AARP National Rural Livability Workshop

Strengthening Transportation Options in Maine

Moderator: Jane Margesson, AARP Maine

Presentations

Pam Chenea, Wayne Aging at Home
Enhancing Bike and Pedestrian Safety

Candy Eaton, Age-Friendly Sullivan
Volunteer Transportation: Partnering with Regional Organizations to Meet Local Needs

Allen Cressy, Retired President, Bethel Area Age-Friendly Community Initiative
Putting Rubber on the Road in a Rural Setting
Enhancing Bike and Pedestrian Safety
Survey- town of Wayne residents
Grant applied for, then awarded
Contact information:
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207-685-9378
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“You can’t get there from here, dear”
Welcome To
SULLIVAN
Est. 1789
Sullivan, Maine
04664
It's the friends you meet on your path that make the journey worthwhile.
Age-Friendly Sullivan
www.sullivanmaine.org

Candy Eaton, Coordinator
candyeaton@yahoo.com
207.460.1114
Putting Rubber on the Road in a Rural Setting

Bethel Region Age-Friendly Community Initiative (AFCI)
Welcome to Bethel Region AFCI

- Members:
  - Bethel
  - Gilead
  - Greenwood
  - Hanover
  - Newry
  - Woodstock

- Regional demographics
  - 5500 residents
  - 31% of population 60 and over
  - Geo area: 245 mi²
  - Pop. density: 28/mi²
  - Isolation and poverty
Agenda - AFCI’s Volunteer Driver Program (VDP)

- Community Assessment
- Planning - Action Plan
- Implementation
- Sustainability
Community Assessment

• Two public meetings - Fall 2015
• General survey - Late Fall 2015
  • Conducted in four towns
  • 221 surveys returned
  • Survey results analyzed and reported by “Analytic Insights”
• Transportation survey - Spring 2016
• Public meetings, etc. - continuing
• AARP livability index for transportation: 49
  • No public transportation services
The most critical issues*

*Survey results, Fall 2015
Why move if you don’t want to?

Transportation a major reason

Factors Impacting Decision to Move

- Need help with health care or household tasks: 50.7%
- Need more access to transportation: 42.3%
- Need different size of home: 28.5%
- Expense of home maintenance: 24.4%
- Looking for area with lower cost of living: 14.5%
### Most important services*

<table>
<thead>
<tr>
<th>Service</th>
<th>Number of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>144</td>
</tr>
<tr>
<td>Home maintenance services</td>
<td>41</td>
</tr>
<tr>
<td>Affordable housing</td>
<td>40</td>
</tr>
<tr>
<td>Medical services</td>
<td>33</td>
</tr>
<tr>
<td>Social activities</td>
<td>31</td>
</tr>
<tr>
<td>Home medical services</td>
<td>30</td>
</tr>
<tr>
<td>Health care</td>
<td>29</td>
</tr>
<tr>
<td>Healthy food access/Grocery Store</td>
<td>19</td>
</tr>
<tr>
<td>Community center</td>
<td>15</td>
</tr>
<tr>
<td>Assisted living</td>
<td>7</td>
</tr>
<tr>
<td>Meals On wheels or Food bank</td>
<td>7</td>
</tr>
</tbody>
</table>

*Survey results, Fall 2015*
Planning - AFCI’s Initial Action Plan*

“Develop a sustainable, more robust transportation system for our area”

Let’s put some rubber on the road!

*Approved by AARP and WHO, April 2017
Implementation - Phase I

• Initiated in October 2016
• Collaboration with Community Concepts (non-profit with well-established VDP)
  • Leveraged training, insurance, background checks, driver reimbursement
  • Dependent on grant funding
• Free medical rides offered to seniors 60 and over
  • Trips to major service centers (average one-way distance - 30 miles)
  • Typical destinations: hospitals, specialists
Implementation - Phase II

- Initiated in October 2017
- “Home-grown” program under AFCI auspices
- Free medical and non-medical rides offered to seniors 60 and over
  - Local trips for church, shopping, exercise classes, PT, dentist, etc.
- 11 certified volunteer drivers
- Dependence on volunteer transportation coordinators
- Free web site (https://healing.lotsahelpinghands.com)
Sustainability

- Partnering
  - Continued heavy reliance on leveraging where practical
- Sustainable funding
  - Shift of program funding from grants to municipalities and contributions
  - State funding, now not available, will continue to be sought through legislative channels
- Leadership and volunteer succession plan
- Client satisfaction
  - Achieve critical mass in terms of both clients and drivers
- Must be willing to adapt to change
Thank you!

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Time for your questions, comments, ideas, and experiences