Town of Bowdoinham, Maine
Age-Friendly Action Plan

Prepared by:
Advisory Committee on Aging (ACOA)

For: Age-Friendly Bowdoinham
The Bowdoinham Select Board is pleased to present this age-friendly action plan, which sets out the goals and action steps that Age-Friendly Bowdoinham will take for the next three years.

Bowdoinham has a long history of residents pitching in to build community. Folks banded together to build a new elementary school with volunteer labor and materials paid for by chicken barbeques. We did that for our children sixty years ago. In the years to come, we will find a way to keep our older residents actively engaged in the community, participating in the recreational and social opportunities that they enjoy; and thriving in the home of their choice. The Select board looks forward to continuing to work with the Advisory Committee on Aging, local and regional organizations, and with town residents to make Bowdoinham the age friendliest town in Maine!

The Town of Bowdoinham’s Age-Friendly Community Plan, 2017-2020 recognizes the invaluable contribution that our older residents make to the community and provides a forward-thinking approach to enhancing the opportunities and addressing the changing needs of Bowdoinham’s residents. It promotes health and well-being and provides opportunities for folks of all ages to maintain social connectedness, engage in local recreational opportunities, and remain active in community life.

The Bowdoinham Select Board strongly commends this plan. We are confident that the plan will enhance and promote the well-being of Bowdoinham’s residents and guide effective planning, partnership development, and community participation by the Advisory Committee on Aging.

Sincerely,

Peter Lewis, Chair

M. Theresa Turgeon, Vice-Chair

Tom Walling

Jeremy Cluchey

David Engler

Northern New England's first World Health Organization designated age-friendly community
Member of the AARP Network of Age-Friendly Communities
ACKNOWLEDGEMENTS

This document was prepared by the Advisory Committee on Aging (ACOA) for all existing and future residents of the Town of Bowdoinham.

ACOA would like to start by thanking the Town of Bowdoinham Select Board and town officials who have lead the Age-Friendly community effort. The Bowdoinham Select Board has been an enthusiastic supporter of the Age-Friendly work and has authorized many changes to in our community that make it easier for people of all ages and abilities to enjoy all that our town offers. William Post, Town Manager; Nicole Briand, Director of Planning and Development; Lisa West, Recreation Director; and Melissa Halsey, Assistant Town Clerk have been key advocates for advancing all aspects of the Age-Friendly work in Bowdoinham in a way that honors Bowdoinham values.

Most importantly, ACOA would like to extend our thanks and gratitude to the residents of Bowdoinham for your support, interest, and commitment to make this the Aging Friendliest town in Maine. We would especially like to thank all of the residents who have taken part in one of our focus groups, surveys, or evaluations. Without your help, ACOA would not have been able to develop a plan that builds on the strengths of Bowdoinham to address the gaps in services that you have explained to us. We heard your preferences about how you want change to be structured in Bowdoinham and have considered those to be guiding principles while drafting this plan to foster the activities, services, policies, and infrastructure that will make Bowdoinham an even better place to live for residents from birth to 100+.

ACOA would also like to thank our many community partners. Without your help, it would not have been possible to effect the changes that have been made since 2012, when Age-Friendly work started, or to present a plan for further changes.

ACOA Members who Worked on this Plan¹

Kathy Pszczolkowski (Chair)
George Oliver (Vice-Chair)
Joanne Savoie (Secretary)
Robert Curtis
Rachel Evans
Patty Melander
Diana Mosher
Alice Pollis
Richard Rose (Retired, June 2017)
Joan Smith

Town of Bowdoinham Staff that Assisted with the Plan

Melissa Halsey, Assistant Clerk
Patricia Oh, Coordinator of Older Adult Services

¹ All members of ACOA are volunteers, residents of the Town of Bowdoinham, appointed by the Select Board to oversee the Age-Friendly Bowdoinham initiative.
Community Partners
Bowdoinham Fire Department and EMS
Bowdoinham Food Pantry
Bowdoinham Historical Society
Bowdoinham Public Library
Merrymeeting Arts Center
Rides in Neighbors Cars
Village Lodge Masons

Regional Partners that have supported ACOA’s work include:
AARP-Maine
Access Health
Alzheimer’s Association
Bath Housing, Comfortably Home
Brunswick Area Respite
Cathance Fitness Center
CHANS Home Health and Hospice
ClearCaption
Disability Rights Maine
Elder Abuse Institute of Maine
Food Addicts Anonymous
Head to Toe Physical Therapy
Midcoast Hospital; Midcoast Senior College
Seek Elderly Alone, Renew Courage and Hope (SEARCH)
U-Maine Cooperative Extension
UNE Dental School
UNUM Insurance
US Veteran’s Administration
EXECUTIVE SUMMARY

Age-Friendly communities, like Bowdoinham, recognize that older adults are an asset. People are living longer than they have at any other time in history and are staying active well into their 80s and 90s. The Town of Bowdoinham recognizes the diversity of its older population and wants to make sure that older people of all abilities, talents, interests, and vocational backgrounds have what they need to continue contributing to community life, to making Bowdoinham the great community that it is.

Bowdoinham Leads Northern New England

In 2014, Bowdoinham became the first community in northern New England to join the World Health Organization Global Network of Age-Friendly Cities and Communities. The town pursued membership as part of its ongoing commitment to be a great place to live for people of all ages. In 2012, during the Comprehensive Planning process, Bowdoinham learned that the 50+ population was growing at a faster rate than any other age group and recognized the tremendous opportunity that the aging of the population offered. Older residents are active in the community, engaged in civic affairs, patronize local businesses, and bring a sense of history and place to our community. To tap into the silver reservoir of opportunity represented by Bowdoinham’s older population, the Select Board launched the Age-Friendly initiative and, in 2013, appointed the first Advisory Committee on Aging (ACOA) to oversee the work. In 2015, Bowdoinham also joined the AARP Network of Age-Friendly Communities (AARP-NAFC). AARP is the United States affiliate of the WHO-GNAFCC. Joining the AARP-NAFC provides Bowdoinham with the opportunity to learn from and share Age-Friendly practices with peer communities in Maine.

A Changing Population Requires a Plan for Change

Currently, Bowdoinham’s population of residents 60+ accounts for more than one-quarter of our population. As outlined in the Town of Bowdoinham’s Comprehensive Plan, Sagadahoc County expects a 42% growth in the 50+ population. In recent years, the older population of Bowdoinham has grown at a faster rate than other communities in the region so we may see an even higher rate of increase in our older population than surrounding Sagadahoc County.

The Town of Bowdoinham is keenly aware of the need to create an environment where older residents can thrive and can contribute to our community. With the development of this Age-Friendly Action plan, the Town of Bowdoinham will be better prepared to mobilize older residents to make changes that benefit the community and to put the infrastructure, policies, and services in place that encourage people to be as involved in town life as they want to be.

Development of Bowdoinham Age-Friendly Action Plan

ACOA, acting on behalf of the Town of Bowdoinham, developed this Age-Friendly action plan based on information that residents shared with us during the 2012 Age-Friendly Assessment and 2014 update, program evaluations, and accessibility audits. Copies of the reports that informed the plan are available on the Town of Bowdoinham website (www.bowdoinham.com/aging-bowdoinham-committee).

As part of the assessment processes, ACOA heard about the many aspects of life in Bowdoinham that people like. People are most proud of the natural environment which provides four seasons of recreational opportunities and our community spirit which supports and nurtures us. We heard that
neighbors are always available to help when help is wanted or needed and that volunteers have been key to creating the community as we know it in 2017. Two examples of neighbors helping neighbors are the Village Lodge Handy Brigade, which helps people who need assistance with basic home maintenance chores, and Rides in Neighbors Cars, which provides free rides to medical appointments, social opportunities, recreation—anything that people would do if they were able to drive themselves.

Residents are proud of the commitment the town has made to be as welcoming as possible for people of all ages and abilities. The Town has invested in an extensive sidewalk system that covers about 90% of the village area where businesses and town services are located. Seventy percent of the buildings owned by the Town and 50% of privately owned buildings that are open to the public (e.g. the Town Landing, Second Baptist Church) are accessible for a person who uses a wheelchair or walker. Recent improvements in Mailly Waterfront Park and the Coombs Municipal Building have increased accessibility. The addition of wide park paths and accessible picnic benches has made the park more inviting for residents of all ages but especially for people who use a walker, wheelchair, or are unsteady on their feet. The addition of ADA compliant doors to the Coombs Municipal Building, moving the library return box to parking lot level, and the addition of a central stair rail make the library and town offices easier for people to use.

The Age-Friendly action plan builds on the many strengths of Bowdoinham to create an even better community for people to spend a lifetime.

Strategic Themes
Each Age-Friendly community has a different plan and priorities that are embedded in the community context and in what residents want and need to thrive in their community. The Town of Bowdoinham has identified three strategic themes that guide the Age-Friendly initiative:

1. Building Age-Friendly awareness across municipal departments, local organizations, and the private sector.
2. Creating an Age-Friendly Bowdoinham with the rich diversity of residents in our community.

Moving Forward with Age-Friendly Bowdoinham
This plan would not be possible without the dedication of community and regional partners, local businesses, municipal staff and elected officials, and residents who serve on ACOA and volunteer on one of its sub-committees, offer classes, or generally help with the work. ACOA hopes that the strategies and action items that are part of the vision for Age-Friendly Bowdoinham will become an integral part of the civic and community fabric of Bowdoinham and show what is possible when we all work together.

ACOA welcomes comments from residents about this plan. It is a living document that will continue to be evaluated and updated to ensure that it remains relevant for the people who live in Bowdoinham. ACOA meetings are open to the public! Please join us on the third Monday of the month at 2:30 in the Kendall Room of the Coombs Municipal Building. We welcome your ideas and are always looking for volunteers!
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Bowdoinham, Maine, is home to approximately 2,890 residents spread across a 39.2 square mile area with eight miles bordering on Merrymeeting Bay and the Cathance River\(^2\). The median age is 43.7; 688 (23.8\%) residents have reached age 60 or more. The AARP Livability Index score for Bowdoinham is 57/100\(^3\). Strengths of the community include the rural environment, civic and social involvement of residents, and access to quality health care. A primary weakness is reliance on cars for transportation.

Most of the population is white, non-Hispanic (94.4\%) and well educated; 42\% of residents between the ages of 25-64 and 37.4\% of residents age 60+ have participated in some education beyond high school. Bowdoinham prides itself on the occupational diversity of its residents—from blue collar workers to managers and professionals, from farmers to artists and craftspeople. The 24 operating farms in the community are a source of pride. About 18.2\% of Bowdoinham’s land area is used for farming and almost 56\% of the land is forested. A thriving Farmers Market and Community Supported Agriculture programs provide a source for farmers to sell produce and for residents to buy fresh, healthy, seasonal produce. The Bowdoinham Food Pantry receives generous donations from the farming community to make healthy food available to anyone who wants it, regardless of ability to pay.

Bowdoinham includes residents who have lived a lifetime in the town and folks who have moved from other places to enjoy the rural lifestyle. The Town’s location on Merrymeeting Bay, its rivers and forests provide many recreational opportunities—including hiking, boating, kayaking, snowshoeing, cross-country skiing, hunting, fishing and bicycling. Bowdoinham is home to many special interest groups that satisfy a diversity of interests—from the Bowdoinham Historical Society to the Snowbirds, a snowmobile club.

Bowdoinham has a distinct town center, commonly known as “the village”, which includes single and multi-family housing, businesses, and municipal services. Bowdoinham’s village area includes a restaurant, grocery store, gas station, arts center, craft school and other small businesses located near Mailly Waterfront Park. The waterfront area is currently undergoing re-vitalization. Recent additions include wide park paths, accessible picnic benches, accessible public toilets, and a skate park. Events are planned in the park year-round—from the spring/summer concert series to the winter Smelt Festival.

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\(^2\)Except where noted, data is taken from US Census 2000, US Census 2010, or American Community Survey 5-year Estimates for 2011-2015

\(^3\)AARP Livability Index. FMI: https://livabilityindex.aarp.org/
The fire station, Coombs Municipal Building, Bowdoinham Public Library, Bowdoinham Historical Society, Bowdoinham Community School, Town Hall, Second Baptist Church, Bowdoinham Church of the Nazarene, three voluntary associations (Merrymeeting Grange, Bowdoinham Masonic Hall, and Knights of Pythias) and a small airport are all within a one-mile radius of the Town center. Although Bowdoinham has no industrial base, local encouragement of small businesses and entrepreneurship is evidenced by the large number (91) of businesses and sole proprietorships listed on the Town website. About 8.5% of the working age population (aged 16+) work primarily from home; 4.5% are employed within the Town limits. The remaining 87% of workers commute to work in other municipalities.

Overall, the growth of the older population in Bowdoinham has out-paced the increase in older folks living in surrounding Sagadahoc County. Bowdoinham is a place where people move to stay; 76% of householders 65+ moved to their homes within the past 15 years. The town is also a popular retirement destination, with nearly a quarter of older householders moving to town after age 50.

The majority (49.1%) of Bowdoinham residents 65+ live with a spouse or partner in a single-family home. Multi-generational families are common. Twenty percent of the 269 households that included at least one person 65+ included a child age 18 or younger. The community—with its many recreational and social opportunities—also provides an ideal setting for the 32% of older households occupied by a resident living alone.

Community residents are known for their civic engagement and volunteerism. For example, the thirteen volunteers of the Town’s Emergency Medical Services provide “first responder” services to assist residents until an ambulance arrives. The Bowdoinham library receives approximately 44% of its annual budget from the Town. Much of the remainder is earned through its annual plant sale, organized by the Friends of the Library with over 1000 hours of volunteer time.

The sale, the longest continuously running plant sale in Maine, attracts gardeners from miles around. It is more than a fund-raiser, it is a community building event. The residents of Bowdoinham pride themselves on their can-do attitude as well as a culture of neighbor-helping-neighbor. For residents who struggle financially, a food pantry is open once a week and a “clothing closet” is open one day a month for residents to purchase clothing at a nominal fee (currently $1/bag).

Although Bowdoinham offers many of the services and consumer goods needed by residents, some are not available in the community. Bowdoinham is an easy commute by car to larger communities with a wealth of services, shopping, and cultural opportunities. The nearest hospital is 12 miles away, in Brunswick, Maine. Medical services (e.g. primary care physicians, physical therapists, long-term care facilities, supportive housing options, and counselors) are available in the neighboring town of Richmond as well as in nearby Topsham (distance: 7 miles). The Town is centrally located with Augusta, the state’s capitol 25 miles away, Portland, the state’s largest city, 33 miles away and Lewiston, the state’s second-largest city, 18 miles away.
AGE-FRIENDLY COMMUNITIES

In an effort to encourage communities to be places where residents of all ages can thrive and remain active in their community, the World Health Organization launched the Global Network of Age-Friendly Cities and Communities (WHO-GNAFCC). AARP, as part of its livable community work to promote community development that encourages residents of all ages to be healthy and to be engaged with their communities, became a country affiliate of the WHO-GNAFCC to promote Age-Friendly community development in the US, through their Network of Age-Friendly Communities. Communities that join the network promise to include an aging lens in community planning and economic development.

An Age-Friendly community is one whose policies, services, and infrastructure support residents of all ages and with different abilities and needs to live safely, enjoy good health and well-being, and continue to participate fully in their community. For a community to thrive, all residents need the chance to be as engaged in the civic, social, and economic matters as they want to be. Accessible physical environments, robust social networks, and responsive community services make a great community for all ages. By making sure that Bowdoinham is the best place to live for toddlers and for people 100+, we make sure that it is a great place to live for everyone in-between.

When the World Health Organization asked older people around the world what they needed to thrive in the community, folks identified eight essential areas, or domains, that impact quality of life. Age-Friendly Bowdoinham has made a commitment to using an aging lens in the eight domains because we think that Age-Friendly practices in all of the areas are good for people from 1 to 111.

Eight Domains of Livability

- **Outdoor Spaces and Buildings.** Access to outdoor spaces—parks, hiking trails, and waterways—and municipal and private-sector buildings typically open to the public affect the independence and quality of life of residents of all ages.
- **Transportation.** Transportation options, such as the one offered by Rides in Neighbors Cars, is key to living in Bowdoinham safely and independently when driving is no longer a possibility.
- **Housing.** Safe and affordable housing promotes the well-being of residents of all ages and is key to people being able to live comfortably and safely in their home and community.
- **Social Participation.** Connecting with friends and neighbors who don’t live in the same home with you is important for physical and cognitive health.
- **Respect and Social Inclusion.** Frequent contact between generations increases understanding of values and interests of people at different places in the life-cycle and dispels stereotypes that exclude people because of age.
- **Civic Participation and Employment.** Older people contribute to their communities as paid workers, volunteers, and as good neighbors when they are 65, 85, and 105.
- **Communication and Information.** Staying connected with activities, resources, and people is key to being engaged with the community and enjoying all that Bowdoinham has to offer.
- **Community Support and Health Services.** Access to health care and services to support people of all ages and abilities is key for the health and well-being of Bowdoinham residents.
THE ADVISORY COMMITTEE ON AGING

The **mission** of the Advisory Committee on Aging (ACOA) is to:

- Increase the services and programs that are available to residents of all ages and abilities in Bowdoinham by working with volunteer groups and partnering with local and regional organizations.
- Provide activities geared to keeping the residents of Bowdoinham healthy, active, and engaged in our community.
- Advise the Town of Bowdoinham Select Board about infrastructure and policy that will make it easier and safer for residents of Bowdoinham to thrive at all stages of life, regardless of ability.

The **vision** of ACOA is to foster changes in the physical and social environment that will make Bowdoinham a better place to live for people of all ages, especially for older adults and for people living with disabilities.

**Core Values**
ACOA is committed to a set of principles that guide the Age-Friendly work in Bowdoinham:

- Infrastructure changes, programs, and services are coordinated by ACOA in response to what older residents tell us they want and need to thrive in the community. No new activities, services, or other changes will be planned without input from older residents.
- ACOA builds on Bowdoinham’s resources and assets to make the community a better place to live for people of all ages.
- ACOA partners with regional and local organizations to promote, support, and grow the services available to Bowdoinham residents.
- When gaps in services are identified, ACOA fosters volunteer groups interested in tackling the challenges. We provide needed technical support, no-cost marketing, and volunteer recruitment to those volunteer groups.
- Any activities sponsored by or offered through ACOA will be available to all residents of Bowdoinham regardless of ability to pay.

**The role of ACOA in Municipal Government and in the Community**
ACOA members are appointed by the Select Board to serve a term of three years that can be renewed, for an additional term if the ACOA member wants to continue working on the committee. Three officers—the Chair, Vice-Chair, and Secretary—are voted on yearly. Terms are for one year, starting July 1 and ending on June 30. Bylaws can be viewed by going to: [http://www.bowdoinham.com/advisory-committee-aging-bylaws-0](http://www.bowdoinham.com/advisory-committee-aging-bylaws-0)

ACOA has two primary functions: (1) advocating for the inclusion of residents of all ages in town life; and, (2) sponsoring programs to enhance the lives of adults at all levels of physical and cognitive ability.
History of ACOA
In 2012, as part of the comprehensive planning process, the Town of Bowdoinham completed an assessment of the strengths and weaknesses of the community to ensure that residents have the opportunity to age optimally in the community [http://www.bowdoinham.com/needs-assessment-aging-bowdoinham](http://www.bowdoinham.com/needs-assessment-aging-bowdoinham). In response to the findings, the Town of Bowdoinham Select Board appointed the ACOA to address issues and concerns of older residents.

Bowdoinham was the first community in Maine accepted as part of the WHO Global Network of Age Friendly Cities and Communities in 2014 [agefriendlyworld.org/en/property/bowdoinham/](http://agefriendlyworld.org/en/property/bowdoinham/). Later that year, ACOA updated the Age-Friendly assessment as part of its participation in the WHO pilot of its *Guide to Measuring the Age-friendliness of Cities: A Guide to Using Core Indicators*. Bowdoinham was one of three communities in the United States and 13 communities worldwide asked to pilot the guide.

ACOA consists of up to 11 members and two alternates appointed by the Select Board. The by-laws stipulate that all members must be residents of the Town of Bowdoinham. The committee meets monthly. Meetings are recorded and minutes from the meeting are shared on the town website [http://www.bowdoinham.com/aging-bowdoinham-committee-minutes-0](http://www.bowdoinham.com/aging-bowdoinham-committee-minutes-0).

The Committee cannot accomplish all of the Age-Friendly work using only ACOA members. Task forces are formed to focus on specific initiatives of ACOA. Task force leaders and members may or may not be members of ACOA. Monthly reports of task force activities are made at the ACOA meeting.

Current ACOA sub-committees and designated chair:

- Accessibility (Chaired by Robert Curtis)
- Celebrate Bowdoinham and other Community Events (No current chair)
- Health and Wellness (Chaired by Kathy Pszczolkowski)
  - Bowdoinham Outdoors
  - Wellness Fair
  - Activities (e.g. Line Dance, Yoga, Matter of Balance, Tai-Chi, etc.)
- Coffee Café: Social Programming for Older Residents (Chaired by Diana Mosher)
- Communication and Marketing (Chaired by Patricia Melander)
- Resources (Chaired by Rachel Evans)

Special task forces are formed as needed to work together on special events, such as the 2017 World Elder Abuse Awareness Day event.

Although they are not task forces of ACOA, three partner volunteer groups also provide monthly reports to ACOA:

- The Village Lodge Handy Brigade (ACOA liaison, Joan Smith)
- Rides in Neighbors Cars (ACOA liaison, Joan Smith)
- Bowdoinham Food Pantry (ACOA liaison, Joanne Savoie)
The eight domains of livability—accessibility of outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation, communication and information, and community support and health services—were used to frame Bowdoinham’s Age-Friendly planning process. In 2012, as part of the Bowdoinham Comprehensive Plan, the age-friendly assessment, Aging in Bowdoinham (http://www.bowdoinham.com/needs-assessment-aging-bowdoinham) identified the strengths of the community to meet the needs of residents at all stages of life and to learn what aspects of the community could be enhanced to ensure that residents have the community supports they need to maximize their health and well-being. The assessment team made a conscious effort to complete the update without pre-conceived ideas about what Bowdoinham residents thought were the strengths and weaknesses of the community for people who want to age in our community.

In 2014, an updated assessment, Aging in Bowdoinham: Two Years Later, used the WHO Guide to Measuring the Age-friendliness of Cities: A Guide to Using Core Indicators. Secondary data provided a broad overview of aging in Bowdoinham. Focus groups provided ACOA with the opportunity to hear directly from folks what they identified as key features of aging in the community. Residents shared their desire to age in Bowdoinham. Participants were proud of Bowdoinham’s reputation as a good place to live and a place that welcomes people who move into town from other places.

Among the strengths of Bowdoinham identified by residents in the focus group conducted during the 2014 update to the Age-Friendly Assessment:

1. A positive attitude toward people of all ages and their contributions to Bowdoinham.
2. The community tradition of neighbor-helping-neighbor.
3. Opportunities to engage in meaningful volunteer work.
4. ACOA monthly activity and resource list that keeps folks aware of activities in town and nearby.
5. ACOA-sponsored social and recreational opportunities that give older residents a chance to meet neighbors who share their interests.

Items 4 and 5 above are a direct result of the work done by ACOA in response to 2012 Age-Friendly Assessment. ACOA distributes a monthly activity and resource list, provides recreational opportunities for different interests and fitness levels, and sponsors social opportunities, primarily through the Coffee Café that is open three hours/week in space donated by the Bowdoinham Fire Department. These efforts have been met with enthusiasm.

The primary barriers to aging in the community identified were:

1. Accessibility to town services, public spaces, and other buildings open to the public by residents with mobility limitations that require use of a walker or wheelchair.
2. Care Partner support.
3. Opportunities for alternative transportation to meet the needs of residents who are no longer able to drive or who chose not to drive.
4. Availability of housing options for residents who wanted to age in the community, even when they were no longer able to maintain their current homes.
5. Finding someone to help with chores in the home and with basic home maintenance.
The plan described here to address the identified needs and challenges is the result of a planning process by members of ACOA during the first part of 2017 (February—August, 2017). Data from program evaluations, the 2012 Age-Friendly assessment and 2014 update, and the 2015 Age-Friendly Library Assessment were the basis of the plan. Reports from all data gathering efforts are available online at: http://www.bowdoinham.com/aging-bowdoinham-committee.

ACOA Strategic Planning Meetings

On Monday, February 13, 2017 from 1:00 to 5:00, ACOA members met for a retreat. At the meeting, the committee:

- Reviewed and revised Mission, Vision, and Value statements
- Updated existing goals and developed new goals based on assessment reports and other data. A list of the goals is included under each domain in this plan (see below).
- Discussed current subcommittee responsibilities
- Began the process of developing action steps and metrics to measure success.

The committee did not want to divide the work of creating action steps to achieve the goals identified during the retreat to a planning sub-committee, but preferred that all members remain involved in creating all steps.

As part of the regularly scheduled monthly ACOA meetings in March, April, May, June, and July action steps were developed in one or more domain.

A representative of each sub-committee served on ACOA throughout the planning process. Sub-committee chairs ensure that the action steps adopted by ACOA reflected the feed-back that each sub-committee has received from the community and fell within the capacity of the volunteers serving on the sub-committee to effect change. All ACOA members and all sub-committee members are volunteers.

At the August 21, 2017 ACOA meeting, the completed plan was reviewed. It was unanimously approved by ACOA. On October 24, 2017 the plan was formally accepted by the Select Board.

The overall plan will be overseen by ACOA:

- At each meeting, monthly reports of the sub-committees that organize the Age-Friendly work will be reviewed by the ACOA members. Progress will be noted and necessary adjustments made to the plan by ACOA members after hearing the committee reports.
- The action plan will be revised annually; each monthly meeting of ACOA will include a special focus on one of the eight domain plans to update the plan and discuss progress toward goals.
BOWDOINHAM’S AGE-FRIENDLY COMMUNITY PLAN

The Town of Bowdoinham adopted its Age-Friendly action plan on October, 24, 2017. The ultimate aim and goal of the Plan is to maximize the quality of life, participation and social recognition of people of all ages and abilities living in Bowdoinham. The implications of an aging population present opportunities and challenges for the municipality, local businesses, and for the broader community. ACOA is responding to this challenge by developing an action plan to maximize opportunities and minimize the challenges experienced by Bowdoinham’s aging residents.

This document articulates a three year strategic direction for Bowdoinham to promote and enhance opportunities for all residents to remain actively engaged in all aspects of community life in the way that they want to be and for as long as they want to be. Although Bowdoinham has accomplished a lot since 2012, its plan to increase age friendliness is not complete. This document creates a 3-year plan that reflects the desires of town residents and will guide the ongoing work of ACOA to make Bowdoinham more aging friendly for residents of all ages and abilities.

The following pages detail the needs and preferences community members shared with us in each of the eight domains and how ACOA plans to address those needs.
Physical Environment

Outdoor Spaces and Buildings

Community Strengths and Areas for Age-Friendly Work

Accessibility to public buildings and to outdoor spaces have a major influence on the independence, mobility, and quality of life of people of every age. Safe accessible infrastructure is a key aspect of building an Age-Friendly community. Outdoor spaces and buildings—including sidewalks and pedestrian crossings, trails, outdoor spaces where community-wide events are held, and buildings open to the public—should accommodate a range of physical ability and support the ability to age in the community.

Walkability. Bowdoinham has a central, historic village area where homes and businesses are located within close proximity to one another. The majority of municipally and privately owned public spaces are located in the historic village area—the Town offices, Bowdoinham Public Library, Mailly Waterfront Park, the Merrymeeting Arts Center, and several small businesses. In 2010, Bowdoinham adopted a Walkable Village Plan to repair existing sidewalks and invest in additional sidewalks in order to encourage walking throughout the village district and to bring foot traffic into the heart of the village district. By 2014, approximately 90% of the historic village district had sidewalks. However, only one-third of sidewalks (and no street crossing) are wide enough to be accessible to a person using a wheelchair or walker and none are accessible to a person with vision impairment.

Accessibility of Public Spaces and Buildings. About 71% of publicly owned buildings and 54% of privately owned buildings that are open to the public are wheelchair accessible (see Appendix 1).

Town-owned buildings are generally accessible to a person using a walker or wheelchair. A significant exception is the Town office, housed on the first floor of the Coombs Municipal Building. The Coombs Municipal Building was built in the early 20th century. The historic building is beloved by the community but has many barriers for a person using a wheelchair or walker. For example, door thresholds are higher than 3/4”; there are step-ups between offices that cannot be maneuvered by a person using a wheelchair. Special accommodations can be made to meet someone in one of the two meeting rooms on the second floor of the Coombs Building (ramp accessible, with an ADA compliant door leading at the top, leading into the building). However, one of the challenges of using the ramp is that only one parking space is available for people who use the ramp to visit the library, use the public Wi-Fi or desktop computer available in the business center, or have a meeting in one of the public rooms.

In 2012, ACOA presented the Town Manager with a list of changes to increase accessibility of the Coombs Building. Many recommendations were implemented—cleared hallways of clutter, replaced round door knobs with lever knobs, increased lighting, insured that the ramp is clear of obstructions—trash, leaves and snow, improved the safety of the exterior stairway that leads to second floor at the front of the Coombs building (added heated stair treds and a central railing), installed a doorbell that can be heard in the town offices when someone needs to gain access to the ramp entrance door (kept locked at all times), and installed ADA compliant doors at the ramp entrance and front door. In addition, the Bowdoinham Public library has made several changes to make the space more usable for people.
living with a disability. The organization has increased the number of talking books (and players) and large-print books, added ADA signage, created a welcoming quiet room for people who want to read quietly, placed a sign with town office and library hours at the ramp entrance, increased lighting, and moved the library return box from the top of the exterior stairs to parking lot level. To raise awareness of the accessibility improvements to the Combs Building, ACOA co-sponsors activities with Bowdoinham Public Library and the Bowdoinham Historical Society that are held in the building. ACOA will continue to work with both organizations to offer social and life-long learning opportunities in the space.

About half of privately owned buildings that are frequented by the public are accessible to a person using a wheelchair (see Table 1 in Appendix). Places of worship and organizations that offered lifelong learning opportunities—the Long Branch School and Merrymeeting Arts Center—were the most accessible. Stores and voluntary associations were the least accessible.

Mailly Waterfront Park is the site of a most town-sponsored events. Recent improvements include the creation of wide paths that accommodate a person using a wheelchair or a walker and accessible picnic benches. For people using walkers and people who are unsteady on their feet, going over the uneven turf between the paths and the picnic tables remains a barrier to enjoying a picnic lunch at the park. The lack of bench-style seating in the park or in the gazebo is a barrier for people who have difficulty standing for a long time. ACOA will continue to advocate for accessibility of Mailly Waterfront Park and to raise awareness of the accessibility features by promoting events scheduled in the park.

In 2017, the Town voted to relocate the Public Works Department from the waterfront area adjoining Mailly Waterfront Park to a new location. As part of the re-location, Bowdoinham has started a revitalization plan that includes a skate park as well as accessible kayaking, walking trails, and the addition of more accessible picnic benches. ACOA will continue to work closely with the town as it implements these changes.

Accessible Parking. Accessible parking is an important aspect of building an Age-Friendly community that encourages inclusion of people of all abilities in all aspects of community life. Of the 40 municipal parking spaces in Bowdoinham, 7 (17.5%) are designated for people with disabilities. Most of the publicly accessible businesses and organizations in the historic village area of Bowdoinham have two or more designated parking spaces for people with a disability but not all spaces are clearly marked.

There are two municipal parking lots in Bowdoinham. The municipal parking lot near Mailly Waterfront Park includes 29 spaces; four spaces are designated for people with disabilities. The Coombs Municipal Building, which houses the Town Office and Bowdoinham Public Library, has 10 parking spaces, two of which are designated handicapped spaces. There is one parking space at the ramp entrance behind the Coombs building. If someone who needs the ramp drives themselves to the library and leaves the car in the allocated space, other people who need the ramp have to wait for the person occupying the space to leave or come back another time. ACOA will continue to work with the Town to create better parking options for those who need to use the ramp.
## Domain Plan: Outdoor Spaces and Buildings

**Goal:** To increase use of public events, outdoor spaces, and community events by adults of all ages and abilities in Bowdoinham.

**Collaborating Organization(s):** Town Planning Department, Bowdoinham Public Library, and Bowdoinham Recreation Department

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Action Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
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</table>
| Continue to advocate for accessibility of Mailly Waterfront Park through the Waterfront Revitalization Project. | 1. Advocate for continuation of accessible paths during revitalization of the Waterfront.  
2. Advocate for four accessible picnic benches and adult outdoor gym equipment in the revitalized area.  
3. Advocate for Kayak condo to hold 12 kayaks and expanding accessible access as part of the re-vitalization project.  
4. Advocate for 8 benches placed throughout in Mailly Waterfront Park. | Resources:  
- Partnership with Recreation and Planning Depts,  
- Good will of Select Board.  
Barrier: Need to raise funds for accessibility features. | A count of improvements made.  
After completion of revitalization project, monitor usage and satisfaction/usability of the facilities. | ACOA Accessibility Committee  
*Partners:* Recreation and Planning Departments. | Implementation started, 2015.  
Goal is ongoing |
| Increase awareness and use of existing accessibility features of Mailly Waterfront Park | 1. Annual participation in Celebrate Bowdoinham at Mailly Waterfront Park.  
2. Promote use of the waterfront thru Bowdoinham Outdoors group.  
3. Advocate for 6 handicapped parking spaces during Celebrate parade.  
4. Publicize events for adults, such as the Summer Concert Series, on the Facebook page, in monthly calendar, and in “This week in Bowdoinham” e-newsletter. | Resources:  
- FaceBook page,  
- Monthly Activity and Resource Calendar,  
- “This week in Bowdoinham” e-newsletter. | Count of people participating in B-Ham Outdoors waterfront events and interact with ACOA at “Celebrate Bowdoinham”.  
Count of people who use accessible parade parking.  
Likes and shares for FB posts of events at Mailly Waterfront Park. | ACOA Communications & Marketing; Celebrate Committees; Health and Wellness, B-Ham Outdoors  
*Partners:* Bowdoinham Planning Dept.; Bowdoinham Recreation Department, | Implementation started, 2015.  
Goal is ongoing |
| Increase awareness of accessibility changes to the Coombs Municipal Building & advocate for additional changes | 1. Continue to advocate for improved ramp parking  
2. Work with the library to maintain and improve opportunities for adults of all ages and abilities to enjoy the library.  
3. Continue to co-sponsor events with the library and historical society. | Resource: Partnership with the Bowdoinham Public Library and Bowdoinham Historical Society.  
Barrier: Legal barriers (prop. ownership) to improve ramp access. | Improvements made to ramp parking.  
Number of adult programs co-sponsored with the historical society and/or library Attendance | ACOA Accessibility Committee; Coffee Café (Activities)  
*Partners:* Bowdoinham Public Library and Bowdoinham Historical Society | Implementation started, 2015.  
Goal is ongoing |
Transportation

Community Strengths and Areas for Age-Friendly Work
Prior to the start of the work of Age-Friendly Bowdoinham in 2012, there was very limited public transportation available for people who are income-qualified to receive MaineCare (Medicaid) who had medical appointments with approved providers through the Mid-Coast Connector. No rides were available for people who were not eligible for Medicaid. Mid-Coast Connector, as the MaineCare non-Emergency Transportation Broker, was unable to provide any rides to people who were not eligible for MaineCare or for appointments to providers that were not authorized to receive MaineCare payments for services. No rides were available for shopping, errands, or social opportunities. With the extremely limited access to transportation, 89% of residents 65+ reported missing medical appointments. Several residents told us that they were only able to grocery shop once/month and that they skipped social opportunities because they didn’t want to inconvenience anyone by asking for a ride.

Transportation for non-emergency medical needs, errands, and socialization is available through Rides in Neighbors Cars, a volunteer rides program that serves Bowdoinham and Bowdoin. The program receives significant technical support from ACOA.

Rides in Neighbors Cars is an all-volunteer group of Bowdoin and Bowdoinham residents who provide rides for socialization, shopping, medical appointments, and other errands on an as-needed basis. Payment is not required but riders are encouraged to make a small monetary contribution to cover the volunteer expenses. The organization also does some fund-raising to cover expenses. The primary expense for the group is the cost of a cell phone to take calls and the cost of gas cards. Volunteers are offered gas cards to cover their mileage expenses.

For the first two years that the program operated, there were more volunteers than there were people requesting rides. Needing to rely on others for transportation is avoided by many residents because it means becoming “dependent”. As one ACOA member noted, “even when people know they can call and get a ride for a medical appointment, to go shopping, or to meet a friend—whatever they need a ride for, they don’t call”. However, since the beginning of 2017, Rides in Neighbors Cars has seen a significant increase in the number of rides requested and has started to recruit new volunteers for the program.
## Domain Plan: Transportation

**Goal 1:** To provide ongoing help with volunteer recruitment and technical assistance to Rides in Neighbors Cars.

**Collaborating Organizations:** Rides in Neighbors Cars

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
</table>
| **To provide assistance for Rides in Neighbors Cars to increase the number of volunteers who provide rides for people through Rides in Neighbors Cars.** | 1. ACOA will help recruit drivers for the Rides in Neighbors Cars program by: (a) including posts about the work of Rides in Neighbors Cars on the Age-Friendly Bowdoinham Facebook page and (b) inserting information about the program once/year in the bi-monthly ACOA column in the *Bowdoinham News*.  
2. ACOA will provide space for Rides in Neighbors Cars to share information about the program at ACOA-sponsored events, such as the Annual Wellness Fair  
3. ACOA will advocate with AARP Safe Driving Program to offer a safe driving class for volunteers and other community residents once/3 years. | Resources:  
- Partnership with Rides in Neighbors Cars,  
- Age-Friendly Bowdoinham FB  
- Bi-monthly column in Bowdoinham News.  
- Monthly Calendar of Activities and Events  
- Events.  
Barrier: Confusion that Rides in Neighbors Cars is an ACOA program. | **# FB posts and response (likes, comments).**  
**Yearly article in Bowdoinham News (Y/N)**  
**% inc. in volunteers AARP Safe Driving Class (y/n).**  
**Survey of volunteers to learn about their experiences as drivers.** | ACOA Publicity Committee working with the Rides in Neighbors Cars. | Implementation started, 2015.  
Goal is ongoing |
| **To provide assistance for Rides in Neighbors Cars to increase the number of residents that sign up with Rides in Neighbors Cars to meet their transportation needs.** | 1. ACOA will promote the Rides in Neighbors Cars program as a viable alternative to driving a private vehicle in FB posts and in its column in the bi-monthly Bowdoinham News.  
2. ACOA will list Rides in Neighbors Cars as a resource in the monthly activity and resource calendar.  
3. ACOA will provide space for Rides in Neighbors Cars to have a table/fund-raise at events sponsored by ACOA. | Resources:  
- Partnership with Rides in Neighbors Cars,  
- Age-Friendly Bowdoinham FB  
- Bi-monthly column in Bowdoinham News.  
- Monthly Calendar of Activities and Events  
- Events.  
Barrier: Confusion that Rides in Neighbors Cars is an ACOA program. | **# FB posts and response (likes, comments).**  
**Inclusion in monthly calendar (Y/N)**  
**Yearly article in Bowdoinham News (Y/N)**  
**% inc. in people using the service.** | ACOA Publicity Committee working with the Rides in Neighbors Cars. | Implementation started, 2015.  
Goal is ongoing |
Housing

Community Strengths and Areas for Age-Friendly Work

Home ownership is common in Bowdoinham. The majority of people 60+ live in homes that they own. About 72% of older homeowners have lived in the same home for 20 years or more. There are a limited number of rental units available for Bowdoinham residents 60+ who are no longer able to maintain their own homes. Bowdoinham Estates is the only multi-family unit exclusively for older and disabled adults (n=25 units). Although Bowdoinham Estates was built more than 25 years ago, it is located outside of town and many people do not know about the apartments. No support services, activities or amenities are provided; the units are for people who can live independently.

Housing that met the needs of young families may not provide the structural and design features needed by older folks living with functional limitations. When Bowdoinham residents can no longer live independently and need services and supports that are not available in the community, a move to another town is often necessary. However, a move from Bowdoinham is not always welcome. If people cannot age in their current home, they want to be able to live in an appropriate home in Bowdoinham.

ACOA has also developed supports to keep people who need some help to stay in their homes. The Advisory Committee on Aging approached the town planning department to discuss the possibility of developing affordable, accessible housing in an accessible area. At this time, it is not part of the town’s Comprehensive Plan. Pursuing the creation of housing alternatives is beyond ACOA’s capacity. ACOA will continue to raise awareness of housing options—including Bowdoinham Estates—available to Bowdoinham residents.

Help with home maintenance. In response to the need for help with basic chores and routine maintenance, ACOA provided technical assistance needed for the Village Lodge Masons to develop a volunteer Handy Brigade that provides help with chores, connects people to vetted contractors, and provides project management to older and disabled homeowners that live in Bowdoinham, Richmond, or Bowdoin. Projects have included building ramps, adding a lock to a shed, and managing a modification project to allow a local resident to return home from rehab. ACOA will continue to raise awareness of the service and provide technical advice and administrative support.

Making homes safer. To increase safety in the home, ACOA is starting a sand bucket program that will bring home delivered sand buckets to residents who are not able, during the winter months, to get their own sand from the Public Works department.

When the Handy Brigade worked with local homeowners they found that many of our homes do not have working smoke detectors, CO detectors, working fire extinguishers, or proper reflective address signs. ACOA is working in partnership with the Bowdoinham Fire Department and Mason’s Handy Brigade to address these issues.

To meet the need for information about devices that can be used in the home or in the car to make life easier for someone living with a disabling condition, the ACOA Accessibility Committee created a Tool Table of every day devices. The devices are shown at the Bowdoinham Public library and are available for 3-week loans by anyone (resident or non-resident of Bowdoinham) who would like to try the device in their own environment. ACOA will continue to add tools to the table, based on feedback from residents. A complete list is tools is included in Appendix 2.
### Domain Plan: Housing

**Goal 1:** To provide information about tools and devices that can make every-day life in the car or at home easier to people in Bowdoinham, Bowdoin & Richmond  
**Collaborating Organizations:** Bowdoinham Public Library; Cote Hardware; UNUM Insurance  
**Objectives**

<table>
<thead>
<tr>
<th>To maintain and grow Bowdoinham’s Tool Table</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
</table>
| 1. Showcase tools at the Annual Wellness Fair & other events (as appropriate).  
2. Create a revolving display of tools at Bowdoinham Public Library;  
3. Work with Cote Hardware to provide local source to buy desired tools;  
4. Work with UNUM to update tool catalog prn. | Resources:  
- Current tool table  
- Partnership with B-Ham Public Library  
- Technical advice from UNUM. | Monitor how many people are borrowing tools through BPL  
- Y/N Annual Wellness Fair display | Accessibility Committee working with the Bowdoinham Public Library and Cote Hardware | Implementation started, 2015.  
Goal is ongoing |

**Goal 2:** To support an independent organization (the Masons) that is providing volunteer service to help people with simple home maintenance and to contract/manage out home repair and modifications that are beyond the scope of a volunteer-based program.  
**Collaborating Organizations:** Village Lodge Masons (Handy Brigade)  
**Objectives**

<table>
<thead>
<tr>
<th>Ensure that residents know about and have access to the Village Lodge Handy Brigade for help with home chores &amp; maintenance, referral to a contractor, and/or help with project management.</th>
<th>Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
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</thead>
</table>
| 1. ACOA will promote the Handy Brigade program in FB posts and in its column in the bi-monthly Bowdoinham News.  
2. ACOA will provides space for the Handy Brigade to have a table/fund-raise at events sponsored by ACOA.  
3. Bowdoinham ACOA will offer ongoing technical support (including fielding phone calls and making referrals) to support the work done by the Masons Handy Brigade. | Resources:  
- Partnership with Masons Handy Brigade,  
- Age-Friendly Bowdoinham FB  
- Bi-monthly column in Bowdoinham News.  
- Monthly Calendar of Activities and Events  
- Events.  
Barrier: Confusion that Handy Brigade is an ACOA program. | Monitor statistics—  
- volunteers,  
- number of people requesting services,  
- mean number of services needed  
- satisfaction with services. | Masons Handy Brigade; ACOA Publicity Committee | Implementation started, 2015.  
Goal is ongoing |
### Goal 3: Raising awareness of local and regional housing options.
Collaborating Organizations: Bowdoinham Estates

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>Provide information about Bowdoinham Estates and other housing options available to residents of Bowdoinham</td>
<td>1. Write one article/year and one FB post per month highlighting housing options for people at different stages of life in Bowdoinham.</td>
<td>Barriers:</td>
<td>ACOA Activity planning group working with Bowdoinham Estates management</td>
<td>Implementation started, 2015.</td>
<td>Goal is ongoing</td>
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<td></td>
<td>2. Work with Bowdoinham Estate to offer one event/year or an ongoing activity that is open to community residents.</td>
<td>• Willingness of B-Ham Est. Mgmt. to allow community events and activities.</td>
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<td></td>
<td>3. Provide copies of the monthly calendar and event fliers to be distributed at Bowdoinham Estates for all ACOA activities.</td>
<td>• Willingness of town residents to attend events at Bowdoinham Estates.</td>
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<td></td>
<td></td>
<td>• Willingness B-Ham Est. residents to participate in activities offered in other places in Bowdoinham</td>
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<td>Metrics</td>
<td>Committee/Partnership Responsible</td>
<td>Status</td>
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<tr>
<td></td>
<td></td>
<td>• Article (y/n)</td>
<td>ACOA Activity planning group working with Bowdoinham Estates management</td>
<td>Implementation started, 2015.</td>
<td>Goal is ongoing</td>
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<tr>
<td></td>
<td></td>
<td>• FB (y/n)</td>
<td></td>
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<td></td>
<td></td>
<td>• Distribution of calendars and fliers (Y/N)</td>
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<td></td>
<td></td>
<td>• Event/Activity: Y/N</td>
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<td></td>
<td></td>
<td>• Number of participants in event or activity held at Bowdoinham Estates:</td>
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<td></td>
<td></td>
<td>• Percentage increase in participation by residents of Bowdoinham Estates in town activities.</td>
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</table>

### Goal 4: To make it safer for Seniors who need to leave their homes during winter snow and ice seasons by providing buckets of sand.
Collaborating Organizations: Bowdoinham Public Works,

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start a Sand Buckets home-delivery program for adults who cannot get their own sand from the DPW.</td>
<td>1. Develop volunteer base of people willing to deliver buckets;</td>
<td>Resource:</td>
<td>ACOA working with Department of Public Works</td>
<td>2017, ongoing</td>
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<td>2. Develop a list of people who want sand buckets and sand—with contact information</td>
<td>• Existing Public Sand Pile.</td>
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<td>3. Publicize the program on FB, monthly calendar, and in the Sept., Nov., Jan. and March editions of the Bowdoinham News;</td>
<td>Barrier:</td>
<td></td>
<td></td>
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<td>4. Request donated buckets from Cote Hardware;</td>
<td>• Buckets</td>
<td></td>
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<td></td>
<td>5. Match people who need sand with people who will deliver.</td>
<td>• Volunteers</td>
<td></td>
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<td></td>
<td>Metrics</td>
<td>Committee/Partnership Responsible</td>
<td>Status</td>
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<td></td>
<td></td>
<td>• Number of volunteers.</td>
<td>ACOA working with Department of Public Works</td>
<td>2017, ongoing</td>
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<td></td>
<td></td>
<td>• Number of participants.</td>
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<td></td>
<td></td>
<td>• Satisfaction of volunteers and participants</td>
<td>Committee/Partnership Responsible</td>
<td>Status</td>
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<td></td>
<td></td>
<td></td>
<td>ACOA working with Department of Public Works</td>
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<td></td>
<td></td>
<td></td>
<td>2017, ongoing</td>
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Goal 5: To improve fire and CO safety of older adults living in Bowdoinham  
Collaborating Organizations: Bowdoinham Fire Department; Red Cross

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<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
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</thead>
</table>
| Promote Red Cross Fire Safety Inspection and Smoke Detector Program and provide CO detectors to people who need them | 1. Promote Red Cross Program in FB posts and in one bi-monthly Bowdoinham News column/year;  
2. Work with BFD to host a resident Fire and CO Safety Day;  
3. Acquire 20 CO detectors for initial stock—to be given by BFD to residents who indicate financial need;  
4. Work with Cote Hardware to provide proper reflective signs. | Resources:  
• Partnership with Bowdoinham Fire Dept,  
• Red Cross Program  
• Age-Friendly Bowdoinham FB  
• Bi-monthly column in Bowdoinham News.  
• Monthly Calendar of Activities and Events  
Barriers:  
• Funding for CO Detectors  
• Reflective address signs | • Number of people attending educational event  
• Satisfaction with the event.  
• Number of people who request CO detectors from the BFD. | ACOA working with Bowdoinham Fire Department and Cote Hardware | 2017, ongoing |
Social Participation

Community Strengths and Areas for Age-Friendly Work
Opportunities to join in social and cultural activities abound for folks in Bowdoinham. The Town sponsors a series of summer waterfront concerts. The Merrymeeting Arts Center offers exhibits as well as hands-on art programs for adults. The Bowdoinham Historical Society sponsors lectures and special exhibits. Author talks and book clubs are regular offerings of the Bowdoinham Public Library. Combining participation in Merrymeeting Arts Center events, Bowdoinham Historical Society lectures and exhibits, the library book clubs and author talks, and the lifelong learning opportunities sponsored by ACOA, approximately 44% of adults 60+ participate in a life-long learning opportunities within Bowdoinham.

Older residents are well represented as board members and fund raisers for the three local cultural organizations—the Bowdoinham Public Library, Merrymeeting Arts Center, and the Historical Society. Almost 3/4 of the library trustees and Friends of the Library, the group involved with fundraising for the library, are over age 60 but less than 15% of regular library patrons are aged 60 or more. To attract a larger number of older patrons, the library partnered with ACOA on an Age-Friendly library initiative.

Leisure-Time Physical Activity in a Group. Bowdoinham is a rural community with a wealth of informal recreational opportunities—hiking, ice-fishing, ski mobiling, kayaking, biking, skate boarding, etc. ACOA has added to the opportunities by offering formal exercise opportunities. About 18.7% (n=102) of Bowdoinham residents 60+ participated in an ACOA-sponsored exercise program (Line Dancing, Carefree Walking, gentle yoga, Bowdoinham Outdoors, Matter of Balance, or Video Exercise group), Silver Sneakers, or Zumba Gold/Zumba Tone.

One of the challenges of offering physical activity programs for adults is that wellness levels are very different for newly retired Baby Boomers who have spent a lifetime exercising at the gym and physically frail residents who are aging with a disability. ACOA will continue to meet the challenge of providing a wide array of physical activity opportunities to meet the needs of all the people who want to participate.

Opportunities for Adults to Participate in Age-Segregated Opportunities. One of the needs identified in the 2012 Age-Friendly assessment was for a central gathering place where adults can gather for social and recreational opportunities. ACOA has used its energies to grow a program of choices that will encourage folks to remain active and engaged in the community in ways that are meaningful to them. Current offerings include Bridge, Cribbage, trips, life-long learning opportunities, and a crafting group. They are offered in available places throughout the community.

Despite the increase in the number of activities for older adults and efforts to increase awareness through various communication channels, the committee has not engaged all of the residents in town. There are people who remain isolated by choice, circumstance, and/or technology. To reduce barriers to involvement in Age-Friendly Bowdoinham activities, ACOA will be starting a weekly “telephone tree” to provide weekly updates (similar to the “this week in Bowdoinham” e-updates) to residents who do not have Internet access and would like to receive a weekly call. The weekly calls will include a list of the activities planned for the week and any other updates that are shared in the “This Week in Bowdoinham” email (see goal in Communication and Information).

**Goal 1: To maintain and increase the number of social opportunities available to Bowdoinham residents.**

Collaborating Organizations: Merrymeeting Arts Center, Bowdoinham Historical Society, Bowdoinham Public Library, Bowdoinham Fire Dept., Bowdoinham Recreation Dept.

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
</table>
| To provide a wide array of social opportunities that enhance community engagement and prevent social isolation of adults in Bowdoinham | 1. Continue to recruit volunteers or local businesses willing to provide social opportunities. 2. Plan social activities in collaboration with Bowdoinham Public Library, Bowdoinham Historical Society, Recreation Dept., and Merrymeeting Arts Center, directed by residents. | Resources:  
- Ongoing relationships with local organizations.  
- Space donated by Bowdoinham Fire Dept. | Monitor Statistics  
- Number of Opportunities (Target one partnership activity with each organization/year)  
- Attendance | ACOA Activity Planning Committee  
Partnerships:  
Merrymeeting Arts Center; Bowdoinham Historic Society, Bowdoinham Public Library, Bowdoinham Fire Department. | Implementation started, 2015.  
Goal is ongoing |
Respect and Social Inclusion

Community Strengths and Areas for Age-Friendly Work
Since 2012, the Town of Bowdoinham has made significant strides toward encouraging residents of all ages and abilities in all aspects of community life. As part of its Comprehensive Planning process, the Town of Bowdoinham made a noteworthy commitment to include older adults and people living with disabilities and appointed ACOA. Since then, the Town planner has implemented many of the changes requested by ACOA to increase accessibility to town sponsored events such as Celebrate Bowdoinham. When a group of residents conducted a safety and accessibility assessment of the Town office, most of the recommended changes (e.g. clearing clutter from hallways, changing doors knobs to lever handles) were implemented immediately by the Town Manager. Partnership requests by ACOA have been welcomed by local organizations, as described throughout this action plan. All of these are signs that Bowdoinham has a positive social attitude toward its older residents.

Although ACOA has done a great deal to include people of all ages and abilities in its activities and in the community, there is more work to be done. ACOA will continue to advocate for inclusion and work with partners to create opportunities for inclusion in town wide activities as well as other aspects of life in Bowdoinham.

Internet access. Dial-up Internet service is available throughout the Town. However, broadband, high-speed Internet service is only available in a few parts of Town. The Town’s Broadband Committee is working to increase access. To meet the need for universal Internet access, the Bowdoinham Public Library makes high-speed, wireless Internet available. In addition, the Town Office provides space for a “business center” with Internet access, a desktop computer and space for residents to use their own technology. When the Bowdoinham Public Library and Town Office are closed, Internet access is available from the parking lot shared by the Town Office and library. Thus, all residents, as long as they have portable technology, have access to the Internet, but sometimes it’s only from their cars.

In response to the Age-Friendly Library initiative, the Bowdoinham library started to offer weekly technology lessons for adults. The majority (87.5%) of focus group participants (2014 update to the Age-Friendly assessment) indicated that they used the Internet for a wide variety of purposes that included email, social networking, banking, shopping, paying bills, playing bridge and other games, watching movies, finding recipes, looking for information, and reading the newspaper.

Including Isolated Residents. During a community-wide assessment conducted in 2016, ACOA learned that many of our isolated residents who have mobility limitations miss gardening even more than they miss attending community events. In Bowdoinham, gardening is more than a hobby, it indicates that a person is productive, able to continue desired pursuits, and is self-sufficient. For this project within the larger effort to reach isolated residents, ACOA plans to make elevated beds available to isolated residents and to create a garden club that will be open to all residents but will be tailored to providing information and ideas for the elevated raised beds. In addition, Age-Friendly Bowdoinham will sponsor three community meals (spring, summer, fall) featuring fresh produce from the gardens and/or from our local farmers. The meals, like the gardening club, will be open to all residents. The goal of the project is inclusion.
## Domain Plan: Respect and Social Inclusion.

### Goal 1: Maintain and increase inclusion in town-wide activities

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
</table>
| Advocate for ongoing improvement of the accessibility of town-wide events | 1. Create a yearly plan for ACOA involvement with community events.  
2. Annual Celebrate Bowdoinham task force will plan/activities that encourage participation by all ages. | Resources:  
- History of town approval & citizen support of changes  
- Changes that have already been made to increase accessibility.  
Barriers:  
- Funding/Cost | • Y/N One-year plan for involvement.  
• Y/N-ACOA presence at Celebrate, and other town-wide activities | Accessibility Committee and Celebrate Task Force Partnerships: Bowdoinham Planning Dept. | Implementation started, 2015. Goal is ongoing |

### Goal 2: To create an opportunity for isolated older residents to engage in a meaningful task and to participate in a community activity that celebrate their productivity.

Collaborating Organizations: Cote Hardware, U-Maine Extension, Master Gardiner, Long Branch School, Village Lodge Handy Brigade

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
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<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
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</tr>
</thead>
</table>
| To create an elevated or vertical bed gardening program for residents who are isolated/cannot participate in on-the-ground gardening. | 1. Develop policies and procedures.  
2. Identify residents in Bowdoinham, Richmond, and Bowdoin that qualify for the program and are interested.  
3. Work with Cote Hardware, Long Branch School, and the Handy Brigade to design and create elevated beds.  
4. Work with U-Maine Extension to get a Master Gardener to oversee the project and to provide technical assistance for the gardens  
5. Recruit a local volunteer leader for the Garden Club  
Barrier:  
- Need to raise funds for elevated beds.  
- Attitude against receiving “charity”.  
- Need to recruit volunteer leader of gardening club | • Number of Elevated Beds distributed to residents.  
• Number of people attending garden club.  
• Satisfaction of people with elevated beds  
• Number of people attending community meals. | ACOA Accessibility and Activity Committees | 2017, ongoing |
Civic Participation and Employment

**Community Strengths and Areas for Age-Friendly Work.**
Bowdoinham residents pride themselves on their community spirit. There are no lack of neighbors willing to offer a helping hand if someone needs it and no lack of volunteers that provide the many social, cultural, recreational, and educational programs available in Bowdoinham. Municipal volunteers are active in the fire department, serve on EMS, raise funds for the community, and participate in the many town committees that keep Bowdoinham on a sustainable path.

**Older Adult Participation in local decision-making.** One measure of participation in local decision making is the proportion of eligible people who voted in the most recent election. About 74.3% of residents aged 60+ have voted within the past four years. Older residents are active participants at the Town’s annual Town Meeting and volunteer on many of the Town committees. ACOA has no goal to increase participation in local decision making at this time.

**Volunteer Opportunities.** Several local organizations depend on volunteers to fulfill their mission. Organizations such as the Bowdoinham Public Library, Bowdoinham Community School, Historical Society and the Merrymeeting Arts Center rely on volunteers for fund-raising as well as to plan programming and events. Older residents play a key role. For example, the Bowdoinham Snowbirds are a club for snowmobile enthusiasts. To keep the trails open, volunteers work countless hours to groom the trails, negotiate passage on private land, etc. Almost 25% of the members of the snowbirds who groom trails are age 60+. Older adults are also active volunteers at the food pantry, serving on volunteer municipal boards, and forming informal helping relationships with their neighbors.

The Bowdoinham Community School has seen significant budget cuts that have forced it to eliminate arts and music programming. The School worked with ACOA to create a revolving list of 8-week long “electives” that are led by community volunteers in everything from agriculture to zoology. Adults who are available teach crochet, gardening, chess—any skill they are willing to share. The program is very popular with the children and with the adults who volunteer.

Older adults clearly represent a valuable resource for the Town of Bowdoinham. During focus groups held as part of the 2014 update to the Age-Friendly assessment, volunteer experiences were described as self-fulfilling and satisfying. Volunteering was confirmation that skills and interests mastered over a lifetime were valued in the community.

ACOA has been a real bonus for me to get involved and to get to know people better. I led a mushroom walk and to have other people interested in something I am interested in was very rewarding and now I am offering an after-school “elective” at the Community School (2014, *Age-Friendly assessment update, community focus group*).

Providing an array of volunteer opportunities to engage older residents is one way that Bowdoinham is an aging friendly community. ACOA is always looking for new ways to engage volunteers to make our community a more enjoyable place to live. A new project for 2017/18 will be starting a roadway cleaning crew. When people first get off the highway, they are introduced to our community by welcoming signs. This year, ACOA wants to make our roadways equally appealing. We will show our community pride by keeping the roads clean, free of trash, for the enjoyment of residents and visitors alike.
### Domain Plan: Respect and Social Inclusion

**Goal 1: Increase awareness of volunteer opportunities available to residents of all ages**
Collaborating Organizations: Handy Brigade, Rides in Neighbors Cars, Bowdoinham Public Library, Fire Dept., Bowdoinham Community School, etc.

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>To provide the information people need to use their talents and interests to work on a diversity of projects that will make the community a better place for all ages.</td>
<td>1. Regular FB posts about volunteer opportunities (and sharing of partner organization’s requests for volunteers). 2. Once/year column on volunteering in the <em>Bowdoinham News</em>. 3. Include requests for volunteers in monthly calendar/resources.</td>
<td>Resources:  - Bowdoinham FB  - Bi-monthly column in Bowdoinham News.  - Monthly Calendar of Activities and Events</td>
<td>Y/N for all steps.  - Increase in the number of volunteers working with ACOA, Handy Brigade, and Rides in Neighbors Cars.</td>
<td>ACOA publicity committee working with local organizations: Handy Brigade, Rides in Neighbors Cars, Bowdoinham Public Library, Fire Dept., Bowdoinham Community School, etc.</td>
<td>ACOA publicity committee working with local organizations: Handy Brigade, Rides in Neighbors Cars, Bowdoinham Public Library, Fire Dept., Bowdoinham Community School, etc.</td>
</tr>
</tbody>
</table>

**Goal 2: To make Bowdoinham a more beautiful community.**
Collaborating Organizations: Handy Brigade, Rides in Neighbors Cars, Bowdoinham Public Library, Fire Dept., Bowdoinham Community School, etc.

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start a Roadside Clean-up Program—an extension of the Town “Green-Up Day”</td>
<td>1. Create policies and procedures (frequency of clean-ups, area covered, where is trash delivered, items too large for hand pick-up) 2. Raise funds for and purchase necessary equipment (safety vests, plastic gloves, pokers and garbage bags). 3. Recruit volunteers. 4. Create a rotating schedule for volunteers to cover the village area from April 01 to October 31. Note: Town of Bowdoinham will provide Garbage Tags.</td>
<td>Resources:  - Bowdoinham FB  - Bi-monthly column in Bowdoinham News.  - Monthly Calendar of Activities and Events  - Older adults willing to volunteer their time</td>
<td>Y/N for all steps.  - Number of volunteers who work on the roadside clean-up campaign.</td>
<td>ACOA  - Partners: Bowdoinham Department of Public Works</td>
<td>2017, ongoing Target: Spring, 2018</td>
</tr>
</tbody>
</table>
Personal Well-Being

Communication and Information

Community Strengths and Areas for Age-Friendly Work

One of the significant barriers to aging in Bowdoinham that was identified in the 2012 Age-Friendly Assessment was the lack of information about local social and recreational opportunities and about regional services to help residents when needed.

In 2012, ACOA began to distribute a monthly list of activities and resources. The list is mailed to residents who requested it and is available at the Town Office, Town Landing (local restaurant), and the Bowdoinham Public Library. Three years later, residents who participated in the Age-Friendly Library initiative focus group stated that they were confident that they knew where to find information about activities and events within Bowdoinham:

I like the activity and resource list you (ACOA) send out each month. The calendar is very handy. I put it on the refrigerator. I still forget some things that I want to go to but at least I know they are happening. We plan out what we are going to do at the start of the month, when your calendar comes. (2015 Age-Friendly Library initiative participant)

Currently, about 30% of 60+ residents (n=216) receive the monthly postal or e-mail.

Additional changes that have been made to improve communication include:

- This week in Bowdoinham weekly e-letter.
- Bi-monthly column in the Bowdoinham News
- Facebook Page
- Distribution of an Age-Friendly Bowdoinham brochure with information about activities and services of interest to adults.
- Creation of an Age-Friendly Bowdoinham Brochure with a brief listing of local and regional resources.

Two gaps remain. Although ACOA created a brief listing of regional and local resources that is published in the Age-Friendly Bowdoinham tri-fold, ACOA has not created a local resource that people can use if they want to find out more about a particular service. The Resource Guide Committee is working to create a guide that it hopes to make available in 2018.

The second gap in the area of communication is the need to provide timely information about local activities and events to people who receive ACOA communication exclusively by postal mail. Postal mail recipients are not aware of last minute changes to the schedule and do not receive the weekly reminders about ongoing activities and special events of interest to adults in Bowdoinham.

To address the need, ACOA is establishing a weekly “This Week in Bowdoinham” phone call for residents who are willing to receive the calls and are not on our email list. Community volunteers will make calls to up to five residents each. They will be trained to provide a high-quality service and to direct people to regional resources when needed. The program is targeted to start in September/October, 2018.
Domain: Communication and Information  Also part of the following domains: Social Participation, Respect and Social Inclusion

**Goal 1: To Increase access to information about the activities and events planned for Age-Friendly Bowdoinham**

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources &amp; Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
</table>
| To continue “This Week in Bowdoinham” e-letter and start a program of    | 1. Research need for weekly email/phone call                         | This Week in Bowdoinham e-letter. Barriers: Finding volunteers; Finding participants | • Count of volunteers,                                                    | ACOA Publicity Committee and      | 2017, ongoing. Target date: |{}
| weekly calls to share “This week in Bowdoinham” information.              | 2. Develop policies and procedures                                    |                                                                                     | • Count of participants.                                                  | Activity Committee               | Fall, 2018                  |{}
|                                                                           | 3. Recruit volunteers                                                   |                                                                                     |                                                                        |                                   | Goal is ongoing              |{}
|                                                                           | 4. Train volunteers                                                     |                                                                                     |                                                                        |                                   | Goal is ongoing              |{}
|                                                                           | 5. Place information about program on FB, monthly mailed calendars, and |                                                                                     |                                                                        |                                   | Goal is ongoing              |{}
|                                                                           | in Bowdoinham News                                                     |                                                                                     |                                                                        |                                   | Goal is ongoing              |{}

**Goal 2: Maintain and Improve the number of ways information about activities and events is available.**

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continue to make information about activities and events widely available.</td>
<td>1. Continue to distribute a monthly activity and resource list;</td>
<td>Current Communication Venues.</td>
<td>Information provided (y/n)</td>
<td>Publicity &amp; Marketing Committee</td>
<td>Implementation started, 2015. Goal is ongoing</td>
</tr>
<tr>
<td></td>
<td>2. Yearly update of Age-Friendly Bowdoinham brochure;</td>
<td></td>
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<tr>
<td></td>
<td>3. Contact press with information about special events.</td>
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</table>

**Goal 3: To increase access to regional services available to help adults living in Bowdoinham when help is needed.**

**Coordinating Organizations: Bowdoinham Public Library**

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
<th>Metrics</th>
<th>Committee/Partnership Responsible</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>To create a resource manual/folder</td>
<td>1. Research local Services</td>
<td>Barriers:</td>
<td>• Number of guides distributed,</td>
<td>Resource Committee Partnerships:</td>
<td>Goal: 2018, using AARP Maine template</td>
</tr>
<tr>
<td></td>
<td>2. Create brief resource directory to be distributed with ACOA</td>
<td>• Time to research material</td>
<td>• Number of times that detailed catalog is consulted in the Bowdoinham Public Library.</td>
<td>Bowdoinham Public Library; MidCoast-Parkview Hospital</td>
<td></td>
</tr>
<tr>
<td></td>
<td>monthly Activity and Resource list;</td>
<td>• Need to update frequently</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>3. Create a detailed &quot;catalog&quot; of services with in-depth information;</td>
<td>• Publication (online/hard copies)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>4. Make hard-copy catalog available through the BPL (reference).</td>
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</tbody>
</table>
Community Support and Health Services

Community Strengths and Areas for Age-Friendly Work
With age, comes the increased risk of functional limitations that make it difficult to accomplish tasks of daily living without assistance. In an age friendly community residents who need access to in-home help with routine activities of daily life can find the needed services.

About 35% of Bowdoinham’s residents aged 65 and older were living with a disability4 that interfered with daily life in 2013. The need for assistance with personal care or independent living increases with age and with the onset of hearing, vision, cognition, or walking difficulties. Difficulty walking, late onset hearing and vision loss that cannot be corrected using hearing aids or eyeglasses, and cognitive disabilities increase the need for formal or informal help with tasks that were easily completed before the onset of disability—independent living and with self-care.5 For people living with age-related changes in physical health, it is vital to have access to information about maintaining health and about the services and supports available to support people living with a disabling condition.

Bowdoinham does not have any local health care providers. One of the needs that ACOA has recognized is increasing awareness of regional services. ACOA includes a dedicated team of volunteers who have offered many different types of physical activity. In 2014, ACOA expanded its physical activity option with its first annual Wellness Fair, now entering its fourth year. The wellness fair includes a free flu shot, balance assessment, blood pressure checks, and opportunities to learn more about maintaining wellness, living with chronic disease, healthy snacks, and volunteer opportunities.

There are several home care agencies that include Bowdoinham in their service area. However, costs can be prohibitively high for people who pay privately. In addition to the base rate, Bowdoinham residents have to pay a mileage premium that averages $23/visit.

One of the challenges to aging in Bowdoinham that was identified by the focus groups was the need for care partner support. ACOA has worked with Brunswick Area Respite to offer a monthly support group for people caring for a loved one with dementia. Rides in Neighbors Cars gives rides to people with dementia who attend the Brunswick Respite Program located 20-30 minutes away, in Brunswick, Maine. By giving a ride to the person who has dementia and attends the Brunswick Area Respite program, the care partner is able to make plans to use the full time that a person, without using time for transportation.

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4 The Census Bureau counts a person as having a disability if they answered "yes" to having had a sensory disability (blindness, deafness, or a severe hearing or vision impairment that cannot be corrected with the use of hearing aids or lenses); physical disability (a condition that substantially limits one or more basic physical activities, such as walking, climbing stairs, reaching, lifting, or carrying); or cognitive disability (a condition lasting six months or longer that made it difficult to perform learning, remembering, or concentrating).

5 Independent living refers to the ability to independently accomplish tasks, such as shopping and getting to medical appointments, which takes place outside the home. Self-care refers to the ability to accomplish everyday personal care within the home (e.g. bathing, dressing) without assistance.
## Domain Plan: Community Supports and Health Services.

**Goal 1: Maintain & increase access to wellness programming and information about health**

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Steps</th>
<th>Resources and Barriers</th>
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<th>Committee/Partnership Responsible</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Maintain current programming and create additional recreational programming to meet the needs of active older adults as well as older people with mobility limitations and chronic illnesses that require less physical activity.</td>
<td>1. Recruitment of volunteers who are qualified to offer wellness activities and/or are willing to 2. Find spaces to offer programming 3. Promote activities using all ACOA communication channels.</td>
<td>Current volunteers working to offer recreational programming. Barriers: Recruiting volunteers qualified and willing to offer desired activities.</td>
<td>• Number of classes  • Number of participants</td>
<td>Wellness Committee. Partnerships: Bowdoinham Recreation Dept.; Cathance Fitness Center</td>
<td>Implementation started, 2015. Goal is ongoing</td>
</tr>
<tr>
<td>Create a venue for older residents to learn about chronic disease management; wellness; and health related issues.</td>
<td>Organize bi-annual wellness fair</td>
<td></td>
<td></td>
<td>Wellness Committee. Partnership: Wellness Fair Providers</td>
<td>Implementation started, 2015. Goal is ongoing</td>
</tr>
</tbody>
</table>

**Goal 2: Maintain and increase access to caregiver supports**

**Collaborating Organizations: Brunswick Respite Care**

<table>
<thead>
<tr>
<th>Objectives</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Co-sponsor a care partner support group</td>
<td>Publicize widely through inclusion in activity and resource calendar; FB posts; once/year column in Bowdoinham News.</td>
<td>Partnership with Brunswick Respite Program</td>
<td>• Number of participants</td>
<td>ACOA Partnership: Brunswick Respite Program</td>
<td>2017, ongoing</td>
</tr>
</tbody>
</table>
**APPENDIX 1: Accessibility Of Public-Access Buildings And Public Spaces, 2017**

<table>
<thead>
<tr>
<th>Public Buildings</th>
<th>Fully Wheelchair Accessible</th>
<th>Special customer service arrangements are provided, such as separate queues or service counters for older people</th>
<th>Buildings are well-signed outside and inside, with sufficient seating and toilets, ramps, railings and stairs, and non-slip floors.</th>
<th>Public toilets outdoors and indoors are sufficient in number, clean, well-maintained and accessible.</th>
<th>Designated parking for people with disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowdoinham School</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Coombs Municipal Building-Town Office</td>
<td>no</td>
<td>no</td>
<td>no</td>
<td>none</td>
<td>yes</td>
</tr>
<tr>
<td>Coombs Municipal Building—Bowdoinham Public Library</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Fire Department</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Post Office</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
<td>none</td>
<td>yes</td>
</tr>
<tr>
<td>Recycling Barn</td>
<td>no</td>
<td>no</td>
<td>no</td>
<td>none</td>
<td>no</td>
</tr>
<tr>
<td>Town Hall</td>
<td>yes</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td>yes</td>
</tr>
</tbody>
</table>

**Outdoor Spaces**

| Mailly Waterfront Park | no | NA | yes | Fully accessible, year-round | yes |

| Privately Owned Buildings, by category | | |
|---------------------------------------|----------|----------|----------|-------------------------------|-----|
| Lifelong Learning and Cultural Opportunities | 80% | none | 60% | 60% | 60% |
| Places of Worship | 100% | 50% | 0% | 0% | 100% |
| Stores and Essential Services | 33% | 33% | 17% | none | 33% |
| Voluntary Associations | 50% | none | 50% | 50% | 50% |

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6 Exception—no non-slip floors in the community room, kitchen, or bathrooms
7 All of the places where lifelong learning and cultural events take place that are open to the general public were included.
8 All of the places that are designated as places of worship were included in this category
9 All of the stores (places that sell groceries, dry goods, and other merchandise that are open to the public) and essential services (e.g. banking, food pantry) were included in this category
10 All of the voluntary associations (e.g. Snow Birds, Grange, Ladies Auxiliary) that meet in town were included in this category
APPENDIX 2: ADAPTIVE TOOLS

TOOLS to Make Life a Little Easier

Presented by the
Age-Friendly Bowdoinham
Town of Bowdoinham
6 School Street, Bowdoinham Maine
FMI: wpost@bowdoinham.com

Age-Friendly Bowdoinham Adaptive Tool Program
The Adaptive Tool program started when the Advisory Committee on Aging became aware that many people in our community were not aware of all the wonderful things that are available to make everyday life a little easier. People who have trouble hearing needed a strobe door bell, amplified phone, or smoke detector that was louder than the standard design but had no idea the products existed or, if they did, where to buy them. People with trouble opening cans and jars needed to find the tool that would work for them.

In response to the need, Age-Friendly Bowdoinham began to gather devices based on what people told us they needed. As word got out about the project, people from the community started to donate their favorite tools and we added them to our collection. UNUM Insurance in South Portland heard about the project and contributed their ideas as well.

A sampling of these tools is on display at the Bowdoinham Public Library. Residents of Bowdoin, Bowdoinham, and Richmond can borrow the tools for up to three weeks. Not a member of the library? No problem! All you have to do is leave your name and contact information and promise the librarian that you will return the item in three weeks. It couldn’t be simpler!

This is an excellent opportunity to become aware of what is available on the market and to try before you buy.

Some of the adaptive tools in this guide may qualify for Medicare reimbursement if you have a physician’s order for medical necessity. The physician may order an evaluation by an occupational therapist to determine the need. The meeting with an OT is usually covered by Medicare. Age-Friendly Bowdoinham does not guarantee that any of these items will be covered by Medicare or other medical insurance. Even if an item doesn’t qualify, it is often helpful to get advice from an OT to make sure that the item is the best fit for your needs. Age-Friendly Bowdoinham has gathered a sampling of tools to try but cannot give you any advice about which tool is best for you.

The items in this guide may be available in many stores. We have just taken a sampling of some stores and on-line sites. The prices listed were the ones found when the guide was developed. Sometimes the prices may have gone up, and sometimes they can be found on sale. We suggest that you take the time to shop and compare.
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<th>Item</th>
<th>Purpose</th>
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<td><strong>Home Safety</strong></td>
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</table>
| Wireless Strobe Doorbell  | Provides both an audible sound that can be adjusted from soft to loud and a flashing strobe light to alert you when a guest is at the door. This item is very helpful if you have trouble hearing a doorbell or take hearing aids out at night when you sleep. | Department/Hardware Stores:  
Walmart: $30.00 +  
Home Depot: $34.47 (pictured)  
Online Shopping:  
Amazon.com: $17.00 and up |
| Strobe Smoke Alarm        | The strobe smoke alarm provides a bright visual light to warn of a smoke, heat or carbon monoxide hazard. Must be used with a compatible smoke, heat, or carbon monoxide alarm. The Kidde brand is pictured. | Department/Hardware Stores:  
Walmart: $58.39 for strobe  
Home Depot: $65+  
Online Shopping:  
Amazon.com: $55+ (for Kidde brand, other brands $35+) |
| **Grab Bars**             | Grab Bars come in all shapes and sizes. They can be purchased online, at Drug Stores, and at Hardware Stores. Correctly installed and used properly, grab bars can prevent falls and make it easier to move from one position or area to another. If you aren’t sure which grab bar is right for you, talk to your doctor and ask for an Occupational Therapy Consult. The OT consult is covered by Medicare and insures that you will have grab bars where you need them. Warning: Avoid suction cup grab bars! The suction can fail and increase your risk of fall. | Department Stores:  
Walmart: $12.00+  
Drug stores:  
Kennebec Pharmacy at Midcoast Hospital: $20.00+  
Wilson’s Drug Store: $15.00+  
Hardware stores:  
Home Depot: $15+  
Online Shopping:  
Amazon.com: $15.00+ |
| **Reach Tools**           | Reach tools vary in quality and construction. Some have “jaws” that close around objects, others use suction cups. Some have a magnet at the end of one pincher to help pick up small metal items. If possible, try any reacher before you buy it. The mechanism to operate the pinchers varies from model to model. Some are easier to operate for people with arthritis or wrist weakness than others. | Department Stores:  
Walmart: $12.00+  
Drug stores:  
Kennebec Pharmacy at Midcoast Hospital: $20.00+  
Wilson’s Drug Store: $15.00+  
Hardware stores:  
Home Depot: $15+  
Online Shopping:  
Amazon.com: $12.00+ |
| **Standing Assists**      | The hand device works well for people who need a slight assist when getting up from a seated position and have someone available to help. The pole device works well when a person needs assist when getting up from a favorite chair or from bed in the morning. An Occupational Therapist can make sure that the right device is being used and is adjusted to meet specific needs (OT consult is covered by Medicare). | Department Stores:  
Walmart: $12.00+  
Drug stores:  
Kennebec Pharmacy at Midcoast Hospital: $20.00+  
Wilson’s Drug Store: $15.00+  
Online Shopping:  
Amazon.com: $15.00+  
Note: Ceiling pole grab bars price from $100+ |
| **Kitchen Helpers**       | One-touch can opener eliminates the need to crank a handle to open a can and eliminates the need to lift a can into a stand electric can opener. | Department Stores:  
Walmart: $17.00  
Target: $17.49  
Hardware stores:  
Home Depot: $17+  
Online Shopping:  
Amazon.com: $15+ |
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<th>Item Name</th>
<th>Description</th>
<th>Stores and Prices</th>
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<tr>
<td>Ring Can Opener</td>
<td>Open ring pull cans and break the seal on jarred lids with ease. This gadget is friendly to those who have arthritis and do not have much strength.</td>
<td>Hardware/Department stores: Home Depot, Lowe’s: $3.00 Walmart: $2.00 Online Shopping: Amazon.com: $2.00</td>
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<td>Jar grips</td>
<td>Rubber Jar grips help to concentrate power to open jars by increasing friction between your hand and the jar. <em>Home-made versions can be made using leftover material from non-skid backing used under scatter rugs to prevent falls.</em></td>
<td>Department Stores: Dollar Store: $1; Walmart: $6.71 Hardware Store: Home Depot: 2x4 rug gripper pad $6.27; 2x8 $9.87</td>
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<td>Hand held jar gripper openers</td>
<td>Both types of hand held jar gripper openers use a device to increase friction and provide a handle for better leverage when opening the jar.</td>
<td>Department Stores: Walmart: $7.00+ Online Shopping: Amazon.com: $10+</td>
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<tr>
<td>Under cabinet Jar Opener</td>
<td>Will help open any size jar. Simply hold, push and twist. Especially helpful for people with limited hand and wrist strength.</td>
<td>Department Store: Walmart: $3.04 Online Shopping: Amazon: $16.95 (as pictured)</td>
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<tr>
<td>One-Touch Jar Opener</td>
<td>One-Touch Jar Opener eliminates the need to hold and twist a jar open. Let the machine do the work for you!</td>
<td>Department Store: Walmart: $20.34 Online Shopping: Amazon: $9.40 (as pictured)</td>
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<tr>
<td>Push and Pull Oven Rack Tool</td>
<td>Push and Pull oven rack tools allow you to push and pull an oven rack without using your hands and without bending into the oven to take a hot container out. Also can be used to turn pans.</td>
<td>Department Stores: Walmart: $5.00 Target: $5.00 Online Shopping: Amazon.com: $4.93</td>
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<tr>
<td>One-Handed Paring Board or Swedish Cutting Board</td>
<td>A one-handed cutting board stands firmly on its suction feet. The jaws hold a bowl, grater, or piece of food in place. Enables a person with a tremor only one hand to use to cut firmly and with confidence.</td>
<td>Online Shopping: Amazon.com: $64.99</td>
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<tr>
<td>Easi-Grip Carving or Bread knife</td>
<td>Keeps wrist at a comfortable right angle. Does not require a tight grip to use. Helpful for people with arthritis.</td>
<td>Online Shopping: Amazon.com: $64.99</td>
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<tr>
<td>T-Handled Rocker Knife or Mezzaluna</td>
<td>Stable knife cuts food with a rocking motion. The shape allows leverage of the arm to cut rather than exerting pressure through the wrist. Good for anyone with wrist weakness.</td>
<td>Online Shopping: Amazon.com: $12-21.00</td>
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<tr>
<td>Lights and Vision Aids</td>
<td><strong>Talking Clock</strong> Do you have difficulty reading the clock at night? The talking clock does it for you. Just push the button at the top of the clock and you will hear the time.</td>
<td>Online Shopping Amazon.com: $10.00-$50.00 depending on features and brand chosen.</td>
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<td>Product</td>
<td>Description</td>
<td>Price &amp; Availability</td>
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<td><strong>LED night lights</strong></td>
<td>The dawn to dusk sensor means you no longer have to remember to turn a nightlight on when you go to bed. The added lighting at night can prevent falls.</td>
<td>Department/Hardware Stores: Reny’s, Target, Best Buy: $5.00+ Home Depot, Lowe’s: $5.00+ Online Shopping: Amazon.com: $10.99/two</td>
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<tr>
<td><strong>LED Motion Sensor Light, wireless (req. batteries)</strong></td>
<td>Wouldn’t it be easier if you had a light to help you see in your closets and kitchen cabinets? Having light in dark closets can prevent falls and makes it easier to find things.</td>
<td>Department/Hardware Stores: Reny’s, Target, Walmart: $5.00+ Home Depot, Lowe’s: $12.99+ Online Shopping: Amazon.com: $10.98/two-pack</td>
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<td><strong>Hands free page magnifier</strong></td>
<td>Hands free full page magnifiers with lights help people who need magnification and want the convenience of seeing a large area without holding a book and lens.</td>
<td>Online Shopping: Amazon.com: $8.88</td>
</tr>
<tr>
<td><strong>LED Motion Sensor Light, wireless (req. batteries)</strong></td>
<td>Hands free full page magnifiers with lights help people who need magnification and want the convenience of seeing a large area without holding a book and lens.</td>
<td>Online Shopping: Amazon.com: $8.88</td>
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<td><strong>Prism Glasses</strong></td>
<td>Prism glasses help avoid neck cramps and eye strain when you need to lie flat on your back and read or watch television by turning your view to a downward 90° angle, eliminating the need for head movement. Perfect for people with limited mobility, vertigo or who have to rest lying flat.</td>
<td>Online Shopping: Amazon.com: $10-$100.00, depending on model and features.</td>
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<td><strong>Pillboxes</strong></td>
<td>We all know how easy it is to forget to take medication. Pillboxes with alarms prevent forgetting by emitting an alarm noise when it is time to take pills. The Apex model allows you to set an alarm to take one dose of medications each day. The MedGlider model allows the programming of up to four doses daily. There are many different models to meet the needs of any medication regimen. Prices vary.</td>
<td>Department Stores: Walmart: $12.00+ Drug stores: Kennebec Pharmacy at Midcoast Hospital: $15.00+ Wilson’s Drug Store: $12.00+ Online Shopping: Amazon.com: $11.99 Apex model $11.99 Medglider (with tray for one day of medication)</td>
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<td><strong>Locked Pillbox</strong></td>
<td>This device keeps children safe when they visit. Locking your medications gives you privacy and security about prescriptions—with or without children visiting. Another way is to lock medication in a small toolbox.</td>
<td>Department &amp; Hardware Stores: Locked medication boxes $10+ Locked &amp; small tool box $10+ Online Shopping: Amazon.com: $6.00</td>
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<tr>
<td><strong>Stacked Pillboxes</strong></td>
<td>For people who have limited vision, a stacked pillbox such as this one can help prevent medication errors. Some types of stacked pillboxes have space for up to four daily doses. Models are available online and in drug stores.</td>
<td>Department Stores: Dollar Store: $1 Walmart: $6.81 Drug stores: CVS: $7.29+ Wilson’s Drug Store: $5.00+</td>
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<td><strong>Manual Dexterity</strong></td>
<td>Allows people with difficulty manipulating buttons and zippers to dress with relative ease.</td>
<td>Department Stores: Walmart: $18.00+ Online Shopping: Amazon.com: $8.00+</td>
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| Specially Designed Eating Utensils | Weighted eating utensils can help people with essential tremor to enjoy eating without the mess. Rocker knives make it easier to cut food—especially useful for people with arthritis or wrist weakness. If you have questions about needing specially designed utensils, ask your primary doctor about an occupational therapy consultation. The meeting is covered by Medicare. | Drug stores:  
Kennebec Pharmacy: $15.00+  
Wilson’s Drug Store: $12.00+  
Online Shopping:  
Amazon.com: $12.00+ |
|---|---|---|
| Lever Door Handles And D-shaped cabinet pulls | Lever door handles (available at hardware stores) make entering and leaving a home easier for people of all abilities. D-shaped cabinet pulls (available at hardware stores) make opening kitchen cabinets easier—especially for people with trouble bending fingers. | Department Stores:  
Walmart: $5.00+  
Online Shopping:  
Amazon.com: $6.90/3 EZ-Key Turner  
$9.95 Key Aid (holds two keys)  
$7.49/2 light switch turners |
| Key Turners and Large-Knob Light Switches | The Big Lamp Switch knobs feature large spokes which help create more leverage for turning lamp switches. Easy key turners also increase leverage so that turning small keys is easier. Fits over standard keys. | Online Shopping:  
Amazon.com: $6.90/3 EZ-Key Turner  
$9.95 Key Aid (holds two keys)  
$7.49/2 light switch turners |
| Long-Handled Shoe Horn | The long-handled shoe horn is useful for people who have vertigo or with limited mobility. No more bending to insert a short handled shoe horn! Some models come with a spring feature. | Online Shopping:  
Amazon.com: $8.71--$25.00, depending on model chosen. |
| Long-Handled Toe-Nail Clippers | If bending over to cut your toenails has become more difficult, it may be time to try long-handled toenail scissors. The 8” long handle makes it easy to reach your toenails for accurate and safe clipping. Stainless steel scissors are for right- and left-handed use. | Online Shopping:  
Amazon.com: $12.99 (as shown) |
| No-Tie Elastic Shoe Laces | No-Tie Laces are fast & easy! To loosen them, just pull on the loops. To tighten, just pull on the laces. In seconds you have perfectly tied shoes tying the laces! | Department Stores:  
Walmart: $5.00+  
Online Shopping:  
Amazon.com: $5.00+ |
| Weighted writing tools | Weighted writing utensils can help people with a mild to moderate essential tremor to write more clearly. Weighted pens and pencils can be made at home using washers and elastic bands (see photo). | Drug stores:  
Kennebec Pharmacy at Midcoast Hospital: $15.00+  
Wilson’s Drug Store: $15.00+  
Online Shopping:  
Amazon.com: $12.94 (as pictured) |
| Moving Around | Wear an anti-fatigue mat wherever you go. Ergo Mate dramatically reduces pain and fatigue experienced when standing or walking on hard surfaces. Easy to put on. | Online Shopping:  
Amazon: $26.75 (as shown) |

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| Vehicle and Shopping | Click and Carry helps carry multiple bags at one time. Have you ever had the feeling of my fingers being nearly severed by plastic bags? The click and carry will prevent that. An added advantage is that the click and carry allows a person to carry 2-6 shopping bags in one hand, leaving the other hand free to hold a railing while going up the steps or open a door. | Kitchen Stores:  
Casco Bay Cutlery & Kitchenware: $10.00  
Now You’re Cooking: $10.00  
Online Shopping:  
clickandcarry.com: $10.00 + $4.95 shipping |
| --- | --- | --- |
| | Easily slides into a door latch to give an extra “handle” to hold when getting out of a car. Weight capacity: 350 pounds. Also features a built-in window breaker and seatbelt cutter. | Department Stores:  
Walmart: $26.30  
Hardware stores:  
Home Depot: $34.99  
Online Shopping:  
Amazon.com: $26.30 |
| HandyBar Vehicle Transfer Support Handle | Helps reach the seatbelt. Especially helpful for people with shoulder pain. | Department Stores:  
Walmart: $16.32  
Online Shopping:  
Amazon.com: $6.98 (as pictured) |
| Seat Belt Grabber Handle | Ideal for those who can't otherwise buckle their seat belts, which may include some plus-sized people and people with limited mobility or range of motion. | Department Stores:  
Walmart: $16.32  
Online Shopping:  
Amazon.com: $5.00+ |
| Seat Belt Extender | Ergonomically designed tools are built to make gardening chores easier and reduce back, wrist and hand strain. Having the right tool makes it possible for life-long gardeners to continue enjoying working outside even with arthritis or mobility limitations. Many box stores and garden supply stores sell an assortment of these tools, | Online Shopping:  
Amazon.com: $9.99+ |
Getting the Assistive Technology that you Need

For many older people, assistive technology can be critical for living independently safely. Tools like the ones in this catalog can be critical to the ability to perform daily activities, such as cooking, dressing, shopping, or driving. Others can help you enjoy the things that you have enjoyed for a lifetime—such as gardening.

The Tool Table only has a few items to help you start thinking about the items that could make your life easier. There are a few questions you may want to think about when you are deciding to purchase one of these tools.

- How are my needs likely to change over the next six months? How about over the next six years or longer?
- How up-to-date is this piece of assistive equipment? Is it likely to become obsolete in the immediate future?
- What are the tasks that I need help with, and how often do I need help with these tasks?
- What type of assistive technology will give me the greatest personal independence?
- Will I always need help with this task? If so, can I adjust this device and continue to use it as my needs changes?

Paying for Assistive Technology

Have you identified a tool that you think will make everyday life easier and want to own it? A few people we know have given a copy of this catalog to their relatives and close friends with the items they want circled. That way, at holidays and birthdays, their friends and loved ones can buy them items that are useful, rather than guessing what they need.

Some assistive technology, such as transport wheelchairs, walkers, and ramps, can be very expensive. Right now, no single private insurance plan or public program will pay for all types of assistive technology under any circumstances. However, Medicare Part B will cover up to 80 percent of the cost of assistive technology if the items being purchased meet the definition of “durable medical equipment.” This is defined as devices that are “primarily and customarily used to serve a medical purpose, and generally are not useful to a person in the absence of illness or injury.” To find out if Medicare will cover the cost of a particular piece of assistive technology, call 1-800-MEDICARE (1-800-633-4227, TTY/TDD: 1-877-486-2048).

Older people who are eligible for veterans’ benefits should definitely look into whether they can receive assistance from the Department of Veterans Affairs (DVA). Many people consider the DVA to have a model payment system for assistive technology because the agency has a structure in place to pay for the large volume of equipment that it buys. The DVA also invests in training people in how to use assistive devices. For more information about DVA benefits for assistive technology, call the VA Health Benefits Service Center toll-free at 1-877-222-VETS.

If you don’t have access to insurance benefits that can help, check to see if there is a durable Medical Equipment Loan program in your community. They may have a piece of equipment that is perfect for you and it won’t cost you anything!

Other Resources.

Disability Rights Maine. Phone: 1-800-452-1948. If you know an individual who has a barrier to using a standard telephone – whether they are D/deaf, hard-of-hearing, or late-deafened, or have a speech, cognitive, memory or physical disability - there may well be a specialty phone that can work for them. The application for specialized adaptive equipment through Maine’s Telecommunication Equipment Program (TEP) is relatively easy, requiring proof of disability and income. Individuals meeting the income guidelines often receive equipment at no cost, and most qualify for low cost. Low income seniors over 65 may qualify to choose the hearing aid option instead. Call for more information.

Do-It Yourself Tools. The University of New Hampshire has created two guides to making your own adaptive equipment, customized to your needs. Assistive Technology Solutions in Minutes, parts 1 and 2 can be ordered at: http://www.iobbookstore.org/categories/Assistive-Technology/ or t borrowed through the Bowdoinham Public Library.