

## The Importance of Sustainable Living for the Well-Being of the Older Adults: U.S. Case

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**Fevzi Kaya**

*Dumlupınar University, Kütahya, Turkey*  
kaya\_fevzi@hotmail.com

**Metin Özkan**

*Dumlupınar University, Kütahya, Turkey*  
camulog43@gmail.com

Sustainable living is the idea of preserving national resources and helping to preserve ecological balance in the world. The main purpose of this struggle is to create a more sustainable world. In order to make a significant contribution for the well-being of people around us, sustainable living is a crucial point to consider. As you know, the U.S. population is getting older, and it is estimated by 2030, approximately 70 million individuals would be 65 or older in the U.S., so as the population of older people increase, the need for the adults intensifies. In order to increase the quality life of older adults: what type of sustainable housing would be conducive, what type of housing material should be used for the inside and outside of the home, what type of sustainable clothing should be used, and what type of an environment should be constructed are going to be the main questions addressed in this research.

**Keywords:** Sustainable Living, Sustainable Housing, Housing Material, Sustainable Clothing, Co-Housing and Shared Living.