me</td>
<td>3.1%</td>
</tr>
</tbody>
</table>

REASONS TO MOVE
Nearly three out of four Hallowell residents reported that availability of medical care, services or facilities would impact their decision to move (73.1%). Over half said that preference for a smaller or more accessible home (66.2%), need for public transportation or other transportation options (63.3%) or living closer to friends or family (61.2%) would be a factor on their decision to move.
**Desired Modifications**

Half of Hallowell residents reported that they think they will need bathroom modifications such as grab bars, higher toilet, or non-slip tile (50.2%). Over three out of ten reported the think they will need easier access to their homes such as a ramp, chairlift, or wider doorways (35.3%), and putting a bedroom, bathroom, and kitchen on the first floor (32.4%). A substantial percentage, one out of four respondents, reported needing improved lighting (24.4%).

---

### Modifications residents say they think they'll need to make to their homes

- **Bathroom modifications such as grab bars, higher toilet or non-slip tile**: 50.2%
- **Easier access to your home such as a ramp, chairlift or wider doorways**: 35.3%
- **Putting a bedroom, bathroom and kitchen on the first floor**: 32.4%
- **Improving lighting**: 24.4%

*N=213*
**Transportation**

**Modes of Transportation**

Over nine out of ten residents said they drive their own car to get around (94.9%).

![Bar chart showing modes of transportation]

**Distance to Downtown Hallowell**

Two out of three respondents live less than one mile from downtown Hallowell (65.9%). One out of ten reported they are four or more miles from downtown (9.3%).

![Bar chart showing distance from downtown Hallowell]

Page 14
**Barriers to Getting Around**

Hills often or sometimes make it hard for about one in three Hallowell residents to get around (35%). The need for public transportation makes it difficult for a substantial percentage of residents (21%). A very small percentage of respondents answered “often”, therefore these responses were combined with “sometimes.”

---

**Do any of the following factors make it hard for you to get around?**

<table>
<thead>
<tr>
<th>Factor</th>
<th>Sometimes or Often</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hills</td>
<td>35.0%</td>
<td>65.0%</td>
</tr>
<tr>
<td>Need for public transportation</td>
<td>21.0%</td>
<td>79.0%</td>
</tr>
<tr>
<td>Darkness</td>
<td>17.2%</td>
<td>74.9%</td>
</tr>
<tr>
<td>Uncomfortable asking for rides</td>
<td>15.7%</td>
<td>82.8%</td>
</tr>
<tr>
<td>Need to go across city borders</td>
<td>15.7%</td>
<td>84.3%</td>
</tr>
<tr>
<td>Need to transport a wheelchair or other equipment</td>
<td>4.2%</td>
<td>95.8%</td>
</tr>
</tbody>
</table>

N=216
**AT HOME IN THE COMMUNITY OF HALLOWELL**

One out of two Hallowell residents said the civic buildings and parks in their community have street lighting at night (49.2%), and one out of six said that the sidewalks are wide enough to accommodate a wheelchair or walker (35.0%), and that civic buildings and parks have parking (30.3%). Only one out of six said civic buildings and parks have sidewalks that are in good condition (15.4%) and public restrooms (14.6%).

<table>
<thead>
<tr>
<th>Feature</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street lighting at night</td>
<td>49.2%</td>
</tr>
<tr>
<td>Sidewalks wide enough to accommodate a wheelchair or walker</td>
<td>35.0%</td>
</tr>
<tr>
<td>Parking</td>
<td>30.3%</td>
</tr>
<tr>
<td>Well-lit, safe streets and intersections for all users (pedestrians, bicyclists, drivers) for all users (pedestrians, bicyclists, drivers)</td>
<td>33.1%</td>
</tr>
<tr>
<td>Wheelchair access to buildings and shops</td>
<td>18.1%</td>
</tr>
<tr>
<td>Conveniently located and comfortable seating / benches</td>
<td>17.3%</td>
</tr>
<tr>
<td>Sidewalks that are in good condition</td>
<td>15.4%</td>
</tr>
<tr>
<td>Public restrooms</td>
<td>14.6%</td>
</tr>
</tbody>
</table>
SATISFACTION WITH SENIOR HOUSING

Seven out of ten residents are either very or somewhat satisfied that housing for seniors is close to amenities (71.6%). Three out of five residents said they are satisfied with accessibility to elders and people with disabilities (60.6%) and availability (60.2%). A little less than half of residents are satisfied that housing for seniors is affordable (49.0%) and close to transportation (47.7%).

<table>
<thead>
<tr>
<th>Service</th>
<th>Satisfaction Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close to amenities</td>
<td>71.6%</td>
</tr>
<tr>
<td>Accessible to elders and people with disabilities</td>
<td>60.6%</td>
</tr>
<tr>
<td>Available</td>
<td>60.2%</td>
</tr>
<tr>
<td>Affordable</td>
<td>49.0%</td>
</tr>
<tr>
<td>Close to transportation</td>
<td>47.7%</td>
</tr>
</tbody>
</table>

NEEDED SERVICES

Although a small percentage of Hallowell residents said they currently need help with home chores (5.1%), a substantial number will need such help in the next 5 years (32.3%). One out of four residents said they may need modifications to make their home safer such as a ramp, grab bar, or lighting (24.8%) in the next five years.
The vast majority of respondents shop for food at supermarkets (98.0%). Respondents were able to offer multiple answers to this question, therefore responses do not add to 100 percent. Over half also reported that they shop for food at a farmer’s market (58.3%).
FALLS AND FALL PREVENTION

Close to three out of ten respondents of any age have a concern about falling (28.9%). Among residents age 70 or over, about one in three (34.8%) have a concern about falling.

Over half of Hallowell residents said they walk or exercise to prevent falls (54.4%). One out of ten residents have gotten better lighting (12.6%), talked to their doctor (10.7%) and changed furniture or rugs (10.3%). Less than one of twenty residents said they have looked for information (4.6%) or took a falls prevention class (4.2%).
**INFORMATION ABOUT COMMUNITY SERVICES**

The majority of respondents said they are not sure (57.2%) whether or not information about services and resources to support aging in place is easy to find, with an additional one in six saying information about services and resources to support aging in place is not easy to find (16.9%).

Just one in four Hallowell residents said information about services and resources to support aging in place is easy to find (25.9%).

**INFORMATION ABOUT SERVICES**

More than two out of three residents said that when the need information about a service, they use the internet (67.7%) and more than half use family or friends (56.7%).
Sources for Information About Community Events

Most Hallowell residents find out what’s happening in Hallowell through the newspaper (71.7%) and three of five said they find out through word of mouth (59.8%) and Facebook (59.4%).
Planning Decisions

Advanced Directive

A little over half of Hallowell residents said they have an advanced directive (51.7%).

A significantly higher percentage of residents age 70 or over said they have an advanced directive (78.6%).

End of Life Decisions

More than three out of five Hallowell residents said they have chosen someone to make end of life decision (64.1%).

More than four out of five older residents said they have chosen someone to make end of life decisions (84.1%).

End of Life with Family or Doctor

More than half of Hallowell residents said they have told their family or a doctor about their end of life wishes (55.2%).

More than three out of four residents 70 years of age or older said they have told their family or doctor about their end of life wishes (78.6%).
More than half of Hallowell residents said they are working full or part-time (58.7%) and two out of five said they are retired (41.3%).

![Bar chart showing working status of Hallowell residents.](chart.png)
More than half of Hallowell residents said they volunteer (53.8%) and one of ten said they don't but would like to (12.4%).

<table>
<thead>
<tr>
<th>Do you volunteer?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>53.8%</td>
</tr>
<tr>
<td>No</td>
<td>19.3%</td>
</tr>
<tr>
<td>I am not able to right now</td>
<td>14.5%</td>
</tr>
<tr>
<td>No, but would like to</td>
<td>12.4%</td>
</tr>
</tbody>
</table>

N=249
DEMOGRAPHIC INFORMATION ABOUT THE RESPONDENTS

The charts in this section show the demographic composition of the respondents to the survey.

- Gender: Female, 64.9%; Male, 35.1%

- Age:
  - Under 50: 19.4%
  - 50 to 59 years old: 22.6%
  - 60 to 69 years old: 33.3%
  - 70 to 79 years old: 16.1%
  - 80 years or older: 8.6%

- Where do you live?
  - Hallowell: 88.0%
  - Augusta: 3.2%
  - Farmingdale: 2.0%
  - Manchester: 1.2%
  - Other: 5.6%
# Appendix: General Comments

The following are the comments, provided verbatim and categorized into three themes: Affordability, Public Spaces and Individual Needs.

## Affordability:

| + | No idea what’s available, costs, etc. |
| + | Not that you asked, but I would like to live in a community that has TRULY AFFORDABLE housing for seniors AND families even though I do not need it for myself. |
| + | No retirement home for middle income seniors. Only low income or high income available. |
| + | Only thing available is the Cotton Mill and she is just slightly over income. You have to be really poor or really wealthy to get any help or accessible housing. If you are little over, you get nothing. |
| + | I have not looked at senior housing. Cotton Mills is great, but we don’t qualify. |
| + | I’d like to see more choices at a Hallowell location: I’d like to see Stevens Complex could become part of step up plans for developing choices. I have friends in Augusta and West Gardner who’d like to move to Hallowell. They want garden space. |

## Public Spaces:

| + | There are NO! public restrooms. |
| + | There is virtually NO public transportation here. |
| + | Better sidewalks, slower traffic, safe complete streets, better bike infrastructure. |

## Individual Needs:

| + | Think about the many elders who are going blind and need some help. |
| + | More fuel efficient, smaller and cheaper. |
| + | I don’t think I’d want to live here if I couldn’t drive. |
| + | My house is too old, needs too much. Will sell. |
| + | Have concerns falling down my basement stairs. |
| + | Would rather move to smaller more manageable home. |
### Visionary Exercise

*** 19 in attendance (including committee members & AARP Liaison) ***

#### OUTDOOR SPACES & BUILDINGS

<table>
<thead>
<tr>
<th>ASSETS:</th>
<th>NEEDS/WANTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downtown Bulkhead</td>
<td>Brick Sidewalks (x2), Needs repair/safety</td>
</tr>
<tr>
<td>Waterfront &amp; Adirondack Chairs</td>
<td>Connect KRRT</td>
</tr>
<tr>
<td>Kennebec River Rail Trail (KRRT)</td>
<td>Benches throughout town – key places</td>
</tr>
<tr>
<td>Vaughan Field</td>
<td>Bump-outs (w/ Maine Bicycle Coalition)</td>
</tr>
<tr>
<td>Slates Parking Lot</td>
<td>Steps to Granite City Park, safety</td>
</tr>
<tr>
<td>Boat Landing</td>
<td>Graffiti Task Force (murals?)</td>
</tr>
<tr>
<td>Quarry</td>
<td>Trash cans throughout town</td>
</tr>
<tr>
<td>Park by Library</td>
<td>Snow/Ice removal</td>
</tr>
<tr>
<td>*Vaughan Woods “Hobbitland”</td>
<td>Earlier Noise Ordinance</td>
</tr>
</tbody>
</table>

#### TRANSPORTATION

<table>
<thead>
<tr>
<th>ASSETS:</th>
<th>NEEDS/WANTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kennebec Explorer</td>
<td>More Kennebec Explorer Route</td>
</tr>
<tr>
<td>Taxi(s)</td>
<td>Increase # of rides, stops, spots on</td>
</tr>
<tr>
<td>KVCAP Volunteer Drivers</td>
<td>Explorer schedule + Farmer’s Market</td>
</tr>
<tr>
<td>Catholic Charities SEARCH</td>
<td>Designated Central Bus Stop Volunteer Driver Program ?</td>
</tr>
</tbody>
</table>

#### HOUSING

<table>
<thead>
<tr>
<th>ASSETS:</th>
<th>NEEDS/WANTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cotton Mill Apartments</td>
<td>Multi (2+) Family Units</td>
</tr>
<tr>
<td>Stevens Commons</td>
<td>Mother-In-Law Units (MIL) OR</td>
</tr>
<tr>
<td>Granite Hill Estates</td>
<td>ADUs (Accessory Dwelling Units)</td>
</tr>
<tr>
<td>The Ridges</td>
<td>Eco-Friendly/Energy Efficient Housing</td>
</tr>
<tr>
<td>Sand Buckets Program</td>
<td>Tax Abatement Program for Seniors</td>
</tr>
<tr>
<td></td>
<td>Solar Panels</td>
</tr>
<tr>
<td></td>
<td>Smoke Detector Installations</td>
</tr>
</tbody>
</table>
Hallowell Listening Session

May 5, 2018.

Tiny Houses
Co-Housing Options
Home Repair/Modification Services
Tool Library/Rental Program

**SOCIAL PARTICIPATION**

**ASSETS:**
- Fraud Event (May 5th, 2018).
- Plays
- Live Music
- Library
- City Hall
- Watering Holes
- Cohen Community Center
- Waterfront Events

**NEEDS/WANTS:**
- Large Gathering Space
- Possible City Hall Renovations to make dances possible again
- Community Center (Central location, like old Public Works Dept.)
- Educational Talks (Fall Prevention in Fall)
- Old Hallowell Days
- Women’s Bike Group
- AARP Walking Group
- AARP On Taps
- AARP Coffee Klatch

**RESPECT & SOCIAL INCLUSION**

**ASSETS:**
- City PRIDE
- Capital Area New Mainers Project (CANMP)
- NOWRUZ @ Hall Dale High School

**NEEDS/WANTS:**
- Outreach
- Softball Team
- Multiage/Cultural Housing
- Cultural Events
- Intergenerational Events
## CIVIC PARTICIPATION & EMPLOYMENT

<table>
<thead>
<tr>
<th>ASSETS:</th>
<th>NEEDS/WANTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Government</td>
<td>Voter Transportation Options</td>
</tr>
<tr>
<td>Many Committees</td>
<td>Information on Volunteer Opportunities</td>
</tr>
<tr>
<td>Absentee Ballots</td>
<td>in Hallowell and surrounding areas</td>
</tr>
<tr>
<td>AARP Voter Engagement</td>
<td></td>
</tr>
<tr>
<td>Cohen Center/Spectrum Generations</td>
<td></td>
</tr>
<tr>
<td>Schools</td>
<td></td>
</tr>
<tr>
<td>Volunteering</td>
<td></td>
</tr>
<tr>
<td>Create the Good</td>
<td></td>
</tr>
</tbody>
</table>

## COMMUNICATION & INFORMATION

<table>
<thead>
<tr>
<th>ASSETS:</th>
<th>NEEDS/WANTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cohen Center</td>
<td>Newsletter</td>
</tr>
<tr>
<td>Bulletin Boards</td>
<td>Cultural Events, Music, Art, Performing</td>
</tr>
<tr>
<td>City Website</td>
<td>Arts, Classes, Volunteer</td>
</tr>
<tr>
<td>Opportunities</td>
<td></td>
</tr>
<tr>
<td>Slates Parking Lot</td>
<td>Kiosk with plexiglass</td>
</tr>
<tr>
<td>Mailer/Postcard for Event</td>
<td>New Resident Packet</td>
</tr>
<tr>
<td>Resource List</td>
<td>Resource Guide</td>
</tr>
<tr>
<td>City Hall</td>
<td>Better use of KRRT Bulletin Board</td>
</tr>
<tr>
<td>Maine Tourism</td>
<td>Information Hotline (City Sponsored)</td>
</tr>
<tr>
<td>Maine 211</td>
<td>Regular Updates on City Website</td>
</tr>
</tbody>
</table>
**COMMUNITY SUPPORTS & HEALTH SERVICES**

<table>
<thead>
<tr>
<th>ASSETS:</th>
<th>NEEDS/WANTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Bank</td>
<td>Health Clinic</td>
</tr>
<tr>
<td>Physicians</td>
<td>Inclusive Opportunities for Benefits and</td>
</tr>
<tr>
<td>Informal/Invisible Fundraiser Group (for Crises)</td>
<td>Fundraisers (not at bars)</td>
</tr>
<tr>
<td>Cohen Center</td>
<td>Good Morning Reassurance Check In</td>
</tr>
<tr>
<td>Hallowell Police Dept. (HPD)</td>
<td>Program for isolated seniors</td>
</tr>
<tr>
<td></td>
<td>Medical Loan Closet (Walkers, Scooters, etc)</td>
</tr>
<tr>
<td></td>
<td>Cannabis Center</td>
</tr>
<tr>
<td>Drug Disposal Box at HPD, Kennebec County</td>
<td></td>
</tr>
<tr>
<td>Sheriff’s Department, and Augusta PD.</td>
<td></td>
</tr>
</tbody>
</table>

**EVALUATIONS: PLEASE SEE SPREADSHEET**

**ADDITIONAL COMMENTS FROM EVALUATIONS**
One individual thought the committee could: “Provide more time to talk with each other about particular domains of interest (i.e., housing)” to improve future workshops and presentations.

*Other Suggestions:*
1. “Housing, housing. Downtown – mobility for wheelchairs and walkers.”
2. “Tai Chi”