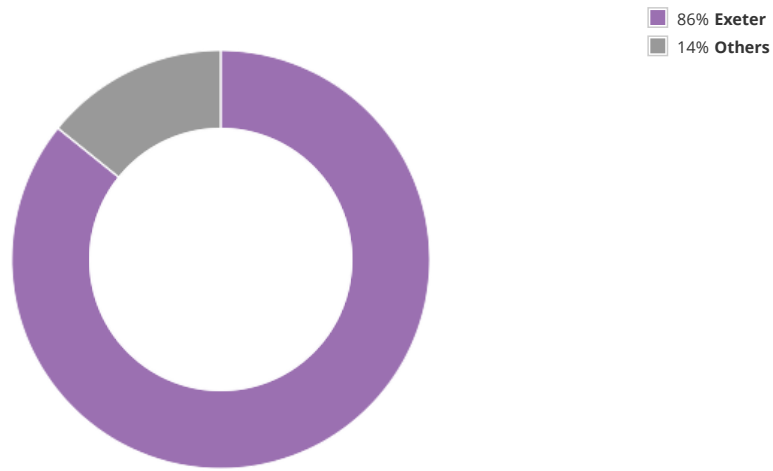


Exeter Age Friendly Communities Survey

Project Engagement

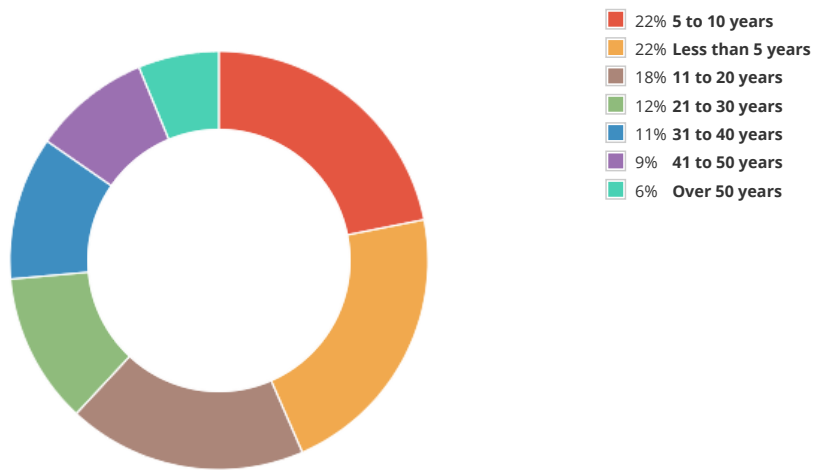
VIEWS	567	PARTICIPANTS	359
RESPONSES	27,249	COMMENTS	565
SUBSCRIBERS	201		

1) What town do you live in?



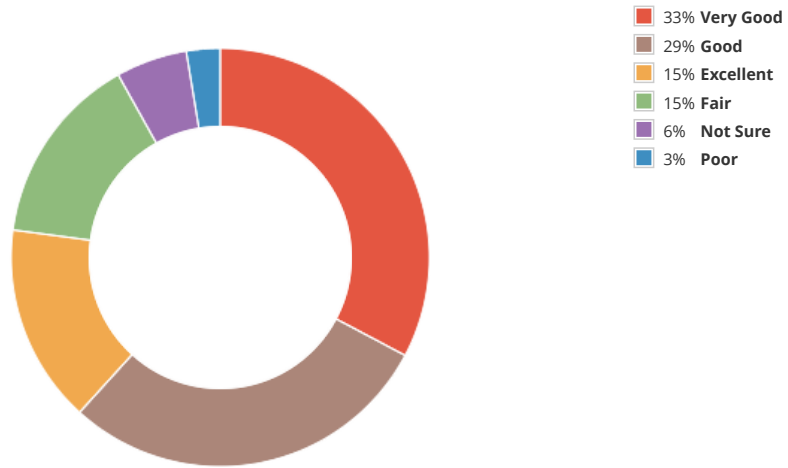
352 respondents

2) How long have you lived there?



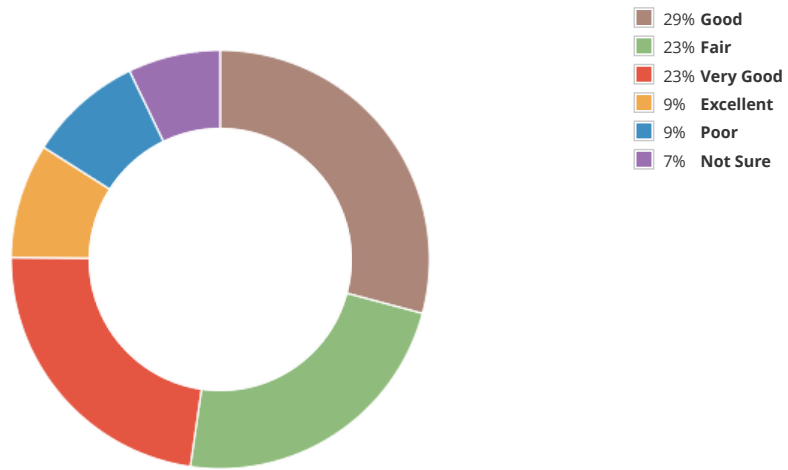
351 respondents

3) How would you rate your town as a place for people to live as older adults?



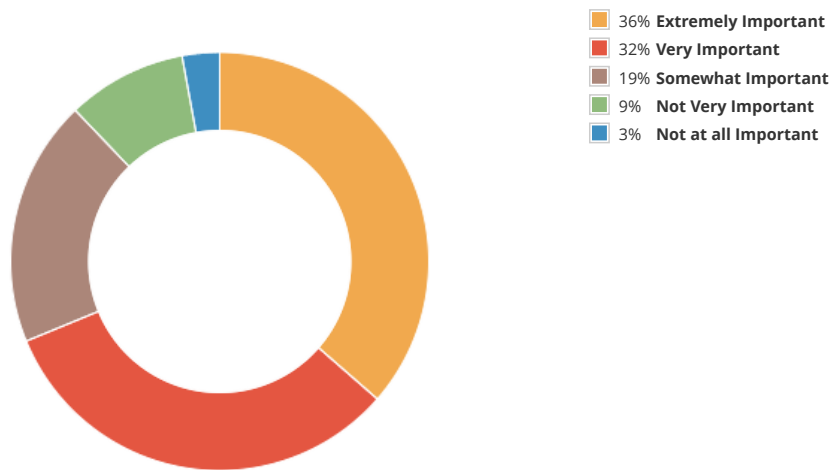
344 respondents

4) How would you rate your town as a place to attract/keep younger people in their 20s and 30s?



348 respondents

5) How important is it to you to remain in your town as you reach your 70s, 80s and beyond?



345 respondents

6) Thinking about the future, which of the following reasons would likely keep you in your current town as you reach your 70s, 80s and beyond? (check all that apply)

69%	Family or friends nearby	231 ✓
61%	Access to healthcare and other services	204 ✓
53%	Shopping/restaurants/amenities	177 ✓
51%	Natural beauty/open space/recreation	171 ✓
50%	Community character	168 ✓
49%	Social and community activities	166 ✓
29%	Transportation options	99 ✓
26%	Options for places to live	89 ✓
16%	Good schools	53 ✓
8%	My job is here	28 ✓
6%	Other	19 ✓

337 Respondents

7) What if anything concerns you most about growing into older adulthood in your community? (check all that apply)

54%	Having transportation options once I stop driving	180 ✓
53%	Having medical services nearby	176 ✓
50%	Availability of in-home support services	167 ✓
45%	Having family or friends nearby	150 ✓
44%	Having recreational and social opportunities	145 ✓
42%	Cost of in-home support services	139 ✓
26%	Finding the right place to live	87 ✓
9%	I have no concerns about aging in my community	29 ✓
6%	Other	19 ✓
5%	Finding a job nearby	18 ✓

332 Respondents

8) Regarding the concerns you noted in the previous question, what changes would help?

Outreach for seniors. Taxis, local shuttles, etc for transportation.

28 days ago

affordable help for cleaning and shopping

28 days ago

my biggest concern will mostly be transportation.

28 days ago

Bike and walking paths that are accessible and not a part of the road. I was hit by a car on my bike in a bike path on High St. in Exeter.

28 days ago

There are so many systemic but fixable things about the sea coast that make aging more difficult than it needs to be. Technology can be as much isolating as it is empowering. The industry around smart phones is intentionally obtuse; when these gadgets can be and often are a lifeline for older adults. Maybe a tech consultation day to get people back on track after they inevitably get lost, experience issues. There's a huge influx of young people right now literally pushing older people in ways that are

Show all comments

9) In what type of home do you live? (check all that apply)

40%	Single family house	129 ✓
20%	Apartment, multi-family	65 ✓
20%	Condominium	65 ✓
15%	55+ independent living community	48 ✓
7%	Other	24 ✓
5%	Duplex, two-family	17 ✓
4%	Group home or shelter	13 ✓
2%	In-law apartment/accessory dwelling unit	8 ✓
2%	Dormitory	8 ✓
2%	Continuing care retirement community	6 ✓
2%	Staying at a friend or family's home	5 ✓
0%	Assisted living or nursing home	1 ✓

323 Respondents

10) My current home meets or fits my needs regarding:

	Very Well	OK	Not Very Well	Not at All
Type of home (ex. single family, apartment, condominium, other)	69% Very Well	25% OK	5% Not Very Well	1% Not at All
Design (ex. single floor living, width of doors, few entry steps)	56% Very Well	34% OK	9% Not Very Well	1% Not at All
Location near places I want to go	61% Very Well	30% OK	8% Not Very Well	1% Not at All
Amount of routine maintenance (ex. raking, snow shoveling)	42% Very Well	35% OK	20% Not Very Well	4% Not at All
Affordability within my budget	40% Very Well	45% OK	13% Not Very Well	2% Not at All
Sense of acceptance (if in an assisted living or other retirement community)	44% Very Well	44% OK	6% Not Very Well	6% Not at All

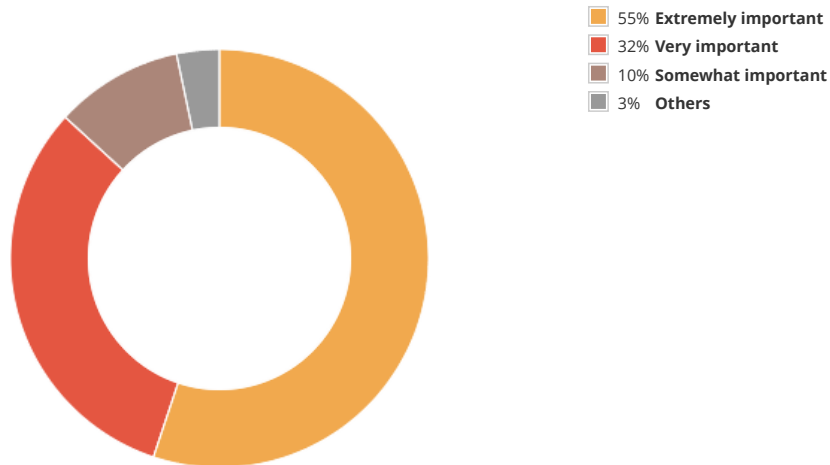
314 respondents

11) If you have looked for a place to live in the past five years, or are considering finding another place to live in your community in the future, how would you rate the options available for you related to:

	Many available	Some available	Few available	None available	Not applicable	Don't know
Desired type of home (ex. single family, apartment, condo, other)	6% Many available	21% Some available	43% Few available	10% None available	14% Not applicable	7% Don't know
Design (ex. single floor living, width of doors, few entry steps)	11% Many available	22% Some available	35% Few available	6% None available	15% Not applicable	10% Don't know
Location near places I want to go	10% Many available	23% Some available	36% Few available	8% None available	15% Not applicable	8% Don't know
Level of maintenance I'm willing to take on (ex. lawn, raking, snow clearance)	8% Many available	23% Some available	33% Few available	8% None available	19% Not applicable	9% Don't know
Affordability within my budget	8% Many available	22% Some available	34% Few available	16% None available	13% Not applicable	8% Don't know
Somewhere I'll feel acceptance (if looking for an assisted living or other retirement community)	8% Many available	25% Some available	22% Few available	5% None available	23% Not applicable	16% Don't know

254 respondents

12) How important is it for you to be able to live independently in your own home as you grow into older adulthood?



302 respondents

13) How do you typically travel to meet your daily needs (grocery shopping, employment, medical appointments, etc.)? (check all that apply)

81%	I drive my personal or family vehicle	245 ✓
21%	I walk	64 ✓
19%	Friends or family drive me	57 ✓
8%	I use a volunteer driver program	25 ✓
7%	I ride my bike	22 ✓
7%	I use public transit or other community transportation	22 ✓
3%	I use private transportation (ex. taxi, Uber, Lyft)	8 ✓

303 Respondents

14) How would you rate the following in your town?

	Excellent	Good	Fair	Poor	Not Sure	Not applicable
Sidewalks	14% Excellent	40% Good	28% Fair	13% Poor	1% Not Sure	3% Not applicable
Bicycle safety	8% Excellent	20% Good	29% Fair	24% Poor	4% Not Sure	14% Not applicable
Parking	10% Excellent	37% Good	34% Fair	13% Poor	2% Not Sure	4% Not applicable
Public/community transportation	5% Excellent	10% Good	20% Fair	39% Poor	17% Not Sure	9% Not applicable
Easy to read traffic signs	16% Excellent	58% Good	19% Fair	4% Poor	1% Not Sure	2% Not applicable
Enforced speed limits	14% Excellent	47% Good	18% Fair	13% Poor	6% Not Sure	3% Not applicable
Benches where I walk	17% Excellent	32% Good	26% Fair	13% Poor	4% Not Sure	7% Not applicable
Ease of getting to town facilities	16% Excellent	51% Good	20% Fair	7% Poor	3% Not Sure	2% Not applicable
Ease of access at town facilities	16% Excellent	48% Good	22% Fair	6% Poor	4% Not Sure	4% Not applicable
Public restrooms	10% Excellent	22% Good	23% Fair	24% Poor	14% Not Sure	8% Not applicable

295 respondents

15) Are there places in town you would like to walk to but can't access by sidewalk or trail?

no

28 days ago

walking trails at the wooded areas could be more accessible.

28 days ago

Not sure

one month ago

no

one month ago

Show all comments

16) If you find it difficult to get around and/or rarely leave your home, please check all the reasons that apply.

54%	No applicable	136 ✓
24%	I'm concerned about driving at night or in poor weather conditions	61 ✓
13%	Nowhere I need to go is within walking or biking distance from my house	32 ✓
12%	I don't know what transportation services are available	31 ✓
11%	I have physical limitations that keep me at home	27 ✓
6%	I can't afford transportation	16 ✓
5%	I don't drive and there is not community transportation where I live	12 ✓
4%	I don't drive and I don't have friends or family nearby who can drive me	10 ✓
3%	I don't need to go out because I can do everything online	8 ✓
1%	Other	3 ✓

253 Respondents

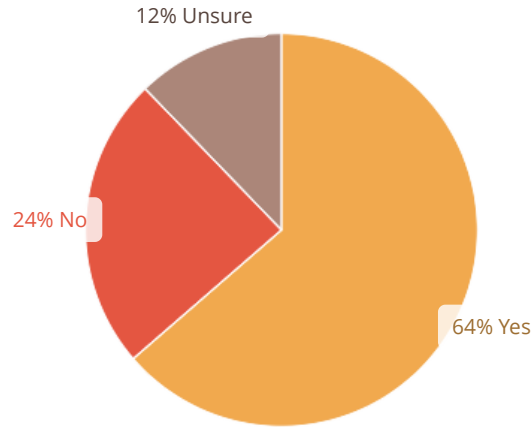
17) Which if any of the following services do you use in your community?

	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
In-person medical services	62% Available, I use	12% Available, I do not use	7% Not available, I would use	5% Not available, I would not use	10% Unsure if available, I would use	4% Unsure if available, I would not use
Telehealth medical services	46% Available, I use	32% Available, I do not use	4% Not available, I would use	4% Not available, I would not use	11% Unsure if available, I would use	3% Unsure if available, I would not use
Substance use disorder- recovery services	6% Available, I use	31% Available, I do not use	5% Not available, I would use	7% Not available, I would not use	15% Unsure if available, I would use	35% Unsure if available, I would not use
Dental care services	63% Available, I use	19% Available, I do not use	5% Not available, I would use	5% Not available, I would not use	7% Unsure if available, I would use	2% Unsure if available, I would not use
Vision care or hearing services	61% Available, I use	18% Available, I do not use	3% Not available, I would use	7% Not available, I would not use	8% Unsure if available, I would use	3% Unsure if available, I would not use
Meals on Wheels weekday delivery of meals to home	18% Available, I use	47% Available, I do not use	5% Not available, I would use	2% Not available, I would not use	13% Unsure if available, I would use	15% Unsure if available, I would not use
Weekday luncheons for older adults	4% Available, I use	34% Available, I do not use	7% Not available, I would use	6% Not available, I would not use	25% Unsure if available, I would use	24% Unsure if available, I would not use
Adult daycare	4% Available, I use	20% Available, I do not use	7% Not available, I would use	7% Not available, I would not use	16% Unsure if available, I would use	46% Unsure if available, I would not use
In-home personal care assistance	7% Available, I use	36% Available, I do not use	8% Not available, I would use	4% Not available, I would not use	24% Unsure if available, I would use	22% Unsure if available, I would not use

	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
In-home healthcare	10% Available, I use	33% Available, I do not use	7% Not available, I would use	4% Not available, I would not use	26% Unsure if available, I would use	19% Unsure if available, I would not use
In-home help with tasks like housekeeping, cooking, grocery shopping	8% Available, I use	34% Available, I do not use	7% Not available, I would use	5% Not available, I would not use	24% Unsure if available, I would use	22% Unsure if available, I would not use
Early childhood education/preschool/daycare	8% Available, I use	48% Available, I do not use	5% Not available, I would use	7% Not available, I would not use	4% Unsure if available, I would use	29% Unsure if available, I would not use
After school care	6% Available, I use	44% Available, I do not use	7% Not available, I would use	4% Not available, I would not use	6% Unsure if available, I would use	33% Unsure if available, I would not use
Youth summer day camps	11% Available, I use	47% Available, I do not use	5% Not available, I would use	4% Not available, I would not use	5% Unsure if available, I would use	27% Unsure if available, I would not use
Teen center	5% Available, I use	34% Available, I do not use	6% Not available, I would use	8% Not available, I would not use	7% Unsure if available, I would use	40% Unsure if available, I would not use
Internet access at public locations (ex. library, town hall)	31% Available, I use	39% Available, I do not use	5% Not available, I would use	5% Not available, I would not use	10% Unsure if available, I would use	10% Unsure if available, I would not use

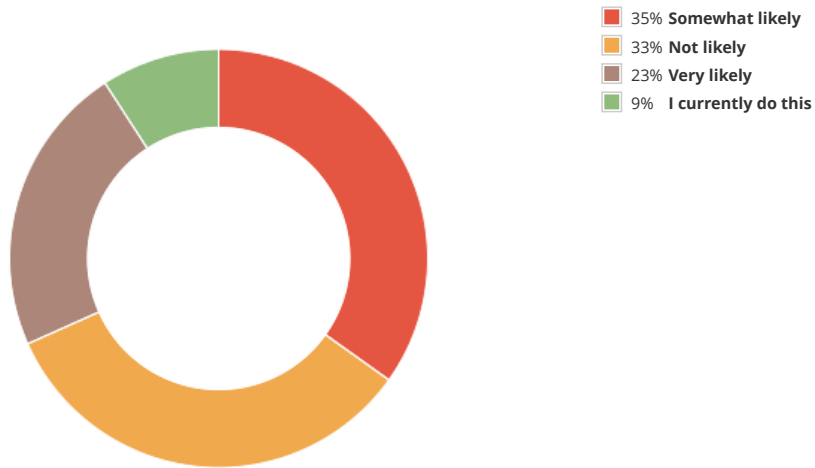
262 respondents

18) Do you have family or friends nearby who can provide you with assistance now or in the future for things like running errands, transportation, cooking, and self-care?



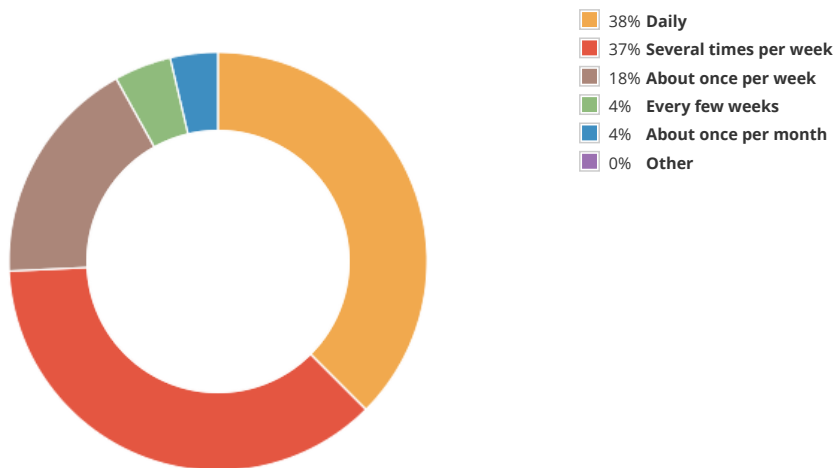
286 respondents

19) How likely is it that you will provide care to an adult family member or friend in the future?



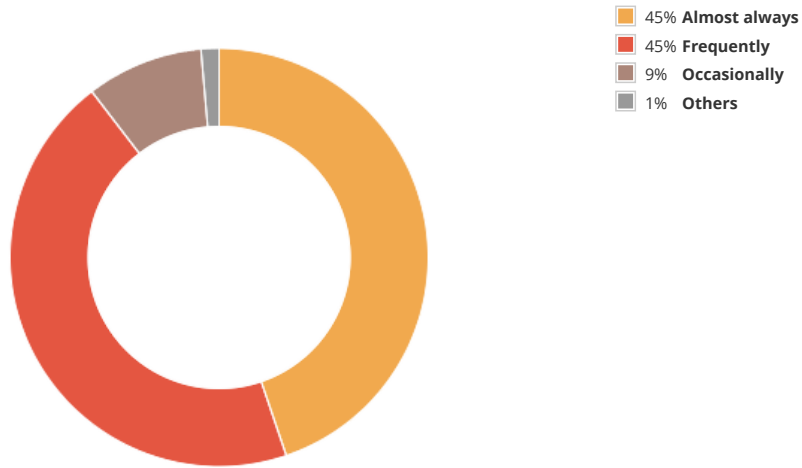
284 respondents

20) How frequently do you engage in some form of physical activity?



272 respondents

21) How frequently do you eat nutritious meals?



288 respondents

22) If you don't eat balanced meals as often as you would like or feel you should, why not? (check all that apply)

46%	Not applicable	117 ✓
23%	Takes too much time to prepare	58 ✓
20%	The food I eat is the food I like to eat	51 ✓
17%	Cost of healthier ingredients or prepared food	42 ✓
10%	I'm not aware of daily lunches offered for seniors in the area	25 ✓
4%	I don't have access to a kitchen	11 ✓
4%	I know about daily lunches for seniors but can't easily get there	9 ✓
1%	Other	2 ✓

254 Respondents

23) Which if any of the following challenges have you or your household faced due to COVID-19? (check all that apply)

59%	Social isolation	164 ✓
24%	Mental health impacts	66 ✓
22%	None	62 ✓
17%	Physical health impacts	47 ✓
13%	Loss of income	37 ✓
10%	Lack of childcare	28 ✓
10%	Caring for older parents or family members	28 ✓
9%	Limited transportation options	24 ✓
8%	Loss of employment	23 ✓
5%	Limited or no internet access	15 ✓
5%	Access to food	15 ✓
2%	Other	5 ✓

277 Respondents

24) If your community faced another crisis similar to COVID-19 are there services or supports that would lessen the impact on you or your household?

A food coop

3 months ago [4 Agree](#)

Computer assistance and accessibility for seniors!! So many options for delivery, curbside, etc. if they only were able to have, and use, the technology. Coordinated well-check calls with information to available resources.

3 months ago

[3 Agree](#)

financial support for small business

3 months ago

[3 Agree](#)

None I can think of

3 months ago

[1 Agree](#)

Show all comments

25) How do you get information about services or events in your community? (check all that apply)

61%	Word of mouth/friends/family	172 ✓
53%	Internet/websites	149 ✓
45%	Social media (ex. Facebook, Twitter)	125 ✓
39%	Email	109 ✓
35%	Newspaper/newsletter	99 ✓
31%	Television (ex. CATV, WMUR, NHPTV)	86 ✓
22%	Parks & Recreation department	62 ✓
20%	Public library	57 ✓
17%	Churches or religious organizations	48 ✓
15%	AARP	43 ✓
13%	Town Office	35 ✓
8%	Senior Center	21 ✓
6%	Radio	18 ✓
5%	Schools	14 ✓
5%	Veterans Groups	14 ✓
4%	Other	10 ✓
1%	ServiceLink/2-1-1	4 ✓

280 Respondents

26) Which of the following do you use in your community?

	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
Volunteer/community service opportunities	30% Available, I use	30% Available, I do not use	7% Not available, I would use	6% Not available, I would not use	22% Unsure if available, I would use	5% Unsure if available, I would not use
Trails, conservation land, natural areas	59% Available, I use	26% Available, I do not use	2% Not available, I would use	2% Not available, I would not use	8% Unsure if available, I would use	3% Unsure if available, I would not use
Playgrounds, ball fields, swimming pools	33% Available, I use	44% Available, I do not use	6% Not available, I would use	5% Not available, I would not use	7% Unsure if available, I would use	4% Unsure if available, I would not use
Sidewalks and bike paths	62% Available, I use	16% Available, I do not use	9% Not available, I would use	6% Not available, I would not use	4% Unsure if available, I would use	2% Unsure if available, I would not use
Concerts, dances, socials	31% Available, I use	28% Available, I do not use	11% Not available, I would use	4% Not available, I would not use	17% Unsure if available, I would use	9% Unsure if available, I would not use
Veterans service organizations	8% Available, I use	40% Available, I do not use	5% Not available, I would use	7% Not available, I would not use	10% Unsure if available, I would use	30% Unsure if available, I would not use
Restaurants, coffee shops, stores	80% Available, I use	8% Available, I do not use	3% Not available, I would use	5% Not available, I would not use	3% Unsure if available, I would use	- Unsure if available, I would not use
Fitness centers, exercise classes, recreation sports leagues	40% Available, I use	42% Available, I do not use	6% Not available, I would use	2% Not available, I would not use	7% Unsure if available, I would use	2% Unsure if available, I would not use
Community centers, Boys & Girls Club, YMCA	30% Available, I use	49% Available, I do not use	4% Not available, I would use	4% Not available, I would not use	9% Unsure if available, I would use	5% Unsure if available, I would not use

	Available, I use	Available, I do not use	Not available, I would use	Not available, I would not use	Unsure if available, I would use	Unsure if available, I would not use
Senior center or activities for older adults	17% Available, I use	49% Available, I do not use	7% Not available, I would use	3% Not available, I would not use	17% Unsure if available, I would use	7% Unsure if available, I would not use
Social organizations (book clubs, garden clubs, civic groups)	23% Available, I use	42% Available, I do not use	4% Not available, I would use	5% Not available, I would not use	18% Unsure if available, I would use	9% Unsure if available, I would not use
Continuing education/learning opportunities	24% Available, I use	42% Available, I do not use	6% Not available, I would use	5% Not available, I would not use	18% Unsure if available, I would use	5% Unsure if available, I would not use
Churches or other places of worship	37% Available, I use	47% Available, I do not use	6% Not available, I would use	3% Not available, I would not use	4% Unsure if available, I would use	3% Unsure if available, I would not use
Food pantry	11% Available, I use	64% Available, I do not use	6% Not available, I would use	5% Not available, I would not use	5% Unsure if available, I would use	8% Unsure if available, I would not use
Town welfare office	6% Available, I use	54% Available, I do not use	7% Not available, I would use	4% Not available, I would not use	9% Unsure if available, I would use	20% Unsure if available, I would not use

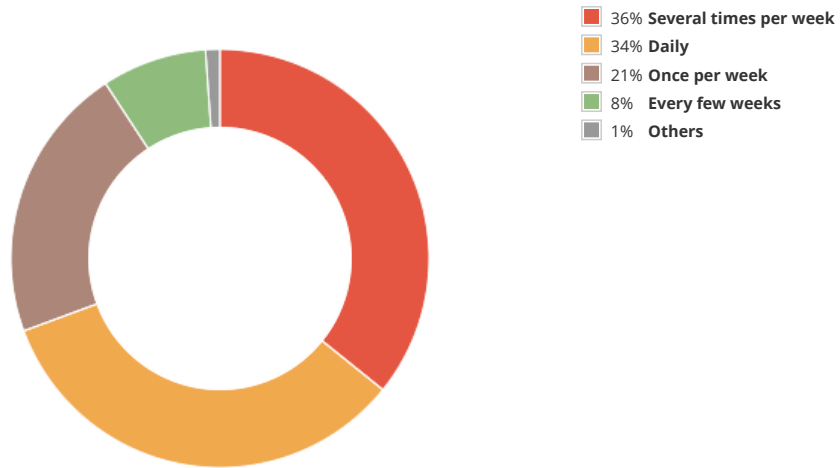
263 respondents

27) Beside yourself, who else lives in your household? (check all that apply)

58%	My spouse or domestic partner	159 ✓
34%	I live alone	94 ✓
13%	My child/children under 18	36 ✓
8%	My adult child/children	21 ✓
7%	My grandchildren	19 ✓
4%	My parents/in-laws	11 ✓
2%	My sibling(s)	6 ✓
1%	Unrelated housemates/renters	4 ✓
1%	My grandparents	2 ✓
0%	Other	1 ✓

273 Respondents

28) How often do you have contact with family, friends or neighbors who do not live with you?



271 respondents

29) If you would like to have more social contact with others, what prevents you from doing so? (check all that apply)

29%	Unaware of activities/events that interest me	64 ✓
24%	Scheduling/unavailable at those times	53 ✓
19%	Mobility or health issues	41 ✓
17%	Not interested in socializing more	36 ✓
14%	Other	30 ✓
13%	Too costly	29 ✓
12%	No one to connect with	27 ✓
12%	Lack of transportation	27 ✓

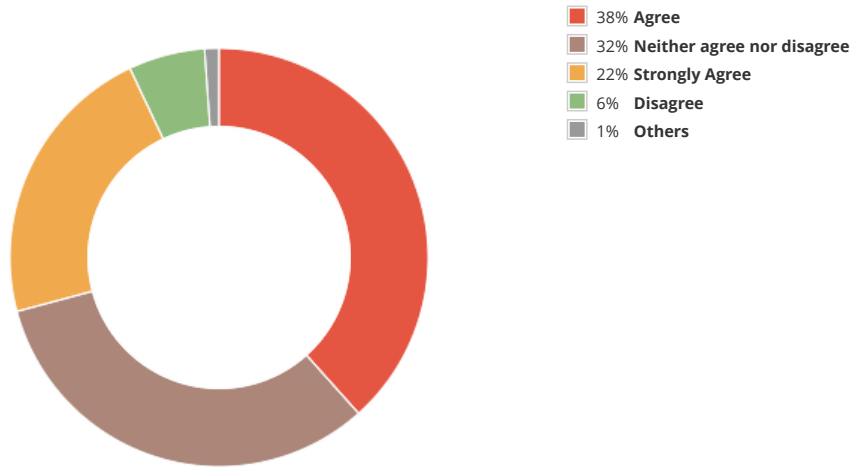
217 Respondents

30) Do you feel accepted in your town with regard to:

	Yes	Somewhat	No	N/A
Spirituality or religious affiliation	61% Yes	18% Somewhat	4% No	18% N/A
Political views	54% Yes	25% Somewhat	9% No	12% N/A
Age	67% Yes	23% Somewhat	5% No	5% N/A
Sexuality	72% Yes	12% Somewhat	3% No	13% N/A
Gender identity	69% Yes	6% Somewhat	4% No	22% N/A
Race and ethnicity	72% Yes	12% Somewhat	4% No	12% N/A
Economic status	62% Yes	24% Somewhat	6% No	9% N/A

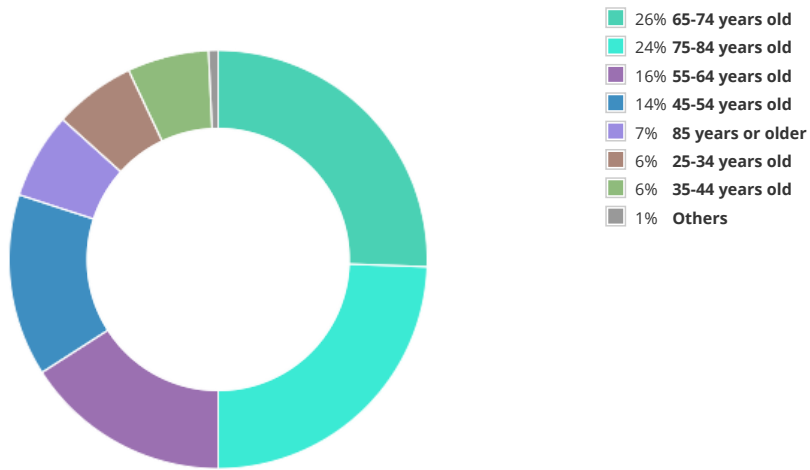
261 respondents

31) My town is welcoming to all people.



271 respondents

32) What is your age?



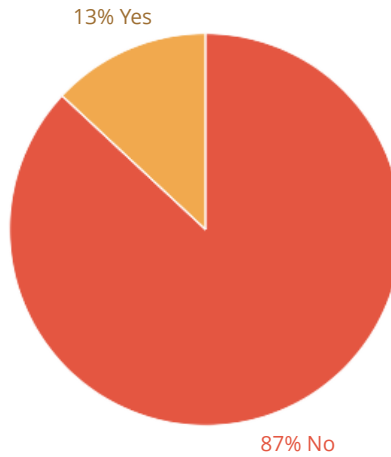
270 respondents

33) What race(s) do you identify with? (check all that apply)

91%	White	241 ✓
6%	Black or African American	15 ✓
3%	American Indian or Alaska Native	7 ✓
2%	Asian	6 ✓
1%	Other	3 ✓
1%	Native Hawaiian or other Pacific Islander	2 ✓
1%	Middle Eastern or North African	2 ✓

265 Respondents

34) Do you consider yourself Hispanic, Latino/Latina, or of Spanish origin?



268 respondents

35) What is your gender?

70%	Female	186 ✓
30%	Male	80 ✓
0%	Gender non-conforming	0 ✓

266 Respondents

36) What is your current employment status? (check all that apply)

56%	Retired	153 ✓
28%	Employed full time (40 or more hours/week, includes self-employed)	76 ✓
10%	Employed part time (up to 39 hours/week, includes self-employed)	27 ✓
4%	Unemployed and not currently looking for work	11 ✓
3%	Community volunteer	9 ✓
3%	Stay at home parent	7 ✓
3%	Caregiver for another person	7 ✓
3%	Unable to work	7 ✓
2%	Unemployed and currently looking for work	5 ✓
0%	Student	1 ✓

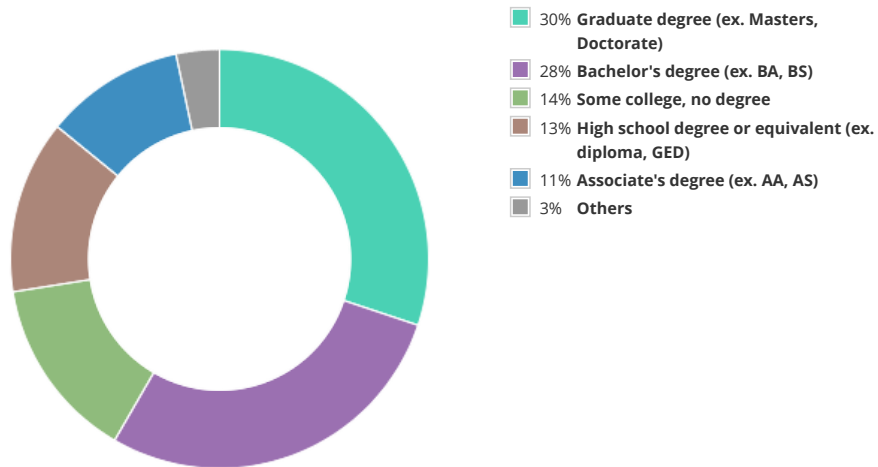
271 Respondents

37) Please check all that apply to you:

48%	I have difficulty walking or climbing stairs	56 ✓
32%	I am deaf or I have difficulty hearing	38 ✓
24%	Because of a physical, mental, or emotional condition, I have difficulty concentrating, remembering, or making decisions	28 ✓
19%	Because of a physical, mental, or emotional condition, I have difficulty doing errands along such as visiting a doctor's office or going shopping	22 ✓
18%	I have had a fall and needed emergency medical attention	21 ✓
9%	I am blind or have difficulty seeing, even when wearing glasses	11 ✓
7%	I have difficulty dressing or bathing	8 ✓

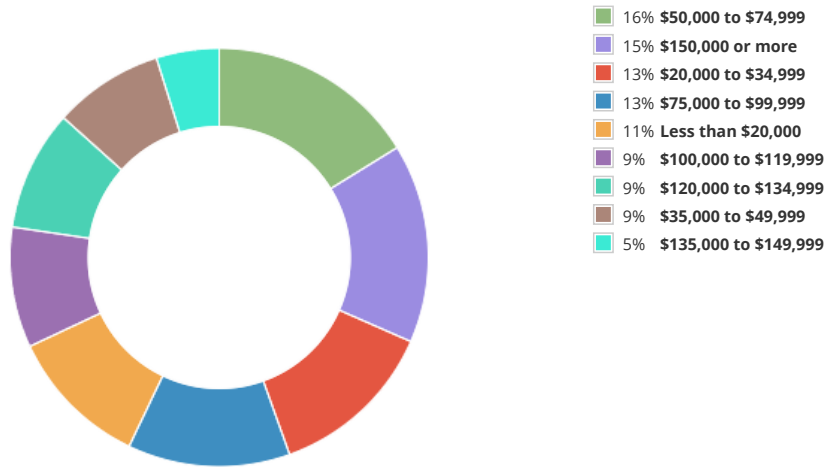
117 Respondents

38) What is the highest degree or level of school you have completed? (If you are currently enrolled in school, please indicate the level of study completed so far)



269 respondents

39) What is your household income?



247 respondents

40) Do you have any additional comments about aging and livability in your town or the broader region?

Would love to be in a community with more diversity... ethnically, sexually, religiously, etc. Across the board!

28 days ago

Right now I am managing well at elderly housing. I do worry if I will be able to continue to manage as I get older.

28 days ago

At this time in my life I have nothing but gratitude for my mobility and living conditions! Winter is too long but I seem to be still able to endure that quite nicely.

28 days ago

Increase options for walking/biking safely on roads to increase physical exercise, social connections

one month ago

Show all comments

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