

Aging in Community: Exploring Options

8 weeks, Fridays 9-11 a.m. from September 23 to November 11, 2016

OLLI at UNC Asheville

Each week the class will explore options for meaningful and interdependent lifestyles in our later years, from staying in your own home to a variety of other options. Using the articles in *Aging in Community** as a jumping off point, guest speakers to provide different perspectives and expertise, discussion, questions, activities and a virtual field trip, participants will develop a personal action plan and relationships with other classmates. This course is open to anyone interested in options beyond isolation or the nursing home. *Facilitators: Linda Giltz and Rebecca Chaplin*

Session 1, September 23 – Age and Ability Friendly Communities – The World Health Organization’s Global Age-Friendly Cities and Communities project has identified eight domains of livability that influence the quality of life of older adults. This session will provide an overview of strategies to make our communities more age-friendly in each of the 8 domains. *Presenter: Rebecca Chaplin.* **Starting Where You Are** – Assess your personal needs, goals and resources as you age and explore an overview of options. *Presenter: Marianne Kilkenny*

Session 2, September 30 – A New Frontier - Move beyond the false choice between aging in an institution or in isolation. This session will introduce the possibility of a new frontier – of Aging in Community. *Presenter: Linda Kendall Fields.* **Virtual Field Trip** - Take a virtual field trip through real-life local and regional examples for aging in community that includes shared homes, cohousing, existing neighborhoods and more. *Presenter: Linda Giltz.*

Session 3, October 7 – Designs and Policies for Aging in Community – This session will explore site plans, outdoor spaces and housing designs, with an emphasis on universal design and retrofitting existing homes. This session will also look at policy and zoning considerations for enabling more infill housing, smaller home, small multi-family homes and walkable neighborhoods, featuring ideas that the City of Asheville has implemented or is considering. *Presenters: Richard Duncan and Vaidila Satvika*

Session 4, October 14 – The 3 Key Aspects of Healthy Communities – (1) Project Management – This session will introduce the three key aspects of a healthy community – connections (“glue”), communications and project management, then focus in on the third one. Governance issues and models, including sociocracy, will be discussed and practiced in a class exercise. *Presenter: Diana Leafe Christian*

Session 5, October 21 - The 3 Key Aspects of Healthy Communities – (2) “Glue” – We will invite and explore the formal and informal experiences that foster a sense of caring, belonging and effective interdependence among community residents. Some concepts from Assets-Based Community Development (e.g. asset mapping, matching of skills/assets & local needs) will be introduced and practiced. *Presenter: Gaya Erlandson*

Session 6, October 28 - The 3 Key Aspects of Healthy Communities – (3) Communication Skills – We will invite and explore tips and techniques for good communications and tools to improve communication skills. To wrap up sessions 4-6, we will discuss and reflect on what students have learned about the social aspects of community. *Presenter: Gaya Erlandson*

Session 7, November 4 – Community Services & Resources – Moving beyond theory this facilitated discussion will explore what classmates view as community resources for aging in the larger community (city/county) in which they live. Tips on how to start a village/community in your neighborhood will be shared by people who have done this in WNC. *Presenters: Susan Wrzalinski and Lori Pelaez.*

Session 8, November 11 - Moving Forward – Groups will finalize their presentations about what their visions and plans are and share them with the class. We will also discuss follow-on actions with groups and individually.

* Suggested Reading: *Aging in Community* (ed. Janice M. Blanchard, Second Journey Publications, 2013)

To register, go to <https://olliasheville.com/>. For more information email lindagiltz@gmail.com.

Facilitators and Presenters:

Linda Giltz, MA, AICP, Aging in Community and Community Planning Consultant

Rebecca Chaplin, MA, Associate Director of Community Outreach and Advocacy, AARP

Marianne Kilkenny, author, founder of Women for Living in Community,

<http://www.womenlivingincommunity.com/>

Linda Kendall Fields, Aging and Disabilities Consultant, MEd

Richard C. Duncan, MRP, Executive Director, The RL Mace Universal Design Institute, <http://www.udinstitute.org/>

Vaidila Satvika, Planner II, City of Asheville

Diana Leafe Christian, author and consultant on building and sustaining communities,

<http://www.dianaleafechristian.org/>

Gaya (aka Gayatri) Erlandson, PhD, Consultant for Collaborative Community and helping people to Live New Stories. <http://www.livingnewstories.com/lotus-lodge-inn-community-retreat-center>

Susan Wrzalinski, Independent Professional Caregiver, Facilitator

Lori Pelaez ?