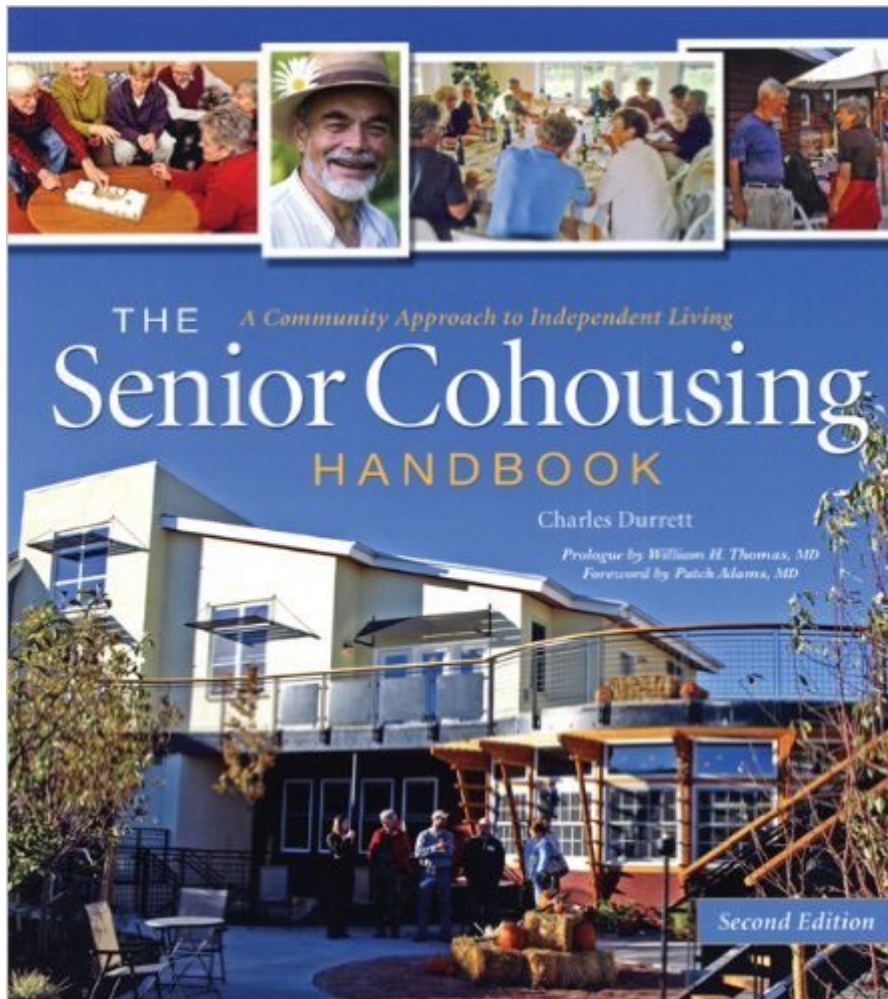


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# The Senior Cohousing Handbook, 2nd Edition: A Community Approach To Independent Living



## Synopsis

"Make your senior years safe and socially fun with the idea of senior cohousing and a book on the topic that shows how seniors can custom-build their neighborhood to fit their needs. This is housing built by seniors, not for them, and emphasizes independence and social networking. Any library strong in gerontology or social science and many a general lending library needs this. - James A. Cox, The Midwest Book Review

"As a Baby Boomer, I've joked for a few years that we'll all end up living communally again because Social Security will be broke...This is one of the better ways to envision it."--Sacramento Bee

No matter how rich life is in youth and middle age, the elder years can bring on increasing isolation and loneliness as social connections lessen, especially if friends and family members move away. Senior cohousing fills a niche for this demographic—the healthy, educated, and proactive adults who want to live in a social and environmentally vibrant community. These seniors are already wanting to ward off the aging process, so they are unlikely to want to live in assisted housing. Senior cohousing revolves around custom-built neighborhoods organized by the seniors themselves in order to fit in with their real needs, wants, and aspirations for health, longevity, and quality of life. Senior Cohousing is a comprehensive guide to joining or creating a cohousing project, written by the US leader in the field. The author deals with all the psychological and logistical aspects of senior cohousing and addresses common concerns, fears, and misunderstandings. He emphasizes the many positive benefits of cohousing, including: Better physical, mental, emotional, and spiritual health Friendships and accessible social contact Safety and security Affordability Shared resources Successful aging requires control of one's life, and today's generation of seniors—the baby boomers—will find that this book holds a compelling vision for their future. Charles Durrett is a principal at McCamant & Durrett in Nevada City, California, a firm that specializes in affordable cohousing. He co-authored the groundbreaking Cohousing with his wife and business partner, Kathryn McCamant.

## Book Information

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## **Customer Reviews**

In the United States it was the creation of the Social Security and Medicare that help to diminish what had been a chronic problem of poverty among the elderly. But while economic assistance went a long way to improving the quality of their lives, the increasing fragmentation of the family structure continued to exacerbate problems of isolation and loneliness among the aged. That was a driving force behind the creation of community approach to independent living for the elderly. This newly emerging concept now has a documented track record of providing senior citizens with a living environment that contributes to a healthy, safe, stimulating, and socially active retirement. This is all laid out, replete with real-life examples, in the pages of Charles Durrett's "The Senior Cohousing Handbook" which defines, explains, and demonstrates the concepts, organization, structures, and benefits of a co-housing approach to senior living. A thoroughly 'reader friendly' and profusely illustrated instruction manual, "The Senior Cohousing Handbook" is especially recommended for anyone considering joining or establishing such a senior citizen housing arrangement in their own community.

This book is a good overview of the history as well as the actual process of forming and completing a senior co-housing group project. The only criticism I have is that the book relies a lot on the experiences of many such groups in Denmark who largely pioneered this type of senior living arrangement in the 1980's and 1990's. The social, economic and political factors that were conducive to the development of senior co-housing there seem significantly different from those confronting many seniors in 21st Century America.

I was looking for an introductory text about this issue and it is everything I expected and even more!! Its well structured very clear and is exactly as a Manual should be!!

The book is an interesting book, however the majority of the book is about the co-housing concept in Denmark. Mr. Durrett, points out time and time again things that are applicable in Denmark that would never happen in the US. Perhaps best approached as something that might work in the US, but not until the Republicans are no longer in power.

An invaluable resource to anyone interested in the "aging in community" model, an alternative to your typical nursing home, retirement community or other structured, but socially-isolated housing considered standard. The book is chock full of first hand accounts and stories, how-to's, successful models and more. Having worked in a retirement community and seen first-hand the joy residents found in even the simplest interactions with their neighbors and visitors, it seems obvious that aging in place in an area without community support, stimulation and interaction just isn't going to cut it, no matter what stage we're at in life. It's an exciting alternative - senior cohousing - and I hope to see it grow in the U.S. and beyond! If you haven't read *Creating Cohousing: Building Sustainable Communities* (by Durrett and his wife, Kathryn McCamant) it offers the ultimate overview of cohousing, senior and intergenerational both) - would recommend that as well.

This is a great explanation of what senior co-housing is and how to go about establishing a community that could work for you. I enjoyed the great examples and specific feedback from individuals who have undertaken the tasks associated with creating these projects.

Spot on the topic! Great reading to learn and build a frame of reference for this topic. Down to earth and clear writing style. Offers practical steps and reflective thinking to do when beginning this investigation into this topic

Best book on the subject--this is the man who brought the co-housing movement to this country. He knows of what he speaks. Chock full of all the information one needs on this subject..

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