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SENIORS AT HOME: RESOURCES FOR INDEPENDENCE FOR ELDERS

Many people are passionate about continuing to live in their own home, in the neighborhood they love.

Newton at Home (NAH) is local organization, which was founded to help residents to live active, vibrant, and connected lives in their current Newton neighborhoods. NAH is part of a national movement of "villages" that have sprung up across the country over the last few years.

The "village movement" is a grassroots effort to build communities that support aging in place. Modeled after the Beacon Village in Boston, there are over 50 "virtual villages" across the country (and more are planned), where neighbors are engaging each other to organize, incorporate and take charge of their later years. The resulting communities provide residents access to community resources and social and educational opportunities so members, as they age, can live safely and confidently in their homes and neighborhoods.

The items on this list are available at this library or through the Minuteman Library network. Ask a librarian, if you need help in locating any of these titles or similar titles.

Abbott, Pauline. **Recreating Neighborhoods for Successful Aging.** Baltimore, MD: Health Professions Press, 2008. (ON ORDER, may be reserved)

Achenbaum, W. Andrew. **Older Americans, Vital Communities: A Bold Vision for Societal Aging.** Baltimore, MD: Johns Hopkins University Press, 2005. **305.26 ACHENBAUM 2005**

Altman, Adelaide. **Elderhouse: Planning Your Best Home Ever.** White River Junction, VT: Chelsea Green Pub., 2002. **720.846 ELDERHOUSE 2002**

Battaglia, Beverly. **Changing Lanes: Couples Redefining Retirement.** Charleston, SC: BookSurge, c2008. **646.79 B32C 2008**

Beacon Hill Village. **Village Concept: A Founder's Manual**. Boston: Beacon Hill Village, 2006. **REF 307.76 V71B 2006**

Carstensen, Laura L. **A Long Bright Future: An Action Plan for a Lifetime of Happiness, Health, and Financial Security**. New York: Broadway Books, c2009. **613.2 C23L 2009**

Cason, Ann. **Circles of Care: How to Set Up Quality Home Care for Our Elders**. Boston: Shambhala, 2001. **362.6 CASON 2001**

Durrett, Charles. **The Senior Cohousing Handbook: A Community Approach to Independent Living**. Gabriola Island, BC: New Society Publishers, c2009. **363.594 D93S**

Growing Older in Massachusetts: A Guide for the Family. Weymouth, MA: Growing Older Information Products, 2006. **REF 362.196 G91G 2007**

Hodge, Gerald. **Geography of Aging: Preparing Communities for the Surge in Seniors**. McGill-Queen's University Press, 2008. (ON ORDER, may be reserved)

Hogan, Paul. **Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions**. New York: McGraw-Hill, 2010. **362.61 H67S 2010**

Levine, Robert. **Aging with Attitude: Growing Older with Dignity and Vitality**. Westport, CT: Praeger Publishers, 2004. **305.26 LEVINE 2004**

Loverde, Joy. **The Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help**. New York: Three Rivers Press, c2009. **362.6 L94C 2009**

Miller, Jim. **The Savvy Senior: The Ultimate Guide to Health, Family, and Finances for Senior Citizens**. New York: Hyperion, c2004. **305.26 MILLER 2004**

Navasky, Miri (Director). **Living Old: The Modern Realities of Aging in America** (DVD videorecording). Alexandria, VA: PBS Home Video, c2006. **DVD 305.26 L76L**

Peters, Rick. **Practical Improvements for Older Homeowners: Easy Ways to Make Your Home More Comfortable As You Age**. New York: Hearst, 2009. **643.7 P44P 2006**

Rubin, Lillian B. **60 on Up: The Truth about Aging in America**. Boston: Beacon Press, c2007. **305.26 R82S 2007**

Stafford, Philip B. **Elderburbia: Aging with a Sense of Place in America**. Santa Barbara, CA: Praeger, c2009. **305.26 S77E 2009**

Vaillant, George E. **Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development**. Boston: Little, Brown, 2002.
305.26 VAILLANT 2002

Vierck, Elizabeth. **Aging: Demographics, Health, and Health Services**. Westport, Conn.: Greenwood Press, c2003. **362.198 VIERCK 2003**

INTERNET RESOURCES

Two highly informative Washington Post articles about the Village Movement:

www.washingtonpost.com/wp-dyn/content/article/2010/02/08/AR2010020802459.html?sub=AR

- "Village groups help seniors remain in their homes as they grow older (2/9/2010)

www.washingtonpost.com/wp-dyn/content/article/2010/02/23/AR2010022304573.html

- "AARP studies D.C. seniors who join aging-in-place networks" (2/28/2010)

<http://depts.washington.edu/geron/images/08conf/Roop.pdf> - "Aging in Community: The Beacon Hill Village Model in Boston" Introductory report.

<http://newtonathome.org/> - Web site of Newton at Home (NAH), which was founded to help residents to live active, vibrant, and connected lives in their current Newton neighborhoods.

<http://vtvnetwork.clubexpress.com/> - Village to Village (VtV) Network Web site.

www.800ageinfo.com/ - Web site provides information for Elders to find the resources they need to maintain their independence and to improve their quality of life.

www.beaconhillvillage.org/ - Web site for the Beacon Hill Village organization.

www.chapa.org/?q=publication_view/152&destination=publication%3Fpage%3D1%26search%3Dfalse - "Aging in place successfully with affordable housing and services" (Boston, MA: Coalition for Senior Housing of Massachusetts, 2007)

Seniors at Home Resources Bibliography.doc Reference Department EJW, June 22,
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