



Elderly People Living at Home: Model for planning improvements

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The Prerequisites of the Elderly for Living at Home: Criteria for Dwellings, Surroundings and Facilities



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TTS Institute, Finland (co-ordinator)

ProASolutions, Spain

Danish Building and Urban Research, Denmark

VTT Building and Transport, Finland

Wageningen University, the Netherlands

Local representatives of industry, state agencies, municipalities
and third sector



Purpose and aims



- *Purpose* Improving the conditions of living at home of the elderly
- *Aim* Encourage both the supply and demand for innovative solutions
 - Demand: Raising the awareness and encouraging the seniors (and their relatives) into demanding solutions that make independent living at home possible
 - Supply: Providing planners, builders, promoters and policy makers with a model that will help them to improve the supply of such solutions



Main focus



- Existing buildings
- Practical manageability of the housing functions, in three areas:
 - Dwelling
 - Surroundings
 - Facilities for services



Model of independent living – The Ball Model



- Framework for criteria concerning living conditions
- Holistic approach
- A virtuous cycle: independent living, feeling of coping, staying in better overall condition despite weakening capabilities, independent living
- Starting point: Life and activities, not constraints



Ball model: Dwelling



Activities in the home

Main activities

- Sleeping and resting
- Personal hygiene

Supporting activities

- Maintenance
- Housework

Qualities of the dwelling

- Aesthetics
- Functionality
- Comfort
- Safety
- Security

DWELLING



Resources

- Spaces (rooms)
- Furniture
- Appliances

Abilities

- Cognitive
- Sensory
- Physical



Activity Cards: example



Activity: personal hygiene and dressing

Washing oneself, going to the toilet, dressing and undressing are parts of personal hygiene and dressing. A place to wash oneself and a toilet is needed. There should be room for dressing and clothes, hygienic personal care utensils and for a mirror. The actions can be difficult to perform by standing. Assistance can be needed. Water on the floor can be slippery

Demand of activity

Variables

Easyness to sit up and get up on the toilet seat.

QUALITY

Safety

ABILITY

Physical
(balance, handling, moving, strenght)

RESOURCES

Space
(bathroom, sauna and toilet)



Applications



- In existing buildings and surroundings, tool for participatory planning, enabling the planners and users to communicate and become aware of needs and possibilities. *Puotila, Helsinki, Finland*
- In new buildings and surroundings, “representing” the future user. *Esparreguera, Spain*
- In developing services, enhancement of creative solutions.



Future challenges



- Improving the tool for participatory planning in rural Finland
- Involving all the relevant actors: the senior, relatives, municipal promoters, service providers, planners
- Helping mutual communication and responsibility sharing
- Allowing consideration of ranges of solutions (in terms of technical and economic constraints)
- Must be easy to use and flexible