



# Vermont Action Plan for Aging Well Advisory Committee Meeting Updates and Next Steps

February 27, 2023



# Listening Sessions Themes

## Highlights:

- 6 sessions held in November 2022; 86 attended
- Questions for each a variation of:
  - What is working well for you?
  - What is not working well for you?
  - What ideas do you have for solutions?

# Listening Sessions Themes

- **Optimal Health and Wellness**

- + : social interaction and connections; exercise; places; healthy food; access to healthcare (mental); volunteering; games

- : loneliness, isolation; no opps/places for exercise; difficulty accessing healthcare, services; can't drive; no insurance; COVID

- **Safety and Protection**

- + : friends, neighbors close by; in neighborhood, community; home; at center; cell phone, lifeline; knowledge; EMS; sheriff; streetlights; locks

- : don't know neighbors; downtown/Burl/Church St; crime; police moved/fewer/hours; distrust police/need training; scams/fraud; walking (no streetlights, sidewalks); driving; night; no long-term care insurance

# Listening Sessions Themes

- **Financial Security**

- + : Savings; living simply; someone to advise/manage; investments; owning house; can depend on family, others

- : Rising costs; fear of unknown future needs/costs; worry for kids; property taxes; women especially; cultural values

- **Social Connection and Engagement**

- + : spaces, activities; Zoom/virtual; interacting with younger people; volunteering; sharing a meal; some transportation

- : can't get there; ageism; don't want to leave home (depression, COVID anxiety)

# Listening Sessions Themes

- **Self-Determination**

- + : No to children, caregivers; medications, surgery; when to stop driving; where to live, staying in house; downsides – knowing when to ask for help

- : With healthcare providers, decisions; driving; housing; “abrupt transition”; not wanting to discuss death, dying

- **Housing, Transportation and Community Design**

- + : Adapt to needs; close to family; lighting; sharing; location

- : Maintenance; affordability; location/transp; needs

- Car, walk, bus, SSTA, all have +/-'s; Future: Move or ???

- + : Burlington – lots; others – pharmacy; some access. bldgs.

- : Community center, café; sidewalks; streetlights; indoor walking; bike lane; accessible parks, etc.

# Focus Group Planning

- Groups: Caregivers, Assisted Living; BIPOC, new American/immigrant; Abenaki
- Some in-person; some virtual
- Same questions; different prompts
- Multiple outreach channels
- Timeline: Mid-end March

# MPA Multi-State Learning Collaborative Work

## Priority Goal 1: Communicate strategically with the public about the MPA development process

- Communications Contract with HARK
  - Naming, Branding, Messaging, Landing Page, Campaign.

## Priority Goal 2: Build and sustain support from Executive leadership

- Vermonter Poll Questions to gauge public support
  - Questions to be asked in March; data received in April.

# Questions/Discussion



# Next Steps: Crafting the PLAN

## Proposed Structure and Process:

- Break into subcommittees based on the Principles
- Subcommittees given a package of materials (data sources, presentation slides, survey and listening session results) related to the principle
- Subcommittees have 3 months to draft key objectives and strategies using a template (review)

# Crafting the Plan: Timeline

March 1: Subcommittees form and schedule first meeting.

March – May: Subcommittees meet regularly, complete template.

April 19<sup>th</sup>: Optional check-in with Steering Committee on progress, any challenges, etc.

June 1: Templates due.

June: Steering Committee compiles and reviews all templates.

June 26: Full Advisory Committee meets to review.

# Crafting the Plan: Timeline

July-August: Refine the plan; incorporate additional input from focus groups.

August/September: Finalize first draft

September/October: Seek broad feedback on plan

November/December: Revise plan

January 2024: Launch Plan; Begin Implementation Phase

# Subcommittees

- Aiming to have 4-8 people in each subcommittee
- One Steering Committee member in each
- Your preference/choice, based on your interest, experience and/or area of expertise
- Ability to be in more than one
- Ability to request a change
- Tentative subcommittee list (review)

# Questions/Discussion