

Dear Friends:

As interest in senior cohousing continues to increase, I have received innumerable requests for a workshop or curriculum that takes people through the inquiry process and enables people to explore community and various aging in place issues. As a result of the many requests I have received over the last several months, a workshop has been developed for people who are interested in facilitating Study Group I, which is referred to in my book, *Senior Cohousing: A Community Approach to Independent Living The Handbook*, Ten Speed Press 2005 ISBN 0-945929-30-7.

This 'Train the Trainer' facilitator workshop will be highly experiential. Thought pieces and exercises will be done as 'homework' for each interactive session. Participants will engage in a comprehensive exploration of cohousing and the issues that surface when working with diverse groups of people considering cohousing.

This 'Train the Trainer' workshop gives participants the tools needed to go back to their home communities and conduct Study Group I sessions in the hopes of fostering interest in establishing senior cohousing communities throughout the United States. The workshop is designed to help people examine issues related to senior cohousing and aging in place within the context of a safe and comfortable environment of inquiry and discovery.

In the context of striking the difference between living in a community or the alternatives, issues explored in Study Group I include topics such as:

- Aging in place and community
- The economics of the alternative living arrangements
- Co-healing and the role of community
- Co-care and assistance in community
- Psycho/social issues in the aging process
- Self determinism in the elder years
- Physiological/anatomical changes inherent in the aging process
- How to strike the difference between addressing these issues in isolation or in community
- Downsizing
- Emotional and social well-being
- Philosophical and spiritual questions (mortality and beyond)
- Sage-ing: What we have to offer the world
- Community design
- Designing for aging in place

WHAT: ³Train the Trainer² for Senior Cohousing Facilitators Workshop

WHEN: April 24 28, 2006 (9:00 am 4:00 pm daily)

WHERE: Nevada City Cohousing Common House, Nevada City, CA

WHY: Provide participants the tools to go back to their communities and conduct training sessions to help promote interest in creating senior cohousing communities.

COST: The cost of the entire 5-day workshop is \$800.00 and includes a comprehensive syllabus/workbook, breakfast and lunch.

The ³Train the Trainer² workshop will be conducted by me, and you, the participant. I will share my considerable exposure to the process used by European elders who choose to live in senior cohousing.

This workshop is not only about the issues of aging in place and how community really makes that possible. This workshop will also provide mechanisms for seniors to get together and solve their own problems for themselves. The design of the workshop provides seniors with direction and support to decide if community living is for them.

I extend an invitation to you to join in this exciting workshop. Use your energy and interest to help foster the cohousing movement in the United States, and help others to understand the enormous social and psychological benefits of community. Please let me know of your interest in attending so that I may follow up with the reservation form in the very near future.

If you have questions, please email charles.durrett@cohousingco.com <<mailto:charles.durrett@cohousingco.com>> and include ³Senior Cohousing² in the subject line. Please feel free to forward this letter to other people and organizations whom you believe would have an interest in knowing about, and/or attending, this workshop.

Thank you for helping to promote the enhanced quality of life for seniors.

Charles Durrett
Architect and Author