



NHAHA

NEW HAMPSHIRE ALLIANCE
FOR HEALTHY AGING

VISION

We envision a future when New Hampshire is a great place to live as we age. We imagine a time when no matter where we live or how old we are, we are seen and welcomed in our communities and have the choices and supports we need to live life to the fullest.

MISSION

OUR MISSION IS TO MAKE NEW HAMPSHIRE A GREAT PLACE TO LIVE AS WE AGE.

Through diverse and meaningful partnerships, we lift up the voices and value of older adults and advance policies and practices that make it possible for every one of us to live life to the fullest as we age.

VALUES

DIVERSITY, EQUITY AND INCLUSION – We believe that our communities are stronger when we welcome and celebrate people of all ages, abilities, races and origins.

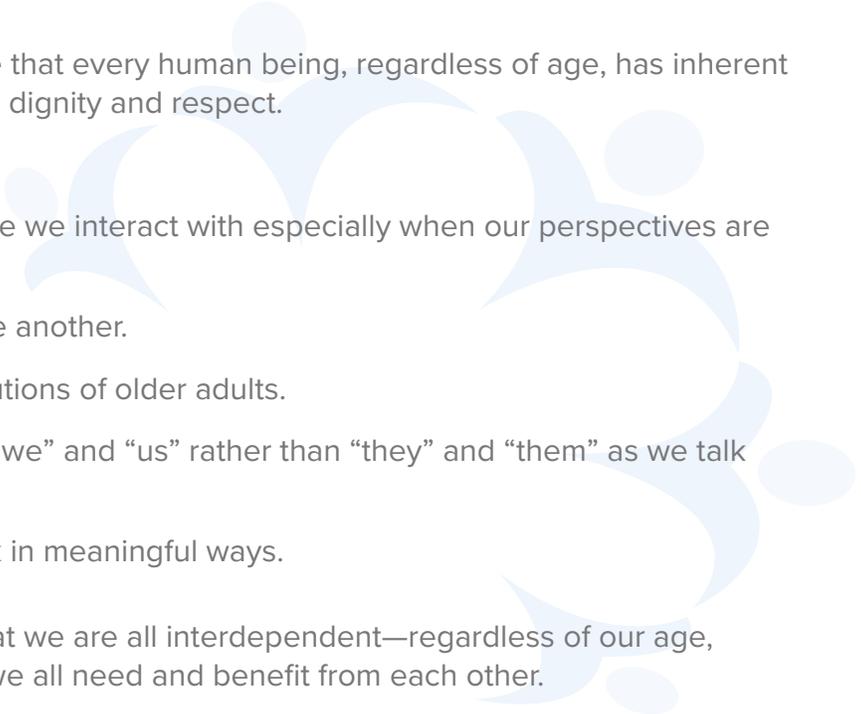
We will...

- ▶ Recognize and appreciate the diversity of the experience of aging.
- ▶ Include a broad cross-section of people on the NHAHA Steering Committee and work groups.
- ▶ Actively work to reduce bias and inequity in everything we do.

THE POWER OF CHOICES – We believe that having options and being able to make choices are essential to living life to its fullest as we age.

We will...

- ▶ Support an array of innovative age-friendly options within communities and agencies.
- ▶ Promote person-centered and family-centered philosophies and strategies.
- ▶ Keep in mind that individual communities or parts of the state may develop their own unique and effective solutions and options.



DIGNITY AND RESPECT – We believe that every human being, regardless of age, has inherent worth and deserves to be treated with dignity and respect.

We will...

- ▶ Honor the humanity of everyone we interact with especially when our perspectives are different.
- ▶ Celebrate and take pride in one another.
- ▶ Lift up the wisdom and contributions of older adults.
- ▶ Use language that focuses on “we” and “us” rather than “they” and “them” as we talk about aging.
- ▶ Involve older adults in our work in meaningful ways.

INTERDEPENDENCE – We believe that we are all interdependent—regardless of our age, means, education and experiences—we all need and benefit from each other.

We will...

- ▶ Encourage one another and those whose lives we touch, to both offer and reach out for help.
- ▶ Recognize the universal desire to make our own decisions about the things that matter to us, and promote strategies that help each of us exercise as much autonomy as possible.
- ▶ Advance strategies that support both the people giving and those receiving care.

CONNECTION – We believe that connection and a sense of belonging are fundamental human needs at every stage of life.

We will...

- ▶ Build in time at our meetings for networking and informal conversations.
- ▶ Advance strategies that make it easier for us to stay connected with our friends, families and neighbors throughout our lives.
- ▶ Promote policies and practices that make it easier to stay actively engaged with and within our communities as we age.
- ▶ Advocate for and help advance a strong information and communications infrastructure.

CHANGE THE CONVERSATION	CHANGE POLICY	CHANGE PRACTICE
IF WE...		

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| <ul style="list-style-type: none"> Reframe the way we talk about aging and use this language in our individual and collective work Lift up the voices and contributions of older adults | <ul style="list-style-type: none"> Develop and continuously strengthen a statewide advocacy infrastructure that includes an informed network of self-advocates Identify and promote policies that increase opportunity and equity for older adults and reduce barriers Promote policies that increase public and private investment in caregiving and the direct care workforce | <ul style="list-style-type: none"> Bring together a broad cross-section of people to learn from one another and share information and ideas Seek out, evaluate, support and promote promising practices Promote initiatives that support equity and opportunity for older adults |
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THEN...		
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| <p><i>Leaders, policy makers and everyday people will...</i></p> <ul style="list-style-type: none"> ▶ Understand that aging brings gifts and opportunities along with challenges ▶ Seek out ways to make our communities work for all of us at all ages <p><i>The Alliance will...</i></p> <ul style="list-style-type: none"> ▶ Have a stronger, more unified voice and messaging ▶ Influence conversations about aging at all levels | <p><i>Public policies will allow for and incentivize...</i></p> <ul style="list-style-type: none"> ▶ Resources that address basic needs ▶ More diverse housing and transportation options ▶ Infrastructure that makes it easier to stay connected with our communities and one another ▶ A strong sustainable direct care workforce | <p><i>Alliance members will...</i></p> <ul style="list-style-type: none"> ▶ Support and leverage one another's work ▶ Share approaches to advance our mission ▶ Provide high quality, equitable supports and services <p><i>NH communities will...</i></p> <ul style="list-style-type: none"> ▶ Demonstrate, promote and share practices that support healthy aging for everyone |
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AS A RESULT...		
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| <p><i>As we age we will continue to be able to...</i></p> <p>Choose from a broad range of living and transportation arrangements within our own communities</p> | <p>Engage with our communities and the people we care about in meaningful ways</p> | <p>Access the services and resources we need to meet our basic needs and support our physical and mental wellbeing</p> | <p><i>Caregivers and families will...</i></p> <ul style="list-style-type: none"> Have the support and resources we need to care for ourselves and others |
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WHICH MATTERS BECAUSE THEN...

No matter where we live or how old we are, we will be seen and welcomed in our communities and have the choices and supports we need to live life to the fullest

