

Newer/Emerging Housing Options for Older Adults – Resources & References

Prepared for the APA-NC Conference – September 26, 2012

For a short list of some of the newer options read the article, “Intentional Elder Neighborhoods,” by Alex Mawhinney: http://www.secondjourney.org/itin/2010Spr/Mawhinney_2010Spr.htm

For a longer, exhaustive list, see “Housing Options: A Glossary” by Susan Hindman: <http://www.silverplanet.com/housing/housing-options-glossary/55728>

A couple websites that contain a variety of information related to this topic are:

- www.secondjourney.org
- www.silverplanet.com
- governing.com/generations – *Governing* just launched a multi-part series on aging in America

Cohousing

From www.cohousing.org: "Cohousing is a type of collaborative housing in which residents actively participate in the design and operation of their own neighborhoods. Cohousing residents are consciously committed to living as a community. The physical design encourages both social contact and individual space. Private homes contain all the features of conventional homes, but residents also have access to extensive common facilities such as open green areas, courtyards, a playground and a common house."

NC Cohousing Communities (completed; see www.cohousing.org for complete list):

- Westwood Cohousing, Asheville (www.westwoodcohousing.com)
- Arcadia Cohousing, Carrboro (www.arcadiacohousing.org)
- Pacifica, Carrboro (pacificaonline.org)
- Eno Commons, Durham (enocommons.org)
- Solterra, Durham (www.solterra.net)

For books and more information on cohousing and senior/elder cohousing and how to create cohousing communities, see The Cohousing Company's website - cohousingco.com. Architects and authors, Kathryn McCamant and Charles Durrett, are credited with bringing the concept of cohousing to the U.S. from Denmark.

Elder/Senior Cohousing

Cohousing communities designed specifically for older and aging adults, who want to live in and be part of a supportive community. Membership is for adults typically aged 55 and older. Like other cohousing communities, each community has its own intentions/goals.

“Elder Cohousing” – article in AARP magazine, Jan. 31, 2011

http://www.aarp.org/home-garden/housing/info-01-2011/elder_cohousing.1.html

The Elder Cohousing Network – resource; lists 4 communities (3 completed; one in progress)

<http://www.abrahampaiss.com/ElderCohousing/>

ElderSpirit's website – www.elderspirit.org. Article and video of ElderSpirit in the NY Times:

<http://newoldage.blogs.nytimes.com/2011/08/22/shared-meals-and-lives/#more-9999>

Wolf Creek Lodge – a cohousing community for active adults - <http://www.wolfcreeklodge.org/>

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Shared Home Model

Typically this model is a house with multiple bedrooms, usually with private bathrooms, with communal living areas. The small home model accommodates about two to six residents who share common space. The larger house model, usually housing 7 or more residents, features a campus-like setting, private space for residents, and such shared amenities as a dining room, library, and laundry (this form of living shares many elements of cohousing).

Women for Living in Community – www.womenlivingincommunity.com

Lotus Lodge (Candler, NC) - <http://www.livingnewstories.com/lotus-lodge-inn-community-retreat-center>

Shedders, by Heather Bolder - <http://shedders.wordpress.com/> - book which tells the story of six friends who committed to create a community where they could retire together. Interesting reading and lessons learned (see her “12 Easy Lessons” article)

Naturally Occurring Retirement Communities & The Village Model

These are typical communities or neighborhoods where a large number of residents have lived for a long time and have aged in place. AARP estimates that about 5,000 NORCs exist across the country; these concentrations of older adults can facilitate the organization of supportive communities. **The Village model**, pioneered by Beacon Hill Village of Boston (www.beaconhillvillage.org), uses a nonprofit organization to vet and organize programs and services for older adult residents. To help defray costs, the organization charges residents a yearly membership fee, with discounts for those in financial need.

“It Takes a Village” article by Dr. Caroline Cicero

http://www.huffingtonpost.com/dr-caroline-cicero/village-movement_b_1794479.html

Village to Village Network (www.vtvnetwork.org)

4th Annual National Village Gathering – October 15-17, 2012, Atlanta

Green House

A Green House home is an independent, self-contained home for six to 12 people, designed to look like a private home or apartment in the surrounding community. Green House homes are typically licensed as skilled nursing facilities and meet all applicable federal and state regulatory requirements. Each person who lives in a Green House home has a private bedroom and full bathroom, opening to a central hearth/living area and an open kitchen and dining area. Elders share meals at a common table. Family members, friends and staff are welcome to join the community at mealtimes and other activities.

Green Houses article - <http://www.silverplanet.com/silver-planet-aging/green-houses-offer-community-elders/55516>

The Robert Wood Johnson Foundation (RWJF) awarded a five-year, \$10 million grant to NCB Capital Impact in November 2005 to help spur replication of The Green House concept. To read more about this, see: <http://www.ncbcapitalimpact.org/default.aspx?id=146>