

# [The ABCs of ADUs: A Guide to Accessory Dwelling Units](#)

[The ABCs of ADUs](#) is a guide to Accessory Dwelling Units and how they expand housing options for people of all ages.

A primer for elected officials, policymakers, local leaders, homeowners, consumers, and others, this 24-page introductory and best-practices guide provides guidance for how towns, cities, counties, and states can include ADUs in their mix of housing options.

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**AARP** was founded in 1958 and has 37 million members. It is a nonprofit, nonpartisan organization for people over the age of 50. AARP is well-known for its advocacy efforts, providing its members with important information, products, and services that enhance quality of life as they age. They also promote community service and keep members and the public informed on issues relating to the over 50 age group.