

Age & Dementia Friendly Monson

**Public Safety, Health and Community Services,
and Dementia Awareness**





**Lunch & Learn – February 23, 2022
at the Monson Senior Center**

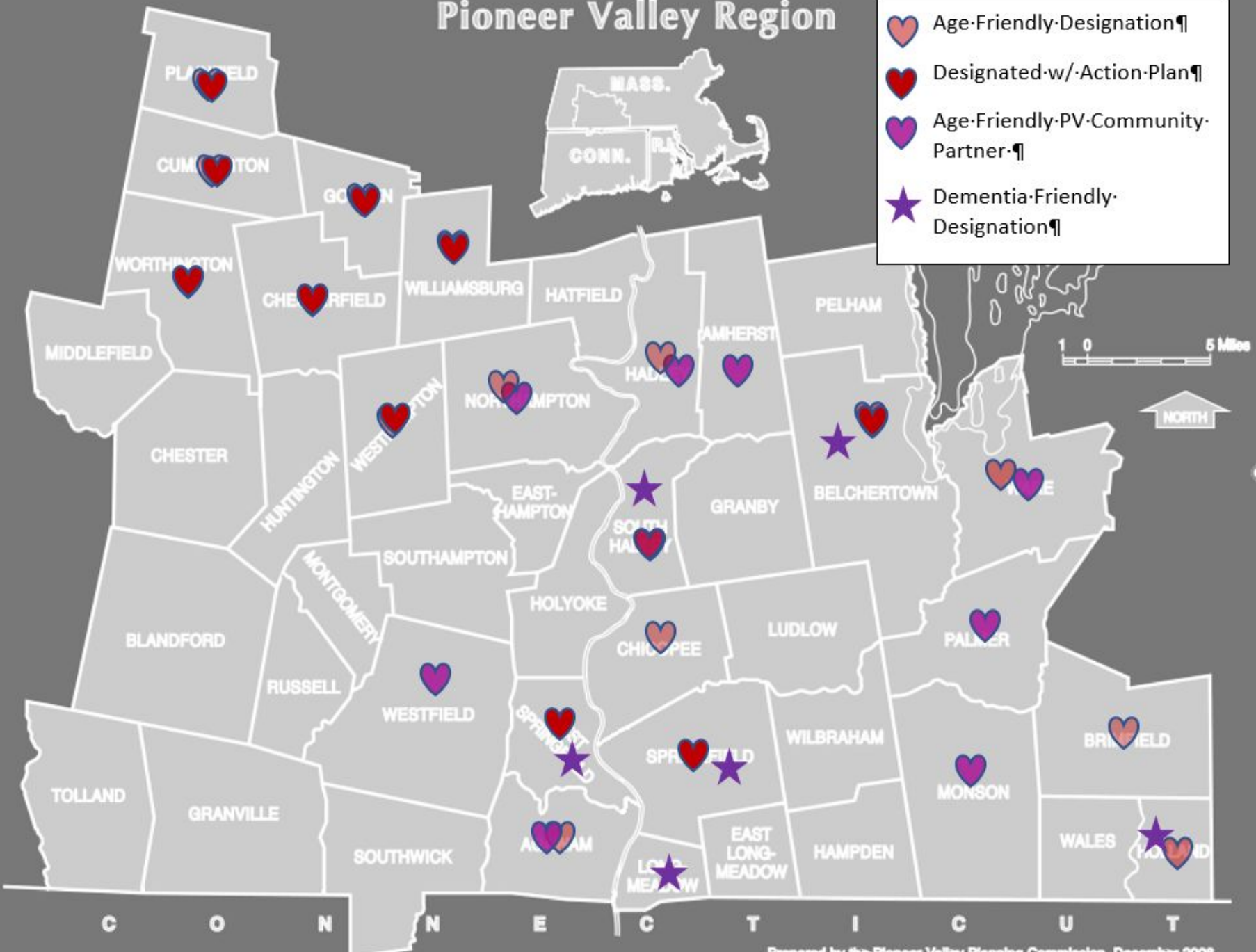
Agenda



1. **Age & Dementia Friendly Community project review**
2. **Overview, Assets and Challenges of:**
 - a) Public Safety
 - b) Health and Community Services
 - c) Dementia Awareness
3. **Comments**

Pioneer Valley Region

-  Age-Friendly-Designation
-  Designated-w/-Action-Plan
-  Age-Friendly-PV-Community-Partner
-  Dementia-Friendly-Designation



C O N N E C T I C U T

Why Plan for an Aging Population?

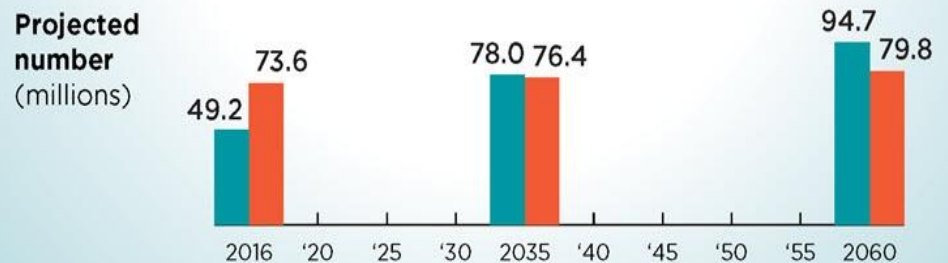
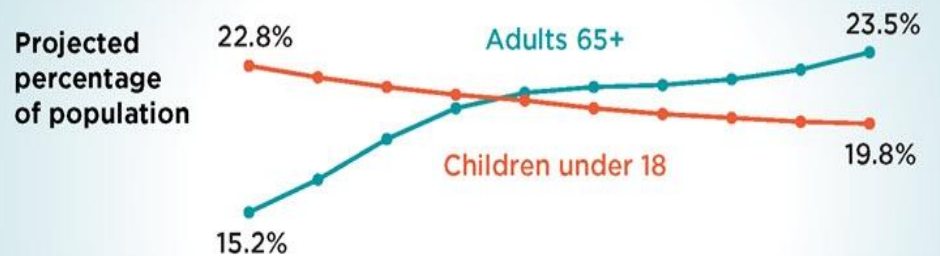
- The number of people over the age of 65 is projected to outnumber children under 18 by 2035 nationwide.
- The number of people over 65 is expected to double between 2000 and 2030.



An Aging Nation

Projected Number of Children and Older Adults

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2035

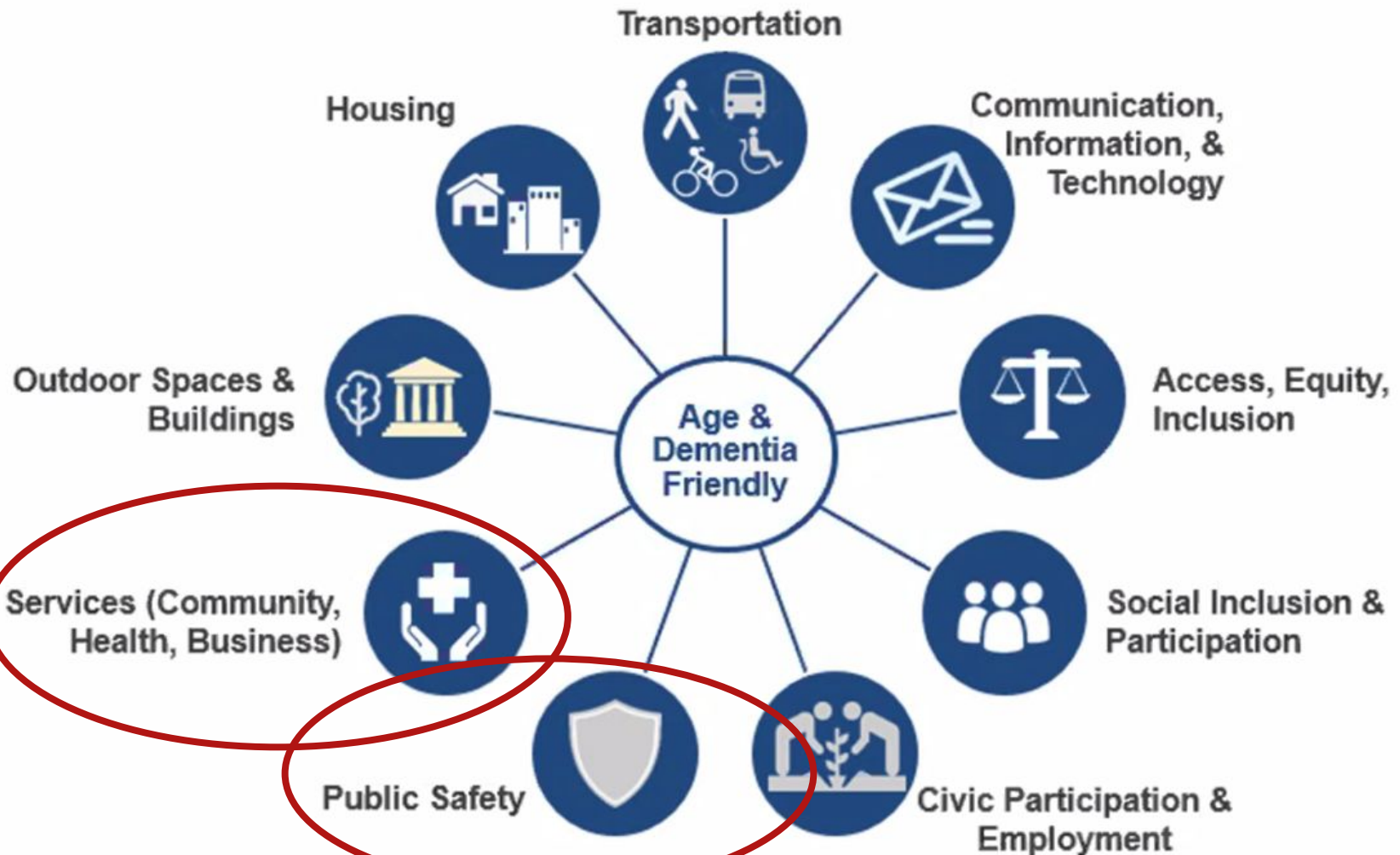


Note: 2016 data are estimates not projections.

Planning for Age and Dementia Friendly Communities:

- ▶ **Raises awareness** about barriers that some older adults and people with disabilities face that prevents them from fully participating in the community
- ▶ **Builds understanding and acceptance** of people facing cognitive decline or who are diagnosed with dementia
- ▶ **Create a Roadmap for Change** - Action Plan with projects to implement, and recommendations that can be incorporated into other planning documents

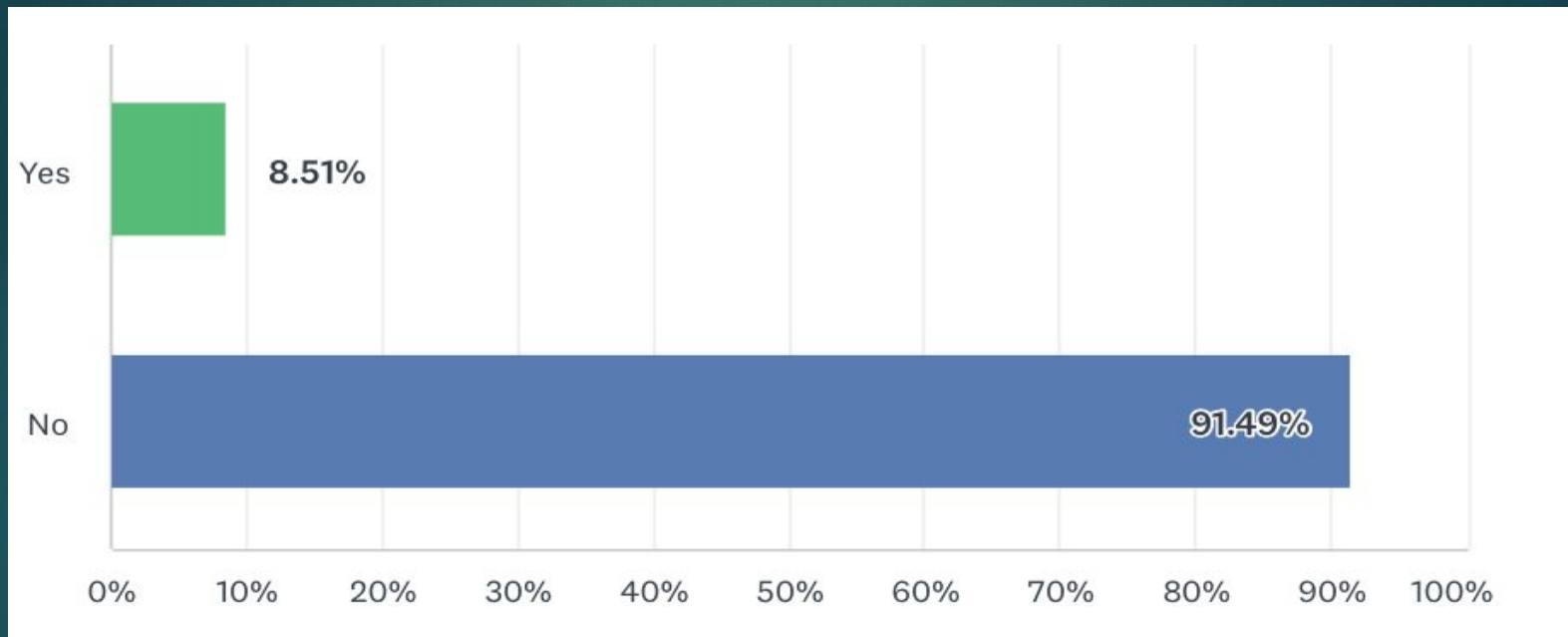
Domains of an Age & Dementia Friendly Community



Public Safety



8% of survey respondents reported times when they did not feel safe in their community



Reasons for feeling unsafe included:

RESPONSES

Just when you hear news about local home invasions, robberies, etc

Main Street, political rallies; I believe the news of the world contributes to the unsettling

Police

Street: State street- bad experience, Colonial Village- mean, rude, frightening men

No sidewalks or streetlights

I live on a main road but there's woods across from me. People like to pull over and sit there in their cars frequently

Not enough side walks, many dark roads unlit.

Downtown area not enough to want v to stay for. Rural areas too much upkeep as you age

Walking on road after dark.

Public Safety Assets

- ▶ Police Department and COA partnership, **Seniors and Law Enforcement Together (S.A.L.T)** sponsor:
 - ❖ SAND for Seniors
 - ▶ Monson Fire & Emergency Services Department will deliver one 5-gallon bucket of sand and refills for free
 - ❖ Smoke and Carbon Monoxide Detector installation for free by Fire Department
 - ▶ Can get one free Carbon Monoxide Detector per senior household in town
- ▶ Newly implemented Senior S.A.F.E program (Senior Awareness of Fire Education)

Public Safety Challenges

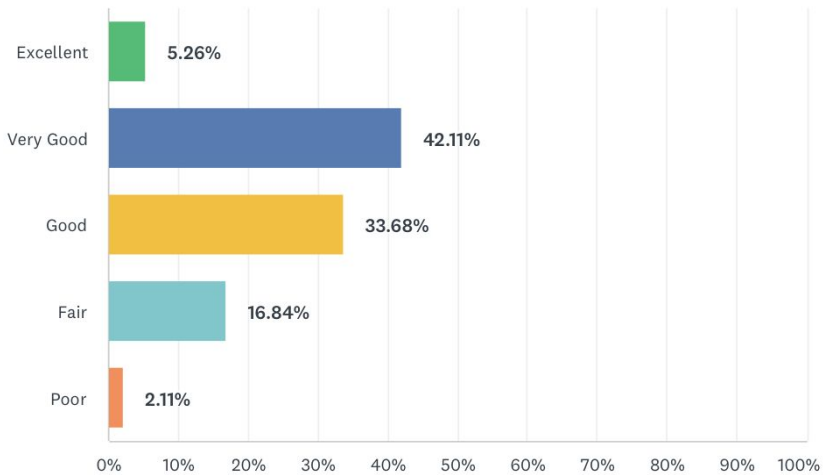
Health and Community Services

- ▶ Access to home-based care services, health clinics and programs that promote wellness and active aging
- ▶ Support for families and caregivers of people with dementia



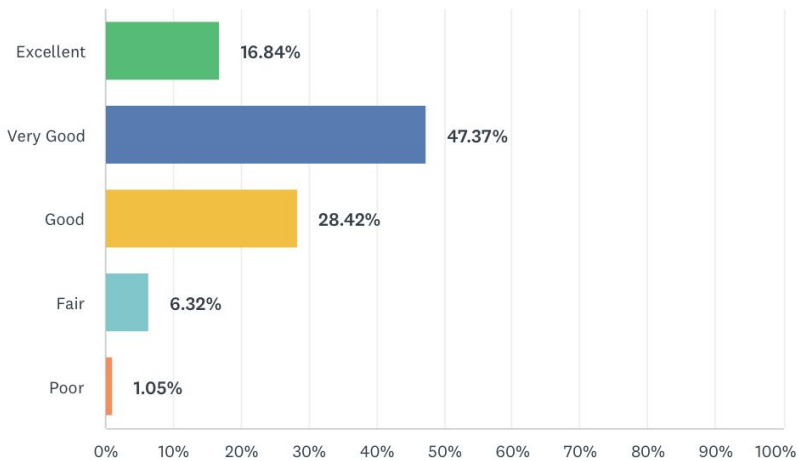
How would you rate your overall physical health?

Answered: 95 Skipped: 2



How would you rate your overall emotional well-being?

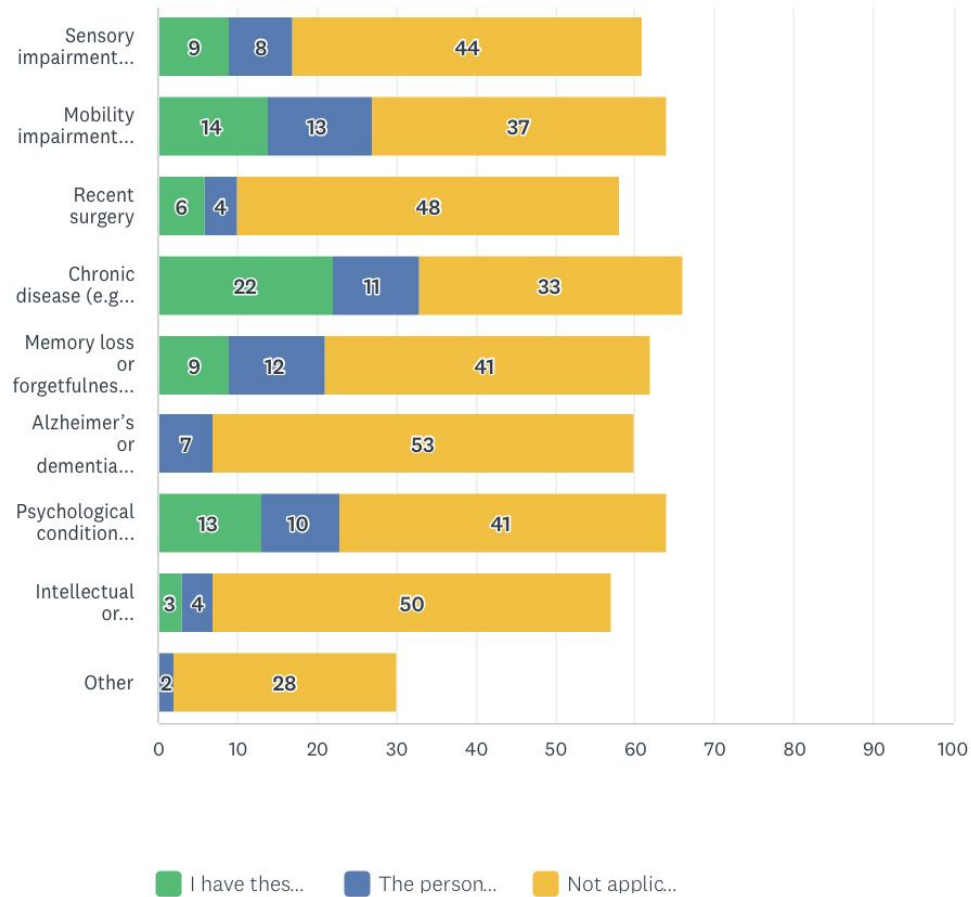
Answered: 95 Skipped: 2



- ▶ 52% of survey respondents said their physical health was less than very good
- ▶ 64% of survey respondents reported that their emotional well-being was very good or excellent

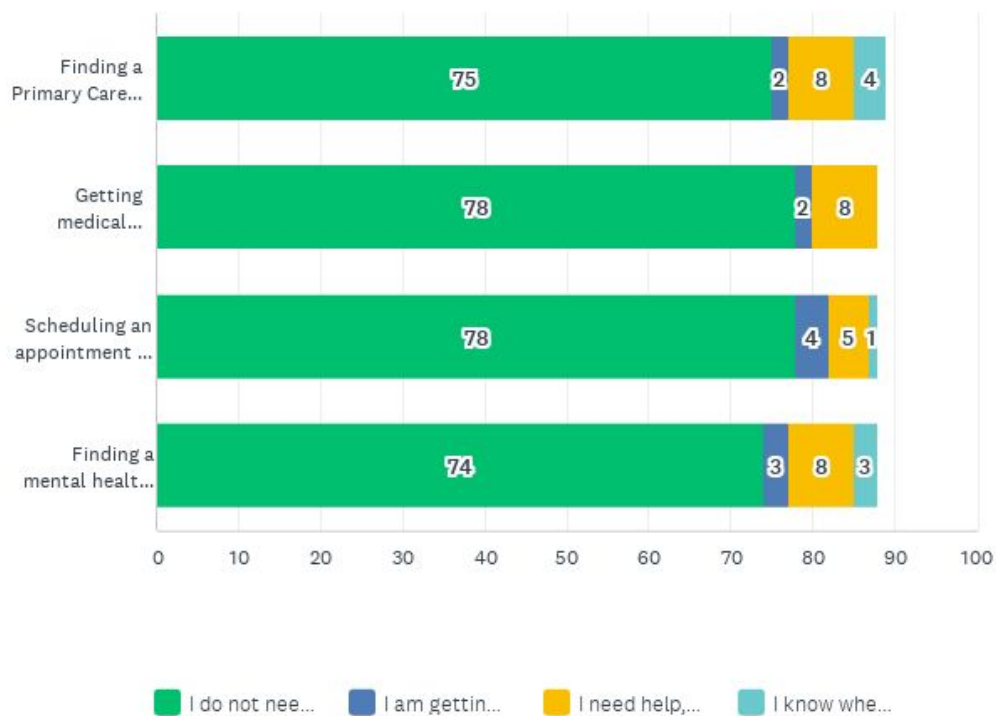
Do you or someone you care for have any of the following resulting in the need for caregiver services? (check all that apply)

Answered: 70 Skipped: 27



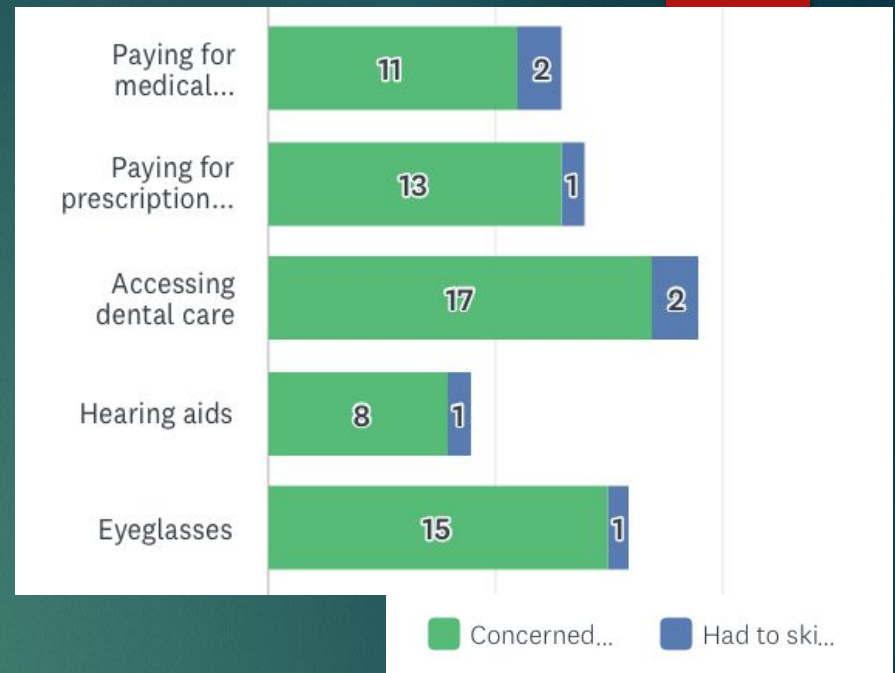
- ▶ Common conditions that result in caregiver services include mobility impairment (27), chronic disease (33), and psychological condition (23)

Q16 Do you (yourself) need help in any of the following areas regarding health and community services:



- ▶ 9% of respondents reported needing help but not being able to find it in regard to finding a PCP, getting medical services at home, and finding a mental health service provider

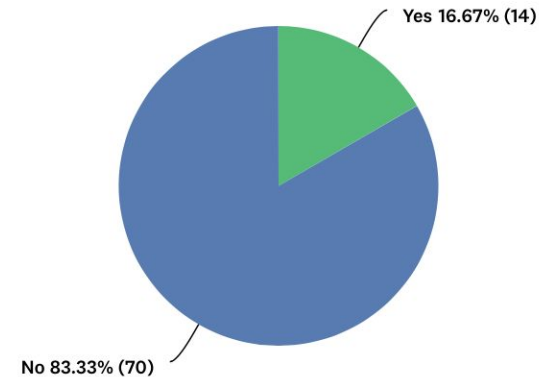
- ▶ Multiple respondents were concerned about affording or had to skip these services due to financial constraint



- ▶ 16% of respondents have an impairment or condition that limits their ability to participate in the community
- ▶ 24% reported needing help with basic tasks or errands

Do you have an impairment or condition that limits your ability to participate in your community?

Answered: 84 Skipped: 13



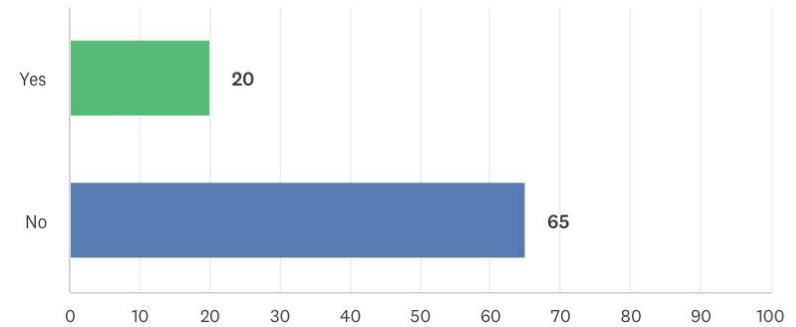
- ▶ Several respondents need help finding help for personal services (basic housekeeping, yard work, or snow shoveling)



- ▶ Out of the 20 respondents who identified as a caregiver, only 2 reported having access to all the information on caregiving that they needed, and only 1 person reported access to a support group

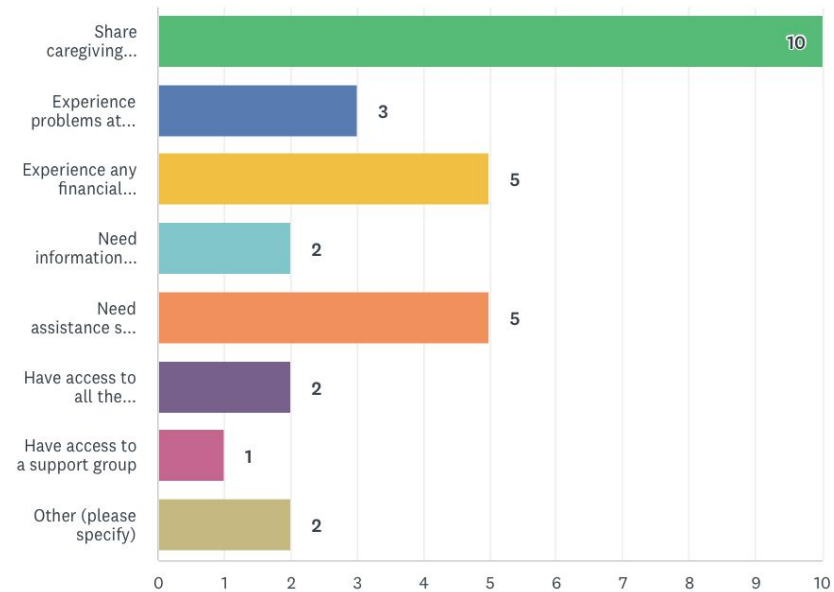
Are you a caregiver for any of the people you live with?

Answered: 85 Skipped: 12



If you provide caregiver services to a friend or family member, do you (check all that apply)

Answered: 19 Skipped: 78

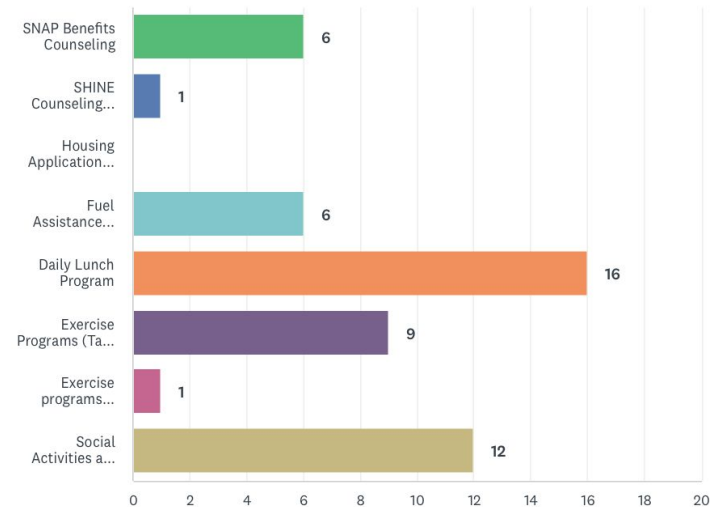


Health and Community Services Assets

- ▶ Many respondents access a variety of programs offered by the COA
- ▶

Which of the following programs or services did you access in the last 12 months? (check all that apply)

Answered: 34 Skipped: 63



Health and Community Services Challenges

Dementia Awareness



- ▶ 5 respondents (5.5%) need help coping with forgetfulness or confusion, but don't know where to access help

Do you (yourself) need help coping with:

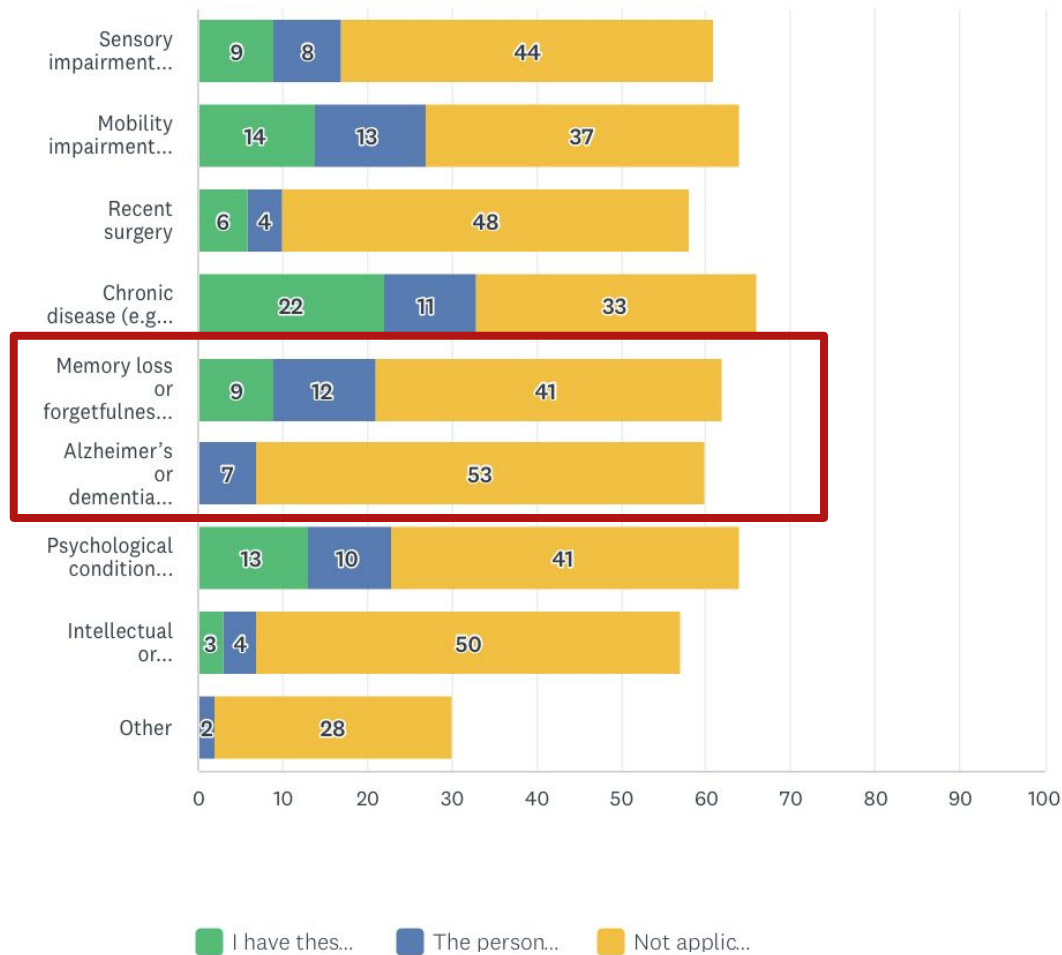
Answered: 92 Skipped: 5



- ▶ Our survey was not taken by anyone that identifies as having Alzheimer's or dementia

Do you or someone you care for have any of the following resulting in the need for caregiver services? (check all that apply)

Answered: 70 Skipped: 27



Dementia Awareness Assets

Dementia Awareness Challenges

Gathering Input



- ▶ What changes would you like to see in Monson?

Contact information

Becky Basch

Senior Planner



Pioneer Valley Planning Commission

60 Congress Street – Floor 1

Springfield, MA 01104

413 • 781 • 6045

bbasch@pvpc.org

www.pvpc.org