

|           |   |        |            |                 |       |                |       |
|-----------|---|--------|------------|-----------------|-------|----------------|-------|
| <b>Q1</b> | <b>How old are you?</b>   |        |            |                 |       |                |       |
|           | 18 and under  | 0.19%  | 1          | <i>Answered</i> | 540   |                |       |
|           | 19 to 39  | 9.26%  | 50         | <i>Skipped</i>  | 0     |                |       |
|           | 40 to 59  | 30.00% | 162        |                 |       |                |       |
|           | 60 to 69  | 22.96% | 124        |                 |       |                |       |
|           | 70 to 84  | 30.19% | 163        |                 |       |                |       |
|           | 85 and over   | 7.41%  | 40         |                 |       |                |       |
| <b>Q2</b> | <b>What is your gender?</b>   |        |            |                 |       |                |       |
|           | Male  | 25.47% | 136        | <i>Answered</i> | 534   |                |       |
|           | Female  | 74.53% | 398        | <i>Skipped</i>  | 6     |                |       |
|           | Transgender   | 0.00%  | 0          |                 |       |                |       |
|           | Other (please specify)  | 0.00%  | 0          |                 |       |                |       |
| <b>Q3</b> | <b>Which of the following best describes your current relationship status?</b>  |        |            |                 |       |                |       |
|           | Married   | 64.19% | 346        | <i>Answered</i> | 539   |                |       |
|           | Widowed   | 12.43% | 67         | <i>Skipped</i>  | 1     |                |       |
|           | Divorced  | 11.13% | 60         |                 |       |                |       |
|           | Separated   | 0.37%  | 2          |                 |       |                |       |
|           | In a domestic partnership or civil union  | 2.23%  | 12         |                 |       |                |       |
|           | Single, but cohabiting with a significant other                                 | 4.82%  | 26         |                 |       |                |       |
|           | Single, never married   | 4.82%  | 26         |                 |       |                |       |
| <b>Q4</b> | <b>What is the highest level of education you have completed?</b>               |        |            |                 |       |                |       |
|           | Did not attend school   | 0.00%  | 0          | <i>Answered</i> | 539   |                |       |
|           | Less than high school   | 1.30%  | 7          | <i>Skipped</i>  | 1     |                |       |
|           | Graduated from high school  | 9.65%  | 52         |                 |       |                |       |
|           | Received GED  | 1.86%  | 10         |                 |       |                |       |
|           | Trade/Technical school  | 2.97%  | 16         |                 |       |                |       |
|           | Some college, no degree   | 13.17% | 71         |                 |       |                |       |
|           | Associates Degree   | 8.91%  | 48         |                 |       |                |       |
|           | Bachelor's Degree   | 20.41% | 110        |                 |       |                |       |
|           | Some graduate school  | 8.53%  | 46         |                 |       |                |       |
|           | Advanced degree (Master's, PhD)   | 33.21% | 179        |                 |       |                |       |
| <b>Q5</b> | <b>Which of the following categories best describes your employment status?</b> |        |            |                 |       |                |       |
|           | Employed, working full-time   | 41.39% | 221        | <i>Answered</i> | 534   |                |       |
|           | Employed, working part-time   | 11.24% | 60         | <i>Skipped</i>  | 6     |                |       |
|           | Not employed, looking for work  | 0.56%  | 3          |                 |       |                |       |
|           | Not employed, NOT looking for work  | 1.87%  | 10         |                 |       |                |       |
|           | Student   | 0.00%  | 0          |                 |       |                |       |
|           | Retired   | 40.64% | 217        |                 |       |                |       |
|           | Disabled, not able to work  | 2.81%  | 15         |                 |       |                |       |
|           | Other:  | 1.50%  | 8          |                 |       |                |       |
| <b>Q6</b> | <b>In what ZIP code is your home located?</b>                                   |        |            | <i>Answered</i> | 540   | <i>Skipped</i> | 0     |
|           | 03257   | 84     | 03605      | 5               | 03766 | 14             | 03234 |
|           | 03753   | 37     | 03750      | 4               | 03745 | 12             | 03244 |
|           | 03743   | 36     | 03233      | 2               | 03273 | 11             | 03266 |
|           | 03773   | 33     | 03240      | 2               | 03741 | 11             | 03280 |
|           | 03255   | 28     | 03268      | 2               | 03216 | 10             | 03573 |
|           | 03784   | 26     | 03281      | 2               | 03284 | 10             | 03770 |
|           | 03755   | 24     | 03301      | 2               | 03603 | 9              | 03776 |
|           | 03782   | 22     | 03601      | 2               | 03230 | 7              | 03777 |
|           | 03287   | 21     | 03746      | 2               | 03602 | 6              | 03785 |
|           | 03278   | 19     | 03751      | 2               | 03752 | 6              | 03224 |
|           | 03221   | 18     | 03781      | 2               | 03748 | 16             | 03229 |
|           | 03260   | 17     | Outside NH | 25              |       |                |       |

**Q7 In your home, do you:**

|                                 |        |     |                 |     |
|---------------------------------|--------|-----|-----------------|-----|
| Live alone                      | 21.58% | 115 | <i>Answered</i> | 533 |
| Live with spouse                | 47.47% | 253 | <i>Skipped</i>  | 7   |
| Live with spouse and child(ren) | 16.70% | 89  |                 |     |
| Live with your child(ren)       | 3.94%  | 21  |                 |     |
| Live with relative(s)           | 1.69%  | 9   |                 |     |
| Live with non-relative(s)       | 2.06%  | 11  |                 |     |
| Other (please specify)          | 6.57%  | 35  |                 |     |

**Q8 If you have children or other dependents in your care, what is your family situation? (choose all that apply)**

|   |        |     |                 |     |
|---|--------|-----|-----------------|-----|
| Single Mom  | 1.57%  | 8   | <i>Answered</i> | 511 |
| Single Dad  | 0.78%  | 4   | <i>Skipped</i>  | 29  |
| Shared custody  | 2.15%  | 11  |                 |     |
| Two parents within the home   | 17.42% | 89  |                 |     |
| Foster Parents  | 0.20%  | 1   |                 |     |
| Raising own kids and kids of others                                       | 0.39%  | 2   |                 |     |
| Raising kids of other family members (as a grandparent, aunt, uncle, etc) | 1.57%  | 8   |                 |     |
| Raising someone else's kids, not family                                   | 0.20%  | 1   |                 |     |
| No children in my care  | 75.73% | 387 |                 |     |

**Q9 Which of the following is your MAIN source of health insurance coverage?**

|   |        |     |                 |     |
|---|--------|-----|-----------------|-----|
| Plan through your or spouse's employer                    | 43.34% | 231 | <i>Answered</i> | 533 |
| Plan you purchased yourself                               | 5.07%  | 27  | <i>Skipped</i>  | 7   |
| Medicare  | 42.96% | 229 |                 |     |
| Medicaid (NH Healthy Families, Green Mountain Care, etc.) | 2.06%  | 11  |                 |     |
| Veteran's Administration or other military health care    | 2.44%  | 13  |                 |     |
| Not covered by health insurance                           | 1.31%  | 7   |                 |     |
| Other (please specify):                                   | 2.81%  | 15  |                 |     |

**Q10 Does a disability, handicap or chronic disease keep you and/or your spouse/partner from fully participating in work, school, housework, or other life activities?**

|                               |        |     |                 |     |
|-------------------------------|--------|-----|-----------------|-----|
| Yes, Me                       | 15.69% | 83  | <i>Answered</i> | 529 |
| Yes, My Spouse/Partner        | 5.86%  | 31  | <i>Skipped</i>  | 11  |
| Yes, Me and My Spouse/Partner | 1.70%  | 9   |                 |     |
| No                            | 76.75% | 406 |                 |     |

**Q11 Outside of routine health care appointments, please share your personal situation over the last 12 months. (choose all that apply)**

|   |                 | I have experienced a need. |                | I have received help. |
|---|-----------------|----------------------------|----------------|-----------------------|
| Dental care   | 49.86%          | 172                        | 49.57%         | 171                   |
| Mental health care                                    | 12.17%          | 42                         | 13.91%         | 48                    |
| Parenting support                                     | 3.77%           | 13                         | 4.06%          | 14                    |
| Pediatric services                                    | 6.09%           | 21                         | 8.12%          | 28                    |
| Health care for seniors                               | 21.16%          | 73                         | 20.87%         | 72                    |
| Aging in a safe and supportive environment            | 13.04%          | 45                         | 15.07%         | 52                    |
| Elder abuse   | 0.58%           | 2                          | 0.87%          | 3                     |
| Adequate, affordable health insurance                 | 24.64%          | 85                         | 18.55%         | 64                    |
| Disability counseling                                 | 4.93%           | 17                         | 4.35%          | 15                    |
| Affordable prescription drugs                         | 32.75%          | 113                        | 26.09%         | 90                    |
| Alcohol, drug or pain medication misuse               | 2.03%           | 7                          | 2.61%          | 9                     |
| Need for recreational opportunities and active living | 18.84%          | 65                         | 11.01%         | 38                    |
| Poor nutrition/unhealthy food habits                  | 8.70%           | 30                         | 4.93%          | 17                    |
| Income, poverty and family stress                     | 12.46%          | 43                         | 4.06%          | 14                    |
| Access to healthy food                                | 11.01%          | 38                         | 12.17%         | 42                    |
|   | <i>Answered</i> | 345                        | <i>Skipped</i> | 195                   |

**Question 11 Comments:**

*Need activities that don't involve food! I have to wear a mask.*

*Chiropractic care for back*

*Received help with home maintenance & heat*

*My health care has been routine*

*caregivers that come in daily*

*My mother lives with my brother and is in need of daily care and assistance with house cleaning*

*in home care after surgery*

*NONE*

*Physical therapy*

*help took the form of the ACA*

*only income social security*

*I do have health insurance and have an active lifestyle. I would not assess as a need because I have them*

*In the near future I will surrender my driver's license. What then?*

*I am fortunate to be able to retire with adequate financial resources. Arthritis and back pain are problems and inhibit my activity, but overall, i am very fortunate.*

*Help finding a health care provider who is accepting new patients.*

*fortunately, none of the above*

*It would be helpful to attend a group with others who are caring for an elderly/disabled spouse.*

*bad at comprehension,vocab,etc*

*medical specialists*

*Not enough money to take care of my responsibilities.*

**Question 11 Comments:**

*Access to grief concealing*

*Didn't need any services .*

*No needs over past year for either of us*

*knee replaced in July - needed help and got it*

*Appts covered by insurances, medical, dental, vision, etc*

*Because of surgery, and some continuing physical issues, I have need and received help with outdoor work I can no longer do myself.*

*good insurance no problems*

*We are lucky!*

*Events in the daytime close to home*

*Legally Blind*

*living with cancer*

*Transportation needs*

**Q12 If you were unable to receive assistance for any issue identified in the previous question, what barrier(s) prevented you?**  
(choose all that apply)

| Barrier  | Percentage | Count | Response Type | Count |
|--|------------|-------|---------------|-------|
| Had no transportation                                    | 5.39%      | 9     | Answered      | 167   |
| Had no childcare   | 1.80%      | 3     | Skipped       | 373   |
| Did not know where or how to get help                    | 16.17%     | 27    |               |       |
| Service I needed was not available in my area            | 11.98%     | 20    |               |       |
| Service was available, but agency could not meet my need | 4.79%      | 8     |               |       |
| Waiting time for an appointment was too long             | 10.18%     | 17    |               |       |
| Was not eligible for the service                         | 16.77%     | 28    |               |       |
| Had no health insurance                                  | 8.38%      | 14    |               |       |
| Could not afford it                                      | 38.32%     | 64    |               |       |
| Could not get time off from work                         | 9.58%      | 16    |               |       |
| Did not want people to know I needed help                | 10.78%     | 18    |               |       |
| <b>Additional Comments:</b>                              | 39.52%     | 66    |               |       |

**Question 12 Comments:**

*Did not know I was ill.*  
*On weekends & at night, no buses.*  
*over income limit for tax (real estate) deduction*  
*Young people think they never will be old*  
*I got help I needed*  
*Needed new dentures not covered by insurance*  
*None*  
*can't find a time that works with re: to job and family*  
*Above pertains to finding care/appropriate living situation for aging parent with dementia*  
*Quality Provider*  
*I'm doing ok.*  
*huge deductible*  
*I have a daughter nearby plus two hired young women who come to clean/cook alternate days. And, check on my medications. I am a happy fortunate woman. Plus, I have a dog and cat. The three of us are a contented family. Mostly, I am blessed to have a caring daughter. We talk every day. My other daughters are attentive but live at a distance and come when possible.*  
*Needed Doctor's recommendation to get Visiting Nurse to help my family, After THREE YEARS I finally got help*  
*Income guidelines for ACA-eligible early retiree are dysfunctional*  
*I did not look for information on groups.*  
*assistance navigating disability and social security paperwork. VERY difficult to understand and prepare in advance all the paperwork with a spouse that has terminal illness*  
*many medical needs are not covered by insurance but I have paid out of pocket at financial sacrifice*  
*did not have barriers*  
*Just not enough income.*  
*Would like to have dental insurance with vision*  
*I have looked. There is no help available for me*  
*Thankfully doing well*  
*Was able to receive the care I needed*  
*requested referral from physician for DHMC mental health and nutrition issues - no one called me back*  
*needed a physical and after I had care my secondary insurance would not cover it*  
*No dental insurance*  
*NH/VT state line changes.*  
*Waiting for ramp to be built through a grant. Took from Sept to end Oct to get a walker.*  
*This is too long a survey for people who are sick.*  
*Spouse's dementia*  
*Lake Sunapee - VNA - available 100%*  
*No one to rely on*  
*I need to get to my dentist and eye Dr but I have been too weak to do so.*  
*Travel to endodontist*  
*A separate, more serious health condition*  
*need teeth - can't afford*

**Q13 Please choose all statements that apply to you:**

|   |        | Yes |        | No  |        | Sometimes |  |
|---|--------|-----|--------|-----|--------|-----------|--|
| I exercise at least 3x per week   | 56.53% | 303 | 14.18% | 76  | 27.05% | 145       |  |
| I smoke tobacco products (cigars, cigarettes)   | 4.29%  | 23  | 87.13% | 467 | 1.49%  | 8         |  |
| I eat at least 5 fruits/vegetables each day   | 39.74% | 213 | 19.96% | 107 | 38.06% | 204       |  |
| I chew tobacco  | 0.56%  | 3   | 89.37% | 479 | 0.00%  | 0         |  |
| I receive a flu shot each year  | 75.93% | 407 | 17.91% | 96  | 5.04%  | 27        |  |
| I use e-cigarettes and/or vape instead of tobacco products  | 1.31%  | 7   | 90.11% | 483 | 0.56%  | 3         |  |
| I eat fast food more than once a week   | 4.66%  | 25  | 80.41% | 431 | 9.70%  | 52        |  |
| I use sunscreen or protective clothing for planned time in the sun  | 56.53% | 303 | 16.42% | 88  | 23.88% | 128       |  |
| I use illegal drugs   | 0.56%  | 3   | 91.79% | 492 | 0.93%  | 5         |  |
| I have access to a wellness program through my employer   | 33.02% | 177 | 54.48% | 292 | 1.87%  | 10        |  |
| I overuse prescription drugs  | 0.19%  | 1   | 92.35% | 495 | 0.37%  | 2         |  |
| I drink more than 3 alcoholic drinks per day  | 1.87%  | 10  | 87.13% | 467 | 5.04%  | 27        |  |
| I have skipped taking my prescribed medications, or delayed getting prescriptions filled, due to the expense. | 7.09%  | 38  | 84.14% | 451 | 2.80%  | 15        |  |

*Answered* 536 *Skipped* 4

**Q14 Which of the following preventive procedures have you had in the past 12 months? (choose all that apply)**

|                          |        |     |                 |     |
|--------------------------|--------|-----|-----------------|-----|
| Physical exam            | 83.77% | 449 | <i>Answered</i> | 536 |
| Blood pressure check     | 83.58% | 448 | <i>Skipped</i>  | 4   |
| Dental cleaning/X-rays   | 78.92% | 423 |                 |     |
| Flu shot                 | 72.76% | 390 |                 |     |
| Vision screening         | 64.74% | 347 |                 |     |
| Cholesterol screening    | 50.93% | 273 |                 |     |
| Blood sugar check        | 48.32% | 259 |                 |     |
| Mammogram                | 43.84% | 235 |                 |     |
| Skin cancer screening    | 35.45% | 190 |                 |     |
| Cardiovascular screening | 24.44% | 131 |                 |     |
| Pap smear                | 18.10% | 97  |                 |     |
| Hearing screening        | 13.99% | 75  |                 |     |
| Colon/Rectal exam        | 12.50% | 67  |                 |     |
| Bone density test        | 9.89%  | 53  |                 |     |
| Prostate screening       | 7.65%  | 41  |                 |     |
| None of the above        | 1.31%  | 7   |                 |     |

**Q15 What services or resources do YOU lack to be as healthy as possible? (choose all that apply)**

|   |        |    |                 |     |
|---|--------|----|-----------------|-----|
| Social activities                       | 26.94% | 59 | <i>Answered</i> | 219 |
| Recreational activities                 | 24.66% | 54 | <i>Skipped</i>  | 321 |
| Affordable primary health care          | 18.26% | 40 |                 |     |
| Affordable specialty health care        | 16.44% | 36 |                 |     |
| Affordable prescription drugs           | 17.81% | 39 |                 |     |
| Nutritional counseling                  | 12.79% | 28 |                 |     |
| Healthy food                            | 9.59%  | 21 |                 |     |
| Proper understanding of my medications  | 1.37%  | 3  |                 |     |
| Mental health counseling or treatment   | 11.87% | 26 |                 |     |
| Alcohol or drug counseling or treatment | 0.91%  | 2  |                 |     |
| Stress reduction resources              | 26.03% | 57 |                 |     |
| Parenting support                       | 3.20%  | 7  |                 |     |
| Pediatric services                      | 0.00%  | 0  |                 |     |
| In-home care/services                   | 6.85%  | 15 |                 |     |
| Additional Comments:                    | 26.48% | 58 |                 |     |

**Question 15 Comments:**

Grocery Store - local

Social activities and recreational activities with transportation and not involved food.

Dental & med. marijuana

The VNA could provide & market a better program.

Exercise, diet

none of the above

Ramp to get out more often

attitude-just do it

Lack of local facility with a pool for exercise

finding a doctor for specific needs

Access to repair, house management services

have avoided going to cardiologist for annual echo and tests due to huge deductible- when last went to cardiologist

paid almost \$900 out of pocket

Teeth

I have 5 caring daughters; one in town

Affordable routine dental

Aging parents

Farm families that make connection to food part of the community

Assistance with adult son with disabilities; supportive housing so he can live separately

time from my work to be more active

I am lucky....services meet my needs

Self motivation to exercise

Time

child care so I can participate in adult activities - exercise

I receive monthly infusions that Medicare only covers 80% of. I wish there was a service that adequately explained all of the Medicare options and helped me to figure out which would be the best for my situation.

I need to lose 100 pounds.

Transportation, mowing, plowing shoveling help with adl's, legal assistance, pain management

None at the moment

Affordable dental care

Doing ok and not feeling like I have needs not met at this time

Food will power

I work directly with DHMC due to organs being removed

More time to do healthy things (cooking health meals, exercise, etc.)

left message twice for annual internal exam - no one called back

**Q16 What health screenings, education, information or services are lacking in your Community? (choose all that apply)**

|                                  |        |    |          |     |
|----------------------------------|--------|----|----------|-----|
| Mental health                    | 28.28% | 69 |          |     |
| Alzheimers/Dementia support      | 23.36% | 57 | Skipped  | 296 |
| Caregiver support & respite      | 22.95% | 56 | Answered | 244 |
| Substance abuse                  | 18.44% | 45 |          |     |
| Telemedicine                     | 16.39% | 40 |          |     |
| Health insurance                 | 15.98% | 39 |          |     |
| Home safety assessment           | 14.75% | 36 |          |     |
| Active living                    | 14.34% | 35 |          |     |
| Emergency preparedness           | 13.93% | 34 |          |     |
| Eating healthy                   | 13.52% | 33 |          |     |
| Eating disorders                 | 11.07% | 27 |          |     |
| Falls prevention                 | 9.84%  | 24 |          |     |
| Parenting                        | 9.84%  | 24 |          |     |
| Smoking cessation                | 9.43%  | 23 |          |     |
| Medication management assistance | 8.61%  | 21 |          |     |
| Cholesterol                      | 5.74%  | 14 |          |     |
| Prenatal care                    | 5.74%  | 14 |          |     |
| Diabetes                         | 5.33%  | 13 |          |     |
| Pediatric care                   | 4.92%  | 12 |          |     |
| Blood pressure                   | 3.69%  | 9  |          |     |
| Additional Comments:             | 28.69% | 70 |          |     |

**Question 16 Comments:**

Surveys for non-English speaking community members  
 Needs more Primary Care Drs.  
 I'm not sure what all is available. Most are.  
 Lacking in my town but most are available in the region  
 No knowledge  
 Medicare insurance we can rely on - costs covered  
 am not sure about telemedicine  
 many of these are available but one would not know if they did not go actively looking  
 Not sure if any are lacking  
 Not sure because I haven't needed any.  
 support for parents of adult children with mental health issues  
 resources, support and education around sexual harassment/assault and domestic violence  
 there is help if needed and am willing to get it  
 There is some of all of this but not enough of any of it because of NH's taxation and services realities.  
 Free dental care for children  
 I'm not sure about all of these. Define Community! Most are available in the region thru hospitals.  
 no services in community--only in area  
 Don't understand the question. Why would a small town have these?  
 i don't know enough about what is available to respond to this question  
 Activities for developmentally disabled adults  
 Home care for the paraplegic/quadruplegic - hard to find caregivers  
 All are available in this area.  
 I don't know if services are lacking.  
 Honestly didn't know any of these things were available.  
 Community transportation for seniors  
 Don't know what is available in my community  
 Inadequate wrap around services for those with developmental and mental health disabilities  
 I don't know of any because I have had my needs met.  
 ? Health insurance-may have more folks on Medicaid (?)  
 DHMC and all its services are less than 20 minutes away.  
 Home health care, personal care, transportation, basic home and yard care,  
 Not really sure because I haven't tried to receive any  
 not sure what is/ is not available. Maybe telemedicine.  
 transportation to get to medical care  
 I doubt that any of these are available in the community where I live, which is a very small NH town.  
 Many services available but not known or not available to many who need them  
 Very small town  
 I don't know what is available in the area  
 ALL OF THE ABOVE AS FAR AS I KNOW  
 Elder daycare  
 I am not aware of all of the above in my community

**Q17 As you age, how important is it for you to remain in your COMMUNITY (where your current home is located)?**

|                      |        |     |          |     |
|----------------------|--------|-----|----------|-----|
| Extremely Important  | 42.29% | 225 | Answered | 532 |
| Very Important       | 28.20% | 150 | Skipped  | 8   |
| Somewhat Important   | 18.61% | 99  |          |     |
| Not Very Important   | 7.89%  | 42  |          |     |
| Not At All Important | 3.01%  | 16  |          |     |

**Q18 How important is it for you to remain in your own HOME as you age?**

|                      |        |     |          |     |
|----------------------|--------|-----|----------|-----|
| Extremely Important  | 44.17% | 231 | Answered | 523 |
| Very Important       | 31.36% | 164 | Skipped  | 17  |
| Somewhat Important   | 16.63% | 87  |          |     |
| Not Very Important   | 5.16%  | 27  |          |     |
| Not At All Important | 2.68%  | 14  |          |     |

**Q19 What are (or anticipated to be) the biggest barriers to aging safely in your own home? (choose all that apply)**

|  |        |     |          |     |
|--|--------|-----|----------|-----|
| Ability to perform activities of daily living<br>(bathing, housekeeping, meal prep, etc) | 49.41% | 208 | Answered | 421 |
| Cost of necessary home support services  | 38.00% | 160 | Skipped  | 119 |
| Home is not equipped with assistive devices<br>(grab bars, stair lift, etc)              | 28.74% | 121 |          |     |
| Structural or environmental issues (roof, stairs,<br>lighting, mold, HVAC, etc)          | 26.60% | 112 |          |     |
| Fear of falling  | 23.52% | 99  |          |     |
| Lack of family support   | 22.33% | 94  |          |     |
| Memory Loss  | 19.95% | 84  |          |     |
| Additional Notations   | 14.49% | 61  |          |     |
| Vision Disability  | 7.84%  | 33  |          |     |
| Hearing Disability   | 5.46%  | 23  |          |     |
| Taking medications properly  | 4.75%  | 20  |          |     |

Additional Comments:

Caregiver coming & wanting to do nothing  
not able to drive would be a major barrier  
None, concerned about my mother 's home  
Already in assisted living  
social contact  
Ability to take care of my home  
I have a medical alert.  
being able to pay property taxes  
Transportation  
not sure  
not sure-don't know what I don't know  
Cost of mortgage on fixed income  
money  
Just the ability to maintain the house and grounds even with help  
transportation  
Not there yet..but these would worry me.  
The cost of staying in your own home keeps going up  
Simple things like changing sheets, carrying heavy objects, gardening must hire someone but regular care is too expensive  
regular home maintenance costs  
transportation  
Transportation  
lack of home support services  
Travel (driving) to shopping areas, etc.  
Possibility of more of the above depending on aging process  
Taxes!  
Not applicable  
time when I can no longer drive  
Being able to afford to hire outside help to maintain shoveling, lawn mowing and any other house upkeep  
cost of home maintenance  
none in foreseeable futur  
I live in a mobile home with a bathtub which I do not use. I feel like an accident waiting to happen because of difficulty  
getting in and out of the shower...need it taken out and a shower pan installed. No funds for this.  
Education to prepare against barriers as we age.  
cost  
dealing with ice and snow in winter.  
stairs to main level  
Afford the upkeep-and able to take care of home properly-in and out  
transportation  
Losing my home to reverse mortgage company, inability to pay property taxes, poverty  
need all essentials o1 level. Need to rearrange rooms.  
No tax relief for seniors on limited/fixed incomes  
Can I afford it?



**Question 16 Comments:**

Cost of living

Have taken steps to be able to age in place.

Lack of transportation

Not sure at this stage

transportation

Housekeeping and in case of power outage, someone to start generator

Availability of appropriate home support services

PLOWING, SHEVELING SNOW, DRIVE WAY ISSUES

I am not experiencing anything right now..but who knows what the future holds

a lot of stairs to get to apartment

being able to afford future health care needs

Having to drive anywhere.

**Q20 How frequently do you interact (by phone or in person) with your friends, family or neighbors in your community?**

|                         |        |     |          |     |
|-------------------------|--------|-----|----------|-----|
| More than once a day    | 45.88% | 245 | Answered | 534 |
| About once a day        | 17.04% | 91  | Skipped  | 6   |
| Several times a week    | 24.91% | 133 |          |     |
| Once a week             | 7.49%  | 40  |          |     |
| Once every 2 or 3 weeks | 2.62%  | 14  |          |     |
| Once a month            | 1.50%  | 8   |          |     |
| Less than monthly       | 0.37%  | 2   |          |     |
| Never                   | 0.19%  | 1   |          |     |

**Q21 When considering your support system to rely upon in times of need, you would: (choose all that apply)**

|  |        |     |          |     |
|--|--------|-----|----------|-----|
| Reach out to family for assistance               | 82.40% | 440 | Answered | 534 |
| Reach out to friends for assistance              | 64.04% | 342 | Skipped  | 6   |
| Reach out to your faith community for assistance | 18.91% | 101 |          |     |

Not ask for help from anyone 8.61% 46

Other (please specify): 6.74% 36

VAMC HBPC

Contact local resources

The only support I have is mental health therapist & homemaker - 2 hours per week.

Local Senior Center

Mascoma Senior Center

Primary Care DMC

Senior Aging Resource Center

Call 911

LSRVNA and healthcare providers at New London Hospital

Caregivers

Assisted living helps with this

VA

work community

WHe have a small coffee club that replaces family that is at least 2 hours away.

Our medical providers

difficult to find available services or people

Not sure

rely on my spouse

I am concerned about this as I age as I am not inclined to go to a church community at all

when at school talk to case manager, school counselor,mom

Local senior senior and servicelink

Hard to ask for help

My therapist

"reach out to friends" should also include neighbors!

spouse

Reach out to community organization (CommunityCare of Lyme)

any available community resources as needed

Keep close to heavenly Father/Creator

Hired help through Community Bridges

My fiance

**Q22 A routine check up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received:**

|                    | Less than a year ago | 1-2 years ago  | 3-4 years ago |
|--------------------|----------------------|----------------|---------------|
| A Routine Check Up | 77.44% 412           | 14.29% 76      | 3.57% 19      |
| A Dental Check Up  | 79.70% 424           | 7.14% 38       | 3.95% 21      |
| An Eye Exam        | 62.59% 333           | 24.44% 130     | 5.64% 30      |
|                    | 5 or more years ago  | Unsure         | Never         |
| A Routine Check Up | 3.20% 17             | 0.94% 5        | 0.19% 1       |
| A Dental Check Up  | 5.45% 29             | 1.13% 6        | 0.75% 4       |
| An Eye Exam        | 3.76% 20             | 1.13% 6        | 1.13% 6       |
| <b>Answered</b>    | <b>532</b>           | <i>Skipped</i> | 8             |

**Q23 In the past 3 years, has a doctor, nurse or other health care provider diagnosed and treated you for: (choose all that apply)**

|   | I have been diagnosed. | The condition is managed through exercise/lifestyle changes. | I am currently taking prescribed medications for the condition. | I have not sought medical treatment. |
|---|------------------------|--|---|--------------------------------------|
| High Blood Pressure   | 30.99% 119             | 12.24% 47  | 38.28% 147  | 14.06% 54                            |
| High Cholesterol  | 24.22% 93              | 15.89% 61  | 23.18% 89   | 14.84% 57                            |
| Heart condition or Heart Disease                                    | 16.15% 62              | 6.51% 25   | 12.50% 48   | 16.93% 65                            |
| Mental Health condition, such as anxiety, OCD, PTSD, or depression? | 14.32% 55              | 7.03% 27   | 13.28% 51   | 18.75% 72                            |
| Diabetes, either Pre-, Type 1 or Type 2                             | 12.50% 48              | 6.51% 25   | 9.11% 35  | 20.57% 79                            |
| Asthma  | 10.68% 41              | 3.39% 13   | 7.55% 29  | 20.31% 78                            |
| Chronic Pain  | 17.19% 66              | 11.20% 43  | 11.46% 44   | 16.67% 64                            |
| <b>Answered</b>   | <b>384</b>             | <i>Skipped</i>   | 156   |                                      |

**Q24 Please check the TOP 3 primary sources you access for health information or clarification on health related issues?**

|  |        |     |                 |     |
|--|--------|-----|-----------------|-----|
| Doctor   | 93.76% | 496 | <i>Answered</i> | 529 |
| School   | 0.95%  | 5   | <i>Skipped</i>  | 11  |
| Religious organization                                 | 0.19%  | 1   |                 |     |
| Radio  | 1.70%  | 9   |                 |     |
| Dept of Health/Public Health Network                   | 6.99%  | 37  |                 |     |
| Hospital   | 23.63% | 125 |                 |     |
| Home Care agency                                       | 7.75%  | 41  |                 |     |
| Library  | 5.48%  | 29  |                 |     |
| Internet   | 72.40% | 383 |                 |     |
| Family/Friends   | 38.94% | 206 |                 |     |
| Newspaper/Magazine                                     | 9.45%  | 50  |                 |     |
| Social Media   | 4.35%  | 23  |                 |     |
| Television   | 5.10%  | 27  |                 |     |
| Not Sure   | 1.70%  | 9   |                 |     |
| Additional Comments:                                   | 6.81%  | 36  |                 |     |
| <i>Medical Journal</i>                                 |        |     |                 |     |
| <i>Merck Manual</i>                                    |        |     |                 |     |
| <i>Homeopathic Practitioner</i>                        |        |     |                 |     |
| <i>Books that I buy.</i>                               |        |     |                 |     |
| <i>Use Visiting Nurse often at Quail Hollow</i>        |        |     |                 |     |
| <i>Case manager</i>                                    |        |     |                 |     |
| <i>My insurance sends out monthly flyers</i>           |        |     |                 |     |
| <i>Reports from medical school publications</i>        |        |     |                 |     |
| <i>Wellness plan with our insurance</i>                |        |     |                 |     |
| <i>I do a lot of my own research</i>                   |        |     |                 |     |
| <i>school nurse</i>                                    |        |     |                 |     |
| <i>Books</i>   |        |     |                 |     |
| <i>self- I'm a nurse</i>                               |        |     |                 |     |
| <i>Local pharmacist</i>                                |        |     |                 |     |
| <i>local clinic</i>                                    |        |     |                 |     |
| <i>Dartmouth College Benefits Office</i>               |        |     |                 |     |
| <i>Dedical School Newsletters (Harvard; Mayo, etc)</i> |        |     |                 |     |
| <i>physical therapists</i>                             |        |     |                 |     |
| <i>Medical literature, medline, etc</i>                |        |     |                 |     |

my health insurance website  
 Friends in the medical profession  
 self  
 Holistic Nutritionist  
 dont understand question  
 published research  
 medical literature  
 Pharmacy  
 Google  
 Therapist  
 Dartmouth-Hitchcock  
 Colleagues  
 Experts in specific areas of health/wellbing need (local if possible)  
 licensed nutritionist

**Q25 Does the community where you live have the following: (choose all that apply)**

|  |        |     |          |     |
|--|--------|-----|----------|-----|
| Activities that are affordable for me                              | 80.82% | 375 | Answered | 464 |
| Variety of cultural activities                                     | 63.15% | 293 | Skipped  | 76  |
| Continuing education classes                                       | 57.11% | 265 |          |     |
| Volunteer activities   | 86.21% | 400 |          |     |
| Activities for older adults  | 76.29% | 354 |          |     |
| Activities that offer senior discounts                             | 42.24% | 196 |          |     |
| Conveniently located venues for entertainment                      | 50.00% | 232 |          |     |
| Local schools that involve older adults in events and activities   | 31.03% | 144 |          |     |
| Social clubs, such as gardening, books, crafts or hobbies          | 70.47% | 327 |          |     |
| Accurate and widely publicized information about social activities | 58.62% | 272 |          |     |

**Q26 Where would you access information if you, a family member or friend were seeking services for older adults, such as home delivered meals, home repair, medical transporting, caregiver services or social activities? (choose all that apply)**

|   |        |     |          |     |
|---|--------|-----|----------|-----|
| Local senior center                         | 71.73% | 378 | Answered | 527 |
| Family or friend referral                   | 60.72% | 320 | Skipped  | 13  |
| AARP  | 17.27% | 91  |          |     |
| Faith based organization                    | 18.03% | 95  |          |     |
| Internet                                    | 53.70% | 283 |          |     |
| Phone book                                  | 16.13% | 85  |          |     |
| Physician or other health care professional | 60.91% | 321 |          |     |
| Local government office                     | 18.22% | 96  |          |     |
| Library                                     | 15.75% | 83  |          |     |
| Hospital/other health care agency           | 49.53% | 261 |          |     |
| Newspaper/Magazine                          | 14.23% | 75  |          |     |
| Radio                                       | 3.23%  | 17  |          |     |
| Social Media                                | 14.99% | 79  |          |     |
| Additional Notations                        | 9.11%  | 48  |          |     |

ServiceLink  
 Dartmouth Aging Center  
 VA  
 VNA  
 LSRVNA!!  
 shopper  
 community staff  
 Banker  
 community action program  
 Community Nurse, Upper Valley Community Nursing Project  
 Council on Aging  
 211  
 visiting nurses, public health council, town manager  
 State government etc Servicelink  
 Upper valley

I looked. There is no help for me  
 Not sure  
 DHMC council on aging  
 Dartmouth-Hitchcock  
 ServiceLink; Senior Solutions  
 Local VNA  
 Community-based organization (CommunityCare of Lyme)  
 Senior Solutions VT  
 TOWN OFFICE  
 Senior Referral Telephone # - prepares for future  
 Kearsarge Visiting Nurse

**Q27 Are you currently the primary caregiver for a loved one (someone who cannot fully care for themselves)?**

|        |        |     |          |     |
|--------|--------|-----|----------|-----|
| Yes    | 9.70%  | 51  | Answered | 526 |
| No     | 88.02% | 463 | Skipped  | 14  |
| Unsure | 2.28%  | 12  |          |     |

**Q28 Do you anticipate being a primary caregiver in the near future?**

|        |        |     |          |     |
|--------|--------|-----|----------|-----|
| Yes    | 20.27% | 105 | Answered | 518 |
| No     | 59.46% | 308 | Skipped  | 22  |
| Unsure | 20.27% | 105 |          |     |

**Q29 If you are a primary caregiver for a loved one, do you reside with the person you are caring for?**

|                            |        |     |          |     |
|----------------------------|--------|-----|----------|-----|
| Yes                        | 22.35% | 59  | Answered | 264 |
| No                         | 40.15% | 106 | Skipped  | 276 |
| It is in the future plans. | 26.89% | 71  |          |     |
| Other (please specify)     | 10.61% | 28  |          |     |

*Not a primary caregiver*  
*Uncertain but may reside with me in future*  
*My daughter and I may have to care for each other*  
*Hoping to have a decade or so before I have to cross that bridge...*  
*I am not a caregiver yet*  
*There are 2 people I am responsible for. I reside with one and the other is in Assisted Living facility.*  
*loved one in assisted living facility*  
*Not a care giver*  
*I have in the past*  
*Did up until two weeks ago*  
*They live out of state and I travel there frequently*  
*No - cared for my Mother - Ass't. Living*

**Q30 If you are a primary caregiver for a loved one, what are your concerns about doing that successfully? (choose all that apply)**

|  |        |    |          |     |         |     |
|--|--------|----|----------|-----|---------|-----|
| Balancing work, family and caregiving responsibilities | 50.28% | 91 | Answered | 181 | Skipped | 359 |
| Burnout for myself                                     | 53.59% | 97 |          |     |         |     |
| Unwillingness of loved one to accept care              | 25.41% | 46 |          |     |         |     |
| Availability of professional staff to lend support     | 30.39% | 55 |          |     |         |     |

Lack of knowledge regarding local resources and services 20.99% 38  
 Cost 38.67% 70  
 Other (please specify) 22.65% 41  
*Not a primary caregiver--but if so, I would have these concerns.*  
*In the future*  
*Strength to do what I must & how to survive my own illnesses*  
*Not primary caregiver*  
*Physically being able to lift the loved one etc.*  
*I am not but checked the boxes if I were*  
*When I was recently, the biggest concern was burnout. After 4 years of live—in caregiving, I did not want to do it any more. (Sick of urine smell too.)*  
*person in assisted living*  
*Not a caregiver*

based on prior role  
 These were concerns when I cared for my husband before his death.  
 not applicable yet but cancer caregiving is near  
 Self care; not burnout  
 raising the kids in a balanced environment  
 Stigma regarding mental health issues  
 loved one in assisted living center  
 not one  
 myself getting older  
 Not a primary caregiver  
 Not a caregiver  
 Do best of my ability

**Q31 If you could change one thing that you believe would contribute to better health in your COMMUNITY, what would you change?**

| Response   | Percentage | Count | Answered | Skipped     | Total |
|--|------------|-------|----------|-------------|-------|
| Affordability and availability of prevention and immediate services to support a healthy lifestyle (food, insurance, medical and mental health services and management)  | 51.42%     | 163   | Answered | 317 Skipped | 223   |
| Improvements to our Exterior Infrastructure and Access to those Opportunities (walking/bicycling trails, sidewalks, internet)  | 11.99%     | 38    |          |             |       |
| Aging in One's Home  | 8.20%      | 26    |          |             |       |
| Affordable and greater accessibility to more public transportation options   | 12.30%     | 39    |          |             |       |
| Philosophical, Abstract Societal Improvements; "nice weather", "more patience", "Making farmers more valued"   | 3.47%      | 11    |          |             |       |
| Content/Happy with Status Quo  | 5.05%      | 16    |          |             |       |
| Unsure   | 4.73%      | 15    |          |             |       |
| Personal Choices "It is more a personal change vs. community that is needed for me"  | 2.84%      | 9     |          |             |       |
| Provide outreach to the diverse ethnic minorities in our community.  |            |       |          |             |       |
| Cost of health support   |            |       |          |             |       |
| More help with getting needed IDMs, walker, ramp. Limited, long wait, much paperwork, run around, stress.  |            |       |          |             |       |
| Lower taxes!   |            |       |          |             |       |
| Super Market   |            |       |          |             |       |
| Transportation - Home Visitors   |            |       |          |             |       |
| Transportation availability for those who cannot drive   |            |       |          |             |       |
| Dartmouth-Hitchcock is too busy to see regular patients. Even in complicated cases, they are sending you to Urgent Care!   |            |       |          |             |       |
| More senior housing, there is a waiting list, many people are forced to stay in houses that are too big & expensive. Also lack of public transportation, hard to get around if you don't drive.  |            |       |          |             |       |
| Better internet  |            |       |          |             |       |
| Walk in Clinic. Outpatient in Emergency room so expensive & not necessary for many illnesses or accidents.   |            |       |          |             |       |
| New President  |            |       |          |             |       |
| insurance prices   |            |       |          |             |       |
| whole foods  |            |       |          |             |       |
| A little more kindness to each other   |            |       |          |             |       |
| A better dietary meal plan. A better marketed wellness program.  |            |       |          |             |       |
| Affordable living situations   |            |       |          |             |       |
| Better meals   |            |       |          |             |       |
| More info about services available & how to access them  |            |       |          |             |       |
| What people eat. Cut out junk & prepared food. No sugar. Go Mediterranean.   |            |       |          |             |       |
| Wellness checks  |            |       |          |             |       |
| More safe walking paths  |            |       |          |             |       |
| I believe all that is required if being done in this area of many medical providers, activities, etc   |            |       |          |             |       |
| Broadband Internet service (which would enable telemedicine). Our town and its broadband committee (I'm a member) has been trying for SIX YEARS to get Internet access for all of our residents, but the broadband companies don't want to bother with us because of our small size and rugged geography. There is service along some of the main roads, but only for a fraction of the population. We are stuck in a last-century life while trying to exist in a digital 21st century world. |            |       |          |             |       |
| I would like to see fewer smoke.   |            |       |          |             |       |
| Move closer to family  |            |       |          |             |       |
| Metal bars in bathtub/shower   |            |       |          |             |       |
| better transportation. Better ride service for those who can not drive.  |            |       |          |             |       |

More support for helping those with health issues while living in homes that are dirty and unsafe  
Access to affordable housekeepers  
Free exercise i.e. gyms & pools  
Social interaction and acceptance of each other as individuals yet sharing the same basic needs as we age.  
A more engaging senior program.  
More walking trails  
Low cost or no cost help for seniors without HHS  
Single Payer/Medicare for All  
Availability of geriatric care  
More access to addiction treatment, opiate abuse treatment programs, more mental health resources  
Less isolation in winter, more planned social activities during winter months.  
local outdoor activity in which everyone could participate like Tai Chi or local walks  
The weather  
start school later in the day. We get up too early.

More low-cost opportunities for NON-elderly, low-income population, in the age ranges of 20-60 years old. It seems to me that the number one group that suffers from lack of resources is this area of adults mostly in their 30s & 40s. They don't know where to go to get help, they are afraid to ask for help (or embarrassed to), and the community seems to focus on the elderly so much more, when, in my opinion, focusing on this lower age group would help ease the burden and break the cycle of "too many elderly adults in need of proper care" in the future!  
More local venues for entertainment  
I'm pleased with the current state of the community  
Juice bar / healthy, organic restaurant  
Fewer guns.  
Being able to telecommunicate with a community based health center  
Better and more accessible healthcare. We often travel to concord for health care because it's more available and they are willing to see and treat us. Love how we are getting walking trails!  
More people being involved to help the elderly and people with disabilities of any age.  
Community transportation that connects a larger region (not just one town but maybe to concord or Lebanon) so that more options for wellness, accessibility to shopping and recreational activities  
Day time programs for the elderly or mentally ill or disabled  
It is more a personal change vs. community that is needed for me.  
Programming for KRSD students on sexual harassment/assault and domestic violence.  
walking club  
more education  
great question-more of a "closeness" feeling-connections & sense of real community  
Better communication  
People's understanding of how bad carbohydrates and sugars are for us and how good healthy fats are for us. Perhaps laws about how close candy could be to cash registers.  
More evening learning, physical activities and social activities for 55+ adults.  
More access to exercise; gyms, fitness centers  
Better early intervention support for families with young children, or children with disabilities.  
increase focus on Wellness activities and access to affordable health/dental clinic  
More cultural/educational offerings  
affordable healthy food  
More opportunities for casual and regular social activities.  
The annual physical is a cursory check. A full check-up is preferred.  
single-payer health insurance, or at least preserve the ACA  
More in-home care givers  
Less wait time for doctor appointment  
regular check by friends/staff on 'what's going on'.....phone call every other week or so  
Lack of services, if there are services available, no one knows it  
Reduce health insurance costs  
Free flu shot day at New London Hospital. Right now we have to drive to Dartmouth Hospital to receive a free flu shot.  
Better rates for community Centers  
Communication on available resources  
Health care through more primary physicians  
discussion, sessions, information on diet  
Opioid addiction treatment  
Safer sidewalks -- i.e., keep cyclists off of sidewalks!  
senior housing, health clinic  
Shopping trips in case we can no longer drive ourselves  
handicapped accessibility  
Transportation system & town paid nurse to check on people  
access to affordable health care for everyone  
Walking trails and parks  
Repair sidewalks so that we could walk safely.  
Better walkability, more sidewalks.  
Better information disbursement

*Outreach programs and health initiatives*

*Complete the bike railtrail system from Concord to Lebanon*

*Smoking cessation! Too many people smoke.*

*provide more open community education in a variety of topics, better transportation to get to the services*

*eliminate poverty*

*More home health care aides for the home-bound and disabled citizens.*

*support for seniors, who want to stay in their homes.*

*MORE FINANCIAL ASSISTANCE FOR THOSE THAT DON'T QUALIFY FOR MEDICARE/MEDICAID*

*more efforts for senior care in Sullivan county*

*ability to go places when you want to without having to spend money to get there.*

*Improve transportation options*

*A formal exercise program with equipment as part of a Wellness Program.*

*Bus trips to Boston, Portland, etc.*

*Activities and exercise classes in Sunapee that are more affordable*

*We have long term care insurance and it is substantial. Would like some counseling about how it fits into our future budget and what services it is likely to cover. Probably available at the insurance company (GE) Haven't spent time studying or researching this.*

*Affordable HEALTHY food.*

*more patience*

*Less dominance of DHMC in the healthcare market with more readily available primary care.*

*Elder Check In rather like a neighborhood watch - so many elders are isolated and not connected to services increasing risk of depression and misusing meds*

*Big question! Right now the community is very full of good choices so I truthfully can not think of "one single thing" to make it better.*

*Nutrition education for children and parents to fight obesity (maybe this exists and I don't know it). ~~DR~~ Improved Medicare for All*

*Do not make town too expensive to live in. Town government and schools are getting larger and larger - every little thing is "commendable" on its own but cumulatively they are out of control and contribute to rising taxes.*

*We live in a wonderful community with multiple resources.*

*better info on what is happening in our total community*

*Urgent care clinic*

*More programs for the aging population*

*Better support for low income families and individuals-- follow through on supports for health care/home care, free or reduced dental care,*

*and more resources to address the opiate abuse epidemic*

*one stop shopping to access services*

*More promotion of what COA and VNA have to offer.*

*Can't think of anything - this is a great community!*

*Elderly daycare opportunities*

*more availability of services and personnel and better communication about the resources*

*A house for seniors to live with in house nursing.*

*This way they can stay in the town where they lived and be with their life long friends and family.*

*Better access to information about lower meds cost and doctor's appointments.*

*More doctors. My primary care physician is SO busy – difficult to schedule an appointment.*

*More physical and social activities for elders and transportation to get them there...or, at elder facilities themselves, including balance training*

*Dental problems for seniors. ~~With~~ financial issues need to be able to find care and there needs to be public community transportation*

*Easier access for seniors to small help for things like going to doc appointments, shopping, small repairs*

*Active aging in place cooperative support*

*Ban smoking everywhere in our town*

*A local grocery store and/or a food pantry that distributes WIC or senior food stuffs or meals on wheels.*

*more fun events and happier people to be around*

*Increased home care services*

*Community Nursing program*

*Taking care of the health of health care providers.*

*Provide more athletic opportunities for elderly.*

*A system to check in with and help seniors.*

*Meeting place for young adults with disabilities*

*ACCESS TO SERVICES*

*making Farmers more valued. they should be paid better and supported more.*

*offer organize group (public) exercise opportunities for all levels*

*easy access to licensed therapists*

*More health focused activities for young local adults who don't go away to college, supportive housing for those with disabilities, more*

*community building for those on margins*

*Helping Seniors and Self-Contractors understand health insurance options*

*More self discipline about healthy living, especially weight control.*

*Get Dunkin Donuts out of Sunapee Harbour*

*Assistance with substance abuse*

*better coordination of existing Health Care resources....e.g., VNA, hospital/practices/COA, others*

*Affordable private duty home health aide/ homemaker services*

*Our community has excellent resources. Educating more people to use the resources would be a goal.*

*Tax processed foods*  
*Healthier food in grocery stores.*  
*Smoking cessation programs*  
*More training of caregivers to take care of family and friends. Basic skill development for caregivers.*  
*Edible gardens instead of lawns.*  
*The hospital should become more involved in our community*  
*Find some way to assist elders in overcoming denial of needs*  
*Focus on wellness efforts*  
*The elderly lose close friends as they age, (my husband has lost 4 dear friends within the last two years) and misses those friendships. If the community offered more events and groups to become involved in it would help so much.*  
*easier access to healthy food*  
*Increase available in home affordable services*  
*Have a community center which would serve as a central location for recreation, elder activities, entertainment, volunteering, clinics, etc.*  
*More resources, community events*  
*Access to public transportation*  
*I don't know because we have fabulous trails for biking, numerous scenic roads for walking/running, and a lake for water sports.*  
*More activities for your adults*  
*A greater variety of social options, particularly for young adults who feel isolated in these rural communities.*  
*add a walk-in clinic*  
*Easier access to transportation*  
*More public forums about basic health related issues or issues that are currently a problem in our society.*  
*Have a COA in Sunapee like New London has*  
*More outreach to isolated community members*  
*Lower taxes. The tax rate in Newport is among the highest in the state; in many cases, the money seems to not be managed well. If the money were managed better and taxes lowered, families would have more money for quality-of-life matters. The town may also attract more businesses, which would provide a more robust social situation for residents.*  
*Public transportation access in Grantham.*  
*Free exercise/gym building rather than having to pay for it*  
*more available transportation*  
*more community/parish nursing services for local communities (we are lucky enough to have one) or longterm using for folks who don't meet medicare criteria*  
*Additional affordable home care services to allow the senior population to stay in their homes longer.*  
*insurance*  
*To make it less expensive to have devices such as eye glasses, hearing aids and dentures on limited incomes.*  
*Affordable health care*  
*Education of services, acceptance of help(overcoming pride) Healthy aging is a personnel responsibility.*  
*Quicker access to mental health services*  
*More resources / money*  
*Having a support group for caregivers, where stories can be shared and learn what other caregivers do.*  
*Willing Hands mobile van to deliver fresh produce to our seniors / shut ins.*  
*More community exercise/events*  
*Better mental health services available very expensive costs*  
*Free exercise class*  
*Give more people sophisticated tools and support. e.g. Life Planning mini-retreats, RN health advocates/coaches*  
*Better access to transportation.*  
*Affordable exercise classes and activities for the whole family.*  
*Affordable healthcare coverage that covers our needs*  
*More socialization for elders in the community-*  
*Transportation options*  
*Enfield needs more for our Senior Citizens. Nothing in Enfield for Senior Citizens.*  
*more senior programs. Enfield does not have much for seniorcitizen.*  
*Better communication between healthcare facilities...Drs.,Hospitals, Specialists, Pharmacies, etc.*  
*Available elder services for impoverished seniors*  
*Less drugs, more living.*  
*Walk in clinic*  
*I would offer a wide variety of classes for people of all ages.*  
*homemakers regardless of income*  
*Not sure. We have lots of resources and services available. Sometimes we aren't aware of what we are lacking until we need it.*  
*Community gym, pool and track in our immediate community with early and late hours*  
*Better communication on what is available, where and at what costs*  
*I would try to have more outdoor gatherings and fun events to get folks OUTDOORS AND OFF CELL PHONES/COMPUTERS AND TABLETS !*  
*Better mental health services*  
*Cost of health care and dental care*  
*universal health insurance / health care - no out of pocket fees or deductibles*  
*More information regarding health issues sponsored by the hospital.*  
*Healthcare all affordable*  
*organized walking group*  
*More activities for Sr*



*Transportation to medical services*

*Public health services provided through community health care center*

*I cannot think of one change. I am fortunate to live in a community with numerous avenues for healthcare. One universal issue to address would be aging at home.*

*mental health care*

*More activities for seniors*

*Greater access to free health screenings. Free flu clinics by DHMC wonderful but only offering once. Senior discounts for services like housecleaning. Food delivery services or help with shopping. Brochure to seniors on services provided within community with contact numbers/info.*

*visiting nurse visits*

*Better, more help with drug abuse/use in our communities.*

*Dog park for more walking and social interaction*

*To have regular professional environmental check-up: air and water*

*Focus on the younger population.*

*Communication*

*Accessibility to transportation and services*

*Affordable health insurance*

*affordable health care for ALL, including mental health*

*More community transportation.*

*A pharmacy closer to home*

*support services for people who live alone, have limited funds/resources*

*more people to provide in home non-medical care at an affordable rate. More community/parish nurses*

*Affordable public transportation is needed*

*Free interactive education for young adults*

*better defined sidewalks on some of our major roads so that it is safer to walk places*

*Cost of Health Care*

*Rid the community of the low income drug addicts*

*Way for elderly to go to events and someone drive ....or each family of elder person have another contact person to use as a backup until problem/concern is under control.....*

*Change a light bulb, start a lawn mower, help if you fall but not injured, check on in a storm....i.e. Like a good neighbor*

*Money for in-home care for those who need it*

*Public transportation - Uber, Lyft, etc.*

*Public transportation for people who cannot drive.☐*

*Health care system/organizations engaging and supporting community-based/grass roots health and well being supports.*

*More home health care that is reliable*

*Opportunities to meet your neighbors & socialize more*

*access to affordable healthy food.*

*More services within the community. Everything we need is located outside of the community.*

*employ a nurse*

*Transportation issues*

*affordable dental care and/or universal "medical" coverage that includes dental*

*Services for those who cannot afford reliable hired caregivers!!!!!!!!!!*

*Affordable Sr housing when no longer able to stay home*

*PROVIDE ACTIVITIES FOR OUR ELDERS AND PROGRAMS*

*At this time in my life, I am healthy and not in need of services just yet. Who knows what I may need and NOT find accessible here.*

*affordable respite help for families with members with disabilities or elder issues*

*Free birth control*

*affordable health care; healthy eating establishments, affordable*

*affordable healthcare*

*Cost*

*Affordable health insurance*

*Affordable housing*

*Elder daycare*

*Better communication of services, facilities, events.*

*increased social activities for people of all ages*

*Transportation - no matter how many great opportunities there are for receiving food or exercise or other social activities it won't matter if no one can actually get there.. Transportation is a huge issue*

*Better integration of resources and systems.☐Making these person centered.*

*Affordable and easily accessible transportation*

*Extended care facility at the hospital*

*Transportation*

*a better hospital*

*more and more affordable housing options for people as they age*

**Q32 If you could change one thing that you believe would contribute to better health FOR YOU, what would that change be?**

| Affordability and availability of prevention and immediate services to support a healthy lifestyle (food, insurance, medical and mental health services and management) | 23.05% | 77  | Answered | 334 | Skipped | 206 |
|---|--------|-----|----------|-----|---------|-----|
| Improvements to our Exterior Infrastructure and Access to those Opportunities (walking/bicycling trails, sidewalks, internet)   | 2.10%  | 7   |          |     |         |     |
| Aging in One's Home   | 4.49%  | 15  |          |     |         |     |
| Affordable and greater accessibility to more public transportation options  | 2.10%  | 7   |          |     |         |     |
| Specifically cited : Weight loss; increase exercise commitment; Change eating habits  | 33.83% | 113 |          |     |         |     |
| Philosophical or tangible self-improvements (Move, Less work, more sleep, Organize, etc)  | 24.25% | 81  |          |     |         |     |
| Content/Happy with Status Quo   | 8.68%  | 29  |          |     |         |     |
| Unsure  | 1.50%  | 5   |          |     |         |     |
| <i>More exercise</i>  |        |     |          |     |         |     |
| <i>Insurance</i>  |        |     |          |     |         |     |
| <i>Ability to sleep without interruption, 8 hrs.</i>  |        |     |          |     |         |     |
| <i>Move to another area</i>   |        |     |          |     |         |     |
| <i>Less costly gym access</i>   |        |     |          |     |         |     |
| <i>Eat less.</i>  |        |     |          |     |         |     |
| <i>More support for home and yard care</i>  |        |     |          |     |         |     |
| <i>A larger food store with more variety closer to our town. (Now a 1/2 hr. drive.)</i>   |        |     |          |     |         |     |
| <i>More \$ after taxes (elderly tax deduction)</i>  |        |     |          |     |         |     |
| <i>Better eating habits</i>   |        |     |          |     |         |     |
| <i>I wish there was a medication for arthritis that wasn't an opioid but more effective than ASA or Tylenol etc.</i>  |        |     |          |     |         |     |
| <i>family who has forgotten me</i>  |        |     |          |     |         |     |
| <i>eat less chocolate</i>   |        |     |          |     |         |     |
| <i>healthy eating..not binging</i>  |        |     |          |     |         |     |
| <i>better nutrition</i>   |        |     |          |     |         |     |
| <i>Taking more time for myself</i>  |        |     |          |     |         |     |
| <i>More exercise &amp; diet</i>   |        |     |          |     |         |     |
| <i>At moment need nothing more than have.</i>   |        |     |          |     |         |     |
| <i>More exercise</i>  |        |     |          |     |         |     |
| <i>Elimination or relative lack of public transportation.</i>   |        |     |          |     |         |     |
| <i>Be allowed to have a pet</i>   |        |     |          |     |         |     |
| <i>We have excellent resources for health care</i>  |        |     |          |     |         |     |
| <i>Lose more weight</i>   |        |     |          |     |         |     |
| <i>That lifesaving and life-enhancing medical advances will happen by the time my family and friends and I need them!</i>   |        |     |          |     |         |     |
| <i>Better communication with spouse.</i>  |        |     |          |     |         |     |
| <i>Exercise</i>   |        |     |          |     |         |     |
| <i>Back door access in winter</i>   |        |     |          |     |         |     |
| <i>More local information access - at library of local town office.</i>   |        |     |          |     |         |     |
| <i>someone to exercise regularly with me in my home.</i>  |        |     |          |     |         |     |
| <i>My job</i>   |        |     |          |     |         |     |
| <i>Reduce alcohol intake</i>  |        |     |          |     |         |     |
| <i>Access to affordable housekeepers</i>  |        |     |          |     |         |     |
| <i>More money</i>   |        |     |          |     |         |     |
| <i>Being closer to family members.</i>  |        |     |          |     |         |     |
| <i>Exercising more routinely. Eating habits.</i>  |        |     |          |     |         |     |
| <i>Affordable grains and vegetables</i>   |        |     |          |     |         |     |
| <i>Less work, more time to recreate!</i>  |        |     |          |     |         |     |
| <i>Don't know, except maybe a way to afford things not covered financially for needed help once in a while. Future security for Social Security &amp; Health Care.</i>  |        |     |          |     |         |     |
| <i>Medicare for All that would cover dental care</i>  |        |     |          |     |         |     |
| <i>Successful treatment of peripheral neuropathy</i>  |        |     |          |     |         |     |
| <i>more choices of Dr.s in Newport and being able to get an appointment sooner</i>  |        |     |          |     |         |     |
| <i>More time for exercise</i>   |        |     |          |     |         |     |
| <i>Regular counseling.</i>  |        |     |          |     |         |     |
| <i>more outdoor activity locally</i>  |        |     |          |     |         |     |

Bowling ally  
More local friendships  
Less carbs, more cardio  
Oh, well, that's easy...that's all down to me and making the time and/or sacrificing time elsewhere to commit to my own health needs. I need to see doctors more frequently and stay on track. I truly am my own worst enemy in this regard, while I bend over backwards to help my friends and family with these same issues!  
I am satisfied and my health is excellent  
I could be more regular about exercising.  
Need to exercise more, again.  
So far, I'm pretty healthy and doing all I can to remain so.  
Smaller portion sizes and consistent outdoor physical activity same as above  
quit smoking  
Less work.  
Exercise more frequently  
The opportunity to walk and ride safely around town. Not many sidewalks to promote walking or riding.  
Take more time for myself to do healthful things like yoga or exercising  
More healthy fresh and prepared food options so that fast food isn't the only option  
more exercise  
Eat less, exercise more  
I would have to prioritize time for me for exercise and socialization.  
reengaging in a yoga class  
eating healthier  
the ability to see a specialist without having to pay a large amount of money out of pocket  
having a doctor who trusts you, and trusting them.  
eat less/move more and know why I need do this  
Childcare to allow time to exercise  
Better/more choices for activities available.  
Exercise  
More physical activity  
More support for me, child care for my disabled child.  
Affordable access to fitness center, gym memberships  
More time for self-care!  
More regular access to exercise and health options in my area  
More exercise & upper body strength exercises  
More exercise more frequently  
More exercise  
lose weight  
Better mental health care in the region  
Lower cost of health care  
more exercise  
drink a little less alcohol  
My outlook on life, work and relationships  
Reduce health insurance costs  
I would like New London Hospital to have free seminars on health like Dartmouth Hospital has. For example, a seminar on how to cope/live with rheumatoid arthritis.  
Exercise incentives  
my own commitment to exercise and diet  
Getting/ raking my asthma meds  
Support on elder care  
more exercise  
More time for exercise  
Having a regular walking partner  
health clinic  
doctors time to go over personal issues.  
I am an amputee and would like a mechanical ankle  
A place to walk in the winter months  
More varied exercise  
I'm doing well.  
working less, moving more  
Nutrition guidance  
More walking.  
More availability of social and recreational events for younger people in my area.

*I would join the community center  
Eating cleaner  
Spend more time exercising  
All good here.  
make time to exercise  
eliminate arthritis  
Stress reduction  
More free indoor exercise venues.  
lower real estate taxes, then I wouldn't worry about the future. It's stressful!!  
SAME AS ABOVE  
more affordable health care  
Exercise more often  
feel doing it  
Local handyman  
More leisure & more \$  
Same answer as former question.  
I would not change a thing! Except!! be closer to my family.  
exercise more  
more time to exercise  
More exercise and a better diet.  
Knowing I could get to shopping and medical services if I could not drive.  
detach EATING from PROCRASTINATION and walk more  
In home help  
Greater emphasis and time for yoga, religious activities, etc.  
Exercise more  
Nothing so far - Grateful to have the means to keep me healthy and happy  
Allowing myself to set goals I can actually reach while most of my time is needed to take care of my spouse. I need to keep  
from doing too much else and spend more energy on finding calm in our lives and time to properly rest.  
Be more consistent about exercise and healthy diet.  
social connection  
An actual clinic or access to doctors who are not affiliated with hospital. So you could go and get a quick prescription without  
having to go to ER or have a primary care office that just serves as a test referral service to the hospital and doles out  
outdated opinions on nutrition, birth control (not an issue anymore) and weight.  
Relief from chronic pain would allow me to be more physically active  
quit drinking  
More options for elder care. Since the Clough closed it's been rough for older folks who might need skilled nursing  
Work fewer hours during the week to get outside more  
A cure for Neuropathy !!!  
Get someone to talk to  
Walking 2 plus miles per day.  
Controlled pain.  
Less expenses  
nothing, feel very blessed so far  
Lower cost.  
To not get cancer again.  
More affordable insurance. Terrified of the future when I stop or slow down with work.  
More exercise  
Ban smoking everywhere, get the asshole drivers off the road  
Mobility  
Single payer health care  
Lose another 10 lbs.  
Affordable gym access  
MORE REASONABLE HEALTH CARE  
more local foods  
Less stress due to financial concerns  
more unscheduled time  
Effective, enduring supportive housing for loved one  
More self discipline about exercise and diet control. Less candy  
more self discipline!!  
retire  
closer exercise facility  
I wish I could walk more and drive less but not possible given where I live.  
More garlic  
General community trading of basic caregiving skills.*

Exercise on a more regular basis  
More services for seniors  
Greater physical (aerobic) exercise.  
Make time for more exercise  
I need to make more of an effort to seek out and participate in activities even though my caregiver responsibilities take up much of my time. Working part-time is a help.  
non judgment  
Organize myself  
Find a way to be less busy so I could more easily make time to exercise.  
more affordable healthcare, dental insurance, and medications  
Access to public transportation  
I would take a yoga class.  
Go back to work for both financial and social reasons.  
Working less  
Affordable preventative opportunities to combine social and wellness benefits, such as affordable fitness classes.  
Retire  
Having someone that could watch my kids so I could participate in a class or activity.  
working fewer hours- more down time  
If I could figure out how to voice my concerns about family issues without offending my wife and starting an argument so that we could problem-solve more effectively, that would greatly reduce my stress.  
Expanding my physical activities  
Not drinking Alcohol  
Increased activity/exercise.  
To be able to have TWO hearing aids (I have one) and to be able to afford bottom dentures when that time comes.  
Motivation to practice what I know for my health.  
better sleep  
Win the lottery!  
To say no! As a caregiver we are always wanting to do it to make others feel better but we then get overworked and burned out.  
Shorter work week, more time to exercise and spend time with my family.  
Time to myself  
More exercise, group  
More time to being outdoors, active, with friends and family.  
Lose 15 pounds.  
Assistance for behavior change for less snacking.  
More free time to enjoy life!!!!!!!!!!!!!!  
I need to retire soon!  
I should make myself to get out and be more active.  
Less pain  
More play time  
To be able to afford decent healthcare, very stressful worrying about the near future  
Need to lose weight. More my change than anyone else's. Easy recipes for healthier eating, crockpot ideas. Not always time to make healthy food.  
I don't eat vegetables which I am told are important but no one gives me any alternatives  
Getting away from the screens - not on cell phone, computer, etc. and designating time for exercise every day.  
Group counseling sessions  
Lose 20 lbs  
More exercise, less ice cream!  
Be more active  
Transportation to area recreational opportunities - like in Hanover  
Lower cost insurance  
I have the best care possible.  
taking time to exercise daily  
Get more exercise - not good at it.  
Less worry about being able to afford long-term health care for myself (and my husband, too) in future. Long-term health care is terribly expensive and quite unaffordable. Major concerns about long-term health care when I (or my spouse) are no longer able to care for ourselves in our home.  
to have a visiting nurse come  
Better life-work balance with employers.  
I would get a "first alert"  
Nutritional counseling  
Continue to lose weight  
Less stressing  
Create programs or items that will be focused on younger populations and older, not simply older.

*Really Listening to what I have to say*  
*I am healthy weight but: I should drink more water and consume less sugar!*  
*a cook*  
*closer proximity to an exercise facility*  
*Low cost fitness classes at a wider range of hours. Such as 5:30 and later.*  
*more time in the day! or more help with caregiving for my infant/ideas for how to incorporate her into exercise*  
*More opportunities for group physical fitness*  
*Place and transport for one hot meal a week with people to socialize*  
*Better work life balance*  
*Expanded nutritional options - better, healthier selections than Hannaford offers, more restaurant/deli choices*  
*Retirement*  
*More paid work*  
*Stress reduction opportunities*  
*Take time for a vacation*  
*find more social activities.*  
*More affordable recreational/wellness activities.*  
*continued good recovery from knee(s) replacement*  
*Priorities*  
*Get myself to exercise more (totally within my control)*  
*Medicare coverage for acupuncture, massage, Reiki, Ayurveda which are my main health care system.*  
*Not an issue @ this time*  
*MORE TIME FOR MYSELF TO KEEP MY HEALTH GOING.*  
*As stated above....I am not there yet*  
*Better cost subsidized according to income*  
*More time off from work to allow for a better work life balance.*  
*A real president and a congress that cares*  
*Affordability of health care. Appointments, Rx, etc.*  
*Affordability of complementary medicine and quality supplements.*  
*Decrease arthritic pain*  
*Free dentures*  
*Get a trainer!*  
*Take more time for exercise and less screen time*  
*My own consistent lifestyle behaviors*  
*Better hearing. I am quite deaf even with hearing aids.*  
*Exercise without pain or with others of similar ability*  
*be more active and eat a better diet (less butter!!)*  
*Transportation to evening social events*