



Birds of a Feather

LGBTQIA Aging in Community:
Exploring Intentional Living Models

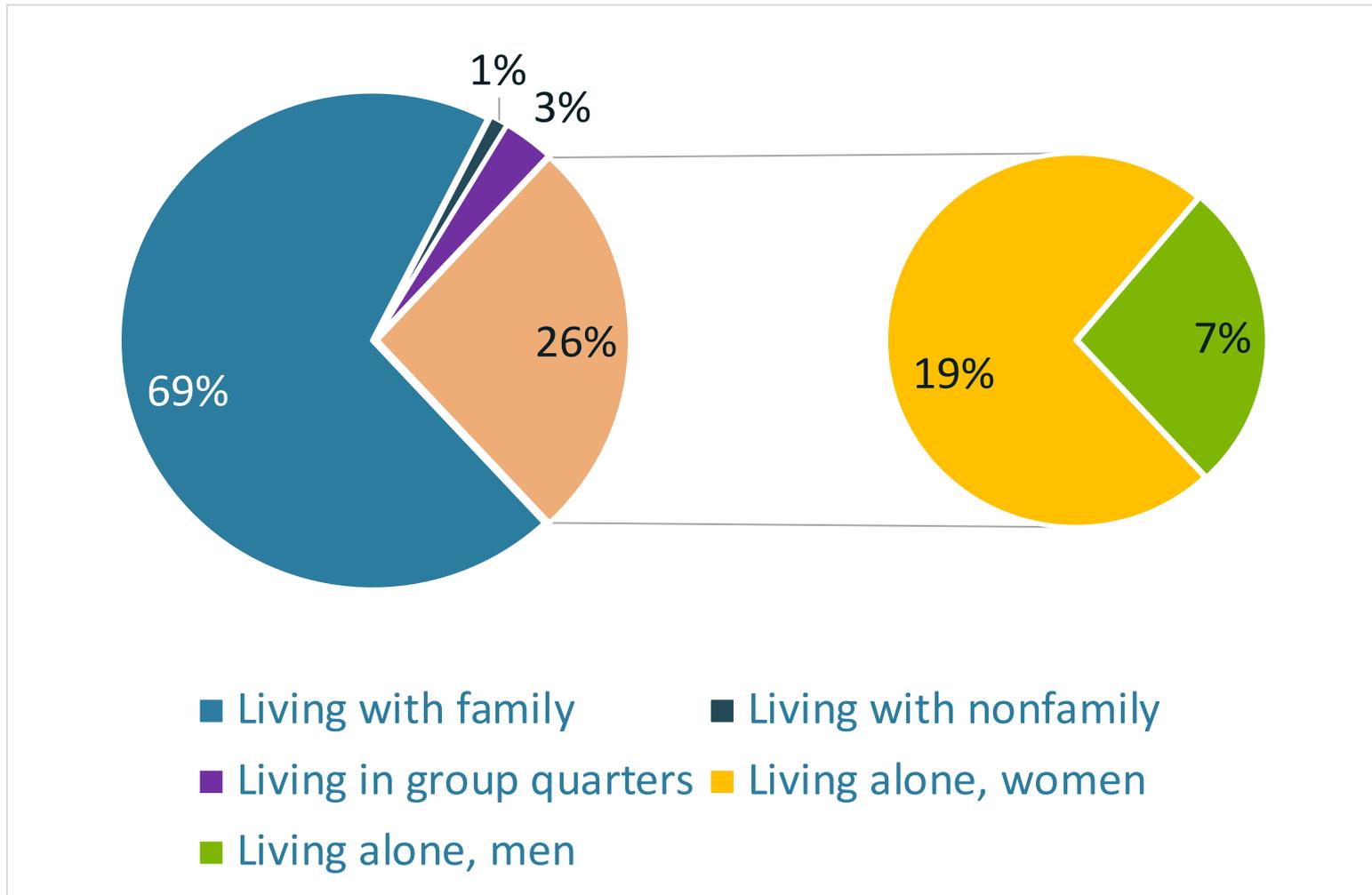


What does Successful
Aging Look Like?

When I am old ,
I will wear Purple

All Older Adults Living Situations

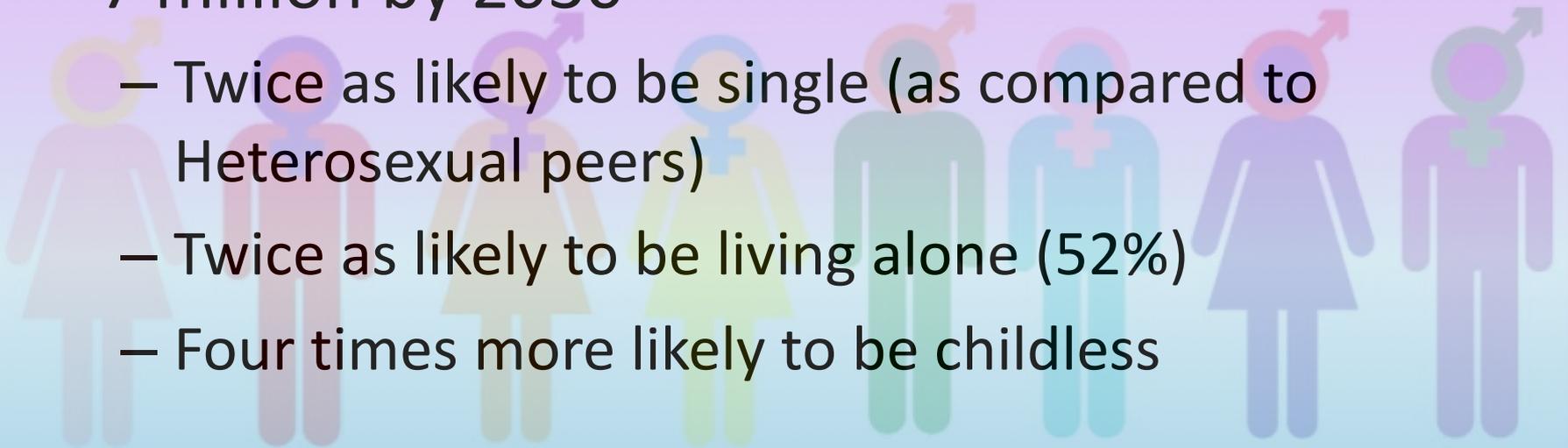
American Community Survey, 2011-2015 Estimates



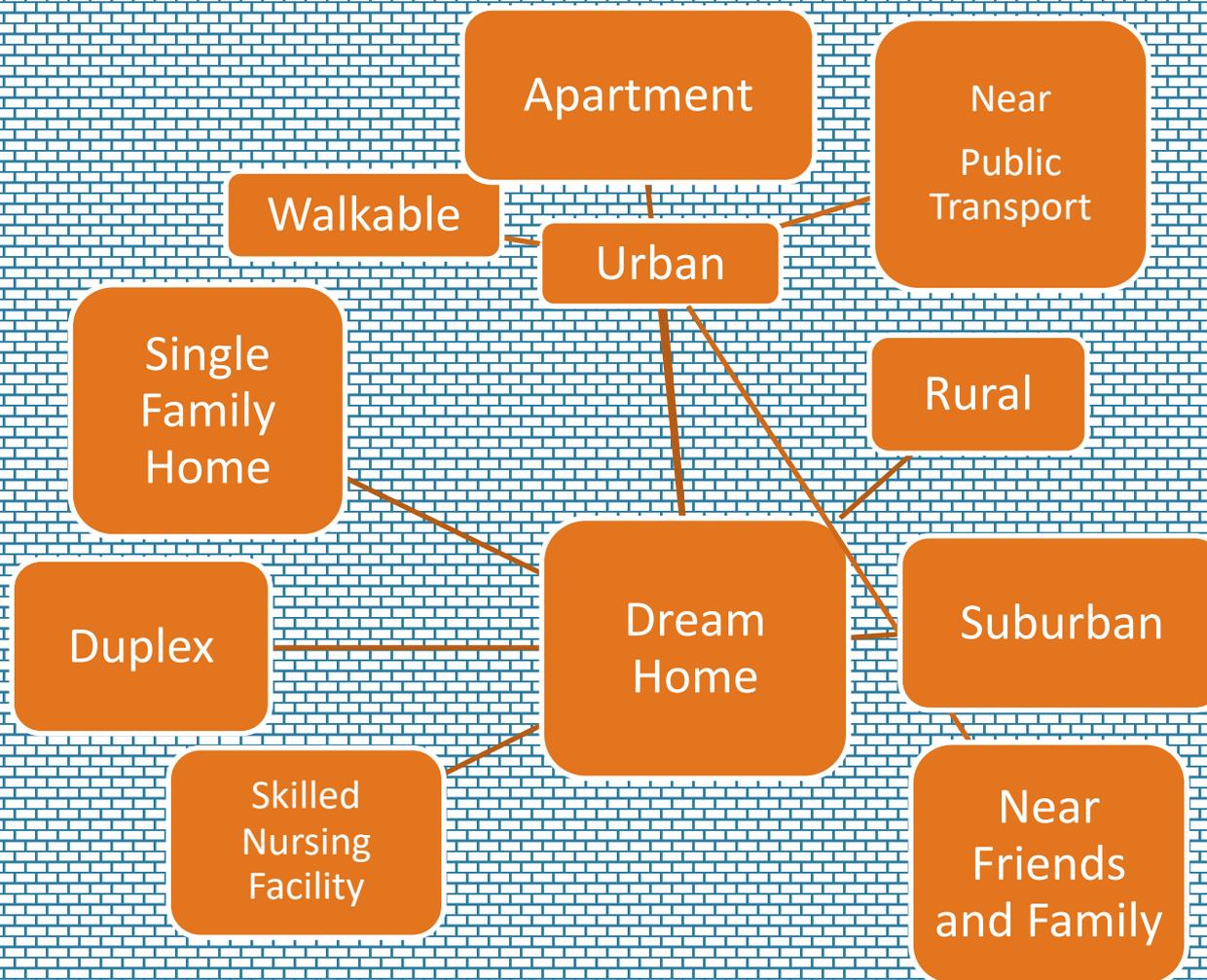
LGBTQ STATISTICS

SAGE USA

- 3 million LGBTQ adults- 50+
- 7 million by 2030
 - Twice as likely to be single (as compared to Heterosexual peers)
 - Twice as likely to be living alone (52%)
 - Four times more likely to be childless



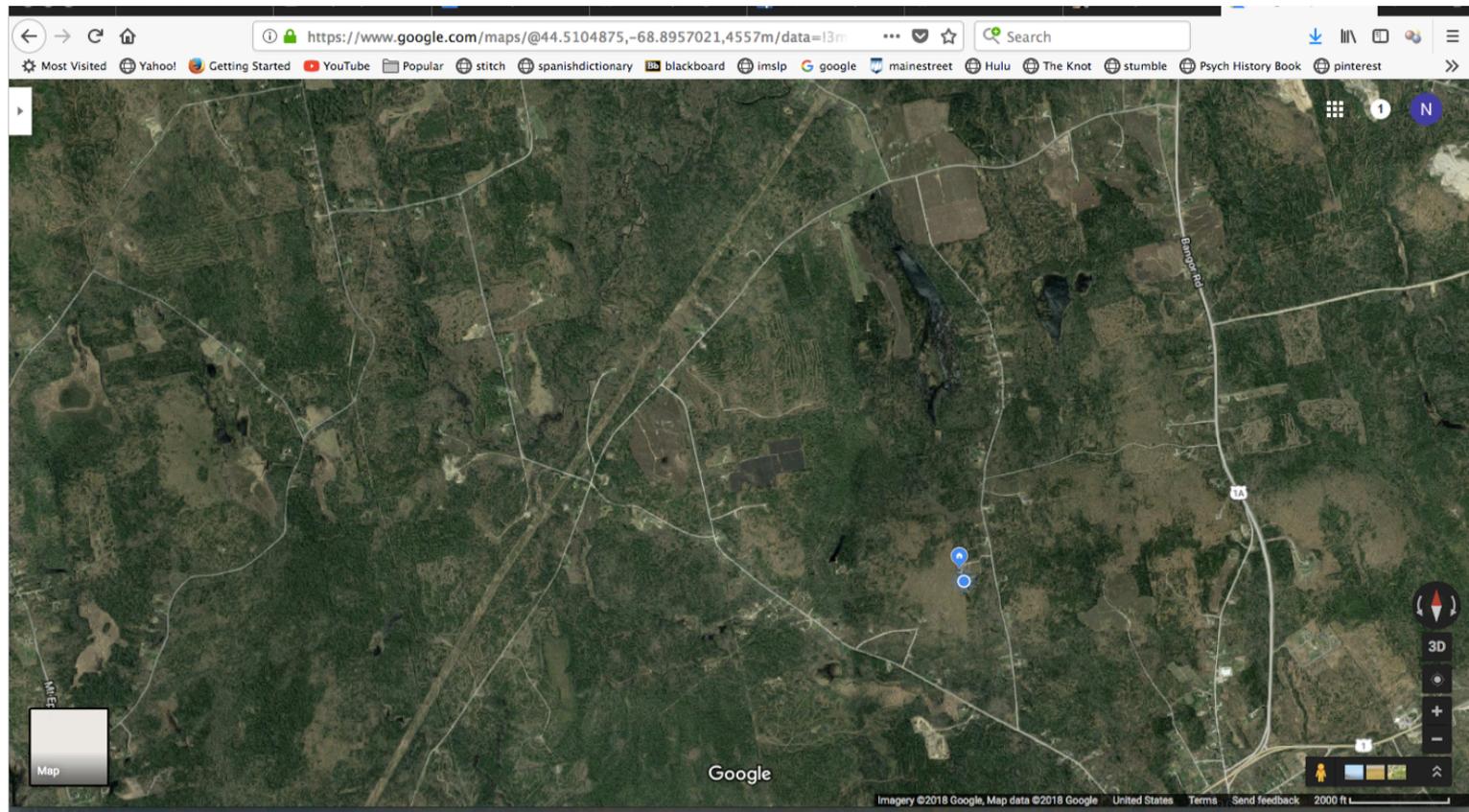
Picture yourself at 80. What does your dream home look like?



Is Your Home Ready for Your Aging Process?



Some of us will need to change
how we live
(Self-imposed isolation)



What are the risks for aging alone?



Community - Friends Nearby



Co-Living



Village to Village Network



Aging in Place allows for - Care Providers at Home



What is an Intentional Community?



Intentional Living – Cohousing



What is Cohousing?

- Cohousing is an intentional community of private homes clustered around shared space.
- Each attached or single family home has traditional amenities, including a private kitchen.
- Shared spaces typically feature a common house, which may include a large kitchen and dining area, laundry, and recreational spaces.
- Shared outdoor space may include parking, walkways, open space, and gardens. Neighbors also share resources like tools and lawnmowers.

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ARCHITECTURE BY McCAMANT & DURRETT, ARCHITECTS

Cohousing Alternative: Living Alone, Within Community

- Cohousing communities consist of private homes that are strategically positioned around a Common Area to facilitate maximum possibility of social interaction between neighbors.
- Extensive common facilities that supplement and facilitate the daily living.
- Common facilities are perceived as an extension of each household's own private house.

The community is designed to encourage socialization



Durrett,C

Common Characteristics

- **Relationships**
- Neighbors commit to being part of a community for everyone's mutual benefit.
- Cohousing cultivates a culture of sharing and caring.
- Design features and neighborhood size (typically 20-40 homes) promote frequent interaction and close relationships.

Village Hearth Cohousing



Designed by the Owners



Participation, Shared Values and Balancing Privacy / Community

- Decision making is participatory and often based on consensus.
- Self-management empowers residents, builds community, and saves money.
- Cohousing communities support residents in actualizing shared values.
- Cohousing neighborhoods are designed for privacy as well as community.
- Residents balance privacy and community by choosing their own level of engagement.

Smaller Individual Units with Open Concept Design



Welcoming Common House



Each community makes decisions of events in the Common House



Large windows and skylights provide maximum light in units.



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1 or 2 Bedroom Units with Wide Doors to Outdoor Patios



Individual Kitchens in Each Unit



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Senior Cohousing and *Intentional Community*

- All Senior cohousing projects have the *intentional* commitment to supporting each other and helping each other as they individually age.
- Village Hearth has made the *intentional* commitment of providing a safe environment for LGBTQ individuals who may have no children, less supportive family and rely only on “chosen” family and face greater levels of isolation and discrimination than other older individuals.

Shared Facilities



Much of the work is done by members themselves



With plenty of time for relaxation and group recreation since chores are shared among the large group (Sweat Equity)

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Active Lifestyle



Taking Charge of the Rest of Your Life

- Cohousing is
 - “Co-developed”,
 - “co-designed”, and
 - “co-organized” with the group.
- From thought to completion it can take up to 5 years
- Genuine and authentic participating process.
- No hierarchy in decision making (use of decision making models like “Sociocracy”)
- Completely resident managed
- Finances are private and not shared

For more information on Senior Cohousing

- <https://www.villagehearthcohousing.com/village-hearth-in-the-news.html>
- The Senior Cohousing Handbook: A Community Approach to Independent Living, By Charles Durrett
- The National Association of Cohousing of the United States
 - <https://www.cohousing.org/>
- Website for McCament and Durrett <http://www.cohousingco.com/>
- Website for Fitch Architecture and Community Design.
<https://www.facdarchitects.com/>
- Website for Senior Advice
 - <https://www.senioradvice.com/articles/what-is-senior-co-housing>
- AARP magazine
 - <https://www.aarp.org/home-family/your-home/info-2018/cohousing-community-fd.html>

References:

- Durrett, C. (2009). *The senior cohousing handbook: A community approach to independent living*. Gabriola Island, BC, CA: New Society Publishers.
- [Durrett, C. http://www.cohousingco.com/](http://www.cohousingco.com/) Retrieved 10/6/2018
- <https://www.cohousing.org/> Retrieved 10/6/2018
- Elderberry Cohousing Website and Facebook
<http://www.elderberrycohousing.com/> Retrieved 10/10/2018
- <https://www.facdarchitects.com/> Retrieved 10/10/2018
- *Glass, A.(2016) Resident Managed Elder Intentional Neighborhoods: Do They Promote Social Resources for Older Adults? Journal of Gerontological Social Work* Volume 59, 2016 - Issue 7-8, 2016
- **GOLDSON, K. 2018, Shifting Social Context in the Lives of LGBTQ Older Adults. Public Policy & Aging Report, 2018, Vol. 28, No. 1, 24–28 doi:10.1093/ppar/pry003 Advance Access publication April 2, 2018**
- Katz,J. (2015) Presentation Triangle J. Council of Governments) *Keeping a roof over our heads*: located at Jkatz@tjcog.org. Retrived 10/6/2018.
- Village Hearth Website:<https://www.villagehearthcohousing.com/>

Life is Better in Community!

