AGE-FRIENDLY PRINCETON 2.0 BLUEPRINT

Princeton's Age-Friendly Community Action Plan 2026-2031



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1. Acknowledgements

Partner Organizations

Center for Modern Aging Princeton (CMAP)
Municipality of Princeton:
- Mayor
- Councilmembers
- Department of Human Services
- Department of Health

Princeton Police Department
Princeton Public Library
Penn Medicine Princeton Health
Princeton Community Housing
Princeton University
YWCA of Princeton
Princeton Housing Coalition

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Community Participants

Survey respondents including 162 older adults

2. Executive Summary

Why Princeton Is Updating Its Age-Friendly Efforts

Princeton, NJ was the first age-friendly community in New Jersey and among the first in the nation to receive an Age-Friendly designation. Despite the community's commitment to creating an inclusive environment for older adults, there is a need to rebuild and strengthen these efforts to address evolving challenges, especially among underserved populations such as moderate- to low-income seniors, racial and ethnic minority seniors, and LGBTQ+ older adults.

"Age-Friendly Princeton 2.0" marks a deliberate evolution toward a permanent, institutionalized framework that embodies a collaborative approach to public-private partnerships. The objective is to move beyond isolated service delivery and instead integrate age-friendly principles into the infrastructure of municipal governance and social policy.

This action plan, informed by the 2025 Princeton Community Needs Assessment, serves as a blueprint for an institutionalized framework of shared leadership that enables Princeton to respond to the diverse needs of an aging population in a community where aging is not an isolated social challenge, but a primary lens for urban development and civic innovation.

Demographic Imperative

Princeton is experiencing many of the same demographic shifts occurring across New Jersey and the United States. Older adults represent a growing share of the population, and residents are living longer, healthier lives than previous generations. These trends create opportunities for continued engagement, volunteerism, and civic leadership while also increasing demand for housing, transportation, healthcare, and caregiving supports.

The Community Needs Assessment confirmed that Princeton's older adult population is diverse and includes residents with varying cultural, linguistic, economic, and life experiences. While many older adults are thriving, others face challenges related to affordability, mobility, health, social isolation, and access to information. Housing affordability remains a significant concern, particularly among lower-income older adults, many of whom rent their homes or live in subsidized housing. Transportation continues to be a critical factor in maintaining independence and access to healthcare, food, social activities, and community participation. Digital connectivity and technology access also emerged as important issues, particularly for residents who rely on internet access to obtain services, communicate with providers, and stay connected with family and friends.

Current population projections necessitate a proactive municipal response to ensure community resiliency:

- Rapid Growth: The 2020 Census identified approximately 4,000 residents aged 65 or older (13% of the population).
- 2030 Projection: This demographic is expected to reach 20% of the total population by 2030, mirroring national "silver tsunami" trends.
- Diversity and Intersectionality: The community includes low-to-moderate income (LMI) seniors, LGBTQ+ older adults, racial/ethnic minorities, and immigrants.
- Economic Disparity: While the median household income is $137,672, residents in affordable housing typically subsist on annual incomes below $40,000.

Engagement Process

Age-Friendly Princeton 2.0 was informed by one of the most comprehensive community engagement efforts undertaken in Princeton in recent years. This Blueprint is informed by both the 2025 Community Needs Assessment and the ongoing experiences, observations, and feedback shared by older adults through the daily work of community organizations. Throughout the year, organizations including the Center for Modern Aging Princeton regularly collect participant feedback, facilitator observations, program evaluations, and other qualitative information that helps identify emerging needs and informs continuous improvements to programs and services.

Through the 2025 Community Needs Assessment and related planning activities, more than 300 residents participated in surveys, listening sessions, stakeholder meetings, and community conversations. Participants included 162 adults age 55 and older, as well as residents from a broad range of backgrounds and experiences.

Special outreach efforts focused on populations that have historically been underrepresented in planning processes, including low-to-moderate-income older adults, immigrants, racial and ethnic minority residents, and LGBTQ+ older adults. The process was guided by an Age-Friendly Princeton 2.0 Task Force composed of municipal leaders, nonprofit organizations, healthcare providers, housing organizations, educational institutions, and community members. Together, these efforts ensured that the Blueprint reflects both quantitative data and lived experiences.

Major Themes

The 2025 Needs Assessment, involving over 300 residents and 162 older adults, identified several major challenges:

Service awareness gaps: A striking disconnect exists between the abundance of local resources and the awareness or ability to access these services among both residents and providers. As a result, many recommendations in this Blueprint focus on strengthening communication, coordination, and navigation rather than simply creating new services

Transportation Demands: This remains the most requested service expansion due to limited routes impacting access to food and healthcare.

Housing Stability: Over 80% of LMI older adults are renters; approximately 9% report being late on rent or utility payments.

Social Isolation: 38% of respondents feel neutral or disconnected from their neighbors and community.

Vision Statement

Princeton will be a community where people of all ages are valued, connected, and empowered to thrive. Through collaboration, accessibility, inclusion, and innovation, Princeton will foster opportunities for residents to age with dignity, purpose, independence, and belonging while remaining active participants in community life.

3. Introduction



a. Demographic Urgency and Structural Necessity

U.S. trends

The United States is experiencing one of the most significant demographic transformations in its history. Advances in healthcare, public health, and quality of life have contributed to increased longevity, while the aging of the Baby Boom generation has accelerated population aging. For the first time, older adults represent one of the fastest-growing segments of the population. At the same time, today's older adults are more diverse, more active, and more engaged than previous generations.

These trends are reshaping communities across the country. Housing, transportation, healthcare, technology, workforce participation, caregiving, and social connection are becoming increasingly important considerations in local planning. Communities that proactively address these issues are better positioned to support residents across the lifespan.

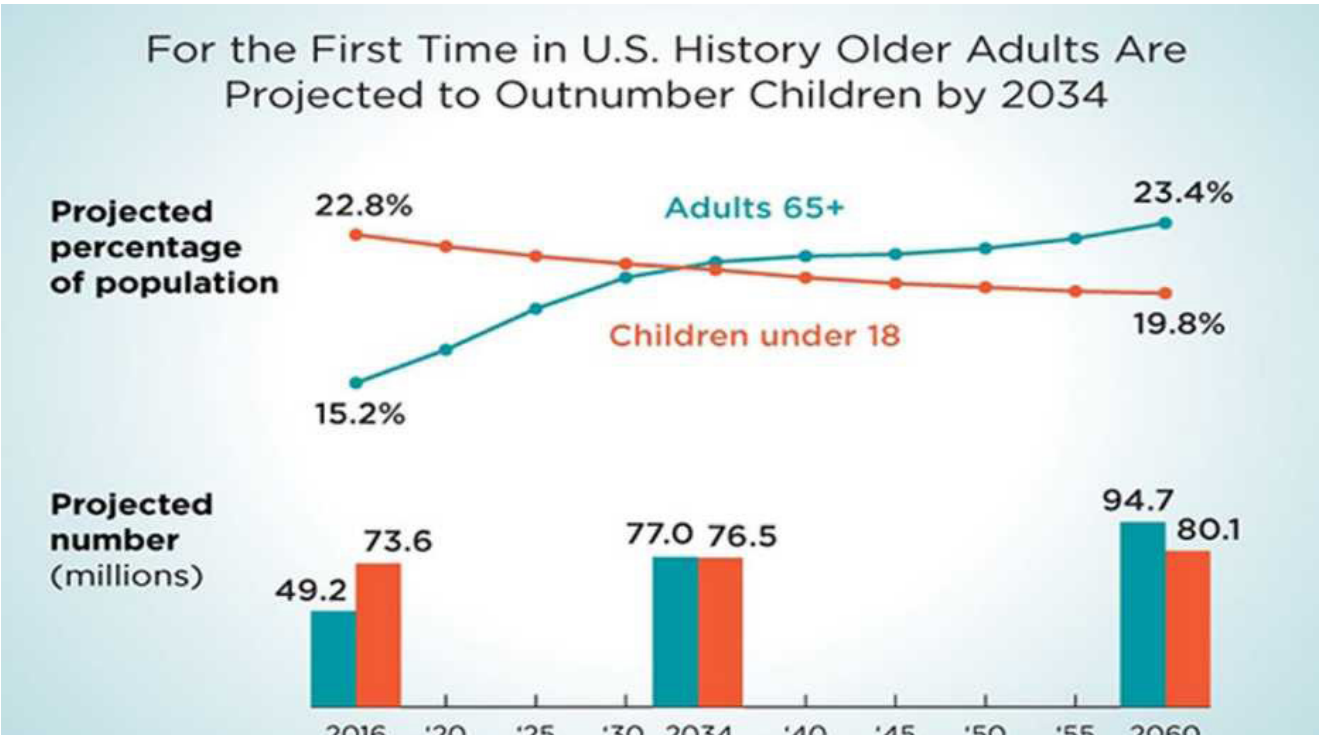
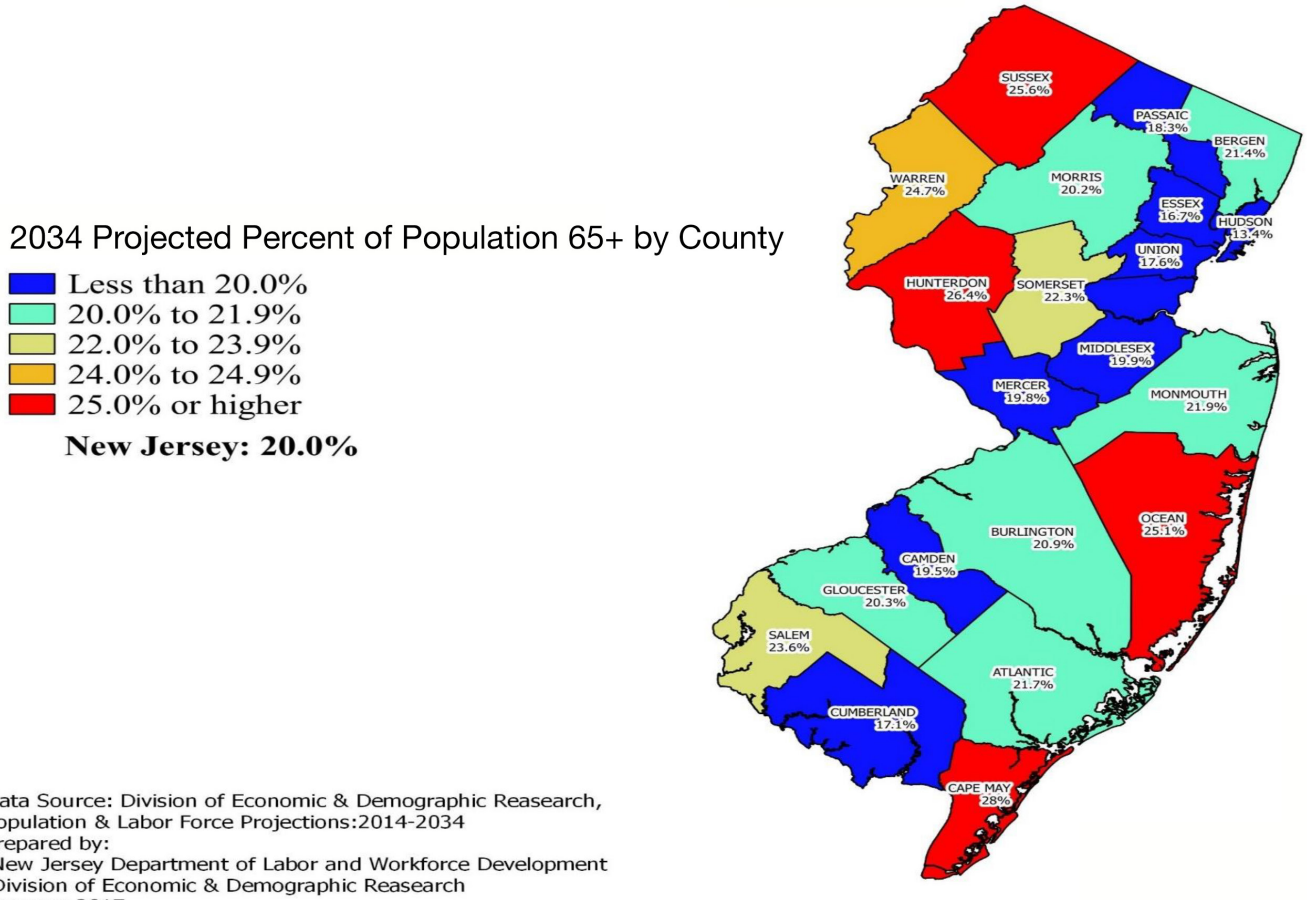


**Chart from the U.S. Census Bureau*

New Jersey trends

New Jersey is aging rapidly. Statewide planning efforts recognize that communities must adapt to meet the needs of a growing older population while supporting caregivers, strengthening transportation systems, increasing housing options, and promoting healthy aging. The New Jersey Age-Friendly Blueprint highlights the importance of coordinated planning across government, healthcare, housing, transportation, and community organizations to ensure that residents can remain active, connected, and engaged as they age.



Data Source: Division of Economic & Demographic Reasearch, Population & Labor Force Projections:2014-2034
Prepared by:
New Jersey Department of Labor and Workforce Development
Division of Economic & Demographic Reasearch
January 2017

Princeton trends and merging challenges

As of the 2020 Census, Princeton's population of adults aged 65 and older makes up approximately 13% of the total population, with around 4,000 older residents. This demographic is expected to grow in the coming decades due to national aging trends. By 2030, projections indicate that Princeton's older adult population could increase to nearly 20% of the total population as baby boomers continue to age, reflecting broader regional and national trends in aging.

Princeton's older adult population is diverse, including long-time residents, retirees who have relocated to the town for its cultural and educational offerings, and lower-income seniors who rely on affordable housing and support services. Many older residents are highly educated, reflecting Princeton's overall demographics, but a significant portion of the aging population faces economic challenges due to fixed incomes, housing costs, and health expenses.

The aging population in Princeton, along with rising housing costs, will likely continue to strain local services and affordable housing resources. Local organizations, such as the Center for

Modern Aging Princeton (CMAP), and municipal initiatives must prepare to meet the growing needs of this demographic. This includes expanding affordable housing options, enhancing public transportation, increasing access to healthcare, and developing programs that address the social isolation and digital divide faced by many older adults

b. Princeton's Age-Friendly Journey

Princeton's commitment to creating a community where residents can age well is rooted in more than a decade of collaboration among residents, municipal leaders, nonprofit organizations, healthcare providers, and community institutions. The community's age-friendly efforts have evolved over time in response to changing demographics, emerging needs, and lessons learned through implementation.

2012–2014 Assessment

Princeton's age-friendly journey began with a comprehensive community assessment examining the experiences, needs, and priorities of older adults. The process included focus groups, stakeholder engagement, and community input designed to understand how Princeton could better support residents as they age.

The assessment identified several priority areas, including housing, transportation, communication, and neighborhood connection. The findings ultimately led Princeton to become the first designated Age-Friendly community in New Jersey and among the first in the nation to join the World Health Organization's Age-Friendly Communities Network in 2014.

2016 Action Plan

Following the assessment process, Princeton adopted its first Age-Friendly Action Plan in 2016. The plan focused on four primary areas:

- Housing
- Transportation
- Communication
- Strengthening Neighborhoods

These priorities reflected the concerns expressed by residents and community stakeholders and provided a framework for improving livability, accessibility, and community connection.

2019 Update

In 2019, Princeton completed a renewal and implementation report documenting significant progress across multiple age-friendly domains. Accomplishments included:

- Expansion of transportation services such as FreeB and Crosstown
- Development of affordable housing resources and universal housing applications
- Improvements to parks, sidewalks, public spaces, and accessibility features
- Expansion of lifelong learning and social participation opportunities
- Growth of intergenerational initiatives such as GrandPals
- Enhanced health and wellness partnerships
- Improved communication and information sharing among organizations.

The renewal process also identified important lessons for future efforts. Leadership transitions, volunteer capacity challenges, and competing community priorities highlighted the importance of

dedicated coordination, sustainable infrastructure, and broad community ownership. The report concluded that age-friendly work requires ongoing leadership, collaboration, and advocacy to remain effective over time.

2025–2026 Community Engagement

In 2024, when Age-Friendly New Jersey invited communities to advance age-friendly planning efforts, leaders from CMAP and the Municipality of Princeton began discussions about developing a renewed framework for Princeton. With support from the New Jersey Division of Aging Services, Princeton received an Age-Friendly Communities Grant in 2025 to help strengthen and expand its age-friendly efforts.

The grant supported the formation of the Age-Friendly Princeton 2.0 Task Force and a comprehensive community engagement process that included:

- Community surveys
- Listening sessions
- Stakeholder interviews
- Landscape assessments
- Community Needs Assessment activities
- Task Force meetings and planning sessions

More than 300 residents participated in the process, including 162 adults age 55 and older. Particular attention was given to ensuring participation from populations that have historically been underrepresented in planning efforts.

Age-Friendly Princeton 2.0

Age-Friendly Princeton 2.0 represents both a continuation and an evolution of Princeton's previous work. Building upon more than a decade of age-friendly leadership, the initiative seeks to strengthen coordination, increase awareness of existing resources, improve service navigation, and ensure that age-friendly principles are integrated throughout community planning and decision-making.

Unlike previous efforts that focused primarily on individual programs and initiatives, Age-Friendly Princeton 2.0 places greater emphasis on collaboration, systems-level thinking, equity, and sustainability. It recognizes that creating an age-friendly community is not solely the responsibility of any single organization or department, but rather a shared community endeavor.

Age-Friendly Princeton 2.0 is grounded in the belief that community engagement is an ongoing process rather than a one-time planning activity. The Blueprint is intended to evolve over time through continuous feedback from residents and the organizations that serve them.

Age-Friendly Princeton: Evolution & Future

Age-Friendly Princeton 1.0

2014 — **First Age-Friendly Community in NJ**
Princeton achieves milestone as the state's inaugural Age-Friendly Community.

2016 — **First Action Plan Adopted**
Formal adoption of the initial Age-Friendly Princeton Action Plan.

2019 — **Implementation Report & Renewal**
Official review of progress and renewal of the community commitment.

Age-Friendly Princeton 2.0

2025 — **Grant Awarded & 2.0 Planning**
Age-Friendly Community Grant received to initiate the 2.0 planning process through 2026.

2026 — **New Action Plan Released:**
The official release of the Age-Friendly Princeton 2.0 Action Plan.



c. What Is An Age-Friendly Community?

An age-friendly community is one that enables people of all ages to live safely, enjoy good health, remain active, and participate fully in community life. The concept recognizes that the physical, social, and economic environments in which people live significantly influence their ability to age well.

The World Health Organization (WHO) developed the Age-Friendly Communities Framework to help communities assess and improve the factors that influence healthy aging. Rather than focusing exclusively on services for older adults, the framework encourages communities to examine how policies, infrastructure, programs, and social environments affect quality of life across the lifespan.

Age-friendly communities benefit everyone. Features such as walkable neighborhoods, accessible public spaces, diverse housing options, reliable transportation, and strong social networks improve quality of life for residents of all ages. Research consistently demonstrates that communities designed to support aging are also more resilient, inclusive, and economically vibrant

The Eight Domains of Livability

The WHO framework identifies eight interconnected domains that influence healthy aging:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services



AARP Network of Age-Friendly States and Communities

The AARP Network of Age-Friendly States and Communities serves as the U.S. affiliate of the WHO Global Network for Age-Friendly Cities and Communities. Communities that join the network commit to a cycle of assessment, planning, implementation, and continuous improvement.

Princeton's participation in the Age-Friendly Network reflects its commitment to creating a community where residents can age with dignity, independence, purpose, and connection. The Age-Friendly Princeton Blueprint represents the next phase of that commitment.

d. Purpose of the Blueprint

The Age-Friendly Princeton Blueprint serves as a roadmap for strengthening Princeton's ability to support residents as they age while enhancing quality of life for the broader community.

The Blueprint was developed through extensive community engagement, informed by local data, and guided by the voices of residents, service providers, community organizations, healthcare partners, housing advocates, municipal leaders, and other stakeholders.

The Blueprint has four primary purposes:

Expand Reach and Visibility

Princeton offers a remarkable array of programs, services, organizations, and community assets that support older adults. Yet the Community Needs Assessment revealed that many residents are unaware of available resources or unsure how to access them. The Blueprint seeks to improve awareness and visibility of existing opportunities while strengthening communication among organizations and residents.

Strengthen Collaboration

No single organization can address the complex and interconnected issues associated with aging. The Blueprint promotes stronger partnerships among municipal departments, boards, commissions and committees, nonprofit organizations, healthcare providers, educational institutions, businesses, faith communities, housing organizations, and residents.

Increase Capacity for Age-Friendly Progress

The Blueprint provides a framework for coordinating resources, leveraging partnerships, identifying funding opportunities, and building sustainable systems that support long-term progress.

Guide Collective Action Over the Next Five Years

Most importantly, the Blueprint establishes a shared vision and action plan for the future. It identifies priorities, recommendations, implementation strategies, and measures of success that will guide community efforts over the next five years.

By working together, Princeton can continue building a community where people of all ages are welcomed, valued, connected, and empowered to thrive.

4. Developing the Blueprint

a. Community Engagement Process

The Age-Friendly Princeton Blueprint was developed through an extensive community engagement process designed to ensure that the voices of older adults and community stakeholders shaped every stage of planning. Recognizing that residents are the experts in their own experiences, the planning process prioritized meaningful participation, broad representation, and inclusive outreach.

The process was led by the Center for Modern Aging Princeton (CMAP) in partnership with the Municipality of Princeton and guided by the Age-Friendly Princeton 2.0 Task Force. Support from the New Jersey Division of Aging Services Age-Friendly Communities Grant provided the opportunity to undertake a comprehensive assessment of community strengths, challenges, and opportunities.

The engagement process included:

Community Surveys

Community surveys gathered information about residents' experiences, needs, priorities, and perceptions across multiple age-friendly domains, including transportation, housing, healthcare access, social participation, communication, and digital inclusion.

Listening Sessions

Facilitated listening sessions provided opportunities for residents to share personal experiences, identify barriers, and discuss potential solutions in greater depth than survey responses alone could capture.

Stakeholder Interviews

Interviews with service providers, municipal staff, healthcare leaders, housing organizations, nonprofit organizations, and community advocates helped identify system-level opportunities and challenges.

Stakeholder Meetings

Stakeholder meetings brought together organizations serving older adults to discuss community needs, existing resources, service gaps, and opportunities for collaboration.

Steering Committee and Task Force Meetings

The Age-Friendly Princeton 2.0 Task Force met regularly throughout the planning process to review findings, identify priorities, and help shape recommendations.

The engagement process was intentionally designed to reach populations that have historically been underrepresented in community planning efforts, including low-to-moderate-income older adults, immigrants, racial and ethnic minority residents, and LGBTQ+ older adults. Through trusted community partnerships and grassroots outreach strategies, the initiative achieved stronger

engagement and broader representation than previous community assessments.



While the Community Needs Assessment provided an important snapshot of resident priorities, Age-Friendly Princeton is also informed by ongoing engagement with older adults through the everyday work of community organizations. Organizations serving older adults regularly gather participant feedback, facilitator observations, program evaluations, and narrative comments that provide valuable insight into emerging needs, barriers, and opportunities. These continuous feedback loops allow organizations to adapt programs and services in real time while contributing to a deeper understanding of community priorities beyond the formal assessment process.

CMAP alone has collected participant survey feedback from approximately 1,000 unique individuals annually through educational, wellness, volunteer, technology, caregiver, and social programs, providing regular opportunities to gather qualitative feedback that complements formal community assessment efforts.

b. Community Needs Assessment

Overview

A central component of the Age-Friendly Princeton 2.0 initiative was a comprehensive Community Needs Assessment designed to better understand the experiences, priorities, and challenges facing older adults in Princeton today. The 2025 Princeton Community Needs Assessment engaged more residents than previous assessment efforts, reflecting the Age-Friendly Princeton 2.0 approach of working through trusted community partnerships, grassroots outreach, and intentional efforts to engage populations that have historically been underrepresented in planning processes. With the population aged 65+ projected to reach 20% by 2030, this data provides the baseline for our integrated ecosystem.

The assessment explored multiple dimensions of community life, including:

- Housing
- Transportation
- Healthcare access
- Social participation
- Communication and information
- Digital inclusion
- Community connection
- Civic engagement

Findings from the assessment were interpreted alongside ongoing qualitative feedback gathered through community organizations serving older adults, helping validate trends and identify emerging needs that may not be fully captured through surveys alone. These findings revealed both significant community strengths and important opportunities for improvement. Overall,

residents expressed appreciation for Princeton's resources, quality of life, cultural offerings, and strong nonprofit sector. At the same time, many identified challenges related to affordability, access, coordination, and awareness.

Key Findings

Transportation and Mobility

Transportation emerged as the most requested service expansion among older adults. Approximately 41 percent of respondents identified transportation assistance as a priority need. Residents cited limited routes, restricted hours of operation, and difficulties reaching healthcare appointments, shopping destinations, social activities, and other essential services.

More than 40 percent of older adults reported relying on walking or rolling to reach destinations, underscoring the importance of safe pedestrian infrastructure, accessible public spaces, and mobility-friendly community design. Nearly one-third of respondents reported mobility-related disabilities.

Housing and Financial Stability

Housing affordability remains one of Princeton's most significant age-friendly challenges. Nearly three-quarters of lower-income older adults reported living in subsidized or affordable housing, while more than 80 percent reported renting their homes. Some respondents indicated difficulty paying rent, utilities, and other housing-related expenses, highlighting ongoing concerns regarding housing stability and aging in place.

Healthcare Access and Wellness

Healthcare affordability emerged as a significant concern for many residents. Approximately 30 percent of lower-income older adults reported delaying or skipping medical care because of out-of-pocket costs. Respondents also identified exercise, fitness, and wellness opportunities as among the most important community services.

Food insecurity remains an ongoing concern for some residents, particularly among lower-income households. These findings underscore the interconnected nature of health, housing, transportation, and economic stability.

Communication, Information, and Digital Inclusion

The assessment revealed substantial opportunities to improve communication and service navigation. Many residents reported difficulty identifying available resources, understanding eligibility requirements, or determining which organization could help address a particular need.

Digital access also remains a challenge for some residents. Approximately 14 percent of older adults reported unreliable internet access and 9 percent reported having no home internet access. These barriers affect access to healthcare, benefits, information, transportation services, and social connection.

Social Participation and Community Connection

Social participation emerged as both a community strength and an area of need. Approximately 34 percent of older adults reported needing socialization opportunities during the previous year, while 28 percent expressed interest in additional social opportunities moving forward.

Although many respondents described Princeton as welcoming and supportive, approximately 38 percent reported feeling neutral or disconnected from neighbors or community groups. These findings suggest opportunities to strengthen neighborhood connections, social engagement, and intergenerational relationships.

Civic Participation and Lifelong Engagement

Older adults expressed strong interest in continuing to contribute to community life through volunteering, lifelong learning, mentoring, and civic engagement. One-third of respondents identified lifelong learning as a need, while more than one-quarter expressed interest in volunteer opportunities.

Community Strengths

Despite identified challenges, the assessment revealed numerous strengths that position Princeton for success:

- Strong nonprofit and institutional infrastructure
- Highly engaged residents
- Existing transportation and housing initiatives
- Robust healthcare partnerships
- Rich cultural and educational opportunities
- Strong volunteerism and civic participation
- History of age-friendly leadership
- Collaborative public-private partnerships.

Gaps and Opportunities

The assessment identified several recurring opportunities:

- Improve awareness of existing services
- Strengthen coordination among organizations
- Expand transportation access
- Address housing affordability
- Improve digital inclusion
- Increase opportunities for social connection
- Support caregivers
- Strengthen service navigation systems

Perhaps most importantly, the findings suggest that Princeton's greatest opportunity may be strengthening the connections between existing resources rather than creating entirely new systems.

c. Participation

The Age-Friendly Princeton 2.0 planning process prioritized broad participation and inclusive outreach. Through surveys, listening sessions, interviews, and stakeholder engagement activities, more than 300 residents contributed their perspectives to the Community Needs Assessment.

In particular, the assessment included:

- 162 adults age 55 and older
- Residents from diverse racial and ethnic backgrounds
- Immigrant residents
- LGBTQ+ older adults
- Low-to-moderate-income households
- Residents with disabilities
- Caregivers
- Service providers
- Community leaders and volunteers.

Demographic Representation

Participants reflected the diversity of Princeton's older adult population, including residents from a wide range of racial, ethnic, linguistic, economic, and cultural backgrounds. The assessment included outreach conducted in multiple languages and through trusted community organizations to increase participation among historically underrepresented groups.

Organizations Engaged

The planning process engaged representatives from numerous organizations and institutions, including:

- Center for Modern Aging Princeton (CMAP)
- Municipality of Princeton
- Human Services Department
- Princeton Public Library
- Princeton Police Department
- Penn Medicine Princeton Health
- Princeton Community Housing
- Princeton Housing Coalition
- Princeton University
- YWCA Princeton

Together, these participants helped ensure that the Blueprint reflects a broad range of experiences, perspectives, and priorities while remaining grounded in the lived realities of Princeton residents.

5. Recommendations



The World Health Organization's Age-Friendly Communities Framework recognizes that healthy aging is influenced by a broad range of factors that extend far beyond healthcare. Housing, transportation, social connection, civic engagement, communication, public spaces, and access to services all contribute to an individual's ability to remain active, connected, and independent throughout life.

The Community Needs Assessment found that Princeton already possesses many of the characteristics associated with an age-friendly community, including strong institutions, engaged residents, extensive cultural and educational opportunities, a robust nonprofit sector, and a longstanding commitment to community wellbeing. Residents consistently cited Princeton's sense of community, safety, educational resources, healthcare infrastructure, and volunteer opportunities as significant strengths.

At the same time, residents identified challenges that affect their ability to fully participate in community life. Difficulty navigating available services, housing affordability, transportation access, healthcare costs, digital inclusion and social isolation emerged as recurring concerns across multiple engagement activities. Notably, many of these challenges were interconnected. For example, transportation barriers can contribute to social isolation, healthcare access challenges, and difficulty participating in community activities. Similarly, communication barriers often affect residents' ability to access housing, benefits, healthcare, and volunteer opportunities.

Foundational Recommendations

The following are the Blueprint's foundational recommendations because they strengthen multiple domains of livability at once. Rather than addressing a single issue, they improve communication, coordination, navigation, and community connections across the age-friendly ecosystem, creating the foundation needed to successfully implement many of the domain-specific recommendations that follow.

1. Age-Friendly Community Resource Directory

Associated Domains: *Communication and Information; Community Support and Health Services; Housing; Transportation; Outdoor Spaces and Buildings; Respect and Social Inclusion; Social Participation*

Create a shared, community-wide Resource Directory, building upon the Municipality's Princeton Social Services Directory, that serves as a central source of information on community programs, services, and public resources, including an interactive Age-Friendly Community Asset Map that helps residents locate resources and supports community planning. **The Directory supports nearly every other recommendation contained within this Blueprint.**

The Directory should be available digitally, with printable copies distributed annually to targeted residents. Resources should be organized around common needs, including housing, transportation, caregiving, health and wellness, technology, lifelong learning, volunteer opportunities, employment, and social participation.

Community organizations should submit updates through a standardized process coordinated by a designated municipal office to ensure information remains accurate and current. Consider requiring regular updates as a condition of municipal funding or grant contracts.

2. Community Navigator Training

Associated Domains: *Communication and Information; Community Support and Health Services; Housing Affordability; Transportation*

Develop a cross-sector training program for community navigators including social workers, care managers, housing staff, librarians, municipal staff, and other frontline personnel. The Community Navigator Training will strengthen knowledge of local resources and improve coordination across organizations to help residents access services across organizations and navigate complex needs such as healthcare, housing, transportation, caregiving, and digital literacy. This approach recognizes that residents often need support from multiple organizations and should not be expected to navigate complex systems independently.

3. Community Connection and Engagement Initiative

Associated Domains: *Social Participation; Respect and Social Inclusion; Civic Participation and Employment*

Age-Friendly Community Ambassador and Friendship Bench Program: Install CMAP sponsored Age-Friendly Friendship Benches as visible community gathering places at parks, commercial districts, and other community destinations to encourage conversation, social connection, and intergenerational engagement. Train Community Ambassadors to welcome residents, connect them with local resources and opportunities, and periodically host informal conversations alongside community leaders, elected officials, municipal staff, and partner organizations.

4. Develop Accessory Dwelling Unit (ADU) Starter Initiatives

Associated Domains: *Housing Affordability; Community Support and Health Services; Outdoor and Indoor Spaces*

Build upon Princeton's leadership as having some of the most homeowner-friendly ADU policies in the region by developing complementary starter initiatives to enhance participation including:

- Pre-approved ADU plans for common property configurations.
- Contractor referral list identifying professionals with ADU experience.

Property identification and real estate partnership strategies to identify suitable properties and facilitate development opportunities.

5. Expand Housing Navigation and Counseling Services

Associated Domains: *Housing Affordability; Communication and Information; Community Support and Health Services*



Promote awareness and provide assistance with affordable housing applications, waitlists, housing benefits, and available housing resources including:

- Affordable housing applications and eligibility screening assistance.
- Explore creation of an affordable housing interest notification list.
- Princeton's Affirmative Marketing Plan.
- NJ Clean-Energy Community Solar program that may reduce utility expenses for eligible households.
- Raise awareness among older adults that affordable housing opportunities are not limited to age-restricted developments.
- Promote programs that support accessibility improvements, universal design, and aging-in-place modifications

6. Transportation and Mobility improvement

Associated Domains: *Transportation and Mobility improvement*

Improve visibility of existing transportation options and expand service availability.

Include transportation information in the Age-Friendly Community Resource Directory to help residents determine which options best meet their needs. Explore installation of digital transit display hubs at strategic locations around town. Use language from benches

Expand transportation hours, destination options, and service flexibility to better support healthcare appointments, social participation, volunteer activities, and daily living needs. Ensure drivers undergo training for proper wheelchair handling

7. Digital Inclusion and Connectivity

Associated Domains: *Communication and Information; Community Support and Health Services; Civic Participation and Employment*

Strengthen digital inclusion by expanding access to affordable internet, technology resources, and coordinated digital literacy support for older adults.

- Promote internet affordability programs and other resources to the nearly one-quarter of older adults who lack reliable home internet access.
- Coordinate technology education and digital literacy programming among the Center for Modern Aging Princeton (CMAP), Princeton Human Services, Princeton Public Library, and other community partners, with an emphasis on hands-on, case management-style assistance to support older adults facing complex online application processes.

Additional Recommendations by Domain

The recommendations that follow are organized by domain but should not be viewed in isolation. Many recommendations advance multiple goals simultaneously and support several age-friendly domains at once. Together, they provide a coordinated roadmap for strengthening Princeton's age-friendly infrastructure over the next five years.

a. Communication and Information

The Community Needs Assessment identified communication, awareness, and service navigation as among the most significant opportunities for improvement. While Princeton possesses a rich resource landscape, residents characterized the experience of accessing disconnected services as "exhausting." This fragmentation is due, in part, to a lack of clear navigation paths between them. Residents often reported difficulty determining which organization could assist them, what services existed, or how multiple services fit together.

Additionally, some older adults continue to face barriers related to internet access, technology use, and digital literacy. Approximately 14 percent of older adults reported unreliable internet access and 9 percent reported having no home internet access.

i. Recommendation 1: Strengthen Community Communications and Information Sharing.

Develop a coordinated communication strategy that improves awareness of community programs, services, events, transportation options, and other resources using communication methods that reach residents with varying levels of digital access, language proficiency, and technology comfort. Implementation strategies may include:

- Expanding the use of targeted mailings, text messaging, recorded phone messages, multilingual communications, and other accessible outreach methods.
- Installing digital Community Information Hubs at key locations such as the Princeton Public Library, Human Services offices, affordable housing communities, the Suzanne Patterson Building, and other frequently visited destinations to share information about programs, services, events, transportation, and community resources.
- Establishing a Community Calendar and Communications Committee that meets regularly to coordinate community calendars, share information about upcoming events and programs, and support the maintenance of digital information hubs.

ii. Recommendation 2: Strengthen Cross-Organizational Referral and Information Sharing Systems.

Develop formal referral pathways and information-sharing practices among community partners to improve coordination, reduce duplication, and ensure residents receive timely and accurate information regardless of where they enter the service system.

b. Housing Affordability

Housing affordability and aging in place emerged as significant concerns throughout the planning process. Many lower-income older adults rent their homes, rely on subsidized housing, or face financial pressures related to housing costs.

i. Recommendation 1: Explore intergenerational housing opportunities.

Identify housing models that encourage interaction and mutual support across generations.

- Explore partnership with existing HomeShare programs to connect older homeowners with compatible renters who can provide companionship and assistance with daily household tasks in exchange for reduced rent.



ii. Recommendation 2: Monitor housing affordability trends.

Develop mechanisms for ongoing monitoring of housing affordability and age-friendly housing needs.

iii. Recommendation 3: Explore Naturally Occurring Retirement Community (NORC) partnerships.

Collaborate with housing providers to create supportive service models within residential communities that have significant concentrations of older adults.

c. Transportation

Transportation is consistently identified as one of the most important factors affecting independence, social participation, healthcare access, and quality of life. The Community Needs Assessment found that transportation assistance was the most frequently requested service expansion among older adults. Residents cited challenges related to service hours, destinations, availability, and awareness of existing transportation options.

i. Recommendation 1: Expand awareness of transportation options.

Develop mobility app to complement digital transit information displays that allows users to see schedules, make reservations, buy tickets, etc. Should not replace existing person-to-person phone reservation options.

ii. Recommendation 2: Promote use of the SeeClickFix reporting platform

Empowers older adults to easily alert municipal staff about non-emergency issues such as sidewalk improvements, curb cuts, crosswalk enhancements, pedestrian signals, lighting, and accessibility improvements.

d. Social Participation

Social participation is essential to healthy aging, community connection, and overall wellbeing. Princeton benefits from an exceptional network of educational, cultural, recreational, volunteer, and community engagement opportunities. At the same time, the Community Needs Assessment found that approximately 34 percent of older adults reported needing socialization opportunities during the previous year, and 28 percent expressed interest in additional opportunities moving forward. Approximately 38 percent reported feeling neutral or disconnected from neighbors or community groups.

i. Recommendation 1: Improve awareness of existing social opportunities.

Use the Age-Friendly Community Resource Directory, Asset Map, and Community Navigator Training to increase awareness of existing opportunities for participation and support.

ii. Recommendation 2: Expand outreach to socially isolated residents.

Develop strategies to identify and engage residents who may be at risk of social isolation, including those living alone, recently retired, newly relocated, or experiencing mobility limitations. Potential strategies may include community ambassador outreach, neighborhood-based engagement efforts, and initiatives that create welcoming opportunities for residents to build social connections.

iii. Recommendation 3: Expand intergenerational programming.

Build on successful models such as GrandPals and explore additional opportunities that connect older adults with students, young families, and community organizations through mentoring, learning, arts, and service projects.

e. Outdoor and Indoor Spaces

The World Health Organization identifies accessible public spaces and buildings as a foundational element of age-friendly communities because they influence residents' ability to remain active, connected, and engaged in community life.

The Community Needs Assessment found that more than 40 percent of older adults rely on walking or rolling to reach destinations and approximately one-third reported mobility-related disabilities. While respondents generally reported positive experiences accessing parks and public spaces, the findings underscore the importance of maintaining and enhancing accessibility, comfort, safety, and usability throughout Princeton's built environment.

Princeton benefits from a strong network of parks, trails, community gathering spaces, cultural institutions, and public facilities. The recommendations below seek to build upon these strengths while improving accessibility and usability for residents of all ages and abilities.

i. Recommendation 1: Create temporary parking accommodations during high-demand periods.

Evaluate opportunities to improve access to key community destinations during special events, festivals, performances, and other periods of high visitation. For example, create Age-Friendly parking placards that can be used to denote accessible parking spaces for older adults at peak times in locations such as the library.

ii. Recommendation 2: Increase awareness and use of indoor gathering spaces.

Expand awareness and use of community spaces that support year-round programming and social engagement. Indoor gathering spaces become particularly important during extreme weather, winter months, and periods of limited mobility.



iii. Recommendation 3: Expand age-friendly design considerations in municipal planning.

Encourage incorporation of age-friendly design principles into land use planning, redevelopment projects, transportation planning, streetscape improvements, and public facility design.

Age-friendly design benefits not only older adults but also families with young children, people with disabilities, caregivers, and residents of all ages.

iv. Recommendation 4: Integrate community assets into public space planning.
As the Age-Friendly Community Asset Map is developed, use the information gathered to identify opportunities to strengthen connections between parks, public facilities, transportation routes, healthcare resources, housing communities, and social destinations.

This approach will help ensure that physical infrastructure improvements support broader age-friendly goals related to mobility, social participation, access to services, and community connection.

f. Community Support and Health Services

The Community Needs Assessment found that approximately 30 percent of lower-income older adults reported delaying or skipping medical care because of out-of-pocket costs. Respondents also identified exercise and fitness opportunities as among their highest service priorities. Food insecurity and service navigation challenges were also identified.

i. Recommendation 1: Expand Opportunities for Health, Wellness, and Healthy Aging.

Increase awareness of and access to exercise, fitness, nutrition, preventive health, and wellness programs through collaboration among healthcare providers, community organizations, and municipal partners. This recommendation responds directly to residents' strong interest in health and wellness opportunities.

ii. Recommendation 2: Strengthen Supports for Caregivers and Aging in Place.

Expand resources that help older adults remain safely and independently in their homes while supporting family caregivers. Efforts may include caregiver education, support groups, respite resources, home safety information, and stronger coordination among organizations serving older adults and caregivers.

g. Respect and Social Inclusion

An age-friendly community values people of all ages and backgrounds, promotes belonging, and ensures that all residents feel welcomed, respected, and included in community life.

The Community Needs Assessment found that approximately two-thirds of older adults perceive Princeton as welcoming and safe for people age 55 and older and for individuals from different cultural and religious backgrounds. At the same time, respondents expressed less certainty regarding Princeton's inclusivity for immigrants, newcomers, and LGBTQ+ individuals, suggesting opportunities for continued community dialogue and inclusion efforts.

i. Recommendation 1: Expand Opportunities for Intergenerational and Cross-Cultural Connection.

Support programs, events, and community initiatives that bring residents together across generations, neighborhoods, cultures, faith traditions, and lived experiences. These opportunities can strengthen social cohesion, reduce isolation, and foster greater understanding among community members.

ii. Recommendation 2: Foster an Inclusive Community and Reduce Barriers to Participation.

Build upon Princeton's longstanding commitment to diversity, equity, and inclusion by ensuring that older adults from all backgrounds, cultures, identities, abilities, and life experiences feel welcomed, valued, and connected to community life.

Potential strategies may include community ambassador outreach, neighborhood-based engagement efforts, and initiatives that create welcoming opportunities for residents to build social connections.

Continue identifying and addressing barriers to participation, including language, transportation, affordability, accessibility, and technology barriers—and promote representation of diverse older adults in community planning, leadership, and decision making processes.

h. Civic Participation and Employment

Many older adults wish to remain active contributors to their communities through volunteering, employment, leadership, advocacy, and lifelong learning. The Community Needs Assessment found strong interest in volunteer opportunities, educational engagement and flexible employment opportunities among older adults.

i. Recommendation 1: Support flexible employment, volunteer, and encore career opportunities.

Explore partnerships that help older adults identify part-time employment, consulting opportunities, mentoring roles, and encore careers.

ii. Recommendation 2: Expand volunteer and community engagement opportunities.

Build upon initiatives such as CMAP's Third Act Volunteer Corps and other volunteer programs to connect older adults with meaningful opportunities across Princeton's nonprofit, educational, cultural, and civic sectors.

iii. Recommendation 3: Promote lifelong learning.

Strengthen awareness of lifelong learning opportunities available through CMAP, Princeton University, Princeton Public Library, and other community organizations.

iv. Recommendation 4: Increase opportunities for resident leadership.



Create pathways for older adults to serve on municipal boards, advisory committees, task forces, nonprofit boards, and community planning initiatives.

6. Implementation Framework

Structural Framework for Age-Friendly Princeton

Creating an age-friendly community requires more than a set of recommendations. It requires collaboration, accountability, and coordinated implementation. The seven Foundational Recommendations identified in Chapter 5 should serve as the starting point for implementation because they address multiple domains of livability and create the foundation for many of the domain-specific recommendations that follow.

Governance Structure

Lead Coordinating Organization

The Center for Modern Aging Princeton (CMAP) will continue serving as the primary coordinating organization for Age-Friendly Princeton 2.0, convening partners, facilitating implementation efforts, tracking progress, and supporting communication among stakeholders.

Municipal Partnership

The Municipality of Princeton will remain a critical implementation partner by integrating age-friendly principles into municipal planning, transportation, communications, housing, public safety, recreation, infrastructure, and community engagement efforts.

Age-Friendly Princeton Steering Committee

A permanent Age-Friendly Princeton Steering Committee should be established to provide ongoing oversight, coordinate implementation activities, monitor progress, and guide future planning efforts.

Potential representation may include:

- CMAP
- Municipality of Princeton
- Princeton Public Library
- Penn Medicine Princeton Health
- Princeton Housing Providers
- Princeton University
- YWCA Princeton
- nonprofit organizations
- faith communities
- older adult residents
- caregivers
- community volunteers

Working Groups

As implementation progresses, topic-specific working groups may be established to advance recommendations.

Potential Implementation Partners

Implementation will require collaboration among numerous organizations. The following table identifies potential lead and supporting partners.

Recommendation Area	Potential Lead Partners
Transportation	Municipality, CMAP
Communication & Information	CMAP, Municipality, Public Library
Asset Map	CMAP, Municipality, Public Library
Housing	Princeton Housing Providers, Municipality
Social Participation	CMAP, Public Library, Princeton University
Digital Inclusion	CMAP, Public Library, Princeton Housing Providers
Health & Wellness	Penn Medicine Princeton Health, CMAP
Caregiving	CMAP, Penn Medicine Princeton Health
Civic Participation	CMAP, Municipality, Princeton University
Equity & Inclusion	YWCA Princeton, Municipality, Community Partners

The Steering Committee should review and update lead responsibilities periodically as implementation progresses.

Funding and Resource Development

Successful implementation will require a combination of:

- Municipal investment
- State and federal grants
- Philanthropic support
- Corporate sponsorships
- Healthcare partnerships
- In-kind contributions
- Volunteer engagement

Potential funding sources should be reviewed annually by the Steering Committee.

7. Action Plan

Short-Term (Years 1-2)

Organize and Build: Focus on establishing the partnerships, communication systems, and coordination needed to support implementation across multiple domains.

Foundational Recommendations	Actions	Performance Measures
1. Community Resource Directory 2. Community Navigator Training	• Establish Steering Committee • Establish Implementation Leadership and Working Groups • Develop the Community Resource Directory and Asset Map • Establish Community Navigator Training • Launch the Community Calendar and Communications Committee	• Steering Committee Established • Implementation Leadership and Working Groups Established • Launch Resource Directory and Asset Map • Number of organizations participating • Resident awareness of community resources
3. Community Connection and Engagement	• Launch the Community Ambassador and Friendship Bench Program • Expand volunteer engagement opportunities • Increase outreach to residents experiencing social isolation	• Community Ambassadors recruited and trained • Friendship Benches • Volunteer participation • Resident participation in engagement activities • Participant satisfaction and feedback
4. Develop ADU Starter Initiatives 5. Expand Housing Navigation and Couseling Services	• Promote affordable housing opportunities and available resources • Begin development of ADU starter initiatives • Increase awareness of housing supports	• Housing navigation supports in place • Affordable housing outreach activities • ADU starter resources developing • Resident awareness of housing options
6. Transportation and Mobility	• Explore installation of digital transit information displays • Improve communication regarding available transportation options	• Digital transit display locations identified • Resident awareness of transportation services • Transportation utilization where available

7. Digital Inclusion and Connectivity	• Promote internet affordability programs • Coordinate digital literacy programming • Expand awareness of available technology resources	• Digital literacy participation • Internet affordability program engagement • Partner organizations participating. • Resident confidence using technology

Medium-Term (Years 3-4)

Implement and Expand: Build upon the foundational work by expanding programs, partnerships, and community infrastructure.

Foundational Recommendations	Actions	Performance Measures
1. Community Resource Directory 2. Community Navigator Training 3. Community Connection and Engagement	• Improve accessibility, seating, and age-friendly public spaces • Expand Community Information Hubs • Improve wayfinding • Identify community gathering spaces	• Accessibility improvements completed • Information Hubs installed • Wayfinding improvements completed • Public space enhancements implemented
4. Develop ADU Starter Initiatives 5. Expand Housing Navigation and Couseling Services	• Advance ADU initiatives • Explore HomeShare pilot opportunities • Expand home modification initiatives	• ADU participation • HomeShare feasibility completed • Home modification programs expanded
6. Transportation and Mobility	• Expand transportation destinations and availability • Develop digital mobility tools • Continue pedestrian accessibility improvements	• Transportation service enhancements • Mobility tools implemented • Resident satisfaction with transportation
7. Digital Inclusion and Connectivity	• Expand internet affordability initiatives • Increase access to devices and technology assistance • Establish technology hubs in affordable housing communities	• Technology hubs established • Devices distributed or made available • Technology assistance utilization • Increased internet connectivity

Long-Term (Year 5 and Beyond)

Evaluate and sustain: Ensure long-term success through continuous evaluation, community engagement, and refinement of implementation strategies.

Foundational Recommendations	Actions	Performance Measures
Support and Sustain all Foundational Recommendations	• Monitor implementation progress using established performance measures. • Gather ongoing feedback from residents, caregivers, facilitators, volunteers, and community organizations. • Update implementation priorities based on emerging community needs and opportunities. • Expand successful initiatives and strengthen long-term partnerships. • Prepare for the next Age-Friendly Princeton planning cycle	• Performance measures monitored and reported. • Resident and community partner feedback collected and incorporated into implementation efforts. • Community Resource Directory and Community Asset Map regularly updated. • New partnerships and collaborative initiatives established. • Implementation priorities updated to reflect emerging community needs. • Next Age-Friendly Princeton planning process initiated.

8. Conclusion

Princeton's Opportunity



Princeton has a unique opportunity to build upon more than a decade of age-friendly leadership while responding to the changing needs of its residents and community. As the first Age-Friendly community in New Jersey and one of the first in the nation, Princeton has demonstrated a longstanding commitment to creating a community where people can age with dignity, independence, purpose, and connection. The Age-Friendly Princeton 2.0 initiative represents the next chapter in that journey.

The Community Needs Assessment revealed a community with remarkable strengths. Residents described Princeton as a place rich in educational, cultural, healthcare, housing, volunteer, and community resources. Strong partnerships among nonprofit organizations, municipal agencies, healthcare providers, educational institutions, and residents provide a solid foundation for future progress. At the same time, residents consistently identified awareness, coordination, and navigation as challenges.

Perhaps the most important finding from the assessment is that Princeton's greatest opportunity is not necessarily to create entirely new systems, but to strengthen the connections among the many assets, organizations, and services that already exist throughout the community.

This Blueprint provides a framework for translating this vision into action through the seven Foundational Recommendations identified in Chapter 5, including the Age-Friendly Community Resource Directory, Age-Friendly Community Asset Map, Community Navigator Training, Community Connection and Engagement Initiative, Housing Stability and Aging-in-Place initiatives, Transportation and Mobility improvements, and Digital Access and Connectivity.

Age-friendly communities are not simply communities for older adults. They are communities designed to support people across the lifespan. The same features that help older adults thrive—safe streets, accessible transportation, diverse housing options, social connection, volunteer opportunities, and access to information—also benefit children, families, caregivers, workers, and residents of all ages. By investing in age-friendly principles, Princeton is investing in a stronger, healthier, and more resilient future for the entire community.

Rather than relying solely on periodic community assessments, Age-Friendly Princeton will continue to learn from the ongoing experiences, observations, and feedback shared by residents and community partners, using this information to continuously improve programs, services, and implementation efforts.

Commitment to Continuous Learning and Collaboration

The recommendations contained in this Blueprint are intended to guide action over the next five years, but they should not be viewed as a final destination. Community needs will continue to evolve, new opportunities will emerge, and future challenges will require ongoing adaptation and innovation.

For this reason, Age-Friendly Princeton 2.0 embraces a philosophy of continuous learning, community engagement, and shared responsibility. The Princeton Age-Friendly Steering Committee should monitor implementation progress using the Action Plan and performance measures outlined in this Blueprint, and complete a comprehensive progress assessment at least every five years to ensure recommendations remain responsive to evolving community needs.

Successful implementation will require ongoing collaboration among:

- Center for Modern Aging Princeton (CMAP)
- Municipality of Princeton
- Princeton Public Library
- Penn Medicine Princeton Health
- Princeton Community Housing
- Princeton Housing Providers
- Princeton University
- YWCA Princeton
- nonprofit organizations
- faith communities
- businesses
- volunteers
- residents themselves.

The Blueprint's recommendations are intentionally designed to encourage collaboration across sectors and to embed age-friendly thinking into community planning, service delivery, transportation, housing, communications, healthcare, volunteerism, and civic life. Success will depend on maintaining strong partnerships, measuring progress, sharing lessons learned, and remaining responsive to resident feedback.

The Age-Friendly Community Asset Map, Resource Directory, and Community Navigator Training represent important examples of how collaboration can strengthen existing resources while creating a more connected and accessible community. Together, these initiatives can help transform a collection of programs and organizations into a coordinated system of support that is easier for residents to understand and navigate.

Invitation to Community Participation

Age-Friendly Princeton belongs to the community.

The recommendations outlined in this Blueprint can only be achieved through the active participation of residents, organizations, institutions, businesses, and community leaders working together toward a shared vision.

Whether serving as a volunteer, mentor, Community Ambassador, caregiver, advocate, board member or neighbor, every resident has a role to play in creating a more connected and age-friendly Princeton.

Older adults themselves must remain at the center of this work, not simply as recipients of services, but as leaders, volunteers, advocates, mentors, decision-makers, and community builders. The Age-Friendly Princeton 2.0 planning process demonstrated the tremendous value of resident voices and the importance of ensuring that those voices continue to shape future efforts.

As Princeton looks ahead, this Blueprint provides both a roadmap and an invitation: an invitation to continue building a community where people of all ages feel welcomed, valued, connected, and empowered to thrive.

By working together, Princeton can continue to lead the way in demonstrating what it means to be an age-friendly community, not only for New Jersey, but for communities across the nation.

Appendix

Community Asset Inventory

One of the clearest findings from the Age-Friendly Princeton 2.0 planning process is that Princeton already possesses an extraordinary network of organizations, institutions, programs, and community leaders dedicated to supporting residents throughout the lifespan. Residents consistently described Princeton as a community rich in resources, opportunities, and civic engagement. At the same time, many participants reported difficulty identifying, accessing, or navigating available services. This Blueprint therefore builds upon Princeton's existing strengths while seeking to improve awareness, coordination, and access.

A distinguishing characteristic of Princeton's age-friendly efforts is its longstanding culture of collaboration. Public agencies, nonprofit organizations, healthcare providers, educational institutions, faith communities, and resident leaders frequently work together to address community challenges and respond to emerging needs. This collaborative infrastructure provides a strong foundation for Age-Friendly Princeton 2.0.

Center for Modern Aging Princeton

As the lead organization for Age-Friendly Princeton 2.0, the Center for Modern Aging Princeton serves as one of the community's most important assets for older adults and their families by providing programs and services that promote lifelong learning, social engagement, volunteerism, caregiver support, technology education, health and wellness, and community connection. These include:

- Third Act Volunteer Corps – AmeriCorps-sponsored volunteer initiative connecting older adults with meaningful volunteer opportunities throughout the Greater Princeton region, including community organizations, schools, civic initiatives, and CMAP programs.
- Technology Literacy and Digital Inclusion – CMAP operates the Donald & Nancy Light Technology Literacy Lab, providing technology education, digital literacy training, one-on-one support, and expanded access to technology resources. Through a partnership with Interfaith Caregivers of Haddonfield and support from Parker Health Group, technology programming is being expanded through both centralized and satellite learning sites.
- Silver Century Insights – Online platform featuring curated content, commentary, resources, and age-positive perspectives on aging and caregiving.
- Caregiver Support Services – Information, education, consultation, support groups, and resources for family caregivers.
- Crosstown Transportation Service – Door-to-door transportation service provided through a partnership between CMAP, RideProvide, and the Greater Mercer Transportation Management Authority.
- Health and Wellness Programs – Programs supporting healthy aging, wellness, exercise, and social wellbeing.
- Evergreen Forum – Peer-led lifelong learning opportunities that support intellectual engagement and community connection.
- Bilingual Programs and Outreach – Programs designed to improve access to information and services for diverse populations.
- Lifelong Learning Programs – Educational opportunities, lectures, workshops, and enrichment programs that support continued engagement throughout life.

CMAP's leadership role, regional partnerships, and direct connection to older adults position it as a critical convener and implementation partner for future age-friendly efforts.

Municipal Services

Health and Human Services Department and CARES Committee

Princeton's Health and Human Services Department and associated boards, commissions and committees play a vital role in supporting vulnerable residents and coordinating services across the community. Their leadership in the Community Needs Assessment, resident outreach, emergency response, and community planning helps ensure that age-friendly principles remain integrated into municipal decision-making.

Parks and Recreation Department

Princeton Parks and Recreation supports health, wellness, recreation, and community connection through parks, trails, athletic facilities, playgrounds, and public gathering spaces located throughout the municipality. These spaces provide opportunities for physical activity, social interaction, outdoor recreation, and community events for residents of all ages. These include:

- Community Park South – A 26-acre community park featuring walking paths, athletic fields, tennis courts, basketball courts, picnic facilities, and access to playgrounds and recreational programming.
- Grover Park – Neighborhood park offering athletic fields, a basketball court, playground, picnic area, and open space for recreation and community use.
- Thanet/Alice Housing Greenway and Park Connections – Pedestrian connections and open space linking residential areas, community destinations, and recreational opportunities.

Department of Engineering and Transportation Services

The Municipality of Princeton supports mobility and community connectivity through local transportation services that help residents access key destinations throughout the community. These include:

- Princeton Loop – Community shuttle service providing local transportation throughout Princeton and connecting residents to key destinations throughout the municipality.
- Loop Express – Express transportation service connecting major destinations, including the Princeton Shopping Center area and the Princeton University Station ("Dinky") corridor.

Princeton Police Department

The Princeton Police Department contributes to community wellbeing through public safety initiatives, wellness checks, community outreach, emergency preparedness efforts, and neighborhood engagement activities. These programs help support aging in place while strengthening trust and connection between residents and public institutions. These include:

- Operation Blue Angel – Residential lockbox registration with Police Dept for emergency access.
- Vacant House Program – Free service to residents who are traveling wherein Princeton Police Officers will check in on your home to make sure everything is secure.
- Project Lifesaver – in partnership with Mercer County this program is designed for persons with cognitive disabilities who might wander from their homes and disappear. Wanderer is given a tiny wrist transmitter to wear.
- Wellness/Welfare Checks - Assessment conducted at the request of concerned individuals to ensure the wellbeing of residents.

Princeton Public Library

Often described as Princeton's "community living room," the Princeton Public Library serves as a critical gathering space and information hub for residents of all ages. The library provides educational programming, technology access, social connection opportunities, community events, multilingual resources, and individualized support services. The library's role in addressing digital inclusion, information access, lifelong learning, and community engagement makes it a particularly important age-friendly asset. These include:

- Princeton Sketchers – Group meetups that bring together community members to sketch, draw, and paint in a welcoming social environment.
- Library Reads – Monthly reading and discussion program, often offered in partnership with community organizations.
- Voices of Princeton – Oral history project developed in partnership with local organizations that preserves and shares stories from Princeton's Witherspoon-Jackson community.
- Drop-In and Knit – Informal social knitting gatherings that provide opportunities for connection and creative engagement.
- Stitch Club Princeton – Drop-in stitching gatherings that encourage social participation and community connection.
- Book Groups – Facilitated book discussion groups that support lifelong learning, intellectual engagement, and social interaction.
- Drop-In Technology Assistance – Individualized assistance with devices, software, online resources, and digital library materials.
- Technology Education Programs – Classes and workshops designed to build technology skills and improve digital literacy.
- PPL BookMatch – Personalized reading recommendation service that helps residents discover books aligned with their interests.
- AARP Tax-Aide Program – Free tax preparation assistance that supports financial wellbeing and access to benefits.
- Library of Things – Lending collection of practical items and equipment available for short-term community use.
- Mercer County Community ID Program – Community identification card program offered in partnership with the Latin American Legal Defense and Education Fund (LALDEF) to support access to services and verification of identity.

The Princeton Public Library's extensive programming, commitment to accessibility, and role as a trusted community gathering place position it as a key partner in advancing lifelong learning, digital inclusion, social participation, and community connection throughout Princeton.

Penn Medicine Princeton Health

Penn Medicine Princeton Health provides comprehensive healthcare services and serves as a key partner in promoting healthy aging. Through community health education, wellness initiatives, preventive care programs, specialized services for older adults, and collaboration with local organizations, Penn Medicine Princeton Health contributes significantly to the community's age-friendly infrastructure.

Princeton Community Housing

Princeton Community Housing provides affordable housing opportunities and supportive environments for many older adults making it an important partner in advancing housing stability, aging in place, and community connection throughout Princeton. Housing communities also serve as important locations for outreach, service delivery, technology education, social participation, and resident engagement including:

- Affordable Housing Communities – Provides and manages affordable rental housing for individuals, families, older adults, and people with disabilities with very low-, low-, and moderate-incomes.
- Congregate Housing Services Program – Provides meals, transportation, housekeeping, and personal care services for eligible residents of Harriet Bryan House and Elm Court.
- PCH Dental Grant Program – Assists eligible residents of Harriet Bryan House and Elm Court with dental expenses through annual financial assistance.
- Food Pantry Delivery Services – Coordinates monthly food deliveries for residents through partnerships with local food assistance organizations.

Princeton University

Princeton University enriches community life through educational, cultural, intellectual, transportation, and volunteer opportunities. The University's resources support lifelong learning, intergenerational engagement, research partnerships, arts and culture programming, civic participation, and community connection. These include:

- TigerTransit – Campus bus service providing transportation throughout Princeton University and nearby areas, helping improve mobility and access to campus destinations.
- Princeton University Community Auditing Program – Opportunity for eligible community members to audit selected Princeton University courses, supporting lifelong learning and intellectual engagement.
- Princeton Public Lectures – Public lecture series that makes Princeton University's academic and cultural programming accessible to the broader community.
- UpRoar Newsletter – Electronic newsletter that shares information about events, opportunities, programs, and community updates.

YWCA Princeton

YWCA Princeton advances equity, inclusion, leadership development, and community engagement. Through programs that support diverse populations and promote social justice, the organization contributes to a more inclusive and welcoming community for residents of all ages. These include:

- Newcomers & Friends – Social and interest-based activities that help women build friendships, explore new interests, and connect with the community.
- Pathways to Empowerment – Programs that support basic needs, workforce development, financial literacy, digital skills, civic engagement, and leadership development.
- English as a Second Language and Literacy Program – English language and literacy classes that help participants strengthen communication skills, build confidence, and engage more fully in community life.
- Breast Cancer Resource Center – Free and low-cost support services, wellness programs, education, and support groups for individuals affected by breast cancer.

Princeton Housing Authority

The Princeton Housing Authority plays an important role in addressing housing affordability, housing stability, and access to resources for residents facing housing-related challenges. Its work complements broader community efforts to support aging in place and housing security.

- Affordable Housing Communities – Provides and manages affordable rental housing across communities including Spruce Circle and Redding Circle.
- Princeton Senior Living – Affordable housing community for adults age 55 and older that includes community amenities and an on-site service coordinator who connects residents with health, wellness, benefits, and educational resources.

Additional Community Assets

The planning process also identified numerous additional organizations, informal networks, faith communities, neighborhood groups, volunteer organizations, healthcare providers, social service agencies, and resident leaders that contribute to Princeton's age-friendly ecosystem. Together, these assets create a strong foundation for future collaboration and innovation.