

Creative Living Arrangements for Seniors



Home-sharing, co-housing, co-living, co-caring are ideas for seniors to overcome loneliness as well as increasing housing and living expenses. Home sharing is an option for people to age respectfully, to focus

on social connections and to share a common life style. Seniors who live together usually eat better, get more exercise, and are more social than seniors who live alone. They do not have to worry about forgetting medications or falling and not being found because there is always somebody around.

Housing costs and living expenses are increasing and many seniors, especially women, spend their time alone. Loneliness can have an effect on health and well-being, and is a rising epidemic among older adults. Statistics Canada reports more than one million seniors say they are lonely. Being alone has profound health consequences. It lowers cognitive function; increases premature death as well as the risk of heart attack, stroke, depression and the risk of falls.

Multi-generational communal homes started in Denmark about 40 years ago. This concept is becoming more popular in Canada and around the world. Today the idea is focussed on seniors who like to age with dignity and independently but with support of each other.

So why home sharing?

- Home sharing saves money by dividing the cost of a home between the members.
- Companionship prevents social isolation.
- Interdependence by sharing house duties and still remaining independent promotes a healthy life style.
- Security of not being alone or isolated decreases anxiety levels
- Sharing a home means that less stuff is required, minimizing belongings and share what is meaningful.
- Living independently and sharing a common life style is a healthy and meaningful way of growing old in a small, supportive community.

If every individual feels appreciated, everyone benefits. Home-sharing is an alternative way of aging with dignity, compassion and respect within a family-like community.


Please share your thoughts:

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Sources: www.aplaceformom.org,
www.seniorsresource.com, CBC Radio The Sunday Edition "My last big adventure" June 10, 2018,
www.cbc.ca/news/health/seniors-cohousing-baby-boomers-loneliness-mental-health.



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