

More information is available through our website:

www.quakeragingresources.org

ADDITIONAL SUGGESTED RESOURCES:

Charles Durrett, [The Senior Cohousing Handbook](#)

Intentional Communities <http://www.ic.org/>

Second Journey <http://secondjourney.org>

<http://www.co-intelligence.org/>

Howard E. Collier, [Experiment with a Life](#) and Elsie Marion Andrews, [Facing and Fulfilling the Later Years](#) are both pamphlets available through the Pendle Hill Bookstore.

Co-Housing and Intentional Communities for Older Adults



Aging Resources Consultation Help

www.quakeragingresources.org

Quaker Aging Resources is a collaborative project of New York and Philadelphia Yearly Meeting Quakers and is generously funded by the Thomas Scattergood Foundation and Friends Foundation for the Aging.

***Q:** How am I helping to develop a social, economic and political system which will nurture an environment which sustains and enriches life for all?*

“...joy is the awareness of a harmony, a perfect fit, between the form of our life and its shape...”

Howard E. Collier, Experiment with a Life, Pendle Hill Pamphlet, Pendle Hill, Wallingford, PA.

An Intentional Community is a planned residential community whose members share resources and responsibilities, often organized around a common idea or value. For some older adults, moving into an Intentional Community is an option to traditional retirement communities. An Intentional Community formed around common values allows one to live in a manner consistent with what one's beliefs, for example an eco-village where practices support a sustainable environment.

A movement in Intentional Communities is growing among people of all ages, including older adults. Senior or Older Adult Cohousing is a form of Intentional Community where residents participate in the planning and design of villages and live cooperatively, mutually supporting one another through the changes that aging can present. These communities allow residents to age in place while sharing resources for caregiving, property and home maintenance, and transportation. Multigenerational village models are intentionally inclusive and designed so everyone fits. Neighbors look after one another and each member contributes his or her strengths to the community.

“...regardless of the future, man must enter into the possibilities of the present moment and let himself unite with the everlasting yet everchanging elements of the world in which he finds himself.”

Elsie Marion Andrews, Facing and Fulfilling the Later Years, Pendle Hill Pamphlet 57, Pendle Hill, Wallingford, PA.

In 1998, Jimmy Carter wrote in The Virtues of Aging, “Only 30% of American families are accumulating any long-term savings or pension benefits, while almost 45% are spending more than they earn.” With the more recent decline in our economy, even among those who have saved, many lost significant portions of their savings. Other used retirement funds for more urgent needs while unemployed or underemployed. While Continuing Care Retirement Communities have been the option for many older adults, it is predicted that such options will not be affordable for many of us. For some, aging in place at home or with families will be an option. Others of us will need to consider new ways of living in our older years.

Statistics may be alarming, but might we take this as an opportunity to live our values? Can we honor the truth of our interdependence and learn to rely on one another? Are there models from the past from which we may learn? Is it possible to live in harmony with a sustainable environment? While we consider how we will be cared for, are we also mindful of the world we will be leaving behind?

There are many resources and models available that can help you if you are interested in exploring this option for living in your later years. You may want to take the opportunity to explore some of these options with others in your Meeting.

Resources 

Q: What concrete steps can we take as a meeting to open awareness of new ways of living in and sharing our world and its resources?

PYM Faith and Practice, 2002

July, 2010