



2025

Annual Survey AARP Network of Age-Friendly States and Communities: A Survey of Member Communities

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EXECUTIVE SUMMARY

AARP Livable relies heavily on survey responses from NAFSC member communities to learn from and share the successes and challenges of participation in the NAFSC process. We would not have that opportunity without the willingness and participation of community leaders in the annual survey.

The accomplishments shared by NAFSC members were impressive!

- Throughout the United States, Age-Friendly Community Initiatives (AFCI) have significantly expanded their reach in the community. In the 2025 survey, 42% of responding NAFSC members told us they serve more than half their residents—up from 23% in 2024—reflecting broader service offerings and increased population impact.
- Community organizations, funders, and municipal budget committees have responded enthusiastically to the accomplishments of Age-Friendly Communities. Survey results demonstrate strong cross-sector support: 93% of respondents reported receiving cash or in-kind contributions, with 79% supported by public sector partners and 71% by private sector organizations.
- AFCI are prioritizing disaster preparedness. More than one in four (26%) have age-friendly representation at disaster planning tables, where they work alongside other sectors to coordinate responses to future natural disasters. Nearly as many (23%) have launched programs that help residents prepare for emergencies and stay safe when disaster strikes.
- AFCI responded proactively to federal policy shifts through local action. Key strategies included advocacy and education (29%), pursuing alternative funding sources (45%), and volunteer recruitment (34%). Many communities experienced increased civic engagement, with residents donating funds and time to address critical needs.
- While AFCIs focus on the built, social, and service environments that shape daily life, 60% of survey respondents told us they are also working hand-in-hand with related initiatives that work with a specific population or aspect of the community. More than half (52%) partner with Dementia Friendly Community programs, 32% have active Maine Street initiatives, and 25% have launched age-friendly business initiatives.
- AFCI are generating impact far beyond what they planned. Sixty percent of survey respondents reported between one and four examples of "age-friendly spin-off"—the unanticipated positive benefits that emerge when age-friendly concepts and activities spread to organizations and groups not directly involved with the AFCI.

Overwhelmingly, the data shows that Age-Friendly is making communities a better place to live for people of all ages by advocating for age-friendly policies and making changes in the built, social, and service environments.

We are deeply grateful to the community leaders who took time to complete the 2025 annual survey of members of the AARP Network of Age-Friendly States and Communities. We learned a great deal from you and look forward to sharing these insights throughout the year—during members-only webinars, on the AARP NAFSC members-only portal, and through new tools designed to support your age-friendly work.

ABOUT THE SURVEY

The 2025 Annual Survey of municipal members of the AARP Network of Age-Friendly States and Communities (NAFSC) was a collaborative effort among three partner organizations: NAFSC, the University of Maine Center on Aging (CoA), and the Consortium for Aging Policy Research and Analysis (CAPRA).

NAFSC and CAPRA jointly designed the survey instrument, while CoA administered the data collection and analyzed the data. Survey development was further informed by consultation with a sample of AARP NAFSC member communities, ensuring the instrument reflected the practical realities and priorities of Age-Friendly Community Initiatives (AFCI).

The annual survey of NAFSC members is guided by three primary objectives:

- Identify key partnerships, engagement strategies, and implementation approaches that local age-friendly workgroups employ to foster sustainable, community-driven change in collaboration with residents, funders, and municipal partners
- Document achievements and successful outcomes across the eight domains of livability
- Learn how NAFSC members intend to advance AFCI goals through 2025 and beyond

In 2025, the survey incorporated four critical areas shaping contemporary age-friendly practice. The following research questions guided survey development:

- What strategies are AFCI employing to adapt to evolving federal policy and funding environments?
- How are AFCIs engaged in local disaster resilience planning and implementation?
- Beyond AFCIs, which complementary age-inclusive programs are active within NAFSC member communities?
- Are communities able to describe examples of age-friendly spin-off - unintended outcomes, or secondary benefits that originate from AFCI implementation? If so, which underlying mechanisms contribute to age-friendly spin-off and what community-level impacts have resulted?

Survey Distribution and Response

The AARP Livable Communities team collected responses from September 09 – November 19, 2025. The survey was distributed to communities that joined the AARP Network of Age-Friendly States and Communities prior to March 09, 2025, so each respondent had experience leading age-friendly change for at least six months.

Individual AFCIs vary considerably in geographic scope, encompassing single municipalities or, in some cases, regional collaborations of up to 27 municipalities. These regional approaches enable bordering communities to pool resources and coordinate efforts toward collective improvement. The 2025 survey was distributed to 447 AFCIs representing a total of 1,005 municipalities across the network.

Age-friendly leaders from 279 AFCIs completed the survey, yielding a 62% response rate. Given that many respondents represented regional initiatives encompassing multiple discrete AARP NAFSC member communities, the 279 responses captured age-friendly activities across 416 municipalities.

The 62% return rate gives us 95% confidence that survey findings fall within 4.27 percentage points of the true values for all NAFSC members in the United States who have participated in the network for more than six months¹. The data provide reliable insight into emerging trends and can inform strategic priorities for AARP's development of targeted peer networking, educational programming, and technical assistance designed to strengthen and advance the work of network communities.

Geographic Diversity of the Sample

AFCIs span the United States, with concentrations in the Northeast and South. Survey respondents closely mirrored this national distribution. Communities from the Northeast (39% of respondents vs. 35% of all AARP NAFSC member communities) and Midwest (16% vs. 14%) were slightly overrepresented, while those from the West (17% vs. 19%) and South (28% vs. 33%) were modestly underrepresented.

Network members represent communities of widely varying scales, from municipalities with fewer than 500 residents to regions approaching 10 million people. Survey responses generally aligned with the national APCI distribution across population sizes, though smaller communities were somewhat overrepresented. About one-third of respondents (33%) came from areas with under 10,000 residents, compared to 29% of all AFCIs. Towns and villages of 10,000–20,999 residents were slightly underrepresented (22% of respondents vs. 25% of AFCIs), while larger communities of 30,000 or more were proportionately represented (46% vs. 47%).

Organization of the Report

AARP Livable Communities is honored to share the learnings from the 2025 NAFSC survey in this report. This document accompanies the summary presentation developed by the University of Maine Center on Aging and is organized into chapters for easy reference. Three appendices follow:

- Chart Pack with data from the survey
- NAFSC AARP Annual Survey Instrument, 2025
- Age-Friendly Spin-Off Tool

¹ The survey results reflect the experiences of municipalities enrolled in AARP NAFSC and should not be generalized to all municipalities in the United States. Communities that actively engage with NAFSC may differ systematically in their approaches to creating age-inclusive environments compared to non-member municipalities.

AFCI IMPACT AND FUNDING

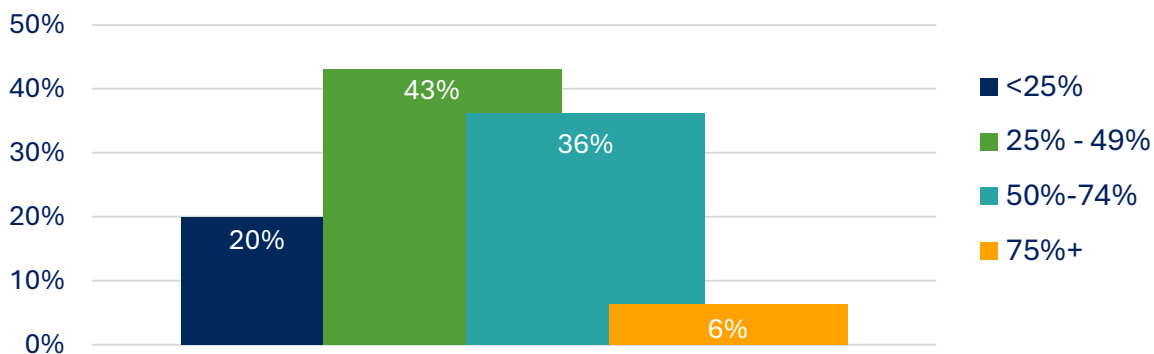
Community Impact

Membership in the AARP Network of Age-Friendly States and Communities (NAFSC) structures local efforts to improve conditions for older adults and all residents through policy changes in housing, transportation, and services. AARP Livable NAFSC program provides technical guidance and encourages cross-sector partnerships. In prior surveys, member communities report that improvements such as walkable streets, accessible buildings, and enhanced services benefit older adults while creating safer, more connected environments for all residents.

According to the 2025 survey, NAFSC member communities report that Age-Friendly Community Initiatives (AFCI) principles and activities have reached an average of 40% of their residents. However, the distribution of impact varies considerably across communities (see Figure 1). While 20% of respondents reported directly benefiting less than one quarter of their residents, 6% indicated that they were able to reach 75% or more of their population.

Figure 1

Community Reach of AFCI Programs, Activities or Advocacy, n=271



NAFSC employs a five-year cycle of continuous improvement to help communities become more age-friendly. This cyclical process connects planning, implementation, and evaluation in an ongoing loop, with each completed five-year period informing the next. Now in its 13th year of U.S. implementation, the network has built a strong foundation of experienced communities. More than one-third of survey respondents (35%) have already completed their first five-year cycle and are applying the lessons learned as they continue their age-friendly work.

The data reveals a clear maturation effect. Communities in their first five-year cycle of continuous improvement reported a median impact of 37% of their population. This figure increases to 50% for communities in their second or third cycle, demonstrating how established initiatives achieve broader reach over time.

Funding Age-Friendly

Adequate funding is essential for advancing AFCI goals. The 2025 annual survey found that 93% of respondents received some form of financial support for their age-friendly programs, while 7% did not.

Municipal government was the primary funding source, reported by 77% of respondents. Other significant sources included AARP (50%), funders and foundations (38%), non-profits (37%), businesses (22%), individuals (21%), and state or federal government (20%).

Some communities reported hundreds of funders for specific initiatives within age-friendly domains. As one community noted, “Too many to list. For example, the public spaces goal has had over 100 donors.”

Most communities drew funding from multiple sectors, with the majority securing grants and partnering with non-profits. Representative examples include:

- *(We receive support from the) Town of Ross, donations were given at our breakfast and luncheon events, local business (restaurants and garden businesses that provide gift cards), and Marin Art and Garden Center provides discount for events held there. Ross Property Owners Association, Cedars, Branson School, Ross Preschool, and local businesses have provided in-kind support.*
- *Town of Millinocket, AARP Challenge Grant, Maine Community Foundation, Sewall Foundation, State of Maine/UMaine Center on Aging (Community Connections Grant)*
- *We have almost 100 community partners working with us on implementing our Master Aging Plan, which is our age-friendly action plan, so they are using their own funding to complete items assigned to them in the plan.*

Funding takes many forms beyond cash contributions. In-kind donations, including meeting space, printing services, and other resources, prove equally valuable in advancing AFCI goals, particularly for communities operating with limited budgets. This diversity of support enables municipalities to sustain and grow their age-friendly activities even when cash resources are limited.

RESPONDING TO CHANGES IN FEDERAL POLICY

Survey respondents told us that federal and state policy shifts are creating challenges for NAFSC member communities across the country. More than one-quarter of respondents (27.6%) identified changes in federal and state funding and policy priorities as a current concern for sustaining their AFCL, while over one-third (34%) reported they are already experiencing the direct impacts of federal changes.

.... Prior to this year, we frequently tried to incorporate federal resources like research papers, tool kits and things like GIS maps into our work. Many of those resources have been taken down from federal websites or are no longer functional.

This has also affected our own information-sharing mission. For example, some FEMA toolkits on the inclusion of older people and people with disabilities in disaster preparedness planning are no longer hosted by FEMA.

The effects are substantial and widespread. Among communities reporting impacts, 77% have experienced a reduction or loss of funding and 42% have encountered delays in receiving expected funds. These shortfalls have intensified competition for private grant resources as communities seek alternative ways to bridge the funding gap.

As a municipality we are not eligible for many grants; we are now competing with far more organizations for less dollars due to others losing federal funding.

Over half (54%) are facing increased community needs without corresponding increases in resources to address them. The result is a painful trade-off: as several respondents explained, they have been forced to set aside work on quality-of-life initiatives such as walkability and social participation to concentrate all available resources on meeting critical, immediate needs.

We are already seeing increased need among older adults as cuts are proposed to critical services including housing assistance, food programs, veterans' benefits, and public transportation. Facing this rising demand, we remain flexible and understand that we may need to adjust our action plan—re-prioritizing some goals, reducing the scope of others, or delaying implementation where necessary.

In response to these challenges, communities have taken proactive steps to preserve access to food, transportation, and housing. Among these efforts, 29% engaged in advocacy and education, bringing concerns about policy changes and funding priorities directly to municipal decision-makers and other key partners.

- *We are engaging our partners through education about the impact of federal changes on community members. Our partners, especially businesses and service organizations, are stepping up to the plate as much as they can to increase their support for specific efforts.*
- *As federal funding for a range of social services is reduced or eliminated, our communities need to remain vigilant and act quickly to identify alternative programs and funding so that necessary services are not interrupted.*

In Sisters, a group of community leaders has formed a Supporting our Seniors (SOS) initiative with AARP/Oregon support. This initiative is actively engaging the community through surveys and public forums to identify and discuss the emerging, pressing needs of older community members.

- *With the recent federal changes in how communities support the unmet needs of residents who are unable to make ends meet, we are all –Age-Friendly Dover-Foxcroft and our partners - thinking about health, wellness, food insecurity, housing, and transportation and using our advocacy muscles to raise awareness in our community, in our region, and in state government. Anything that affects daily living for anyone in a community affects the entire community.*

More than half (55%) formed new partnerships, while 45% applied for alternative funding sources and 44% shared resources across municipal departments or sectors. Others adjusted their operations by scaling back programming (37%), recruiting additional volunteers (34%), or modifying services (29%).

- *Federal and State government changes are already affecting the availability of services, such as commodity food boxes. Our community has very limited funds. We will need to increase our volunteer staff to work together to support those who are facing critical need.*
- *With reduced funding and increased need, the Meals on Wheels (MOW) program has added more restrictions. If the person in the program owns a car, they are not eligible. If they have a person who helps for a few hours a week, they are also not eligible, by the new guidelines.*

We have partnered closely with the Food Bank within the past year so we are doing what we can to help older adults surviving on a low income meet their food needs, to offset the MOW issues but we only serve lunches 2 days a week.

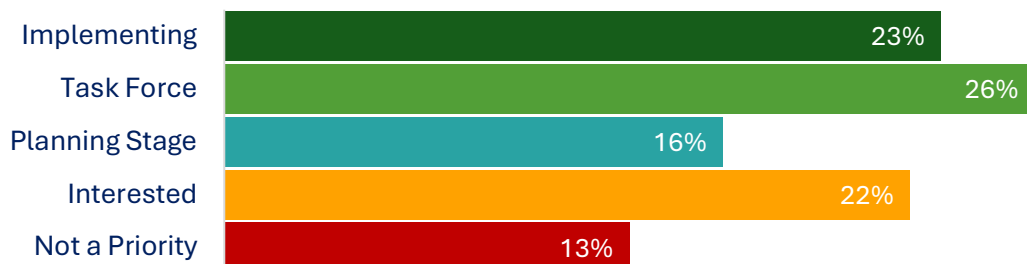
While only 4% of respondents felt "very prepared" to adapt to potential future funding changes, the majority (78%) indicated they were either "somewhat prepared" or "neutral," suggesting measured confidence about their capacity to respond. These survey results illuminate a dual reality—local AFCIs are vulnerable to federal policy shifts, yet these initiatives continue to demonstrate resilience and flexibility to engage partners and community members in efforts to sustain essential services.

MUNICIPAL DISASTER AND RESILIENCE PLANS

About 65% of Age-Friendly Communities and Initiatives (AFCIs) were either planning for or actively working to address older adults' needs in their disaster preparedness and resilience strategies. AFCIs were most likely to report that they were participating in a task force or partnership specifically focused on supporting older residents during extreme weather events or had implemented a program to address disaster preparedness, response, or recovery (see Figure 2).

Figure 2

Inclusion of AFCI in Disaster Preparedness and Resilience Initiatives, n=267



The inclusion of older adults in disaster and resilience plans varied by community size, with rural areas² (54%) slightly more likely to participate in a task force or implement a program than their urban or suburban counterparts (42% and 46% respectively). Approximately half (49%) of mixed-density areas reported active engagement in the planning or implementation of disaster preparedness initiatives.

AFCI Strategies for Disaster Preparedness

AFCIs adopted diverse strategies to integrate older adults into community-wide disaster preparedness initiatives. The five most common disaster preparedness activities ranged from educational outreach to the maintenance of specialized sheltering facilities. Advocacy was a common thread in all five activities, reported by 69% of AFCIs involved in disaster preparedness initiatives.

- **Advocacy.**
 - *Our age-friendly coalition and its members have a seat at the table to make sure that consideration is given to issues that specifically affect older adults and people with disabilities.* (Coastside, CA)
 - *Age-Friendly Columbus and Franklin Co leads the WARM (Weather and Aging Residence Model) in our community, doing research to inform new and updated programs and policies to support older adults and increase community resilience in extreme weather and emergencies. We have created a local tool kit informed by older adults and service providers to support those living and working in affordable housing settings.* (Columbus & Franklin County, OH)
- **Education and Preparedness Training.** Some communities focused on equipping older residents with emergency knowledge and supplies.

² Self-identified by survey respondents

- *We presented a three-part series for caregivers of those with dementia on Emergency Preparedness. (Chaffee County, CO)*
- *We partnered with our Emergency Management Office to offer Emergency Preparedness for Seniors workshops at senior centers in Providence. The goal is to train 100 older adults to prepare for emergencies and disasters, and to be a leader assisting family, friends and neighbors to do the same... Each participant gets a starter emergency kit with a hand-crank radio/flashlight, first aid kit and a list of suggested items to complete the kit. We also offer a training for the Resident Services Coordinators in the senior residences to help them prepare their residents for emergencies and disasters as well. (Providence, RI)*
- **Public Awareness Campaigns.** Others prioritized communication accessibility, promoting emergency text alert systems while also advocating for non-digital communication methods to ensure everyone has access to emergency information.
 - *We share information about our City's text alert system and encourage people to sign up. We continue to advocate for non-digital methods of communicating to be inclusive of more residents. (Wauwatosa, WI)*
 - *We partner with other organizations to 1) Promote the County Emergency Alert System and help people sign up. 2) Collaborate with the food pantry and emergency services to distribute winter safety kits. 3) Provide winter safety tips and disaster preparedness information in our town newsletter. (Gray/New Gloucester, ME)*

Strategic Partnerships. Several communities integrated disaster preparedness into their age-friendly assessments, then leveraged the results to identify and engage partners who could provide the skills and resources needed by the AFCI to address gaps in emergency planning.

- *We're partnering with Aroostook Emergency Management, the City of Caribou, and other local organizations to review emergency plans and develop new initiatives to help older adults prepare for — and stay safe during — emergencies. Together, we're working to strengthen our community's resilience and support those most at risk. (Caribou, ME)*
- *We have received grant funding to assist first responders by creating standardized, secure databases of vulnerable residents who may require extra assistance in the event of a disaster or other emergency. Another example of this work is in the publication and distribution of blogs and written articles to promote disaster awareness and planning for older adults. (Franklin County and North Quabbin, MA)*
- **Targeted Response Systems.** Some AFCIs developed systematic approaches to identify and reach residents most at risk during natural disasters. Programs were tailored to local resources and capacity.
 - *We started a neighborhood telephone tree to check on older folks, especially the ones who live alone. When electricity goes out, we link them to people with working generators or other alternative energy systems who can offer a spare room to share until the electricity is restored. (Georgetown, ME)*

- *We maintain a contact list of vulnerable populations (group homes, senior housing, etc.) who are more likely to face hardship in emergencies. These groups receive specialized information from our emergency service providers. (Hillsborough, NJ)*
- **Warming and Cooling Shelters.** In some cases, AFCIs worked with municipal partners to establish warming and cooling shelters. When a shelter was in place, AFCIs championed improvements such as enhanced accessibility features, specialized options for people with chronic illnesses or living with dementia, and pet-friendly policies.
 - *The Dennis Center for Active Living has developed its own emergency management plan that includes providing a warming shelter for older adults and residents of the Town. The Dennis Police Department maintains a list of residents who are aged, disabled, or those requiring special life-sustaining equipment, to respond quickly to their needs during emergencies. (Dennis, MA)*
 - *We incorporate Age-friendly components into the disaster preparedness plan including older adult friendly diet and nutrition, additional contract nurses for improvement of care, mental health counselors assigned to shelter and MOGS (Mobile Oxygen Generator System). (Collier, FL)*

Urban and Rural Approaches

Urban and rural AFCIs described similar approaches to emergency preparedness but their priorities, resources, and tactics differed. Urban areas focused on complex coordination and infrastructure, while rural areas described activities that built on self-reliance, local networks, and overcoming distance to services.

Urban AFCIs were more likely than those in rural areas to report that they were not directly involved in disaster preparedness activities, noting that their local municipality or county managed the response. The urban AFCIs that were actively engaged in these efforts described a range of complex and interconnected strategies. Common activities included:

- Maintaining registries of vulnerable populations to inform targeted response efforts, particularly in housing and neighborhoods with a higher number of at-risk residents:
 - *We created a Vulnerable Populations Initiative using social vulnerability indicators and GIS mapping to identify community members at risk. We then developed a CERT (Community Emergency Response Team) Program to assist residents affected by fire, flooding and other disasters. (Hyattsville, MD)*
 - *With municipal employees and community leaders, we conducted a census to identify older adults needing priority emergency care. We recorded personal information, medical conditions, family networks, and available community resources. We also mapped food suppliers, trained volunteers, vulnerable roads, and Resilience Center locations. Our emergency plan provides hot meals, drinking water, prescription coordination, grocery delivery, and housekeeping support as needed. Municipal staff, community leaders, and volunteers receive training from state and municipal emergency management agencies. As an age-friendly city, older adults remain our priority. (Coamo, PR)*

- Developing accessible shelter infrastructure that includes medical support capabilities and complies with the Americans with Disabilities Act (ADA).
 - *Ponce is integrating older adults and people with disabilities into municipal disaster resilience planning. Evacuation shelters, emergency communication, and health services are being adapted for accessibility. (Ponce, PR)*
 - *Portsmouth has been approved for pet sheltering, which is key for so many older community members. (Portsmouth, NH)*
- Conducting proactive outreach using multiple communication channels during high-risk periods.
 - *Denver Police & Sheriff, Denver Medical Center, local media and other partner agencies help keep older adults and people with disabilities informed of disaster preparedness. We use social media also to inform older adults and their caregivers. (Denver, CO)*
 - *During hurricane season, targeted communication efforts (radio, flyers, phone calls, and home visits) remind older adults and their families of shelter locations, medication prep, and transportation options. (Aibonito, PR)*

Generally, rural AFCIs described more hands-on involvement in disaster preparedness initiatives than their urban or suburban counterparts. One rural AFCI partnered with their municipality to open a warming/cooling shelter at the town office, with volunteers providing labor for renovations, staffing the shelter, and connecting older residents to resources ranging from food security to home repair assistance. Volunteer emergency personnel provided rides so no one had to stay home when unsafe or unable to drive. Another rural AFCI described a similar partnership with their library and recreation center, supported by a volunteer transportation program.

Rural AFCIs described activities that built on community values, such as self-reliance and creating formal programs to connect people with their neighbors and other local networks.

- Equipping people with the tools to shelter in their home during an emergency
We provide emergency preparedness kits with ham radios and offer community workshops on preparedness and kit usage. The Amateur Radio Club partners with us for training and emergency communication during severe weather. We prioritize outreach to isolated individuals and those in need, offering in-home training when necessary. (Oneida County, ID)
- Neighbor helping neighbor
Medically fragile community members are unable to travel safely to the general shelter 30 miles away. We developed a neighborhood-based friendly visitor/caller program that goes into action as soon as a weather alert is posted. Neighbors call their neighbors to review their emergency plan. When it is safe to travel, the volunteers visit homes to shovel a path to the front door and bring a hot meal (if wanted). (Buxton, ME)

While rural approaches to disaster preparedness were not always formally recognized in municipal plans, these efforts are critical to disaster response strategies benefiting older residents.

Challenges and Gaps

The survey uncovered a knowledge gap, with 37% of AFCIs unsure whether municipal disaster and resilience plans addressed the needs of older residents. The uncertainty was most prevalent among all-volunteer groups (45%), compared to municipally embedded (23%) and organizationally led initiatives (23%).

Across the US in communities of all sizes, AFCIs identified significant gaps in how local disaster and resilience plans serve older adults and people with disabilities. Commonly identified gaps included:

- **Transportation:** Emergency transportation systems may not be able to accommodate people with mobility limitations or medical equipment needs
- **Shelter capacity:** Some shelters, especially in rural area, may not be accessible to a person with mobility limitations. In communities of all sizes, shelters often lack adequate facilities and resources for people with complex medical conditions and people living with dementia or adults who experience the world differently. Many also exclude pets, which forces people to choose between a safe space for themselves or waiting out a storm with their pet.
- **Communication:** Emergency information may not be provided in formats accessible to people who are not tech-savvy or who have different literacy levels, vision impairments, or hearing loss
- **Practice and preparation:** Communities rarely conduct emergency drills that include and account for the needs of people with disabilities. Although several AFCIs identified the need for more training of first responders in age and dementia-friendly protocols, a few described writing grants to provide age and dementia-friendly training to emergency personnel.

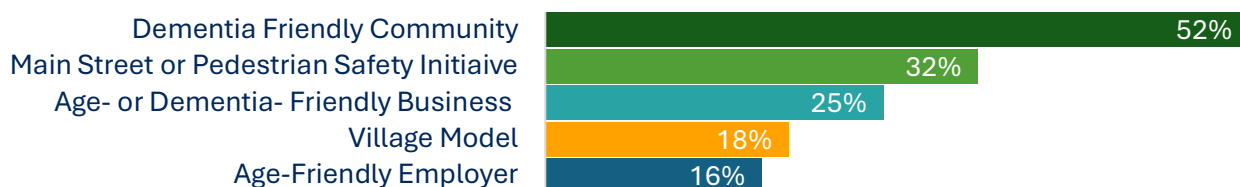
Survey respondents emphasized that addressing these challenges requires collaboration among multiple sectors. Emergency management, municipal leadership, social services, healthcare systems, and community organizations all play essential roles in developing a plan that meets the needs of older community members. Several AFCIs also stressed the importance of AFCI involvement, as well as direct input from older adults and care partners. This involvement is crucial for identifying practical barriers and co-designing solutions that accommodate the diverse needs of aging and disabled populations.

COMPLIMENTARY AGE-INCLUSIVE INITIATIVES

AFCIs work across the eight domains and often partner with initiatives that focus on one domain—such as creating dementia-inclusive communities or revitalizing downtown areas. Most survey respondents (60%) reported other age-inclusive programs active in their communities. More than half (52%) partnered with efforts to become Dementia Friendly Communities, and one in five implemented an age-friendly business initiative (see Figure 3).

Figure 3

Age-Friendly Related Community Initiatives, n=167



Several respondents described how AFCI advocacy led to the adoption or expansion of age-friendly health care or age-friendly university programs:

The Livable Ashland Alliance supported Asante Ashland Community Hospital's work to achieve Age-Friendly Health System status and endorsed Southern Oregon University's (SOU) Age-Friendly University designation. An SOU gerontologist now includes older people in her Psych of Aging class, while the university's new president has committed to building a senior living complex designed to meaningfully integrate residents into campus life. (Ashland, OR)

Age-Friendly Saco created a tech-helper program that particularly benefits seniors with early-stage dementia. After sharing its impact with two age-friendly universities, they secured a GWEP sub-grant to expand it statewide. Over 300 virtual home assistants have been installed, with more planned, and AF Saco volunteers have the satisfaction of knowing that our program is making a difference statewide. (Saco, ME)

Respondents also described advocacy that led to implementing age-friendly business and employer programs:

After presenting about the Age-Friendly Action Plan (broadly) to the City's Citizens Advisory Commission on Disabilities (CACoD), the commissioners took it upon themselves to coordinate (alongside the Community Development Department) two free workshops for any business or property owners in the city to learn how to improve accessibility at their place of business/property for older adults and people with disabilities. (Long Beach, CA)

These examples illustrate a fundamental principle of the AARP NAFSC: AFCIs are strongest when they partner across sectors. In the age-friendly eco system, each initiative strengthens and amplifies the others. This interconnected approach creates a whole-of-community commitment to age-inclusion that benefits older adults across all sectors of community life.

SPIN-OFF

Building on research by Coyle, Gleason and Mutchler³, the AARP NAFSC annual survey examined how age-friendly concepts shape the work of organizations and groups beyond those the AFCI planned to influence. We use the term “age-friendly spin-off” to describe the unexpected positive⁴ benefits that result from age-friendly events, policies, programs, or activities; it may also be commonly referred to as spillover, ripple effects, secondary externalities, or unintended benefits.

When AFCIs document age-friendly spin-off, they capture something powerful: the unexpected ways that their initiative has transformed the environment for aging. More people may be able to participate in activities or programs than planned. AFCI principles and activities may inspire others to implement age-friendly ideas in their groups and organizations. Ideas and approaches developed by the AFCI may be adopted by organizations in communities hundreds of miles away.

These unexpected wins strengthen AFCIs by benefiting the broader community, building new partnerships, and integrating age-friendly principles across various sectors of the community. Understanding what drives age-friendly spin-off strengthens community initiatives and contributes to the long-term sustainability of meaningful, community-wide change.⁵

Sixty percent of survey respondents (n=168) described one to four examples of age-friendly spin-off, providing 225 total examples of the spin-off they saw in their age-friendly initiative.

Rural respondents were more likely to describe spin-off than those from other settings. Seventy-three percent of rural areas provided at least one example, compared with 56% of urban respondents, 61% of suburban, and 60% of those from mixed-density areas.

Spin-off examples ranged from one-time events and pilot projects to permanent changes in the built, social, or service environment. They also included the spread of AFCI principles and activities to other geographic areas.

Events drove 17% of reported spin-off. For example, Age-Friendly Englewood NJ's 2023 conference inspired Age-Friendly Bergen County NJ to adopt their roundtable model, now hosting sessions every 2-3 months with 40-60 residents on housing, transportation, and resources. New communities observe these sessions, creating potential for further spin-off.

Only 23% of spin-off examples were pilot initiatives. For example, Age-Friendly Chula Vista initially planned to work on home safety and housing density but shifted focus when they learned about the growing number of older renters at risk of homelessness. Their advocacy led the city to launch a *“Shallow Rent Subsidy Program” for older adults...below 30% of Area Median Income. Before assistance, the first ten participants spent an average of 68% of their income on rent—some over 80%, reaching as high as 117%.*

³ Coyle, C. E., Gleason, S. R., & Mutchler, J. E. (2022). Spillover benefits and achieving sustainability of age-friendly communities. *The Gerontologist*, 62(1), 29-35.

⁴ In the context of AFCI, positive spillover occurs when age-friendly resources, concepts, and activity enable groups outside the purview of the AFCI to advance their mission through greater age-inclusivity. Spillover is negative when it constrains the resources that external entities have available to meet their goals. Although we recognize that spillover can be positive or negative, our focus is on positive spillover.

⁵ To see a copy of the spin-off tool developed by AARP NAFSC to help communities capture examples in their own work, see Appendix C, Age-Friendly Spin-Off Tool.

The majority (60%) of described spin-off were permanent changes. One example is Knoxville's SAFE (Securing Accessibility for Emergencies) Trailer, which provides mobility equipment to first responders for evacuating people with disabilities. After its creation, the AFCI began offering demonstrations at EMA conferences and other venues.

When the SAFE trailer was created, the team started providing demonstrations at EMA conferences and other locations. Beyond our expectations, the concept has been picked up and emulated over the last year or so by several different counties in Tennessee and beyond. This initiative has been well-received, and has given us opportunities to provide information nationwide, such as at the 2025 National ADA Conference. (Knoxville, TN)

Spin-off can occur at all phases of the age-friendly process, from engaging the community to implementing change.

- **Age-Friendly Assessment and Plan.** *Even as our survey results show a lack of awareness of the Bureau of Aging and Disabilities, encouraging folks to take our community needs assessment and our focus groups is, surprisingly, adding to the understanding of available resources and services. (Carroll County, Maryland)*
- **Engaging the Community.** *Yes, we have seen an age-friendly spin-off in Aibonito that was both unexpected and impactful. As the Municipal Planning Office began working on our Age-Friendly City initiative, we started engaging older adults in conversations about their needs. During this process, we identified the potential to rehabilitate a small, underutilized plaza—Plaza El Campito—located directly across from our municipal center for older adults.*

What began as a simple improvement in pedestrian safety and comfort (like sidewalks and lighting) quickly grew into something bigger. Inspired by these efforts, local partners and health institutions showed interest in supporting recreational programming for older adults in the space. Community groups also began to propose ideas for intergenerational activities, including open-air bingo, exercise sessions, and craft workshops.

This plaza revitalization became a symbol of inclusive planning in Aibonito. The unexpected “spin-off” has been a stronger, cross-sector commitment to make all public spaces friendlier for older people, not only in Plaza Campito but in other reconstruction projects as well. (Aibonito, PR)

- **Implementation.** *Within our plan is exploring Multi-Modal transportation. One thing specifically was to pilot a shuttle for an event. Without much effort on our part, we advocated for Experience Worthington to pilot a shuttle for a weekend farmer's market for 6 weeks of the busy season. This organically happened through our partnerships and working relationship with the Farmer's Market team.*

Additional spin-off have been the way ideas from working on one action item grow into more opportunities. The Age-Friendly initiative has really just cast a lens on existing work that blurs the line of what's in the plan and what's happening organically outside of our work directly. (Worthington, OH)

Spin-Off: Age-Friendly Process and the 8 Domains

Age-friendly initiatives generated benefits beyond the eight livability domains. The process itself strengthened community and partner engagement with the AFCI (see Figure 4). Licking County, Ohio illustrates this example of spin-off that was an off-shoot of the age-friendly process:

While we were in the process of designing in our Action Plan, we introduced our volunteer workgroups to initiatives from other age-friendly communities, such as Dementia Friendly initiatives. Several participants ... initiated or revised programs in their agencies to address this need. (Licking County, OH)

Figure 4

Source of Age-Friendly Spin-Off (n= 225)



Spin-off examples varied by domain. They were least common in the Built Environment. Spaces and places, housing, and transportation combined accounted for 27% of all examples.

The Service Environment showed slightly more spin-off activity. Community and health services, along with communication and information, combined to account for 29% of all examples.

The Social Environment generated the most spin-off. Civic engagement, respect and social inclusion, and social participation combined to account for 38% of all examples.

Changes in housing, transportation, and public spaces typically require funding, partner engagement, municipal commitment, and extensive planning. Similarly changes in community support and health services or in communication and information often demand extensive advocacy and close collaboration to succeed. By contrast, spin-off effects in the social environment may be more straightforward. These changes often fall within a single organization's scope and require less infrastructure investment, making them natural starting points for AFCIs.

Broadly, age-friendly spin-off can fall into two categories: benefits within the municipality and benefits extending to other communities.

Eighty-seven percent of respondents reported spin-off that spread age-friendly concepts or activities to other organizations in their community. These are a few examples.

Respect and Social Inclusion. *We did not have dementia work captured in our action plan. Our health department was doing work in this area but had not secured additional funding to evolve the work. A state health department grant offered an opportunity to do some outreach specifically focused on emergency preparedness and dementia patients/their caregivers. (Knox County, TN)*

Communication and Information. *Our age-friendly initiative started a pilot tech training program in 2022 in three areas of the city. Since then, it was embraced by several neighborhood nonprofits who have taken over coordination of the program and have continued to train new older adults as well as provide ongoing engagement in using technology devices. (Denver, CO)*

Spaces and Places. *One example of a spin-off in our community is the ongoing work on the Penny Pond Trail to make it an ADA-complaint trail. Our action plan goal was to promote walking and increase comfort in the Village Center. We also wanted to increase recreation opportunities for older community members. Action steps were to install benches downtown, develop a walking program, and advocate for age-friendly sidewalks, crosswalks, and lighting throughout downtown. In 2023, we established a walking group. One of the members invited the walking group to join her for a hike on an ADA compliant trail in Acton. We came back inspired and started to advocate with our town manager, elected officials and the town manager. In 2024 the town planner applied for and received a grant to develop the trail into a trail everyone can use--a truly ADA-compliant nature trail in the heart of Berwick. This example of spin-off through advocacy and collaborating with municipal departments with the capacity to make change has not only touched the built environment but has also given a strong message of respect and inclusion, that everyone is welcome in Berwick for a Lifetime. (Berwick, ME)*

Transportation *Background: We were thrilled to be chosen for a 2025 AARP Community Challenge Grant for our Ready to Ride Campaign. The mission of our campaign is to (re)introduce older community members ... to public transportation and paratransit options.*

In light of our work in this space in relation to paratransit, a local disability advocate was invited to join the NICE Bus Transit Accessibility Advisory Council. Previously, there was no representation on the Council from the north shore of our county.

Participants in our workshops have been invited to join as community partners on internal MTA transit accessibility audits across the NY Metropolitan region. Finally, the director of Age-Friendly Glen Cove was a presenter for an inclusive transit breakout session at the 2025 COMTO National Meeting and Training Conference where the director presented digital literacy and transit trip planning workshops for older adults.

These connections and opportunities were well beyond the scope of the initial Ready to Ride Campaign but were welcome spin-off. (Glen Cove, NY)

Housing. *We have seen unexpected spin-off in the growth of Village model organizations. Our Age & Dementia Friendly initiative elevated the Village model through consistent outreach, sharing best practices, and connecting emerging groups with peers and partners. By providing visibility, small-grant support, and opportunities to collaborate with senior centers and municipalities, we helped create conditions where community members could step forward to launch and grow new Villages.*

While we worked to create supportive conditions, it is community members who have truly led this effort. Since our Age & Dementia Friendly initiative began, two new Villages have launched, and existing Villages have expanded in both services and membership. The Greenfield Neighborhood is still in its early days, but its incorporation marks a major step forward. As the first Village in the largest town in our region, it has the potential to reach thousands of older adults. Its presence broadens awareness of the Village model and signals to other communities that resident-led solutions are both possible and impactful. (Franklin County & North Quabbin, MA)

AFCIs also described examples of how one good idea to make the social, built, or service environment more inclusive of older lives can spread to another community.

Community & Health Services. *Our [HOP-UP PT Program](#). The action item was to provide community engagement focused on healthy living. We partnered with Oakland University PT students to create a community-based PT referral program for older adults who attend our center. Although we had not planned it, the program has since branched out to be a state-wide program. Participants receive six weeks of in-home physical therapy by supervised students in the Master's of PT program, exercise bands, a Fitbit, and a long-term plan to continue their exercise program. Participants have reported improvement in balance and a reduction in falls. One major insurance company has approved this as a covered benefit. (Auburn, MI)*

Social Participation. *We started (Readfield U), a March intensive series of workshops and programs as an end of winter tonic, to showcase the knowledge and abilities of local people and as an opportunity for learning. We have seen other communities take up this idea. It may also have played a part in sparking more programming year-round in our community. (Readfield, ME)*

Civic Engagement. *A promising spin-off has been the adoption of assistive hearing technology in other municipal settings. Through an Age & Dementia Friendly community grant, Ashfield installed equipment to make public meetings more accessible for residents with hearing loss. Although it was not planned, other towns in our region, including Buckland and Northfield, have also taken steps to implement similar systems, reflecting a growing recognition that accessibility must be part of civic life. This trend is helping to reduce barriers to participation and making town government more inclusive. (Ashfield, MA)*

Spark

Spin-off starts with an interaction between an AFCI and another group or organization. A spark occurs when someone's involvement with an AFCI inspires them to make changes the original team never anticipated—changes that spread age-friendly principles, activities, or programs to other people, groups, or organizations.

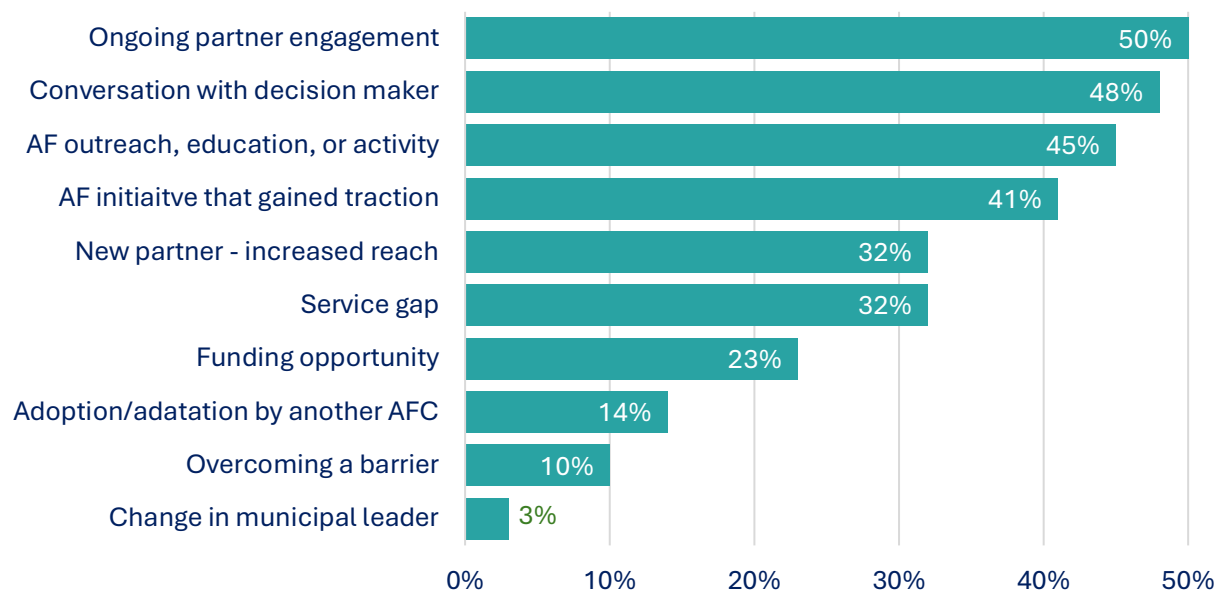
Spark can originate from multiple sources within an AFCI. It may arise directly from the age-friendly planning process—for example, when an assessment reveals a need that a team member's agency can address. It can spread organically as age-friendly principles reach new audiences, such as when a downtown association launches a dementia-friendly business program after conversations with AFCI volunteers/business owners. Or it may start with the success of an AFCI activity, event, or project, as when, inspired by an AFCI-sponsored volunteer home chore program and new state housing policies that promote Accessory Dwelling Units (ADU), a local technical college commits to building a low-cost accessible ADU.

Spark takes many forms: a conversation or presentation, an AFCI program or event, partner relationships, an unexpected opportunity or need to overcome a barrier, or the recognition of a service gap. While the origins and outcomes vary, all spark share a common result—they inspire people or organizations to take action that expand the scope and reach of age-friendly concepts and activities beyond what the AFCI expected.

Survey respondents described between 1 and 9 types of activities or interaction that came together to spark their example of spin-off (see Figure 5). Reporting multiple contributors was common, with 74% of the spin-off examples attributed to 2 or more sparks.

Figure 5

Spark - Factors Contributing to Spin-Off Example (n=225)⁶



⁶ AFCIs were asked to identify all of the types that contributed to age-friendly spin-off. Communities reported between 1 and 9 factors that sparked their example of spin-off

Most often, spark arose organically, rooted in the AFCI core work. Survey respondents reported that 62% of spark that contributed to their example of spin-off grew directly from the age-friendly process—such as conversations with decision makers, ongoing partner relationships, community outreach efforts, or specific AFCI projects.

External opportunities also contributed, accounting for 24% of the spark(s) reported by AFCIs. These opportunities included new funding sources, shifts in municipal leadership, emerging partnerships, and expansion into new neighborhoods or communities.

Finally, practical needs drove action: 14% of AFCIs said that the spark(s) that contributed to spin-off emerged from identifying gaps in services or finding ways to overcome unexpected barriers to their age-friendly goals.

The two examples below illustrate the role spark plays in positive spin-off.

- **Action Plan, Outdoor Spaces and Buildings** *Provide trees, benches and picnic tables -- as well as accessibility supports -- in parks and along trails to ensure they are welcoming to people of all ages and abilities. Install wayfinding signage and maps to help visitors navigate these spaces.*

Spin-Off. *The Town of Glastonbury received \$500,000 grant funding through the Connecticut Small Town Economic Assistance Program for the Glastonbury Age-friendly Community Outdoor Space Improvement program. Grant funding allowed the town to design and build 4 outdoor, lighted pickleball courts. The pickleball courts are used year long from early morning to 10:00 p.m. every day by members of the community. Dedicated hours for senior players are reserved weekly.*

Spark. *(1) A conversation with policymakers or community leaders about community needs; (2) Funding opportunity*

Community Impact. *The success of this age-friendly spin-off has had a lasting and positive impact on the Town of Glastonbury. As a direct result, the Town's Capital Improvement Program now includes a new "Livable Communities" category, ensuring that future investments intentionally support accessibility, inclusion, and quality of life for residents of all ages. This shift demonstrates how the Town has truly embraced the Age-Friendly Community framework—embedding it into long-term planning and decision-making. (Glastonbury, CT)*

- **Action Plan – Health and Community Services.** *Organize a monthly food delivery program to increase food access for residents in need.*

Spin-Off. *When Commodity Food box deliveries were reduced by 10 amid rising demand, we partnered with other organizations to address food security.*

We compiled a resource list—including church suppers, Southern Maine Agency on Aging meals, and Buxton Rec events—for those who signed up for food boxes. The list is now being maintained and shared with community members by the Food Pantry.

Through a successful Community Connections Grant, we piloted a congregate meal for the community at Avesta Housing, an income-based facility for older and disabled adults.

Surprised by the success of the program (which included increased access for their residents to needed services and better connections between residents and the

community), Avesta Housing has committed to continuing the program.

Our social media presence and presentations at town meetings led to a family sharing extra vegetables with our food box day. Another family has provided fruit and eggs at the monthly food box delivery. Two couples joined our Board after these postings.

Spark. (1) Age-Friendly outreach, workshop, events, or educational programs; (2) Ongoing involvement by a municipal partner, organization, or resident with the age-friendly initiative that led to a change in another organization or group; (3) A specific age-friendly action that gained traction; (4) Increased awareness of a policy or service gap affecting older adults; (5) A funding opportunity; (6) A partnership with an organization that reached new groups, neighborhoods, or backgrounds; (7) The need to overcome barriers to the work we had planned.

Expansion of AFCI reach - The new couples have taken on key responsibilities. One now works with the library to manage the library delivery program and plans to expand it. The other has started a new project, which they are leading-- reconnecting with volunteers who are willing to help people with basic home chores to reinvigorate that program. They are also expanding the program to offer mechanical help to residents with heating issues.

By piloting the meal with Avesta, we've built trust with residents who lack transportation and can now provide library books and rides to medical appointments.

Community Impact. As our community has learned about the need, people have been overwhelmingly generous. This year, we will provide a holiday meal and social time for people without families. Even more meaningfully, we have sparked changes in the way services are offered. The Food Pantry is distributing a current list of other resources to customers of all ages and has committed to maintaining the list. The library has started a book delivery program for people who cannot pick the books up themselves. A volunteer is leading and coordinating a volunteer home chore program. Avesta Housing is committed to linking residents to services in the community and to other members of our community. (Buxton, ME)

These two case studies illustrate how multiple sparks come together to effect change: Glastonbury, Connecticut built on their outdoor spaces action plan goals when a policy conversations and grant funding provided an opportunity for the city to install lighted pickleball courts, ultimately embedding a "Livable Communities" category into town planning; while the Buxton, ME food delivery program evolved through community partnerships and grant support to include congregate meals, volunteer engagement, and expanded services like library deliveries and medical transportation. These examples demonstrate how a spark(s)—whether resulting from the age-friendly process, tapping into emergent opportunities or responding to needs—drives spin-off effects that deepen community engagement and generate sustained impact in groups and organizations well beyond the initial plans.

Agents – Resources and Actions

Agents are people or organizations that respond to the spark— whether working within the AFCI structure or as part of a group or organization that is loosely aligned with the age-friendly initiative and shares an interest in making the community more livable for people of all ages.

Agents come from any sector in the community: municipal government, nonprofit organizations, museums, libraries, health care centers, disability service providers, advocates, higher education, local businesses, or volunteer groups—any group or organization that wants to be age-inclusive.

What defines agents is simple: they are doers who harness the resources at hand to drive change in ways the age-friendly team did not expect and cannot direct. Resources may include:

- Financial - grant-funding or in-kind donation
- People - staff and volunteers who contribute time and effort
- Social connections - communication channels like social media, community networks, and other ways of reaching and engaging people
- Physical - under-used space or facilities that can be made accessible and welcoming to the community
- Social influence - relationships with other groups, organizations, or key decision-makers

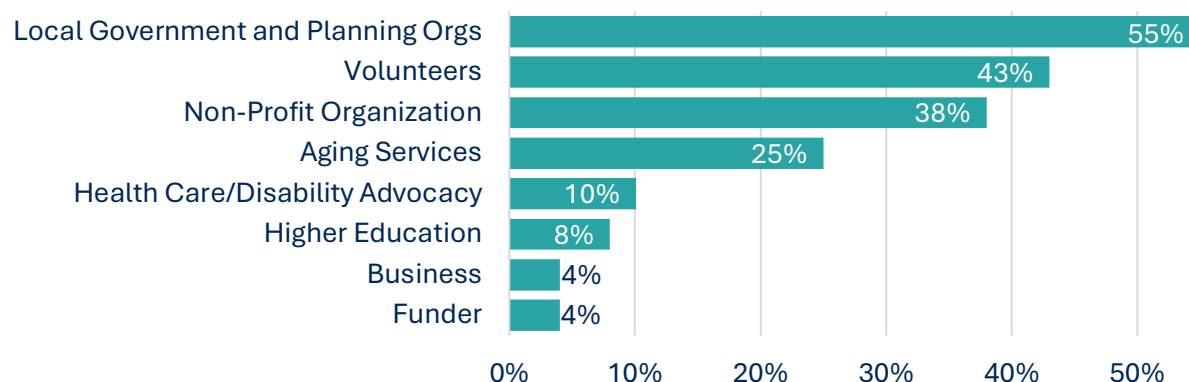
Survey respondents told us that between one and 10 agents contributed to the example of spin-off that they shared. In just over half of the examples, (54%), two or more people from the same or different sectors collaborated, some who were part of the AFCI initiative and others joining from outside organizations with aligned interests (see Figure 6).

For example, volunteers with Age-Friendly Juneau, Alaska reached out to Bartlett Hospital to encourage age-friendly health care practices. Using their influence and connections, these advocates inspired Bartlett Hospital to become an Age-Friendly Health System. Hospital leadership then took it a step further by signing the Age-Friendly Employer pledge.

This pattern shows how collaboration between agents within an AFCI and outside partners can create spin-off, extending the reach and impact of AFCI beyond its original scope.

Figure 6

Sector of Agents Instrumental in Creating Spin-Off (n=225)⁷

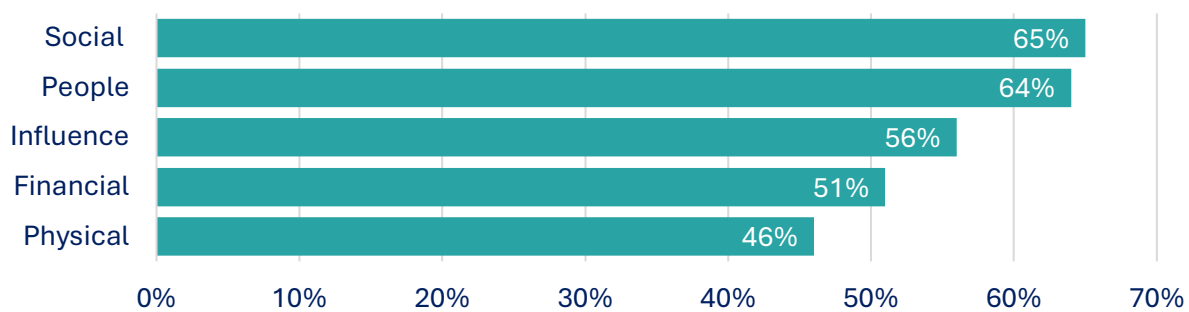


Agents contribute resources at their disposal to foster change. The resources an agent contributes are not under the direct control of the AFCI. Survey respondents most commonly told us that agents contributed people (staff and volunteers) and social resources—communication channels and other ways to connect with the broader community, groups or organizations that were not directly tied to the AFCI (see figure 7).

⁷ AFCIs were asked to identify all of the sectors that contributed to age-friendly spin-off. Communities reported agents representing from 1 to 10 sectors.

Figure 7

Types of Resources Contributed by Agents (n=225)⁸



Survey respondents indicated that agents contributed between one and five different types of resources, with 78% of the examples shared dependent on two or more types of resources. Spin-off examples that depended on multiple resources tended to be more complex, including multiple agents from different sectors of the community while spin-off that resulted from an agent investing one or two resources were more straight-forward. These two case studies highlight the contrast.

- **Launching a volunteer initiative.**

Agents (volunteers) contributed two types of resources (their labor and community connections). *Our age-friendly work brought forward different individuals who were interested in engaging more in volunteering efforts, not just within the Community Center where our programs take place. A "Community Volunteering Group" has come together and they meet monthly, choosing a nonprofit organization to focus on each month and completing various volunteer projects for that group.*

Resources Contributed –

- *People - Volunteers coordinate the "Community Volunteering Group" and complete various volunteer projects*
- *Social – Contacts with various groups in the community who can benefit from volunteer projects.*

Action Taken by the Change Agent – Volunteers formed the group and coordinate it. *It is an ongoing group that can morph and change over time based on the interests/needs of the group. If certain issues come to light that the group wants to focus on, they can focus on that at any given time.*

Impact - *Sometimes, funding isn't needed in order to connect community members and organizations and for engagement to happen. (Arlington, MA)*

- **Growing a Regional Age-Friendly Initiative**

Agents (municipal government, non-profits, volunteers, and aging services) contributed volunteer and staff time, social, influence, and physical resources) - *In Bergen County, I have observed more communities join the Network. So, the word is spreading, and more and more communities are taking on this initiative and learning from one another.*

Action Taken by the Change Agent - *Networking, taking initiative, collaborating, having a vision, framework of 8 domains.*

⁸ AFCIs were asked to identify all of the types of resources contributed by agents to their example of spin-off that contributed to age-friendly spin-off. Survey respondents reported that agents contributed between 1 and five types of resources.

Impact – *An increased number of municipalities that are engaged in age-friendly initiatives. Recently, the County and Age-Friendly municipal groups in the County have discussed collaborating to create a network of senior centers to keep older adults informed and active and aging in place. We hope together the County and municipal groups can collaborate with other local institutions to have more spin-off moments as we move forward with our action plan in the future. (Bergen County, NJ)*

These examples illustrate how the resources agents contribute—and the complexity of those contributions—shape the nature and scope of spin-off activities. When agents invest in a single type of resource, such as volunteer labor, the resulting initiatives tend to be more focused and straightforward, like Arlington's Community Volunteering Group. In contrast, when multiple agents contribute diverse resources across several categories, as seen in Bergen County's regional network expansion, the spin-off tends to be more complex and far-reaching. This pattern underscores an important dynamic explored in the following section: the role of networking and partnerships in enabling spin-off. As agents connect across sectors and pool their varied resources, they create the conditions for more ambitious and sustainable age-friendly initiatives to emerge and flourish.

Pathways to Spin-Off

Eighty-seven percent of all spin-off activity emerged through collaborative efforts: networking, single-partner collaboration, or multi-sector collaboration to provide unanticipated benefits for community members within the AFC.

The majority of spin-off examples (52%) originated from single sector engagement. For instance, Santa Clara set a goal within health and community services to "focus on targeted health-related challenges for older adults by developing an emergency response plan for senior nutrition and providing free dental care at senior centers." Their spin-off example bridged civic engagement and health services in an unexpected way—one that emerged organically, beyond the core team's direct control. As the survey respondent explained:

One of the original members of the AF core team began working with two community colleges to offer a "Senior Guided Pathways" program. It offers credit and noncredit programming for older adults for encore careers/job training and in caregiving education. The older college students are also able to access college resources such as free meals, the campus gym, and the campus health center (and there are no other health centers in the city of one of the colleges).

Networking and collaboration with partners were central to 35% the spin-off examples. One AFCI illustrated the impact engaging multiple municipal departments and other organizations, who each became agents championing age-inclusive language in their organization, which spread to include the broader Boston community:

When we changed our name from The Elderly Commission to the Age Strong Commission other city departments, and now the community at large, has started to refer to this demographic as the "Age Strong" community. This has led to more attention being paid to older adults, which is an unexpected win. (Boston, MA)

Multi-sector collaborations are structured partnerships that bring together organizations from different sectors - pooling their expertise and resources to tackle community challenges like food security and housing. Given the complexity of many multi-sector collaborations, these examples take time to develop.

In Honolulu, Hawaii, the age-friendly initiative focused on four goals: improving access to long-term services and supports, expanding accessible health services, preventing elder abuse, and enhancing disaster preparedness. When COVID-19 struck, it created an unexpected opportunity. The pandemic enabled Age-Friendly Honolulu to join a multi-sector collaboration driving meaningful, lasting countywide changes that extended far beyond what the initiative could have achieved alone. Many of these partners have since become leaders, launching their own projects that continue to improve the environment for aging.

In response to the COVID-19 pandemic, The Elderly Affairs Division (EAD, Honolulu's Area Agency on Aging) formed the Kūpuna Food Security Coalition (KFSC) in March 2020 with core partners including AARP Hawai'i, the Harry and Jeanette Weinberg Foundation, Age-Friendly Honolulu, and the University of Hawai'i Center on Aging. The KFSC quickly expanded to more than 40 nonprofit, government, private and community organizations, and had a substantial impact on reducing food insecurity among older adults. Building on this success, the Kūpuna Vaccination Outreach Group (KVOG) was modeled on the KFSC approach and helped achieve 100.0% vaccination rates among Hawai'i's older adults. These efforts evolved and expanded to form the Kūpuna Collective—a social incubator that brings partners together to elevate critical issues, mobilize community assets, and drive innovative solutions that support and empower Kūpuna. (Honolulu, HI)

The remaining 13% of spin-off examples showed benefits that sparked change beyond a single AFCI's area. Agents in other communities heard about AFCI's success and were inspired to launch similar projects in their own communities. These examples show the value of AFCI "neighbors" sharing ideas—whether nearby, across the state, or nationwide.

Another example of spin-off has been the spread of senior tax workoff programs across Franklin County and the North Quabbin. These programs give older residents the chance to reduce their property tax bills in exchange for volunteer service in their towns, strengthening both financial security and civic participation. With support from our Age & Dementia Friendly initiative, and technical assistance from the Franklin Regional Council of Governments (FRCOG) to help towns navigate program design and policy, more municipalities have adopted this model. What started as a few local programs has now become a regional trend, demonstrating the power of collaboration to create practical, age-friendly solutions (Franklin County & North Quabbin, MA).

We received a grant from AARP to conduct disaster preparedness trainings and distribute 60 Grab and Go kits. Since launching the training, we've been contacted by other communities interested in implementing the program as well. (Manning, IA).

Consultants engaged to facilitate action planning and branding have shared they've taken the knowledge learned from our work and incorporated it into their work with other clients/communities. The Graphic Artist became interested and enlightened to ageist

stereotypes as we changed out photos of “frail, elderly” adults to realistic photos capturing our older community. (Barnstable, MA)

Positive spin-off emerge when AFCIs build strong partnerships with volunteers, community groups, organizations, key decision-makers, and other AFCIs regionally and beyond. Success requires remaining open to new opportunities, supporting like-minded organizations with aligned age-friendly goals, and collaborating to overcome barriers.

Fostering the Conditions for Spin-Off

The examples of spin-off demonstrated two distinct ways that the AFCI process can foster the conditions for spin-off—tenacity and inspiration. Both require flexibility to take advantage of emergent opportunities. Some examples of spin-off resulted from “tenacity” - the patient work of building partnerships and nurturing shared visions over months or years until the right moment for an agent to act arrives. Others emerged from “inspiration” - unexpected opportunities that aligned with age-friendly principles and activities, creating an opportunity for an agent to act. Together, these pathways reveal how AFCIs function as catalysts for change, creating conditions where both ongoing work toward desired change and emergent opportunities can generate spin-off.

These examples illustrate the power of both “tenacity” and “inspiration” in creating opportunities for age-friendly spin-off.

- **Tenacity**

Background - In 2024 Age-friendly received funding from AARP to develop a Guide on Universal Design - a guide to be used in renovations and new construction to install features that would allow people of all ages and ability to live at home as circumstances changed.

Spark – (1) Comprehensive Planning Process (2) Opportunity to develop waterfront park in space previously occupied by Public Works.

Primary Actor – Municipal Planning Department, with support from the Comprehensive Planning Committee and Public Works.

Action - The Town’s Planner became a strong advocate for universal design during the comprehensive planning process and implementation. Teaming up with Age-friendly, the planning department sought grants and worked directly with the Town’s Public Works to consider how to adopt UD principles in the layout of the waterfront, the inclusion of benches and tables to provide resting spots, the design of accessible trails, and the addition of adaptive equipment such as the kayak launch which stabilizes the kayak upon entering and exiting the craft. (Bowdoinham, ME)

- **Inspiration**

Background – In 2023, we received grant funding to publish a paper community newsletter (the O-Town News) for 12 months to address the digital divide within our community and to promote connectedness within our community. We were intentional in our distribution efforts to reach individuals who may not have digital access (or knowledge) and also those who are typically marginalized and disenfranchised.

Spark – Re-emergence of the Oxford Free Press.

Primary Actor – Oxford Free Press

Action- Toward the end of our grant period, a non-profit community print and digital newsletter (the Oxford Free Press) was re-established in Oxford for the first time in over 10 years and the Board sought our input on their distribution plans and has continued to be a great partner in promoting our Age-Friendly Oxford events.

Impact – Although we no longer publish O-Town News, members of the community who have felt "left behind" due to the digital divide have expressed that they continue to be more aware of community events and better able to connect with others in the community.
(Oxford, OH)

Regardless of whether a spark resulted from long-term efforts of an AFCI or if an opportunity arose unexpectedly, the action taken by the agent is a dynamic process that transforms AFCI from static action plans into living movements that continuously evolve, generating benefits that extend across generations and sectors in ways that even the most thoughtful planning cannot fully anticipate.

Impact of Spin-Off

Survey respondents described how age-friendly spin-off influenced the built, social, and service environments—both within their own AFCI and beyond their immediate geographic areas. While most AFCIs reported changes within their own communities, a notable minority (9%) documented impact extending to other regions.

Some communities sparked spin-off initiatives that brought age-friendly activities to neighboring communities. Age-Friendly Saco, for instance, provided in-kind donations and technical support that inspired the creation of volunteer transportation programs in two neighboring communities. Others saw age-friendly principles spread to new populations and broader geographies. Age-Friendly Buncombe County's ageism reduction training exemplifies this reach: recognized during North Carolina's Ageism Awareness Day as a replicable model, the program—nominated by the Area Agency on Aging—generated growing statewide interest among nonprofits working to reduce ageism toward older adults.

Within communities, spin-off initiatives most often expanded service delivery methods or created new opportunities for social engagement. Changes to the built environment—making it more accessible, affordable, or convenient—were less common. Together, these examples illustrate how age-friendly concepts and activities ripple through the service, social, and built environments of age-friendly communities to spark spin-off.

Service Environment

Spin-Off Example - *This initiative, known as the Senior Service Alliance, was established within the last year. It's purpose is to highlight and educate seniors in the Rowlett area about the services and goods available to them, with the aim of simplifying their daily lives.*

Spark. *In a meeting with the city's Chamber of Commerce, which focused on senior citizens and the services available to them, the Chamber Director expressed her desire to initiate a program in our city that she had previously implemented at another chamber.*

Action Taken by the Change Agent (Chamber Director) - *The Chamber coordinates monthly meetings with area businesses to provide essential information and resources for seniors. The Senior Services Coalition comprises member businesses offering support services, discounts, transportation, and living accommodations. The Chamber presented this program to the Rowlett Senior Advisory Board in 2025 and attended a Senior Resource Fair in 2024 to raise awareness.*

Impact - *The Senior Service Alliance raises awareness within the local business community regarding the needs of seniors, while also informing seniors that certain businesses are committed to assisting in simplifying their circumstances within the community. Refreshments are typically offered, ensuring that any seniors present have the chance to enjoy some food. (Rowlett, TX)*

Social Environment

Spin-Off Example - *A Coalition pilot: Intergenerational Games for Healthy Aging.*

Spark - *Some of the schools and senior complexes participating in the pilot started making their own arrangements for intergenerational games.*

Action Taken by the Change Agent - *The City's Parks & Rec Department started weekly Drop-In Game times at the senior center.*

Impact - *More people are interacting with people of a different generation. More people are joining events where they are interacting with others in a fun environment. (San Mateo, CA)*

Built Environment

Spin-Off Example - *STARS - Sisters Transportation and Ride Share: STARS is a local nonprofit that uses ride-booking software and trains and coordinates volunteer dispatchers and volunteer drivers to provide free transportation to medical appointments for people who cannot drive.*

Spark - *Age-Friendly Community Assessment identified medical appointment transportation as one of the primary challenges affecting livability for Sisters Country residents.*

Action Taken by the Change Agents (Volunteers). *The biggest hurdle was not knowing how to launch a program of this nature. Committed volunteers collaborated to develop best practices, research ride tracking software, and secure support from local foundations, businesses, and city government. STARS began under the fiscal sponsorship of Age-friendly Sisters Country (AFSC) before evolving into its own 501(c)(3) nonprofit over the past year.*

Impact - *Launched in 2020 during Covid's early months, STARS has grown beyond anyone's initial vision into a vital community service for seniors. In 2024 alone, STARS provided 726 roundtrip rides to medical appointments, with drivers completing over 32,000 miles. The city supports this effort through yearly Community Grant Fund grants. (Sisters, OR)*

Survey participants enthusiastically celebrated their examples of spin-off, with 58% describing concrete plans to build on the examples to create additional opportunities for spin-off. One community captured the dynamic: *"It's a snowball effect, the more we do, the more other businesses and people get involved and it grows and grows"* (Exeter, NH).

Communities expressed commitment to understanding the key factors that generated their spin-off effects and integrating this awareness into their age-friendly process. Age-Friendly Ridgewood summarized their approach simply: *"Keep the conversations going."* Age-Friendly Arlington VA

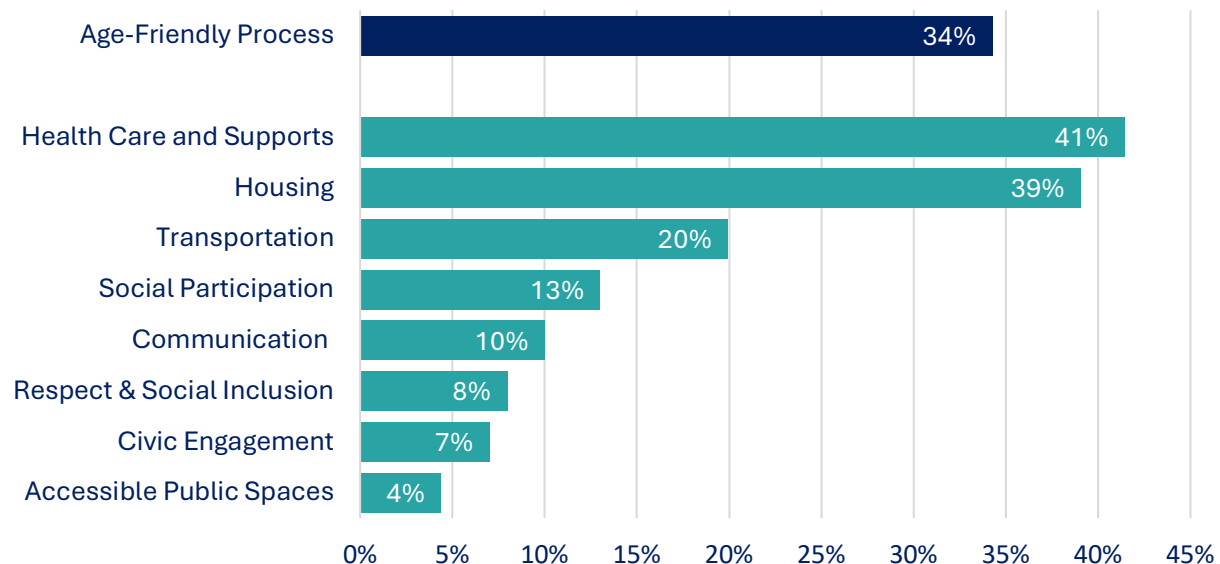
emphasized applying these lessons systematically: *"This example provides a roadmap or process that can be followed for other innovations that move beyond what we planned to accomplish in our Age-Friendly Action Plan."*

NEXT STEPS - 2026

We asked survey respondents to tell us about the focus of their AFCI in 2026. While nearly one-third had concerns about the age-friendly process—including funding, multi-sector collaboration, and sustainability—the majority expressed concerns about progress in one or more of the eight domains of livability. The most common concerns shared were housing and the health care and community supports domain (see Figure 8).

Figure 8

Top Priorities for AFCI in 2026 (n=251)



Communities of all sizes raised concerns about health and community services, from mental health care availability to food security. A recurring challenge was finding formal caregivers and supporting family care partners for people living with dementia or chronic conditions that limit their ability to complete daily activities independently.

Coamo, Puerto Rico developed a comprehensive approach to address these challenges: *"Lobby for state and local legislation to provide funding for home-aide programs, caretakers, and respite programs. Develop therapy services and education for people with dementia and their families."*

AFCI communities also planned to address diverse housing issues—from supporting unhoused residents to launching home chore programs and advocating for housing

development. Hyattsville, MD planned to raise awareness and educate the community as a foundation for broader discussion:

Affordable and accessible housing, and the growing trend of homelessness among older adults. To raise awareness, we are co-convening a session on this important topic at the 5th Annual Age-Friendly Ecosystem Summit. We have invited Samara Scheckler, Research Associate at the Harvard Joint Center for Housing Studies, to share insights from her work on cost-burdened older adults and growing homelessness in this population.

For respondents concerned about factors specific to the age-friendly initiative or its process, funding was the primary issue, especially given the current political environment:

Federal and state government changes are already affecting service availability, such as commodity food boxes. Our community has very limited funds. We will need to increase our volunteer staff to work together and support those facing critical need. (Biddeford, ME)

While less frequently cited, AFCI communities also expressed concern about digital equity, disaster preparedness, social isolation, and—appearing for the first time in 2026—solo aging.

Solo Agers. Many older adults live alone without immediate family support. Age-friendly planning must consider strategies for social connection, emergency preparedness, in-home support, and community networks that provide safety and engagement. (Coastside CA)

Despite facing diverse challenges, AFCI survey respondents remain determined to build on their communities' existing strengths—from local services and businesses to dedicated volunteers and municipal decision-makers. Their goal is to create changes tailored to their unique contexts, making their communities better places to age for everyone, from toddlers to centenarians.

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APPENDIX A - Chart Pack

Age-Friendly Community Characteristics

Which of the following best describes your age-friendly community? (n=279)

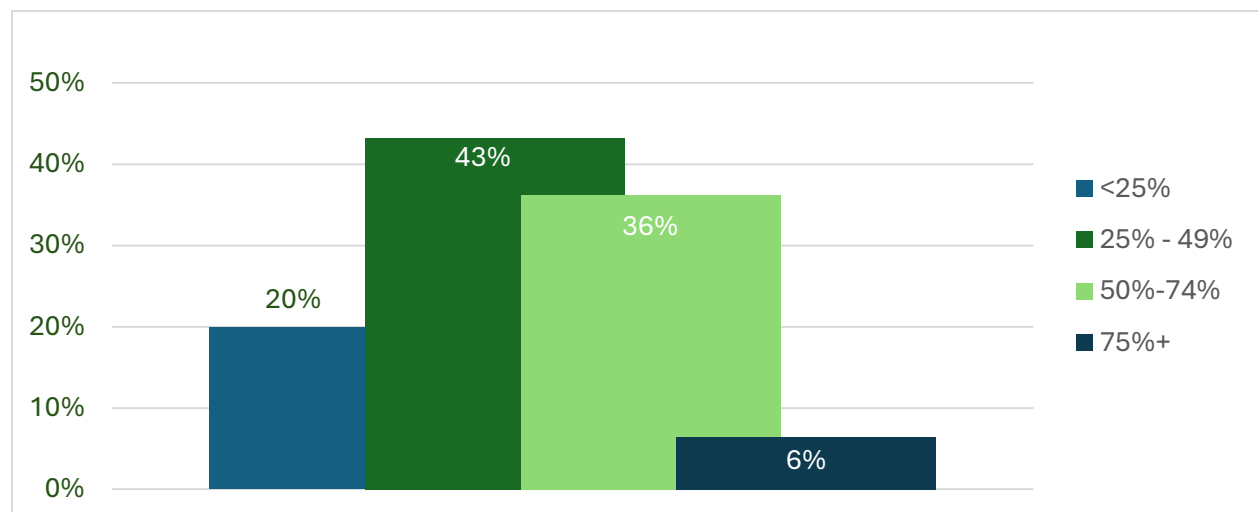
	Frequency	Percent
Suburban	75	24.4%
Rural	82	19.4%
Urban	54	26.9%
Mixed	68	29.4%

*Note – 26 regional initiatives coordinate their joint work in 172 NAFSC communities
416 municipal members represented by the 279 responses*

Where is your community in the age-friendly process? (n= 230)

	Frequency	Percent
Recently enrolled	3	1.1%
Conducting or analyzing community assessment	34	12.2%
Developing an action plan	35	12.5%
Implementing an action plan	84	30.1%
Crafting a progress report	15	1.8%
In the second or third cycle in the Network	98	35.6%
Not Sure	10	3.6%

Based on your best guess, what percentage of older residents in your community have benefited from age-friendly activities, services, or advocacy efforts?



Who has provided funding or in-kind donations for your age-friendly community (select all that apply) (n=260)

	Frequency	Percent
Municipality	201	77.3%
AARP	131	50.4%
Foundation/Funder	99	38.1%
Not-For-Profit	95	36.5%
Business	56	21.5%
Individual	55	21.2%
State or Federal Government	52	20.0%

Note: Of the 279 respondents, 260 communities (93.2%) reported receiving some form of cash or in-kind funding. The data above is based on these funded communities and excludes the 19 communities (6.8%) that reported no funding.

A Sampling of Comments

- List is way too long --- businesses provide in-kind materials & supplies, along with sponsorships of projects; we partner with many non-profit agencies for free services & products; several grants from non-profit foundations; our Town; our community members are very generous.
- Too many to list. For example, the public space's goal has had over 100 donors.
- Town of Ross, donations were given at our breakfast and luncheon events, local business (restaurants and garden businesses that provide gift cards), and Marin Art and Garden Center provides discount for events held there. Ross Property Owners Association, Cedars, Branson School, Ross Preschool, and local businesses have provided in-kind support.
- The City of Portland funds and dedicates part of one full-time position to plan and implement the Age-Friendly Community initiative. AARP Maine has donated small lump sums over the years and paid for some printing costs. Age-Friendly Portland has received one Community Challenge grant, funding for one Dementia Friendly gardening project, and a grant from the Maine Center on Aging/Lifelong Communities to provide benches at bus stops in Portland.

Federal Changes to Programs, Services, Or Funding

Have any recent changes to federal programs, services, or funding affected your community's age-friendly work? (n=279)

	Frequency	Percent
Yes	94	33.6%
No	121	43.4%
Not sure	64	22.9%

Note: AFCIs that were embedded in municipal structure (coordinated by a municipal employee) were more likely to describe the impact of federal changes than all-volunteer groups. 72% of municipally embedded initiatives reported impact, compared with 29% of volunteer-led initiatives.

Which types of changes to federal policies, programs, or funding have affected your local age-friendly work? (Select all that apply) (n=104)

	Frequency	Percent
Reduction or loss of funding	80	76.9%
Increased need without resources	56	53.9%
Delays in funding	44	42.3%
Increased administrative burden	27	26.0%
Grant eligibility or reporting	25	24.0%
New or revised regulations	20	19.2%

Other-Comments

- Nevada has limited state budget resources to pick up loss of federal funds for health care, food, and social service cuts. Our state services are extremely worried about the loss of federal support, which will certainly lead to major cutbacks in state senior programs.
- Cuts to Federal Funding is impacting our city's overall budget.
- Loss of broadband expansion funding (Nebraska)
- Broad cuts to housing, healthcare, SNAP, and community services at a time when needs are increasing (e.g., affordable housing, food insecurity)
- Have had to halt enrollment in Senior Nutrition Program.
- The number of USDA Senior food boxes has been capped below what we need and no further publicity is possible because the number cannot be increased.
- To date, 2 areas of change are most pronounced: 1) Food security: a major source of meat and produce that traditionally supplied our food pantry is no longer providing those goods. 2) Heating assistance: The Low-Income Heating Assistance Program (LIHEAP) has had significant staffing cuts which last year delayed the distribution of funds to eligible residents. This year only online applications are being accepted, further reducing access by those without internet.
- Waitlists for federal programs, reduced funding for non-profit agencies, reduced educational opportunities, reduced administrative support; reduced or eliminated vaccinations & reduced medical services.
- Loss of broadband expansion funding (Nebraska)
- Changes in leadership from partnering organizations.

- State and local partners (including stakeholder committees and local grantees) express concerns about the immediate and long-term impacts of HR1 to health and social programs and services that support older adults, people with disabilities, and caregivers (example SNAP-Ed program ending). Local age & disability friendly grantees identified "implementation" of their plans may have to be re-prioritized, reduced, or delayed.
- Much of our regional work relies on coordination with partners who work in planning or public health/health systems who have been more dramatically impacted than we have.
- In addition to the above, prior to this year, we frequently tried to incorporate federal resources like research papers, tool kits and things like GIS maps into our work. Many of those resources have been taken down from federal websites or are no longer functional.
- Everyone is very sensitive and tentative in discussing some philosophies that are currently in the spotlight with the administration in Washington DC. This hampers development and implementation of some services that are sorely needed.
- Specific restrictions on language use (ie, DEI)

How has your community responded to address new or unmet needs? (Select all that apply)

	Frequency	Percent
Formed new partnerships	58	55.8%
Applied for different funding sources	48	46.2%
Shared resources across departments or sectors	47	45.2%
Still assessing how to respond	45	43.3%
Scaled back certain programs	39	37.5%
Engaged more volunteers and grassroots leaders	36	34.6%
Initiated advocacy or education efforts	31	29.8%
Modified services	31	29.8%
Increased reliance on local philanthropy or fundraising	26	25.0%

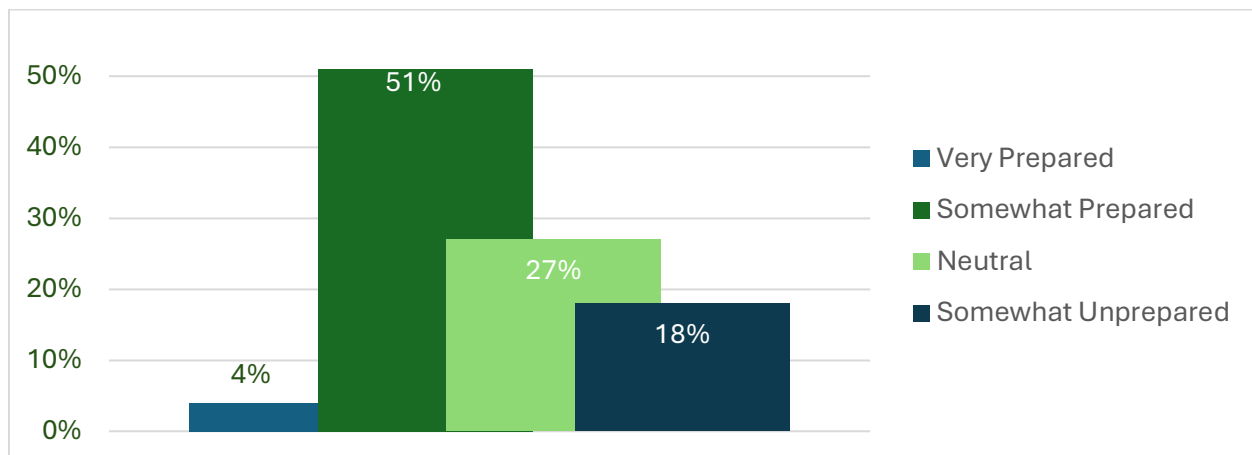
Other-Comments

- As we are situated in a very conservative state, the confluence of both state and federal government funding restrictions and increasing denial of human rights, diversity and equity efforts is very challenging.
- Reduced staffing
- Partner organizations have been more involved in the specific efforts
- Reengaging with partnering organizations to bring them back to the fold.
- This is a moving target and every day seems to bring new changes that the aging network and the age-friendly committees must respond to in order to address new or unmet needs. We try to be as nimble as possible.
- Very complicated on many levels. Here's an example, Orlando's Community Redevelopment Agency has initiated RideDTO, a new Uber-like transportation option in our Downtown...seniors in that area can book a ride for \$1. We just got word that one of our partners, Seniors First, has decided not to continue providing shuttle bus service for seniors in 9 senior towers in Downtown (Senior Tran), a service Orlando has funded for 25 years.

Unfortunately, RideDTO is not a good replacement for Senior Tran and we have not yet figured out how to replace that service.

- In 2024 Age-friendly of Bowdoinham was invited to join a statewide pilot of the Maine Cabinet on Aging focused on helping residents overcome access barriers to essential services. A part time coordinator funded under the pilot, as well as 12 volunteers recruited to provide assistance to residents, had helped us both to identify unmet needs and to work with regional and state partners to address access problems. The pilot has increased awareness about shortages and gaps in services, especially those relating to mental health.

How prepared do you feel your age-friendly initiative is to adapt to potential future changes in funding, programs, or policy environments?



Disaster Preparedness

How would you characterize your age-friendly initiative's engagement in disaster preparedness or community resilience? (n=266)

	Frequency	Percent
Active	172	64.7%
Participating in partnerships or task force	68	35.8%
Actively implementing programs or strategies	61	39.5%
In the planning or development stage	43	25.0%
Not Active	94	35.3%
Not involved but interested	59	62.8%
Not involved and not a current priority	35	37.2%

Please describe in what way your disaster preparedness plan focuses on older adults and people of all abilities and any age-friendly gaps that currently exist. A sampling of responses:

- **Raising Awareness/Education**
 - Currently offering emergency preparedness workshops. Giving reminders and helping seniors sign up for SMC alerts to help with emergency communication. Exploring the possibility of a central registry that first responders, emergency and volunteer groups might have access to, to check in on residents.
 - Disaster Prep is one of our Key Recommendations in our Action Plan. We are hosting a Senior Emergency Prep event in November to Glendale Older Adults.
 - For the last three years, Age-friendly Ross has held breakfast meetings for older adults to discuss preparedness, especially for wildfires. This year we collaborated with several other organizations to hold an evening meeting to discuss home hardening ideas. Two months ago, Age-friendly Ross collaborated with other organizations to hold a sidewalk CPR and stop the bleed trainings.
 - Held Disaster Preparedness sessions in conjunction with our local FD and handed out 100 disaster "go bags". Currently holding Emergency Preparedness Boot Camp (3 sessions) for older adults with our local FD.
 - Preparation bags and education for older adults in specific assisted living facilities.
 - Our age-friendly action plan includes additional emergency education for emergency preparedness and how to shelter in place for 72 hours. We plan to work in conjunction with our police and fire departments.
 - The local age-friendly organizations in conjunction with Leon County Emergency Management and Red Cross sponsor hurricane prep, including "build a bucket" and preparedness mailers for the community.
 - During hurricane season, targeted communication efforts (radio, flyers, phone calls, and home visits) are conducted to remind older adults and their families of shelter locations, medication prep, and transportation options.
 - We got a grant from AARP to do trainings and give out 60 kits. We just kicked off the trainings; other communities have reached out about helping them implement also.
 - We have a PACT plan, shared with older adults through neighborhood groups, library, and fire department programs

- **Partnering**

- Our coastal community is very involved in disaster preparedness planning. Our age-friendly coalition has a seat at the table to make sure that consideration is given to issues that specifically affect older adults and people with disabilities.
- Center 50+ is assigned to work with key partners to prioritize seniors during a disaster. Primarily we address excessive heat or cold weather, access to food, and connection to other resources.
- Held meetings with Fire and Meals on Wheels for emergency planning. We are currently partnering with our Berkeley Fire Department...We are focusing on evacuations for the most vulnerable and homebound older adults, and we are looking at our MOW roster to see how to engage and support these participants during different kinds of emergencies. We are also going to be exploring a peer support program - educating and getting the word out for those seniors who are engaged in our community-based programming and identifying how they can support the most vulnerable.
- In conjunction with our community's emergency services and the public library, CFC continually advocates for the groups we represent. Educating those groups through library programs on disaster preparedness is ongoing. The plan could be improved through finding creative ways to reach those who are homebound.
- Members of our coalition are leading these conversations at Ohio University. We do our best to make sure older adults are at the table during planning efforts. We also have a public health emergency preparedness coordinator employed at the health department who involves the Age-Friendly Coordinator in planning conversations.
- In 2021, a fire occurred at a fourteen-story senior and disabled multifamily housing complex.... Due to the water and potential electrical hazard, the decision was made to evacuate the entire building and first responders realized that they needed to get approximately 35 people who used power wheelchairs or scooters down the flights of stairs to evacuate them, but they did not have the necessary equipment to quickly and safely assist them. As a result, a small group of people began to meet monthly sharing ideas and developing plans to prevent this in the future. The initial group has expanded since the first meeting and now includes multiple governmental and non-profit agencies collaborating to ensure that the Knoxville and Knox County areas are better prepared going forward. Trainings/Presentations since have included: Karns Fire Department, AMR Knox County EMS, AMR Blount County EMS, KnoxEast TN Healthcare Coalition, Roane County EMS, Knoxville Fire Department, Region 2 EMS Conference 2023 and 2024, Highland Rim Preparedness Conference, Emergency Management of Georgia Conference (EMAG), Emergency Management of Tennessee Conference (EMAT), East TN Community Emergency Preparedness Expo, and the Knox County School system.
- The supervisor of the senior center is involved in disaster preparedness and assist with getting information out to older adults and people with disabilities. Police are able to utilize the center's vehicles if needed for transportation. The center itself will be used as a refuge after a disaster for residents for food, shelter and showers.

- **Multi-Faceted Responses**

- An express action step with our Age & Dementia Friendly Action Plan is: "Encourage towns to adopt programs to identify and support residents with access and functional needs during emergency situations." To that end we have received grant funding to assist first responders by creating standardized, secure databases of vulnerable residents who may require extra assistance in the event of a disaster or other emergency. Another example of this work is in the publication and distribution of blogs and written articles to promote disaster awareness and planning for older adults. [<https://lifepathma.org/stories/when-the-unthinkable-happens-emergency-preparedness-for-older-adults-caregivers/>]
- CEMC Member, Educate and assist residents with Register Ready, receive/share updates from OEM, fund a Disaster Preparedness, Response & Relief nonprofit to assist in emergencies.
- Fillmore County places priority upon addressing emergency preparedness and response activities based upon the CMIST model. One example of the work we do is helping people in these population groups to sign up for alerts, develop personal plans, prepare emergency kits and volunteer as available. We also work closely with partners serving these communities, such as Long-Term Care Facilities, to improve the ability to respond.
- Improved communication with older adults and people with disabilities has been a critical component in disaster preparedness. Partnerships with the WO Police and Fire Departments on initiatives geared toward the safety and well-being of older adults and enhanced senior transportation services to such places as medical appointments and local food pantries.
- Portsmouth has been approved for pet sheltering, which is key for so many seniors.
- The Department of Health operates a special needs shelter that provides oxygen, and other basic medical oversight during emergencies like hurricanes.
- LOVE this question! Age-Friendly Columbus and Franklin Co lead the WARM (Weather and Aging Residence Model) in our community, doing research to inform new and updated programs and policies to support older adults and increase community resilience in extreme weather and emergencies. We have created a local tool kit informed by older adults and service providers to support those living and working in affordable housing settings. Additionally, we have provided emergency kits, emergency roadside kits, Files of Life, and emergency crank radios directly to older community members. We include questions on our assessment in this area and encourage others around the state of Ohio to do the same.
- Our recently approved plan has several strategies for better meeting the needs of older adults and people with disabilities during emergencies, including increased community engagement to these groups, spreading information about emergency evacuations to assisted Living and Senior Housing facilities in the City, better emergency planning for people with access and functional needs during emergencies (including transportation options) and increasing availability of evacuation tools in high-rise buildings.

Complimentary Age-Inclusive Initiatives

Is your community actively implementing any of the following initiatives or programs (select all that apply)? (n=167)

	Frequency	Percent
Dementia Friendly Community Initiative	86	51.6%
Main Street or Pedestrian Safety Initiative	53	31.7%
Age- or Dementia-Friendly Business Program	42	25.1%
Village Model	30	18.0%
Age-Friendly Employer Program	26	15.6%

Spin-Off

Have any identified an example of age-friendly spin-off in your initiative? (n=279)

	Frequency	Percent
Yes	168	60.2%
No	111	39.8%

Note - Communities provided between one and five examples of spin-off.

168 respondents who indicated that they had experienced spin-off in their age-friendly work described 225 discrete examples.

Note - Complete list of spin-off examples provided by respondents, see page 42 (below). List includes the components identified by a respondent—spark, agent, action taken, and community impact.

Spark - the source of spin-off, the moment or event that gave rise to spin-off (e.g., presentation, meeting, or news story). What led to this example of age-friendly spin-off? Was there a conversation, event, or need? Please select the option(s) that best describes what led to this example of age-friendly spin-off (select all that apply):

	Frequency	Percent
Ongoing partner engagement that led to change in their organization	113	50.2%
Conversation with a decision-maker about community needs	109	48.4%
Age-Friendly outreach, workshop, event, or educational program	101	44.9%
An age-friendly action that gained traction	93	41.3%
Partnership that reached new groups, areas, or backgrounds	72	32.0%
Awareness of a policy or service gap affecting older adults	71	31.6%
A funding opportunity	51	22.7%
Adoption/Adaptation of an AFC program or idea by another AFC	31	13.8%
Need to overcome a barrier to work that had been planned	23	10.2%
Change in municipal leadership	6	2.7%

Change Agent(s)--person, group, or organization that took action beyond your team's initial vision. Who led this example of age-friendly spin-off? Please select the option(s) that best describe their role (select all that apply):

	Frequency	Percent
Municipality/Local Government, including Regional Planning Org.	124	55.1%
Volunteers	96	42.7%
Non-Profit Organization	85	37.8%
Aging Services	57	25.3%
Health Care Services or Disability Advocacy group	22	9.7%
Higher Education	17	7.6%
Business	9	4.0%
Funder	8	3.6%

Note—Survey respondents listed between one and nine change agents, with a median of two.

Resource(s) - What the change agent used to make this example of spin-off a success (e.g., time, influence, staff/volunteers, funding). Please tell us what resources the change agent(s) contributed to make this example of age-friendly spin-off a success (select all that apply):

	Frequency	Percent
Human	146	64.9%
Social	143	63.6%
Influence	126	56.0%
Financial	115	51.1%
Physical	104	46.2%

Note – Survey respondents listed from one to five types of resources contributed by change agent(s), with a median of 3.

Spin-Off Examples Shared by AARP NAFSC Member Communities, organized alphabetically by state.

Tempe, AZ - Within our AFP we included a non-profit project aimed at creating housing opportunities with older adults willing to have a roommate to lower living costs. With the support from the City and other programs, they have been able to get more than 5 matches, assisting 10 individuals with a more sustainable housing plan.

- **Action Taken by the Change Agent** - Established a new program.
- **Impact** - Increased sustainable housing plans for at least 10 adults and will continue to have a positive impact.
- **Next Steps** - They will continue the program while exploring sustainable funding options.

Burlingame, CA - Caregiver Support Group spinoff -- within the last couple of years many staff, library foundation members, and volunteers were dealing with an ever increasing amount caregiver duties with family and sometimes friends. This fact along with a single phone call one morning from someone asking if we offered this service was the impetus for starting our monthly Caregiver Support Group -- not super original but that's how it started.

Also, after the Palisade's Fires in SoCal our City Clerk began creating plans to digitize City Council and voter records in case of disaster -- this led to the Library staff creating a program idea for teaching seniors how to digitize their important paperwork and family photos while providing high capacity flash drives for grab-n-go situations. We applied for AARP grant but didn't make the cut -- however we will start this program in the spring.

- **Action Taken by the Change Agent** - Met with stakeholders and co-workers, did research, outreach, and training.
- **Impact** - Caregivers have been very happy with empathy, comradery, speakers and people that will just listen to their plight.
- **Next Steps** - None

Chula Vista, CA - Shallow Rental Subsidy Program funded by CV Successor Agency funding to prevent homelessness for older adults 55+

- **Action Taken by the Change Agent** - The City recognized a growing gap in housing stability among older adults and leveraged insights from existing rental subsidy programs. Building on the success and infrastructure of prior rental assistance programs, from Serving Seniors and the County of San Diego, the City developed the Pilot Shallow Rental Subsidy Programs. The City established eligibility and verification protocols, and secured funding to launch the pilot program.
- **Impact** - The Shallow Rental Subsidy Program provides financial relief to some of Chula Vista's most rent-burdened older adults living on fixed incomes below 30% of the Area Median Income (AMI). Among the first ten participants, monthly rents took up an average of 68% of their income, with some paying over 80%—and as high as 117%—before receiving assistance. With the subsidy, participants have been able to stay housed, avoid falling behind on rent, and remain independent instead of facing eviction or displacement. The program also helps seniors who are caregivers for spouses or adult children, easing the strain of multigenerational housing challenges often missed by traditional rental aid programs.
- **Next Steps** - The City plans to conduct a citywide housing affordability study to better understand local cost-burden trends and identify long-term solutions for older adults. Insights and lived experiences from program participants will be integrated into future presentations, conferences, and regional workgroups to highlight the human impact behind affordability data. These efforts will help inform policy discussions, strengthen partnerships, and guide the City's ongoing commitment to creating equitable, age-friendly housing solutions.

Coastside, CA - Our rural area has very limited access to local healthcare services. Our AF HMBC advocacy was instrumental in bringing a pilot urgent care program to the Coast. Data gathered during this 6 month pilot will be used to inform future healthcare initiatives on the Coast.

- **Action Taken by the Change Agent** – The County of San Mateo funded a pilot with Dignity Health Medical Foundation (DHMG – Sequoia) to expand the existing Half Moon Bay clinic (at 799 Main Street, Suite D) to include urgent care services. The total grant was about \$480,879 for a six-month period. Key driver: The temporary closure of the Seton Coastside emergency room made the urgent care gap more urgent, especially for coastal residents who otherwise needed to travel far (“over the

hill”) for immediate medical care. During the pilot: Clinic offered walk-in and same-day in-person urgent care services, along with virtual visits. Treated low-severity medical issues: ear & eye infections, urinary tract infections, sprains / strains, cold/flu/respiratory illnesses, allergies/asthma, minor cuts, mild fevers, skin conditions, etc. The funding term was July 1, 2024 through March 31, 2025. The pilot opened November 13, 2024 as pilot urgent care, and officially ended May 31, 2025 as planned. After the pilot ended: The clinic continued offering walk-in and same-day urgent care for low-severity conditions, Monday through Friday, 8 a.m. to 5 p.m. Virtual care and same-day appointments also continued for those established in the Dignity Health Sequoia system.

Impacts & Next Steps

Access: The pilot was seen as a critical stopgap, improving access to urgent care locally while the Coastsides ER (Seton) was closed.

Data & learning: The county and Dignity Health gathered utilization data during the pilot to inform decisions about whether to make urgent care more permanently available or expand hours.

Post-pilot continuity: Although the pilot ended, many of the services have persisted (walk-in, same-day, virtual) but with reduced hours compared to peak pilot hours.

Future expansion: There is interest in extending hours and recruiting more providers to increase capacity.

- **Impact** - The pilot addressed barriers such as geographic isolation, transportation difficulties, limited access to same-day care, and over-reliance on emergency rooms. Residents experienced faster care, continuity, convenience, and greater confidence in local health support. It also created an opportunity to strengthen community healthcare infrastructure for long-term benefit.
- **Next Steps** - Our group continues to have healthcare access advocacy in our action plan. The group will remain actively involved by advocating for sustained and improved services, gathering community input, educating residents, partnering with providers, monitoring outcomes, and influencing local health policy—all to ensure that older Coastsides residents continue to benefit from accessible, age-friendly healthcare.

Corte Madera, CA - One of the AFCM members established a 501 c3 to help fund the preliminary intergenerational center. That is called Age-Friendly Solutions. They sought and received grants to support AF activities and programs.

- **Action Taken by the Change Agent** - Established a 501c3 to obtain funding that required the designation, which AFCM didn't have.
- **Impact** - People were able to attend programs and activities paying no fees, just a nominal membership fee, e.g. \$25/yr.
- **Next Steps** - Yes

Daly City, CA - Recreation Dept. added additional Community Center with provisions for increased senior activities and daily congregate lunch.

- **Action Taken by the Change Agent** - Implemented programs for seniors in neighborhood that had few.
- **Impact** - Seniors in that neighborhood have new programs, congregate lunches and a meeting place.
- **Next Steps** - Will continue to develop more access to programs for senior population.

Marin, CA - Each year, the Ross Preschool makes valentine's cards for our annual Age-friendly Ross Valentines Luncheon. Recently the Director of that program asked Age-friendly Ross to join the school and provide some interesting intergenerational activities (reading/art/etc). Plans are in place to meet and develop this exciting intergenerational idea!

- **Action Taken by the Change Agent** - The Director of the Ross Preschool reached out to two of us on the Age-friendly Ross Taskforce and shared ideas and enthusiasm. Several members of the group will visit the school in early November for games, reading books, and socializing.
- **Impact** - It's still too soon to measure the effects of this intergenerational program.
- **Next Steps** - Age-friendly Ross hopes this will be the beginning of more intergenerational efforts in Ross

San Rafael, CA - We worked with the City of San Rafael Park and Rec Department to assure that all new and replacement benches have side handles to make it easier for adults and disabled individuals to stand up from the bench. We are working toward all the departments using this bench model, including Fire and Public Works.

- **Action Taken by the Change Agent** - Policy change throughout the organization.
- **Impact** - City parks and other municipal spaces are more age-friendly as residents have enjoyed improvements to the benches.
- **Next Steps** - None

Santa Monica, CA - We have been able to align our agency and disability friendly work with other initiatives in the City, for example, our Citywide Equity Plan.

- **Action Taken by the Change Agent** - The planning efforts are still in progress.
- **Impact** - The planning efforts are still in progress.
- **Next Steps** - We will continue to work with the Diversity & Equity team to co-align our initiatives and build political capital.

Colorado Springs, CO - From our Housing Domain we created the Pikes Peak Housing Network which is now part of the Chamber and EDC.

- **Action Taken by the Change Agent** - Created a plan and researched the idea and fund raised for first year of operations.
- **Impact** - Has created a unified voice in community for affordable housing.
- **Next Steps** - Our Age-friendly Program has had success in creating collaborations in the community and bringing people together around initiatives.

Colorado Springs, CO (Example 2) - We created the Commission on Aging which set up committee to provide a unified voice for the Pikes Peak Area Agency and intergovernmental group for region

- **Action Taken by the Change Agent** - Initially got City Council to create the Commission on Aging and then transferred to regional inter-governmental agency

- **Impact** - Created a unified voice for governmental agencies and partnership with Area Agency on Aging
- **Next Steps** - Age-friendly and Commission working together to implement recommendations in Age-friendly Colorado Springs

Colorado Springs, CO (Example 3) - Age-friendly business designation with Better Business Bureau

- **Action Taken by the Change Agent** - Our Better Business Bureau created a national program for Age-friendly designation for businesses
- **Impact** - Sensitivity by businesses to needs for senior
- **Next Steps** - Another strong outcome from Age-friendly

Eagle, CO - Our main hospital is seeking the Age-friendly Health System accreditation as a result of our broader community work.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Blank
- **Next Steps** - Blank

Logan, CO - The community has developed two bunco groups, which meet monthly and involve around 60 people. It is difficult to draw a connection between them and our annual celebration of aging, it is likely that the relationships established through the celebration led to increased interest in being in community with one another and increased willingness to embrace a stage of life which is often stigmatized.

- **Action Taken by the Change Agent** - The organizer of the first bunco group worked through church members and friends to put the word out about her interest in forming a group. The first group involved about 12 people and now involves 44 and has a waiting/substitute list. Now one of the group members started another group at the senior center, adding around 20 more players per month. Within the group, birthdays, health issues, life changes are acknowledged or celebrated. The change agent continues to coordinate the gathering and welcomes/recognizes new participants. The annual celebration of aging is promoted within the group.
- **Impact** - The spin-off lessens isolation/depression, creates new connections like one of the women is a hairdresser who now has a few new customers, raises awareness of opportunities in the community through announcements about pertinent events and engages some in a volunteer food distribution program for school children.
- **Next Steps** - The Council on Aging will watch for other leaders who create informal or formal networks of older adults and will work in tandem to build connections between the networks and weave them into the larger age-friendly efforts.

Thornton, CO - The city is working on a strategic plan where the Active Adult Manager was sitting on a task force with the Emergency Disaster Manager. A conversation occurred during the task force discussing our Code Red system.

Through that conversation it was suggested that the Emergency Disaster Team should do some hallway education/on-site sign-up days at the Active Adult Center as well as a workshop on the Code Red system with Q&A about emergencies in general.

This came to fruition and the Emergency Disaster Team held over 12 sign-up days and 1 workshop at the Active Adult Center spreading awareness about this system and tools available.

- **Action Taken by the Change Agent** - Collaborated with Active Adult staff to create expanded community outreach.
- **Impact** - Over 100 community members were signed up for the city's emergency alert system and learned about the information and tools provided through this system/program.
- **Next Steps** - In the future the Active Adult Center will work to collaborate with the Police and Fire Departments for expanded, targeted reach to promote their programs, new policies, and tools available for older adult residents.

Groton, CT - The property between the senior center and library lost 30 trees to the emerald boring beetle. An AARP grant helped replace an initial 10 trees. From there, the town Parks & Recreation looked at the property and planned a development of the land to add pickleball courts, benches, a walking path and a soccer field with additional trees. Work on this project started with the pickleball courts that many older adults now use. The walking path when completed will allow the center to start a walking group that can be outdoors in good weather for those people who do not drive. The additional soccer field is needed for the recreation program.

- **Action Taken by the Change Agent** - The Recreation Director worked with the Planning Department to develop a plan to include different aspects of recreation including the walking track requested by the senior center and additional trees.
- **Impact** - The addition of six new pickleball courts allows more people to play and more programs to be run by Recreation. The walking track will allow people of all ages who are at the library or senior center to go out and walk during the day. The new soccer field will add to play for recreation in their large soccer program. It has gone from a field with a roller hockey rink at one end to an active park when it is completed.
- **Next Steps** - We purchased solar smart benches with ARPA funds for this field project. The plan is to also purchase solar smart benches as other parks are updated around town. This allows people to charge their phones and tablets.

Groton, CT (Example Two) - Walking tracks in specific areas allow people to get out and get some exercise near where they are recreating. Some new tracks are being considered at parks that are getting upgrades. In addition, new pickleball courts are being considered with park upgrades because of its popularity.

- **Action Taken by the Change Agent** - The change agent met with planning to develop the plan for the field and where things would go and how it would look. The agent also met with Public Works on what their staff could do of the work and what may have to be contracted out. The change agent met with the Senior Center Supervisor to talk about ARPA funds and using some of the funding for solar smart benches for the area and other items.
- **Impact** - More seniors are leaving the home, socializing, and meeting new friends.
- **Next Steps** - Will continue to build community and offer programs that interest seniors.

Simsbury, CT - This year we invited the director of one of our most enthusiastic community partners, the Simsbury Public Library, to join the monthly meeting of our Aging and Disability Commission, of which our Age-Friendly Community Initiative is a subcommittee. The Library has co-sponsored with us several programs of Sweet Connections, multigenerational programs designed to combat social isolation and loneliness. We had talked about how important social

connection is and how older men seemed reluctant to venture out. Just this month, the library initiated a men's group at the library called Conversation & Camaraderie, based on a successful group at a neighboring town's library. As "an opportunity for older men from varied backgrounds and life experiences to connect and communicate with others" it completely filled!

- **Action Taken by the Change Agent** - Expanded the social interaction programs through her connections with neighboring towns.
- **Impact** - Older men now have a free place to go and be social; their unwillingness to venture out was overcome by having a welcoming group of their gender.
- **Next Steps** - We will continue to work with the library on programs such as Sweet Connections and encourage other programs that promote social connections.

Simsbury, CT (Example 2) - The Simsbury Granby Rotary Club has agreed to fund accessible benches along the Main Street in Simsbury.

- **Action Taken by the Change Agent** - A member of the Age-Friendly Community Subcommittee who is also a member of the Rotary Club encouraged them to support the need for funding.
- **Impact** - Not yet installed, but a bench on the main street of Simsbury (Hopmeadow Street) will benefit all, including older adults, who shop and dine there.
- **Next Steps** - Having encouraged town departments to participate in age-friendly efforts to enhance the town, there will be several opportunities coming where town departments are now embracing the input of the Aging and Disability Commission, specifically its age-friendly efforts.

Orlando, FL - The partnership(s) between the Orange County Library System and Orlando and Orange County in regards to providing programs and services to older adults is of particular interest. Orange County Library staff conduct quite a bit of outreach to senior centers and senior apartment complexes throughout Orange County on a monthly basis.

- **Action Taken by the Change Agent** - The Orange County Library System has increased its outreach to seniors in terms of programs and resources, reaching hundreds of seniors per month. They also updated their own strategic plan to identify seniors as an important constituent group.
- **Impact** - Well, more older adults are receiving more programs and services.
- **Next Steps** - We will continue coordinating with our colleagues with the Orange County Library System to identify additional opportunities for community outreach and participation. Orlando definitely believes in the power of partnerships as a force multiplier in terms of meeting the needs of older adults.

Wilton Manors, FL - Age-friendly projects and services of local non-profit organizations.

- **Action Taken by the Change Agent** - Development of low-income affordable senior residences property.
- **Impact** - Affordable senior housing.
- **Next Steps** - Non-profit is considering expansion of the housing project.

Malad City, ID - The community challenge grant was great in providing the funding to complete the pickle ball courts, now we realize that we need restroom facilities around the courts and work on that.

- **Action Taken by the Change Agent** - It was really amazing; they reached out to a local hardware store to see what age-friendly accessories were available. They worked with them to showcase this, and had a seminar for residents at the library.
- **Impact** - Aging in place, readying your house for aging family members.
- **Next Steps** - It only makes the public more aware we are trying to identify needs of the aging population and they are important to public policy and will continue to be supportive.

Lexington, KY - Our reimagining home committee has affected housing policy change and initiation of housing options not previously available. Co-Housing. Shared Housing, ADU

- **Action Taken by the Change Agent** - Engaging partners, driving policy change, community outreach
- **Impact** - Evaluation of existing housing options in our community identified many gaps for people with low-moderate income. This let Reimagining Home to work with the community to introduce housing options that did not exist but now, 8 years later do. ADU's, Shared Housing, Co-housing Villages.
- **Next Steps** - This group will continue to advocate for housing options and is working to address Affordability in housing next.

Lexington, KY (Example 2) - Dementia Friendly Lexington

- **Action Taken by the Change Agent** - Earned the designation as a Dementia Friendly Community by Dementia Friendly America in 2020. Community members began putting this initiative together and joined with Age-friendly Lexington who became the Champion Organization.
- **Impact** - 79 Businesses in our community have achieved Dementia Friendly Lexington designation which requires that 100% of management and 50% of front-line staff participate in an online training and short in person industry specific training. By becoming Dementia Friendly businesses are better prepared to serve their customers with dementia and their caregivers.
- **Next Steps** - Dementia Friendly Lexington continues to recruit and train businesses and has begun offering Dementia Friendly Neighbors training to help neighbors increase their awareness of dementia and signs to observe so that they can be more supportive.

Louisville, KY - Not exactly a spin off but a collaboration that might go further: Some of our walk audits were conducted in collaboration with the University of Louisville Department of Health and Sport Sciences, leading to a partnership focused on promoting physical activity and public health through walkable communities. These walk audits provide a meaningful way for community members to be active while contributing to a purposeful initiative. Students provided the results and findings to the workgroup as a school project.

- **Action Taken by the Change Agent** - Engaging Partners
- **Impact** - Collaboration with other groups and the data that was collected in the audits was entered into the local reporting system.
- **Next Steps** - Blank

- **Next Steps** - Next, we want to build on this momentum by documenting the benefits of assistive hearing systems and sharing those lessons with other towns. Indeed, we have seen the benefit first-hand. Our goal is to encourage broader adoption so that accessibility is embedded in every municipal space. By continuing to highlight these successes through our Age & Dementia Friendly initiative, we can help make hearing-friendly environments a regional expectation.

Barnstable, MA - The first responders in our Age & Dementia Friendly Steering group now offer a variety of different safety related programs at our COA that were not happening before this group identified these needs.

- **Action Taken by the Change Agent** - County Food Access Coordinator expanded an existing community leadership group to include and center older adults..
- **Impact** - County Food Access Coordinator expanded an existing community leadership group to include and center older adults.
- **Next Steps** - Blank.

Barnstable, MA (Example 2) - The first responders in our Age & Dementia Friendly Steering group now offer a variety of different safety related programs at our COA that were not happening before this group identified these needs.

- **Action Taken by the Change Agent** - Provided ideas for safety related educational programs and opportunities for interactions at the COA with our First Responders.
- **Impact** - Being familiar with local First Responders in the COA setting takes away some of the fear of interactions with them during more stressful situations outside of the COA.
- **Next Steps** - We continue to brainstorm with our First Responders and our Steering Committee. Emergency preparedness is one of our topics at our current meetings.

Belmont, MA - Maybe. A very small scale example. Our Age-friendly team includes representatives from Library, School, Police, COA, Housing, Recreation, Disability community and at large citizens. By partnering across these groups we have been able to gain support with town selectboard more quickly. And new or revised programs have been an outcome. Examples include - The library started a book club on Solo Aging which grew from 3 to 15 in one year. A potentially larger initiative is Safe Walkways For ALL. This year's initiative is to improve walkability for all, by partnering with Schools "Safe Walks to School" program and expanding it to include areas where seniors live and wish to walk to. The end goal is a set of walkways that become the priority for the meager DPW budget to maintain sidewalks and to communicate to the community the safe paths for walking in town. Net, we all benefit with "Safe Walkways for All". We plan to use data from town survey of seniors to learn their desired walking destinations and use the AARP walk audit tool partnering High School students with seniors to assess proposed walkways. We will use results to propose new policy for the town in setting priorities for sidewalk maintenance.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Blank
- **Next Steps** - Blank

Age-Friendly Central Mass, MA - Ongoing municipal engagement during the development of the regional Age-Friendly Action Plan revealed gaps in housing access, particularly for older adults

living alone. This led to additional work on ADU bylaws, accessible housing zoning, and local affordable housing trust initiatives.

- **Action Taken by the Change Agent** - Several towns initiated or advanced bylaw updates for Accessory Dwelling Units and built new capacity for their Affordable Housing Trusts to support older adult housing options.
- **Impact** - More housing options for older adults to age in place or downsize, greater awareness of local zoning barriers, and broader buy-in for housing equity conversations.
- **Next Steps** - We plan to align this momentum with upcoming Massachusetts transit oriented zoning requirements and utilize shared staff to help administer local housing programs.

Chelmsford, MA - Our Library has taken many initiatives to adopt Age-Friendly practices! Memory Kits for families to take out, Senior Resource page on their website, partnership with the Senior Center for Digital Literacy Series, and much more!

- **Action Taken by the Change Agent** - Staff of Library and Staff of Senior Center have met several times to establish strong partnership.
- **Impact** - The Senior Center now has more technical resources for older adults by using Library staff to offer workshops. General Public at the Library (including younger caregivers) now have more resources to help people with dementia.
- **Next Steps** - We are continuing this wonderful partnership by putting our programs in each other's newsletters and sharing information with more residents!

Dennis, MA - Working with the Town planner, Natural Resources and Engineering, with feedback from our Age-Friendly committee, the town has committed to building an age-friendly park and to incorporating Age-Friendly and ADA accessibility in all town projects.

- **Action Taken by the Change Agent** - The change agent included an age-friendly park in the Town's open space plan along with an environmental justice initiative.
- **Impact** - The park project, in the concept design stage, was recently presented in a public meeting with positive responses from residents. Construction is expected to be completed in 2027, with a groundbreaking next year.
- **Next Steps** - In a rural, seasonal town with over 45% of its population over 55, this age-friendly spin-off demonstrates the need for age-friendly spaces in all areas of life. Our goal is to build on dementia awareness training for businesses and families living with the effects of dementia, a growing condition across Cape Cod.

Dennis, MA (Example 2) - After the rebranding of the Senior Center, with the tag line, "Dennis, a beautiful place to grow up and grow old, there is greater demand for all ages programming. We are planning to increase intergenerational programs at the DCAL and expand to accommodate working older adults and their families by offering evening and weekend programs.

- **Action Taken by the Change Agent** - Several meetings with the Town planner around issues of accessibility led to the inclusion of aging in the conversation and the need for more age-friendly, accessible recreation spaces in the town. Result - Action: The Town planner includes an Age-Friendly Park concept in the Town's 5-year open space plan. The Select Board includes age-friendly recreation in their goals.
- **Impact** - In progress
- **Next Steps** - Continue the conversations

Age-Friendly Franklin County and North Quabbin, MA - A promising spin-off has been the adoption of assistive hearing technology in municipal settings. Through an Age & Dementia Friendly community grant, Ashfield installed equipment to make public meetings more accessible for residents with hearing loss. Other towns in our region, including Buckland and Northfield, have also taken steps to implement similar systems, reflecting a growing recognition that accessibility must be part of civic life. This trend is helping to reduce barriers to participation and making town government more inclusive.

- **Action Taken by the Change Agent** - The Age & Dementia Friendly initiative elevated hearing accessibility as a priority by funding a pilot project in Ashfield through our community grant program. We also shared information about the benefits of assistive listening devices with municipal partners and highlighted the importance of accessibility in civic participation. These actions helped normalize the idea that towns can and should invest in this technology.
- **Impact** - Installing assistive hearing technology has made town meetings and community events more accessible for residents with hearing loss. People who once struggled to follow discussions can now participate fully in local decision-making and civic life. As more towns like Ashfield, Buckland, and Northfield adopt these systems, it sets a regional standard for accessibility and demonstrates that inclusion is becoming the norm across Franklin County and the North Quabbin.
- **Next Steps** - Next, we want to build on this momentum by documenting the benefits of assistive hearing systems and sharing those lessons with other towns. Indeed, we have seen the benefit first-hand. Our goal is to encourage broader adoption so that accessibility is embedded in every municipal space. By continuing to highlight these successes through our Age & Dementia Friendly initiative, we can help make hearing-friendly environments a regional expectation.

North Central MA, MA - We started community telehealth hubs with an AARP Challenge grant and are already working with other partners to expand the project to include digital equity in the home and to identify other telehealth spaces, in addition to doing advocacy for parity reimbursement of telehealth visits vs in person medical appointments.

- **Action Taken by the Change Agent** - This is still in the early phase. The funder (The Health Foundation of Central Mass) leveraged a connection to a consulting firm to do pro bono planning and engagement, and they are funding a nonprofit (the Health Equity Partnership which is partnering with the Nashoba Associated Boards of Health) to continue the community engagement and partner outreach to align resources, develop MOUs, and engage with policy advocates.
- **Impact** - This is still in development. We anticipate that many more people across the region will have access to telehealth services, which reduces the burden on a very sparse transportation network and will increase compliance with medical advice, thus increasing the number of people who are able to successfully manage chronic conditions and improve quality of life. People are currently traveling very far to medical appointments, which is a stress and burden on them, their loved ones, and the social services in the region.

- **Next Steps** - As telehealth becomes more common across the region, we hope to also look at increasing in-home and community-based medical care, decreasing the need for hospital and clinic-based care in an area that has a shortage of primary and specialty care.

Salem, MA - Evaluation of the needs of older adults in our community helped lead to the launch of the Salem Skipper, an on-demand rideshare service within our community to allow residents of all ages to affordably and easily access local services and needs.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Residents are able to access medical visits, food access, employment opportunities and more.
- **Next Steps** - Blank

Baltimore, MD - A few of the Health systems in Baltimore County are implementing Age-friendly Hospitals.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Blank
- **Next Steps** - Blank

Baltimore, MD (Example 2) - Organizations responded to the Department of Aging's RFP for Villages.

- **Action Taken by the Change Agent** - Blank.
- **Impact** - Underserved populations now have access to volunteer transportation, social activities, access to health care, education and resources.
- **Next Steps** - Assessing the ability to expand Villages to other communities.

College Park, MD - The City of College Park entered into a pilot program with WISE Cities to develop discounted social activities for the over 55 population in the City at area businesses. This was an effort by our Economic Development department to help bolster our businesses during daytime hours when they are typically less busy.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Too soon to say. This is the first month of the one year pilot program.
- **Next Steps** - Blank

Howard, MD - Howard County's 50+ Centers are being utilized for Teen Outreach programs. Having these programs in a 50+ Center helps to dispel ageist myths and pre-conceptions of what a "senior center" is. This inter-generational effort has been a success beyond the Age-Friendly focus.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Blank
- **Next Steps** - Blank

Bethel, ME - Game day at the Woodstock Library.

- **Action Taken by the Change Agent** - Keeping a specific schedule - time, place, refreshments, publicity for the event. Word of mouth grew the attendance.
- **Impact** - Social isolation has improved in that small community of elders. It has increased visits to the library which also has a community resource directory.
- **Next Steps** - Sharing what we have done here with other groups.

Biddeford, ME - "Coffee Hour", initiated by Age-Friendly, attended by community with support from the local McArthur Library. Open discussion among attendees that is personal and confidential. This group has grown to become very popular for aging adults.

- **Action Taken by the Change Agent** - Advertisement, word of mouth, brochure, newsletter from Age-Friendly and McArthur Library.
- **Impact** - Provides a safe space for the older community to meet and socialize, where they may not have had the opportunity to do so before. Numbers are slowly increasing.
- **Next Steps** – Looking to spin-off other groups that involve socialization.

Bowdoinham, ME - A less obvious example of spin off is a change in attitude and culture toward older adults in town. By reducing barriers, older residents are more visible at meetings and events. There are more opportunities for older residents and those living with disabilities to share their experience and skills - thus making for a more inclusive community.

- **Action Taken by the Change Agent** - The shift in culture is almost imperceptible and not the outcome of any one action or person. It is a slow but steady realization that more should be done to overcome barriers to their engagement in the community and that those changes can positively benefit everyone. The concept of Universal Design is not to “make accommodations” or adaptations for individuals but instead to rethink how changes can be made for all to use. For example, instead of installing a set of stairs to a building, a ramp may be possible to install that can be used by everyone.
- **Impact** - See above.
- **Next Steps** – Both examples have led Age-friendly to consider how meetings can be made more participatory through the use of assistive hearing devices.

Bucksport, ME - A project called, "Tell Your Story, Write Your Story, Share Your Story" was a spin-off project that came out of a collaboration among non-profits based on conversations and ideas from AAFC members and leaders.

- **Action Taken by the Change Agent** - Several non-profit leaders engaged community members to contribute writings to the published result. The change agents worked with several for-profit businesses to host a book launch and sell the book to recoup money spent beyond grant funding. Change agents marketed the event and did interviews for local newspapers.
- **Impact** - The book launch event has about 75 people attend. They shared their writings and stories and signed each other's published books. There were all ages represented who interacted together. The for-profit businesses participated and individuals became aware of what they had to offer. Three non-profits collaborated successfully and spread the word about each other's services. A town council member attended the event too.
- **Next Steps** – It adds validity to the concept of collaboration and provides an example of a successful implementation for future projects or collaborations.

Bucksport, ME (Example 2) - Blood Pressure clinics in which we partner with RSU25 Adult & Community Education Medical Assistant graduates and offer this quarterly at the local Senior Center. The MAs get to practice on actual older adults to learn how to take blood pressure. They also calibrate blood pressure cuffs brought in by older adults. The older adults get to ask questions of trained medical professionals and public health nursing. This came out of a pilot event we did and grew to a quarterly occurrence.

- **Action Taken by the Change Agent** - Expanding the program from a pilot event to quarterly and expanding into checking blood pressure cuffs and expanding the service to all adults.
- **Impact** - The older adults can depend on a quarterly blood pressure check and come into the Senior Center to see what it has to offer them and meet professionals and individuals they might not have met.
- **Next Steps** – Expanding the offerings at the blood pressure clinic and perhaps growing into a mini health fair.

Chelsea, ME - The Reading Connection became a program after a one time reading and connects us with the school. Community Check in came after Sand for Seniors Program. Community Garden expanded to include the school and raising produce for the Chelsea Food Bank.

- **Action Taken by the Change Agent** - The Reading Connection - Coordinated with school, community and municipality to create an intergenerational reading program.
- **Impact** - Expanded to scope and reach of volunteer readers to include both community members and people outside the community (Superintendent of Schools, Town Manager, Program Director of Maine Lifelong Communities, Lifelong Maine Fellow and town office staff.
- **Next Steps** – Expanding to include a new program Reading to Connect at the Togus, VA

Age-Friendly Coastal Communities, ME - Neighbors Helping Neighbors; Surry, ME Community Improvement Association began a volunteer transportation program;

- **Action Taken by the Change Agent** - Implemented ideas to create new community opportunities.
- **Impact** - More older people are getting services that were either not available before or not known to the communities we serve.
- **Next Steps** – We will continue to cast a wide net to invite creative & non-traditional partners with whom to engage.

Dover-Foxcroft, ME - Our Dementia Inclusive Community Garden had a spin-off this season with more community members becoming involved in the care and use of the gardens, watering, tending, and harvesting items for use in our Open Table older adult lunches.

- **Action Taken by the Change Agent** - More volunteers created more plots, seedlings, maintenance of the space, and outreach.
- **Impact** - Marginalized groups were able to combine their time with existing volunteers, and that led to a greater abundance and more intentional use of the garden space.
- **Next Steps** – We hope that the communication on social media and the expanded growth of the garden allows for further expansion, in collaboration with town resources and planning.

Gray, ME - GNG Recreation has been talking more about older adult specific programming ideas. It's part of meeting agendas and now a focus where it hasn't been as much in the past. Rec staff took on a fall prevention program and will begin teaching it this Fall/Winter.

- **Action Taken by the Change Agent** - Rec department dedicated a staff member to train to teach the class, advertised the class and will host it.
- **Impact** - People who take the fall prevention program will have reduced fall related accidents.

- **Next Steps** – The Recreation Department is interested in pursuing social activities for older adult men. As they are a demographic that is often missed when serving the community.

Limestone, ME - Using new Hampshire's emergency planning program sand buckets began downstate initiative.

- **Action Taken by the Change Agent** - Based on the NH model, Emergency Services made presentations to community members. Community members left with the emergency preparedness guide. The HAM Radio Association heard about the initiative and raised funds to provide emergency radios to community members who do not have internet access. The HAM Radio club shared their experience with the statewide group and York County Emergency Management wrote a grant to provide emergency radios in the Sacoppee Valley. The spin-off started when we presented at a conference with the group in NH. We loved their binder so used some of our Connector funds to print copies. Then we met with our Aroostook Emergency Management to coordinate luncheons and disaster preparedness education. The amateur radio club got interested and that met a need in remote areas of northern Aroostook County. When the club shared their success, the project moved to the Grateful Undead (close to NH where it started!).
- **Impact** - People received the emergency preparedness binder have told us that it has been helpful to them--encouraged them to look at planning more thoroughly and to have conversations with family members, neighbors, and friends about the topic. People who have the radios feel more confident that they will know what to do if there is a natural disaster.
- **Next Steps** - Continue emergency planning continue providing information to community. Purple ladle (volunteer home delivered meal program) is proceeding to become non-profit,

Millinocket, ME - Pickleball is an Age- Friendly Spin Off! One of our Age-Friendly committee members was passionate about getting pickleball started in our community. He advocated for portable nets/ equipment to be available for use at the local tennis courts. Another committee member had funds to purchase what he was requesting and donated them to be used by anyone interested in learning how to play pickleball. They were kept at our local Gear Library to be checked out/ borrowed at any time. Local enthusiasts provided intro to pickleball sessions at the tennis courts which led to a cohort of community members that still play pickleball today! New portable nets were purchased for indoor play during the winter. And the Town invested in converting some of the tennis courts into pickleball courts. Sports and interest have grown over the past 3 years!

- **Action Taken by the Change Agent** - Tenacity! A Community member didn't give up! He had a vision/ goal and kept bringing it back to the table until it gained momentum.
- **Impact** - More older adults are getting out to play pickleball on a regular basis. Schedules of time/ days for play were established by the group. Not only has it provided an opportunity for fun physical activity, it broadened social connections. New friendships were formed as people who wanted to play pickleball sought out others that liked to play as well. Local facilities were used and accommodations made to meet the needs of those asking for the opportunity.
- **Next Steps** - This example is a reminder that the community is full of ideas, interests and people that just need to be tapped into. Our Age-Friendly Committee is at a stage where we need to grow our volunteer base so not to stagnate or even fold due to burnout. Sharing this

spin- off has been a good reminder that there are untapped sources in our community, we just need to remember where to look or how to reach out - and keep asking or bringing our vision for a better community to each and every table we are at.

New Gloucester-BLING, ME - The New Gloucester Recreation Department agreed to offer the Fall Prevention Program, A Matter of Balance when BLING was not able to provide the necessary liability insurance for the program.

- **Action Taken by the Change Agent** - The Recreation Department entered into the contract with the training vendor to provide training; and provided staff as one of the people to be trained.
- **Impact** - More people will have access to a Fall Prevention Program. The Program will be offered locally.
- **Next Steps** - We will continue to work with our town Recreation Department to find areas of mutual interest and need.

Portland, ME - Our Emergency Preparedness for Older Adults Summit sparked further interest in making sure this population is included in plan currently being drafted by city planners. It has also sparked interest within the City Council to focus more on the needs older adults and people with disabilities.

- **Action Taken by the Change Agent** - The Age-Friendly facilitator (a municipal employee) fostered collaborative relationships with local and county agencies to bring critical safety information to community members. it is expected that these relationships will continue into the future as the need to plan responses to various types of disasters may increase.
- **Impact** - Blank
- **Next Steps** - Age-Friendly Portland to work closely with the City of Portland Emergency Preparedness Manager in writing the final blueprint for the City's preparedness plan moving forward.

Raymond, ME - Our community Cafe at the Middle School (involving seniors from the community and kids from the school) has sparked interest in a neighboring community. There is now an overlap of activities for seniors between the two communities, each providing something different.

- **Action Taken by the Change Agent** - Relationships were built through members of the neighboring community attending the programs at our Community Cafe. They then invited participation in their programming. They have also attended other activities in our town.
- **Impact** - Increased availability of activities for seniors because of the possibility of being involved in neighboring communities' programs.
- **Next Steps** - We will continue to encourage sharing of programming with neighboring communities and encourage our residents to take advantage of what is offered in the area.

Readfield, ME - Our community Cafe at the Middle School (involving seniors from the community and kids from the school) has sparked interest in a neighboring community. There is now an overlap of activities for seniors between the two communities, each providing something different.

- **Action Taken by the Change Agent** - Relationships were built through members of the neighboring community attending the programs at our Community Cafe. They then invited participation in their programming. They have also attended other activities in our town.

- **Impact** - Increased availability of activities for seniors because of the possibility of being involved in neighboring communities' programs.
- **Next Steps** - We will continue to encourage sharing of programming with neighboring communities and encourage our residents to take advantage of what is offered in the area.

Saco, ME - Encouraging neighboring communities to start the Age-friendly process, Buxton for example as well as inviting other Age-friendly communities, currently Biddeford, to be part of our Operations Team.

- **Action Taken by the Change Agent** - One example is we applied for a grant from a local foundation to support a tri-community transportation program. With these grant funds we helped implement new volunteer medical rides programs for both our adjoining age-friendly communities, both Old Orchard Beach and Biddeford. We provided them with background checks for their drivers, orientation of new drivers, a computer and cell phones in addition to training on how to manage scheduling of rides. We also donated a van to Age-friendly Biddeford so they too could start an on-demand ride share transportation program.
- **Impact** - A larger population of older residents is being served. The combined populations of Biddeford, Saco and Old Orchard Beach is over 50,000 people.
- **Next Steps** - We continue to assess how we can better collaborate with our age-friendly communities to expand services for a larger geographical area.

Surry, ME - See prior response about food security initiative.

- **Action Taken by the Change Agent** - See previous comments re: collaboration with town officials. Two members of Neighbors Helping Neighbors facilitated the connections with resources and one developed a relationship with the person who received assistance.
- **Impact** - See previous comments. We will work in the background to continue to assist our residents in connecting with resources.
- **Next Steps** - While we have completed projects in our town through the assistance of AARP Maine grants that have had a large public impact in our community, we have recognized that with increasing strain on funding available to our town, there is a need and opportunity to work in collaboration with town government to help residents in serious need. It's not fancy, but it is critical to the well-being of our residents--young or old, single or families.

Yarmouth, ME - Bike Ped committee/Town of Yarmouth AARP Challenge Grant to conduct a traffic calming survey.

- **Action Taken by the Change Agent** - See above -traffic calming survey to increase pedestrian/bike safety.
- **Impact** - Still ongoing
- **Next Steps** - Blank

Yarmouth, ME (Example 2) - Yarmouth Municipal Library hires an older adult librarian to ramp up programs.

- **Action Taken by the Change Agent** - Develop ongoing programming that appeals to older adults and supports them.
- **Impact** - People view the library as a resource for programming and available space.
- **Next Steps** - Spread the information about programming so more older adults in town know what is available.

Clawson, MI - We got grant money from OLHSA to begin a Lawn & Snow service in town and then got 4 times the money and the program is now huge.

- **Action Taken by the Change Agent** - The funding from OLHSA allowed us to start this program for our Seniors.
- **Impact** - Low Income Seniors are now able to take advantage of this program for lawn mowing, gutter cleaning, shrub trimming, fall & spring clean ups and snow removal at no charge.
- **Next Steps** - We are pursuing other funding for this project after this source ends.

Grand Rapids, MI - Through the AARP Challenge Grant and the partners involved, we experienced increased collaboration in the neighborhood where we installed benches. The City of Grand Rapids installed additional benches, trash cans, and bike racks following the investment of AARP.

- **Action Taken by the Change Agent** - The North End Wellness Coalition and Age-Friendly engaged many partners to implement the Challenge Grant.
- **Impact** - The benches installed supported a weekly walking program where residents of all ages come together for socialization and wellness.
- **Next Steps** - We continue to encourage community organizations to apply for AARP funding to make positive change in their neighborhoods.

Duluth, MN - Since beginning our Age-Friendly work, we have seen multiple times in which the age-friendly lens has been applied to programming and space development. In many spaces and program offerings, there is a new realization of the importance of intergenerational space, which has grown to have more of an emphasis on older individuals than previously experienced in our community.

- **Action Taken by the Change Agent** - Demonstrated, through public engagement in planning activities, how a greater diversity of community members can be involved and benefit from applying an age-friendly lens.
- **Impact** - Greater access to spaces that meet the needs of older individuals. A sense that community members have options and purpose in being involved.
- **Next Steps** - It provides examples and ongoing motivation to participants to make our community "OURS!" (as inclusive a read on that word as we can achieve!).

Duluth, MN (Example 2) - Be MinneSNOWta NICE, <https://beminnesnowtanice.com/>. An initiative led by a group of individuals from varying organizations aimed at improving the accessibility, safety, and well-being of our community all year long by keeping Duluth's sidewalks clear of snow and ice. Duluth Age-Friendly participates as one of the lead agencies propelling this effort because as we age in Duluth, we want to have safe, accessible sidewalks in all seasons of the year. Our team took the lead to create a booklet called Why Sidewalk Snow Removal Matters. Here is a link to that booklet: <https://beminnesnowtanice.com/wp-content/uploads/2024/10/BMN-Why-Sidewalk-Snow-Removal-Matters-Printable-Booklet-1.pdf>

- **Action Taken by the Change Agent** - Please see previous answer and look at the website: <https://beminnesnowtanice.com/>
- **Impact** - We are raising awareness about the importance of clear and safe sidewalks year-round. We have heard stories of more neighbors helping neighbors with snow shoveling, which improves our community's walkability and improves the quality of life for people of all ages.

- **Next Steps** - This year we will match people who do not have the ability to manage their property's sidewalk snow removal on their own because of financial challenges and physical limitations with a snow removal service provider (limited capacity to do this - but we have to start somewhere).

Fillmore, MN - Mayo Clinic's partnership with Age-Friendly evolved into special learning sessions about dementia.

- **Action Taken by the Change Agent** - Donation of both physical resources and time.
- **Impact** - Allowed for ongoing discussions about dementia and created a space for additional training.
- **Next Steps** - This has gone from one community to potentially two additional communities.

Minneapolis, MN - Minneapolis is actively working with county and private partners to address the digital divide that impacts our older population.

- **Action Taken by the Change Agent** - Minneapolis IT department actively involves age-friendly staff in ongoing communications and planning efforts with the county and community partners.
- **Impact** - Minneapolis, Hennepin County, community partners and our local affordable housing authority are working to ensure our older adults have access to technology and the skills to use it safely.
- **Next Steps** - This spin-off will continue to influence resource allocation advocacy.

Northfield, MN - Design elements in public spaces, both inside and outside. Community Events that are free, promoting both physical activity and socialization....such a community street dance. Another class of Rock, Steady Boxing has been added. More community street dancing is being planned. Parks and Public Space designs now have a slide that highlights ideas from Age-Friendly Northfield. Other nonprofits work to gain our endorsement of their projects and/grant requests.

- **Action Taken by the Change Agent** - Collaborations with other nonprofits. Financial support from the City. Offerings are free to all in the community supporting physical activity and socialization.
- **Impact** - People and organizations are seeking us out due to our reliability to give timely advice, public support, and quality activities. We are the leading organization that provides free community wide activities and events. We drove the building of the Rock, Steady Boxing classes for community members diagnosed with Parkinson's.
- **Next Steps** - Continue working with City planning. Our participation is viewed as a "must have" for community events and designs. We have, also, made people with mobility concerns visible as we include their needs in all of our suggestions.

Oakdale, MN - As an outcome of an age-friendly meeting at an assisted living facility in our community, the Oakdale library modified its hours to accommodate NewTrax stops (a local bus circulator).

- **Action Taken by the Change Agent** - They advocated a change in the library hours to accommodate the NewTrax schedule.
- **Impact** - Older adults are now able to take the NewTrax circulator minibus to the library at low cost.

- **Next Steps** - We will continue to look for transportation opportunities that will better serve older adults in our community.

Olmsted County, MN - We have seen the city being to incorporate walk audits into their community engagement process independent of our involvement.

- **Action Taken by the Change Agent** - Incorporated a walk audit as part of their broader community engagement for a major alternative transportation project.
- **Impact** - To be seen.
- **Next Steps** - We will continue to work with the city on making use of these tools - walk and park audits. This is part of our strategy that they incorporate these in their established practices.

Princeton, MN - Community Center without Walls initiative. We do not have a local community center so we have come up with a program to utilize various buildings around the City of Princeton to house similar events that would be found in a community center and we actively advertise that on our social media site and our website.

- **Action Taken by the Change Agent** - We partnered with various organizations to use their facilities and partnered with local businesses to help fund it.
- **Impact** - Our Seniors in the area have a place to gather and socialize.
- **Next Steps** - We are working with a company to provide excursions for our seniors out of the City which has been very well received.

Brevard, NC - Blue Ridge Community college dept of nursing and dept of social work provided students to participate in the disaster recovery support groups. One faculty member of the Blue Ridge Community College IT program gave an hour seminar on online fraud prevention. One psychology faculty of Brevard College gave her time to teach mindfulness exercises during the filming of Ready & Resilient, Lessons from Hurricane Helene, part of the community challenge grant on disaster prep and emotional recovery.

The Transylvania County disaster management team participated in one large community seminar on disaster preparedness. The dir of Transportation for the county has joined the Age-Friendly Task Force and gave a talk on driving during an aging in place workshop. The nonprofit, Through the Trees, provided staff time for 3 different digital literacy programs and one program on advanced directives. The Center for Conscious Living and Dying in Buncombe County gave the time of one of their staff to present at a seminar on end-of-life preparation.

- **Action Taken by the Change Agent** - We had several change agents as explained in an earlier question. Through the Trees, it is continuing to educate older adults in digital literacy classes. The Dir of Transportation for the county has agreed to be involved with walk audits in 2026 with a member of the Age-Friendly Task Force.
- **Impact** - More older adults in the community are becoming digitally literate. Through 9 support groups for emotional recovery held in 2024 after Hurricane Helene, one large disaster prep community program in April 2025 with county and city officials and AARP volunteers, and 4 smaller disaster prep workshops with volunteers in 2025 and the production of the documentary, Ready and Resilient, from the challenge grant, many more people have knowledge about what to do in future weather disasters. I think the biggest barrier crossed in 2024-2025 was improving relationship with the county and the city through involvement of the county's Dir of Transportation on the Age-Friendly Task Force.

- **Next Steps** - More digital literacy classes in partnership with Through the Trees. The Dir of Transportation will help with plans next year to figure out and implement traffic calming strategies. The fact that Brevard's mayor was asked by AARP to be part of a national pedestrian safety panel is also significant and will help to generate ideas to solve this problem in our community.

Brevard, NC (Example 2) - The involvement of our two local colleges in several of A-F programs was an unexpected spin-off that helped to increase intergenerational communication.

- **Action Taken by the Change Agent** - County staff, i.e., Dir of Transportation conducted a survey for transportation problems in the community and ongoing discussions are planned. The lack of adult day care because of HCA has gotten more visibility and discussion. One of HCA's staff has recently joined the Age-Friendly Task Force.
- **Next Steps** - our age-friendly work and partnership with the nonprofit Through the Trees identified the need for more digital literacy classes for older adults. The community challenge grant has shown a light on the need for disaster preparedness of our citizens and hopefully there will be more focus in 2026 with a disaster preparedness mindset, not just panic when weather crises hit. When the hurricane hit in late sept 2024, we were in the middle of offering healthy aging across the lifespan workshops for the community members in conjunction with one nursing class at the community college. We pivoted that program to address immediate needs of emotional recovery both for the nursing students and for older adults. In my opinion, that was the most significant effort that became reality because of our age-Friendly initiatives. Without it, these disaster prep and recovery programs would never have begun.

Buncombe, NC - Age-Friendly Buncombe County's training and presentations on Ageism and Reframing Aging were recently recognized by the NC Division of Health and Human Services Ageism and Awareness Day event as they highlighted communities working to reduce ageism as well as initiatives that could be replicated in other communities.

- **Action Taken by the Change Agent** - The Area Agency on Aging (over 4 counties) nominated Age-Friendly Buncombe County's work to be included in the state's Ageism Awareness Day Event. It was accepted into the program at the event.
- **Impact** - Reduced ageism toward older adults as the Area Agency on Aging highlighted the work of Age-Friendly Buncombe County and more non-profit organizations are requesting the training.
- **Next Steps** - With the recognition, Age-Friendly Buncombe County plans to reach younger audiences who experience ageism too. Recently, training was done for college students and Age-Friendly Buncombe County hopes to build partnerships with the college and do more in the future.

Orange, NC - Home Preservation Coalition - One stop shop for home repairs with multiple community partners.

- **Action Taken by the Change Agent** - All of the community partners were willing to come together to share information and to create a single portal of entry in our county for home repairs.
- **Impact** - Home repairs are consolidated through a single portal of entry and the Home Preservation Coalition meets monthly to discuss cases and to assign home repair projects to the agency that has funding to meet the need.

- **Next Steps** - It is a prime example of how a community can work together to get folks served in a faster more efficient manner. We need to use this as an example when looking at others who have multiple human service's needs. We just don't have a way yet to successfully share sensitive data across agencies. We have software being using in our state called NCCARE 360, but in our county it is not being used by all human services agencies.

Orange, NC (Example 2) - Affordable Housing - Development of Crescent Magnolia, a senior community built by Habitat for Humanity.

- **Action Taken by the Change Agent** - Through the age-friendly work and the Master Aging Plan, Habitat for Humanity saw the need for more low-income senior housing.
- **Impact** - Provided with much needed additional senior housing in our community.
- **Next Steps** - Community partners are always more successful when they are working together toward a common goal.

Deerfield, NH - Our Senior Cafe weekly discission group has resulted in new friendships and enabled participants to better know people in town they otherwise has only casual acquaintance with. Some participants have expanded their volunteer activity as well.

- **Action Taken by the Change Agent** - Initiated and led the program for the past year.
- **Impact** - More social connections, closer relationships with other senior residents.
- **Next Steps** - We are building expanded volunteer leadership through the Senior Cafe and other projects, drawing on those who have been participating.

Exeter, NH - After receiving a grant from Beth Israel Lahey Health (Exeter Hospital) we were able to increase our programs and showcase the support from BILH, this in turn brought more businesses and organizations to the table that wanted to help us more with senior programming and/or funding.

- **Action Taken by the Change Agent** - Provided funding.
- **Impact** - Increased, affordable programming. We're able to impact more people and offer more to the community.
- **Next Steps** - It's a snowball effect, the more we do, the more other businesses and people get involved and it grows and grows.

Englewood, NJ - The Community Chest of Eastern Bergen County, comprised of 11 communities, functions like a mini-United Way. The spin-off is a focus on loneliness and isolation through a new "Connections" program in which Age-Friendly Englewood was a key partner in the launch and continues to be a key partner as the initiative has broadened.

- **Action Taken by the Change Agent** - Conference and community program
- **Impact** - There is more awareness of isolation and loneliness and steps that can be taken to alleviate them, utilizing local resources identified and promoted through the Connections program.
- **Next Steps** - Loneliness and isolation are continuing concerns and we are never done reaching out to identify those we don't know.

Leonia, NJ - Through a subcommittee, we have started the process of receiving two bus shelters and two historical benches through a program of New Jersey Transit.

- **Action Taken by the Change Agent** - Identified and researched the opportunity. Did homework necessary to bring it to local government for adoption and approval. Connected with New Jersey Transit to understand and follow the process.

- **Impact** - Age-Friendly successfully teamed up with the Transportation and Pedestrian Safety Committee in town to address concerns about quality of local transportation. Once installed, the shelters and benches will be an enhancement to Leonia life.
- **Next Steps** - It has taught us to look for opportunities to work with other resources within the town to enhance quality of life here.

Ridgewood, NJ - Our engineering department has installed several modern flashing beacon crosswalk signs after hearing from us that they are needed.

- **Action Taken by the Change Agent** - Purchased and installed new signals.
- **Impact** - Easier crossings, less pedestrian safety incidents.
- **Next Steps** - Keep the conversations going.

Albuquerque, NM - downtown lights being changed to four way stops. including age-friendly elements into comprehensive plan

- **Action Taken by the Change Agent** - Change agent approached Age-Friendly coordinator to explain that because what he had learned about our process showed the plan was fully vetted and approved by City Council, he could include it in the comprehensive plan. He worked with coordinator to identify land use policy recommendations to include.
- **Impact** - This action further embeds Age-Friendly initiative in city structures ensuring continuity across mayoral administrations.
- **Next Steps** - We are obligated to work on the goals and further connects us to the the planning department. We will be advocating for changes to the integrated development ordinance.

Reno, NV - Our community has many resources for seniors, but many seniors don't know about this. Our Age-Friendly group did six resource fairs for older adults at our libraries, and now other agencies are running them on a regular basis. In 2018 we created a pocket-sized resource guide and found grant funds to publish 50,000 copies. This past year, we updated the guide and our local regional fire department paid \$2000 to print another 20,000 copies for distribution county-wide.

- **Action Taken by the Change Agent** - Community health care partner took on the planning and staffing of the resource fairs. Community fire agency saw the resource brochure as an important document to connect the senior community to available resources they need, so agreed to pay for it from their budget.
- **Impact** - Thousands more seniors became aware of resources in the community for themselves and others through the resource fairs and obtaining the resource brochures.
- **Next Steps** - We're collaborating with our county advisory board to support volunteer fairs to help our community partner agencies and our Age-friendly group to recruit more community volunteers to help us touch more seniors in our community to connect them to resources and to volunteer opportunities.

Allegany, NY - I believe we've had an age-friendly spin-off as a result of a pilot project that developed early during our implementation phase. We identified social isolation as a major area of concern through our needs survey and town halls. At first, we weren't sure how we were going to tackle this concern, especially coming off the heels of the pandemic. In the spring of 2023, 2 colleagues were at a conference in Dallas, Texas, where they discovered a home-based, technology solution that can function as a virtual senior center for older adults. 1 of my colleagues was lucky

enough to sit next to the spokesperson for the program while waiting for flights at the airport. Following the trip, our agency established connection with them and entered into an agreement by the end of 2023. Our organization developed a grant proposal to support the age-friendly coalition's efforts to procure 75 of the home-based, technology devices and were successfully funded by the Mother Cabrini Health Foundation in October 2023. By Summer 2024, the program was up and running and nearly 40 older adults had devices installed in their homes and we were tracking behavioral changes as well as changes with their phq-9 scores and UCLA loneliness scale results. By Winter 2024, we were awarded a 2-year extension by the Mother Cabrini Health Foundation to acquire 175 more devices to be able to support up to 250 isolated older adults. It has been a pleasant surprise to see this project come to fruition and start expanding geographically. Not only is their support for the home-based technology, but there is also some support for mobile hotspots for those without internet, access to a tablet for those who prefer something "on the go," and access to a television should they not have one. While we are still learning as we go, it has been amazing to see the older adults who have grown accustomed to reconnecting with life via technology. We can learn to always try from this spin-off. While this wasn't our intent initially, if we balked at the idea or the magnitude of it and opted to not bother writing a grant for it, then these same individuals wouldn't have had the opportunity to rediscover family relationships, stay active and engaged from home or forge new relationships with other older adults. We sincerely hope to sustain this program by fine tuning the data components to demonstrate the effectiveness of this technology-driven intervention as a means to reduce social isolation and depression within older adults.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Older adults are self-reporting lower levels of depression via their PHQ-9 results and lower levels of isolation via their UCLA Loneliness Scale results, have access to technology that they may not be able to afford.
- **Next Steps** - We will explore avenues to sustain this project while exploring ways to make it even more effective such as offering live, virtual programming, virtual congregate meals, and introducing evidence-based interventions that can help homebound older adults presenting with higher levels of depression/isolation.

Herkimer, NY - Our Working Solutions office decided to put a greater focus on programming for older adults to help them find work and develop new skills.

- **Action Taken by the Change Agent** - Expanded programming for assisting older adults in finding employment.
- **Impact** - Older adults have additional resources to find work and build skills.
- **Next Steps** - We will hold presentations to employers in the area to educate on job sharing for older adults.

Manlius, NY - Requesting local medical center to provide bus stops with covered waiting area and benches.

- **Action Taken by the Change Agent** - Requester more age-friendly and dignified wait areas for paying customers of Centro Bus line.
- **Impact** - We are waiting for a response from the medical center management.
- **Next Steps** - Maintain contact by email and letters.

Nassau County, NY - The more outreach we conduct, the more residents we can engage and assist them to live their best lives in their communities.

- **Action Taken by the Change Agent** - We expanded programs to serve a new client base.
- **Impact** - Visual impairment was addressed, and transportation.
- **Next Steps** - We plan to continue expanding services to all seniors in need.

Athens, OH - Factory Street Dance Studio offers dance classes specifically for older adults.

- **Action Taken by the Change Agent** - They ran a pilot with funding from Age-Friendly Athens County, which was successful, so they are continuing to develop the program.
- **Impact** - More opportunities for healthy aging activities in our community.
- **Next Steps** - Age-Friendly Athens County will continue to promote the dance program for older adults as an asset in our community that touches several domains of livability.

Worthington, OH - In working with our local business Chamber on an Age-Friendly Business checklist, ideas and conversations bled into other areas of the plan, and items we didn't think we could get to yet, suddenly have avenues of happening sooner than planned.

- **Action Taken by the Change Agent** - While it hasn't become a reality, it was great to branch one idea into another area of the plan, broadening the reach and influence from a partnering organization.
- **Impact** - Generally, more awareness of the Age-Friendly initiative, which will reduce barriers.
- **Next Steps** - See my previous answer on this question.

Ashland, OR - The library branch manager, a member of the Alliance steering committee, reported on the vans they were using to improve technology skills in the community. The hospital administrator, a member of the steering committee, suggested the van personnel could train residents on the use of telehealth and MyChart and offer its IT staff to train the would-be trainers. The senior services superintendent, a member of the steering committee, requested the new train van staff provide this training at the senior center.

- **Action Taken by the Change Agent** - Expanded a program and engaged partners.
- **Impact** - More people in the community learned how to use MyChart and telehealth.
- **Next Steps** - It illustrated the collaborations that could be formed simply by conversations among the city leaders.

Ashland, OR (Example 2) - The City of Ashland, a member of the Alliance Steering Committee, offered a class at Osher Lifelong Learning Institute, another member of the Alliance Steering Committee, on the Work of the City of Ashland. It was held around the time of the Alameda Fire and the speaker was a Battalion Chief. A class member who resided in Mountain Meadows, an independent 55+ community, expressed a concern about the inability for residents of this large senior community to easily evacuate onto the freeway that runs alongside the community. As a result, the Fire Department petitioned ODOT to create a gate-guarded on ramp that could be opened in a fire.

- **Action Taken by the Change Agent** - The City created a gravel road from behind the senior community down to the southbound interstate with a gate that could be opened in the event of a need for emergency evacuation.

- **Impact** - Residents at the senior living community felt heard and were more motivated to develop more comprehensive emergency preparedness plans.
- **Next Steps** - Not applicable

Salem, OR - Willamette University started with us by providing interns. That grew to Willamette funding a paid intern to help with Age-friendly Salem. Now they have an entire curriculum that builds on age-friendly conversations.

- **Action Taken by the Change Agent** - Expanded a program: Generations over dinner, held a community action forum and documentary showing on homelessness among seniors. Rallied and spoke before City Council on subjects impacting older adults.
- **Impact** - New relationships, and encouragement of younger generations to consider the needs of older adults. Even consider new careers.
- **Next Steps** - Continue to pursue connections and age-friendly work in university settings.

Sisters, OR - Sisters Community Leadership Initiative (SCLI) - The mission of this local volunteer team is outreach and support of local forest dwellers who live in the public land surrounding the City of Sisters. Their 2024 final report lists their accomplishments:

Waste Removal:

- Weekly garbage collection, hot spot clean ups and disposal of abandoned and derelict vehicles, resulted in a 73% overall increase in waste removal compared to 2023.
- The removal of 106 tons or 408 cubic yards of waste or scrap metal consisting of:

Weekly rubbish collection and large clean up events

- 12 abandoned cars, 8 abandoned, derelict RVs/trailers removed to a secure site for disposal, one burned trailer frame removed to a secure site for disposal

Hygiene Care

- Distribution of potable water containers
- Nineteen 5-gallon jerricans were distributed in 2024
- Thirteen 2.5-gallon jerricans were distributed in 2024

Community events. SCLI sponsored 2 community wide clean up events and participated in numerous community workshops and roundtables that were focused on the unhoused population.

- **Action Taken by the Change Agent** - as noted above.
- **Impact** - Positive engagement with low-income people unable to afford housing in Sisters. They feel included and are actively participating with SCLI for weekly trash pickup. This has improved the relationship with the local U.S. Forestry office and reduced the risk of unintended fire hazards.
- **Next Steps** - As pressure builds from increasing numbers of forest dwellers continued and expanded trash pickup services will be necessary. The very active roster of community volunteers will need to expand and stay engaged to mitigate the fire risk in these vulnerable areas of the national forest.

Lackawanna, PA - Dementia Friendly Dining was created after recognizing a growing need for more accommodating spaces for those living with dementia and their caregivers. Dining out is an important social activity that helps people stay connected — but for many living with dementia and

the ones who care for them, the experience can feel stressful and overwhelming. Through Dementia Friendly Dining, restaurants can take simple yet meaningful steps to make their establishments more welcoming and accessible. From staff informed on dementia awareness to thoughtfully designed menus and comfortable environments, each participating restaurant helps foster inclusion, dignity, and a true sense of community. We recently onboarded our first Dementia Friendly Restaurant.

- **Action Taken by the Change Agent** - Full commitment to the initiative & training.
- **Impact** - The initiative has created more accommodating and welcoming spaces for those living with dementia & their caregivers.
- **Next Steps** - program expansion. create a database of dining establishments who have completed the training and adjusted small things to make a large impact.

Lancaster, PA - Age-Friendly Lancaster City's initiatives for Transportation have supported and enhanced the city's Vision Zero plan. Through relationships built on that shared interest, a spin-off has been the intergenerational collaboration of Lancaster Downtowners (a village) with the Global Shapers Lancaster Hub (civic group for people age 30 and under) as part of the "Ride Roll Stroll". The Ride Roll Stroll is community-building and advocacy project that promotes walking, bicycling, rolling, and transit in Lancaster, Pennsylvania. The groups of older and younger have done local bus trips and local bike rides together and hosted a conversation series.

- **Action Taken by the Change Agent** - After multiple interactions in advocacy and outreach spaces, an intentional effort to coordinate an intergenerational project or program was made. Ride Roll Stroll had been started by the Global Shapers Hub and their leadership welcomed participation and co-facilitation of some events from Lancaster Downtowners.
- **Impact** - People who had never taken public transit before got their bus pass and got comfortable using local transit. They now have more transportation options. Relationships built have continued. When a resolution to approve automatic enforcement red light cameras came before Lancaster City Council in October 2025 participants from both groups advocated for the adoption of this traffic safety measure. With 11 public comments of support it is expected to pass on 10/28/25.
- **Next Steps** - These groups have built a trusting relationship and will continue to advocate together.

Aibonito, PR - Yes, we have seen an age-friendly spin-off in Aibonito that was both unexpected and impactful. As the Municipal Planning Office began working on our Age-Friendly City initiative, we started engaging older adults in conversations about their needs. During this process, we identified the potential to rehabilitate a small, underutilized plaza—Plaza El Campito—located directly across from our municipal center for older adults. What began as a simple improvement in pedestrian safety and comfort (like sidewalks and lighting) quickly grew into something bigger. Inspired by these efforts, local partners and health institutions showed interest in supporting recreational programming for older adults in the space. Community groups also began to propose ideas for intergenerational activities, including open-air bingo, exercise sessions, and craft workshops. This plaza revitalization became a symbol of inclusive planning in Aibonito. The unexpected “spin-off” has been a stronger, cross-sector commitment to make all public spaces friendlier for older people, not only in Plaza Campito but in other reconstruction projects as well.

- **Action Taken by the Change Agent –**

The Municipality of Aibonito, through its Office of Planning and Federal Programs, identified an opportunity to transform the El Campito neighborhood plaza into a more functional, accessible, and age-friendly space. To achieve this, several concrete actions were undertaken: Expanding the original project's focus to include not only physical improvements but also elements that promote recreation, health, and social interaction for older adults. Establishing partnerships with organizations such as AARP (through the Community Challenge), local health institutions (COSMA, Mennonite, CIMA), and non-profit organizations like Centro PASO, to support the age-friendly city concept. Integrating municipal and federal funds to complement the AARP grant and ensure that the improvements included ADA-compliant ramps, non-slip sidewalks, safe lighting, and ergonomic furniture. A participatory design process that considered the results of surveys conducted with older adults in the municipality regarding their experience with the physical environment and their level of social participation. Implementation of safe pedestrian connections between the plaza and the municipal Senior Center to strengthen the link between the urban environment and existing services. These actions not only brought the project to fruition but also generated a multiplier effect, encouraging future projects in Aibonito to adopt an age-friendly approach, even in the early planning and design phases. Would you like me to also translate this into English to include it directly in the form?

- **Impact** - The transformation of El Campito Plaza has already started to create visible, positive impacts in the community, particularly for older adults. Through this initiative: A stronger link is being created between services and the built environment, by physically connecting the plaza with the nearby municipal Elder Center—extending the benefits of the facility into the daily urban environment. Altogether, this project has opened new opportunities for aging actively, with dignity and improved quality of life in Aibonito.
- **Next Steps** - The success of the El Campito Plaza project has reinforced our commitment to integrating age-friendly principles across all municipal planning efforts in Aibonito. Going forward: We will continue applying a people-centered approach in new infrastructure and revitalization projects, ensuring that the design considers accessibility, comfort, and usability for older adults from the start. The experience has strengthened interdepartmental collaboration, which we plan to replicate in future initiatives. The synergy between Planning, Public Works, the Mayor's Office, and community organizations was key to the project's success and will now serve as a working model. We now have greater community awareness and engagement, particularly from older adults. Their participation in surveys and community meetings will remain a central part of project development, helping us better understand and prioritize their needs. We intend to develop a municipal guide for age-friendly design, drawing on the lessons from this project. This will help standardize improvements across parks, sidewalks, plazas, and public buildings. The spin-off has also created momentum to expand partnerships—with health institutions, nonprofits, and federal agencies—so we can scale this work sustainably. Ultimately, this project is helping to shift the culture of planning in Aibonito, embedding age-friendly thinking as a permanent pillar in how we envision and build our future.

Coamo, PR - When developing home care services for bedridden or disabled older adults as part of our Age-friendly City and municipal action plan, we conducted visits to determine eligibility. The findings of this initiative led us to consider changes we had not contemplated. The individual needs surpassed their health conditions, and we proceeded to modify the scope of services to serve a greater number of older adults and be more effective in the use of our limited resources. We reviewed the eligibility criteria, classified needs, and determined the frequency of services. We decided that one home-aid, who according to the initial plan, would assist one person four hours a day, five days a week, could serve several older adults each week, and we provided them with the necessary training. With the budget allocated to serve 50 people, we met the primary needs of almost 150.

- **Action Taken by the Change Agent** - Data collection and analysis to assess older adults needs in regards to essential services at home. Negotiate with funding source to adapt services to identified needs.
- **Impact** - We were able to serve almost three times the expected number of older adults with the same budget. Older adults are better-off and very thankful for the services. Home aides are better trained. State funding agency was open to modifying the required services and regulations. Other municipalities are implementing the service model.
- **Next Steps** - We continue providing essential services, identifying funding sources and assessing opportunities for the most efficient use of our limited funds.

Ponce, PR - The Municipality of Ponce has publicly committed to becoming an “Age-Friendly City.” At the same time, the city’s tourism and cultural promotion arm (VisitPonce) is actively showcasing Ponce’s plazas, open-air cultural venues, and pedestrian zones (e.g. Paseo Atocha) to both residents and visitors. These cultural and public space assets suggest a natural pathway for integrating older adult-friendly programming into existing city planning.

- **Action Taken by the Change Agent** - The Municipality and local nonprofits expanded cultural programming, ensuring accessibility for older adults and people with disabilities at Ponce’s Carnival and other festivals.
- **Impact** - Increased participation of older residents in cultural life, reduction in social isolation, and improved visibility of accessibility needs in municipal events.
- **Next Steps** - Institutionalize accessibility standards for all municipal cultural and recreational programs, ensuring sustainability and broader reach.

Toa Baja, PR - An example in the Municipality of Toa Baja where a clear multiplier effect can be observed is in the passive parks and walking tracks around our community. Many of these have been renovated, leading to an increasing number of people using them, primarily the older adult population.

- **Action Taken by the Change Agent** - The change agent is providing communities with spaces and tools where they can engage in physical activities, thereby fostering a healthier lifestyle. This lifestyle is one that the Municipality of Toa Baja actively promotes and facilitates through its various activities.
- **Impact** - The lives of residents have improved by having greater access to safe and renovated public spaces where they can engage in physical activity and social interaction. Older adults, in particular, now benefit from environments that encourage active aging and community integration. This initiative has helped overcome barriers such as the lack of

accessible recreational spaces and limited opportunities for healthy lifestyles, while also creating opportunities for multigenerational activities and stronger community ties.

- **Next Steps** - This example of an age-friendly spin-off will guide future work by reinforcing the importance of creating and maintaining inclusive public spaces that promote health, social interaction, and active aging. It will serve as a model for replicating similar initiatives in other communities of Toa Baja, ensuring that future projects continue to prioritize accessibility, intergenerational engagement, and the wellbeing of older adults as a central component of the municipal planning.

Toa Baja, PR (Example 2) - Another example of this is the municipal day care center for older adults located in the Levittown community. Although this center has been operating for more than 30 years, additional resources are invested each year to provide better and more diverse services to this population and their families.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Blank
- **Next Steps** - Blank

Vega Baja, PR - Increase in participation in local social integration initiatives for older adults; and increase in planning capacity and resources at the municipal level.

- **Action Taken by the Change Agent** - Expansion of programs that provide services and social activities for older adults, along with the acquisition of human resources and technical support.
- **Impact** - Positive effects: Greater engagement and integration of age-friendly groups and organizations. However, this presents the challenge of keeping the original resources and organizations engaged in the initiative, ensuring they do not feel replaced or overlooked, which could eventually lead to a loss of interest due to the integration of new groups.
- **Next Steps** - We are working on developing an action plan to address any unmet needs in future initiatives.

Buda, TX - We conducted a walk audit of downtown Buda and made many recommendations. We presented our report to the city council. Several of the on-going projects added aspects that reflected the needs we highlighted, such as need for more crosswalks, more benches, more curb cuts to sidewalks, more share in City Park. All these things were integrated into efforts even before we issued our action plan.

- **Action Taken by the Change Agent** - I held in-person meetings with Hays County and City of Kyle elected officials and with their age-friendly designates. We invited the Community Action representatives to address our Commission about their local Meals on Wheels weatherization programs and got contact names to begin to publicize and expand their services.
- **Impact** - Pending. We're working on it.
- **Next Steps** - More people being aware of and receiving aging services.

Arlington, VA - Walking School Bus (WSB): The Participation & Inclusion Committee of the Arlington County AFAP developed a pilot for the Walking School Bus (WSB), involving older adults walking elementary school children to school (<https://www.apsva.us/transportation-services/walking-school-bus/>). The WSB increased intergenerational opportunities; increased exercise opportunities

for older adults; and increased safety for school children. It was featured in Arlington Community Foundation's Age-friendly catalog and attracted donations. The WSB was well accepted in the community and received national recognition on CBS News.

(<https://www.cbsnews.com/video/walking-school-busgrows-in-popularity/>). The Committee also secured grant funding to create a "Tool Kit" to guide expanding WSB to other elementary schools.

- **Action Taken by the Change Agent** - The change agent was an effective champion and participant in the program and was able to build support within the elementary schools that are now championing the program.
- **Impact** - The Walking School Bus increased intergenerational interactions; increased exercise opportunities for older adults; and increased safety for school children.
- **Next Steps** - This example provides a roadmap or process that can be followed for other innovations emanating from the Age-Friendly Action Plan.

Arlington, VA (Example 2) - The Arlington Community Ambassador Program was an idea that grew out of the AFAP. More information about this program that is now run by the Arlington Neighborhood Village can be found at: <https://anvarlington.org/community-ambassador-program/>

- **Action Taken by the Change Agent** - The Arlington Neighborhood Village is implementing the program through the use of volunteers who they are training throughout the County.
- **Impact** - This is a new spin-off. It is still too early to comment on specific outcomes.
- **Next Steps** - Blank

Arlington, VA (Example 3) - Flashing Sidewalks: The AFAP Transportation Committee's tactics included urging improved lighting and signage as part of the maintenance program for roadways, pathways, and sidewalks. This tactic was done through Arlington County's Vision Zero initiative/strategy intended to eliminate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all." As a result, flashing beacons were installed at 30+ locations to increase awareness of pedestrian crossings and traffic control measures.

- **Action Taken by the Change Agent** - Blank
- **Impact** - Flashing lights at 30+ intersections
- **Next Steps** - This example has shown how important it is for AFAP to influence broader and related work underway within the County. Many AFAP volunteers are currently involved with initiatives and efforts throughout the county and with numerous partners that can make the AFAP recommendations a reality.

Charlottesville, VA - Program for Accessible Transportation Help (PATH) was created as a result of CAA partnership activities and connections. PATH provides a one-stop shop for older adults needing transportation. Both Charlottesville City and the County use the Charlottesville area transit system, JAUNT accessible transportation system, and several nonprofits (including Cville Village) have supported volunteer transportation services.

- **Action Taken by the Change Agent** - Program for Accessible Transportation Help (PATH) was created as a result of CAA partnership activities and connections. PATH provides a one-stop shop for older adults needing transportation. Both Charlottesville City and the County use the Charlottesville area transit system, JAUNT accessible transportation system, and several nonprofits (including Cville Village) have supported volunteer transportation services. CAA also used AARP expertise to conduct "Walk Audits" with County, City, and

State Department of Transportation staff. The information gained with this exercise have prompted bus stop audits and pathways to bus stop audits.

- **Impact** - PATH is helping older adults find rides and reach much needed services. Over 50% of requests for transportation are for medical appointments. Path helps local volunteer driver programs with staffing, marketing, and financial support. Transportation resources are now more available to seniors. As the successes continue, engaging health systems and other CAA Partners will be easier.
- **Next Steps** - PATH is applying for additional funding to help community organizations provide rides to their clients and other community members in need. Path is also working with a rural transit provider to increase the amount of services available to older people. Increase funding, engage health systems in the support of transportation services, extend services to rural areas, grow the volunteer transportation driver numbers (i.e., looking at Rotary Clubs, perhaps faith organizations, and the local senior center with 2500+ members).

Madison, WI - It has helped informed City funding priorities for older adults services that distributes over 900K to local non-profits serving older adults.

- **Action Taken by the Change Agent** - Engaging partners to help inform upcoming policy shifts at the city level. Seeking input from age-friendly partners who work directly with older adults.
- **Impact** - City funds are going directly to programs that reflect the needs and desires of older adults in Madison.
- **Next Steps** – I'd like to build out age-friendly Madison. it is fertile ground to make some really great change. However, with no funding and relying solely on staff time and volunteers, very little gets done. The meetings often feel like they could be email updates. I would like to focus on creating more opportunities to connect with other professionals in the field working with older adults. I feel that is where true change happens and ideas are generated.

Sheboygan, WI - I truly believe that the resources dedicated to Uptown Social were allocated due to the work of the Livability Taskforce.

- **Action Taken by the Change Agent** - Advocated to city council for a new senior center building
- **Impact** - We have one of the best senior centers in the state with more than 2,000 members. Sheboygan has a positive third space for older adults 55+ to spend time.
- **Next Steps** - Waiting for the city's comprehensive plan to be completed in 2026 and then will identify some areas that the livability task force can address.

Shorewood, WI - The Shorewood Longevity Project partnered with the Library to promote healthy connections. They conducted monthly guided walks.

- **Action Taken by the Change Agent** - They created and promoted community events that encouraged walking and exploring the business district.
- **Impact** - Connections were formed and new volunteers became involved with municipal committees.
- **Next Steps** - They had a very successful marketing strategy and materials. Also, their title was inclusive.

Wauwatosa, WI - City Communications staff have been very determined to conduct all communications with the public digitally in order to save money. While this is still the preference, we are seeing small signs of progress in that they are expressing more understanding of the need for other forms of communication. This especially came to light after our area experienced devastating flooding in August. This event provided a real-life example of digital communication not being adequate to reach all members of our community.

- **Action Taken by the Change Agent** - Volunteers and city staff from our age-friendly steering committee have consistently had conversations with City Communications staff about the fact that the community is asking for other types of communications. Data was collected from a community input session that backed up the need for more types of communication, such as written/mailed information and town hall style events. This is being shared with City Communications staff.
- **Impact** - We are at the beginning stages of change. We hope that there will be more to come so that we can report positive impacts. We do have a written resource guide coming out in early 2026 that was funded by the City's Senior Commission. This is in response to the feedback our age-friendly team has collected.
- **Next Steps** - We are working closely with the Senior Commission and with a workgroup called Tosa Connects that is working on increasing neighborhood connections. These partnerships will hopefully allow for more opportunities for communication with city residents.

Priorities for 2026

What issues are on the horizon that age-friendly communities should be thinking about now? Please provide any concerns or opportunities, including challenges and facilitators to your sustainability (n=251)

	Frequency	Percent
Age-Friendly Process	86	34.3%
Work in the Domains of Livability	190	75.7%
HealthCare and Supports	103	54.2%
Housing	97	51.1%
Transportation	49	25.8%
Social Participation	32	16.8%
Communication	26	13.7%
Respect and Social Inclusion	19	10.0%
Civic Engagement	18	9.5%
Accessible Spaces and Places	10	5.3%

A sampling of Comments

- **Process**
 - *Despite all the efforts to promulgate the Age-Friendly Community Concept, which I feel is excellent and comprehensive, it is very difficult to get buy-in. We need to do a better job of decreasing all the "siloing"*
 - *Continue to listen to our community as to the age-friendly priorities. Social isolation and transportation needs are rising and will continue to rise as our population ages.*

CAA is currently focusing on Transportation, Housing and Social Participation. We must consider if, when, and how we will address the additional domains.

- *I would like age-friendly spaces to be a space where individuals can come together and connect and learn from one another. Right now, it feels more like we are asking those who attend to add more work to their already very full plates. Coordination of these meetings, creating action plans, tracking progress, is all great and very needed. I just fear that capacity is very limited and leads to dwindling attendance. If these spaces were designed to build one another up, I feel like we would have more spin-off initiatives. These are things I hope to work on in the coming year. one step at a time. Thanks!*
- *Not sure how applicable this is to other communities: Our biggest challenge is funding, given that our Town's property tax base is exceedingly small (75% of the Town of Keene is State owned). Consequently, we cannot rely on the Town to fund the projects needed, including our long-sought improvements to hamlet sidewalks. One positive thing we have done is not to duplicate or get involved in existing volunteer-led efforts in Town, including a memory cafe at one of our two libraries, the vibrant arts calendar led by an all-volunteer group, and other such activities.*
- *Funding is always a concern. The ability to meet the needs of older adults is very important to ensure that they feel safe, are connected to the community, and have access to the services they need. To do so, those services should be easily accessible and affordable to the agencies helping older adults, and more importantly to older adults themselves.*
- **Health Care and Community Support Services**
 - *We will need to focus more on physical needs--heat, food, access to health care--than on social needs or on outdoor spaces and public buildings. With the reduction in federal resources for community members, we need to step up in a way that we have not before.*
 - *Everything is more challenging for Americans in this divisive environment. Our community lacks any resources to provide caregiver support and/or respite. Seniors are being forced out of their homes due to high property taxes. Age-friendly housing options do not exist here. When mental/ physical health challenges occur, seniors have little or no affordable options with regard to daily care. Insurance coverage is sky rocketing and seniors don't know where to turn to find quality care that is affordable.*
 - *The Municipality of Toa Baja faces several issues on the horizon that must be considered in its age-friendly planning. The community is experiencing an accelerated aging process, which increases the demand for health, social, and recreational services for elderly adults. Climate change poses a major threat to coastal neighborhoods, with recurrent flooding and displacement affecting vulnerable older residents. There is also a pressing need for accessible and safe housing options that allow seniors to age in place with dignity. Additionally, mobility challenges persist due to the lack of adapted public transportation, limiting independence and access to essential services for older adults.*

- *Communities must integrate older adults into emergency preparedness, response, and resilience plans*
- **Housing**
 - *How changes within the federal government can affect livability via policy shifts. More particularly, I think examining the impacts of housing affordability and accessibility, especially in rural areas.*
 - *Need for affordable and accessible housing; growing homelessness among older adults; affordable home and community-based services that enable older adults to age in their homes and communities..*
 - *Age in place in their home. Rehabbing post WW2 housing in a inner ring suburb in Metro Detroit is expensive/ Not always easy to do.*
- **Transportation**
 - *Loss of resources, particularly food and transportation for seniors. There is little emphasis placed on realistic transportation in rural communities where older residents tend to be poor and almost all services require transportation to access them.*
 - *25% of our population is aged 65 or older. We are extremely rural with no public transportation system (it has been tried and failed numerous times). This is an issue as we continue to age.*
 - *Funding to change existing infrastructure (lack of sidewalks etc) that is critical to promote active transportation and the health of our community.*
 - *Improve public transit options, pedestrian safety, and mobility services for older adults without access to private vehicles.*
- **Social Participation**
 - *Solo Agers. Many older adults live alone without immediate family support. Age-friendly planning must consider strategies for social connection, emergency preparedness, in-home support, and community networks that provide safety and engagement.*
 - *There are more older adults who are healthy and tech savvy but who, after retirement, do not have a well-established group of friends or social connections that would help avoid loneliness.*
 - *Loneliness for people of all ages; the divisive topics that separate generations.*
- **Communication**
 - *Technology (access and ability to utilize efficiently) - to help seniors be independent and safe in their homes and communities; Increased ability to do telehealth*
 - *Growth of the target population in our area; ability to stay abreast of events and information; how we communicate.*
 - *We are currently working on the federal requirements for our website to make it more ADA compliant.*
- **Respect and Social Inclusion**
 - *Continue to work on Reframing Aging initiative. Get more people to rethink how they label seniors and think about how most seniors want social/fitness type activities.*

- *Ageism: Ageism is public health issue-age-friendly beliefs and communities increase lifespan by 7.5 years (Dr. Becca Levy). External and internalized ageism poses a significant problem. Its impacts include negative health consequences, economic costs from lost productivity and healthcare, and the perpetuation of stereotypes that disadvantage both old and young, leading to wider generational conflict and inequity.*
- *Language accessibility to new immigrants.*
- **Civic Engagement**
 - *How seniors can pay it forward and contribute in the next generation. In addition how these two groups can marry to benefit the seniors by keeping up with changes in technology.*
 - *As voting populations change in suburban communities (toward majority older adults) we need to have a balanced perspective on how to support elders and maintain our schools, without pitting the two constituencies against one another.*
 - *Economic security and the issue of older adults wanting (and needing) to remain in the workforce.*
- **Accessible Spaces and Places**
 - *Age-friendly communities should continue their good work in developing and fostering projects that are inclusive and provide support for people as they age so they can remain active and independent in the communities they call "home"..*
 - *The City of Portland has recommitted to its Vision Zero approach and is looking at traffic safety with an aging lens that draws from the longevity-ready approach. That includes increasing traffic safety for cyclists, pedestrians, and drivers and considering the long-term impacts of increasing active transportation for an aging Portland.*

APPENDIX B – NAFSC Survey Instrument, 2025

Q1 What is the name of your Network of Age-Friendly States and Communities (NAFSC) community/region?

Q2 Is your age-friendly initiative a single community or is it part of a multi-community initiative or region?

- Single community or county
- Part of a multi-community initiative or region

Q2A If your community is part of a multi-community initiative, are you filling this out for a single community or for all the communities within the region?

- For a single community.
- For all the communities within the region.

Q3 Please pick your state and NAFSC community from the dropdown list (required):

Q3A Please pick your state and NAFSC region from the dropdown list (required):
Other. If your region is not listed above, please list your state and region below.

Q4 Which of the following best describes your NAFSC community (Select all that apply)?

- Urban
- Suburban
- Rural

Q5 Where is your community in the age-friendly process?

- Recently enrolled
- Conducting or analyzing community assessment
- Developing an action plan
- Implementing an action plan
- Crafting the progress report
- In the second or third cycle in the Network
- Not sure

Q6 Have any recent changes to federal programs, services, or funding affected your community's age-friendly work?

- Yes
- No
- Not sure

Q6A Which types of changes to federal policies, programs, or funding have affected your local age-friendly work? *(Select all that apply)*

- Reduction or loss of funding for community programs
- Changes in grant eligibility or reporting requirements
- New or revised regulations
- Delays in funding disbursement or program implementation
- Increased administrative burden
- Increased need for services without a change in resources
- No significant changes noticed
- Not sure
- Other (please specify below)

Q6B How has your community responded to address new or unmet needs? *(Select all that apply)*

- Formed new partnerships
- Applied for different funding sources
- Scaled back certain programs
- Launched new or modified services
- Engaged more volunteers or grassroots leaders
- Shared resources across departments or sectors
- Increased reliance on local philanthropy or fundraising
- Initiated advocacy or education efforts
- Still assessing how to respond
- Other (please specify below)

Q6C How prepared do you feel your age-friendly initiative is to adapt to potential future changes in funding, programs, or policy environments?

- Very prepared
- Somewhat prepared
- Neutral
- Somewhat unprepared
- Very unprepared

Q7 How would you characterize your age-friendly initiative's engagement in disaster preparedness or community resilience?

- Actively implementing programs or strategies
- In the planning or development stage
- Participating in partnerships or task force
- Not involved but interested
- Not involved and not a current priority
- Not sure

Q7A Please describe how your community's disaster preparedness plan prioritizes older adults and people with disabilities. Are there any areas where the plan could do better for these groups? *(open response)*

Q8 Is your community actively implementing any of the following initiatives or programs (select all that apply)?

- Age-Friendly Business program
- Age-Friendly Employer program
- Dementia Friendly Community Initiative
- Dementia Friendly Business program
- Main Street Initiative
- Village Model
- Other (please specify below)

Q9 Based on your best guess, what percentage of older residents in your community have benefited from age-friendly activities, services, or advocacy efforts? Please use the slider to show your best guess. (slider, 0 -100%)

Q10 Who has provided funding or in-kind donations for your age-friendly community (select all that apply):

- AARP Challenge Grant
- AARP state office
- Municipality
- County, state, or federal government
- Foundation/Funder
- Not for profit
- Business
- Individual
- We do not receive any funding
- Other (please specify below)

Q10A Please provide the name of any business, not for profit, foundation/funder, municipality or government entity that provided funding. (open response)

Spin-off:

Age-friendly Community Initiatives often spark changes that far exceed what the team initially expected. This happens through a process we refer to as "age-friendly spin-off." Identifying, tracking, and promoting age-friendly spin-off can strengthen age-friendly initiatives and lead to meaningful, community-wide change. This section of the survey helps you explore an example of spin-off in your age-friendly initiative. *To learn more about age-friendly spin-off, [click here](#).*

Q11 Identifying an example of Age-Friendly Spin-Off:

As you reflect on your age-friendly initiative, where have you seen age-friendly spin-off? To identify an example, ask yourself: Have you been pleasantly surprised by an unexpected win?

Please tell us if you have identified an example of spin-off that you can share with us. *Note-you will be able to enter additional examples after you complete this reflection.*

- Yes. Below, please provide one example of spin-off in your community.
- No, we don't have an example of "spin-off" or an unexpected win in our community yet. If you select this answer, you can move to the closing thought section.

Q11A Spark - the source of spin-off, the moment or event that gave rise to spin-off (e.g., presentation, meeting, or news story). What led to this example of age-friendly spin-off? Was there a conversation, event, or need? Please select the option(s) that best describe what led to this example of age-friendly spin-off (select all that apply):

- A conversation with policymakers or community leaders about community needs
- Age-Friendly outreach, workshop, events, or educational programs
- Ongoing involvement by a municipal partner, organization, or resident with the age-friendly initiative that led to a change in another organization or group
- A specific age-friendly action that gained traction
- Increased awareness of a policy or service gap affecting older adults
- A change in municipal leadership
- A funding opportunity
- A partnership with an organization that reached new groups, neighborhoods, or backgrounds
- Engagement with the age-friendly initiative that inspired broader geographical involvement
- The need to overcome barriers to the work we had planned
- Unsure
- Other (please specify)

Q11B Change Agent(s)--person, group, or organization that took action beyond your team's initial vision. Who led this example of age-friendly spin-off? Please select the option(s) that best describe their role (select all that apply):

- Municipality
- Non-profit organization
- Volunteers
- Aging Services (non-municipal, including Council on Aging/Area Agency on Aging, Senior Center)
- Business or Chamber of Commerce
- Health Care Service
- Foundation/Funder
- Higher Education
- Regional Planning Organization
- Disability Advocacy Group
- Other (please specify)

Q11C Resource(s) - What the change agent used to make this example of spin-off a success (e.g., time, influence, staff/volunteers, funding). Please tell us what resources the change agent(s) contributed to make this example of age-friendly spin-off a success (select all that apply):

- Financial resources (e.g., funding or in-kind donations)
- Human resources (e.g., staff time, shared volunteers)
- Social resources (e.g., cross-promotion, connections with community members)
- Physical resources (e.g., space, materials)
- Influence resources (e.g., ties to other groups/organizations; trusted relationships with municipal decision makers)
- Other (please specify)

Q11D Action Taken - What the change agent did. Actions may include expanding a program, engaging partners, or driving policy change. Please tell us what the change agent did to make this example of spin-off a reality. (*open response*)

Q11E Broader Impact - Positive effects that resulted from this example of spin-off. Please tell us what changed. How are people's lives better? What barriers were addressed or opportunities taken? (*open response*)

Q11F What's next? Please tell us how this example of age-friendly spin-off will influence your future work. (*open response*)

Q11-2 Would you like to share another example of age-friendly spin-off?

- Yes. Below, please provide one example of spin-off in your community.
- No, we do not want to describe additional examples of spin-off. If you select this answer, you can move to the closing thought section.

Closing Thoughts:

Q12 What issues are on the horizon that age-friendly communities should be thinking about now? (*open response*)

Q13 Do you have more to share? Please add any other successes/learnings that you would like to celebrate (age-friendly process, funding, programs, policy)? (*open response*)

Q14 Please help us improve this survey. We want to hear about your survey experience, such as: Your overall experience with the survey. Questions you found difficult to understand. Please also include any other feedback you have. (*open response*)

APPENDIX C – Age-Friendly Spin-Off Tool

IDENTIFYING, TRACKING, AND PROMOTING AGE-FRIENDLY SPIN-OFF

Age-friendly communities often spark changes that far exceed what the team initially expected. These unexpected wins strengthen age-friendly initiatives by benefiting the broader community, building new partnerships, and integrating age-friendly principles across various sectors of the community.

Understanding what drives age-friendly spin-off strengthens age-friendly initiatives and leads to meaningful, community-wide change. **This tool helps age-friendly communities identify, track, and promote examples of age-friendly spin-off.**

AGE-FRIENDLY SPIN-OFF

Age-Friendly Community Process – A spin-off can start at any stage in the age-friendly process. This includes organizing your team, engaging with and learning about the community, making plans, and implementing change.

Spark - Any activity can be the source of spin-off. It could be a meeting, conversation, or event that inspires an individual, group, or organization to make a change. These changes go beyond what the age-friendly team planned or expected.

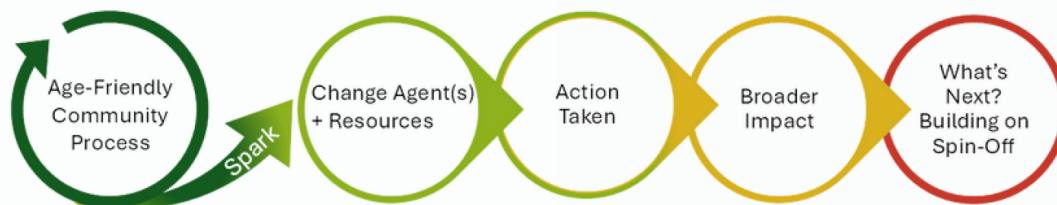
Change Agent(s) - The people who are inspired to act. The change agent can be one person, a group such as Rotary or high school service club, an organization like a library or a healthcare center, or a municipal department.

Resources - The tools that change agents use to make things happen. Resources might include financial support, staff, volunteers, communication channels, partnerships with other groups, social connections, political influence, or other assets.

Action Taken: What the change agent(s) did to make positive change. Examples include running a marketing campaign, advocating for age-friendly priorities, or expanding programs or services to include more people or cover a wider area.

Broader Impact: The positive results that came from the change. Spin-off helps bring an age-friendly perspective into parts of community life that fall outside the direct influence of the age-friendly team.

What's Next? – Building on Age-Friendly Spin-Off. What can we learn from this example to encourage future spin-off? The goal is to encourage more people and groups to include age-friendly goals in their own work.



Age-Friendly Spin-Off In Action - A community example

- **Age-Friendly Process** - During an NAFSC members-only webinar, an age-friendly community in MA presented its program for installing personal assistive devices in older adults' homes to enhance safety, health, and well-being.
- **Spark** - A librarian who was a member of the communication team of a regional age-friendly initiative in CA was inspired to replicate the program in her area.
- **Change Agent and Resources** - She brought the idea back to her committee, who embraced it but didn't have funds to pay for the equipment or the expertise to train volunteers to install the devices. The change agent leveraged her connections with Rotary to purchase equipment and partnered with library tech helper volunteers to provide training.
- **Action Taken** - 18 volunteers received training and device set-ups to implement the program in the region.
- **Broader Impact** - Devices have been installed in 278 homes; the communication team provided information to emergency services about the project, which has strengthened its partnership with them.
- **What's Next?** - Building on the success of the pilot, municipal first responders are working with digital equity partners and the age-friendly initiative to launch a "safety boot camp" with a session focused on personal assistive devices.

For more examples, see FAQ on the pages following the Spin-Off Reflection Worksheet

AGE-FRIENDLY SPIN-OFF PROCESS REFLECTION

To identify an example of age-friendly spin-off, ask yourself: What has been unexpected about your age-friendly progress so far? Have you been pleasantly surprised by an unexpected win? Did an action take place that wasn't planned? Was a change observed that wasn't expected?

WHAT WAS THE IMPACT? Choose one or more

- | | |
|--|--|
| ☐ Changed attitudes about aging | ☐ Launched new program, service, or activity |
| ☐ Reached more community members | ☐ Affected partner work |
| ☐ Strengthened community for all ages | ☐ Shaped policy |
| ☐ Expanded to cover an area beyond our initiative | ☐ Influenced other age-friendly community initiatives |
| ☐ Other _____ | |

TRACKING THE PROCESS OF AGE-FRIENDLY SPIN-OFF

Now that you have identified an example of age-friendly spin-off in your work, it is time to track the process that led to this unexpected win. Don't worry about the order of the questions. Fill in the information in whatever way makes sense to you. Start at the end, in the middle, or at the top. If you don't know the answers to all of these, skip them. It's still spill-over as long as your example is an unexpected win.

AGE-FRIENDLY ACTIVITY Which age-friendly activity sparked this example of spin-off?	
SPARK What aspect of the age-friendly activity inspired the change agent to take action?	
CHANGE AGENT(S) Which person, group, or organization took action beyond your team's plans or expectations?	

AGE-FRIENDLY SPIN-OFF PROCESS REFLECTION

RESOURCE(S) What resources did they use to make it happen? Examples include funding, staff, technical skills, volunteers, and influence.	
ACTION What did they do to drive this example of spin-off? Examples include programming, marketing, and policy implementation.	
BROADER IMPACT What was the impact of this example of spin-off?	

WHAT'S NEXT?

What can we learn from this example to encourage future examples of spin-off?	
We hope to build on this example by...	

AGE-FRIENDLY SPIN-OFF FREQUENTLY ASKED QUESTIONS

What are some examples of how Age-Friendly Spin-Off can expand our planned impact or move our work in an unexpected direction? How does it work?

Changing attitudes or raising awareness of aging.

- Age-Friendly Goal: ageism training for municipal employees.
- Spin-Off: The municipal Recreation Director is inspired to apply for a grant to train teens in a videography class to record the stories of older residents. Snippets of the videos were compiled to promote the class and highlight its impact.

Reaching more people by expanding programs, services, or activities.

- Age-Friendly Goal: volunteer transportation to medical appointments.
- Spin-Off: One volunteer driver was a member of the board of a regional transportation service. She learned from her riders that there was a need for rides to social events and errands, which inspired her to advocate successfully for an on-demand van service, sponsored by regional transportation.

Shaping Partner Work.

- Age-Friendly Goal: disaster preparedness.
- Spin-Off: The team partnered with a community television station to produce a program featuring local information and resources, which sparked the station manager's interest in hosting a monthly program about the impact of age-friendly in other aspects of community life.

Strengthening the community for all ages.

- Age-Friendly Goal: age and ability-inclusive community garden.
- Spin-Off: Your age-friendly initiative received a small grant to create an inclusive community garden in a downtown park. However, with rising prices, the project ran out of funds. When the downtown association heard about it, they shared the need with their members. Local businesses stepped up to provide funding, supplies, and volunteers for the project. Unexpectedly, the businesses also sponsored a happy-to-chat bench!

Influencing policy.

- Age-Friendly Goal - none yet.
- Spin-Off: The age-friendly team is unexpectedly asked to nominate a member to serve on the comprehensive planning committee, ensuring that an aging lens is embedded throughout the plan update.

Expanding beyond your region.

- Age-Friendly Goal: home chore program.
- Spin-Off: A neighboring community learns about your volunteer home chore program and partners with your team to expand the program to their town.

What are the Benefits of Tracking Age-Friendly Spin-Off?

- **Reinforces the value of age-friendly initiatives.** Celebrating age-friendly spin-off allows you to tell a richer story of the community-wide impact of your age-friendly initiative.
- **Embeds an age-friendly perspective into the municipality, regional organizations, and other groups.** Celebrating broader community impact can attract new partners, secure funding, and influence both municipal and private policy.
- **Paves the way for future spin-off.** Identifying the factors that lead to age-friendly spin-off can pave the way to create similar opportunities in other areas of your initiative, allowing your team to allocate resources to achieve broader benefits.
- **Leads to long-term change in the way communities think about aging.** An age-friendly spin-off can inspire others, increase the visibility of your work, and frame positive outcomes as steps toward sustainability and broader community changes. Understanding spin-offs helps communities see how groups that aren't directly involved can respond to age-friendly principles. By fostering the conditions that lead to the spin-off, you increase the chances that these principles will become part of your community's culture.

AGE-FRIENDLY SPIN-OFF FREQUENTLY ASKED QUESTIONS

How can we distinguish spin-off from the expected outcomes of our age-friendly initiative?

Think of spin-off as happy accidents. When your age-friendly project leads to unexpected wins that you didn't plan for, that's spin-off. Ask yourself: "Was this a surprise? Was it something we weren't trying to make happen?" If yes, it's spin-off.

After you identify an example of spin-off, your team may adjust its goals and activities to include it. When your team meets these new goals, you will have a great example of why it's smart to keep your goals flexible to build on new opportunities.

What Strategies Work Best to Spark Age-Friendly Spin-Off?

You can't force age-friendly spin-off to happen. Any age-friendly activity can inspire change agents to make age-friendly changes. Even when projects hit bumps in the road, navigating those challenges can pave the way for new partnerships or motivate the municipality and other organizations to adopt an age-friendly perspective.

Does tracking spin-off fit with other AARP reporting requirements?

Yes! You can weave examples of spin-off into your 5-year progress report and yearly partner or municipal updates. This makes tracking age-friendly spin-off routine, not extra paperwork--a natural part of your workflow, not a burden.

How can we promote examples of spin-off?

Tracking the benefits of spin-off allows age-friendly teams to notice and celebrate unexpected wins as they happen. This is a great way to get your community excited about the positive changes from your age-friendly initiative. When done right, promoting spin-off provides a stepping-stone for further collaboration and innovative ideas.

Share the impact of age-friendly spin-off through social media, eye-catching infographics, digital storytelling, and online forums. Consider a joint press release or reaching out to a reporter looking for a feel-good story.

When celebrating these wins, use phrases like "inspired by" or "built on the success of" to recognize the change agent's work without exaggerating your own role.

How can we build on the spin-off examples we found?

Start by celebrating both the process and the results of age-friendly spin-off. When partners get positive recognition, they're more likely to expand their age-friendly work.

Then, think about what made the spin-off successful. Did your team communicate well? Did you build trust by showing you're a group that "gets things done?"

Encourage your team to find creative ways to celebrate and build on these wins. Stay open to new ideas so you can see the full impact, especially when considering spin-off that impacts everyone in your community, like new policies.