



*Aging Our Way, PA* is Pennsylvania's 10-year plan to make our state more age-friendly for our rapidly growing population of older adults, caregivers, and their loved ones. This Plan is designed to address how various aspects of our lives change as we age... like health, transportation, housing, long-term care and social connection. It will improve our ability to live healthy, happy lives where and how we want.

It is important for this Plan to meet the needs of all Pennsylvanians. *Aging Our Way, PA* is therefore the result of a great deal of input from more than 20,000 people across the state. The Pennsylvania Department of Aging (PDA) and Pennsylvania's Area Agencies on Aging (AAAs) worked with their community and government partners to reach out to the public to hear about the problems they face and the improvements they would like to see. The AAAs and their partners worked together to hold more than 200 in-person listening sessions in all 67 counties. In addition, PDA offered more than 12 virtual listening sessions in multiple languages. Older adults and caregivers provided feedback at these sessions, and this Plan is based on what they said.

The goals of *Aging Our Way, PA* can be broken down into three levels of detail: priorities (biggest themes), strategies (middle-level guiding ideas), and tactics (specific actions with clear results). There are five priorities, 36 strategies, and 163 tactics.

## The five priorities of *Aging Our Way, PA* are:



### **Unlocking Access**

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We will make sure that everyone gets to age in a healthy and active way, no matter what their situation is.



### **Aging in Community**

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We will make sure that older people can stay in their safe and comfortable homes and neighborhoods as they age.



### **Gateways to Independence**

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We will make driving, walking, buses, trains, and other transportation safe and easy for older adults to use.



### **Caregiver Supports**

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We will make sure that people who take care of others have the help, training, and rest that they need.



### **Education & Navigation**

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We will make sure that information about helpful programs and services is easy for older adults to find.

*Aging Our Way, PA* holds the promise of a bright future where all Pennsylvanians will have what they need to age well. We all deserve to live full, happy, active lives, and creating better ways to do that is the main goal of this Plan. The Plan's goals start by building up and strengthening connections between helpful programs and services that already exist, and then they expand from there. It is designed to grow and change over the next 10 years based on what people need, what resources exist, and whether it is meeting its goals. As the 10 years go by, PDA will track the Plan's progress, let the public know how it is going, and give residents more chances to comment on it.

Updates can be found [pa.gov/AgingOurWay](http://pa.gov/AgingOurWay).