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May is Older Americans Month

Take the EnVision Vermont Survey to Help Make Vermont a More Age-Friendly State

May is Older Americans Month, a time to celebrate older adults across the country and the network of organizations who work with them. The 2022 theme is *Age My Way*, an opportunity for us to explore the many ways older adults can remain in and be involved with their communities.

Vermont's demographics are changing. 1 in 4 Vermonters are over the age of 60. Are Vermont's communities able to meet our changing needs and goals as we all age? What will it take to ensure all Vermonters have the opportunity for financial security, health and wellness, social connection, affordable housing, transportation and more? The State of Vermont and its partners are hoping to address these questions as we work together to create *EnVision Vermont: A 10-Year Action Plan for Aging Well*.

"It is important that we find ways that allow all older Vermonters to 'age my way,' and that means building communities and state systems that help support older Vermonters to be healthy, independent, and engaged. The EnVision Vermont survey will help us to plan for the future so we can be sure our state is ready to meet Vermonters' diverse and changing needs as we get older," said Monica White, Commissioner of the Department of Disabilities, Aging and Independent Living.

If you are age 45 or older, please take the EnVision Vermont survey to share what's important to you as you age and share your experiences about how well our communities are supporting older Vermonters right now. The results of this survey will help us see where the state is doing well and where it needs to improve to be a more age-friendly.

Link to survey: <https://bit.ly/3N2aADp>

To learn more, go to <https://dail.vermont.gov/resources/legislative/older-vermonters-act>. To request a paper copy, call 1-800-642-5119.

To learn more about how you can engage with Older Americans Month activities at the local level or to ask about supports, services or volunteer opportunities for older

Vermonters, call the Agencies on Aging Helpline at 1-800-642-5119 or visit www.vermont4a.org.

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>

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