



Age Strong VT

Our roadmap for an
age-friendly state.

Dail Advisory Board Discussion, May 9, 2024

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Age Strong VT Plan

Age Strong VT is our state's multisector plan on aging well and presents a 10-year vision for building an age-friendly state.

- First of its kind in VT
- Centers equity
- Expands partnerships
- Reframes aging
- Inclusive and diverse input process

Final Plan:

Online at www.healthvermont.gov/agestrongvt

Age Strong VT: 7 Goal Areas, 30 Objectives, 164 Strategies



1. Affordable Aging
2. Healthy Aging for All
3. Social Connection is Key
4. Infrastructure for the Future
5. Valuing Family Care Partners
6. The Fight for Justice
7. Strengthening Systems of Support

Next Steps

- Continue to raise awareness about the plan.
- Leverage plan to elevate important issues and needs.
- Continue to seek resources for this work.
- Develop a tracking mechanism for outcome measures.
- Create Implementation Structure/Plan to move goals forward.



Thank you to all the partners engaged
in the Age Strong VT work!

May is Older Americans Month

The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Powered by Connection

[ACL.gov/OAM](https://acl.gov/OAM)
#OlderAmericansMonth



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Social Connection Age Strong VT Objectives:

1. Increase awareness and identification of social isolation and loneliness among all older adults.
2. Increase the availability and accessibility of high-quality and equitable programming for older Vermonters.
3. Increase volunteerism of older Vermonters.
4. Increase the number of intergenerational engagement opportunities for all Vermonters.

Reflection & Discussion

Take 5 minutes to reflect to yourself.

We'll share ideas as a group for 10 minutes.

Questions for Reflection:

1. Of these objectives and strategies, which should be prioritized? (consider what may be most feasible with current resources and most impactful for Vermonters)
2. Of these objectives and strategies, what am I most excited about? In what way could I, or my organization, contribute to or be involved in this work?
3. Is there work already going on that I'm aware of that can contribute to these objectives?
4. Are there other strategies I want to recommend be considered as part of the plan?