

10 Reasons People Choose to Live in Cohousing

From Quimper Village [www.quimpervillage.com/resources/]

Here is our amended excerpt from one of Chuck's [Durrett's] workshop books:

10. Financial - sharing resources, sharing upkeep and maintenance costs, living and using facilities that are well built.

9. House Size - the house we will live in will be smaller than the one we are currently in, yet will be designed and built to suit our needs. It will be energy efficient and easier to maintain. The common house, which we will all share, will still allow us a gathering place for meals, social activities, and meetings.

8. Maintenance - upkeep on an older house gets to be too much work and can be a drain on energy, pocketbooks and time.

7. Friendship - allows people to build a community of peers - others to share conversation, meals, and activities with. Living near means friends and companionship are just steps away.

6. Shared Resources - the community shares a garden, tools, laundry facilities, parking, art supplies, work projects and more.

5. Meals - common meals provide a place for companionship and an opportunity to share with neighbors and friends. Good food, good fun - makes good friends.

4. I Don't Want To Be A Burden - something many seniors say when referring to their children or other family members. Family can often live far away or have jobs, children and lives that take up much of their time. We don't want to add to their already full and stressed lives. We can have our own space and lives and if kids and family come for visits the time can be spent enjoying each other's company instead of doing projects, repairs or taking care of neglected business matters.

3. Belonging - we all want to feel like a part of something. We want to feel important, feel like we have value, feel like we can contribute to the benefit of something that is of importance to ourselves, others and our community.

2. Safety and Less Stress - our neighborhood unfolds just outside our front doors so we can watch out for and take care of each other and we can feel less vulnerable.

1. **Health and Longer Lives**- an active social life helps us stay involved in activities that keep us fit in body and mind. Helping and working for and with others gives us a sense of purpose in our lives. Studies have shown this may lead to an actual extension of our physical and mental lives. *[emphasis added]*

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