

Life at Home and Aging In Community| 6-week course
2pm to 4pm University Hall, Room 150

Faculty facilitator: Susanne Stadler

Week 1/October 3: Introduction: Design Principles for being 'At Home With Growing Older'

Key issues: Age-friendly Design is more than safety: connection, play, learning, health, comfort

- Susanne Stadler, Stadler Architecture, Co-Founder, Executive Director, At Home With Growing Older (AHWGO)
- Clare Cooper Marcus, Professor Emerita, College of Environmental Design

Week 2/October 10: How to make your home a partner in your personal health, comfort and delight

Key issues: Adapting your environment to your needs and comfort instead of you adapting to your environment

- Susanne Stadler, Stadler Architecture, Co-Founder, Executive Director, At Home With Growing Older (AHWGO)
- Donna Schempp, LCSW, Deputy Director, AHWGO

Week 3/October 17: Smart Homes: From simple tools to digital technology

Key Issues: Optimize personal functionality, abilities and health

- Richard Caro, Co-Founder, Tech-enhanced life
- Tasneem Babul, Industrial Designer

Week 4/October 24: The Home as Point of Care: Self-Health Care

Key Issues: How to be your own gerontologist.

- John Newman, MD, PhD, Buck Institute

Week 5/October 31 : Putting one's house in order

Key Issues: Curating one's possessions for peace of mind and enjoyment

- Lauren Vanett, OLLI faculty: 'Holding On and Letting Go'
- Nina Johnson, Simply Organized, Professional Organizer

Week 6/November 7: Village, Continuum, Age-Friendly Cities and Universities

Key issues: Community resources, transportation, communal living options

- Andrew Scharlach, PhD, Professor, UC Berkeley - School of Social Welfare
- Steve Lustig, **Associate Vice Chancellor Emeritus, Health and Human Services UCB**