Senior cohousing is ready for you

... and for the Silver Tsunami of baby boomers
WHY BOOMERS ARE DOOMED

They had great lives—and small families. That’s about to become a very big problem.

INSIDE A LOOMING CRISIS P.45
Fun
Laughter
Outgoing
Upbeat
Reaping
Intuitive
Self Care
Happy
Aging Well in Community:
How to Flourish in the Second Half of life through Senior Cohousing and Co-caring

Facilitators.
Margaret Critchlow and Andrew Moore
Canadian Senior Cohousing Society
Canadian Senior Cohousing Society’s
SOCIAL INNOVATION

Adapt principles of senior cohousing to reframe societal expectations and options for aging.
AGING WELL IN COMMUNITY MATRIX

HOUSING

- Own house/apartment
- Retrofit with ramps, grab bars etc. for accessibility.
- Accessibility
- Falls prevention
- Own apartment
- Home Safety
- Meals Together & shared activities
- Call on friends and family for assistance
- Develop social networks or risk social isolation
- Gardening and physical activities
- Companionship
- Social cohesion

HEALTH & CARE

- AGING IN PLACE IN YOUR CURRENT HOME
- INTER-DEPENDENT COHousing
- Good universal design
- Co-caring and neighbourly help
- Own room, shared facilities
- May lead to social isolation
- Extreme dependency
- Passivity Dependency Isolation
- Acute care
- $825 - $2,000 + Per day
- A bed in a ward
- Complex care
- Home care
- Home care from Health Authority
- Meals, driving, cleaning, pets, shopping support
- Buy in or develop care networks
- Doctors, therapists
- Nurses
- Collective organised professional care
- Private Health Care givers
- Public/private Pensioners
- Access Gov’t programs for v.low income
- Reverse mortgage
- Guaranteed Income Supplement
- Shared care costs
- Shared utilities
- Shared Facilities e.g. gardens
- Up to $5,000 Per month
- Shared Car use

SOCIAL

FINANCIAL