



What does Senior Cohousing offer the Baby Boomer Generation?

Jim Leach, September 7, 2009

Cohousing by definition is a small neighborhood community designed to encourage interaction between neighbors with shared common facilities and a collaborative resident management system that facilitates closer contact between neighbors to the benefit of all. These benefits to Baby Boomers that are thinking of simplifying their lives and are considering housing options include:

Place: Being part of a neighborhood, a place, where there is an intentional, organized, and effective effort to create a better and more attractive place, and to deliberately create a sense of place that that is not only very attractive and supportive but also resonates with its residents.

Social Interaction: Living in a neighborhood where you can more easily choose community and social interaction over isolation while still maintaining all the privacy you need.

More Facilities and Resources: Having attractive and functional interior and outside common areas and facilities conveniently available and affordable by sharing the cost with neighbors.

Convenience, Social & Physical: Daily convenience from more opportunities to informally share rides, shopping, exercise, etc, and not having to always drive or to make deliberate arrangements to socially interact with a diverse group of friends.

Sustainable: Cohousing neighborhoods are models of environmental, economic and social sustainability attracting proactive individuals who want to do something about saving the earth and the human race through their lifestyle choices.

Deeper Relationships: Through the natural course of meeting and working together to better the neighborhood and welfare of the community deeper relationships are formed that add value and quality to life.

Health & Wellness: Sociologists have documented that being connected to others in community is healthier and promotes wellness at all ages.

Security: Cohousing offers a well connected living environment where neighbors watch out for each other's safety and security.

Independence: Being well connected to a supportive and caring group of neighbors generates the capability for greater independence for all residents, especially as we age.

Acceptance & Diversity: Living in a place that seeks to find the synergy in the diversity of interests, skills and personality that each neighbor contributes.

Great food: Regular opportunities to celebrate good food preparation and eating with friendly neighbors.

Real Estate Value: Appreciation in values in cohousing neighborhoods has been equal to or higher than other local housing options.

Cost Savings: A better lifestyle at a lower cost.