

New Jersey Advocates for Aging Well

Interview with Dr. Cathy Rowe

July 30, 2026

Age-Friendly Ocean County, New Jersey

MULTISECTOR PLAN FOR AGING

2026 - 2030



Age-Friendly Ocean County

NJDHS DoAS Grant & AARP Age-Friendly Requirements:

- ✓ a cross-sector, County Advisory Committee;
- ✓ community assessments;
- ✓ a countywide communications campaign;
- ✓ a Multisector Plan for Aging (MPA) based on stakeholder engagement and assessment insights; and
- ✓ dissemination of findings for replication in other Counties; and identification of municipal readiness for age-friendly action planning.

A Statewide Leader

- ✓ Ocean County is one of **five** designated age-friendly counties in New Jersey (**7th State** in AARP Network of Age-Friendly States and Communities).
- ✓ 2023: Ocean County became the **third NJ county** to join the AARP Network following adoption of a Board of Commissioners Resolution.
- ✓ 2026: Ocean County's MPA became **New Jersey's first government-approved, county-level MPA** recognized by the AARP Network, an affiliate of the World Health Organization Global Network for Age-friendly Cities and Communities (WHO GNAFCC).

MPA Data Sources

- ✓ 2025 Ocean County Community Health Needs Assessment
- ✓ 2026-27 Ocean County Office of Senior Services Annual Needs Assessments and Public Hearings
- ✓ Four Focus Groups
- ✓ NJAAW Statewide Survey of Older Adults
- ✓ RWJBarnabas Health, Hackensack Meridian Health, and Deborah Heart and Lung Center

In Your Words

“People have to plan their healthcare around transportation, not the other way around.”
(**Transportation**)

“Despite the difficulties, I’d do it all over again if I could have my mother back.” (**Caregiving**)

“There’s the problem, it’s great for here, but the other towns don’t have one [**senior center**]. [**X**] Township doesn’t have one like this. That’s why I come down here.” (**Social Connection**)

In Your Words

“I took care of my mom for 16 years, and I couldn’t get her on Medicaid because she was \$100/month over.” **(Healthcare)**

“We’ve worked all our lives, we get what we get from social security, some get pensions, not a lot, and it’s hard, and we pretty much get ignored most of the time.” **(Multisector Collaboration)**

CALL TO ACTION: VISIT AGEFRIENDLYOCEANCOUNTY.ORG

- ✓ Read the Multisector Plan!
- ✓ Sign up for our email updates!
- ✓ Get active in a work group!
- ✓ Save the date to join us on September 11!
- ✓ Spread the word about the NJ Age-Friendly Initiatives Support Fund!
- ✓ Get your municipality or county on board!
- ✓ Take the Lifelong Strong NJ Pledge at lifelongstrongnj.org!

Thank you!!!

- ✓ New Jersey Future
- ✓ AARP New Jersey
- ✓ LeadingAge NJ & DE
- ✓ Regional Plan Association
- ✓ Community Foundations of South Jersey
- ✓ New Jersey Advocates for Aging Well
- ✓ The Corporation for Supportive Housing
- ✓ Goals of Care
- ✓ Housing and Community Development Network of NJ
- ✓ Disability Rights of New Jersey
- ✓ Community Foundations of South Jersey