



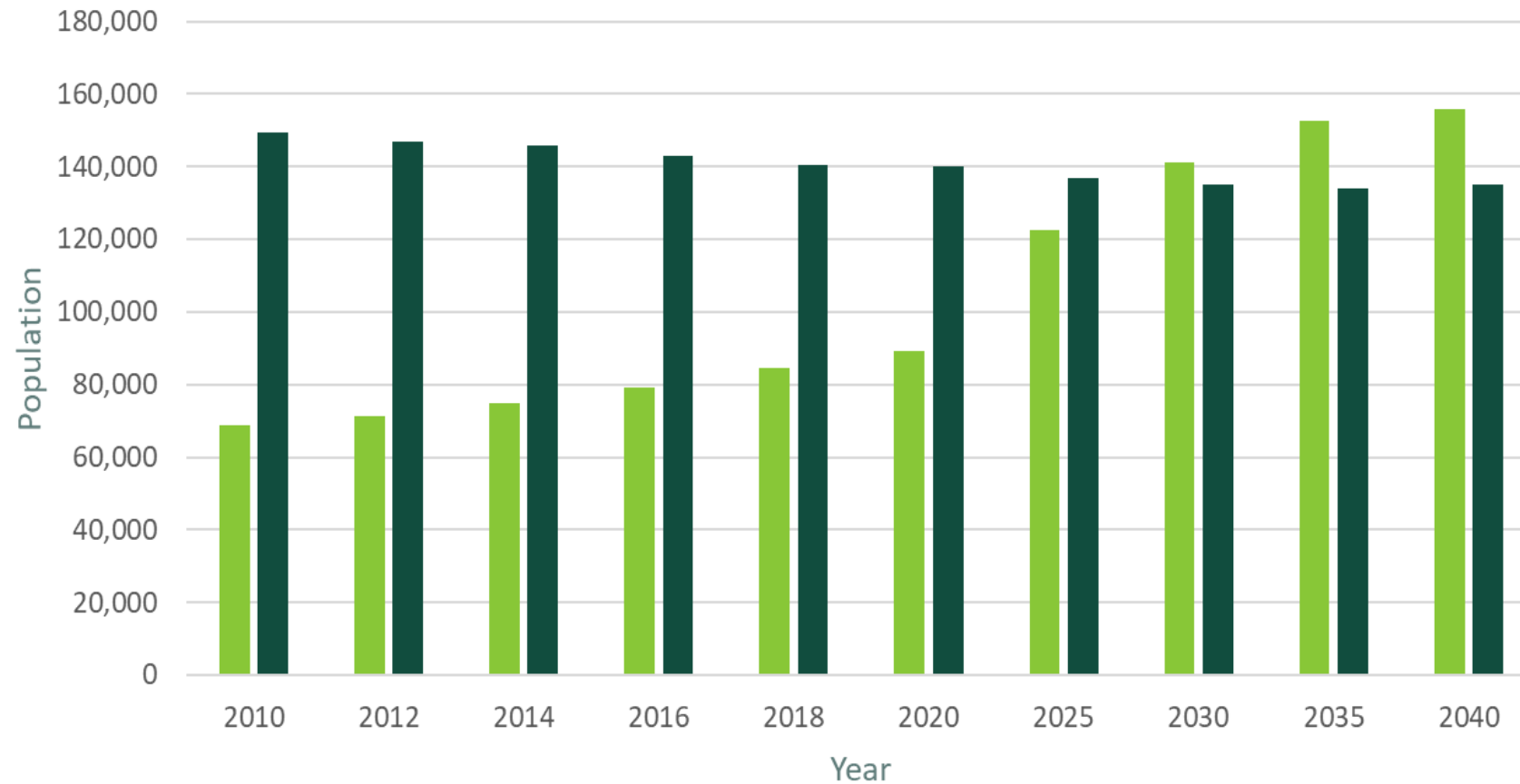
2024 Status Report

Background

- CMRPC, in partnership with MHAC, received District Local Technical Assistance funds to pursue a regional age- and dementia-friendly plan and designation.
- The main goal is to encourage collaboration.
 - Promotion of healthy aging for all
 - Develop an action plan
 - Partnerships with stakeholders for future implementation
- CMRPC's Regional Plan, Imagine 2050.

Older Adults & Children, 2010-2040

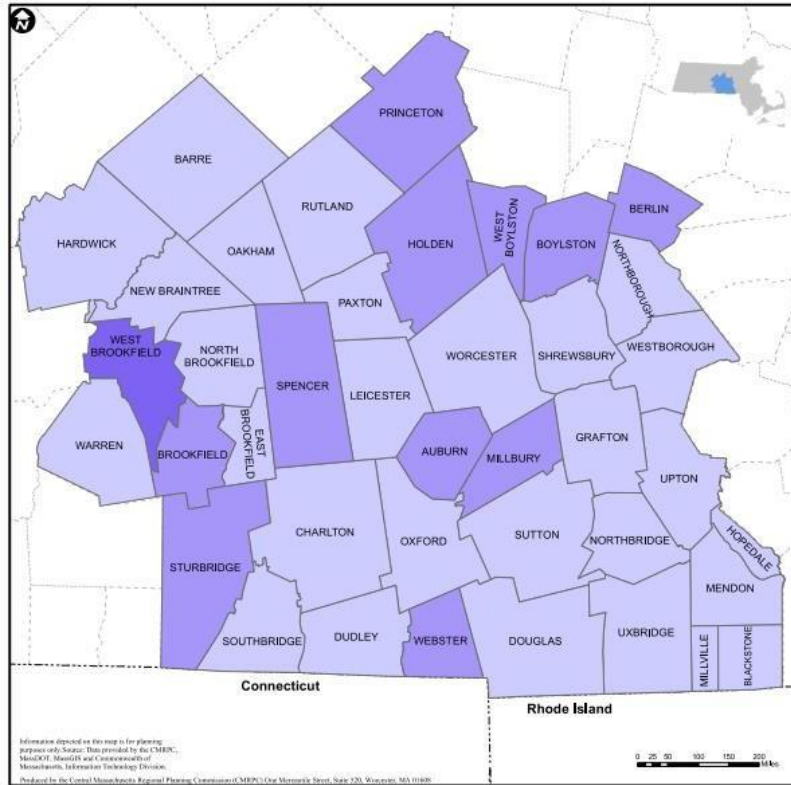
COMPARISON OF CHILDREN TO OLDER ADULTS
(CMRPC PLANNING REGION)



Population over 60 years

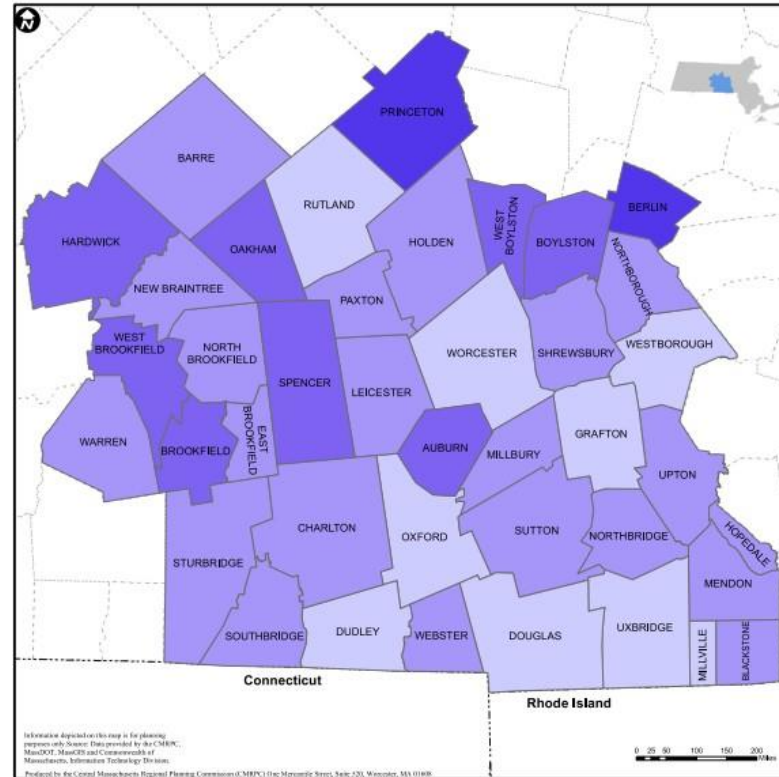
2010

Population Percent Over 60



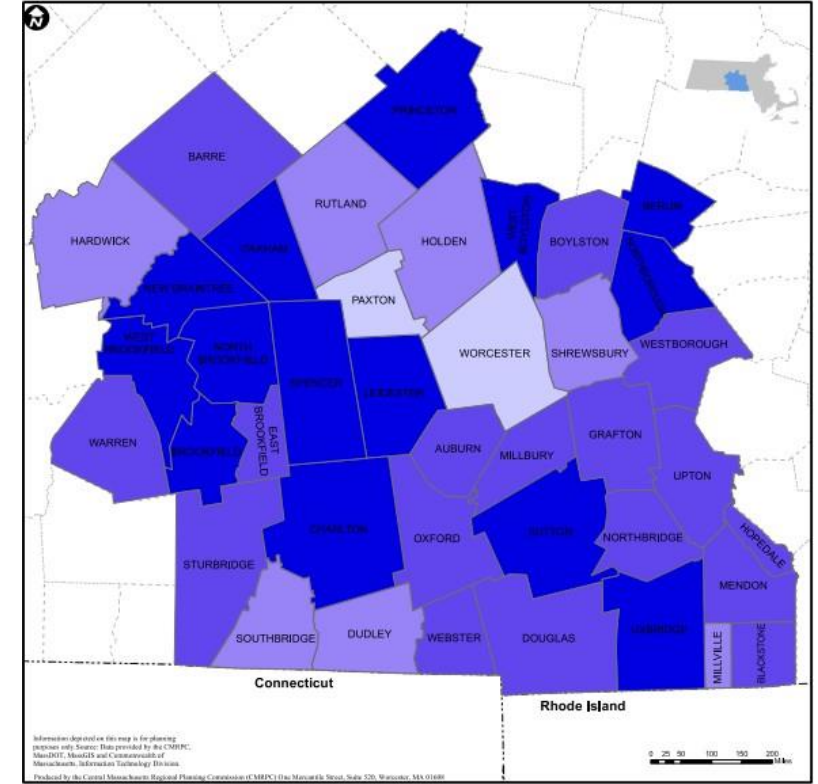
2020

Population Percent Over 60

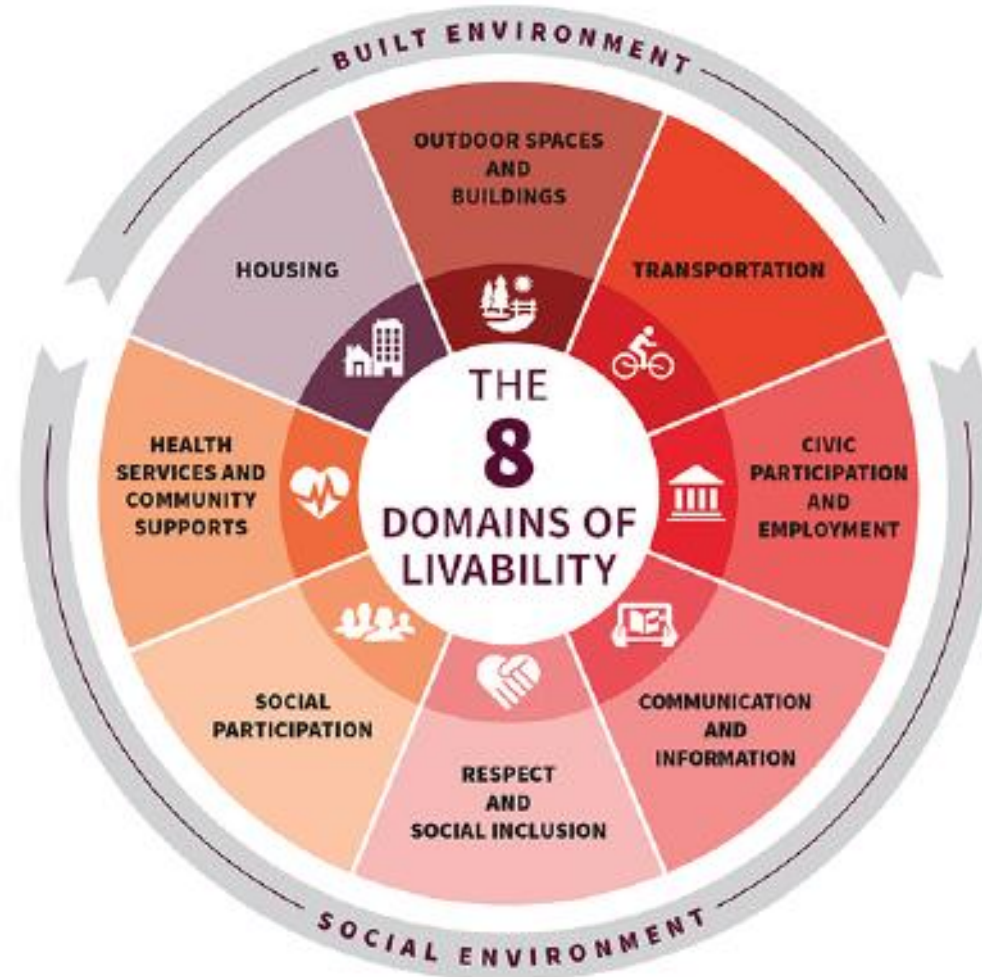


2030

Population Percent Over 60



Age Friendly Framework



Age Friendly Central Mass Action Plan

Transportation



Housing

Community & Health Services



Communication & Information

Regionalized Services!

Age Friendly Central Mass Action Plan

Transportation

Goal: Expand transportation services in rural communities

- CHNA9 Transportation Study
- Blackstone Valley Transportation Needs Survey
- Northborough Transportation Needs Survey
- MicroTransit Suitability Analysis
- Rural Transportation Dialogue
- CMMPO Coordinated Plan
- The Town of Paxton joined the SCM Elderbus service region

Age Friendly Central Mass Action Plan

Transportation

Goal: Invest in accessible, equitable, safe, and convenient multi-modal infrastructure

- WalkFit Audits
- Auburn Age Friendly Pedestrian Plan
- Community Transit Grants – Shrewsbury, Sutton, Sturbridge
- Close collaboration with MassDOT on VRU Assessment
- Shared design checklist: [Age & Dementia Friendly Design](#)

[Considerations for Physical Infrastructure](#)

Age Friendly Central Mass Action Plan

Transportation

Goal: Support financial sustainability and maintenance of localized and municipal older adult transportation services

- WRTA Travel Training
- WRTA Mobility Management Division
- Digital Equity Training
- MA Healthy Aging Collaborative shares funding opportunity
- Technical Assistance provided by the MA Federal Funds and Infrastructure Office
- Trainings – Easter Seals, MArTAP, NADTC

Age Friendly Central Mass Action Plan

Transportation

Goal: Bolster participation and recreational opportunities through transportation access

- Town of Oxford – Inclusive Health Coalition
- Food Policy Transportation Working Group
- Town of Southbridge – CMMPO MicroProjects
- Conversations with MA DPH & MA DCR about access to open spaces

Age Friendly Central Mass – Next Steps

Community Partnerships

Massachusetts Healthy Aging Collaborative (MHAC)

Blackstone Valley Partnership for Public Health (BVPPH)

South Central Mass Partnership for Public Health

Quaboag Valley Community Development Corporation (QVCDC)

Tri Valley Inc.

Worcester Department of Public Health & REACH

Elder Services of Worcester Area (ESWA)

Town of Upton Council on Aging

Town of Millbury Council on Aging

Town of Barre Council on Aging

Town of Hopedale Council on Aging

Town of Shrewsbury Council on Aging

City of Worcester Senior Center

AARP



Age Friendly Central Mass Action Plan

How Happy is the Heart of Massachusetts

Discovering the Happiness Factor of Central Massachusetts

- MA Community Health and Health Aging Funds awarded to address critical concerns related to social isolation and loneliness.

