

Innovations in Healthy and Active Aging: A Case Study of "Aging in Place" in Northern California

Authors : Lisa Handwerker

Abstract : Using a Medical Anthropological lens, the paper will explore ideas related to "aging in place" among Northern Californian older adults. Older adults seek independence, autonomy, flexibility, engagement, fulfillment and community in their pursuit of the highest quality of life. These values are at the heart of healthy and active "aging in place". Drawing on a case study, the paper will examine one membership based non-profit organization for older adults united by the members' desire to be healthy and active while remaining in their homes for as long as possible. Relying on both volunteer and paid work, the paper explores the use of volunteer peer-to-peer support, community building and advanced technologies toward this goal.

Keywords : aging in place, healthy and active aging, northern california, medical anthropologist, engagement, autonomy, flexibility, community, volunteers, quality of life

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