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# Intentional Neighboring: Improving Healthcare Outcomes and Social Awareness

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Family C.A.R.E. Services, Inc., Greenville, SC

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# Learning Objectives

1. Describe how to address aging in place, reducing isolation, and increasing awareness between health, environmental, and personal factors.
2. Identify options for affordable housing and community support.
3. Explain how five design patterns are integral to addressing growing mental health issues.



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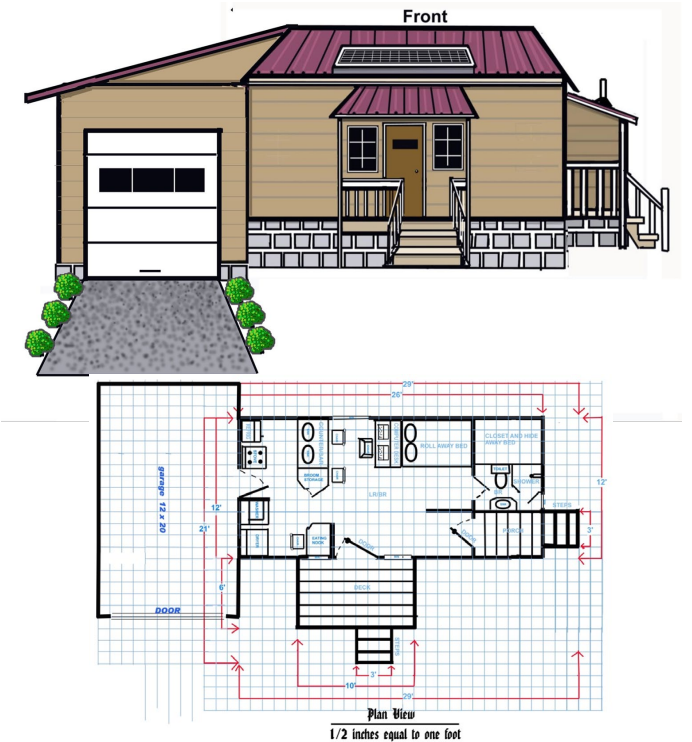
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# Family C.A.R.E. Services, Inc, & One Quest, Inc

**Mission of C.A.R.E. Consortium (a joint venture):** to provide comprehensive behavioral health support to enhance primary care outcomes for those who trust us to provide community service to them and/or their family.

- **Planned Features**
  - Business incubation
  - Planned housing
  - Social services and health care
- **50/50 split in population**



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# Existing Intentional Community Sites

## All Generations of Hope (GOH) Inspired

In Operation <sup>1</sup>	In Development
<ol style="list-style-type: none"><li>1. Hope Meadows, <i>Rantoul, IL</i></li><li>2. New Life Village, <i>Tampa, FL</i></li><li>3. Treehouse Communities, <i>Easthampton, MA</i></li><li>4. Bridge Meadows, <i>Portland, Beaverton, Redlands, OR</i></li><li>5. Genesis, <i>Washington, DC</i></li><li>6. Bastion Community of Resilience, <i>New Orleans, LA</i></li></ol>	<ol style="list-style-type: none"><li>1. Generations Village, <i>Springfield MO</i></li><li>2. Oasis, <i>South Bend, IN</i></li><li>3. One Roof, <i>Chicago IL</i></li><li>4. Patuxent Common, Howard County Autism Society, <i>Howard County, MD</i></li><li>5. Building Ohana, <i>Spokane, WA</i></li><li>6. Sweetgrass, <i>Nashville, TN</i></li><li>7. All Inclusive Living, <i>Columbus, OH</i></li><li>8. One Kin Roof, <i>Tampa, FL</i></li></ol>

# Increasing Awareness: Health, Environment, and Personal Factors

## 5 Domains (SDOH)<sup>2</sup>

1. Economic Stability
2. Education Access and Quality
3. Health Care Access and Quality
4. Neighborhood and Built Environment
5. Social and Community Context

## Social Determinants of Health



Social Determinants of Health  
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 Healthy People 2030

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# Aging In Place

## Changing Demographics in America<sup>3</sup>

- 22% of Americans will be 65 or older in 2050
- 32% of adults ages 18 to 34 live at home
- 48% of adults are single
- 27% of children live in a single-parent household

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# Reducing Isolation

- “Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated”<sup>4</sup>
- Intentional Communities will aid the following types\* of individuals:
  - \***Paul** - Age 36, paraplegic resulting from a car accident
  - \***Tina** - Age 56, divorced mother of one child (age 19) designated as 100% disabled by her psychiatrist but is not eligible for disability benefits due to not insufficient work history.
  - \***Dolores** - Age 63.5, divorced working professional without children
  - \***Christopher** - Age 31.5, young unmarried professional currently living as a care companion for
  - \***Mark** - Age 26, diagnosed with autism and epilepsy.

# Affordable Housing Models

## Smaller Dwellings<sup>3</sup>

- Model Examples
  - Tiny Houses
  - Micro-units
  - Micro-lofts

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# Affordable Housing Models

## Shared Housing<sup>3</sup>

- Blending private and shared spaces
- Designed for collaboration and interaction
- Model examples
  - Group living
  - Cohousing
  - Home Sharing

# Affordable Housing Models

## Accessory Dwelling Units (ADUs)<sup>3</sup>

Model examples

- Garage apartments
- Backyard cottages
- Self-contained suits

## Homes for All Ages<sup>3</sup>

Universal Design

- Example features
  - Open floor plans
  - Multiheight countertops
  - Gently sloped walkways

# Community Support

## Foundational Values of Intentional Neighboring/ Community (GOH Model)<sup>5</sup>

1. Embracing the power of relationships
  - innate ability to form caring relationships
2. Reframing vulnerability
  - viewed as friends, family, and loved-ones
3. Engagement of older adults
  - opportunities for daily, purposeful involvement with the community

# Community Support

- Intentional Neighboring leverages the power of a fully-engaged community
- Characteristics<sup>5</sup>
  - Focus on need for caring relationships
  - Views vulnerable persons as assets to community
  - Reliance on ordinary people's capacity to care for each other
  - Address needs across generations and income levels
  - Assistance is community-driven

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# Five Design Patterns of GOH Model

## Design Pattern 1: A Key Focus on Vulnerability<sup>5</sup>

- Unifying focus on mitigating or overcoming specific chronic challenges
- All community members become problem-solvers
- Examples of populations receiving support from intentional communities:
  - Families of adopted or foster children
  - Young adults with intellectual or developmental disabilities
  - Wounded warriors and survivor families



# Five Design Patterns of GOH Model

## Design Pattern 2: Three or More Generations<sup>5</sup>

- Meaningful and daily interaction between three or more generations
- Communal spaces and physical design
- Aging in place
- Inclusive programs and policies designed to encourage interaction

# Five Design Patterns of GOH Model

## Design Pattern 3: Embracing Diversity<sup>5</sup>

- Shared purpose fosters meaningful interaction
- Program design practices bringing all residents together frequently
- Community enrichment through embracing diverse experiences, ideas, and customs

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# Five Design Patterns of GOH Model

## Design Pattern 4: Architectural Design<sup>5</sup>

- Physical design facilitates natural development of relationships
- Community purpose guides design
- Communal Spaces
  - Community center
  - Vehicular traffic minimized
  - Office and intergenerational spaces optimally placed
  - Universal Design

# Five Design Patterns of GOH Model

## Design Pattern 5: Transformational Leadership<sup>5</sup>

- Empowerment of community members
- 5 key components
  1. Build collaborative relationship with community members
  2. Flexibility and openness to evolving community needs
  3. Provide leadership *with* the community
  4. Encourage diverse opinions and suggestions from all community residents
  5. Full utilization of special talents found within the community

# Lessons Learned

## 2016 - Present

- 1. Building upon prior experience and using experts is essential**
  - streamlines standard operating procedures
- 2. Choosing a well-developed model to follow**
  - guides funding and direction of project
  - organizes efforts

## 2022 - Present

- 1. Having mentorship from a visionary is essential**
  - Following a long-term plan
- 2. Building a team is an ongoing process**
  - Identify your role in project development
  - Lean on the strengths of team members

# Key Takeaways

- **Plan: Engage team members and community partners** - develop a detailed proposal of how Intentional Community will serve your organization
- **Prepare: Research models** - decide which model will best align with your organization's long-term plan
- **Pursue: Create a timeline** - actively meet and lay out the process for achieving your long-term goals

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# Questions?



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