

Aging in community: Pathways for individuals & families

The majority of older adults want to stay in their homes and communities as they age. Accessible, affordable housing is part of our recipe for success.



Here are some options to consider when planning your next stage of life

Stay in your home

Many seniors prefer to stay in their own home, but need support to do so.

- [Resident-owned cooperatives \(ROCs\)](#): ROCs provide housing security for seniors living in manufactured home parks.
- [Home replacement](#): Energy Trust of Oregon provides free or reduced-cost home replacement and weatherization for unsafe and energy-inefficient manufactured homes.
- [Short-term financial assistance](#): Oregon Housing and Community Services (OHCS) and your local Community Action Agency may provide short-term rent, mortgage, and utility assistance.
- [Oregon Property Tax Deferment](#): Senior and disabled homeowners can apply for property tax deferment (based on income).

Retrofit and repair

Some older adults choose to stay in their homes and retrofit them for physical accessibility as they age.

- [Retrofitting your home](#): Retrofit your house before it becomes urgent.
- [Retrofitting rentals](#): Renters have the right to request reasonable accommodations and modifications to their housing.
- [Repairing and weatherizing your home](#): Improve safety, reduce energy costs, and improve resiliency in extreme weather.

Share your home

Some seniors choose to find housemates or live with family to reduce their cost of living and have access to community.

- [HomeShare International](#): Learn about the benefits of living with housemates.
- [Multigenerational family housing](#): Best practices for living with family.

Downsize

Some seniors choose to move into smaller housing or split their home to save money and reduce the amount of maintenance they have to do themselves.

- [Middle Housing](#): Consider a duplex, triplex, accessory dwelling unit (ADU), or cottage cluster.
- [Duplex conversion](#): Turn your single-family home into a duplex (rent or sell one side).
- [Lot splitting](#): Reduce your maintenance by partitioning or subdividing your lot and selling unused portions.

Community-based housing

Many seniors choose options that expand their community and support systems.

- [AGE+](#): Intentional senior housing in Talent.
- [Bridge Meadows](#): Housing communities for elders and foster families in Redmond, Portland, and Beaverton.
- What community-based housing options do you want to see in your community? [Contact our team](#) for advice on advocacy/organizing.

Build an accessory dwelling unit (ADU)

Build an accessible ADU on a friend's or family member's property.

- [AARP Guide](#): Step-by-step guide to design and development.

System-wide strategies to support aging communities

There is a nationwide shortage of age-friendly and accessible homes—especially for low-income families and individuals. Advocates and policymakers can create policies to increase the options and stability for aging community members.

Increase supply

Building age-friendly and accessible housing can be made easier by:

- Streamlining permitting for age-friendly housing.
- Creating preapproved accessible, age-friendly, and retrofit-ready middle housing models.
- Supporting intergenerational cohousing.

Create age-friendly infrastructure

Accessible neighborhoods are about more than just housing. They also are enhanced by:

- Creating compact, walkable, and accessible neighborhoods.
- Funding accessible and efficient public transit and active transportation.
- Implementing age-friendly neighborhood design.
 - [View Portland's plan.](#)

Protect existing accessible homes

Preventing the displacement and eviction of seniors involves:

- Support resident-owned cooperatives (ROCs).
- Preserve manufactured home parks with protective zoning.
- Fund eviction prevention for seniors.

Enforce Fair Housing

Keeping older renters in their homes can include educating landlords and tenants about:

- Tenants' rights to reasonable accommodations and modifications.
- Antidiscrimination laws around disability and age.

Increase heat and disaster resilience

Older adults are more vulnerable to temperature extremes and natural disasters; advocates and policymakers can help by:

- Improving access to weatherization and air-conditioning.
- Planning disaster response and evacuations with and for older adults, people with disabilities, and caregivers.



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Since 1974, 1000 Friends of Oregon has worked with Oregonians to enhance our quality of life by building livable urban and rural communities, protecting family farms and forests, and conserving natural areas.



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