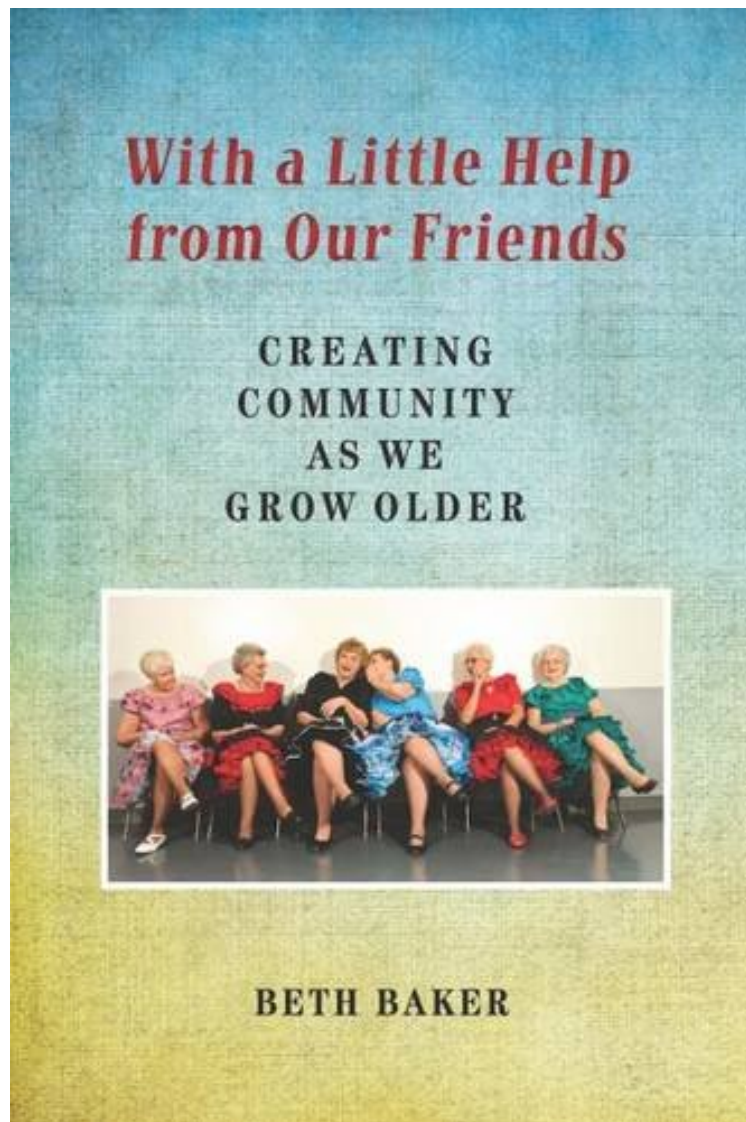


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With a Little Help from Our Friends: Creating Community as We Grow Older

Beth Baker

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Beth Baker : With a Little Help from Our Friends: Creating Community as We Grow Older before purchasing it in order to gauge whether or not it would be worth my time, and all praised With a Little Help from Our Friends: Creating Community as We Grow Older:

27 of 27 people found the following review helpful. a great gift to readers By Patricia L. Weil A book like this is a great

gift to us readers at large, especially for those of us who are moving toward our seventies, are into our seventies or eighties, as well as for younger people with elderly parents. This is information we need to know! From her easy, conversational style, combined with an abundance of fact, one can see right away why Beth Baker is an award-winning journalist. She also has a very deep commitment to her subject matter, as evidenced by the great number of miles she has traveled in her research and the many hours of conversation and interviewing she has put in. Baker's purpose in this book is to shed as much light as possible on the alternative ways that people are choosing to live as they age. She devotes the greater part of her book to examining the most viable options individually, each in their own separate chapters. Each chapter contains a world of material, both factual and anecdotal. From the wealth of material Baker offers, readers would be easily able to take off on their own into a more personal world of research. Being myself quite an introvert, my own favorite living plan is the Community Without Walls, in which members live not together but within a network of strong, supportive community. For each alternative living arrangement, Baker has made it her goal to speak not only to management (sometimes founders) but to multiple residents as well. For each option, she has visited more than one community-and is sure to provide for the reader the names of similar communities and of organizations working alongside, to provide needed services. It is obvious from the detailing of these conversations that they were friendly, open, and frank. The reader feels the authenticity in this research. Baker also sheds light on the new trends in building for elders, the designing of homes as well as of whole communities. She also cites services and new concepts in elder care service. This book is such a valuable resource for seniors that I urge you to mark it and keep it-there's an amazing amount of information in it. This book makes very clear that aging in place is not the complete solution for elders. People of all ages need community. Research strongly suggests that elders age more gracefully and healthily with a strong sense of community. This book is a fine and dedicated piece of work! I couldn't recommend it more highly. 10 of 10 people found the following review helpful. Beth Baker did an excellent job of writing a really intriguing

By Louise Machinist "With a Little Help from Our Friends" should be on every boomer's, senior's, public policy makers', retirement and healthcare planner's and/or housing-related social service agency's shelf or e-reader. AARP realized that when they featured it in their senior housing trends issue. This book is a prime time overview of hugely important social trends, as the baby boom generation explores creative options for positive aging, including aging in place in supportive community. Beth Baker did an excellent job of writing a really intriguing, as well as informative, book that incorporates illustrative interviews and personal examples. At the end of each segment, I had a yearning to meet the visionary people who were profiled. Bottom line: this important book spurs awareness of the intersecting challenges and opportunities facing millions of people who are seeking innovative lifestyle options as we age.

Louise S. Machinist, co-author, "My House Our House: Living Far Better for Far Less in a Cooperative Household" 9 of 9 people found the following review helpful. Very well researched, comprehensive, nicely written

By A. Pak Very well researched, comprehensive, nicely written review of community alternatives to aging alone. I'll wait for used books to show up and buy a few for friends (gotta keep the price down - retired).

In this book, an award-winning journalist tells the story of people devising innovative ways to live as they approach retirement, options that ensure they are surrounded by a circle of friends, family, and neighbors. Based on visits and interviews at many communities around the country, Beth Baker weaves a rich tapestry of grassroots alternatives, some of them surprisingly affordable: a mobile home cooperative in small-town Oregon; a senior artists colony in Los Angeles; neighbors helping neighbors in "Villages" or "naturally occurring retirement communities"; intentional cohousing communities; best friends moving in together; multigenerational families that balance togetherness and privacy; niche communities including such diverse groups as retired postal workers, gays and lesbians, and Zen Buddhists. Drawing on new research showing the importance of social support to healthy aging and the risks associated with loneliness and isolation, the author encourages the reader to plan for a future with strong connections. Baker explores whether individuals in declining health can really stay rooted in their communities through the end of life and concludes by examining the challenge of expanding the home-care workforce and the potential of new technologies like webcams and assistive robots. This book is the recipient of the annual Norman L. and Roselea J. Goldberg Prize for the best project in the area of medicine.

"The audience for this must-read book is [baby] boomers and everyone else." Library Journal [Baker] provides a well-informed, thoughtful, intelligent, and insightful analysis of why all of us should not be afraid to look forward into our future and make critical decisions now about how we wish to live our lives in old age. [...] She has done a masterful job of telling stories that have integrated her relationship with her interviewees into the larger picture of how and why housing systems and facilities for older adults are constructed and the social and political policies that may or may not exist to assist persons living into old age. [...] Baker's book provides something for everyone, and then some." PsycCRITIQUES, American Psychological Association

"With a Little Help from Our Friends is a thoughtful and clear-eyed look at the opportunities and challenges of aging in community. Every Baby Boomer who wants to 'age in place' should read this book. So should their children." —Howard Gleckman, author of *Caring for Our Parents*,

Resident Fellow, the Urban Institute" *With a Little Help from Our Friends* is timely and instructive. By weaving together stories about nine ways to think about community building, Beth Baker helps Boomers imagine alternatives as they prepare for living arrangements more permanent than Woodstock and less scary than where their (grand)parents ended up." W. Andrew Achenbaum, Deputy Director of the Consortium on Aging at the University of Texas Medical School" Beth Baker courageously and empathetically asks the question many Baby Boomers avoid: How will we make it through our aging years with dignity, independence and pleasure? The answers she receives from folks around the US, straight and LGBT, reassure us that there are already promising paths being carved." Michele Kort, Senior Editor, *Ms. Magazine* From the Inside Flap Experiments from across the country with new living arrangements that balance independence and community as one grows older About the Author Beth Baker, a long-time freelance writer whose work has appeared in the *Washington Post*, *AARP Bulletin*, *Washingtonian*, and *Ms. Magazine*, is the features editor of *BioScience*, the journal of the American Institute of Biological Sciences. Baker is the author of *Old Age in a New Age: The Promise of Transformative Nursing Homes*, also published by Vanderbilt University Press. She and her husband live in a close-knit community in Takoma Park, Maryland.