

# Age & Dementia Friendly Cape Ann

*Improving the quality of life for all generations*

## Action Plan Summary



978-281-1750

[www.ADFCA.org](http://www.ADFCA.org)

An initiative of SeniorCare Inc. and the communities of Cape Ann

Gloucester

Rockport

Essex

Manchester By-the-Sea

## What is Age & Dementia Friendly Cape Ann (ADFCA)?

Age & Dementia Friendly Cape Ann is a regional initiative working to assure that people of all ages and abilities can access, enjoy, and contribute to all aspects of Cape Ann life.

## Who is Age & Dementia Friendly Cape Ann (ADFCA)?

SeniorCare Inc, an Area Agency on Aging and Aging Services Access Point, is the backbone agency for ADFCA, uniting a broad coalition of stakeholders within the four Cape Ann communities—Gloucester, Rockport, Essex, and Manchester By-The-Sea.

## Areas of Focus



# Age & Dementia Friendly Cape Ann: Action Plan Goals



## Transportation

Cape Ann will have regional transportation that is flexible, efficient, diversified, and responsive to all ages.



## Housing

Cape Ann will have housing that is affordable, designed to accommodate a range of needs, and with a continuum of options available.



## Communication & Information

Cape Ann will have a regional communication strategy that engages with community members of all ages through multiple systems.



## Healthcare & Continuum of Care

Cape Ann will be a community in which residents have knowledge of and access to the health, homecare, respite care, and caregiver support that they need.



## Community & Business Support

Cape Ann will be a supportive community that understands the specific needs of residents of all ages and abilities and promotes quality of life for all residents, regardless of age or health status.



## Civic Participation & Employment

Cape Ann will be a region in which older adults are engaged in the civic life of their community and have access to rewarding volunteer or paid work opportunities.



## Legal & Advance Planning

Cape Ann residents will have the information they need to make informed decisions and prepare for their future as they age.



## Outdoor Spaces & Buildings

Cape Ann will be a community in which people of all ages and abilities can enjoy access to the rich natural and built environments.



## Respect & Social Inclusion

Cape Ann will be a supportive, welcoming environment where all residents, regardless of age, gender, ethnicity, health status, or socio-economic backgrounds can participating fully in the community and thrive.



## Social Participation

Cape Ann will be a region with a wide range of social and recreational opportunities that are affordable and accessible to all.

# Age & Dementia Friendly Cape Ann: Five Guiding Themes

Our community assessment process brought to light five themes that thread through ADFCA's efforts.

## 1. Reinforcing a Regional Approach

From transportation to health resources, arts institutions to Veteran's services, residents of Cape Ann are already connected in many ways. Fostering a more Age and Dementia Friendly Cape Ann will be bolstered by finding ways for the four communities to work together for residents of all ages.

## 2. Education

Raising awareness and a deeper understanding of aging, ageism, and dementia is a key component to making our communities more Age and Dementia Friendly.

## 3. Intergenerational Connections

Intergenerational programming and education can help develop a culture of respect that cuts across age, decreases barriers between generations, addresses the desire of older adults to age in place, and allows communities to tap into the talents and energy of older residents.

## 4. Caregiving

By its nature, caregiving touches on all aspects of community life. ADFCA will direct special attention to the needs of caregivers in all of our Areas of Focus.

## 5. Veterans

While the needs of older adult veterans are similar to the needs of older adults as a whole, the barriers and resources available can be unique. ADFCA will assure that veterans remain a part of the conversation in each Area of Focus.



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