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Alternative Living For the Aging: The Ultimate Cure for Loneliness

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If you are a senior citizen who is open to sharing your home with someone of like interests who could offer companionship, save money and gain a greater sense of safety and security — both from crime and physical illness, "Alternative Living for the Aging" may be your answer.

Janet L. Witkin, executive director states, "I started Alternative Living for the Aging in 1978 because I believed that older people needed affordable, safe housing alternatives to living alone and to institutionalization. Our purpose is to help older people remain independent through their interdependence.

"We facilitate a free Roommate Matching Program and have counseled over 18,029 people and facilitated matching/placing over 7,225 folks to share housing in their own apartments and houses.

We offer our services to seniors of all different ethnic and cultural backgrounds. If a person has a house, condo or apartment with an extra bedroom, our service will



Alternative living residents share a laugh during a social period.

strive to match you with a roommate of your choice. Primarily we serve seniors but you can also be matched with a middle-aged or younger person also.

Through personal interviews, ALA can help determine if shared housing is the appropriate solution for you. Then, by encouraging meetings and follow-up discussions with potential roommates, we can assist in creating the smoothest possible transition to shared living. The seniors, of course, make all decisions, themselves.

ALA has developed and operates five cooperative apartment communities where older people truly form a family and help one another with the tasks of daily living, as well as sharing the joys and sorrows of life.

Ms. Witkins makes certain that new residents in any of her villages have a cooperative spirit. "The idea is to set up a situation where older people will be there for each other, whether it's help with shopping or a sympathetic ear," she said. "Everything I've seen tells me they live longer that way."

For more information, please call Alternative Living for the Aging at (323) 650-7988.