

# Senior Cohousing Handbook – 2<sup>nd</sup> Edition

A Community Approach to Independent Living

By Charles Durrett

How to make your senior years healthy, safe, social and stimulating

**N**o 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. Cohousing replenishes social capital.

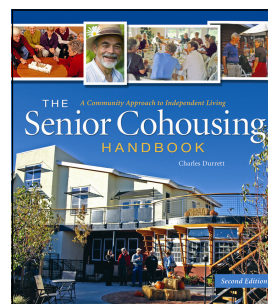
Senior cohousing fills a niche for this demographic – with healthy, educated and proactive adults who want a social and environmentally vibrant community, a heightened quality of life and living lightly on the planet. It revolves around custom-built neighborhoods organized by the seniors themselves in order to fit 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 community, written by the U.S. 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, security and a more sustainable lifestyle
- Affordability and shared resources
- Balancing private homes with extensive community facilities

Successful aging requires control of one's life, and this generation of seniors – the baby boomers – will find this book holds a compelling vision for their future.

**Charles Durrett** is a principal at McCamant & Durrett Architects in Nevada City, CA, a firm that specializes in affordable cohousing and sustainable design. He co-authored the groundbreaking *Cohousing* with his wife and business partner, Kathryn McCamant.



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