

**For immediate Release  
Administration**

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## **Planning for Top Concerns of Mature Adults**

Spectrum Generations, Central Maine's Area Agency on Aging for more than 35 years, recently completed its Area Plan, outlining major goals, strategies, and initiatives for the next four years. Harold "Hank" Goodwin of Waterville, Advisory Council Chair, commented, "we asked the citizens and community leaders across Central Maine what the top five concerns are for mature adults and they said they are transportation, money to meet daily expenses, remaining in their own homes, housing that is decent, affordable and safe; respite care for family caregivers, and adult day care."

Goodwin explained that the study of needs took place through a series of forums and hearings in Central Maine. The plan was completed under the leadership of the volunteer membership of Spectrum Generations Senior Advisory Council membership representing Kennebec, Somerset, Lincoln, Knox, Sagadahoc and Waldo Counties, plus the communities of Brunswick and Harpswell.

Major goals in the plan include assisting older adults, caregivers and disabled adults in accessing a coordinated and comprehensive system of supportive services that allows them to remain in their own homes for as long as possible; and also improving their health status and sense of well being. Other goals include a seamless information and referral system, and promoting community development correlating with the challenges of boomers.

The results of the planning process were especially important as the State of Maine faces the demographics of becoming the oldest state in the nation. Addressing this new reality has increasingly become a concern for many communities and businesses.

For information about the Area Plan, contact Spectrum Generations at 1-800-282-0764 ext. 119, or at [dhalm@spectrumgenerations.org](mailto:dhalm@spectrumgenerations.org). Additional information can be found on the web site at [www.spectrumgenerations.org](http://www.spectrumgenerations.org).

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