

NH Alliance for Healthy Aging: Creating a Collective Approach to Addressing an Aging NH

December 11, 2025



Agenda

- Welcome, Introductions, and Housekeeping
- Healthcare Decisions Coalition
- Brightspot: Seacoast Dementia Hub
- Break
- NHAHA Inclusion Activities
- NHAHA Updates
- NHAHA Advocacy Updates from New Futures
- Wrap Up
- Adjourn and Lunch

The One Health Care Decision That We All Need

Janice McDermott, Health Care
Decisions Coalition Coordinator

Foundation *for*
Healthy Communities
Partnering to improve health for all.

What is the Health Care Decisions Coalition?

- It is a group of about 60 health care and community service professionals who come together to promote education and meaningful conversations about Advance Directives, Do Not Resuscitate (DNR) and POLST medical orders.

What we do

- Provide training to healthcare professionals on Advance Care Planning and POLST medical orders
- Recommend legislation to strengthen the NH Advance Directive Statute
- Provide an “Advance Care Planning Guide” (with NH legal documents)

- 
- Bring statewide colleagues together to promote best practices in following an individual's healthcare directives.
 - Promote National Health Care Decisions Day - April 16th

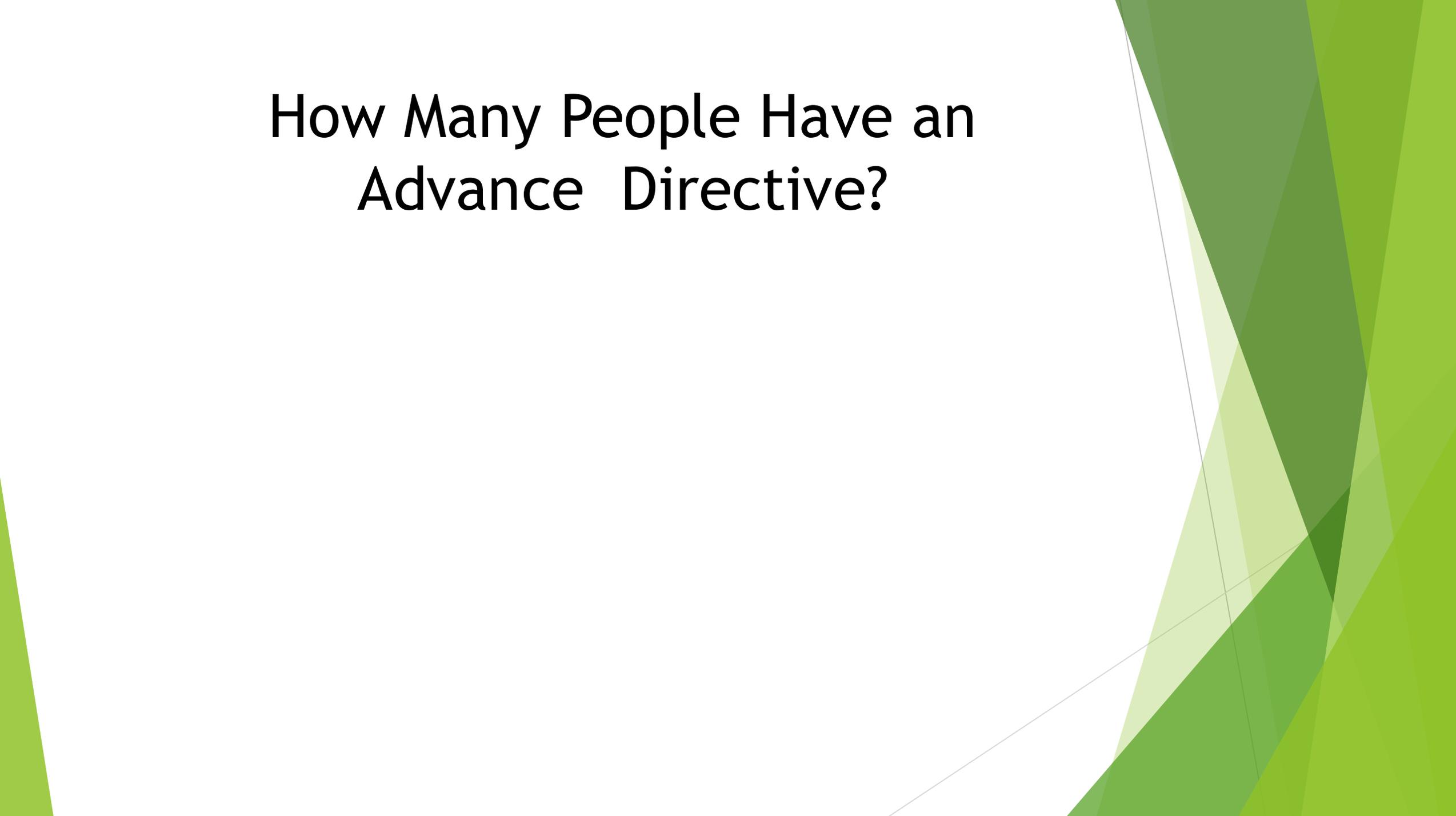
Part of the Foundation for Healthy Communities (FHC) since 1999

The FHC works in tandem with the NH Hospital Association to improve population health

So - What is an Advance Directive?

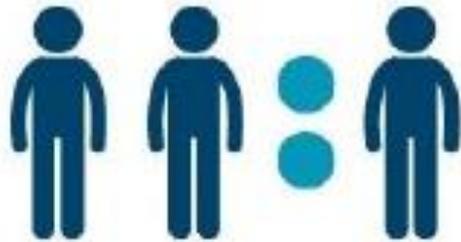
- Advance directives are legal documents that provide instructions for medical care and only go into effect if you cannot communicate your own wishes.
- The two most common parts of advance directives for health care are the **living will** and the **durable power of attorney for health care (DPOAH)**, also known by many as the **healthcare proxy**

How Many People Have an Advance Directive?



2 out of 3

U.S. adults have
not completed an
advance directive



JAMA. 2020 Jul 20. Completion of Advance Directives and Documented Care Preferences During the Coronavirus Disease 2019 (COVID-19) Pandemic
Accessed at: <https://candc.link/357FCIP>

Why Don't More People Have an AD??

2,098 adults ages 18 and older were surveyed in May 2025 within the U.S. by The Harris Poll on behalf of Backline by DrFirst:

- 50% of Americans are not sure what an AD is
- 63% find thinking about advance care planning emotionally difficult

- 57% believe it is complicated
- 34% mistakenly think it's only needed for certain groups of people (very sick, over 65 yrs)
- 74% have confidence that their family knows their healthcare wishes

- 
- **66% of Americans want their healthcare provider to initiate advance care planning conversations.**

What You Need to Know

- Although we don't want to think about it, accidents and illness can happen to anyone at any time
- Do you know who will speak for you if you couldn't speak for yourself??

Choosing your Agent (Durable Power of Attorney for Health Care)

- Listens without inserting their own fears
- Asks questions and takes notes
- Can handle tough conversations
- Knows when to speak up and when to let go
- Respects your wishes even when they do not align with their own

Pick Your Person



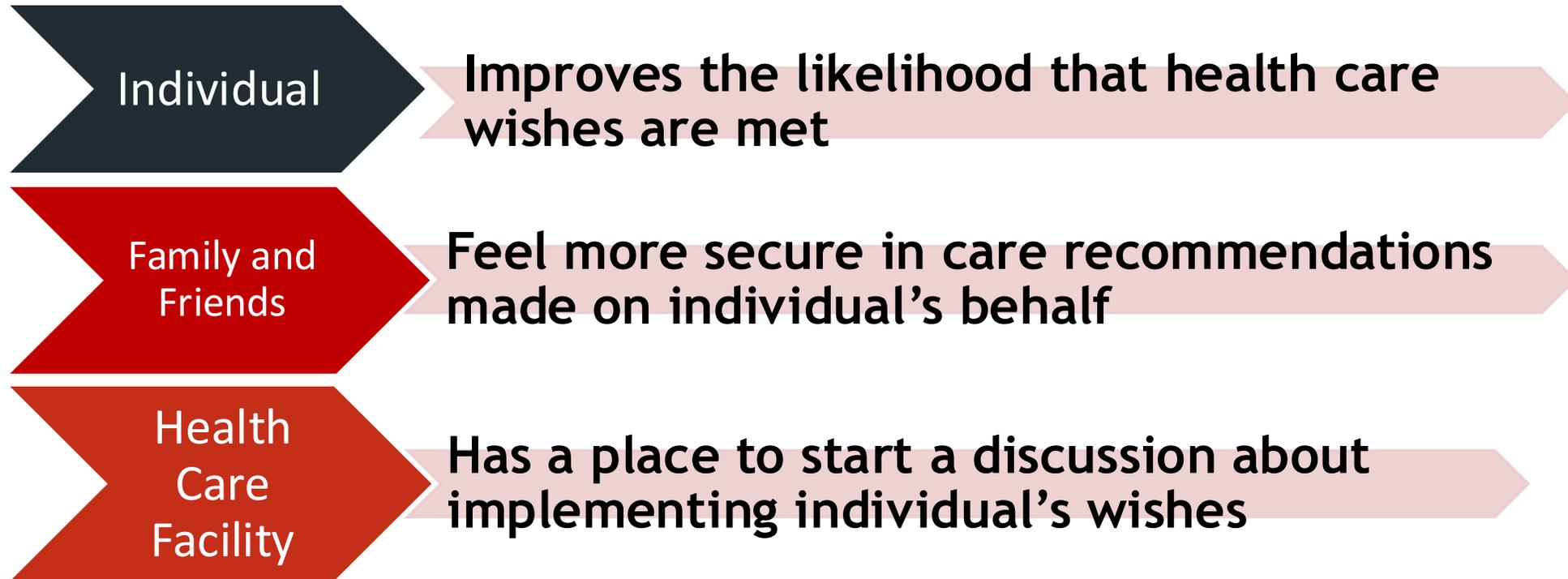
What happens if no DPOA-HC is chosen?

Surrogacy law in NH

- The patient's spouse, or civil union partner
- Any adult son or daughter of the patient.
- Either parent
- Any adult brother or sister
- Any adult grandchild
- Any grandparent

- Any adult aunt, uncle, niece, or nephew
- A close friend of the patient
- The agent with financial power of attorney or a conservator appointed in accordance with RSA 464 - A.
- The guardian of the patient's estate.

Triple Benefit of Advance Care Planning



No Lawyer Needed -No Cost

Two witnesses or a Notary can witness the signature on a health care directive.

Copies should be given to student health services and the person who will make decisions if needed.

Forms can be printed from NH Guide

https://healthynh.org/wp-content/uploads/2024/04/Advance_Care_Planning_Guide_Revised_FINAL-3.pdf

Order booklets from website:
www.healthynh.org

New Hampshire Advance Directive Form

Name (Principal's Name): _____
DOB: _____
Address: _____

II. LIVING WILL

If you would like to provide written guidance to your agent, surrogate, and/or medical practitioners in making decisions about life sustaining medical treatment if you cannot make your own decisions, you may complete the options below.

CHOOSE ITEM A OR B. Initial your choice:

If I suffer from an advanced life-limiting, incurable and progressive condition:

_____ A. I wish to have all attempts at life-sustaining treatment (within the limits of generally accepted health care standards) to try to extend my life as long as possible, no matter what burdens, costs or complications may occur.

OR

_____ B. I wish to receive only those forms of life-sustaining treatment that I would not consider to be excessively burdensome AND that have a reasonable hope of benefit for me. I do NOT wish to have any life-sustaining treatment attempted that I would consider to be excessively burdensome or that would not have a reasonable hope of benefit for me. This would include the following statements EXCEPT any I have crossed out and initialed:

1. I do not wish to have life-sustaining treatment attempted if I am actively dying (medical treatment will only prolong my dying).
2. I do not wish to have life-sustaining treatment attempted if I become permanently unconscious with no reasonable hope of recovery.
3. I do not wish to have life-sustaining treatment attempted if I suffer from an advanced life-limiting, incurable and progressive condition and if the likely risks and burdens of treatment would outweigh the expected benefits. *I will describe additional situations I would find excessively burdensome below, if I suffer from an advanced life-limiting, incurable and progressive condition.*

(I have attached ____ additional pages titled "Living Will Burdens").

In these situations, I wish for comfort care only. I understand that stopping or starting treatments to achieve my comfort, including stopping medically-administered nutrition and hydration, may be a way to allow me to die when the treatments would be excessively burdensome for me.

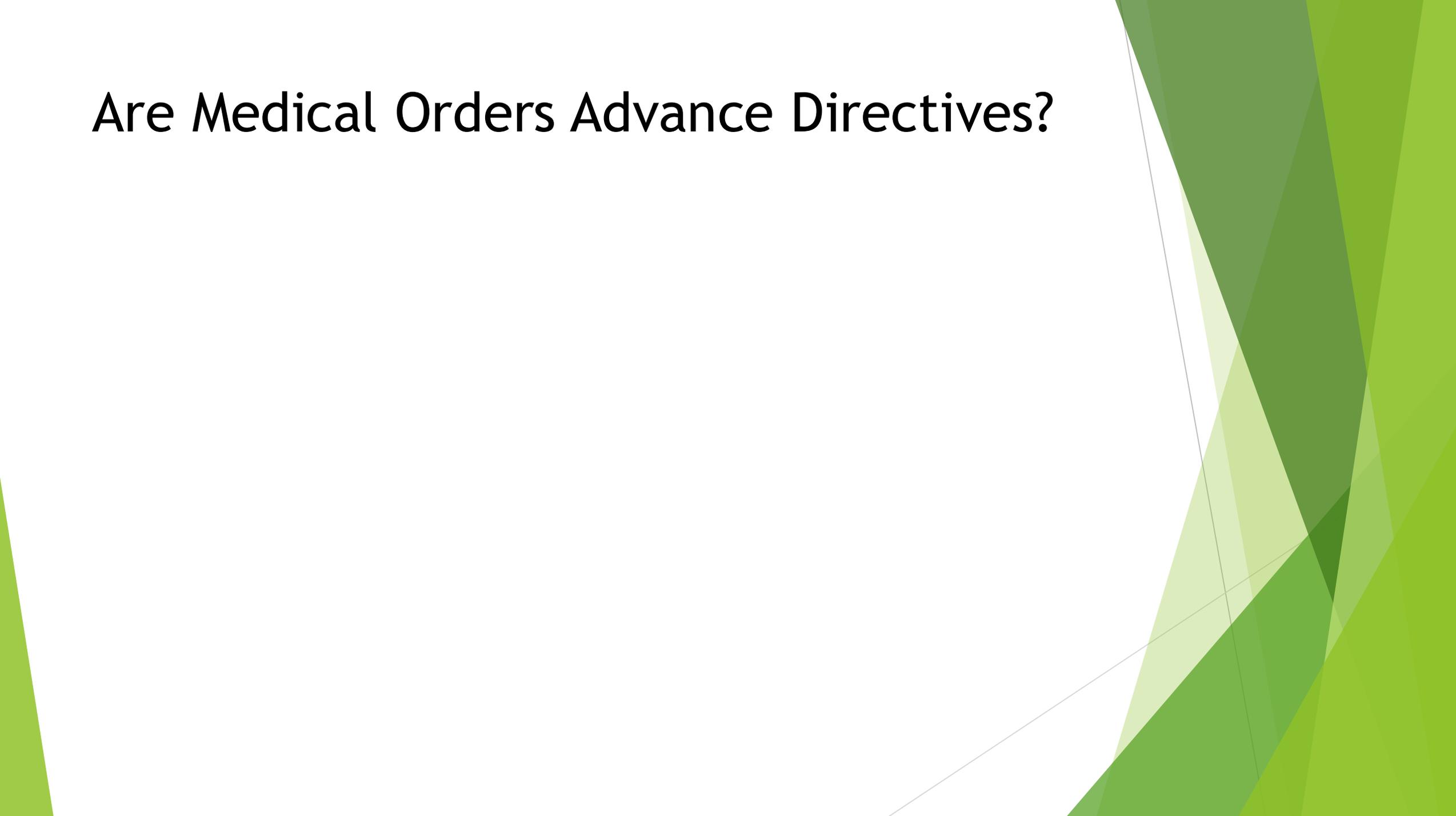
The Living Will

- This is *not* a legal document. Your Agent (DPOA-H) can override what it says, but in general should follow it.

It's not about What's the Matter with
you?

It's about What Matters to YOU!

Are Medical Orders Advance Directives?

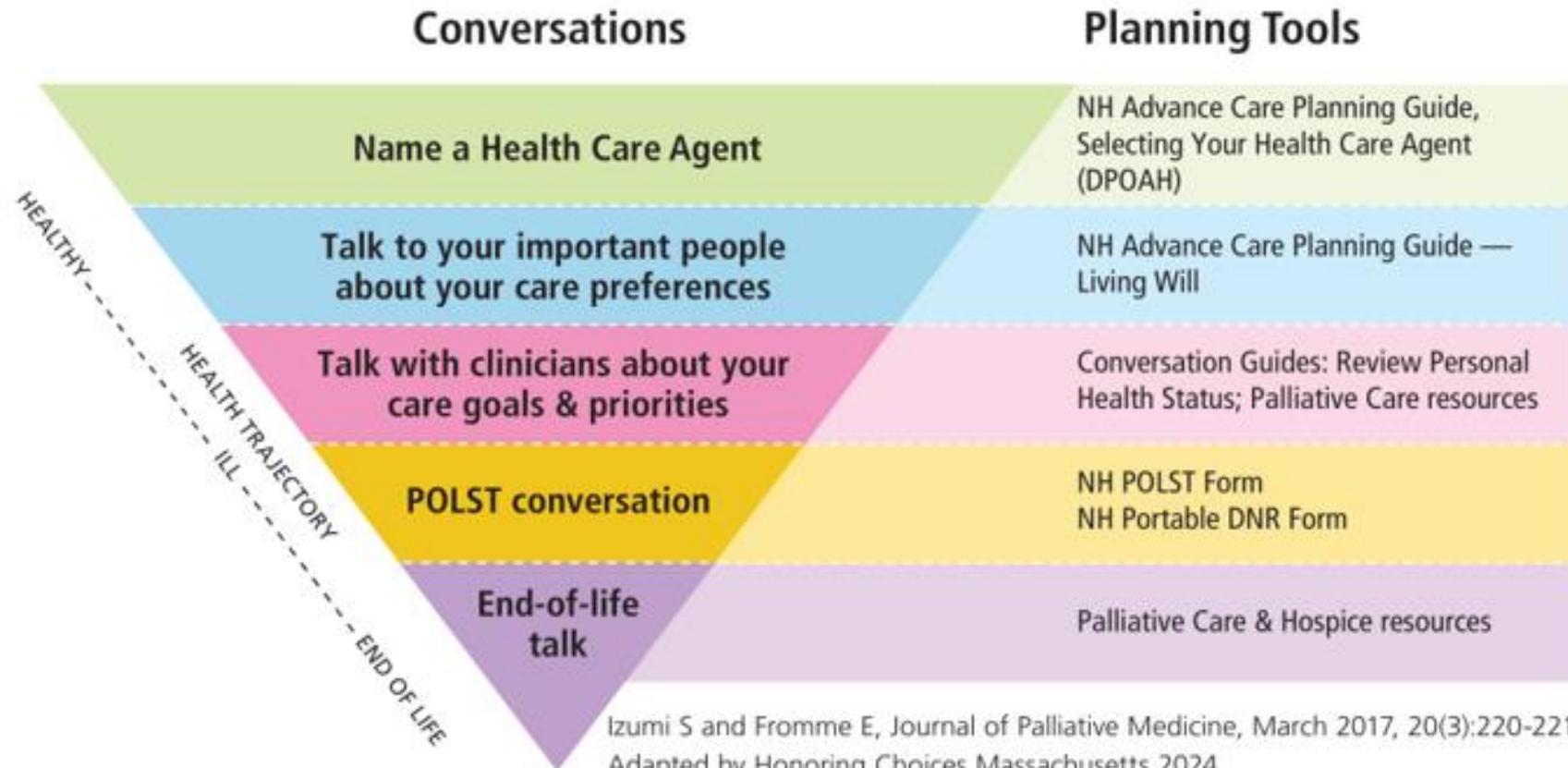


Medical Orders

****Are not Advance Directives**

- ▶ **P-DNR** - Portable Do Not Resuscitate
- ▶ **POLST** - a decision-making process is for patients who are at risk for a life-threatening clinical event because they have a serious life-limiting medical condition

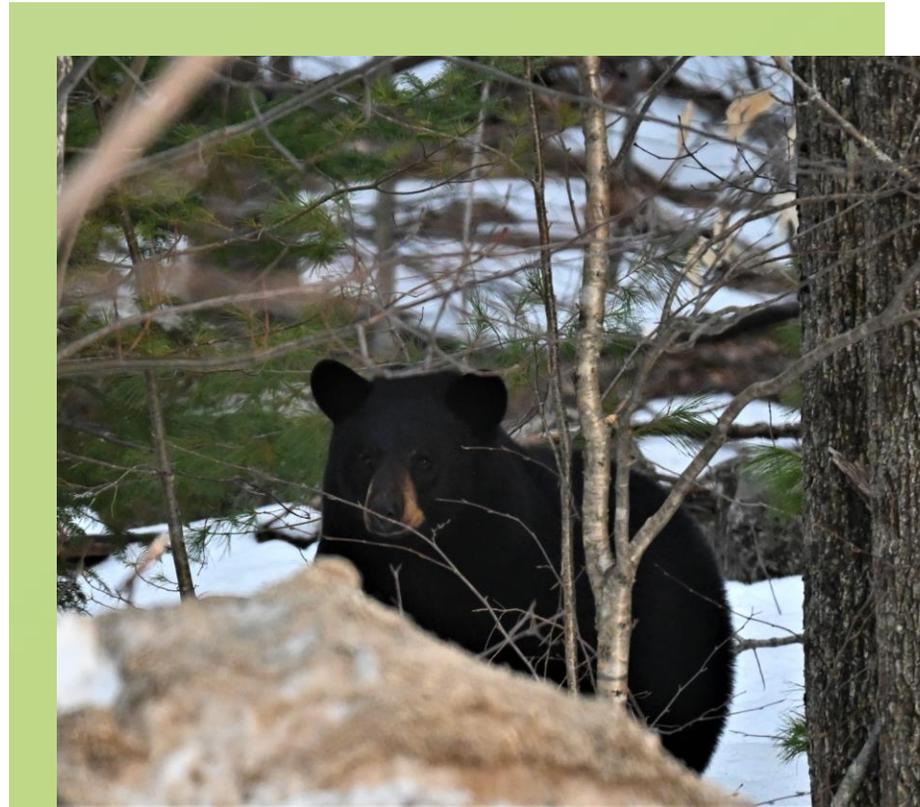
New Hampshire Health Care Planning Process



Questions?

Thank you for Listening!

- ▶ jmcdermott@healthynh.org
- ▶ <https://healthynh.org/initiatives/advance-care-planning/advance-directives/>
- ▶ The Conversation Project - <https://theconversationproject.org/get-started>



INTRODUCING

SEACOAST DEMENTIA HUB

Supporting caregivers and families affected by
dementia



The Hidden Weight of Caregiving

- Nearly 1 in 3 caregivers report symptoms of depression and anxiety
- Caregivers often provide 20+ hours/week of unpaid care, often times reducing work hours or having to make the tough decision of leaving their jobs to be a full-time caregiver
- Increased risk of physical health ailments: exhaustion, poor sleep, and chronic stress
- Complex emotional challenges: guilt, isolation, fear, resentment, anger, decision fatigue, etc.
- Out-of-pocket expenses like medications, in-home care, or home modifications/safety equipment



Founding Story



Caregivers' Shared Challenges

In 2021 the Founders came together and envisioned a centralized resource offering guidance, emotional support, and local services to caregivers.

They had personally experienced confusion, isolation, and lack of reliable information while caring for their loved ones with dementia.

Vision for a Centralized Hub

- June of 2024 the business plan for the Seacoast Dementia HUB was developed by the planning team
- November of 2024 The Riverwoods Group was awarded the Dementia HUB host organization through the Foundation for Seacoast Health.
- September 2025- Riverwoods launches the Seacoast Dementia HUB

Vision and Values

Designed for CAREGIVERS

- Locally based and caregiver focused
- Cost-free, accessible resource
- One stop center for education, guidance, and connection

Driven by a MISSION

- Our mission is simple: to be your trusted guide, connecting you to resources, education, and support tailored to your needs. Whether you're just beginning to explore what a dementia diagnosis means, or you've been on this journey for years, we're here to help you feel less alone and more empowered.



Affiliation and Support



RiverWoods Group

The RiverWoods Group logo, which includes a small graphic of three evergreen trees to the left of the text "RiverWoods Group".

Experienced Leadership

Access to seasoned professionals in senior care, wellness, and community outreach.

Community Partnerships

Established relationships with healthcare providers and local service organizations across New Hampshire

Mission-Driven Approach

A commitment to improving quality of life for older adults, their caregivers, and the community as a whole.

Comprehensive Support Services



Personalized Care Consultations

Customized consultations guide caregivers through care decisions, provide answers to pressing questions, and help identify clear next steps.



Access to Resources and Support

We will connect you to local and national services, from community engagement opportunities and support groups to in home care and various providers.



Educational and Community Events

Educational events empower caregivers with knowledge, enhancing their caregiving skills and emotional wellbeing. Learn more about dementia, managing behaviors, caregiving strategies, and community services through classes, presentations, and events.



Holistic and On-Going Support

The Hub provides holistic, practical, and emotional support free cost free. We'll be here to help you adapt as needs change.





Navigating the Support Process

Easy Access to Support

Caregivers can initiate support by phone, email, or visiting our website:
seacoastdementiahub.org

Discovery Session

A discovery session allows caregivers to share challenges and have a personalized intake process.

Community-Based Model

The Hub partners with healthcare providers to provide timely, community-based dementia support without clinical barriers.

Get Involved

Share this resource with any caregiver needing emotional support or guidance

Volunteer opportunities to volunteer at the Dementia Hub

Share your experiences and expertise with others





Questions?

-  seacoastdementiahub.org
-  603) 280-4217
-  aseinen@trwg.org



the
Coffee
Break

TIME





Here is what some older adults have contributed to our world in their later years:

- Sophocles was **89** when he wrote Oedipus at Colonus, one of his dramatic masterpieces.
- Benjamin Franklin only retired from public service when he was **82**.
- Susan B. Anthony was past **80** when she formed the International Woman Suffrage Alliance.
- Mary Baker Eddy was **86** when she founded the Christian Science Monitor newspaper.
- Alexander Graham Bell was **75** when he received a patent for his work on a hydrofoil boat.
- Sarah Bernhardt was **78** when she acted in her last stage performance—La Gloire by Maurice Rostand.
- George Bernard Shaw was working on his last play, Why She Would Not, when he was **94**.
- Grandma Moses received her last commission as an artist when she was **99**.



NHAHA Inclusion Activities

Dec 12, 2025

Talmira Hill
T. L. Hill Group



Desired Result *for* DEI Project

Ensure that a DEI lens remains at the center of every NHAHA strategy to advance equity in healthy aging.

Desired Result
for
Today

Provide an overview of progress with NHAHA's inclusion strategies.

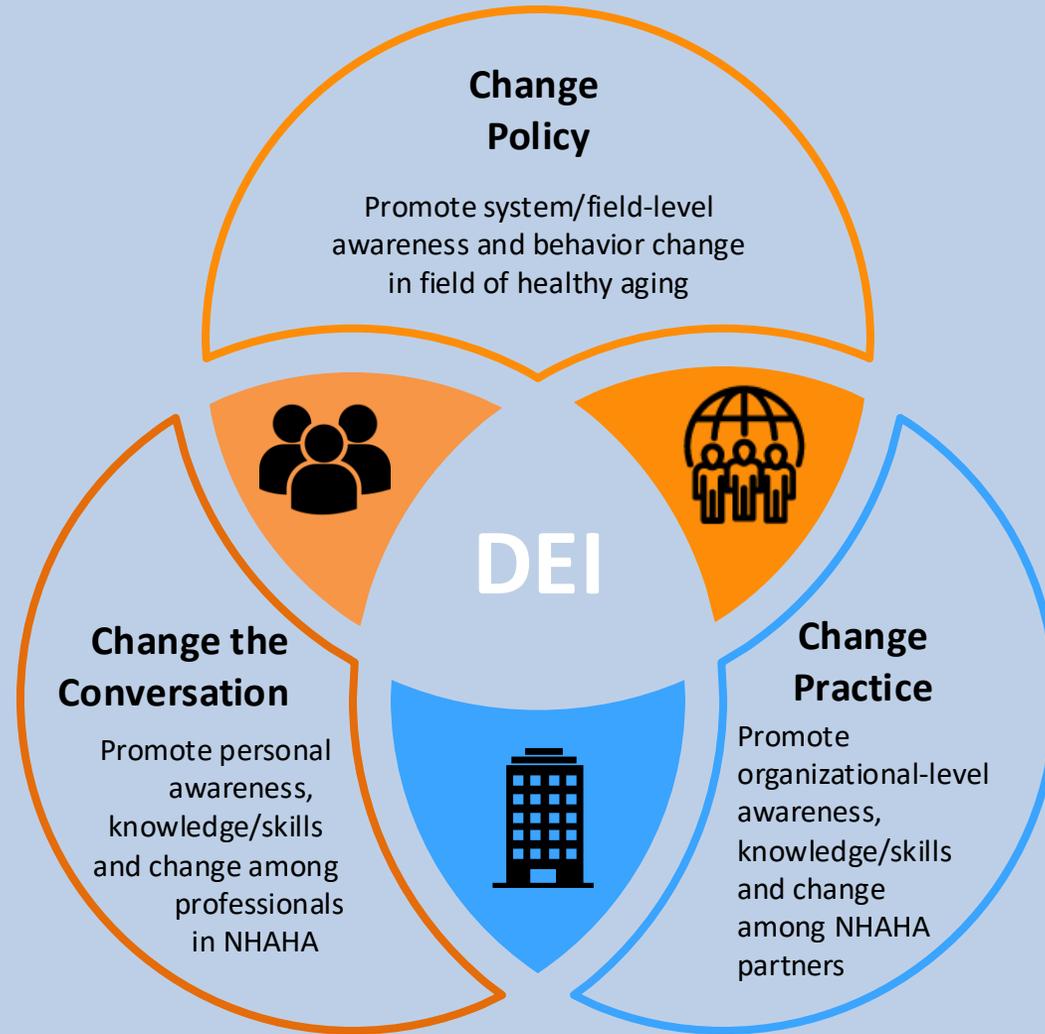
Diversity, Equity and Inclusion Committee Objectives

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.

NHAHA Inclusion Strategy

NHAHA

- Workshops on DEI
- Guide on inclusive language
- “DEI Moments” at Quarterly Meetings

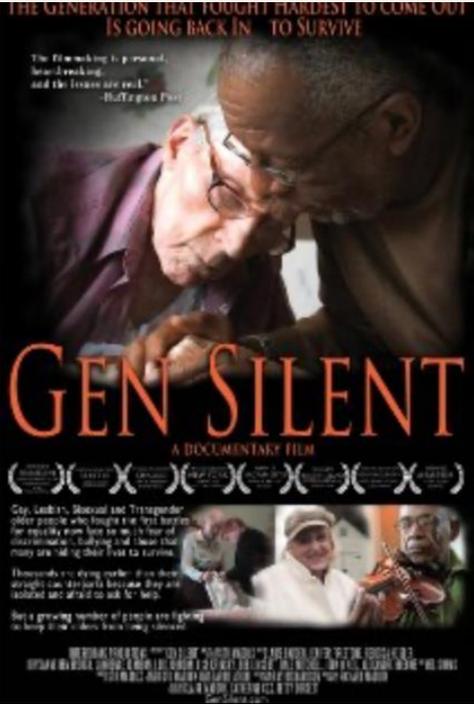
DEI COMMITTEE

3 Priorities

- 1) LGBTQ older adults
- 2) People with disabilities
- 3) People of color

Updates on Progress

LGBTQ Older Adults



People with Disabilities



Engaging People of Color

- I. Photovoice Project (2018-2019)
 - II. Pilot Survey (*Spring 2021, BIPoC community*)
 - III. Strategy Design with BIPoC community leaders
(*January-June 2022*)
 - IV. Local Partnerships in Manchester & Nashua (2022-
Present)
-



- Anna Adachi-Mejia, PhD
- Hispanic/Latinx, Black/African American, and Bhutanese
- Photovoice exhibit
- Video series

NH OLDER ADULTS OF COLOR: 3 KEY THEMES

1. Activity



2. Connection



3. Celebration

II. BIPOC COMMUNITY PILOT SURVEY

4 Pillars

- 1) Access to care
- 2) Ability to age at home
- 3) Caregiver concerns
- 4) Prolonged health issues



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Convened BIPOC Community Leaders

6 Months: January-June 2022

Monthly meetings: Invited 15 leaders of color; core group of 8 met monthly.

Honorarium: An honorarium was extended to anyone in need.

THEORY OF CHANGE

DESIRED RESULT

Improving access to care among adults *across* generations and diverse cultural identities *and* their families in Hillsborough County.

PILOT: 2 Communities

MANCHESTER

- Victory Women of Vision Elders & Families
 - *Mary Georges*
 - *Aziza Ali*

NASHUA

- City of Nashua Division of Public Health & Community Service
 - *Bobbie Bagley*
 - *Iraida Muñoz*

Manchester:

Victory Women of Vision

VWV
ELDERS &
NHAHA
PARTNERS

Victory Women of Vision & NHAHA

June 2023
Listening
Session



December 2023 Green Dash Bus Tour



NHAHA Updates



Direct Care Worker Retreat

Hosted 35+ direct care workers including licensed nursing assistants, personal care attendants, and direct support professionals.



The day included celebrating, providing educational information, and networking for direct care workers.



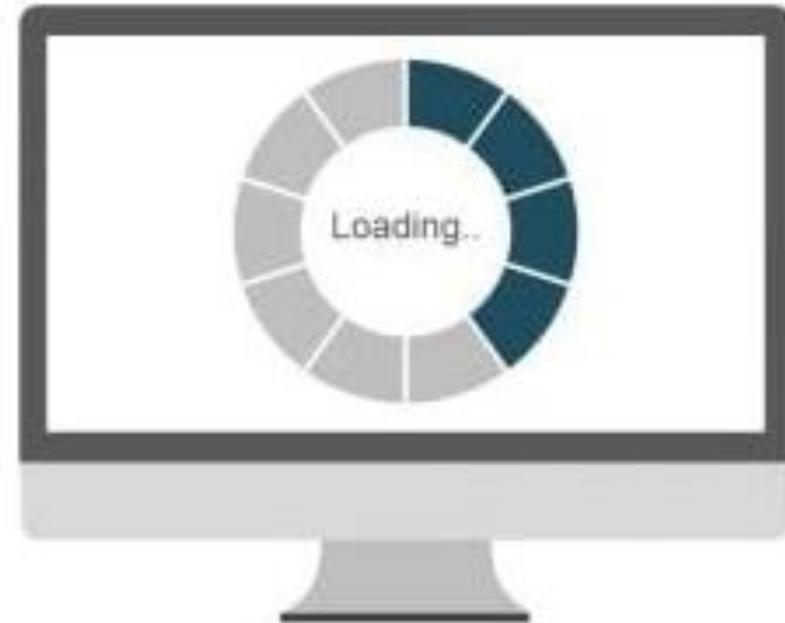
NHAHA Volunteer Driver Program Conference

- In October, NHAHA hosted an in-person volunteer driver program (VDP) one-day conference.
- The conference:
 - Celebrated the work of VDPs
 - Created opportunities for VDP coordinators to develop and strengthen their peer-to-peer network
 - Discuss the successes and challenges of VDPs



NHAHA Website Updates

- Updates include
 - Improved accessibility
 - Updates to measurement page with comparison data
 - Availability for more content
 - New look and feel
- Date of launch: December 2025/January 2026



NHAHA Annual Participant Survey

Coming soon...

- The survey helps NHAHA backbone team:
 - Gather feedback and hear about **your** experience as a NHAHA participant
 - Measure progress
 - Identifying areas of growth and improvement
- You can take the survey:
 - Online
 - Paper
 - QR Code

Coming soon...

NHAHA Networking Event

We heard you!

We have heard feedback from many AHA participants that would like more opportunities to connect and network.

We are working to plan something for early 2026.

More information will be available soon.

Advocating for Change»»

In New Hampshire



New Futures»»

Healthy Aging Advocacy

New Futures and
NH AHA

Judith Jones

New Futures Healthy Aging Policy Coordinator
jjones@new-futures.org

Martha McLeod

*New Futures VP of Community
Engagement*
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Michaela Stafford

New Futures Communications Coordinator
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You are the Power Behind Our Advocacy >>>



2026
Legislative Session

Healthy Aging

Getting Ready 



Priority Areas



Listening



Research



Policy Advisory Committee



Stakeholder Collaboration

2026 legislation >>>



Support SB 545

Medicare Savings Program is a Medicaid Program that Pays for Gaps in Medicare

Eliminates the Resource Limit



Support SB 608

Provides caregiver supports as an allowable Medicaid HCBS service and enhances Kincare child scholarship

2026 legislation >>>



Support SB 647

Relative to privacy first prescription discount card



Oppose SB 348

Relative to restrictions on local welfare

2026 legislation >>>



What is Next?

Looking for Advocacy Partners



Do you support the Medicare Savings Program or know people who would benefit from it?



Are you or do you know a caregiver? Are you or do you know a caregiver that would benefit from the Kincare Child Care Scholarship?



Does the high cost of prescription drugs impact you or someone you know?



Are you or do you know an older adult struggling financially?

Advocating for Healthy Aging

Stay Updated >>>

<https://new-futures.org/current-legislation>



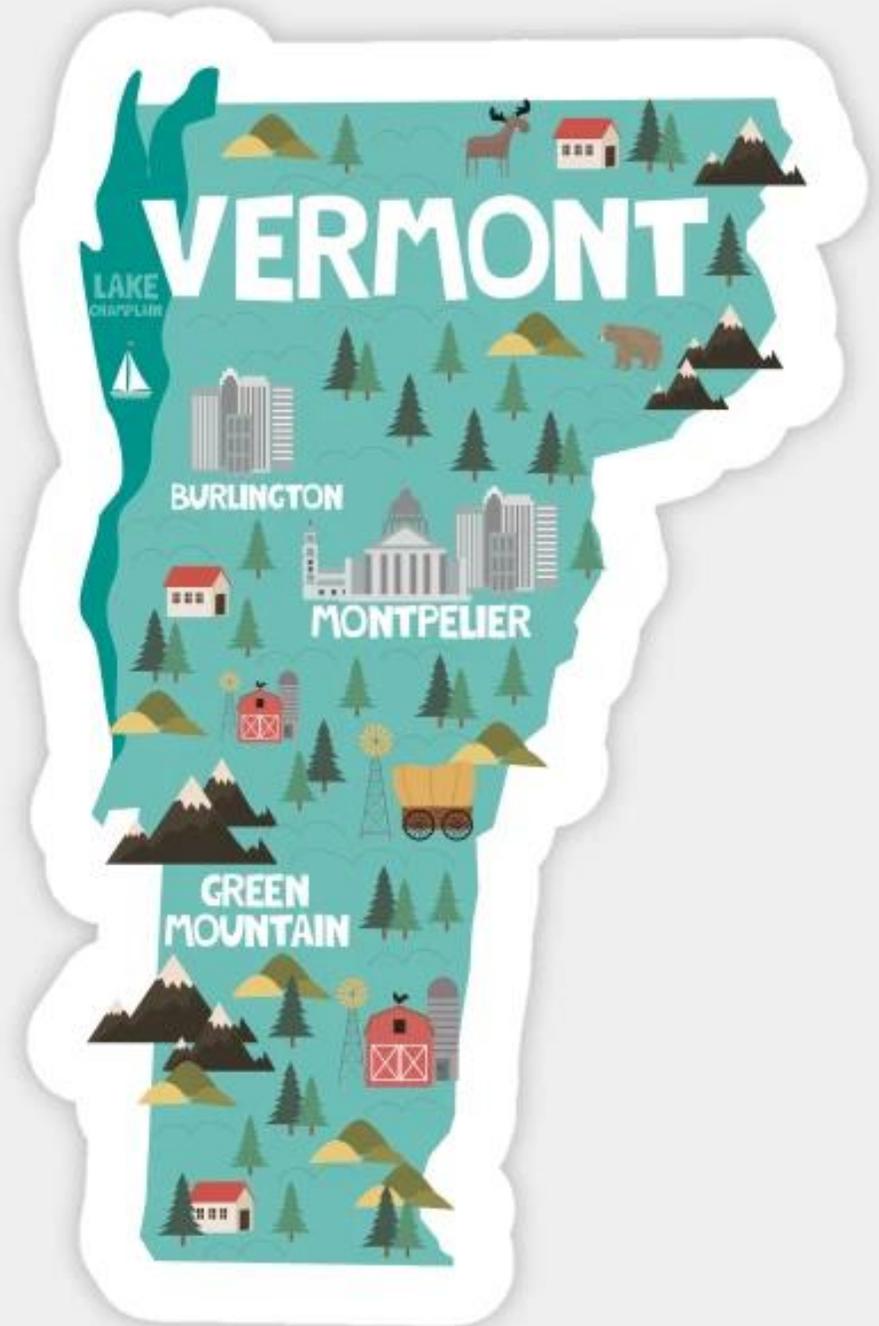
sign up for action alerts >>>



www.new-futures.org/training/sign-up

FAST FACT

As of 2024 there was an estimated 101,000 Americans over age 100, and by 2050 the number of centenarians will reach 422,000 —which equals more than half of the current population of the entire state of Vermont!



Save the Date!

2026 Quarterly Meetings

- ✓ **Wednesday, March 18, 2026**
- ✓ **Thursday, June 11, 2026**
- ✓ **Wednesday, September 23, 2026**
- ✓ **Thursday, December 17, 2026**



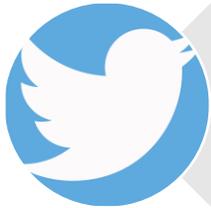
Engage with NHAHA



NHAHA website
www.nhaha.info



Facebook
<https://www.facebook.com/NHAHA603>



Twitter
<https://twitter.com/NHAHA603>



LinkedIn
<https://www.linkedin.com/company/the-new-hampshire-alliance-for-healthy-aging>

**Thank you for
participating!**

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information, contact:

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