

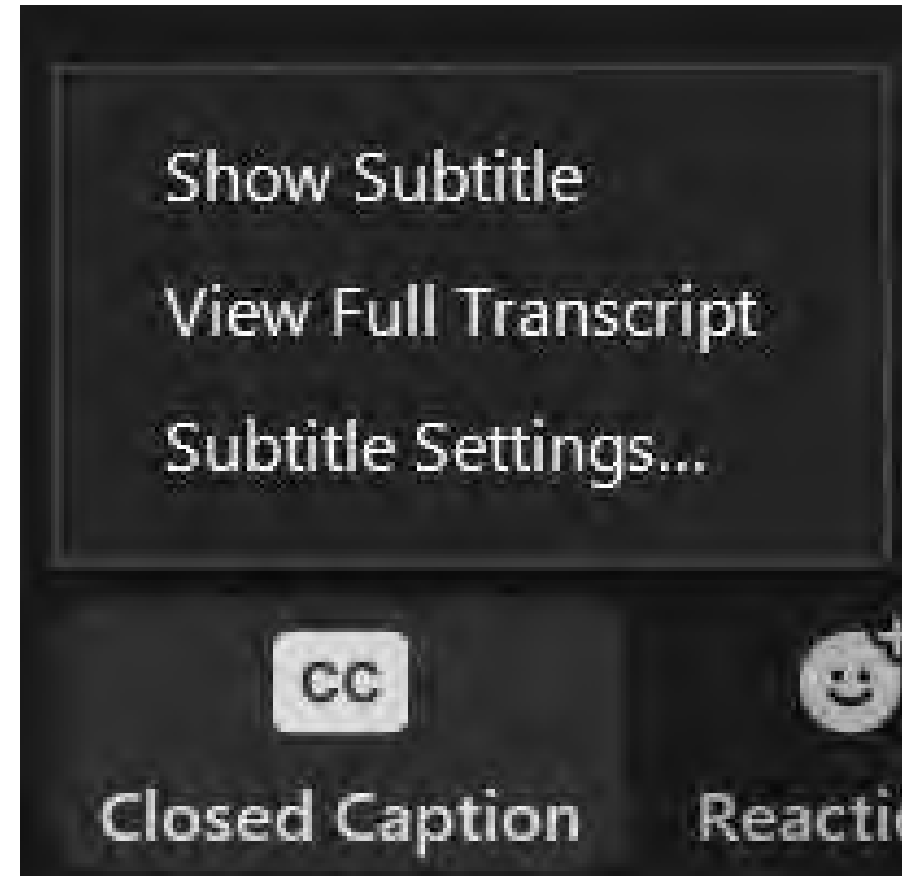
# Creating a Collective Approach to Address an Aging NH

NH Alliance for Healthy Aging  
Quarterly Meeting  
September 8, 2021

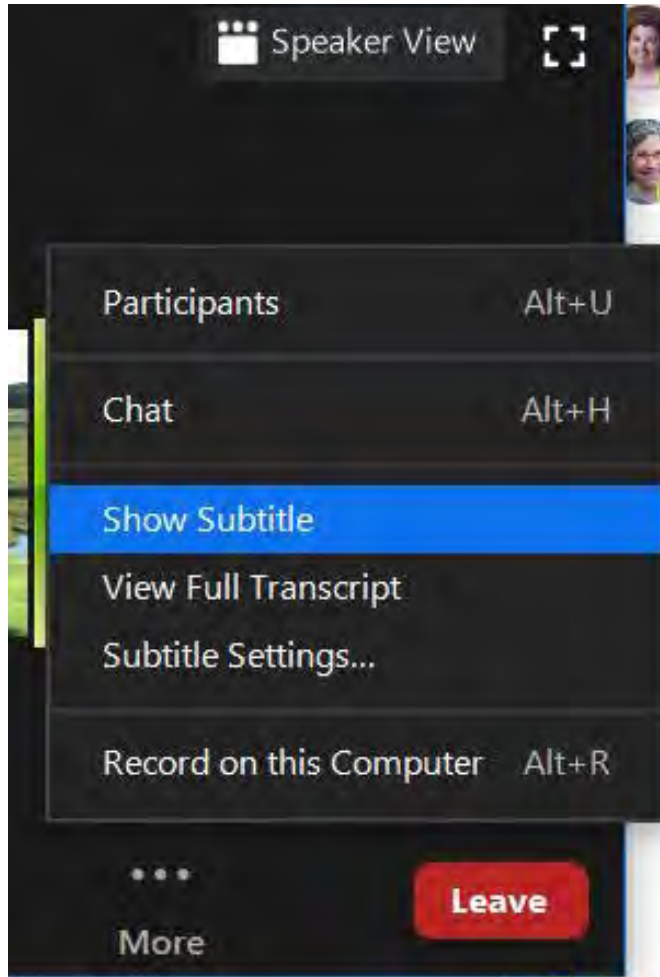


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# Agenda

- Welcome and Housekeeping
- Community Design and Healthy Aging
- Networking/Discussion
- NH Council on Developmental Disabilities 5-year plan
- NHAHA Advocacy Update
- Adjourn

# Community Design

*and*

# Healthy Aging

*with*

Robin LeBlanc

Plan NH



# Who is Plan NH?



***Vision:*** healthy and vibrant communities across the state



***Mission:*** to foster excellence in planning, design, and development of New Hampshire's built environment



***Strategy:*** by sharing information and inspiration for how community design and the built environment can contribute positively to where we live, work, and play





# Community Design *and* Healthy Aging



# What does it mean to be “healthy”?





# What does it mean to lead a “healthy life”?



# What is “healthy aging”?



From *Boston Globe* article about 101-year-old lobsterwoman in Maine





# What contributes to our health?



20% = healthcare



# What contributes to our health?



80% = lifestyle





# How and where we live...





# How and where we live...





# How and where we live...





# Good community design should make it *easier* for people to live healthy lives:

- Clean air and water
- No “trash”, low/no noise
- Green – trees, parks, lawns, gardens
- Home and transportation to meet needs
- Physical movement/activity
- Positive social connections
- Meaningful, productive activities
- Healthy food





# Physical activity



# Social connections





# Isolation and loneliness more than detrimental





# Physical health / mental health





# Walking (or rolling) for everyone





# Benefits of walking





# Walkable places





# Walkable

- Comfortable
- Useful
- Interesting
- Safe

Jeff Speck, *Walkable Cities*





# Comfortable

- Create outdoor living rooms
- Short blocks
- Appealing buildings, landscape
- Places to sit and rest
- Public restrooms
- Good air quality
- Low noise levels



# Useful

- Purpose – shopping, meeting friends
- Library
- Entertainment
- Nearby destination(s)





# Interesting

- Things to look at (homes, buildings, gardens)
- See other people/chance encounters
- Trees, benches
- Food carts, musicians





## Safe (actual and perceived)

- Buffer between you and cars
- Well-lit
- Long sightlines
- Sidewalks in good shape



# Safe (actual and perceived)

- Other people around
- Crosswalks with sufficient crossing times
- Limited to no exposure to air/noise pollution





## Two places for walking (and/or rolling):

- Along the street, for exercise or errands
- Off-road paths / trails

Some older adults feel safer in a  
“supervised” area, as in a park



# Keep in mind:

25% or more of us living with a disability

Six functional disability types (from CDC):

- **cognitive** (serious difficulty concentrating, remembering or making decisions),
- **hearing** (serious difficulty hearing or deafness),
- **mobility** (serious difficulty walking or climbing stairs),
- **vision** (serious difficulty seeing or blindness),
- **self-care** (difficulty dressing or bathing), and
- **independent living** (difficulty doing errands alone).





# Keep in mind:

25% or more of us living with a disability ...

and it's not just older adults

- For the group ages 18 - 44, about 20% live with a disability
- For the group ages 45 - 64, at 25% (?)
- For the 65+ cohort, about 37%.



# Keep in mind:

25% or more of us living with a disability

10% adults have mobility challenges  
in NH, 18%

2% use wheelchairs





A handicap is a disability only  
when encountering  
an obstacle in the environment.

It is the environment  
that makes the characteristic a disability.



# What planners and designers can do:

- Design *with* older adults, not *for*
- Good design for older adults is good for *everyone*
- Prioritize consideration for how older adults get around:  
mobility = access!





# What planners and designers can do:

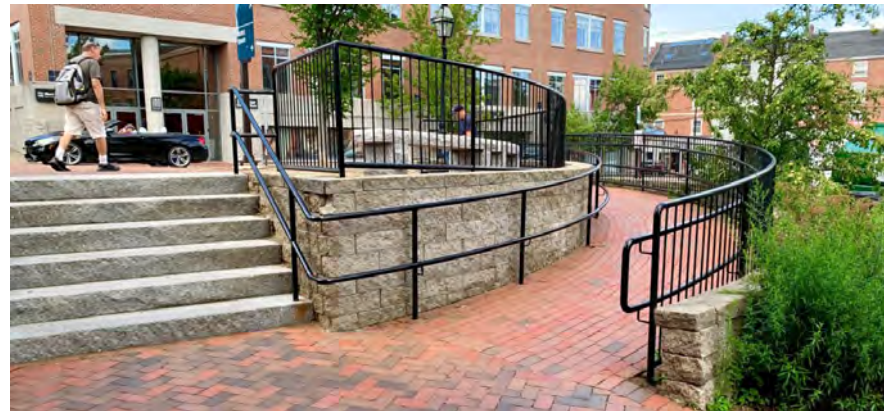
- ADA: about compliance
- Ask: what can you do to *contribute*?





# What planners and designers can do:

- Remove barriers like curbs and steps
- Face benches towards each other
- Good lighting
- Rest rooms!





# What planners and designers can do:

- Wayfinding signs
- Audio signals at cross walks
- Add railings



# What planners and designers can do:

- Town centers/retail hubs should be accessible to people on foot
- Mix of uses (eg hair salon, pubs, library)
- Build homes for older adults near amenities, places to walk and parks/gardens





# What will this do? What would this mean?

Increased opportunities for physical activity

- > healthier people
- > healthier community
- > reduced isolation and loneliness



# In conclusion





# It's all about inclusion and belonging



# Networking and Discussion in Breakout Rooms



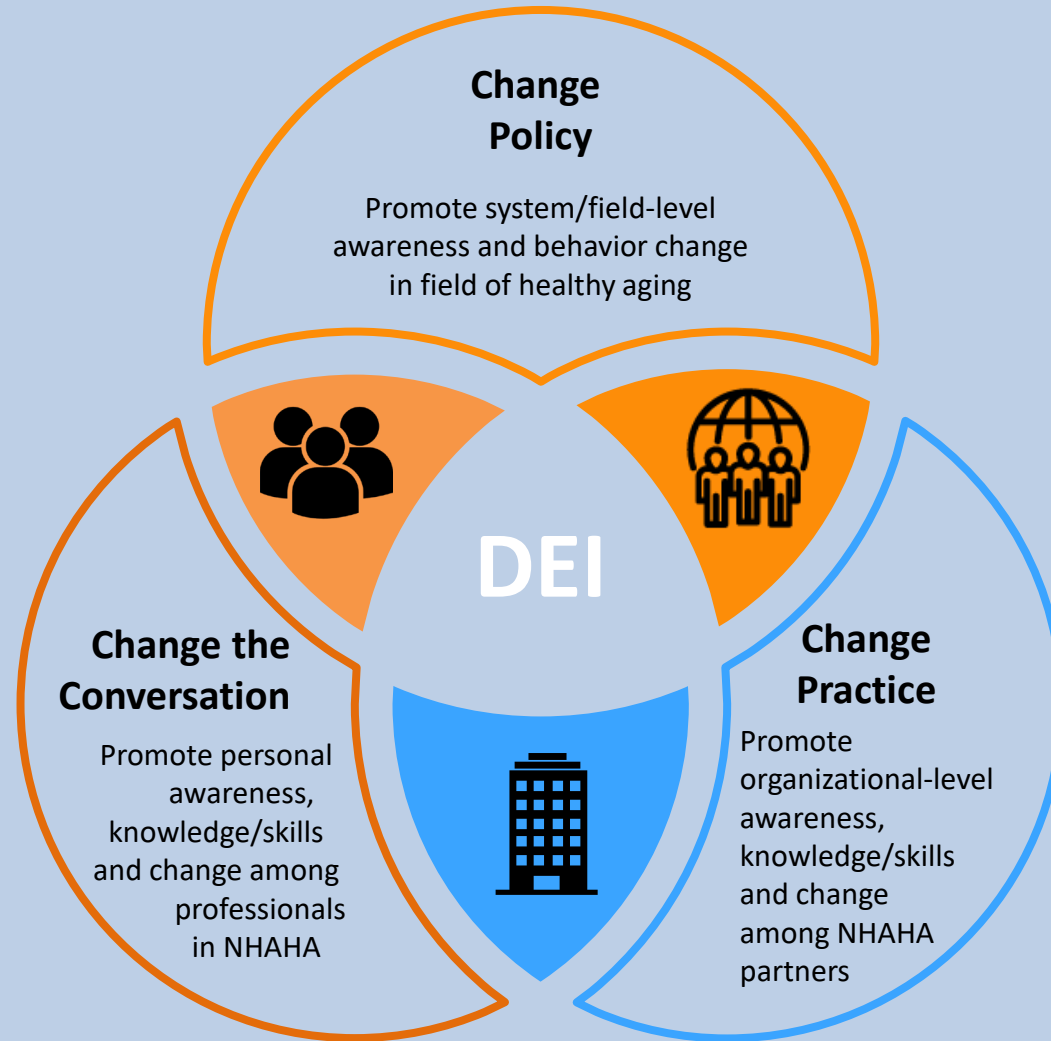
# Diversity, Equity and Inclusion Committee Objectives

## Objective 1

Utilize a strategic approach to ensure Diversity, Equity and Inclusion (DEI) becomes embedded within NH Alliance for Healthy Aging (NHAHA).

## Objective 2

Use the resources of the DEI committee to serve in a bridging role between priority populations (older persons who are LGBTQ, people of color or people with disabilities) and the core priorities and activities of NHAHA.



## Objective 3

Promote system change to advance equity and end systemic oppression within and through NHAHA.

## Objective 4

Advance LGBTQ friendly health care and social supports for older persons within and through NHAHA.

FROM WHAT I  
OBSERVE NH AHA  
MIGHT OFFER A  
MORE SUPPORTIVE  
ENVIRONMENT FOR

- People of color
- People born outside the U.S.
- People with communication access needs and speakers of primary languages other than English
- People with disabilities







## NEW HAMPSHIRE COUNCIL ON DEVELOPMENTAL DISABILITIES

### **DD Council Mission**

*We are dedicated to dignity, full rights of citizenship, cultural diversity, equal opportunities, and full participation for all New Hampshire citizens with developmental disabilities.*

-Isadora Rodriguez-Legendre, MSW  
Executive Director, NH DD Council

# About the DD Council



**Councils were created by the Federal law known as the DD Act.** (The Developmental Disabilities and Bill of Rights Act, 2000).

**There is a DD Council in every State and Territory of the US.**

**The DD Act also created the P&A (DRC) and UCEDD (IOD)**

- A Federally funded State agency
- We are a minimum allotment State (No State Funding)
- Supports public policies and initiatives that remove barriers and promote opportunities in all areas of life
- We do this through advocacy, capacity building and systems change work
- We mostly collaborate with other entities (and provide grants) since we do not provide direct services





# Membership

- **At least 21 members**
  - 1/3 of members are persons with developmental disabilities
  - 1/3 are family members / guardians
  - 1/3 are representatives from all major state agencies that provide support to citizens with disabilities:
    - DRC, IOD, BDS, Special Education, Voc. Rehab, PPN, BEAS, Non-Profit or Advocacy organization
- **Appointments are made by the Governor upon Council recommendation**
- **Members may serve up to two 3-year terms (All volunteers)**

# The Work of the Council

- Five (5) Standing Committees:
  - Policy
  - Finance
  - Member Relations
  - Program & Planning
  - Executive
- Workgroups are formed in accordance to 5-Year Plan goals (Year 1 Workgroups)
  - Membership Diversity
  - LGBTQ+ Self-Advocacy
  - Accessibility of Information for All
  - Workforce (DSP) Development Initiatives



# About Our 5 Year State Plan

- The DD Council is charged with identifying the needs of the developmental disabilities community and then developing a **5 year state plan to help address those needs**
- All of our **projects, collaborations, sponsorships, grants** and related activities must tie in to our 5 year state plan
- Some objectives are **required** (e.g. self-advocacy, targeted disparity, collaboration with federal DD partners)
- The state plan will run from October 1, **2021** – Sept. 30, **2026**
- The New Hampshire Council for Developmental Disabilities has set **two primary goals** for the next five years.
  - The plan has been crafted very simply and broadly, so that NHCDD **can be flexible in addressing unknowable emerging needs** as they arise over the next 5 years

# Targeted Populations of Unserved/ Underserved Groups

- Our work is intended to serve the entire state of NH
- All individuals on the ID/DD spectrum are considered in our planning
- The Council has identified groups who face additional obstacles beyond those faced by individuals with ID and/or DD in general. Therefore, embedded in all of the NHCDD goal areas is a commitment to historically unserved and underserved populations including but not limited to:
  - ***Individuals with ID/DD and their families who are from racial and ethnic minority backgrounds, including immigrants and refugees***
  - ***express themselves using a language other than English***
  - ***express themselves using sign language***
  - ***do not use their voice to communicate***
  - ***have intensive support needs***
  - ***identify as LGBTQ+***
  - ***are aging (60 years and older)***
  - ***live in a rural community***



# Draft 5 Year State Plan

## 2021-2026

**Goal 1: Quality of Life: The NHCDD will work to address the barriers to the daily life of all diverse individuals with ID/DD, family members, and caregivers to improve the lived experiences of people with ID/DD.**

- **Objective 1.1:** The Council in collaboration with disability, aging and other organizations will support the development or improvement of a minimum of 12 community-based programs, policies or practices that promote inclusion of all people with ID/DD in all aspects of community life.
- **Objective 1.2:** The NHCDD will collaborate with the New Hampshire development disabilities network to increase access to quality services in the home and community for all individuals with ID/DD, families, and caregivers.

**Goal 2: Civic Engagement and Advocacy: The NHCDD will work to strengthen the civic engagement and advocacy of and by all diverse individuals with ID/DD and family members.**

- **Objective 2.1:** The NHCDD will work to increase the number of self-advocates and leaders with ID/DD by strengthening self-advocacy organizations led by individuals with ID/DD, supporting and expanding opportunities for development of leadership skills, providing opportunities for self-advocate peer training and participation in cross-disability, culturally diverse leadership organizations.
- **Objective 2.2:** The NHCDD will work to build stronger relationships with policy makers by engaging in legislative and administrative education. The Council will provide training and information in best and promising practices to inform policies that have a positive impact on the lives of all individuals with ID/DD and their families across the lifespan.
- **Objective 2.3:** The NHCDD will collaborate with the New Hampshire developmental disabilities network to reduce barriers that all individuals with ID/DD face regarding access to information and education throughout the life span. The NHCDD will use and support language that is accessible via technology, plain language, interpreters, and represent cultural and linguistic competence.
- **Objective 2.4:** The NHCDD will work to decrease disparities that exist for all students of color who experience ID/DD in accessing equitable education. The NHCDD will support increased awareness and initiatives to reduce barriers.



# Community Involvement & Inclusion

- Projects supported include:
  - Publications
    - *Disability RAPP*
    - *Stepping Stones NH*
  - Some Supported Events
    - NH Leadership Series
    - Family Support Conference
    - DSP Conference
    - Yellow Flag DSP Appreciation Day
    - Employment Leadership Awards
    - Learn it! Live it! Love it! Self-Advocacy Conference
- Grants are available:
  - Personal Education and Leadership Development Program (Up to \$500)
  - Other Small Grants
    - Community & Educational programs (up to \$1000)
    - Employment & Higher Ed./Training (Up to \$1000)
    - Youth and Young Adults (up to \$500)
    - COVID & Accessibility Grants (ASL & CART)



# More About DD Council Grants

## **Large/Demonstration Projects**

- CLM & CC – new strategies for I/DD and mental health
- UNH-4U/Bridges – Post-secondary education for young adults with intellectual disabilities
- REM – Equipment and devices
- NH Leadership Series

# Some Notable Activities in 2020/2021:

- Dream Big – DSP Virtual Workshop (Partnership with IOD on LW NH Quality Frameworks grant) and video
- Support of IOD's UNH4U pilot for inclusive post-secondary education
- Co-Sponsor of Gubernatorial Town Halls on disability issues
- Co-Sponsor of The Power of the Disability vote webinars
- Spanish language translation of PIC and ABLE NH webinars and other materials
- Virtual Winter Awards and DSP recognition ceremonies
- Sponsorship of Multicultural and LGBTQ+ Pride events
- Participation on Commissions, Committees and Workgroups
- Addition of a small grant to address emerging needs related to COVID-19
- Addition of small personal technology grant for individuals and families to address tele-health, social isolation and remote learning needs
- Additional Providing additional support for accessibility (CART and ASL interpreters) at events including an accessible BLM event in Portsmouth
- Creation of a small grant to address accessibility needs (Language Access and Accessible Formats)
- Disability and Public Health Initiatives





# Thank you for your collaboration!

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(603) 271 – 1157



NEW HAMPSHIRE COUNCIL ON  
DEVELOPMENTAL DISABILITIES

# NHAHA Quarterly Meeting Advocacy Update





# Upcoming NHAHA Quarterly Meeting Dates

**Thursday, December 9<sup>th</sup>, 2021**

# Thank you for participating!

For questions or additional information, contact:

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