

2025 HIGHLIGHTS AND ACCOMPLISHMENTS

The NH Alliance for Healthy Aging is a statewide coalition of stakeholders focused on the health and wellbeing of older adults in New Hampshire

2025 FAST FACTS

600+
participants engaged

128
stakeholder meetings hosted

1,385
followers across social media platforms

250+
attendees at 2025 NHAHA Quarterly Meetings

300+
organizations represented

119
Steering committee, workgroup, and committee members

PRINCIPLES OF PRACTICE

Complementing the collective impact framework, 3 practices put NHAHA's work into effective action.

Communication

- The NHAHA website has 6,200 active users who viewed the webpages 28,000 times.
- Shared 49 *AHA Moments*, NHAHA's weekly e-newsletter which provides information and resources across the aging network.

Measurement

NHAHA uses measurement to track and align progress towards achieving our shared vision. In 2025, the Measurement Committee worked to update measures and provide comparison data across the six domains of age-friendly communities.

Diversity, Equity and Inclusion (DEI)

NHAHA has focused on building strong relationships with underrepresented groups through ongoing outreach to develop trust, share information, and provide connections to resources within NHAHA and it's members. In the last year, NHAHA partnered with Victory Women of Vision to understand gaps in transportation and work toward strengthened confidence in using the transportation system. This work culminated in a bus trip to Hampton Beach where many participants experienced the beach for the first time.



On Cinco de Mayo, NHAHA hosted a report out, reflection and conversation on the Izi (listening session) held in 2024 to better understand diverse needs of older adults in Nashua.

STRATEGIC PRIORITY AREA SPOTLIGHT

NHAHA advances collaborative efforts through partner driven strategic priority workgroups.

Caregiving

Developed a one pager to deepen understanding of family caregiving in New Hampshire.

Family Caregiving in New Hampshire

Who are caregivers?
 Family caregivers provide support for loved ones such as managing finances, providing transportation, or supporting other daily activities.

- 18% are under the age of 55
- 70% work either full or part-time
- 36% are male
- 24% are caring for 2+ people

Importance of Caregiving
 Informal family caregiving enables many older adults in need of assistance to remain at home. In fact, 1 out of 5 Americans are unpaid caregivers of someone aged 60+. The need for caregivers is increasing for several reasons including:

- By 2024, older people will outnumber younger people¹ meaning that the number of caregivers will grow relative to the number of older adults needing care.
- Older people are living longer lives, including those with chronic disease who may need more support as they age.
- Changes in the health care system, such as increased costs of long-term care, have led to an increased reliance on informal, unpaid caregivers.

Needs of Caregivers in New Hampshire

- Services are not coordinated causing confusion
- Caregivers often do not self-identify until later in the caregiving journey
- Direct care workforce shortages
- Lack of available training for caregivers
- Lack of data
- Information on caregiving resources is not always easy to find

Challenges to Caregiving in New Hampshire

- Services are not coordinated causing confusion
- Caregivers often do not self-identify until later in the caregiving journey
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Supporting the Caregivers Among Us: Recommendations for New Hampshire

- State and local leaders include caregiver focus
- Enhance coordinated outreach to caregivers
- Increase caregiver self-identification and awareness of services

Coffee & Caregiving Conversation

65+ stakeholders attended meetings in 2025



Transportation

As part of its work to strengthen and support volunteer driver programs (VDPs) in NH, NHAHA hosted an in-person one-day conference. The conference celebrated the work of VDPs and provided opportunities for programs to share and discuss the successes and challenges.



Direct Care Workforce

NHAHA hosted a direct care worker retreat with 35+ direct care workers in October.



The day included professional development, sharing challenges and motivations, and celebrating the work of direct care workers.



MUTUALLY REINFORCING ACTIVITIES

Provided support in development and dissemination of the 2025 NH Healthy Aging Data Report.



Participated in the Multi-Sector Plan on Aging and the Age-Friendly Public Health initiative

NHAHA's work to enhance supports for family caregivers is highlighted through NH's participation on a national learning collaborative on caregiving.



NHAHA IN THE NEWS

"New Hampshire's aging population presents challenges, opportunities"



"The best and worst N.H. communities for aging"



"Findings From the Gen Silent Survey Project"



"Report reveals social isolation prevalent among New Hampshire's aging population"



WWW.NHAHA.INFO



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