



Office for
the Aging

Adirondack Park Agency Board Meeting

Master Plan on Aging Overview

June 10, 2026

-NYSOFA Chief of Staff John Cochran

Goals

- What is the New York State Office for the Aging (NYSOFA)
- What NYSOFA and the Aging Services Network Does
- The “Why” – Why We Do What We Do
- Alignment with Master Plan for Aging / NYS Prevention Agenda Goals, Survey, and Census Data
- Embed Smart Growth / Age Friendly and Livable Community principles into State and Local Government
- Appendices: 1 = Survey Data & 2 = Public Private Partnerships

OUR MISSION

Maintain Independence

NYSOFA helps older New Yorkers be as independent as possible for as long as possible in their homes and communities of choice.

Person-Centered Supports

NY's 59 Area Agencies on Aging deliver services tailored to older adults, families and caregivers, providing a just-right level of support to empower successful aging in the community.

Qualified, Professional Service

NYS aging services case managers are the most highly trained professionals in the nation. They must complete a 20-hour certification course and pass an exam proving competency in core service areas.

Our 2026 Infrastructure

- **59** Area Agencies on Aging (AAAs)
- **1,242** contractors
- **800+** senior centers
- **800+** congregate meals sites
- **284** central kitchens
- **2,240** home-delivered meal routes
- **36** Evidence-Based Interventions (EBIs) implemented through Area Agencies on Aging
- **465** HIICAP and LTCOP volunteers*
- **480** trained certified HIICAP counselors
- **\$268** million in unmet need funding since 2019



**Health Insurance Information, Counseling and Assistance Program (HIICAP) and the New York State Long Term Care Ombudsman Program (LTCOP).*

NYSOFA's 4 Primary Groups of Customers

1. Individuals seeking information, referral, assistance with benefits, Part D Plans, entitlements, etc.
2. Individuals with chronic conditions or in need of minor assistance – implement 41 highest level Evidence-Based Interventions serving 36,000+
3. Individuals at risk of higher levels of care, poor health outcomes, ER and NH placement
 - The average person served by the network is an 83-year-old female, living alone, low-income, with 4-10 chronic conditions, 3 ADL limitations and 5 IADL limitations.
4. Individuals caring for a loved one with functional and cognitive impairments

NYSOFA Customers at Risk

- Focus on our customers - high risk, high-cost individuals = those with chronic conditions and functional needs
 - Of top 5% of Medicare spenders – 61% have chronic conditions and functional limitations (account for 53% of total spending - almost \$400 billion)
 - Of top 20% of Medicare spenders – 46% have chronic conditions and functional limitations and 41% have 3 or more chronic conditions only
 - More likely to use ED and hospital inpatient
- CMS Identified top needs identified for this population:
 - HDM
 - PC I and II
 - Transportation
 - CDSMP
 - Combat loneliness and isolation

Core Home and Community Based Services Provided by the Network of Aging Professionals

Coordinated with Local Network of Partners

- Home delivered meals (HDM)
- Congregate meals
- Nutrition counseling & education
- Senior center programming
- Health promotion and wellness
- Evidence Based Interventions – CDSMEs, fall prevention, etc.
- Volunteer opportunities
- Respite and caregiver supports
- Legal Services
- Home modifications, repairs
- Elder abuse prevention and mitigation
- Technology Interventions
- NY Connects (ADRC) - LTSS I&A/R, options counseling, benefits and application assistance
- Health Insurance Information , Counseling and Assistance (HIICAP)
- Personal Care Level I and II (non-Medicaid)
- Case management
- Ancillary services such as PERS and assistive devices
- Social adult day services
- Transportation to needed medical appointments, community services and activities
- Long Term Care Ombudsman
- Combat Social Isolation

COMPASS Comprehensive Assessment=Plan of Care

Info gathered during Assessment

- Personal Information
- Living Arrangement
- Elder Abuse/Neglect
- Frail/Disabled
- Caregiving Status
- Housing Status
- Home Safety Checklist
- Energy Checklist
- Social Interaction/Isolation
- Neighborhood Safety
- Pets
- Self Evacuation ability
- Medical Treatment Emergency Accommodation
- Health Status, Medical Insurance
- Chronic Illness and or Disability

Info gathered during Assessment

- Assistive Devices
- Health care visits – PCP, Dentist, Hospitalization, ER, Eye, Hearing
- PRI Score, UAS Assessment
- Legal Information – i.e. proxy, advance directives, MOLST
- Nutrition/NSI/BMI
- Psycho-Social Status – PHQ9, GAD7, CAGE-AID
- Loneliness/Isolation Scale
- Tech check
- Medication List
- Fall Risk Factors
- ADL/IADL History
- Services Receiving
- Informal Supports Status
- Income
- Veteran Status
- Benefits/Entitlements

**The “Why”:
Older New Yorkers in
NYS
A Wholistic Picture**

Do you think of ...?



OR do you think of ...?



WHAT WE'RE TOLD

For centuries, older adults have been **wrongly portrayed as frail, needy, and costly** to the health and social services systems – taking more than they give.

THE TRUTH ABOUT AGING

- Individuals of all ages sometimes need assistance, but older adults as a group **consider themselves healthy, remain active and engaged.**
- Older adults are a **very important part of local, regional, state and national economies** as well as the ability of community organizations to operate.
- Older adults **give a tremendous amount of their time** to hundreds of civic groups and organizations that are critical in delivering direct services and supporting local agencies.
- Older adults **are committed to – and are improving – their communities** and helping their neighbors.

What Characterizes Older Adults

*Older adults bring **enormous economic and social value** to their families, their communities, and the economy. Governor Hochul recognizes these vital contributions in her budget by promoting opportunity and economic security for older New Yorkers, caregivers, and families alike. This budget provides critical supports to help older New Yorkers age in their communities of choice and support those who care for them with direct services.*

Older Adults in New York are:

- **A growing population with increased and unprecedented longevity:** Older adults are living longer and healthier lives, and their numbers are growing.
- **Highly heterogeneous:** There is enormous variation in health, functional ability and financial status. Disparities exist along the dimensions of income, gender, race/ethnicity and education.
- **Social and economic impact:** Older adults hold a disproportionately large share of our country's wealth, represent an enormous source of consumer spending and economic productivity, and contribute in myriad ways (e.g., support to grandchildren, child-care) to family and community life.

Source: <http://www.frameworksinstitute.org/aging.html>

The Truth - 50+ Longevity – New York

- 36% of Population in NY 50+
- Contributed 43% - \$719 billion – GDP
 - \$2.2 trillion by 2050 (43%)
- Support 5.9 million jobs
 - 6.6 million by 2050 (47%)
- Generated \$482 billion in wages and salary
 - \$1.46 trillion by 2050 (50%)
- Contribute \$72 billion in state and local taxes (39% of total)
 - Will triple to \$255 billion by 2050 (43%)

Combating Ageism and Stereotypes:

Social, Economic & Intellectual Capital of Older Population

80% of NYS Retirement System payouts stay in NY (\$10.6 billion annually). Other pensions account for \$30.5 billion.

Social Security – \$70 billion annually paid to NYS older adults.

900,000 individuals age 60+ contribute **442 million hours** of service at economic value of **\$13.2 billion**.

64% of individuals age 60+ own their own homes and have **no mortgage**.

4.1 million New Yorkers are caregivers

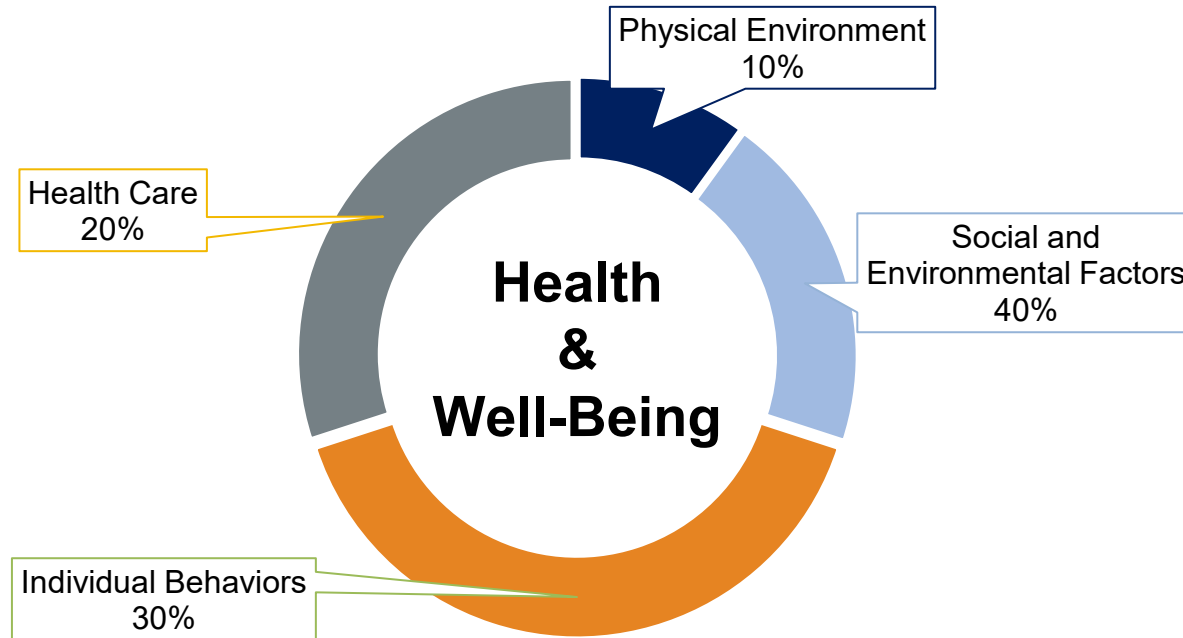
- Economic value of caregiving = \$39 billion
- Average age of caregivers = 64

NYS POPULATION 19 Million Total

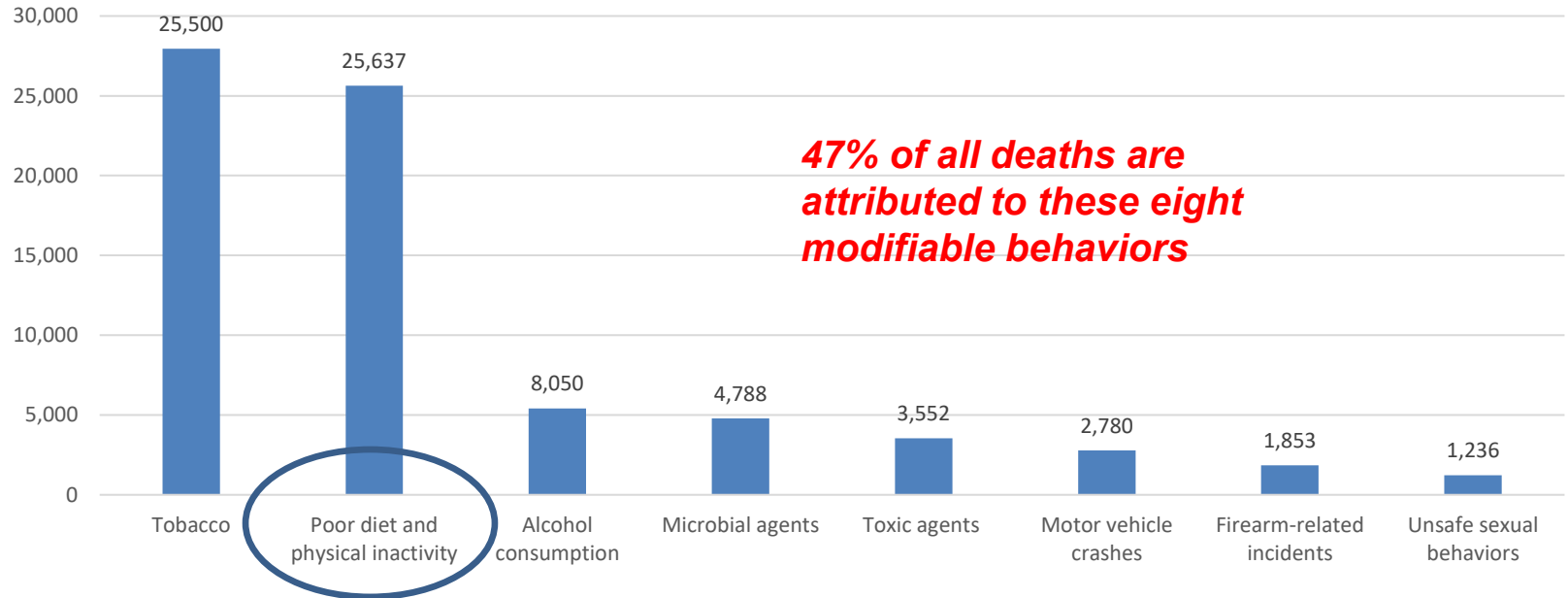
- 5+ million New Yorkers are 60+ (**fourth in the nation**)
- 3.7 million New Yorkers are ages 45-59

What Determines Health?

Impact of Different Factors on Risk of Premature Death



Estimated Number of Deaths Attributed to Modifiable Behaviors in NYS (2015)



FEBRUARY 4, 2026

NYSOFA Highlights Historic Investments in Governor Hochul's Budget for Older New Yorkers, Prioritizing Vital Affordability and Public Safety Measures Across Programs



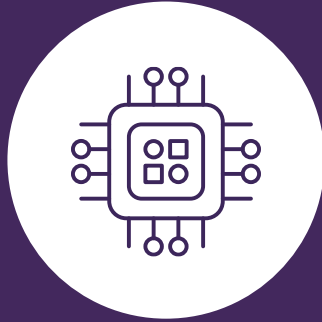
NYSOFA Budget/ Policy Highlights

The enacted SFY 2026-27 budget approved the Governor's historic investments in aging network services:

- \$8 million in new funding to expand the NORC program. A naturally occurring retirement community (NORC) is a community or neighborhood with a growing population of older adults in which the dwellings were not purposefully intended for older adults when they were originally designed and/or built. Naturally Occurring Retirement Community (NORC) | Office for the Aging
- Continuation of \$68 million for older New Yorkers who are waiting for services due to lack of funding or workforce shortage.

NYSOFA Budget/ Policy Highlights

- \$11.5 million in funding for a variety of community-based organizations in the areas of elder abuse prevention, guardianship, holocaust survivor services, home share programs and respite, advocacy organizations, and more.
- Protecting individuals from scams and fraud through training and a public awareness campaign.
- Developing recommendations for a one-stop for all benefits that older adults may be eligible for across state agencies.
- Full analysis of FY 27 budget benefitting older New Yorkers and families - <https://aging.ny.gov/system/files/documents/2026/06/nysofa-analysis-of-final-fy27-enacted-ny-state-budget.pdf>



NYSOFA PUBLIC-PRIVATE PARTNERSHIP EXAMPLES

COMPLETE LIST - APPENDIX 1

NYSOFA PARTNERSHIPS – STATEWIDE DIGITAL OFFERINGS



Office for
the Aging

New York
Caregiving Portal
Powered by Truista

Provided in Partnership with the
Association on Aging
in New York

How Do I Provide The Best Care?

You're tired of general information. Our learning platform addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager.

Log In

[Forgot Your Password?](#)

Log In

Don't Have An Account?

Sign Up



GET YOUR SCORE

Almost 1 in 2 of us are caring for someone, and it can get intense. Any Care Counts – New York is a way to support YOU as you care for others. Take two minutes and get your intensity score and connect to things that can help.

SCAN ME



SCAN ME

- **NY's Caregiver Portal:** Evidence-based caregiver education and training portal, available **FREE** of charge for any caregiver in New York at <https://www.newyork-caregivers.com/>.
- **ARCHANGELS Caregiver Intensity Index (CII):** **FREE** of charge, the CII provides each caregiver with an intensity 'score' that not only validates their experience, but crosswalks them to state and local resources. **30% of caregivers are "in the red,"** 62% are "in the yellow," 8% are "in the green/clear" ("red" being most severe or in crisis and "green/clear" being least severe). Visit <https://www.anycarecountsny.com/>.

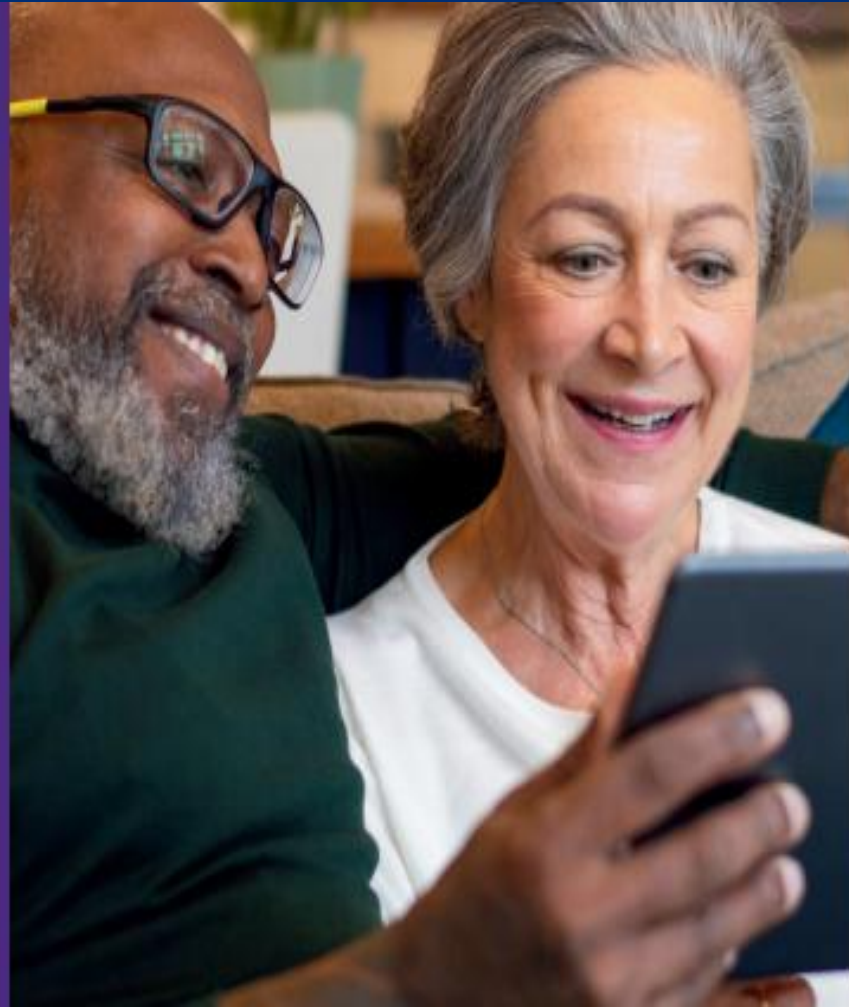
NYSOFA PARTNERSHIPS – STATEWIDE DIGITAL OFFERINGS

- NYSOFA's partnership with **GetSetUp** (**GSU**) has connected approximately 500,000 older adults to **5,000+ FREE online courses** and communities that help them learn and enhance tech skills, learn new skills and interact with others who share their interests. Courses are available at <https://www.getsetup.io/nystate>.
- **Virtual Senior Center:** Get **FREE** access to the Virtual Senior Center (VSC), which includes 400+ monthly live programs and other features, such as email, news, games, and self-directed “channels.” <https://www.vscm.selfhelp.net/new-york-state>

The screenshot displays the GetSetUp website interface. At the top, there is a dark blue navigation bar with the GetSetUp logo on the left and 'Help Center', 'Log In', and 'Sign Up' on the right. Below the navigation bar, there are menu items: 'Home', 'Classes', 'Articles', 'Series', 'Guides', 'Community', and 'Helen Digital Assistant'. A search bar is located on the right side of the navigation bar. The main content area is divided into two sections: 'Featured' and 'Live and Starting Soon'. Each section contains a grid of course cards. Each card features a thumbnail image, a title, the instructor's name, and a 'Book' button. The 'Featured' section includes courses like 'Guest Speaker: David Frost - "Self Care" Hacks for Middle...', 'Become a Nature Photographer: Mastering Landscapes (20-min...)', 'Change Your Thinking: Manage Negative Thinking and the Inne...', and 'Zentangle Zen: Draw Your Way to Relaxation'. The 'Live and Starting Soon' section includes courses like 'Making Mother's Day Special: Celebrate Yourself! (20-min...)', 'Spring Savings: How to Save Big and Shop Smart', 'Two Point Perspective Drawing for Beginners', and 'The News & Worrying about What to Believe'.

Free Resources for Older Adults & Families

**NYSOFA invests in
technologies to combat
isolation, support caregivers
and bridge the digital divide**



Free Access to NY Caregiver Portal

If you provide unpaid care to a loved one, visit newyork-caregivers.com to access free resources, personalized training, and tools to support your caregiving journey.

Free Online Classes and Connections Through GetSetUp

Older adults in NYS have free access to online classes through GetSetUp. Classes are designed for older adults and taught by older adults. Get help using digital devices and find support for physical, mental, and social health.

Free: Discover Your 'Caregiver Intensity' Score

The ARCHANGELS Caregiver Intensity Index (CII) helps validate your caregiving experience and connects you to tailored resources.

Free Access to Virtual Senior Center (VSC)

Get free access to the Virtual Senior Center (VSC), which includes 400+ monthly live programs and other features, such as email, news, games, and self-directed “channels.”

SCAN THE QR CODE TO EXPLORE
www.aging.ny.gov



**Office for
the Aging**



New York's First Ever Statewide Needs Assessment Survey

POLCO Community Assessment Survey for
Older Adults (CASOA) 2023

ABOUT

- First survey of its kind ever conducted in New York State.
- 26,464 responses from New Yorkers 60+.
- A partnership with the Association on Aging in New York (AgingNY) and the research firm Polco.
- Postcards and printed surveys were mailed to a randomly selected sample of residents 60+.
- Respondents statewide also had a digital option for answering the survey.
- Survey period: first quarter 2023.
- Survey was available in six languages.

County breakouts – see appendix 2- Clinton, Essex, Fulton, Frankin, Hamilton, Herkimer, Jefferson, Lewis, Oneida, Saratoga, St. Lawrence, Warren and Washington

NORTH COUNTRY REGION



Clinton **Essex**
Franklin **Hamilton**
Jefferson **Lewis**
St. Lawrence

North Country Region

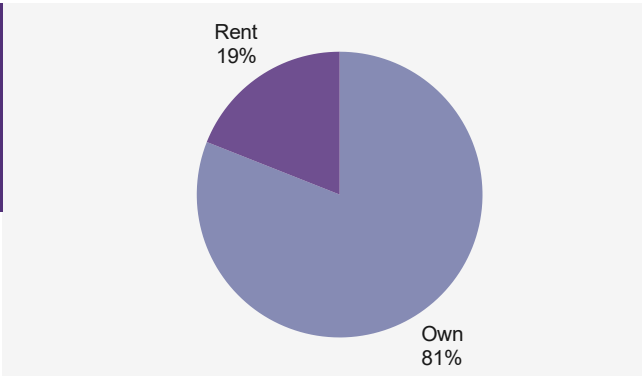
Demographics are Shifting

	2015	2025	2045	CHANGE	%
Total Population	435,413	421,530	418,752	-16,661	-0.04
0-17	95,902	85,437	83,042	-12,860	-0.13
18-44	156,089	154,198	141,592	-14,497	-0.09
45-59	90,842	69,356	80,327	-10,515	-0.12
60+	92,580	112,539	113,791	-21,211	+0.23



NORTH COUNTRY—ECONOMICS

HOME OWNERSHIP
AGE 60+



67%



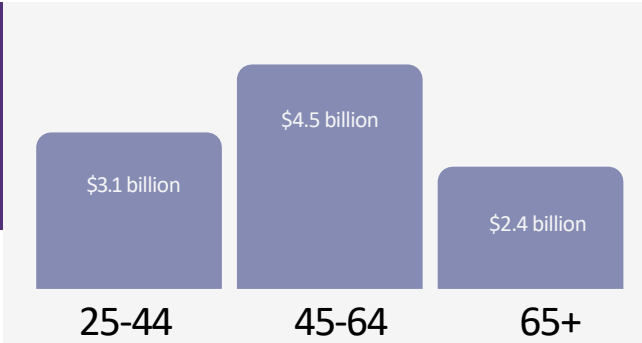
HOMEOWNERS WHO ARE
Mortgage Free

33%

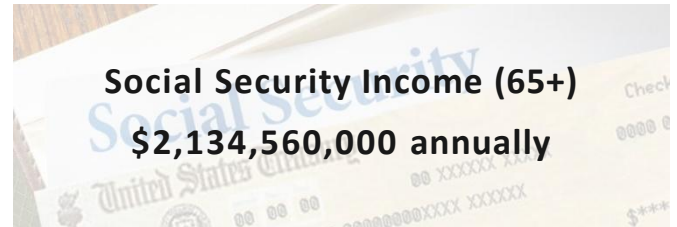


HOMEOWNERS WHO ARE
Paying Mortgage

PERSONAL HOUSEHOLD
INCOME GENERATED
ANNUALLY



67% or \$6,877,467,300 of the personal household income in the North Country is generated by people 45+



NORTH COUNTRY REGION

Economic Contribution of Volunteers 55+



29,141 volunteers

15,929,194 hours

**\$446,017,432 annual
volunteer contribution**

Economic Contribution of Caregivers 50+

47,380 caregivers

442,400,000 hours

**Economic Value of
\$825 million**



New York State's Master Plan for Aging (MPA): Building on Investments

Health In All Policies is a multi-sectoral approach to improving health



An approach to public policies across sectors that systematically takes into account the health and health system implications of decisions, seeks synergies, and avoids harmful health impacts in order to improve population health and health equity.

The HiAP approach is founded on health related rights and obligations. It emphasizes the consequences of public policies on health determinants and aims to improve the accountability of policy makers for health impacts at all levels of policy making.

World Health Organization. Health in All Policies, Framework for Country Action, 2013

What is the MPA?

- New York's **recognition of the value of the older population** and their contributions to family, community and economy.
- **A short term and longer-term roadmap** on policy and program recommendations supporting Governor Hochul's priorities of public safety, livability and affordability.
- Recognition that **older adults and their families touch many systems and those systems need to better coordinate and work together** to provide opportunities for older adults to thrive while also providing services that support them holistically.

MPA Focus: Support NY to Become the First Age Friendly State for People of All Ages

Age friendly communities are healthy communities, making healthy lifestyle choices easy and accessible.

Age friendly communities address 8 domains of livability defined by the WHO and AARP.

Why Focus on Age Friendly/Livable Communities?

- Quality of Life
- Strong Communities
- Economic Development
- Competition

<https://aging.ny.gov/master-plan-aging>

NYS MPA

- 400 pages of recommendations for consideration
 - 100+ separate proposals
 - 20 Public listening sessions and town halls
 - 430 stakeholders engaged
 - 800+ meetings
 - Council of State Agencies
 - Stakeholder Advisory Committee
 - 8 Subcommittees, 34 workgroups
 - 10 Industry roundtables
-
- Builds upon NYS designation as age friendly state, the Health Across All Policies (HAAP) agenda, the Prevention Agenda, Downtown Revitalization Initiative, Age Friendly Health Systems and address social determinants of health.

MPA Organized into 9 Pillars

1. Affordability of Basic Needs
2. Informal Caregiver and Workforce Support and Modernization of Community-Based Aging Network Services
3. Modernization and Financial Sustainability of Healthcare, Residential Facilities and Community-Based Aging Network Service Providers
4. Prevention, Wellness Promotion and Access
5. Housing Access and Community Development
6. Access to Services in and Engagement with Historically Underserved Communities
7. Social Engagement of Older Adults
8. Combatting Elder Abuse, Ageism, Ableism and Stigma



Master Plan for Aging Final Report

The Final Report includes 9 pillars of core support areas and 126 proposals to better serve the aging population.

[PRESS RELEASE](#) →

[READ THE FINAL REPORT](#) →

ENSURING OLDER ADULTS LIVE HEALTHY, FULFILLING LIVES

Under the leadership of Governor Kathy Hochul, New York State has embarked on a State Master Plan for Aging (MPA). The MPA is designed to ensure that older adults and individuals of all ages can live healthy, fulfilling lives while aging with dignity and independence.

Alignment of MPA / APA Goals with Survey and Census Data Findings

MPA Organizing Pillars:

Social Engagement of Older Adults

**Housing Access and Community Development
Prevention, Wellness Promotion and Access**

**Modernization and Financial Sustainability of Healthcare, Residential
Facilities and Community-Based Aging Network Service Providers**

Challenge: Maintaining opportunities for meaningful social and civic engagement across the lifespan to address isolation and loneliness and help older adults by following community design principles that encourage interactions.

Snapshot of MPA Recommendations

- *Invest in NYSOFA Administered Services – included in SFY 26 Enacted Budget (\$52 million)**
- Incentives for Geriatric Specialists
- *Support caregivers who provide majority of long term care, social services, and health care.**
- Food as Medicine promotion
- *Create Office of Older Workers**
- *Create greater access to transportation for older New Yorkers**
- Housing, workforce training and other supportive services for older veterans
- Support disaster response by expanding citizen preparedness training
- *Expand initiatives to address social isolation and promote social connectedness**
- *Expand awareness and training on elder abuse, financial fraud and scams**
- Create an Office of Benefits Coordination for easier access to benefits that improve economic security
- *Expand Alzheimer's and dementia training*
- *Strengthen access to hospice and palliative care**

Red=Already in development/completed

Snapshot of MPA Recommendations

- Better promote Medicare Annual Wellness Visit
- *Increase vaccination rates**
- *Increase housing supply through local zoning incentives**
- *Strengthen home modification programs**
- Establish lifetime financial planning program
- *Promote lifelong learning and employment support**
- *Develop campaign on scam and fraud prevention**
- *Combat ageism generally and ageism in workforce**
- *Increase access to technology**

Already in development/completed

North Country Alignment with MPA Organizing Pillars:

The AARP Network of Age-Friendly States and Communities includes specific towns within the Adirondack Park. Membership requires local governments to develop action plans addressing housing, transportation, and civic engagement. Local municipalities focus on aging in place by offering support services to help seniors remain independent.

Age-friendly communities in the Adirondack Park prioritize accessible housing, strong healthcare networks, and social support for older adults.

Adirondack Park/ Aging

The Population of the Adirondack Park is experiencing an Increase in Median Age:

- The median age of residents of the Adirondacks has been increasing at a rate that is outpacing the rising median age of New York State and the country overall. By 2030, a third of Park residents are projected to be over 60. (source: Northern Forest Center Report/ US Census)

Adirondack Park/ Aging

In the 12 Adirondack Park counties, the population 65 years old and older grew by over 45,000 people from 2010 to 2020, from 154,607 to 200,655, and is now fully 20% of the area's population. Almost all of that growth was with people ages 65 to 84, the prime and active retired. (source: Northern Forest Center Report/ US Census Update)

Adirondack Park/ Aging

Every North Country county gained people after age 65, from over 14,000 in Saratoga County to 3,900 in Warren to 500 in Hamilton to 3,200 in Clinton and over 1,600 in Essex.

Adirondack Competitive Advantage: The Adirondack Park attracts significantly more young retirees (ages 55–64) than other rural parts of the country.

This brings significant resources to Adirondack communities, but because of their stage of life, these individuals are not fixing our demographic challenges, such as stabilizing our school populations or expanding our workforce. (source: Northern Forest Center Report/ US Census Update)

Adirondack Park – Living the Adirondack Dream in Retirement

“The Adirondack Mountains continue to shine as an inviting haven for seniors seeking balance, community, and natural beauty in 2025. From the scenic calm of Keeseville and its peaceful waterfalls to the artsy vibrancy of Glens Falls, each town merges affordability with a fulfilling way of life. Whether it is staying active, embracing the outdoors, or connecting over shared experiences, these Adirondack towns make retirement not just comfortable but deeply rewarding amid the region’s timeless mountain charm.” (source: World Atlas)

Glens Falls, Keeseville, Saranac Lake, Speculator, Lake Placid, Glens Falls, Plattsburgh, Massena

Adirondack Park/ Aging

AARP Network Communities in the Adirondacks

Keene: Joined the AARP network as part of its Strategic Plan. Initiatives have included placing wheelchair-accessible picnic tables around town and launching the Freedom Story Project at the John Brown Farm to bridge generational gaps.

Chesterfield: Joined the network to update zoning for diverse housing and improve pedestrian safety for seniors aging in place.

Adirondack Park Age Friendly Examples

- **Plattsburgh (Adirondack Coast):** Launched "Cycling Without Age," providing free trishaw bike rides for older adults and individuals with disabilities.
- **Westport:** Ran "Walkable Westport" campaigns to enhance pedestrian safety, slow traffic, and improve walkability.
- **The Tri-Lakes Region:** Local organizations like Mercy Care for the Adirondacks partner with experts (such as the IDEA Center at SUNY Buffalo) to empower rural aging-in-place communities in Lake Placid, Saranac Lake, and Tupper Lake.

Economic Impact of Tourism on Adirondacks

Of all New York State counties, the tourism industry is most important to the Adirondacks in terms of employment. In 2023, total tourism-generated employment registered 19,844 jobs, 18.2% of regional employment. Moreover, 14.2% of all labor income in the Adirondacks region was generated by tourism.

Tourism in the Adirondacks yielded \$268 million in state and local taxes in 2023. Sales, property, and hotel bed taxes contributed \$144 million in local taxes.

If not for tourism-generated state and local taxes, the average household in the region would have to pay an additional \$2,447 to maintain the same level of government Revenue.

Older individuals account for approximately 25% of tourism spending.

Economic Impact of Tourism on Adirondacks

Visitors generate significant economic benefits to households, businesses, and government alike and represent a critical driver of the state's future. Tourism-supported jobs have accounted for 7.4% of all jobs in the state.

In 2023, visitors to New York spent \$88 billion across the state economy. In the Adirondacks, visitor spending and tourism-related employment grew to \$2.3 billion and 19,844 jobs, respectively.

In 2023, visitor spending in the Adirondacks increased by 7% over 2022 levels.

Seasonal second home spending also generates significant economic activity in the region, tallying \$334 million (15% of total spend).

Embed Smart Growth and Livable Community Principles in local government planning.

Smart Growth and Aging In Place

Smart Growth and related infrastructure planning plays an important role to support aging in place.

- Land use interventions, such as building mixed-use places and reducing parking requirements, bring destinations closer together.
- Transportation interventions, such as providing sidewalks, protected crosswalks, and accessible public transit, ensure that safe routes connect those destinations.
- Zoning reform allows people to age in place, such as allowing mixed-use zoning so destinations like grocery stores are reachable within a very short walk, or supporting accessory dwelling units or ADUs

Together these actions result in communities where older adults can move independently without needing to drive or rely on caregivers for rides.

Smart Growth – Connecting People to their Communities

Many of today's communities, like those in the Adirondack Park, are navigable mainly by car, leaving many older adults unable to access the resources they need including healthcare and grocery stores due to driving restrictions.

Smart Growth is about designing communities for everyone that-

- strengthen people's connections to each other,
- improve health,
- increase physical activity, and;
- support and advance the economic environment through proactive design, ensuring people can get around, and future-based planning.

Smart Growth

Our approach has been one that centers on the idea that state government, through its leadership and by setting an example through action can –

- create a coordinated, integrated process from the top down and from the grassroots, community-up to create an environment,
- Use data to advance and embed smartgrowth/age friendly and livable community principles into state and local government work, and
- create organizational change to improve population health and the built environment, and demonstrate that this approach is inclusive of public and private stakeholders

2026 Budget Supports Smart Growth in the Adirondack Park

In the budget the Governor continued funding for resources to support another round of DEC funding to support Smart Growth Grants in the Adirondack. These funds can be used to support connecting visitors to nature by improving and expanding recreation opportunities; addressing hamlet infrastructure, energy, and affordable housing needs; providing visitor center, theater, and museum enhancements; improving accessibility and safety issues; and supporting comprehensive planning efforts.

<https://dec.ny.gov/nature/open-space/smart-growth-in-adirondack-park-catskill-park>



An official website of New York State. [Here's how you know.](#) ▾

Department of Environmental Conservation

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March 11, 2026

DEC Announces More Than \$3.2 Million in Smart Growth Grant Awards to Communities in the Adirondack Park

Funding Supports Affordable Housing Initiatives, Recreational Access, and Economic Growth Compatible with Environmental Protection

Supporting Smart Growth and Aging In Place

Governor Hochul secured in the SFY 2026-27 a renewed \$200 million investment in the Downtown Revitalization Initiative (DRI) to continue helping communities develop downtown areas with vibrant centers offering a improved quality of life that can act as magnets for business, job creation, and economic and housing diversity.

<https://www.ny.gov/programs/downtown-revitalization-initiative>

<https://dos.ny.gov/2026-2027-smart-growth-community-planning-grant-program>



An official website of New York State [Here's how you know](#) ▾

GOVERNOR KATHY HOCHUL **PRESSROOM** **ACCOMPLISHMENTS** **SCHEDULE** **EXECUTIVE ORDERS** **LEGISLATION** **ABOUT** **CONTACT** ▾



 **Economic Development**  **North Country**

MAY 16, 2026 | Albany, NY

Governor Hochul Announces 18 Transformational Projects in the North Country as Part of Downtown Revitalization Initiative and NY Forward Programs

Supporting Healthy Aging and Aging In Place

Governor Hochul secured \$75 million for a new round of NY BRICKS (Building Recreational Infrastructure for Communities, Kids and Seniors) dedicated to building and renovating affordable and accessible community spaces where kids can play, families can connect, and seniors can stay active and engaged.

<https://dasnyonline.dasny.org/dasny-rfis/nybricksrfi>

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NY BRICKS - Building Recreational Infrastructure for Communities, Kids and Seniors

NY BRICKS Grant Recipients

Supporting Smart Growth and Aging In Place

The final SFY 2026-27 budget approved the Governor's the five-year, \$25 billion Housing Plan to create or preserve 100,000 affordable homes. Also approved was the "Let Them Build" legislative package to slash bureaucratic red tape and speed up the construction of affordable housing. This effort is expected to create or preserve 100,000 affordable homes statewide.

<https://www.governor.ny.gov/news/let-them-build-governor-hochul-signs-legislation-delivers-generational-reforms-make-it-easier>



GOVERNOR KATHY HOCHUL

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MAY 27, 2026 | Albany, NY

Let Them Build: Governor Hochul Signs Legislation That Delivers Generational Reforms to Make it Easier and More Affordable to Build Housing and Critical Infrastructure



Appendices 1+2

Appendix 1

New York's First Ever Statewide Needs Assessment Survey

POLCO Community Assessment Survey for Older Adults (CASOA) 2023
Preliminary Results (Updated May 3, 2023)

County breakouts –Clinton, Essex, Fulton, Frankin, Hamilton, Herkimer,
Jefferson, Lewis, Oneida, Saratoga, St. Lawrence, Warren and Washington

Individual County Data - [Community Assessment Survey of Older Adults | Office
for the Aging](#)

Statewide

Overall Health

- 72% of older adults considered their overall health to be “excellent or good”.
- 82% considered their overall mental health/emotional wellbeing to be “excellent or good”.

Overall Community

- 78% of older adults called their community an “excellent or good” place to live.
- 52% of older adults called their community an “excellent or good” place to retire.
- 71% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement.
- Nearly 70% of older adults have lived in their community for 20 years or more.

Statewide
Hospitalizations and Long Term Care

- 80% of older adults had not been hospitalized in the past 12 months.
- 97% had not needed long term care in a facility (i.e., nursing home or rehab) during the last 12 months.
- 68% did not have injuries from falls in the last 12 months, with 28% experiencing some injury 1 to 2 times, and 4% experiencing some injury 3 or more times.

Clinton County – Needs Assessment Results

Overall Health

- 73% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 84% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 71% of older adults called their community an “excellent or good” place to live (78% statewide).
- 58% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 77% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- Nearly 70% of older adults have lived in their community for 20 years or more (Same as statewide).

Essex County – Needs Assessment Results

Overall Health

- 71% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 81% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 69% of older adults called their community an “excellent or good” place to live (78% statewide).
- 55% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 80% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- Nearly 70% of older adults have lived in their community for 20 years or more (Same as statewide).

Franklin County – Needs Assessment Results

Overall Health

- 74% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 74% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 65% of older adults called their community an “excellent or good” place to live (78% statewide).
- 59% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 82% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- Nearly 70% of older adults have lived in their community for 20 years or more (Same as statewide).

Fulton County – Needs Assessment Results

Overall Health

- 71% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 88% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 67% of older adults called their community an “excellent or good” place to live (78% statewide).
- 55% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 78% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- Nearly 70% of older adults have lived in their community for 20 years or more (Same as statewide).

Hamilton County – Needs Assessment Results

Overall Health

- 79% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 93% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 85% of older adults called their community an “excellent or good” place to live (78% statewide).
- 67% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 71% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 62% of older adults have lived in their community for 20 years or more (70% statewide).

Herkimer County – Needs Assessment Results

Overall Health

- 75% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 86% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 64% of older adults called their community an “excellent or good” place to live (78% statewide).
- 53% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 78% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 67% of older adults have lived in their community for 20 years or more (70% statewide).

Jefferson County – Needs Assessment Results

Overall Health

- 68% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 84% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 66% of older adults called their community an “excellent or good” place to live (78% statewide).
- 53% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 75% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 65% of older adults have lived in their community for 20 years or more (70% statewide).

Lewis County – Needs Assessment Results

Overall Health

- 74% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 80% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 73% of older adults called their community an “excellent or good” place to live (78% statewide).
- 64% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 74% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 71% of older adults have lived in their community for 20 years or more (70% statewide).

Oneida County – Needs Assessment Results

Overall Health

- 73% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 84% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 71% of older adults called their community an “excellent or good” place to live (78% statewide).
- 64% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 76% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 71% of older adults have lived in their community for 20 years or more (70% statewide).

Saratoga County – Needs Assessment Results

Overall Health

- 82% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 89% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 86% of older adults called their community an “excellent or good” place to live (78% statewide).
- 71% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 85% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 50% of older adults have lived in their community for 20 years or more (70% statewide).

St. Lawrence County – Needs Assessment Results

Overall Health

- 71% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 79% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 63% of older adults called their community an “excellent or good” place to live (78% statewide).
- 49% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 79% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 81% of older adults have lived in their community for 20 years or more (70% statewide).

Warren County – Needs Assessment Results

Overall Health

- 82% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 87% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 81% of older adults called their community an “excellent or good” place to live (78% statewide).
- 67% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 77% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 60% of older adults have lived in their community for 20 years or more (70% statewide).

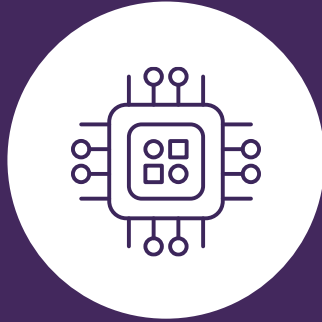
Washington County – Needs Assessment Results

Overall Health

- 69% of older adults considered their overall health to be “excellent or good” (72% statewide).
- 88% considered their overall mental health/emotional wellbeing to be “excellent or good” (82% statewide).

Overall Community

- 70% of older adults called their community an “excellent or good” place to live (78% statewide).
- 56% of older adults called their community an “excellent or good” place to retire (52% statewide).
- 80% of older adults said they are very “likely/somewhat likely” to remain in their community throughout retirement (71% statewide).
- 67% of older adults have lived in their community for 20 years or more (70% statewide).



NYSOFA PUBLIC-PRIVATE PARTNERSHIP EXAMPLES

NYSOFA PARTNERSHIPS – STATEWIDE DIGITAL OFFERINGS -- APPENDIX 2



Office for
the Aging

New York
Caregiving Portal
Powered by Truanta

Provided in Partnership with the
Association on Aging
in New York

How Do I Provide The Best Care?

You're tired of general information. Our learning platform addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from a care manager.

Log In

[Forgot Your Password?](#)

Log In



GET YOUR SCORE

Almost 1 in 2 of us are caring for someone, and it can get intense. Any Care Counts – New York is a way to support YOU as you care for others. Take two minutes and get your intensity score and connect to things that can help.

SCAN ME



SCAN ME

- **NY's Caregiver Portal:** Evidence-based caregiver education and training portal, available **FREE** of charge for any caregiver in New York at <https://www.newyork-caregivers.com/>.
- **ARCHANGELS Caregiver Intensity Index (CII):** **FREE** of charge, the CII provides each caregiver with an intensity 'score' that not only validates their experience, but crosswalks them to state and local resources. **30% of caregivers are "in the red,"** 62% are "in the yellow," 8% are "in the green/clear" ("red" being most severe or in crisis and "green/clear" being least severe). Visit <https://www.anycarecountsny.com/>.

NYSOFA PARTNERSHIPS – STATEWIDE DIGITAL OFFERINGS

- NYSOFA's partnership with **GetSetUp** (**GSU**) has connected approximately 500,000 older adults to **5,000+ FREE online courses** and communities that help them learn and enhance tech skills, learn new skills and interact with others who share their interests. Courses are available at <https://www.getsetup.io/nystate>.
- **Virtual Senior Center:** Get **FREE** access to the Virtual Senior Center (VSC), which includes 400+ monthly live programs and other features, such as email, news, games, and self-directed “channels.” <https://www.vscm.selfhelp.net/new-york-state>

The screenshot displays the GetSetUp website interface. At the top, there is a dark blue navigation bar with the GetSetUp logo on the left and 'Help Center', 'Log In', and 'Sign Up' on the right. Below the navigation bar, there are menu items: 'Home', 'Classes', 'Articles', 'Series', 'Guides', 'Community', and 'Helen Digital Assistant'. A search bar is located on the right side of the navigation bar. The main content area is divided into two sections: 'Featured' and 'Live and Starting Soon'. Each section contains a grid of course cards. Each card features a thumbnail image, a title, the instructor's name, and a 'Book' button. The 'Featured' section includes courses like 'Guest Speaker: David Frost - "Self Care" Hacks for Middle...', 'Become a Nature Photographer: Mastering Landscapes (20-min...)', 'Change Your Thinking: Manage Negative Thinking and the Inne...', and 'Zentangle Zen: Draw Your Way to Relaxation'. The 'Live and Starting Soon' section includes courses like 'Making Mother's Day Special: Celebrate Yourself! (20-min...)', 'Spring Savings: How to Save Big and Shop Smart', 'Two Point Perspective Drawing for Beginners', and 'The News & Worrying about What to Believe'.

Other Partnerships

Intuition Robotics – AI platform (ElliQ), fosters independence and provides support through daily check-ins, assistance with wellness goals and physical activities, and more using voice commands. NYSOFA has distributed 900 units statewide.

Ageless Innovation/Joy For All – NYSOFA's award-winning animatronic pet project has proven to reduce isolation, loneliness and pain. This program has been replicated across the country – 30+ states. Distributed 35,000+ pets.

GoGoGrandparent – specialized ride share program to address special transportation needs throughout New York.

Stipend Program/Volunteers – LTCOP and HIICAP – to recruit and retain volunteers.

CAPS/NAHB – specialized certification in home safety assessment to prevent fall risk – case managers.

Case Management Certification – require all case managers to be uniformly state certified through Boston University CADER online training and certification.

Active Pilots/Demonstrations

Discover Live – 153 senior centers, congregate dining sites, and Naturally Occurring Retirement Communities (NORCs) are providing older adults with social engagement and enrichment experiences through weekly virtual tours to over 200 locations worldwide.

Relish – Products include specially designed clocks, jigsaw puzzles, radios, brain teasers, and sensory activities for individuals with dementia.

Memory Lane TV – Memory Lane TV (MLTV) is a streaming, science-based behavioral and multisensory digital intervention designed to support people living with Alzheimer's and related dementias and their professional and family care partners. Over 1,500 hours of positive, plot-free content is personalized for each user and is built to reduce agitation and depression, connect with the natural rhythms of the day, experience soothing memories, and find joy.

Zinnia TV – For individuals with dementia, Zinnia TV is a therapeutic alternative to standard TV programming, which can trigger confusion, distress, and daytime sleeping. Exploring a meaningful topic on Zinnia TV can soothe, delight, and reinforce a person's sense of identity. Video is slow moving, soothing and promotes respite for caregivers.

Maphabit – The MapHabit platform uses scientifically proven step-by-step guides to empower individuals with intellectual and developmental disabilities (IDD), autism, and traumatic brain injuries (TBI), as well as individuals living with Alzheimer's Disease and related dementias (ADRD), to master their daily routines. A library of over 1,000 maps covering daily tasks can be customized for each individual to reduce caregiver burden and foster independence.

Blooming Health – The platform enables instant communication about vital information such as weather alerts, program deadlines, event reminders for evidence-based programs, nutrition education, and wellness programs, and social engagement opportunities in over 80 languages.

Vivo – Team Vivo is an evidence-based strength training and exercise program designed to increase strength and reduce falls and injuries related to falls. Team Vivo provides an online small group fitness program that, unlike videos or livestreamed classes, is a live and interactive two-way experience with measured outcomes. Vivo classes are designed to build strength and function through individualized feedback from a live trainer while also providing social engagement and building community that drives 98% monthly customer retention.

Betterage – BetterAge provides a population health solution through a web-based platform. A health and well-being assessment, aligned with the social determinants of health, provides in-depth insight into healthy aging at every scale. For older adults, a personalized health and well-being report and recommendations are provided, and organizations can review this data as they develop programs, set policy approaches, and work to maximize funding.

Onscreen – Onscreen turns TVs into interactive care hubs, making family video calls, telehealth, and virtual social events easily accessible for older adults that struggle with technology. The platform also includes a TV-based AI companion that helps with regular check-ins and provides companionship, simplifying daily interactions and enhancing quality of life for older adults and caregivers.

LifeBio – LifeBio is capturing the stories and life experiences of New York State older adults, especially people who are reaching end of life and those who may be receiving hospice or palliative care. LifeBio is an evidence-based life story/reminiscence therapy solution that records people’s backgrounds, stories, and care preferences in their own voices with an easy-to-use app.

SCCMedQR – Wearable band for instant information on older adults that can be scanned by EMS, ERs and hospitals and instantly connects with caregivers if QR code is scanned

MyRosalie – Up to 2 hours monthly of phone calls to combat social isolation by connecting older adults with others with same interests.

Smart Hygiene – AI bidet that cleans and washes older adults to reduce UTIs and fall risk in the bathroom – targeting older women with UTI history and fall risk.

Essential Care Visitor Program – Trains family in nursing homes to provide care to their loved one due to workforce shortages in the facility to improve quality of care.

Eversafe – Platform to protect financial and other information and to flag irregularities to prevent/combat financial exploitation.

FraudFindr – Platform to quickly analyze financial information to identify possible financial fraud.

SilverShield – Makes it easy for people to spot and stop scams, all over SMS and email, no app or training required. Built and tested with hundreds of professionals (APS, FBI, case managers, tech trainers, senior centers) and older adults directly, SilverShield has been designed for accessibility and impact.

