

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

March 24, 2026



Agenda

- Welcome, Introductions, and Housekeeping
- Resources for Supporting Individuals Who are Deaf and Hard of Hearing
- AgeWell NH
- Break
- NHAHA Updates
- NHAHA Strategic Planning Activity
- Adjourn and Lunch

HEARING LOSS IN OLDER ADULTS

Presented by: Michelle McConaghy and Amy Evans



NDHHS

Northeast Deaf and Hard
of Hearing Services, INC.

What does NDHHS Do?



SEARCH

NEWS

EVENTS

DONATE

Interpreter & CART Referral

Technology & Accessibility

Education & Resource Center

Community Services & Outreach

About Us

Join our NH community!

NHhears

NH based hearing loss advocates

Welcome!

About NDHHS

Established in 2001, Northeast Deaf and Hard of Hearing Services is a nonprofit organization dedicated to serving the New Hampshire Deaf and Hard of Hearing community through empowerment, education, and advocacy for equal access and opportunity.

Communication

Technology

Education

Community

www.NHhears.org

COMMUNICATION | COMPREHENSION | COMMUNITY



	Who We Are	Practical Information	NH Advocacy	Updates & Resources	Contact	  
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Helping You Stay Connected.

You Didn't Choose Hearing Loss—But You Can Choose What Happens Next

Hearing loss makes life harder. Not just for you, but for the people you interact with every day. It can be overwhelming, frustrating, even isolating. You might feel lost, self-conscious, or unsure what to do next. That's normal—and you're not alone.

At NHhears, we believe that hearing changes shouldn't get in the way of who you are or how you connect with others. We're here to help you hear better—and feel more like yourself while doing it.

[Get Started!](#)



Why Hearing Loss Matters



- Hearing loss is already part of your work
- Often goes unrecognized
- Impacts daily communication & connection

Hearing Loss is the **Third Most Common** Chronic Health Condition in the U.S.



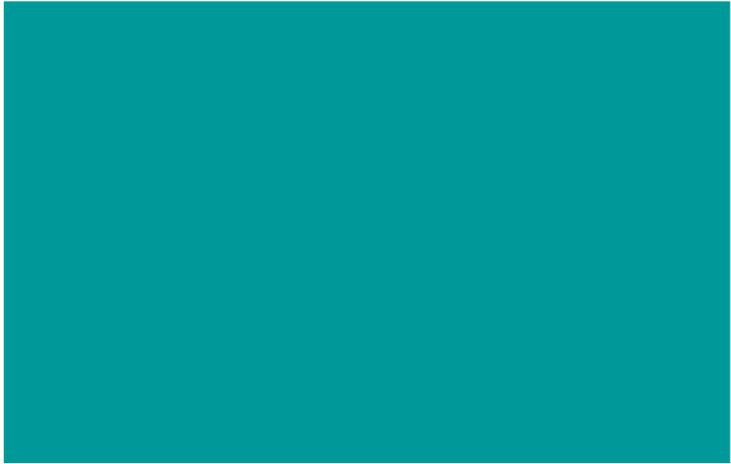
- About 1 in 3 adults over 65
- Rates increase with age
- Many do not self-identify

Presbycusis

Gradual, affects both ears

High-pitched sounds hardest

Speech clarity reduced



What is
Age-Related
Hearing Loss?



Signs of Hearing Loss

- Have trouble hearing over the telephone
- Misunderstanding
- Need to turn up the TV volume loud
- Complains of ringing in the ear (tinnitus)



Hearing is a **Brain Issue** (not just an ear issue)

- Hearing happens in the brain
- Reduced sound = reduced stimulation
- Supports memory & attention



Everyday Impact



Difficulty
following
conversation



Listening
fatigue



Avoidance of
group
settings



Stress and
frustration



Social withdrawal



Depression and
anxiety



Loss of confidence



Increased isolation

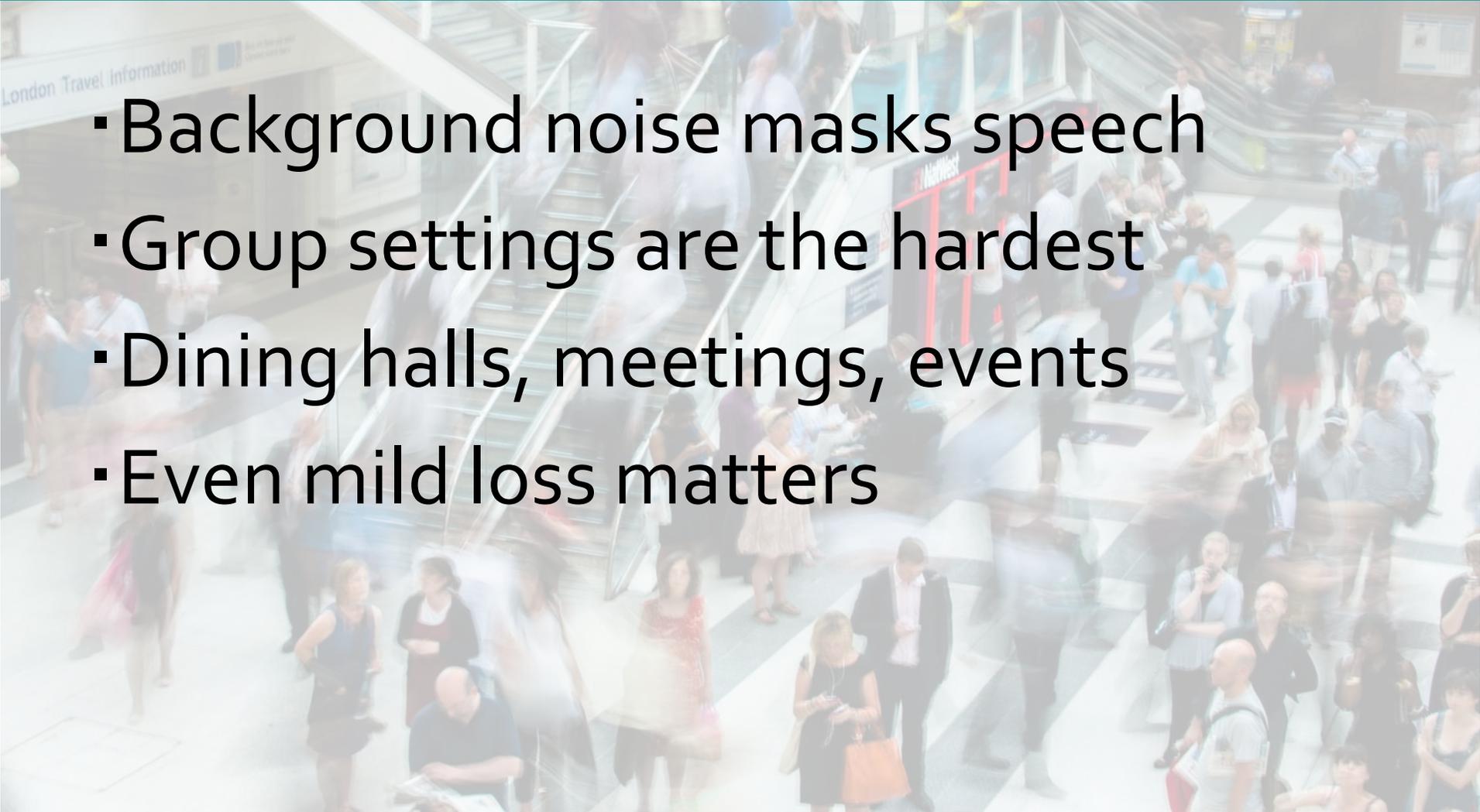


Anger

Social & Emotional Effects

Speech & Noise

- Background noise masks speech
- Group settings are the hardest
- Dining halls, meetings, events
- Even mild loss matters



Why Early Action Matters



Brain adapts better



Supports independence



Improves quality of life



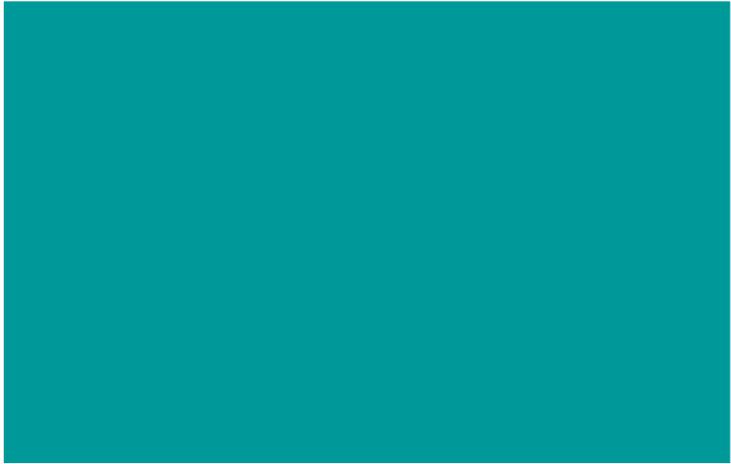
Access matters

Hearing Aids

Assisted Listening
Devices

Captioning

Environmental
Supports



Support
Options



Communication Tips



Reduce
background
noise



Good
lighting



Face the
person



Use visual
supports

What Can We Do as a Community?

- Start the conversation
- Share resources
- Encourage regular hearing checks
- Think about access before it's needed
- Make inclusion the default



**Northeast
Deaf and Hard
of Hearing
Services EXPO**
*Celebrating 25
Years of Service
and Advocacy*

Join us on **April 11, 2026** for a first-of-its-kind EXPO designed to explore:

- New possibilities
 - Practical solutions
 - Shared experiences
- Discover a wide range of:
 - ⑩ Technologies
 - ⑩ Resources
 - ⑩ Support services
 - **For individuals with hearing loss, and the family & friends who support them.**



Q&A

**What's The One Thing You Will Do
Differently Starting Today?**

Want to Learn More?

Please contact us with any questions or if you need additional resources.

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www.ndhhs.org



NDHHS

Northeast Deaf and Hard
of Hearing Services, INC.

AgeWellNH

LONGEVITY-READY LIVING

NH STATE COMMISSION ON AGING



NH State Commission on Aging

PURPOSE

Under enabling legislation passed in 2019, the Commission was created to advise the Governor and General Court on policy and planning related to aging in New Hampshire.

VISION

All people have the opportunity to thrive and be valued while growing older in New Hampshire.

MISSION

To be a catalyst for change that values, serves, and celebrates people as they grow older.

VALUES

Forward Thinking

Collaboration

Public Trust

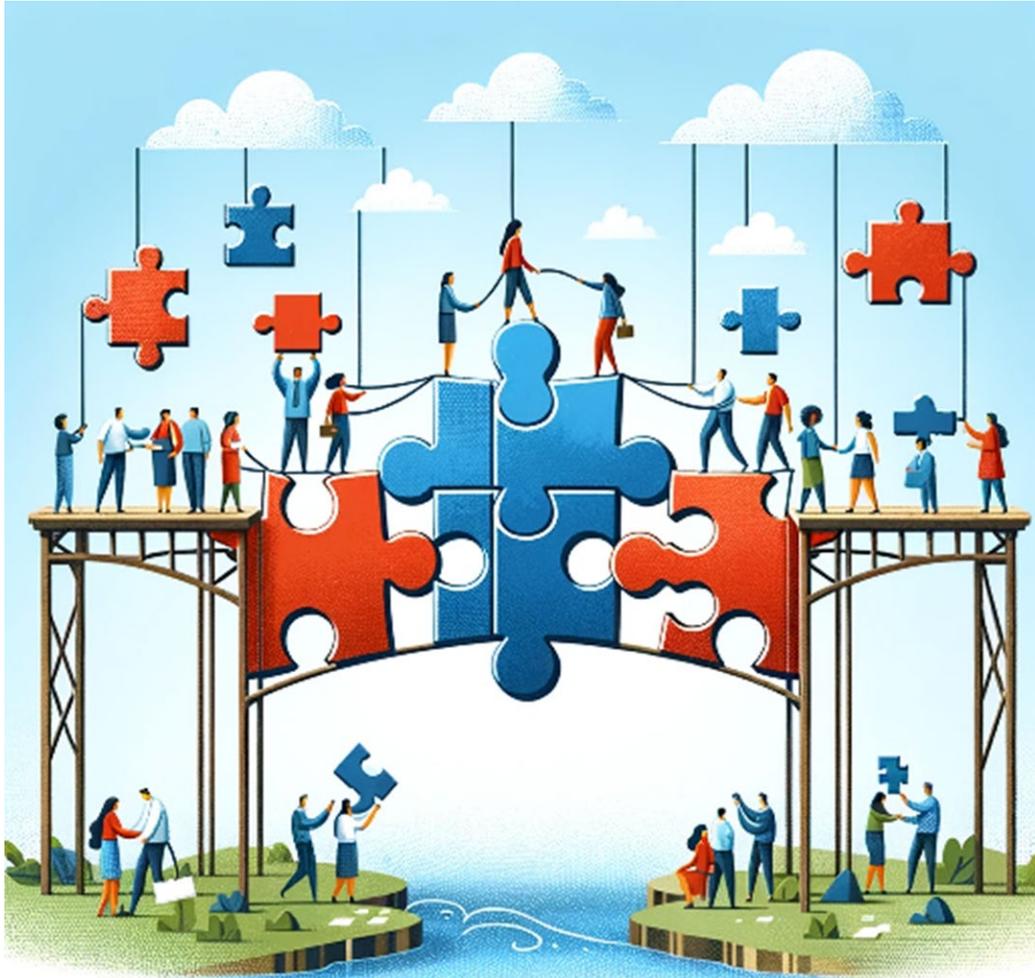
Stewardship

Expertise

Opportunity

Engagement

How Does the Commission Work?



We track emerging issues that impact older adults

We collaborate across state agencies and stakeholders

We advise on public policy

We plan for a changing New Hampshire

2026 Priorities



ADVANCE AGEWELLNH



STRENGTHEN SYSTEMS OF CARE FOR HEALTHY AGING



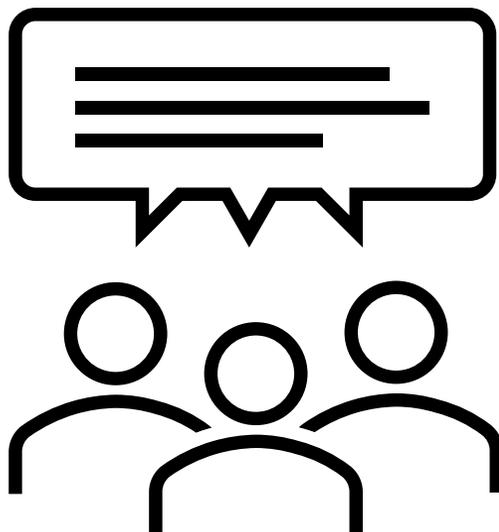
GROW THE DIRECT CARE WORKFORCE



A Multi-Sector Plan for Aging

- **A 10-year blueprint** designed to inform the infrastructure and coordination of services for the current and future aging populations.
- **A cross-sector process** that brings together the concepts and resources of multiple sectors to anticipate and address the needs of aging populations now and into the future.
- **Builds on priorities & goals** of the Governor, Legislature & state agencies.
- **Guides policies, programs, and funding** – public & private / state & county with updates and accountability built in.
- **It doesn't reinvent the wheel**- it brings existing plans together and builds on them.

How can we make New Hampshire
an even better place to grow old?



AgeWellNH

This process reflects the perspectives of **over 1,400 individuals** across diverse geographies and lived experiences:

Engagement Method	Participants	Audience
37 in-person community meetings	~300	Older adults, caregivers, community members
10 legal-focused listening sessions	~50	Older adults with diverse incomes and circumstances
Survey distribution (online + in person)	~550	Older adults and caregivers statewide
Community tabling and events	~300	Residents, students, service providers, government
43 professional focus groups and interviews	~215	Cross-sector professionals and stakeholders

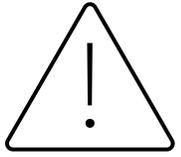


Assets to Aging in New Hampshire

Access to Services & Resources

Social Connections & Community

Recreational Opportunities



Challenges to Aging in New Hampshire



Transportation



Services & Supports



Housing



Workforce



Cognitive Wellness

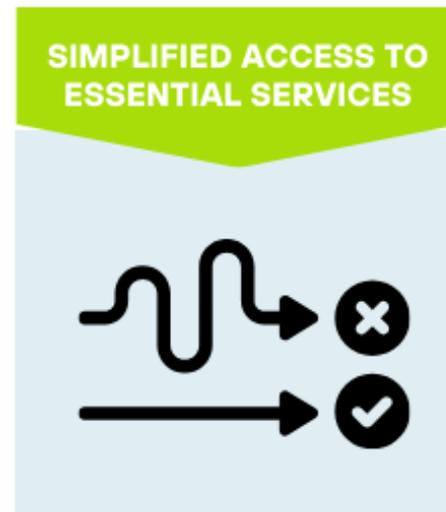


Cost of Living

What Matters Most

Survey respondents were asked to rank their priorities for the AgeWellNH plan.

1. 90% want elected officials to prioritize the needs of older adults and invest in planning and services.
2. 84% want better connections to essential services.
3. 84% want simplified access to essential services.
4. 83% want to lower the cost of living including property tax relief and lower housing costs.



Foundational Pillars



INDEPENDENCE

Supporting the ability to make choices, determine priorities personal choices, financial, health and social factors.



WELLNESS

Physical and mental health, ability to engage in activities recreation, social groups, learning, traveling, volunteering



CARE

Access to medical, pharmaceutical, dental, vision, and hearing care and other supportive services.

INDEPENDENCE

Housing

Affordable, age-ready housing designed for aging in place

Transportation & Mobility

Reliable mobility options and safe driving resources

Longevity Planning

Financial, legal, and benefits planning for long-term wellbeing

Community Design

Longevity-ready infrastructure that supports aging in place

WELLNESS

Connected Communities

Opportunities for engagement, outreach and meaningful recreation

Age-Friendly Environments

Inclusive, intergenerational workplaces and accessible tools

Healthy Aging

Lifelong learning and cognitive health support

Civic Engagement

Volunteer service and community participation

CARE

Prevention

In home support, self-determination and fall prevention

Accessible Coordinated Care

Telehealth, workforce capacity, respite, transportation and strong care networks

Community-Based Supports

Village models, care partner support, nutrition programs, guardianship and community nursing

What Comes Next



Join Us

Monthly Meetings

Newsletters

Annual Reports and White Papers



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the
Coffee
Break

TIME

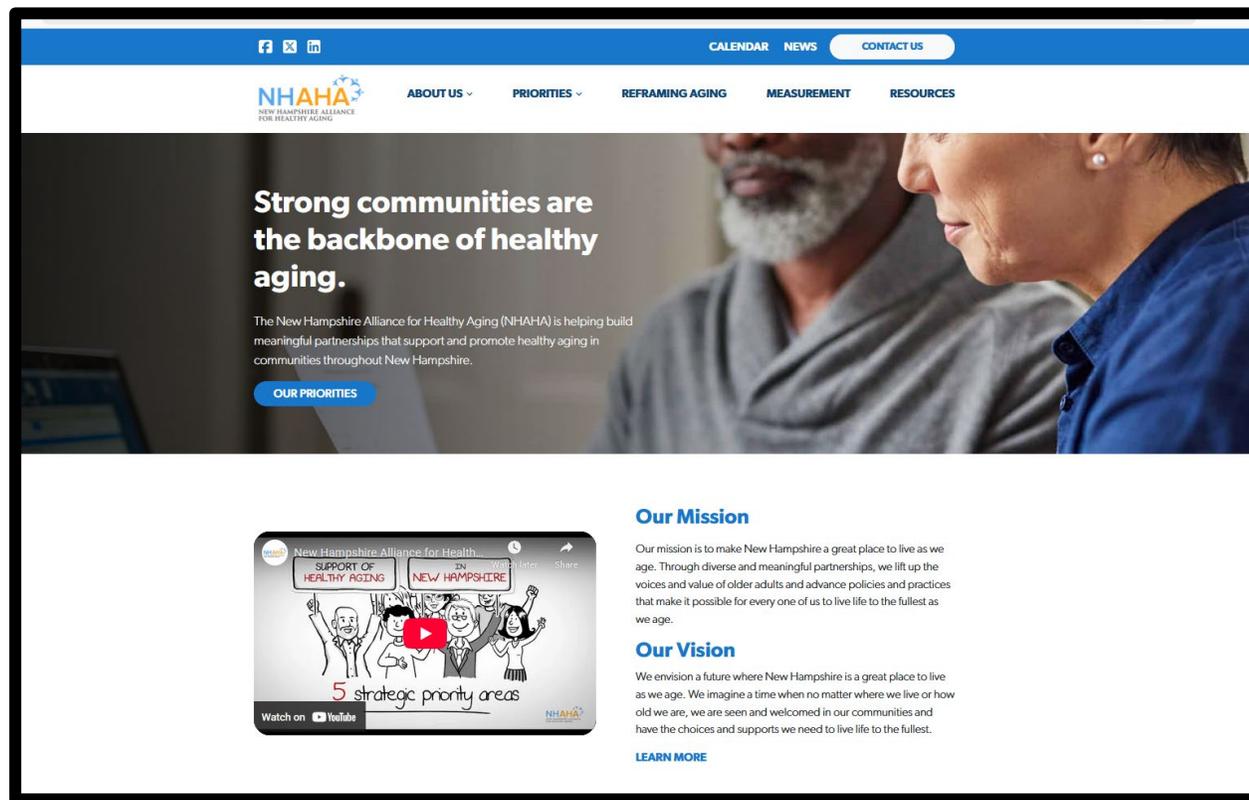
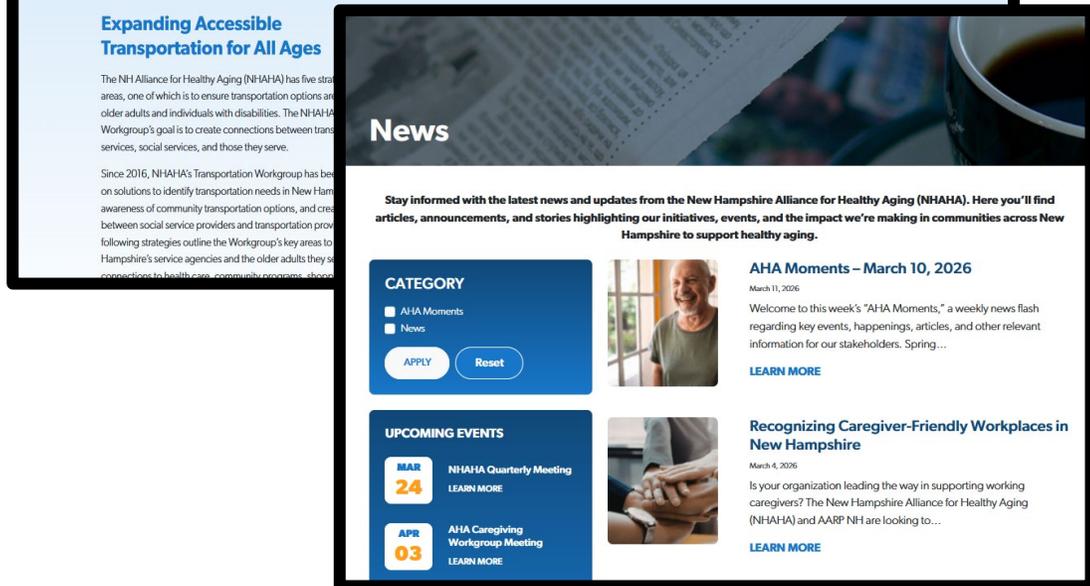
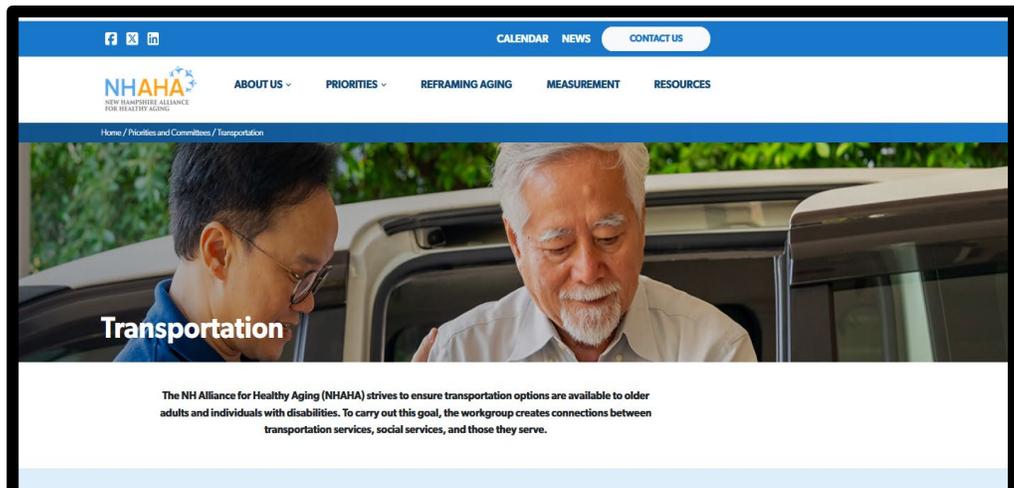


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NHAHA Updates



NHAHA Website Refresh





DO YOU CARE?



Do you regularly do any of these things for a family member or friend:

- Help with household chores such as meal preparation, cleaning, and grocery shopping?
- Drive them to appointments?
- Assist with personal business affairs, such as paying bills?
- Make meals?
- Make phone calls to check-in?
- Help someone make decisions about healthcare?
- Provide hands-on-care such as bathing or assistance with eating?

If you answered "Yes" to one or more of these questions, **you are a caregiver.**

You are not alone

Caregiving is a rewarding, yet demanding role, and many others share this experience.



Over 17.7 million people in the United States are family caregivers of someone over the age of 65.



The emotional toll of caring for a loved one can easily lead to physical and mental exhaustion.



Take Care of Yourself. Resources are here to help you.

Your role is important and you deserve support. By recognizing yourself as a caregiver you can find resources, training, and support groups.



New Hampshire Aging and Disability Resource Centers
1-866-634-9412
[www.dhhs.nh.gov/programs-services/adult-aging-](http://www.dhhs.nh.gov/programs-services/adult-aging-...)

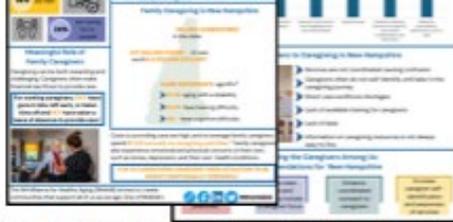


Get Connected. Get Help.
Call 2-1-1 for immediate assistance
211NH.org

Caregiver Self-Identification

- NHAHA Caregiving workgroup created flyer in 2017
- Flyer translated in multiple languages
- Shared with healthcare providers and statewide partners
- Shared nationally through the NASHP Learning Collaborative on Caregiving
- Currently modernizing flyer

understanding of family caregiving in New Hampshire.



65+ stakeholders attended meetings in 2025



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



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.

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 across the

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 resulted in a bus trip to Hampton



On Cinco de Mayo, NHAHA hosted a report out, reflection and conversation on the Izi (listening session) held in 2024

2025 Highlights and Accomplishments

2026 Session

Healthy Aging



newfutures >>>

SB 608

Family and Kinship Caregiver Support >>>



Addresses critical gaps in New Hampshire's caregiver support systems.



Provides support services for people who care for individuals enrolled in the Acquired Brain Disorder and Choices for Independence Medicaid waiver programs.



Improves access to affordable childcare for grandparents and other relatives raising children. Adults of retirement age (67+) will no longer need to work to qualify for the NH Child Care Scholarship Program.



March 24, 2026: Hearing before House Children and Family Law Committee. **Please sign in before midnight tonight and support SB 608.** <https://new-futures.org/Caregivers>

Sign Up for Action Alerts >>>

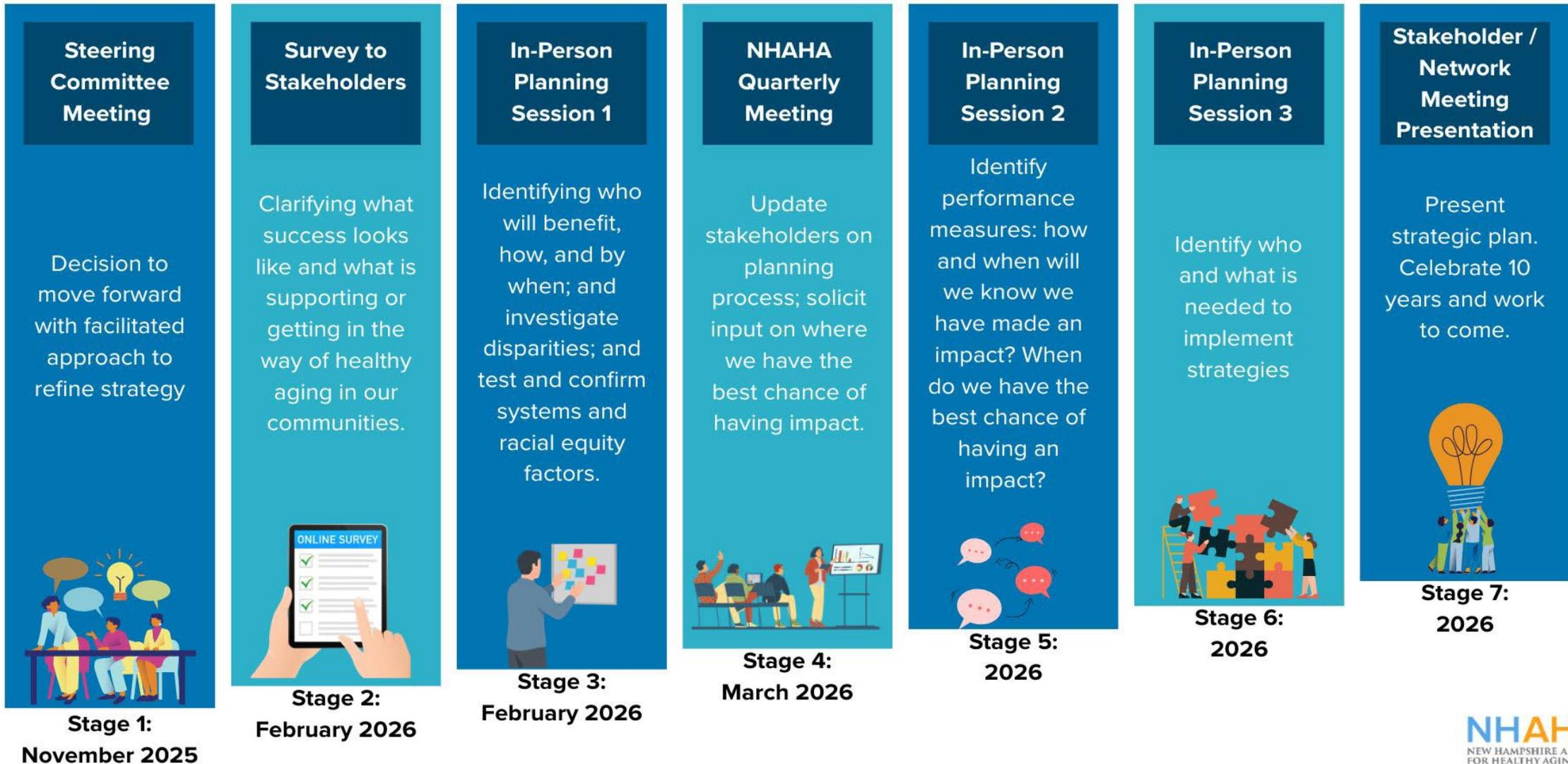


www.new-futures.org/training/sign-up

NHAHA Strategic Planning Activity



New Hampshire Alliance for Healthy Aging (NHAHA) 2025 - 2026 Strategic Planning Process





Planning Retreat #1 RECAP

February 18, 2026



Agenda

Results

- Agree on Result(s) and Indicator(s) that are ultimate aims of our work;
- Identify and Prioritize factors that impede our result(s);
- Identify what data and research will be needed to build strategies

Agenda

9:30 AM:	Welcome & introductions
10:10 AM:	Data Walk: Shared Priorities
10:50 AM:	Break
11:00 AM	Confirming Result
11:25 AM:	Factor Analysis part 1
1215 PM:	Lunch
1:00 PM	Factor Analysis pt 2
1:50 PM:	Break
2:00 PM	Prioritizing Factors and Research
3:00 PM	Adjourn

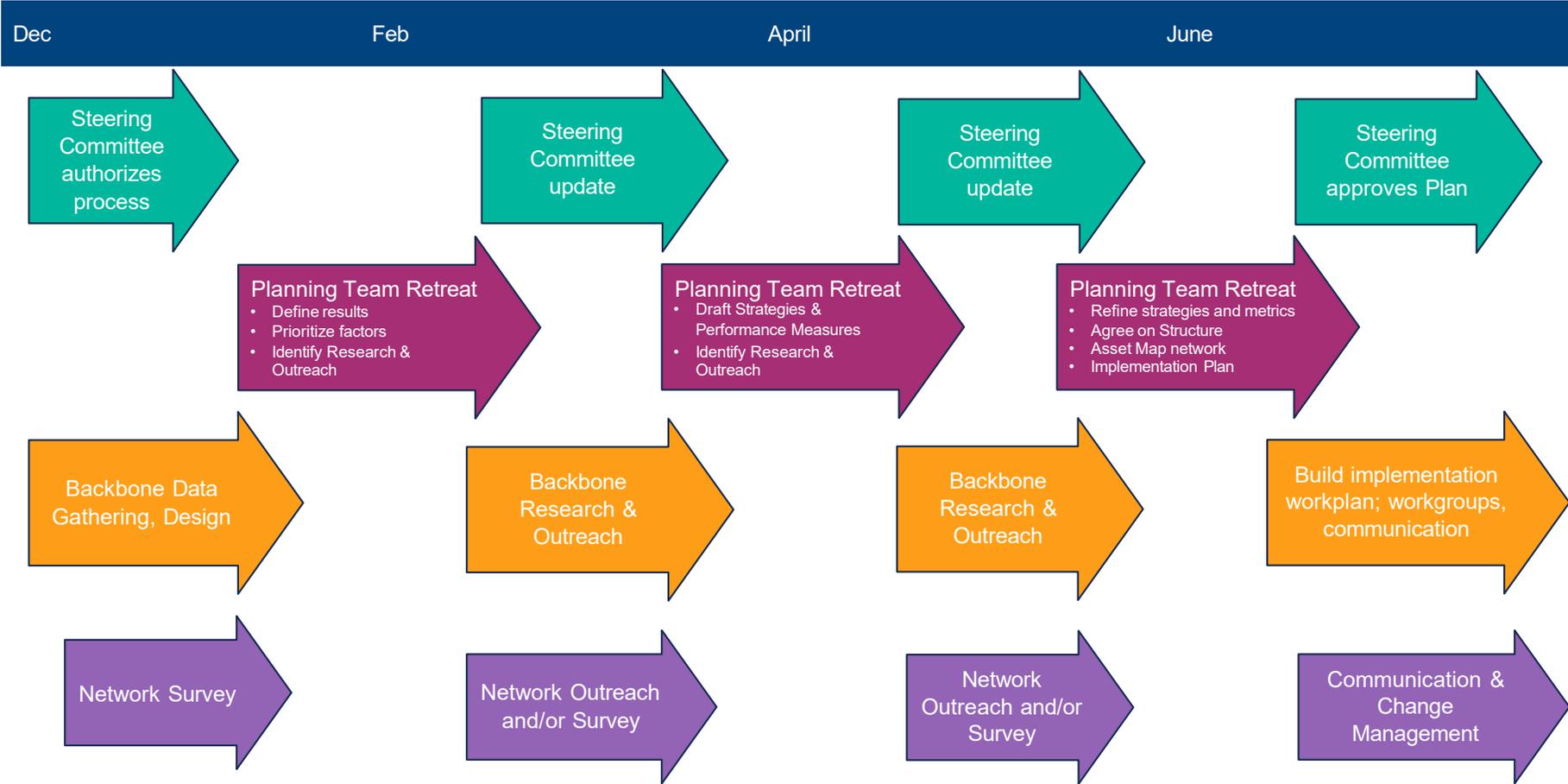
Introductions

- Name, Role
- Energy Level today (1-4)
- Looking forward to this Spring?

Groundules

- Remember our why and the needs that bring us to this room;
- Assume good intent, listen to understand rather than judge
- Be aware of the space you are taking; make space for others
- Clarity is kindness

Planning Timeline



Data Walk Questions (in small groups)

Please answer these together in your small group

1. What do you find most surprising?
2. What do you find most hopeful?
3. What do you find most urgent?
4. What is missing from the story?

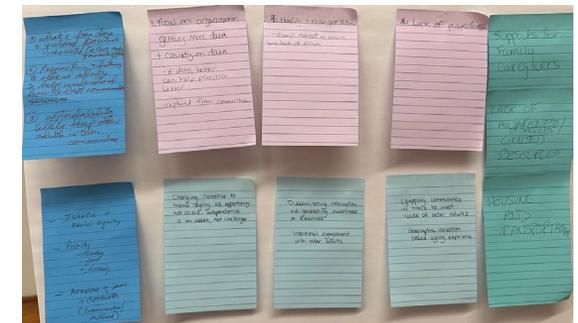
Data Walk Debrief (as table)

1. Each group share your responses to the data walk
2. Where are there commonalities or differences in your list
3. Identify 2-3 themes from your analysis and conversation that should shape our 2028 plan. *Write on big post-it and bring to facilitators*



Data Walk Themes

- What's been done and yielded **positive results** (i.e., Coos County grassroots effort)?
- Respecting & listening to older adults to help understand **how to best communicate services**
- **Affordability** to help keep older adults in their communities
- Focus on organization getting **more data and clarity on data** captured from communities (if data is better can help prioritize better)
- **Housing and transportation** always marked as concern but **lack of action**
- Lack of **perspectives**
- Supports for family **care givers**
- Lack of **awareness** of services, **limited resources**
- **Housing and transportation**
- Equipping communities with **tools to meet needs** of older adults; **geographic variation** bases aging experience
- Disseminating information and generating **awareness of resources** – intentional **engagement** with older adults
- Changing narrative to frame aging as **opportunity not crisis**, independence is an asset, not challenge
- **Isolation and racial equity**
- **Poverty** (Homeless, food, housing)
- **Awareness of services** and **coordination** (communications and outreach)



Results-Based Strategies



Our Result & Indicators



Draft North Star Result:

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*, older adults report feeling seen and welcomed in their communities and have the choices and supports needed to live life to the fullest.

A good result has:

- *Urgency power*
- *Proxy power*
- *Data power*
- *Communications power*

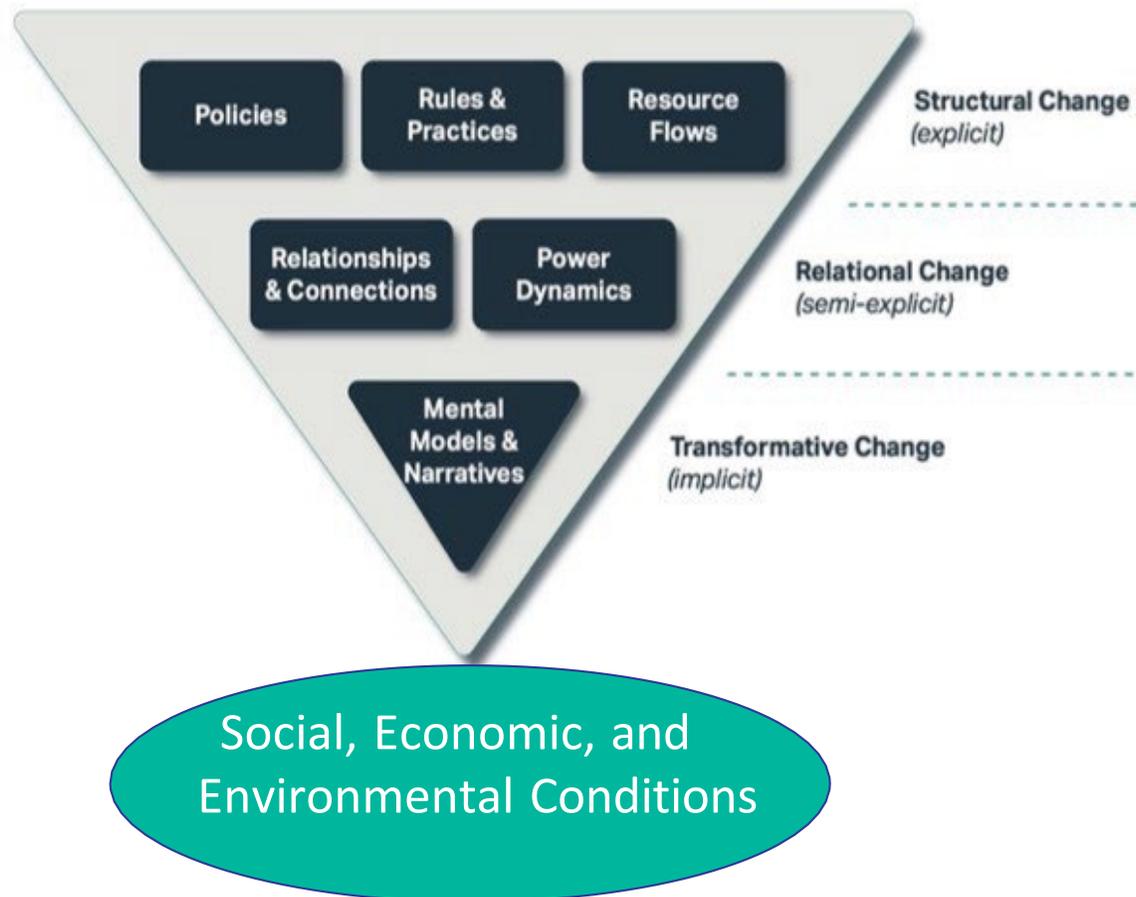
Draft Indicators of Success

1. Increase in percentage of older adults who report that **their community is a good place to age** (*every four year state aging plan survey already asks; could ask via Granite State Poll more often*)
2. Increase number of older adults who report that they have the resources and supports they need for **housing, food, transportation, care, and medical costs** (*new question will be baselined; could potentially use Granite State Poll and then state aging plan; can seek quantitative data on usage of services from public data or bellwethers to match with qualitative*);
3. (a) Increase in older adults who report that they participate in **clubs, programs, or activities** at least once a week; and (b) Decrease in those who report **feeling lonely and isolated** in their community (*new question will be baselined; could potentially use Granite State Poll and then state aging plan; can seek quantitative data on usage of services from public data or bellwethers to match with qualitative*);

Factor Analysis

- What factors currently impede our result?
- How do factors differ for groups with inequitable/disparate outcomes?
Are there specific factors they experience that are different?

Figure 2. Systems Change: Changing the Conditions That Hold the Problem in Place



Prioritization Process

1. Rank factors by how much solving for each would impact your result
2. Rank factors by how much influence our coalition can have on this factor?
3. Each person will place dots on the 3 factors they believe will be most important to work on during the next two years.
4. Table will select 3 factors to bring to the larger group and place on large post-it notes.





Priority Factors

What are the impediments we need to solve in order to make NH a good place to age with greater resources and supports for housing, transport, care, and medical costs, and more connection and participation with others in their communities?

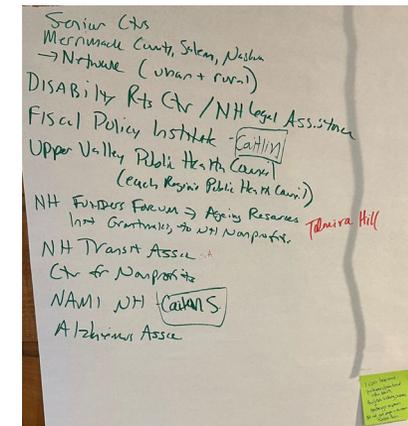
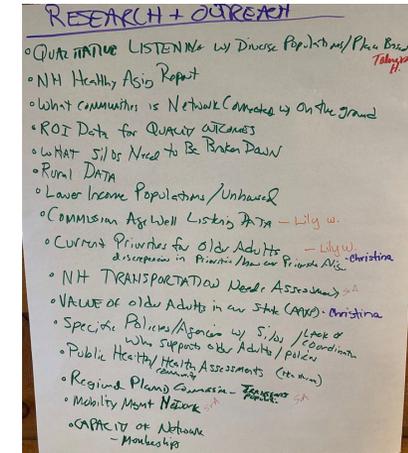
1. Ageism: lack of value of older adults, lack of acknowledgment we are all aging; Leadership/lack of visioning and engagement related to longevity (14)
2. Silos, lack of coordination (e.g., different eligibility criteria; Lack of coordination (limited coordinated outreach, siloed services) (11)
3. [Lack of] Social connections (isolation) (7)
4. [Lack of] technology supports and resources so older adults can access information (6)
Scarcity mindset: "Yankee Pride" (6)
5. Grow and support the care workforce; Adequate supports for family care givers (5)
6. Affordable/diverse housing options for older adults (4) Legislator perspective, structure, and objectivity (4) Lack of agreement on priorities at the AHA level (4)
7. Lack of resources (money, expertise, etc) to address cultural differences; overcoming cultural differences (communication) (3)
8. Planning for the needs of an aging population (3)
9. Lack of transportation access **; Care and service coordination ** (2)



- *Recruitment, support for Care Workforce;*
- *Are there other impediments beyond coordination or money for transport, food, and medical supports or connection*

Research and Outreach List

- Qualitative listening with diverse populations & place-based – **Talmira Hill**
- NH Healthy Aging Report - mapping needs vs services
- What communities is network connected to on the ground?
- ROI data for quality outcomes
- What silos need to be broken down? Specific policies/agencies with silos or lack of coordination – who supports older adults/policies
- Rural Data Lower income populations/unhoused [NH Coalition to end homelessness – see data]
- Commission AgeWell Listening Session data – **Lily W**
- Current priorities for older adults (discrepancies and alignment in priorities) – **Lily W, Christina**
- NH Transportation Needs assessment – **SVA**
- Value of older adults in our state (AARP) – **Christina**
- Public Health – Community Needs Assessments from depts and hospitals
- Regional Planning Commission – transport, population – **SVA**
- Mobility Management Network utilization data – **SVA**
- Capacity of network – memberships
- Senior Centers (Merimack Salem, Nashua County); urban and rural -> Senior centers network
Disability Rights Center, NH Legal Assistance
- Fiscal Policy Institute – **Caitlin S**
- Upper Valley Public Health Council (each region's council)
- NH Funders Forum – aging resources funded by grantmakers – **Talmira Hill**
- NH Transit Association – **SVA**
- Center for Nonprofits
- NAMI NH – **Caitlin S**
- Alzheimers Association



Planning Activity

- 10: 45 – 10:55: Vote on Priority Factors
- 10:55 – 11:10: 3-Paired Activity
- 11:10 – 11:22: Table Activity
- 11:22 – 11:27: Report Out

Activity: Vote on Priority Factors

- **Priority Factors** are the problems (i.e., factors) that we need to solve for. *These are not necessarily priorities or strategies of NHAHA.* These factors get at the question: *What are the barriers to creating communities that support all of us as we age?*

- **Instructions:**

- There are 8 factors on boards/walls around the room
- Each person has 3 dots
- Place your dots on the factors you think are most important for NHAHA to solve

3-Paired Activity

- **Instructions:**
 - Find a person to pair up with and grab some blank post-it notes
 - If you are working on a “priority factor” put your name on a post-it note and place it on that factor
 - Brainstorm with your partner other individuals along with their organization/program who are doing a particularly good job at addressing a priority factor write their name on the post-it and star those as “nominations”

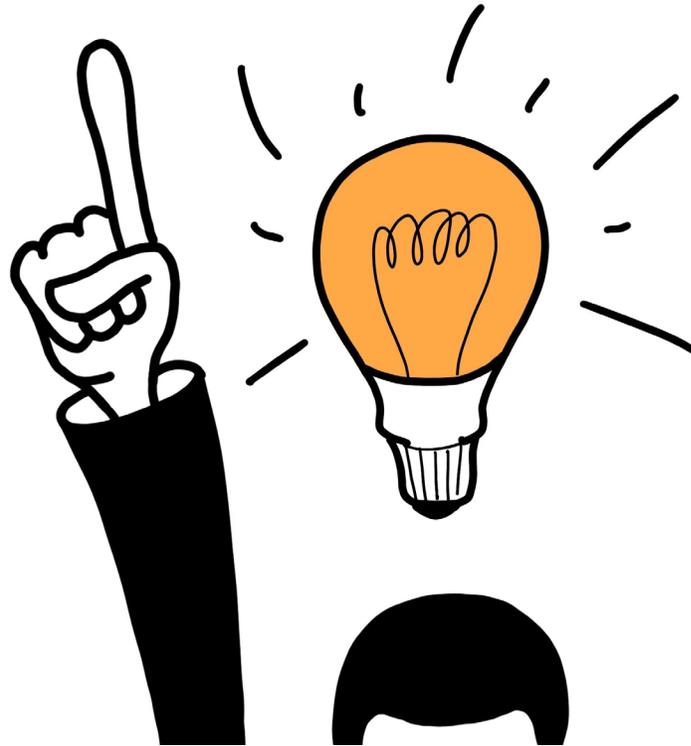
Table Activity

- **Instructions:**

- At each of your tables please discuss the following question:

At the strategic planning session many people identified the lack of coordination and silo-ing of services as a key impediment. **Can they think of specific instances where the lack of coordination or collaboration among systems or programs is a barrier to people getting all the support they need? (i.e., different eligibility criteria, not being able to transfer information from one program to another, etc).**

Activity: Report Back from Tables



Save the Date!

2026 Quarterly Meetings

- ✓ **Thursday, June 18, 2026**
- ✓ **Thursday, September 24, 2026**
- ✓ **Thursday, December 17, 2026**



Engage with NHAHA



NHAHA website
www.nhaha.info



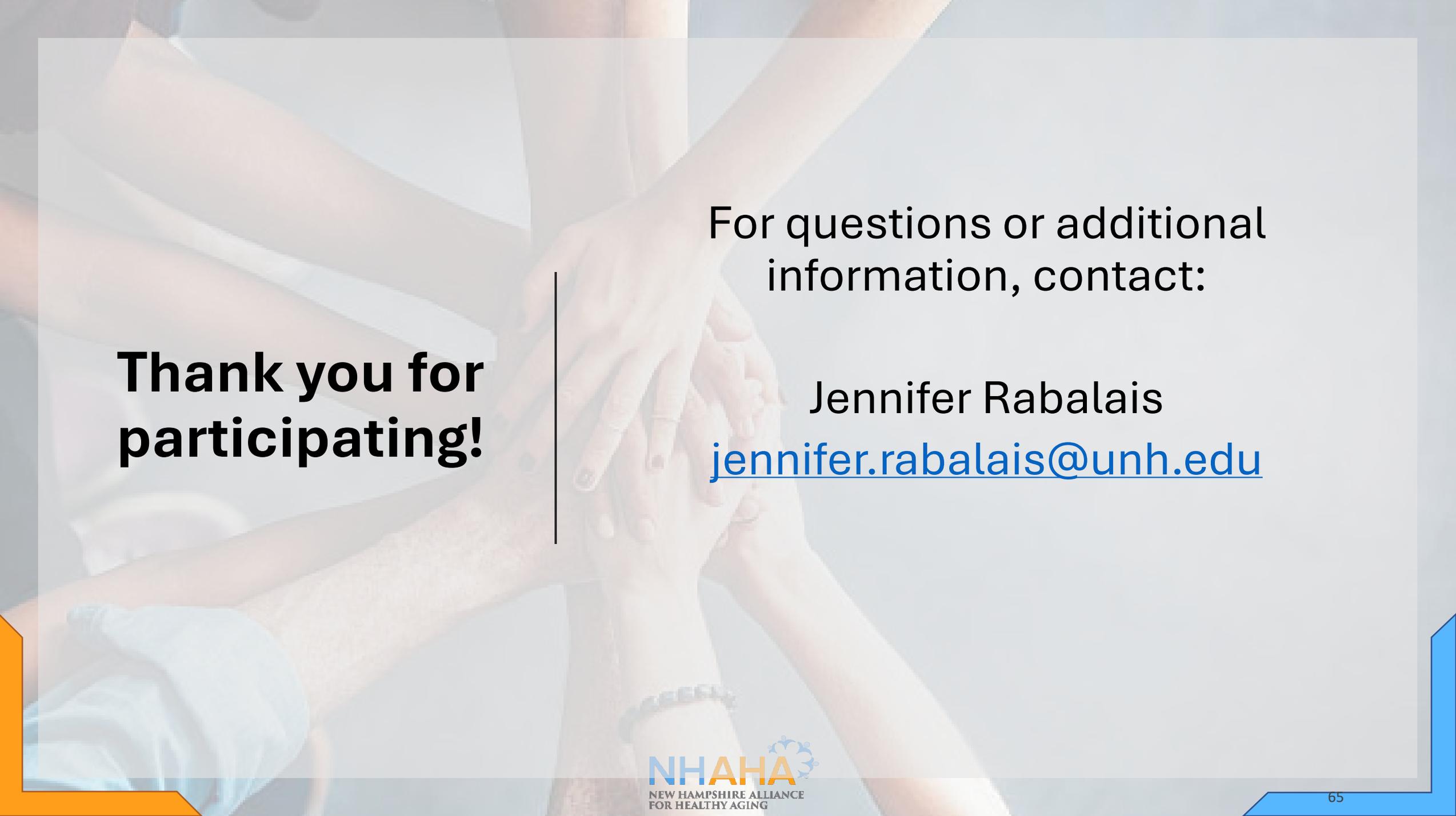
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<https://www.facebook.com/NHAHA603>



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



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



**Thank you for
participating!**

For questions or additional
information, contact:

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