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BY: _____

August 31, 2023

We are asking for your help!

Maine wants to improve community services that support older adults and their family caregivers. We are hoping you will share the attached flyer more broadly within your community, post to your social media sites, and hang in your town / city office.

The Maine Aging Study being conducted by the University of Southern Maine (USM) on behalf of Maine's Office of Aging and Disability Services will consist of a statewide survey for older adults, a survey for family caregivers, focus groups, key informant interviews, and listening sessions. Topics being addressed throughout this study include healthcare, food/nutrition, housing, transportation, receiving and giving care, safety, and socialization.

Information collected will be used to inform the development of the 2025-2028 Maine State Plan on Aging that outlines goals, objectives, strategies, and performance measures for Older Americans Act funded aging services and programs -- like Meals on Wheels -- that are so important to older adults in your community!

If you have any questions about this request, feel free to contact me at jennifer.l.pratt@maine.edu or Kimberly Snow at kimberly.i.snow@maine.edu who is leading the study.

Thank you for taking the time to help!



Jennifer Pratt
Research Analyst
207-626-5264



Maine Aging Study

Maine wants to improve community services that support older adults and their family caregivers. If you are an adult who is 55 years or older or a family caregiver of an older adult, Maine's Office of Aging and Disability Services wants to hear from you. In addition to Maine's State Plan on Aging, this input is also used to inform the planning and policy direction of the Governor's Cabinet on Aging.

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To participate in the survey, scan the QR code or type in the web address below that best represents if you are:

An adult who is 55 years or older



<https://bit.ly/Aging-survey>

An adult under 55 years who is either:

- **An informal caregiver of an adult 60 or older**

OR

- **An informal caregiver of an adult under 60 who has Alzheimer's or related dementia**



<https://bit.ly/Caregiver-survey>

Both links are active until October 13, 2023

Please contact James Moorhead, Healthy Aging Services Manager, Office of Aging and Disability Services at 207-287-9200 or James.Moorhead@maine.gov with questions about this study.