



HEALTHY AGING



SOCIAL CONNECTION



INFRASTRUCTURE FOR THE FUTURE



FIGHTING FOR ELDER JUSTICE SERVICES



Age Strong VT  
10-Year Plan  
Tracking Our Progress  
Through Data

VALUING FAMILY CARE PARTNERS



AFFORDABLE AGING



Age Strong Vermont is a 10-year visionary plan with strategies for making Vermont a great place for all ages and stages of life.

[HealthVermont.gov/AgeStrongVT](https://HealthVermont.gov/AgeStrongVT)  
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STRENGTHENING SYSTEMS OF SUPPORT



AGENCY OF HUMAN SERVICES  
DEPT. OF DISABILITIES, AGING & INDEPENDENT LIVING  
DEPARTMENT OF HEALTH

## Age Strong Vermont Objectives for 2024 - 2034

	Baseline	Goal by 2034
Increase the % of adults 60 years and older who...		
✧ Rate their health as good or better <sup>1</sup>	81%	84%
✧ Have hypertension and worked with a medical professional to create a plan to lower or control their blood pressure <sup>1</sup>	58%	64%
✧ Engage in physical activity in their leisure time <sup>1</sup>	73%	78%
✧ Participate in the workforce <sup>1,a</sup>	34%	37%
✧ Feel satisfied or very satisfied with their life <sup>1</sup>	95%	97%
✧ Rate their community as very safe to walk in <sup>2</sup>	91%	94%
✧ Have knowledge about services available for older adults including...		
-the senior phone help line <sup>3</sup>	55%	65%
-legal assistance or legal aid <sup>3</sup>	53%	63%
-adult protective services <sup>3</sup>	47%	57%
✧ Are self-neglect clients that received at least one intervention <sup>4</sup>	57%	67%
Increase the number of...		
✧ Older adults who engage with a Vermont senior center <sup>5</sup>	11,572	12,730
✧ Educational institutions with the 'age-friendly university' models <sup>6</sup>	1	3
✧ Affordable housing units limited to tenants aged 55+ <sup>7</sup>	2,734	6,484
✧ Annual trips carried for the Older Vermonters and Persons with a Disability (O&D) Transportation Program <sup>8</sup>	112,000	124,000
Increase the % of family care partners who...		
✧ Know about family caregiver support groups and how to access them <sup>3</sup>	41%	51%
✧ Know about available respite services and how to access them <sup>3</sup>	46%	56%
✧ Use respite services <sup>3</sup>	24%	34%

	Baseline	Goal by 2034
<b>Decrease the % of adults 60 years and older who...</b>		
✧ Did not have enough food to get through the past month <sup>1</sup>	6%	4%
✧ Live at 250% or lower of the Federal Poverty Level <sup>1</sup>	34%	31%
✧ Always or usually feel socially isolated <sup>1</sup>	6%	4%
<b>Decrease the rate of...</b>		
✧ Fall-related deaths per 100,000 Vermonters <sup>9</sup>	28	25
✧ Older adult suicides per 100,000 Vermonters <sup>9</sup>	20	17
<b>Decrease the % of family care partners who...</b>		
✧ Experience negative financial impacts due to their caregiving <sup>3</sup>	32%	22%
✧ Provide 40 hours or more of unpaid care in an average week <sup>1</sup>	19%	15%

- By 2034, create...**
- ✧ A public website that displays data from the Long-Term Facility Survey And Certification
  - ✧ An age-friendly support guide for employees at VT211 and AAA helpline call centers
  - ✧ A publicly available decision tree for any reported abuse and neglect events in long-term care services
  - ✧ A well-informed majority of family care partners who are knowledgeable about services and resources related to self-care, medical benefits, long term care and estate planning, and medical conditions of their care recipients.

Data sources used for Age Strong Vermont objectives

1. [Vermont Behavioral Risk Factor Surveillance System \(BRFSS\), 2022](#)
  - a. Participate in the workforce includes people actively looking for work
2. [Vermont Behavioral Risk Factor Surveillance System \(BRFSS\), 2019](#)
3. Needs Assessment for the State Plan on Aging, 2020
4. Area Agencies on Aging Grant Reporting, SFY2023
5. Vermont Senior Center and Meal Site Annual Survey, 2023
6. [Age-Friendly University Global Network, 2023](#)
7. [Vermont Directory of Affordable Rental Housing, 2023](#)
8. [Public Transit Route Performance Report, SFY23](#)
9. [Vermont Vital Statistics, 2022](#)