



FOR IMMEDIATE RELEASE

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May is Older Americans Month

State of Vermont and Partners Building a New Visionary Plan: Age Strong Vermont

WATERBURY, VT – May is Older Americans Month, a time to celebrate and honor the contributions of older people across America. In Vermont, this is a population that is growing. According to the US Census, 28.4% of people in Vermont are over the age of 60. As older Vermonters live longer, healthier lives, they are helping build strong and vibrant communities by contributing their time, talents, and accumulated experiences in so many ways - through work, artistic creation, civic engagement, and volunteering to name a few.

Support for an aging population does present challenges – What will it take to ensure all Vermonters have equitable opportunities, including for financial security, independence, health and wellness, social connection, housing, and transportation? A [2023 University of Vermont Center for Rural Studies poll](#) found 64% of Vermonters are concerned that the state does not have adequate resources to address the needs of a growing older population.

To meet future policy, program and infrastructure needs, the State of Vermont, led by the Department of Disabilities, Aging and Independent Living and the Department of Health, in cooperation with community partners across the public and private sectors, is updating the 10-year multi-sector action plan for aging well called [Age Strong Vermont](#).

Age Strong Vermont serves as a roadmap for state agencies and lawmakers, business owners, social service agencies, town and city planners, and the healthcare industry to build a coordinated and efficient system of services over the long-term, with the overarching goal of enhancing and securing the right for all Vermonters to age safely and happily, with dignity and respect.

“Older Vermonters are not just our loved ones, friends and neighbors, they are small business owners and workers, citizen legislators, Meals on Wheels drivers, educators and mentors,” said DAIL Commissioner Monica White. “Our state is enriched by the incredible value older people of all ages and abilities bring to every community, and we have an obligation to build a state where Vermonters of all ages can thrive – now, and into the future.”

Age Strong Vermont is currently being drafted with a goal to launch the plan to the public this fall. To learn more about Age Strong Vermont, hear from older Vermonters themselves who shared their experiences in our listening sessions, and share your ideas or concerns, visit: www.healthvermont.gov/agestrongvt. You can also call 802-241-0294 or write to Age Strong Vermont, Department of Disabilities, Aging and Independent Living, 280 State Street, HC 2 South, Waterbury, VT 05671-2070.

Learn more about healthy aging and Age Strong Vermont, visit: [Age Strong Vermont: Our Roadmap for an Age-Friendly State](#).

To learn more about available services or volunteer opportunities for older Vermonters, call the Agencies on Aging Helpline at 1-800-642-5119 or visit www.vermont4a.org.

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About the Department of Disabilities, Aging & Independent Living (DAIL):

Our mission is to make Vermont the best state in which to grow old or to live with a disability - with dignity, respect and independence.

<http://dail.vermont.gov/>

<https://www.facebook.com/DAILVT>

About the Vermont Department of Health:

We have been the state's public health agency for more than 130 years, working every day to protect and promote the health of Vermonters.

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