



Villages

A POWERFUL WAY TO ADDRESS THE RISKS
OF AGING—ESPECIALLY SOCIAL ISOLATION

Causes of Social Isolation

- Retirement
- Death of a partner or friends
- Moves
- Reduced mobility
- Disability



Consequences of Social Isolation

- Depression
- Abuse of prescription drugs, alcohol
- Poor health
- Higher use of institutional health services
- Death



Options for Staying Engaged

- Move to be near children
- Move to a residential community
- Take up new activities
- Be a power Facebook user
- **Join a Village**



Villages are Old—Yet New Again

In villages, historically

- People live near each other
- Develop pleasant acquaintances
- Provide mutual support
- And sometimes develop deep friendships



Modern Villages

- Not a place: Villagers live near, but not necessarily with, each other
- Bring services to people rather than people to services
- First one started by neighbors in Boston more than 20 years ago
- More than 300 open villages in the US, with more in development
- A national network of independent villages:
www.vtvnetwork.org



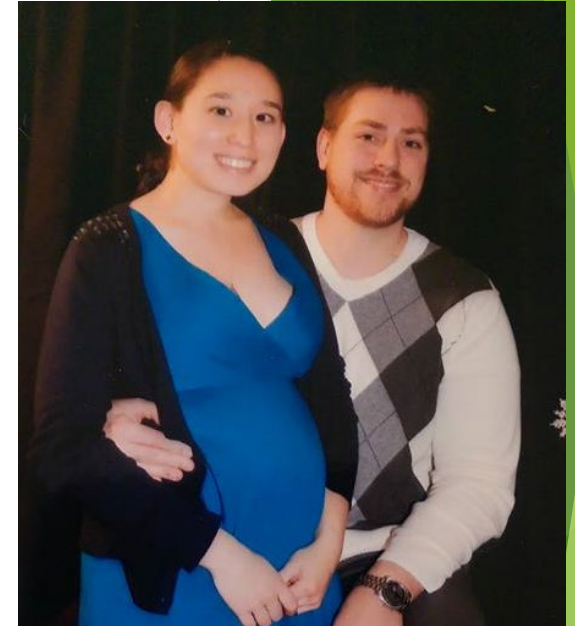
What is a Village?

- Membership-based, grassroots, nonprofit
- Run by volunteers & paid staff
- Feature enriching events and activities
- Provide volunteer services
- Access to referrals as well as vetted & discounted services



Engagement and Assistance, Intertwined

- ▶ Two major purposes:
 - Fostering *meaningful* engagement with others
 - Offering assistance
 - by members and other volunteers
 - supported by a small paid professional staff



Ways to Connect

- Attend many different kinds of events and groups
- Help others within and outside of the Village
- Get support from volunteers (who may also be members)

If you can imagine it, it can happen!



Seattle Area Villages

Six open Villages:

- Eastside Neighbors Network
- NEST (Northeast Seattle Together)
- Northwest Neighbors Network (North King and South Snohomish Counties)
- PNA (Phinney Neighborhood Association) Village
- Vashon Villages
- Wider Horizons (primarily residents of Central Seattle)

