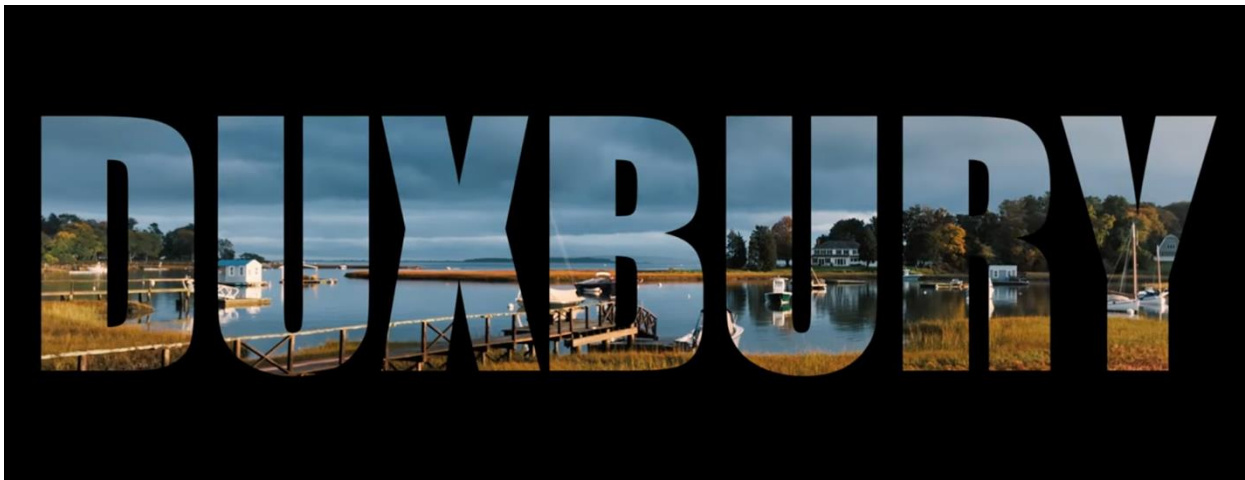




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LIVABLE DUXBURY, PHASE 2

AGE- AND DEMENTIA-FRIENDLY ACTION PLAN

2025-2028

Draft Report, September 2, 2025



MESSAGE FROM THE STAFF AT DUXBURY SENIOR CENTER

Dear Community Members,

We extend our heartfelt gratitude to the Housing, Transportation, Communication and Information, and Mental Health Work Groups for their dedication to developing and implementing the Phase 1 Livable Duxbury Action Plan. Your efforts are making a real difference in ensuring Duxbury remains a welcoming and accessible community for all.

We deeply appreciate the continued dedication of the Livable Duxbury Task Force members as they address the remaining focus areas. This effort includes expanding upon earlier work in Health and Community Services and addressing Outdoor Spaces and Buildings, Work and Civic Engagement, Social Participation, and Respect and Inclusion. Their commitment is continuing to make Duxbury a community where individuals of every age and ability can thrive, contribute, and feel a true sense of belonging.

With the continued support of Town leadership, residents, and local organizations, we look forward to seeing this vision become a reality. Advancing age- and dementia-friendly initiatives is key to building a vibrant, welcoming, and accessible place for all residents.

Sincerely,

Joanne Moore

Joanne Moore
Director, Duxbury Senior Center

MESSAGE FROM THE LIVABLE DUXBURY TASK FORCE

KEVIN MULLINS, CHAIR

Friends,

We all know that Duxbury is a great place to live. The efforts of our team—the Livable Duxbury team—are designed to make it even better. We’ve been charged by the Duxbury Select Board to do just that. Our first focus is on seniors and underserved segments of the population, but we truly are working to “do good things for people of all ages.” Our tone is positive and focused on change. We are now halfway through this four-year project.

The 60+ volunteers—all Duxbury residents—on our team are the driving force behind our results. I’d like to give special recognition and thanks to a few of our leaders.

First, our four Domain Team Leaders: Kathy Dowling (Housing), Penny Herlihy (Transportation), Peter Holden (Mental Health), and Sue Hoover (Communications). Their leadership—and the work of their teams—are getting results, with more to come!

Second, on our Task Force, three Town employees—Jeannie Horne, Brooke McDonough, and Joanne Moore—are going above and beyond their full-time roles, guiding us and providing important perspective and insight.

Third, three other members of our Task Force—Frank Holden, Lynne Devnew, and Mike Herlihy—have given countless hours of work, research, and experienced insight. We can't thank them enough for all they do for our team, day in and day out.

I'll close with two points:

We are results-driven. Our team is focused on action and on delivering change in the areas Duxbury residents have identified.

Going forward, we need YOU—Duxbury residents—to step up and help. Share your input, be passionate sponsors of the efforts you support, and, if you can, join our volunteer team by working on the next "Phase 2" Domain Teams. We will need 60+ more team members and we welcome your participation. Please contact Joanne Moore at the Senior Center if you want to help.

All the best,

Kevin Mullins

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EXECUTIVE SUMMARY: PHASE 2 LIVABLE DUXBURY ACTION PLAN

The **Phase 2 Livable Duxbury Action Plan** builds on the strong foundation established in Phase 1 to further the Town's commitment to being an age and dementia-friendly community. Developed collaboratively by the **Livable Duxbury Task Force, Duxbury Senior Center, Old Colony Planning Council**, community partners, and local residents, this plan outlines specific strategies to support people of all ages and abilities across five key domains:

HEALTH AND COMMUNITY SERVICES

This domain strengthens the Duxbury Senior Center's role as a hub for wellness, outreach, and health education. Emphasis is placed on:

- Enhancing mental health resources and caregiver support
- Increasing outreach to underserved and homebound individuals
- Creating a Local Health Services Guide
- Offering educational programs that support health and wellness

OUTDOOR SPACES AND BUILDINGS

Aligned with the Town's Open Space and Recreation Plan, this domain promotes:

- Accessibility improvements in parks, beaches, public spaces, and business districts
- Public-private partnerships to enhance physical spaces
- Conducting accessibility audits to identify areas for continued improvement

WORK AND CIVIC ENGAGEMENT

To promote purposeful engagement, this domain encourages finding, creating, and sharing with the community opportunities for employment, volunteering, and civic participation. Key strategies include:

- Partnering with local employers and not-for-profits
- Supporting older adults reentering the workforce
- Launching awareness and education efforts
- Hosting volunteer fairs in partnership with local not-for-profits
- Using the Senior Center as the "central resource" for the Town to manage the information and communicate volunteer and employment opportunities and matching the opportunities with interested Town residents.

SOCIAL PARTICIPATION

This domain seeks to reduce isolation and expand social connection through:

- Intergenerational and community-wide programming
- Partnerships with businesses and not-for-profits to increase opportunities for social connections
- Continued improvements to public spaces (e.g., seating, signage)
- Encouragement of informal social gatherings

RESPECT AND INCLUSION

To foster a culture of belonging, this domain emphasizes:

- Collaboration with the Town’s Diversity, Equity, and Inclusion (DEI) Steering Committee and Municipal Commission on Disabilities
- Inclusion training for Town employees, businesses, and residents
- Partnering to offer cultural programming that celebrates diversity

PHASE 2 ACTION PLAN OVERVIEW

Guided by AARP’s (formerly the American Association of Retired Persons) Livability Framework and our vision to make Duxbury a welcoming community for people of all abilities, backgrounds, and life experiences, the Livable Duxbury Task Force—led by the Council on Aging Board, Duxbury Senior Center staff, and community members—developed the Phase 2 Action Plan.

This plan represents a collaborative, community-wide effort to create a thoughtful and actionable three-year strategy to enhance livability while addressing the needs of individuals living with physical disabilities or neurological conditions, including Alzheimer’s disease and related dementias.

The Phase 2 Livable Duxbury Action Plan builds on the foundation established in Phase 1, continuing the Town’s commitment to fostering a community where everyone can thrive. Guided by the Livable Duxbury Task Force and in partnership with Old Colony Planning Council, this phase expands the focus to include the remaining domains within AARP’s Livable Communities framework:

- Expansion of Health and Community Services (Phase 1 focused on Mental Health only)
- Outdoor Spaces and Buildings
- Work and Civic Engagement
- Social Participation
- Respect and Inclusion

These domains have been researched, and the plan has been developed through the combined knowledge and commitment of local and statewide experts, Town employees, and engaged community members who share a vision for a more livable community. Stakeholder discussions and public consultation also contributed to the development of this plan.

The findings and actions outlined in this plan reflect a comprehensive approach to enhancing the quality of life for residents, aligning with the Town's broader planning efforts, including Envision Duxbury, the Town's comprehensive master plan and its open space and recreation plan.

This plan has been created using community insights and is in alignment with:

- Open Space and Recreation Plan (2017 and 2024 update in progress)
- Envision Duxbury Master Plan (2019)
- Livable Duxbury Age-Friendly Survey (2023)
- Phase 2 Focus Groups (November 2024)

The findings across these sources consistently highlight residents' priorities and inform the action steps in this plan. This alignment ensures that the strategies reflect what Duxbury residents need to thrive at every stage of life.

THE VISION REMAINS THE SAME AS PHASE 1

An age- and dementia- friendly community is good for everyone! The shared vision for Duxbury is of a community in which older adults as well as those with dementia and their caregivers are respected and supported, and residents of all ages and abilities enjoy a high quality of life and a feeling of belonging in the community. The social and physical environments in Town promote the health and well-being of all residents, and the Town remains committed to providing services and programs that enable residents to live with dignity while maintaining their health and independence.

A CALL TO COLLABORATION

The success of Phase 2 relies on strong partnerships—among residents, municipal departments, and local organizations. Together, through continued planning, collaboration, and advocacy, **Duxbury can serve as a model of livability, inclusion, and resilience.** This is a community where everyone, regardless of age or ability, can live with dignity, purpose, and connection.

NEXT STEPS AND IMPLEMENTATION

To bring this vision to life, the **Livable Duxbury Task Force** will take the lead in coordinating and implementing the plan through the following key actions:

- **Form Work Groups (Domain Teams):** Recruit new members and deepen collaboration with local organizations.
- **Develop Actionable Steps:** Ensure that each initiative is clear, measurable, and responsive to community needs.
- **Align with Envision Duxbury:** Integrate efforts with the Town's long-term planning strategies.
- **Secure Funding:** Work with the Town and others to secure grants, public funding, and private support to ensure program sustainability.

- **Ensure Accountability:** Submit biannual progress reports to the Selectboard (January and July) and maintain open communication with the public and Town leadership.

STRUCTURE FOR DOMAIN ACTION SECTIONS

The five sections that follow begin with an introduction that includes a vision for the domain and an overview of the resources used to establish the initial goals and strategies for the domain. A goal is an outcome, a result. It is something we wish to achieve. Strategies are approaches to take to reach the goals and include actions to be taken over the next three years to implement this plan. The sections then introduce the domain goals and the strategies proposed to achieve the goals.

This report also includes appendices to provide further detail about the research and participation process and its results.

PHASE 2: ACTION PLAN.

HEALTH AND COMMUNITY SERVICES

VISION FOR HEALTH AND COMMUNITY SERVICES

Residents thrive when they have access to the support, health services, and information necessary to connect with locally offered services. There is an opportunity to establish an interconnected system of mental and behavioral health services in our community.

ENVISION DUXBURY FINDINGS

- Residents desire accessible and high-quality public facilities and services across life stages.
- There's a call to leverage public facilities for both professional and recreational opportunities, and to ensure facilities meet community use patterns and departmental needs.

2023 AGE-FRIENDLY SURVEY

- Interest in expanded health services, including mental health, wellness programs, and home-based support for older adults.
- Need for enhanced coordination across local healthcare and senior service providers.
- Improved access to medical services including transportation, especially for older adults.

WHAT RESIDENTS WANT

- High-quality, accessible services across life stages.
- More support for aging in place and home-based care.
- Coordination of health-related services.

THEMES TO BE INCLUDED IN ACTION STEPS

- Leverage public buildings (e.g., Duxbury Senior Center, Library) to offer health education, fitness, and wellness programming.
- Identify opportunities to collaborate with regional health and aging services to expand offerings/services. (e.g., mental health, in-home care).
- Strengthen communication channels to inform residents about available services and how to access them.

GOAL 1: Strengthen and enhance the Duxbury Senior Center's role as the information and education hub for health services and related issues affecting older adults in Duxbury.

Strategy: Position the Senior Center as the trusted hub for health information by gathering local data, documenting resources, and using best practices in communication.

Action 1: Work to better understand the current status of health information and older adult health needs

- Develop a process to collect and analyze data on health issues affecting older adults in the community.
- Analyze data to identify real-life issues for older adults in the community, then assess the extent to which their needs are being met.
- Identify a Duxbury Senior Center staff person or volunteer to be the owner of this process and establish a plan to regularly report to the Council on Aging's Board to develop recommendations and next steps.
- Document and categorize those health-related services and programs currently provided by the Duxbury Senior Center
- Document and Categorize those Health-related services and programs currently provided to Duxbury residents.
- Determine the best way to "centralize" the communication, understanding, education and delivery of these essential services.

Action 2: Research and implement "best practices" for communicating health and community services at the Duxbury Senior Center. Search for "best practices" in the U.S. and abroad from sources such as AARP, Dementia Friendly America, the Massachusetts Healthy Aging Collaborative, and other Councils on Aging/Senior Centers.

Action 3: Work with the Mental Health Domain team to develop and distribute a Local Health Services Guide.

Action 4: Expand health-related education sessions at the Duxbury Senior Center (Livable Duxbury University programs).

Action 5: Continue hosting a SHINE Counselor.

GOAL 2: Strengthen and enhance the Duxbury Senior Center's role as a wellness and fitness hub for older adults in Duxbury and work in partnership with the Recreation Department and other health and wellness organizations in Town.

Strategy: Offer inclusive, evidence-based wellness and fitness programs that address nutrition, holistic well-being, and diverse interests.

Action 1: Continue to offer wellness and fitness programs at the Duxbury Senior Center, including nutrition, stress management, meditation, and other related activities, ensuring a range of offerings for people with varying interests, fitness levels, and abilities.

Action 2: As part of the wellness efforts, focus on nutrition education and healthy food availability options.

Action 3: Review and identify any gaps in programming, then research and implement good practices for wellness and fitness programs at the Duxbury Senior Center. Search for good practices in the U.S. and abroad from sources such as AARP, Dementia Friendly America, the Massachusetts Healthy Aging Collaborative, and other Councils on Aging/Senior Centers. Include indoor, outdoor, and virtual programs.

GOAL 3: Continue to build health-related community outreach efforts, particularly for those who are more difficult to reach, such as older adults who do not attend the Duxbury Senior Center and those who are homebound.

Strategy: Continue to expand health services beyond the Center through partnerships, mobile resources, and multi-platform outreach to reach homebound and underserved residents.

Action 1: Partner and support the faith-based organizations to expand our reach to those who don't utilize the services of the Duxbury Senior Center.

Action 2: Look into creating a Mobile Senior Health Services Van that makes home visits for older adults (and maybe their pets?). Explore if other Town organizations or departments are currently doing this or wish to and collaborate where needed.

Action 3: Work with Emergency Management and Community Outreach to update the emergency needs registry of vulnerable residents requiring assistance during inclement weather or other emergencies that cause power outages or safety concerns. Consider what privacy and legal restrictions are required and determine whether they can be met prior to launch.

Action 4: Develop a multi-platform public health outreach campaign that includes email, print, newsletters, social media, and text alerts.

GOAL 4: Engage with public and private healthcare agencies and providers to leverage existing resources, learn best practices, and explore programs that align with Duxbury's needs.

Strategy: Build collaborative networks with healthcare providers and regional partners to share expertise, strengthen services, and adopt best practices.

Action 1: Develop ongoing communication and partnerships with local health facilities, including Beth Israel Deaconess (BID) Plymouth, South Shore Medical, facilities in Weymouth, eye care providers, and both for-profit and not-for-profit health-related entities, to establish a robust, responsive support network.

Action 2: Establish an ongoing dialogue with The Village/Welch Senior Living, Kingston Council on Aging, Marshfield Council on Aging, and other related organizations to identify opportunities for valuable information

sharing, communication, partnerships, and joint efforts. When possible, avoid duplication, learn from each other, and develop greater regional collaboration.

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OUTDOOR SPACES AND BUILDINGS

VISION FOR OUTDOOR SPACES AND BUILDINGS

Coordinating with the Town's Open Space and Recreation Plan and Comprehensive Plan, the Outdoor Spaces and Buildings domain identifies opportunities for improving access, safety, and inclusivity in both public and private spaces. Emphasis is placed on partnerships, accessibility audits, and enhancing areas such as parks, beaches, and business districts. Ideas such as pop-up events, wayfinding signage, and beautification projects are included to strengthen placemaking efforts.

ENVISION DUXBURY FINDINGS

- Clear community desire for walkable neighborhoods, bikeable roads, and safe pedestrian infrastructure, particularly around schools, business centers, and recreation areas
- Advocacy for better maintenance and investment in playgrounds, trails, beaches, and public restrooms
- Vision for resilient, accessible, and climate-conscious public spaces

2023 AGE-FRIENDLY SURVEY

- Older adults requested benches, shade, clear signage, ADA-compliant walkways, and more accessible indoor facilities (like restrooms and elevators)
- Emphasis on year-round access to safe, well-lit walking routes and multigenerational outdoor gathering areas

WHAT RESIDENTS WANT

- Safe, walkable neighborhoods and improved access to nature
- Maintenance of parks, playgrounds, and conservation land
- Resilient, climate-aware infrastructure

THEMES TO BE INCLUDED IN ACTION STEPS

- Enhance public spaces with art, events, and projects that build identity, beauty, and belonging
- Collaborate with local businesses, organizations, and cultural groups to expand community benefits
- Improve signage, maps, and outreach to connect residents and visitors with local resources and spaces

GOAL 1: Strengthen Relationships with Business and Property Owners to Create Accessible and Inclusive Business Districts.

Strategy 1: Encourage appropriate improvements and placemaking strategies tailored to the unique characteristics of each district.

Action 1: Develop a wayfinding plan to guide motorists, bicyclists, and pedestrians to neighborhood business district services and amenities.

Action 2: Encourage property owners to enhance pedestrian and bicycle amenities on their properties.

Action 3: Expand the Harbor Walk to include additional attractions, such as the Duxbury Bay Maritime School, Island Creek Oyster, and other local points of interest.

Action 4: Collaborate with property and business owners to combine parking areas and improve traffic flow, promoting a pedestrian-friendlier environment

Strategy 2: Conduct a Public Space Audit for each business district.

Action 1: Form a working group or committee of stakeholders—including the Business Association, Chamber of Commerce, business and property owners, and other interested parties—to identify improvement opportunities.

Action 2: Complete a Public Space Audit and/or Field Study for each business district.

Strategy 3: Connect business districts to public spaces.

Action 1: Develop a multi-modal plan to define walking and bicycle connections to nearby open spaces, community facilities, businesses, and services.

Action 2: Explore the feasibility of restoring sections of the Old Colony Railroad to create a rail trail.

Action 3: Review the Complete Streets Action Plan to identify relevant action items.

Action 4: Support Town boards, committees and workgroups in efforts to enhance the pedestrian experience.

GOAL 2: Increase Accessibility to Public Facilities and Natural Resources

Strategy 1: Expand the use of Town and privately owned facilities for individual and group functions and events.

Action 1: Create an inventory of public and non-profit owned event and meeting spaces to assess their potential for reuse.

Action 2: Support the Municipal Commission on Disabilities in conducting an accessibility audit of Town open spaces and facilities.

Action 3: Collaborate with the Duxbury Beach Reservation to create and promote additional public events.

Strategy 2: Improve access to Duxbury's recreational facilities and natural resources, including Duxbury Bay, where feasible and appropriate.

Action 1: Study parking use and needs at Town recreational facilities. Where needed, consider improvements such as additional parking, parking management strategies, or resident permit/fee programs.

Action 2: Identify locations that need additional seating and shaded areas.

Action 3: Create a donor program to help offset the costs of building and installation.

Action 4: Partner with organizations such as the Scouts to complete these enhancement projects.

Action 5: Update the town-wide open space and recreation map (continuing to include additional information for users, e.g., trail conditions, bench locations, accessibility, etc.) and explore the possibility of an online trail guide.

GOAL 3: Promote Duxbury's Historical Significance

Strategy 1: Collaborate with historical committees and non-profits to identify ways to further educate residents and visitors of the significance of Duxbury's historical past

Action 1: Update the Duxbury Conservation Land and Other Points of Interest Map.

Action 2: Install interpretive signage.

Action 3: Partner with historical committees and non-profits to define historical neighborhood districts.

Strategy 2: Improve access to historical sites.

Action 1: Install wayfinding signage to direct visitors to prominent historical sites.

Action 2: Explore the feasibility of creating a historical site trail.

Action 3: Create materials to define accessibility and hours of operation for historical sites open to the public.

GOAL 3: Promote the Arts & Cultural Resources to Connect People to Places

Strategy 1: Promote local cultural organizations.

Action 1: Create or enhance exhibition and performance spaces to host cultural events.

Action 2: Develop and maintain a community events calendar.

Action 3: Support the Duxbury Cultural Collaborative and Camera Club in promoting Duxbury's cultural, historical, and educational offerings.

Strategy 2: Engage with the arts community to install public art.

Action 1: Activate underused walkways with murals, string lights, or banners.

Action 2: Add street art to crosswalks to enhance visibility for both drivers and pedestrians.

Action 3: Engage with the Duxbury Art Association, Duxbury Art Complex and school art programs to install public art.

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WORK AND CIVIC ENGAGEMENT

VISION FOR WORK AND CIVIC ENGAGEMENT

The Town of Duxbury, its businesses, its cultural and recreational programs, and the Town's department heads, committee chairs, and the Selectboard and Town Manager encourage and facilitate experienced and skillful older people to be actively engaged in interesting paid work and volunteer roles on Town and School boards and committees, in local businesses, and cultural and educational not-for-profit organizations.

ENVISION DUXBURY FINDINGS

- Encouragement of home-based and remote work to reduce commuting and support lifestyle preferences.
- Support for local business development and entrepreneurship, particularly non-store, home-based businesses.

2023 AGE-FRIENDLY SURVEY

- Older adults expressed a desire for volunteer opportunities and ways to contribute their skills to the community.
- Emphasis on flexible part-time work and intergenerational programs that connect youth and older adults.

WHAT RESIDENTS WANT

- Part-time, remote, and flexible work opportunities
- Civic engagement through volunteering and local input
- Support for local business and entrepreneurship

THEMES TO BE INCLUDED IN ACTION STEPS

- Promote and support home-based non-store businesses through flexible zoning and economic incentives
- Create intergenerational mentorship programs linking older adults with local schools or entrepreneurs
- Use public facilities to host skill-sharing workshops, job training, and volunteer coordination

GOAL 1: Connect the employment and volunteer needs with people who are interested in obtaining work, becoming involved in civic committees or volunteer opportunities.

Strategy: Create a sustainable and coordinated system that bridges the needs of local organizations, businesses, and civic committees with the skills, interests, and availability of residents, particularly older adults.

Action 1: Schedule interviews with businesses and civic groups to determine their needs for volunteers, marketing, communicating, advocacy, resources and mentoring. Establish the foundation for ongoing communications.

Action 2: Collaborate with the Communications Workgroup in order to use media resources, Duxbury Clipper, Senior Center News, websites and social media, etc., to communicate Work and Civic Engagement (WCE) needs and to invite inquiries from Duxbury residents.

Action 3: Host volunteer and employment fairs in partnership with the Duxbury Chamber of Commerce to engage Duxbury residents in learning about and applying for opportunities that are available Town.

Action 4: Partner with Senior Center and the Chamber of Commerce to provide a central location for both the Employment and Volunteer efforts.

GOAL 2: Develop an understanding of the barriers that older citizens face when considering and looking for meaningful work and participation in civic life, and provide educational opportunities to help address those barriers.

Strategy: Engage residents in identifying challenges and deliver practical support, training, and resources that enable them to participate more fully in employment and civic opportunities.

Action 1: Collaborate with the transportation domain to identify the transportation barriers and possible solutions for assisting older adults a way to get to work and volunteer activities.

Action 2: Use survey and focus group strategies to better understand the barriers.

SOCIAL PARTICIPATION

VISION FOR SOCIAL PARTICIPATION

All residents, regardless of age, ability, financial status, or cultural background, have opportunities to engage in meaningful, inclusive social, cultural, and recreational activities that foster a sense of belonging and connection, and help combat loneliness.

ENVISION DUXBURY FINDINGS

- Residents value the preservation and enhancement of community gathering places like Snug Harbor and Hall's Corner.
- Recreational opportunities are important, especially those that improve access to open space, beaches, and waterfronts, and are inclusive of people with disabilities.

2023 AGE-FRIENDLY SURVEY

- Residents want more intergenerational social programs
- Desire for transportation to events **and** better communication about what's available

WHAT RESIDENTS WANT

- Diverse, accessible community events and programs
- Intergenerational activities and stronger social ties
- More ways to stay socially connected and active

THEMES TO BE INCLUDED IN ACTION STEPS

- Expand Community Opportunities
Promote existing events and collaborate with partners to ensure inclusivity.
- Remove Barriers
Address financial, transportation, and accessibility challenges; expand virtual programming.
- Foster Intergenerational Connections
Build programs and partnerships that bring younger and older residents together.
- Reduce Isolation
Encourage belonging through buddy systems, outreach, and welcoming events.

GOAL 1: Support and promote the social, cultural, and recreational activities already offered by local businesses, not-for-profits, and faith-based organizations—and work collaboratively with these partners to ensure their events are inclusive, welcoming, and accessible to all residents across Duxbury.

Strategy: Partner with community groups and businesses to expand, promote, and diversify inclusive social opportunities.

Action 1: Grow, expand, and support seasonal Nature walks, guided walks led by naturalists or local historians that showcase seasonal changes, bird migrations, or historical landmarks along Town trails.

Action 2: Collaborate with local arts and cultural organizations to provide hands-on workshops, lectures, or performances tailored for older adults. Work towards supporting art and theatre in Duxbury.

Action 3: Collaborate and support the Duxbury Community Collaborative (Out to See Duxbury) to maximize exposure of their Town calendar.

Action 4: Collaborate with the newly formed Duxbury Chamber of Commerce to promote opportunities for social participation.

Action 5: Explore the idea of creating social events in unexpected locations (e.g., a coffee hour at the beach or a concert at the Town Green, Tarkiln and Snug Harbor).

GOAL 2: Strive to eliminate barriers to social participation, such as financial limitations, transportation challenges, ADA accessibility needs that may limit some residents from participation in social activities.

Strategy: Remove barriers to participation by improving affordability, accessibility, and transportation options.

Action 1: Expand virtual programming for homebound residents, leveraging partnerships with the Duxbury Senior Center, the Duxbury Free Library, local not-for-profits, and faith-based organizations.

Action 2: Collaborate with local businesses and organizations to offer financial assistance, scholarships, or sponsorships for social participation opportunities in Town.

Action 3: Explore ways to support and promote existing community events, such as the Opening of the Bay and 4th of July celebrations, ensuring they are accessible to all.

Action 4: Work to find a way to offer older adults and people with disabilities transportation to attend local events.

GOAL 3: Promote intergenerational connections by creating programs and opportunities for younger and older residents to socialize, fostering mutual respect, learning, and shared experiences across generations.

Strategy: Create intergenerational programs that foster respect, mentorship, and shared experiences

Action 1: Create volunteer positions for a mentorship program that connects older adults with students.

Action 2: Support and expand Duxbury Senior Center and Duxbury High School programs and partnerships.

GOAL 4: Reduce Social Isolation and Foster Meaningful Connections

Strategy: Develop outreach and support systems that identify and connect isolated residents with peers, programs, and companions.

Action 1: Support and promote faith-based organizations that proactively reach out to isolated residents, fostering neighbor-to-neighbor care and invitation culture.

Action 2: Through the Duxbury Senior Center, library, and any other relevant organizations, create a companion-matching system that pairs hesitant or new participants with friendly volunteers to attend events, such as concerts, workshops, or exercise classes. A buddy system model or “peer ambassadors.”

Action 3: Offer monthly events specifically for newcomers or those returning to social life, with built-in conversation starters, buddy systems, and low-pressure formats like coffee hours or nature walks.

RESPECT & INCLUSION

VISION FOR RESPECT & INCLUSION

Duxbury is committed to building a community where people of all ages, abilities, and backgrounds are respected, valued, and included. Our vision is of a vibrant, connected community that celebrates diversity and upholds dignity, equity, and active social participation for everyone.

ENVISION DUXBURY FINDINGS

- The plan supports historic and cultural preservation, ensuring all voices and traditions are acknowledged and celebrated.
- Emphasis on collaboration across generations and a shared vision for the future.

2023 AGE-FRIENDLY SURVEY

- Value & Voice: Older adults want respect and meaningful ways to share their knowledge and expertise.
- Inclusive Decision-Making: Residents seek stronger representation of aging, disability, and dementia experiences in Town planning and committees.
- Communication Access: Information should be clear, accessible, and shared through multiple channels to reach everyone.
- Intergenerational Connections: Programs that link younger and older residents foster mutual respect and understanding.
- Cultural & Historic Preservation: Residents value Duxbury's history while welcoming diverse traditions and perspectives.
- Barrier Reduction: Translation, interpretation, and ADA supports are needed for full participation by all residents.

WHAT RESIDENTS WANT

- A community where all voices are respected and heard
- Cultural and historic perspectives that reflect shared values and varied experiences
- Representation in planning processes

THEMES TO BE INCLUDED ACTION STEPS

- Representation & voice in local governance (every voice matters and positions are well publicized)
- Continue to build a shared understanding of inclusion through continuous learning. (cultural competence, disability awareness, age-friendly practices)
- Develop programs and events that: celebrate diverse cultures and traditions and highlight local history in partnership with historical societies
- Use multiple platforms (social media, website, public TV, community bulletin boards) to share opportunities for engagement.

GOAL 1: Foster Collaboration between Town Entities on Respect and Inclusion.

Strategy: Coordinate town entities around shared priorities to strengthen communication, accountability, and inclusion.

Action 1: Strengthen communication between Town government and residents to build trust and mutual respect.

Action 2: Appoint a liaison to connect the Diversity Equity and Inclusion Steering Committee, Municipal Commission on Disabilities, and Livable Duxbury Task Force to ensure alignment and avoid duplication.

Action 3: Conduct annual reviews of goals and objectives to maintain effectiveness and relevance.

Action 4: Support efforts of boards and committee Chairpersons to accommodate members and participants of all ages, abilities, and backgrounds to ensure they are respected, valued, and included.

Action 5: Support translation and accessibility tools (e.g., Communication Access Realtime Translation (CART) captions, multilingual materials, American Sign Language (ASL) interpretation) at Town meetings and events.

Action 6: Ensure people with lived experience of aging, dementia, or disability are included on boards, committees, and public panels.

GOAL 2: Promote Public Education to Reduce Stigma and Support Inclusion.

Strategy 1: Launch public awareness campaigns to reduce stigma, highlight diversity, and promote empathy.

Action 1: Partner with the Duxbury Chamber of Commerce to offer awareness training to Town staff, business owners, and frontline workers (e.g., library, post office, bank) and residents. Launch a public awareness campaign emphasizing that not all disabilities are visible and that kindness and patience benefit everyone.

Strategy 2: Provide ongoing education and training to embed inclusion, raise awareness, and track impact.

Action 1: Develop public education curriculum to raise awareness

Action 2: Make training available to Town staff, business, not-for-profits, and frontline workers (e.g., library, post office, bank)

Action 3: Collect feedback through evaluations to assess program effectiveness.

GOAL 3: Celebrate Community Diversity.

Strategy: Celebrate diversity by showcasing cultural traditions, achievements, and lived experiences of all residents.

Action 1: Host community events that reflect and celebrate racial, cultural, economic, age, and ability diversity including the Duxbury Senior Center's Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) efforts.

Action 2: Provide translation and accessibility services at Town events (e.g., CART captioning).

Action 3: Continue to recognize contributions of older adults and people with disabilities through newsletters, events, or social media.

GOAL 4: Leverage Local Resources and Partnerships to Foster Inclusivity.

Strategy: Collaborate with local organizations and institutions to expand inclusive programming and share resources.

Action 1: Use the Livable Duxbury homepage to feature a comprehensive list of local organizations that offer inclusive and accessible programming.

GOAL 5: Promote Neighborhood-Based Connections.

Strategy: Encourage neighborhoods to foster inclusion through communication, resident-led activities, and peer support

Action 1: Strengthen communication with neighborhood groups to share information, promote programs, and encourage local participation and support.

APPENDIX 1: ACKNOWLEDGEMENTS

The Livable Duxbury Task Force, in partnership with Old Colony Planning Council (OCPC), developed this plan for the Town of Duxbury. We are grateful to the Task Force, which undertook the work of listening and learning, understanding the key issues addressed in Phase 2, and creating a pathway to improve the quality of life for community residents.

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We extend our deepest gratitude to the Phase 1 work groups for their dedication and significant contributions. Their efforts have laid the groundwork for this initiative today and going forward, and we appreciate their continued commitment to making our Town a better place for all.

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The Town of Duxbury encourages participation in its programs and activities by everyone, regardless of age or ability. To receive this document in an alternative format, please contact Joanne Moore, Director of the Duxbury Senior Center, at joannemoore@duxbury-ma.gov or (781) 934-5774, extension 5700. For more information about the Livable Duxbury Task Force, please visit the Town website at <https://www.town.duxbury.ma.us/livable-duxbury-task-force-formerly-known-age-and-dementia-friendly-task-force> and at <https://www.town.duxbury.ma.us/senior-center/pages/livable-duxbury-resource-page>.

BACKGROUND

Since 2022, the Town of Duxbury, the Duxbury Senior Center, and a network of community partners have championed the Livable Duxbury initiative—working together to foster an inclusive, welcoming, and dynamic environment where residents of all generations and abilities can thrive.

The Phase 1 Action Plan—adopted by the Selectboard in July 2024 and available on the Town’s website—focuses on four key areas: Housing, Transportation, Communication and Information, and Mental Health (under Community Support and Health Services). Resident-led work groups, formed under the Livable Duxbury Task Force, have been implementing these priorities.

The plan is guided by AARP’s Eight Domains of Livability, a framework used by many age-friendly communities to organize and prioritize their efforts.

Recognizing the need to begin with manageable goals, Phase 1 targets the four most pressing areas. Over the past year, Work Groups have listened, learned, and acted to enhance quality of life for everyone in Duxbury.

Current focus areas include:

- Housing
- Transportation
- Communication
- Community Support and Health Services

PROGRESS ON PHASE 1 ACTION PLAN

The first year of work on the Phase 1 Action Plan has led to significant progress:

Housing

- Educated committee members about key housing issues and identified residents’ needs through focus groups.
- Developed strong liaisons with housing organizations, including the Duxbury Affordable Housing Trust (DAHT) and the Duxbury Housing Authority (DHA).
- Planned resident forums on downsizing, accessory dwelling units (ADUs), and alternative housing models (AHM).

Transportation

- Developed strong partnerships with Greater Attleboro and Taunton Regional Transit Authority (GATRA) and secured two new Duxbury Senior Center vans.
- Conducted a transportation survey, advocating for expanded medical transport options to hospitals in Weymouth and Boston.
- Supported safe walking, biking, and public transit initiatives, including educational programs.

- Installation of a handicapped accessible picnic table at Shipyard Beach.

Communication and Information

- Hosted Dementia Awareness Training for Town officials and community members.
- Funded and installed Audio Eye accessibility software for the Town's IT systems.
- Launched initiatives to improve Town-wide information dissemination, including a comprehensive information guide.
- Planning an Aging & Dementia Friendly business program

Mental Health (a component of Health and Community Services)

- Created a Mental and Behavioral Health Inventory and Resource Guide for residents (available on the Senior Center website).
- Expanded Duxbury Senior Center Social Day Program for individuals with Alzheimer's by partnering with the Alzheimer's Family Support Center of Cape Cod.
- Developed plans to integrate behavioral health services across the community.

PROCESS USED TO CREATE THE PHASE 2 REPORT

2.1 Community Input and Collaboration

The Action Plan is grounded in the needs and preferences of the Duxbury community. It is the result of a year-long collaboration among Town staff, resident volunteers, the Old Colony Planning Council, subject matter experts, and community members. It also incorporates insights from the Age and Dementia Friendly Survey completed by residents in [insert date]. Table 1 summarizes the extensive research and community engagement that informed the development of this plan.

DOMAINS OF FOCUS

The plan is based on AARP's Eight Domains of Livability framework for age-friendly communities. Communities across Massachusetts, the United States, and around the world use this framework to guide and prioritize efforts to become more livable for older adults and individuals living with physical, cognitive, or mental health challenges.

The phase 2 report focuses on:

- Health and Community Services
- Outdoor Spaces and Buildings
- Work and Civic Engagement
- Social Participation
- Respect and Inclusion

NEXT STEPS

The next step will be to form **Workgroups**, the way we'll get things done.

The Livable Duxbury Task Force will create workgroups for each domain to move the Action Plan forward. These groups—made up of representatives from the COA, Livable Duxbury Task Force, and local organizations, residents, and interested parties—will review goals, set priorities, take action, and report progress.

Goal 1: Form the Workgroup

- Bring together representatives from Duxbury institutions, businesses, and organizations involved in employment, volunteering, and civic engagement.
- Review and update goals and strategies as needed.
- Recruit members through the Task Force, volunteer managers, civic groups, and cultural organizations.
- Use AARP guidelines and other community models to shape the plan and share progress.

Goal 2: Evaluate and Report Progress

- Develop clear metrics to track success.
- Report progress and challenges to the Livable Duxbury Task Force, making adjustments as needed.

WHAT WE LEARNED

Based on a thorough review of the *Envision Duxbury Master Plan* (2019) and the 2023 *Duxbury Age-Friendly (Livable Duxbury) Survey* results, the committee identified strong alignment in the values, concerns, and aspirations expressed by residents across both initiatives. Though developed years apart, the themes from these two community-driven efforts reinforce one another and point to a shared vision for Duxbury's future.

Using a mixed-method approach blends data with personal insights, ensuring that our priorities are both evidence-based and grounded in the real-life experiences of Duxbury residents. The result is a clear, community-driven path forward.

This alignment presents a timely opportunity to integrate the strategic goals of *Envision Duxbury* with the lived experiences and current feedback gathered through the Age-Friendly survey. Together, these resources provide a solid foundation for Phase 2 of the planning process, which will emphasize implementation, policy development, and partnerships that promote livability for all residents.

In Phase 2, the committee's goal is to move from planning to action—prioritizing initiatives that reflect community needs while reinforcing Duxbury's identity as a connected, inclusive, and resilient Town.

Below is a summary of five priority areas, along with corresponding action steps drawn from both the Master Plan and the Age-Friendly planning process. These themes will guide the next phase of work and inform practical, community-based solutions:

COMMON THEMES IN EACH AREA

1. Communication Must Be Clear, Accessible, and Inclusive

Despite many available programs and resources, residents often remain unaware of them. A centralized, user-friendly communication platform—augmented by word-of-mouth outreach, and ambassador programs—can help ensure no one is left behind.

2. Transportation Remains a Major Barrier

Limited and unreliable transportation restricts access to essential services, employment, and community life. Residents seek affordable, flexible, and dependable options—such as ride shares, volunteer driver programs, and expanded transit routes.

3. Social Isolation Undermines Well-being

Older adults, caregivers, widowed individuals, and residents with limited mobility often experience loneliness. Localized social events, intergenerational programming, and peer support networks can help foster connection and reduce isolation.

4. Accessibility and Inclusion Must Be Central

Residents consistently voiced the need for programs, spaces, and services that reflect the full diversity of age, ability, income, and background. Physical accessibility, cognitive supports, and economic inclusion must be built into every initiative.

5. Residents Want to Engage, Contribute, and Belong

People across generations are eager to be involved—whether by volunteering, mentoring, working, or serving in local leadership. They seek inclusive, flexible opportunities to shape Duxbury’s future.

DRAFT

ENVISION DUXBURY FINDINGS

- Residents value the preservation and enhancement of community gathering places like Snug Harbor and Hall's Corner.
- Recreational opportunities are important, especially those that improve access to open space, beaches, and waterfronts, and are inclusive of people with disabilities.

2023 AGE-FRIENDLY SURVEY

- Residents want more social programs such as community dinners, game nights, intergenerational arts, and fitness events.
- Desire for transportation to events and better communication about what's available.

WHAT RESIDENTS WANT

- Diverse, accessible community events and programs.
- Intergenerational activities and stronger social ties.
- More ways to stay socially connected and active.

THEMES TO BE INCLUDED ACTION STEPS

- Prioritize recreational programming that minimizes environmental impact while being accessible to all ages and abilities.
- Invest in programming at places like Tarkiln Community Center and Snug Harbor, tailored for all age groups.
- Improve transportation options for older adults to attend events and services.
- Enhance communication tools (e.g., centralized calendar, multi-format announcements) to increase awareness of programs.