



AFFORDABLE HOUSING
AND THE CHALLENGE
OF AN **AGEING** POPULATION
IN EUROPE –
SUCCESS STORIES

PREPARING THE FUTURE



European Year for **Active Ageing**
and **Solidarity between Generations** 2012



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2012 – European Year for Active Ageing and Solidarity between Generations

The European Year is raising public awareness about the contribution older people make to society. The aim of this initiative is to encourage political decision-makers and stakeholders at all levels to work for better framework conditions for active ageing and to reinforce intergenerational solidarity. Active ageing and solidarity between generations is one of the main aspirations of the Europe 2020 strategy to promote growth and employment, in the context of the smart and inclusive growth objectives.

The real challenge is to involve the growing number of older people in these objectives. This entails ensuring that people are able to work longer and to lead an independent life for as long as possible.

To guarantee the latter, we particularly need an adequate housing supply. The home has to take into account the needs of older people and must be located in a neighbourhood that allows for social and societal participation. If needed, social, medical and care services must be available and used. Finally, it is fundamental that such homes are affordable.

CECODHAS provides examples

This report provides an answer to this European concern. It exemplifies how the concerns of older people and the community's solidarity are applied in the field of housing. 19 examples were chosen from among CECODHAS members and outlined in the report.

CECODHAS Housing Europe is the European federation of Public, Cooperative & Social Housing - a network of 45 national and regional federations which together gather about 41,000 public, voluntary and cooperative housing providers in 19 countries. Altogether they manage over 27 million homes, about 12% of existing dwellings in the European Union.

The housing sector – and especially CECODHAS' members - has always dealt with the topic of intergenerational cohabitation in neighbourhoods. We have decades of experience in barrier-free building, in neighbourly living of young and old, families and singles, locals and immigrants. Assisted living measures to support occupants and neighbourly cohabitation are an integral part of what the social housing sector has to offer. Well-functioning neighbours' relations are characteristic of these successful neighbourhoods.

The 19 documented examples are as diverse as the living conditions in the different countries, the needs of the people concerned and the parties involved. The initiatives are financed by individuals, social organisations and housing companies.

All examples stand out in that solutions are found in the neighbourhood, in a network of different parties involved. What is particularly convincing is that it isn't always the financial resources that lead to success, but instead it is the commitment and empathy for people that is essential. However, it is also clear that without sufficient financial resources, developments don't succeed.

This means that, particularly in the area of urban development, housing is of the utmost importance. The whole infrastructure - and this extends far beyond the home - is to be developed in such a way as to make neighbourly commitment possible, to guarantee freedom from barriers in a general sense and, finally, to ensure that housing remains affordable for all.

In this respect the focus of the Europe 2020 strategy - active ageing and solidarity between generations - to promote growth and employment is to be considered in close connection with the development of housing. Without developing and strengthening this, the European objective cannot be reached.

The report draws on the work of the Voluntary Section of CECODHAS in 2010-2011, in cooperation with the working group on Housing and Ageing and with contributions by CECODHAS members from all sectors.

I wish the readers, especially the political decision-makers and stakeholders at all levels, to enjoy reading

this report and to find inspiration for their respective work and areas of responsibility.

Dagmar Reiß-Fechter

*Chair of CECODHAS Housing Europe
Voluntary Section*



Meeting the needs of an Ageing Population – A challenge for our collective consciousness and public policies

Jacques Marseille's speech "*Reine des Batailles, clé des Futurs*" ("Queen of Battles, Key to the Futures") in 2009 raised the issue of demography. Europe, symbolized by a grey-haired population, is the oldest continent in the world. Economists, historians, demographers and sociologists all agree: demographics and the ageing phenomenon in particular will be the economic challenges of the 21st century.

Today we are aware of the combined effects of health improvements, especially those of the 1960s, fertility rates and ageing. Whereas France is able to renew its population thanks to its fertility rate, the situation is different for other Member States. Eastern European countries are not only ageing but also becoming depopulated. Germany is a case in point. However, by 2040 Poland will be the oldest in Europe, followed by Slovakia, with an average age of 55, whereas the United Kingdom, with its culture of migration from the Commonwealth countries, will become the youngest country, with an average age of 33.

To put these figures into perspective: in 2008, the average age in France was 38 and 44 in Germany, making

the latter the oldest country in Europe. What are Eurostat's projections for 2010-2030? A 16% drop in the number of young adults, a 38 % rise in the number of seniors between 65 and 79 and a 57% increase in the number of 'very old' people. Housing and ageing come together at the convergence of private concerns and economic challenges, because in every country when we talk about 'ageing' we talk about people's life and how it can be best spent.

This is a key challenge for the European Year for Active Ageing because what characterizes this demographic evolution, besides increased life expectancy, is an increase in healthy life years that delays old age. In 2009, one of the European Commission's first papers on the subject announced that ageing would cost over 4 percentage points of the European GDP.

Why are housing and ageing, none of which fall within the EU's remit, key issues for Europe? This must be put into perspective with regard to the Europe 2020 Strategy (which replaces the Lisbon Strategy), the European Commission's programme document that lays out five targets for ageing, and the 2010 European Council which identifies the main challenges involved.

All of these reflections aim to foster territorial cohesion (92% of the European territory is rural but this represents only 52.8% of all jobs, with an income 3 times smaller than that in urban areas) and social cohesion, especially the inclusion of women who predominantly live longer, have shorter careers, lower incomes and are at risk of poverty. The Parliament and the Commission both say that housing and ageing are part of social policy, and thus the responsibility of the Member

States. Their focus is therefore on social inclusion and on innovation to stimulate the development of SMEs and technologies.

Europeans are largely homeowners and would like to age at home (90% of those over 85 and one out of two centenarians do so). Home ownership is no longer synonymous with wealth. Elected representatives' systematically propose as a response to this challenge the production of new adapted dwellings. But the reality is that it is the existing housing stock which poses the main problem. If we take France as an example, 400,000 new housing units are built per year and the total existing units amount to 31 million: it is clear that the issue is indeed one of adaptation of the existing stock.

Prevention through housing is imperative in order to allow the ageing person to remain autonomous. In the same way, we will have to deploy our collective maturity to organise public space to make room for walkers, walking aids, etc. Members of the European Parliament in the Urban Housing and Ageing Intergroup were supportive of the possibility of mobilizing funding from the European regional development Fund (ERDF) for investments in housing which would combine adaptation of dwellings to the needs of elderly people and energy efficient refurbishment.

What, then, is the European outlook for housing? The structural funds reform was undertaken mid-term in order for it to be operational in 2014. For the period of 2007-2013, the ERDF was extended for the first time to energy efficiency improvements in housing. The number of elderly people, their financial situation and their employment status confirmed the reasoning which had

prevailed in making the ERDF available for housing energy improvements. Hence the challenge of housing adaptation and preventive measures to allow elderly people to keep living a healthy life in their homes. The initiative report « Demographic change and its consequences for the future Cohesion Policy of the EU », adopted by the European Parliament, is a move in this direction.

This would also have the effect of reducing the pressure of increased life expectancy on health systems. Better prevention of ageing-related risks through housing promotes longer, healthier and more independent ageing. Preventing falls among older adults would avoid hospitalization and placement in specialized facilities that are costly for both the families and the public authorities. These structures are indispensable for people who can no longer be independent, but through prevention they can be reserved for the elderly person's very last years.

The debate between the Commission, the Council and the European Parliament over the terms of the new Structural Funds budget policy for 2014-2020 is lively. Each entity would like to leave its mark in striking a balance between social and territorial cohesion, with an aim to support Transition regions. This illustrates the in-depth reform which could characterize the next Structural Funds programming period.

During the meeting of the College of European Commissioners on July 13th, 2011, the Commission questioned the necessity of a new communication on demographic challenges. It decided to take advantage of 2012 the European Year for Active Ageing to confront the challenges imposed by the new realities.

It seems appropriate to support regional strategies, using the ERDF and the ESF: adapting existing housing and its immediate surroundings, training social housing personnel to meet the specific needs of the elderly, training seniors in information and communication technologies; a plethora of investment opportunities which could be a potential priority axis in future operational programmes at the regional level.

Among the themes of the future cohesion policy, active ageing will be considered a priority for regional development. Housing will play a leading role. At the end of 2011, the Parliament requested the Commission to consider demographic change as a horizontal objective of the future cohesion policy soliciting in turn or together the ERDF and the ESF. These funds will allow future funding, both private and public, to be obtained.

The other overarching theme of this European Year is solidarity between generations. Intergenerational solidarity today still exists in rural areas but tends to diminish in urban areas. Intergenerational housing would appear to address the housing needs in the city centre and the necessity of the elderly person to have someone close by to rely on. Although home-sharing in some cases can be a very successful experience sharing the same living space can also prove difficult for people of different generations. An overwhelming majority of senior citizens say that they find this prospect "attractive" but very few are actually willing to commit to it.

I firmly believe in adapting housing to allow different generations to live closer to each other (in the same building, for example) while maintaining their privacy

and independence. In this way family solidarity would not disappear. A number of initiatives presented in this report demonstrate how intergenerational solidarity can be based on the mutual interest of two generations. Nevertheless, we should keep in mind that young people's solidarity towards seniors is not necessarily spontaneous, especially when the latter are affected by the economic crisis. In order for this solidarity to become a reality, we must provide a framework for it.

Muriel Boulmier

*Chair of CECODHAS Housing Europe
on Housing and Ageing Working Group*



INTRODUCTION: Is the European Union really giving itself the means to adapt to its ageing population?

Launch of the European Year: between consensual diagnostic and measured ambitions

At the invitation of the Danish government and the European Commission, Copenhagen hosted on the 18th and 19th of January 2012 the official launch of the European Year of Active Ageing and Solidarity between Generations. Two European commissioners, Laszlo Andor (Employment, Social Affairs and Inclusion) and John Dalli (Health and Consumer Policy) explained its objectives. For a long time, the demographic challenge had been observed from far away: «we had forgotten the baby boom» Commissioner Andor revealed. Yet, he says, the baby boomers' age changes the balances. Both commissioners stressed that it is time to raise awareness among Europeans as to the contribution that ageing can make. These are ambitious and long-term objectives. Housing is well placed to play a central role and contribute to both employment and health, the two major objectives mentioned. Long and healthy ageing remains the privilege of prosperous societies. By bringing about a fair balance between retirement and working time, prolonging professional activity is going to be one of the bulwarks against poverty of older people. A

white paper on the subject is due to be published in the spring.

The European Commission presented a study by Eurobarometer on active ageing. 71% of Europeans are aware of the fact that the European population is ageing, but only 42% are concerned about it. Significantly, 60% of Europeans believe that they should be allowed to work beyond retirement age. As to the perception of age, this concurs with that emphasised in the first report by Muriel Boulmier on the demographic challenge. Europeans fix the onset of ageing at 64 years and believe that youth fades as of 41,8 years. Somewhat older ages were mentioned for women.

Commissioner Dalli reminded everyone of the need to be in good health to stay active. He spoke at length about the scourge of falls, 29% of which are fatal, and insisted on the importance of prevention, considering also that the cost of accidental dependence remains significant for public budgets. To finish off on the European Commission's words: innovation, intelligence and ICT were mentioned as innovative initiatives which can help older people remaining autonomous.

It seems that there is a consensus within the European Commission on the diagnostic of an ageing population and the need to find solutions, notably to alleviate the pressure on health care and pension systems. Yet, often enough, solutions are limited to a change in the parameters of pension systems (such as setting back the legal retirement age) or to the massive use of new technologies to make older people more autonomous and therefore reduce healthcare costs. Yet, what is missing from

this mix is prevention by adapting the built environment of collective and common spaces and housing. On this point, the European Commission has never shown much ambition, despite studies demonstrating the savings for the public treasury of preventive investment¹ and for the time being only a few windows of opportunities have opened: the new cohesion policy for the period 2014-2020 and the European Innovation Partnership.

The place of ageing in future structural funds

As mentioned by Muriel Boulmier in the previous pages of this report, the new legislative proposals on structural funds for the period 2014-2020 open up certain possibilities to allow local authorities and organisations for affordable housing to respond to the population ageing. In the draft regulation for the European Social Fund (ESF), active ageing (understood to mean strengthening the employability of senior citizens) is considered to be an investment priority. Likewise, there is an investment priority as regards the reduction of social exclusion and poverty. It is possible that support actions to vulnerable older people could be supported by the ESF. As regards the European Regional Development Fund (ERDF), which is the fund in charge of infrastructures, there are no investment priorities on adapting buildings (including housing) Despite investment priorities that could have an indirect effect on the quality of life of older people (such as financing Internet installation and automation tools in social housing) there is a major omission in the ERDF's list of investment priorities: the adaptation of private, common and public spaces (i.e. housing and its environment) to face the challenge of ageing. As negotiations are still on-going between the European Parliament and the Council of Ministers, it

remains to be seen whether this investment priority is going to be integrated into the new regulation.

The European Innovation Partnership on Active and Healthy Ageing

The European Commission published on 29th of February a Communication in which it sets out the initiatives it intends to take to launch this partnership. The Commission, which has received a contribution from CECODHAS Housing Europe on the priorities on ageing, intends to work around three pillars: prevention, care, "independent living». These three pillars will take the form of initiatives, at least two of which could be of interest to our members: the European initiative on preventing falls and a mayors' convention on the fight against demographic change. Concretely, the Commission will send out calls for participation in the following days. A priori, these initiatives won't have any specific budget, but the European Commission will be able to provide technical and logistical support. An Internet site has also been launched listing all the calls for projects of the different European programmes connected to the subject of ageing.

http://ec.europa.eu/research/innovation-union/index_en.cfm?section=active-healthy-ageing&pg=calls

¹ Read for example the evaluation of the programme "Supporting People": www.communities.gov.uk/documents/housing/pdf/1274439

THEME 1: Generations mix in housing

Inter-generational cohousing

Project location: Aldeno (ex Cantina sociale di Aldeno), Trento, Italy

Project start/end date: 1999 - 2012

Leading organisations: Autonomous Province of Trento, Municipality of Aldeno, ITEA Spa. ITEA (*Istituto Trentino per l'Edilizia Abitativa*, Trento Housing Institute) is the publicly owned housing institute of the autonomous province of Trento. ITEA is responsible for the construction and upkeep of public residential buildings. It manages social rental housing as well as other forms of publicly supported housing for certain vulnerable categories such as single people or young couples. Website: www.itea.tn.it
Contact: itea@itea.tn.it

Project description: The project consists in the regeneration of an old building in the centre of a small town (Aldeno) in the province of Trento, with the aim to create a new housing model which brings different generations together. The regeneration involved the construction of 23 housing units to be let to households with different structures and different age groups (young couples, old couples, single adults, family with children and single parents).

Residents were selected on the basis of income criteria but also considering other aspects such as their attitude towards communal living, their different capacities and professional skills, and previous volunteer experiences as well as social/civic engagement.

The dwellings are built according to the principles of universal design and are suitable for the application of domotics and security measures. The project is also equipped with non-residential premises open to the whole community in order to promote aggregation and social cohesion. It includes amongst other facilities a day centre for elderly people, as well as a common kitchen, dining room and gym.

Outcomes: Regeneration of the urban and social environment, and creation of links and mutual assistance between people and families from different generations. This form of intergenerational co-housing promotes solidarity and mutual support facilitated with the help of a tutor supporting the development of the project over time.



Generations Housing

Project location: City of Burgdorf, Switzerland

Project start/end date: Started in 2010, the dwellings will be available by the end of 2015/beginning 2016

Leading organisation: Cooperative (reg.) "Generations Housing". A strategic committee (8 members) was established together with operational groups of professionals and volunteers, responsible for the development of the concept of housing and living within the inter-generational project. The committee will be responsible for choosing residents and maintaining the mix of generations.

Website: www.generationenwohnen.ch

Contact details: Genossenschaft "GenerationenWohnen", c/o Verena Szentkuti-Bächtold, president
Mattenstrasse 29 A, CH 3073 Gümligen, Switzerland

Project description: The purpose of the project is to increase quality of life for elderly people and to fulfil their wish to remain as long as possible – even until the end of life – in their homes and close to their families. It also aims at promoting inter-generational solidarity by encouraging different generations to mutually exchange services and resources. The project will:

- House inhabitants of any age (65 – 70 flats / 2 ½ – 4 ½ rooms)
- Let the flats at moderate rents
- Offer flats with flexible floor plans for different use (flat sharing etc.)
- House single parents and people living alone
- House people with physical and psychological disabilities

- Offer supervised and assisted accommodation
- Ensure the availability of services on demand by professionals and volunteers
- Offer day-care for children and elderly people (to help parents/caring relatives)
- Include a "Meeting Centre/Cafeteria" for social, cultural etc. events
- Provide accessible housing and environment (for elderly and handicapped people)

Outcomes: The project is expected to enhance the life of elderly and disabled inhabitants by preventing loneliness and strengthening their autonomy. It can also provide a deeper understanding for people suffering from dementia and for their partners/families and ensure socially, economically and environmentally sustainable housing and living. The ultimate goal is to create a society characterized by more empathy and more solidarity.

The project "GenerationsHousing Burgdorf" has been included in the "Program for sustainable residential areas" of the Swiss Confederation.



Gropiusstadt - Multigenerational living in a huge housing complex

Project location: Neukölln borough, Berlin, Germany

Project start/end date: 2008-2011

Leading organisation: Hilfswerk-Siedlung GmbH, evangelical housing association in Berlin, managing 1500 flats in the Gropiusstadt

Website: www.hws-berlin.de

Contact: info@hws-berlin.de

Project description: The Hilfswerk-Siedlung GmbH (HWS) manages 1500 flats in the Gropiusstadt. This housing complex was built in the 1960s / 1970s, initially for broad sections of the population. Since then the housing demand has changed a lot.

As for now, tenants are asking for modernised flats, energy-saving facades as well as an attractive surrounding. The HWS does a lot for its tenants to make them feel comfortable. In 2008 the HWS initiated the modernisation of parts of this vast building complex with extensive works. At the same time a solar thermal system was installed on top of the roof. In addition to this modernising effort, a lot has also been done to improve the surrounding area. The introduction of hawks in this housing estate, for example, helped to handle the pigeon plague. All these positive changes are welcomed by residents.

Today people with various backgrounds and of all generations live in this building complex, as it is accessible for everyone.

Furthermore the HWS helped to provide neighbourhood centres and other community facilities, to improve the social cooperation between the residents. The most recent project that has been implemented was the re-arrangement of the complete inner courtyard. Many people from institutional cooperating partners, as well as residents and neighbours participated on a voluntary basis and everyone was welcomed to help. The institutional partners are the Kindergarden, primary school pupils from the Lipschitz-Kids, young people from the neighbourhood, as well as volunteers and neighbours from the Waschhaus-Café. The inner courtyard now offers a whole variety of areas for activities, such as a skating area and a playground, as well as recreational areas for the young and the young at heart. All the elements in this courtyard are designed barrier-free. This project was the last stage in the big project, called "multigenerational living in a huge housing complex" and a great success. Employees of the HWS and everyone involved in this project, as well as other participants celebrated the re-opening of the Lipschitzhöfe with residents and local neighbours. Well-known people, such as the mayor of Neukölln, also joined the celebration and declared the courtyard open.

Outcomes: There are numerous benefits from this project. The improved neighbourly relations and the sustainable improvement of the whole housing complex are only a few examples.

In addition to that, the renewal of the inner courtyard has shown how engaged people are in their neighbourhood and that they are interested and willing to change something for a better living together in a community. All these institutional cooperating partners got to know each other during this project and are now connected.

With this project the HWS has demonstrated its commitment to its residents. The HWS is pleased when the residents feel comfortable in their home and in its neighbourhood. Now everyone can spend time in the courtyard and has the possibility to get to know the neighbours. The courtyard brings together people within every generation. Because of the prevailing demographic change, more and more importance is being attached to this matter. This project has only been a little start for a big change and will be continued.



The inter-generational family loan

Project location: Walloon Region, Belgium

Project start/end date: 2008 - present

Leading organisation: Fonds du Logement de Famille Nombreuses de Wallonie (Walloon Housing Fund, FLW). FLW is a cooperative company with limited liability and it has a triple mission of public interest: to provide families the opportunity to obtain housing through the provision of social mortgage loans; to provide low income families with affordable accommodation for rent; and to advise, monitor, coordinate and fund social housing organizations (social housing agencies, housing associations, promotion boards and districts).

Website: www.flw.be/

Contact details: **Vincent Sciarra**, contact@flw.be

Project description: In 2008 FLW created a new loan programme called the Inter-Generational Family Loan. The loan is open to families with children on a relatively low income, and it's aimed at allowing them to house elderly relatives in their dwelling.

Loans at reduced rates (Fixed rate of between 2.20% and 4.45%) are produced to finance work on the property of the large family to create a living space reserved for one or more parent (s) age (s). The loan pays for the necessary work to adapt the dwelling so that an elderly relative can move in.

Outcomes: Although the scheme is relatively new and few loans have been provided so far, it responds to needs that are potentially growing. It combines different advantages: relatives can live close to each other but at the same time have their own space and autonomy, this way sense of security is enhanced and they can help each other.

Le prêt familial intergénérationnel

Alternative solidaire à l'accueil d'un parent âgé



Fonds du Logement
des familles nombreuses de Wallonie



Inter-generational housing in Valladolid

Project location: City of Valladolid, Spain. More specifically in the surrounding area of the new Campus at the University of Valladolid.

Project start/end date: The project started in 2007 and the dwellings were delivered in March 2009.

Leading organisation: VIVA, Sociedad Municipal de Suelo y Vivienda de Valladolid, S.L.. VIVA is the Municipal land and housing company in Valladolid. It is a trading company with full funds from the city council.

Website: www.smviva.com

Contact details: c.alonso@smviva.com;
carolina.fernandez@smviva.com

Project description: The project for the creation of inter-generational apartments was included in the Municipal Land and Housing Plan, to respond to the specific housing needs of people over 65 years old.

The idea on which the project was based is that it is a good thing for older people and College students to live together. This can benefit both seniors and students: the elders because they can expand social relationships and can count on support, and the college students because they can obtain a cheaper accommodation in exchange for social support to their older neighbours. This support can take various forms, from leisure and cultural activities to simple domestic activities.

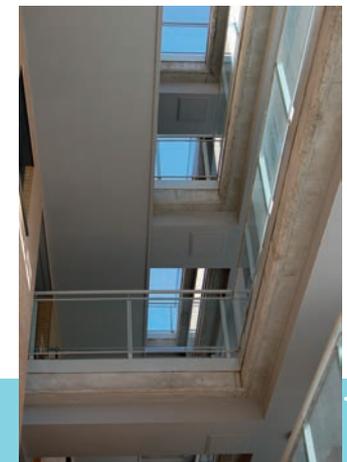
This project results from an agreement between Valladolid's College, the City council of Valladolid and the Municipal land and housing company itself establishing

the basis for determining the duties of the students and how to select them, a task carried out by the University. The majority of students who have been selected to participate in the program so far are very trained, almost all graduates, many of them carrying out a Phd, and they are all from different countries (Brazil, Equatorial Guinea...)

This project shows the importance of collaboration between public institutions (City Council and Regional Administration). It is an example of cohabitation of young and old, and at the same time of multicultural coexistence.

Outcomes: The project is proving successful in that college students have clearly defined their roles, and the elderly know who to call in case they need help. Furthermore, social relations between the two groups have improved significantly, forming a real family in which each member can get the support of the other.

The university students also managed to find through this project a decent accommodation, at a cost they can afford. They have all gained.



Majviken: Next Step Living

Project location: Göteborg, Sweden

Project start/end date: The decision to apply the 'Next Step' concept to the existing estate Majviken was taken in 2008. This implied renovation work which led to the delivery of new flats in 2010. The special features/accompanying services which characterize the Next Step project are on-going.

Leading organisation: Göteborg Stads Bostads AB (Bostadsbolaget in daily speaking). One of the municipal housing companies of the city of Göteborg, approximately 22 850 dwellings

Website: www.bostadsbolaget.se

Contact details: info@bostadsbolaget.se

Project description: Majviken was built in the mid 60's as a co-housing unit. The concept of co-housing at the time included separate living units with common services and areas for dining and socializing, and the building was constructed accordingly. A dining room with served meals, a reception and a house hostess were important services. This concept gradually became obsolete and it was eventually closed in the 1980's.

Bostadsbolaget developed the concept of 'Next step living' in cooperation with a consultant agency. The urban area, Majorna, is nowadays a popular area in Göteborg, and the physical prerequisites to adapt the building to this new concept were good.



The common areas were renovated during 2010. Some of them were kept for communal use and others were turned into new flats. ICT devices were installed in all flats, so that residents would be able – for instance - to control their energy consumption, and to check the timetable for the local transportation system whenever needed.

The official “house warming party” took place in September 2010. At the beginning Majviken housed many single households, mostly aged 20–30 and over 55. Today there are also some couples, but few families with children, partly due to the size of the dwellings.

There is a Next Step Host who supports the creation of social networks and participation in the Club Majviken. The membership in this club is voluntary for those tenants who lived in Majviken prior to the implementation of the Next Step concept. For those who moved in from September 2010 the monthly fee for the concept is obligatory.

Outcomes: Majviken Next Step Living is a result of the interest of some major Swedish public housing companies to develop and enhance public rental housing, based on the engagement of tenants in activities of common interests and similar life styles, rather than age, as with senior co- housing.

Majviken is the first estate where the Next Step concept has been tested. It can provide Bostadsbolaget with experiences for further development: the idea is to implement the concept in the construction of new buildings.



Housing for young mothers and seniors

Project location: Houten, The Netherlands

Project start/end date: preparation and development since 2008. The building is planned to open in the third quarter of 2012.

Leading organisations: Stichting Timon in collaboration with Habion. Stichting Timon, located in Zeist, is a welfare organisation for young adults; Habion, located in Houten, is a housing corporation specialised in housing elderly people

Website: www.timon.nl; www.habion.nl

Contact details: a.vos@habion.nl

Project description: Stichting Timon - a young adult welfare organisation - and Habion - a housing corporation specialised in housing for seniors - work together in Houten on an assisted living project involving young mothers and female adolescents together with elderly residents.

Habion builds a housing complex with 17 apartments and rents them to Stichting Timon. Out of these, 13 apartments are available to young mothers and adolescent girls who need temporary support to find their own independence. The other four apartments will be let on a permanent basis to coaches that are prepared to live like 'good neighbours', thus supporting the young people in the project. Timon strives to select these coaches among older persons who are prepared and

able to function like good neighbours in this unique social housing project.

Timon already operates a room training center for young mothers and female adolescents in Houten, named Talita, and extends its supply of social services with this new building. The Talita concept aims at young single mothers and girls who, for several reasons, can no longer live with their own families. Among other objectives, the support services aim at increasing social skills, building of a social network and, where possible, restoring family relations. Special attention is directed at the relationship between mother and child. In this new building this means for example that the coaches/ neighbours dine on a weekly basis with the teenagers. They also are available for "neighbour questions" like for instance babysitting or lending a bike pump or similar small services. Furthermore the coaches organise activities and excursions with the youngsters to improve their social skills.

The building is located in the middle of an urban area, close to primary schools, daycare centres, a general practitioner and a welfare center. In this environment the teenage girls can safely develop themselves and the coaches can live comfortably. On the ground floor the building has four garden apartments for the senior coaches. The first and second floor will host the apartments for the mothers and teenage girls. The project also includes big communal spaces, a roof terrace and consulting rooms.

Outcomes: The concept of Stichting Timon, in which young people and “neighbours” share one roof, is applied since more than 25 years in a successful way within its cohousing projects, that are spread all over the Netherlands.

Unique to Holland is that the coaches in Houten are specifically sought among senior citizens. Stichting Timon and Habion hope to find fitting candidates among these older people because they have the time and necessary life experiences, from which the teenage girls can profit. An intergenerational project, in which senior coaches and young people are matched together works in two directions. On one hand, when senior people and young adults get in touch, the contact with girls, mothers and their children can add meaning and sense to the lives of those senior people, especially after they have retired.

To the mothers and young adult girls the contact can add to the goals they want to realise, especially increasing the amount of successful experiences in social contacts. Johan van der Veer, chief executive of Stichting Timon: *‘These girls have suffered much hardship. We try to help them to get back on track. Eventually the goal for them is to learn to stand on their own in an educational or working environment and enable them to live individually. The natural contact with the senior coaches can be of crucial importance’.*

Peter Boerenfijn, chief executive of Habion: *‘It is wonderful to be able to combine the interests of young and old. Through this project, young people get reliable support and to seniors the concept offers a housing’.*



THEME 2: Solidarity between generations through volunteering

Abbeyfield Intergenerational Sunflower Project

Project location: Various Abbeyfield houses in Northern Ireland

Project start/end date: June to September 2011 (with links forged during project continuing)

Leading organisation: Abbeyfield UK (NI) Ltd is an Housing association providing supported sheltered housing for older people in small family sized units. Part of a world- wide movement.

Website: www.abbeyfieldni.org

Contact details: Geraldine Gilpin (g.gilpin@btinternet.com)

Project description: Abbeyfield is a worldwide movement that began in London in 1956, and one of its guiding principles is to encourage interaction of young and older people. It runs 19 houses for elderly people, where the aim is to recreate as much as possible the atmosphere of a home, a family.

Abbeyfield Northern Ireland hosted events in its 19 houses to build links with the local community and to encourage young and old to share their skills and experiences. The most popular event was sharing gardening skills.

Children from the local schools visited the house and with advice from the residents (the majority of whom are over 80) they planted sunflower seeds in the garden. This was followed by a tea party. Some of the children called at the house over the summer holidays to check on the progress of the flowers. At the start of the school term in the Autumn the children paid a return visit to see how tall the plants had grown. A number of schools have maintained contact with further visits and invitations to concerts.



The children were less self-conscious talking to the residents when they were engaged in an activity and this helped overcome barriers and initial difficulties in communication.

Outcomes: The initiative has helped young people to appreciate the knowledge that older people have and how it can be of benefit, while also allowing residents to feel more involved in their local community and less isolated. The residents also enjoyed participating in a gardening activity which they would have been unable to do on their own due to their frailty.

Mrs Iris Young, a resident at the Abbeyfield house in Holywood commented: *"We all really enjoyed helping*

the children plant sunflower seeds and learn about the other plants and flowers we have growing in the garden. We hope these skills will prove useful to them as they get older and have the opportunity to plant their own garden or grow flowers to brighten their home."

One of the pupils at Holywood Primary School said: *"I really enjoyed talking with the older people. They have great stories to tell and it's fun to hear about their lives and all the places they have been. It makes you think about what you want to do when you get older, where you want to go and what job you want to do. I'm really looking forward to coming back to see them all again and to see how our sunflowers have grown."*



Nás na Ríogh Housing Association

Project location: Naas, Co Kildare, Ireland

Project start/end date: The housing association was established in 2000. The housing and additional facilities were completed in 2011.

Leading organisation: Nás na Ríogh Housing Association (NnRHA) is a voluntary, not for profit group with charitable and approved housing body status. It has managed the development of 53 units of sheltered accommodation for older people and a number of ancillary facilities in Naas, Co Kildare.

Website: www.nnrha.ie

Contact details: msolon@nnrha.ie

Project description: NnRHA was established to challenge the isolation of older people by providing smaller units of accommodation in the heart of the town and to provide on-site intergenerational activities.

NnRHA is approved by the Department of Environment, Communications and Local Government and has received capital funding to provide social housing. A Board of Management made up of volunteers who give their skills and time at no cost manages the Housing Association. NnRHA employs a Housing Manager and Caretaker who operate the day to day administration of the scheme.



The development consists of 53 self-contained apartments which opened in the summer of 2011 in the centre of Naas town on the grounds of the old Convent of Mercy. It is a managed service providing centrally located housing for older people who are capable of independent living. NnRHA offers the comfort of home with easy access to shops, restaurants, church, post office and other services. Each apartment comprises one bedroom with kitchen / sitting room, bathroom with level access shower and wireless internet available in all units.

NnRHA's radical new housing model includes a community centre (which has over 30 different groups meeting weekly for a range of activities) and culture and arts centre on the same campus as the sheltered housing scheme. The housing development also includes a coffee shop which will be open to the whole community. McAuley Place will enable interaction between all generations and members of the wider community.

Outcomes: The scheme is a vibrant housing development where older people can remain independent, integrated, valued, challenged stimulated and enabled.



A huge emphasis was put into ensuring that tenants can maintain an optimum level of physical, mental and emotional wellbeing and this is embraced in the UN Principles for Older Persons which were incorporated into the planning of the project.

Tenants have opportunities to participate in cultural and arts events and to volunteer. There are two schools nearby which will encourage intergenerational learning and interaction.

Residents' library

Project location: Klitmoellervej 65, 2620 Vanløse, Copenhagen, Denmark

Project start/end date: started in February 2010 and still on-going.

Leading organisation: 3B not for profit housing association, Loenstruggaard branch

Website: www.lonstrupgaard.dk/40881717

Contact: Skipper Widstrup,

skipperogmarianne@youmail.dk

Project description: This small project is an initiative of a housing association resident in and is run entirely by residents.

Across the country public libraries are closing, so when Skipper Widstrup closed his second-hand bookshop he was left with 5.000 books which he did not know what to do with.

He asked the department board of the housing association in Loenstruggaad, where he lives, if they were interested in him forming a resident's library. The reply was positive and a room in the basement was set at Skippers disposal for the project. The room was painted and lamps, chairs, tables and bookshelves were donated from various sources. The library came into operation in February 2010 and is open every Tuesday from 18 – 21 o'clock.

Outcomes: As a result of the opening of the library, many of the residents has started reading books. Skipper's ambition is to create a literature club for adults and arrange sessions where he will read aloud for children.



Beboertaxi free taxi service

Project location: Beboerhuset, Gersagerparken, DK 2670 Greve, Denmark

Project start/end date: 01.02. 2011

Leading organisation: Aktivitetsudvalget, Gersagerparken. A number of volunteers working for the benefit of the residents in a local housing association
Website: www.bs61.dk/default.aspx?pageid=542
Contact details: Niels Kjoeller, tel. +45 2844 1772

Project description: Elderly residents in Gersagerparken in Greve do not need to worry about going to or from the shops to do their shopping. They can just take a taxi, free of charge.



The taxi is an electric car which helps the elderly residents in Gersagerparken with their daily activities. 22 volunteers have signed up as drivers and telephone attendants. In the common room of the housing estate, volunteers sit every day from 9:30 to 11:30 and residents can call and arrange a time when they need help getting a ride to the post office, the doctor, or just a walk to the local supermarket.

The project was sponsored by an electric car company which recently opened in Copenhagen, providing the cars, and operational costs are paid by the housing association.

Outcomes: this simple initiative has made life easier for a number of elderly residents who can now access free transport to perform their daily tasks. Furthermore, most of the people who signed up as volunteers are themselves retired residents who believe this a rewarding experience allowing them to be active in their local community.



THEME 3: Care services and technologies to encourage active ageing and security

HOST - Smart technologies for self-service to seniors in social housing

Project location: France, Italy, United Kingdom

Project start/end date: From May 2011 to October 2013.

Lead organisation: OPAC du Rhône (France) is one of the lead social housing landlord in France, planning, building and managing over 40.000 housing. It completed recently an ageing strategy: adapting flats to elderly people needs, developing partnership with social and health services and ergo-therapists.

www.opacdurhone.fr/cms

Other partners to be found here: www.host-aal.eu/cms

Project description: HOST is a transnational project in which are participating: three social housing operators, three SMEs providing electronic devices and services, and three research entities. The consortium consists of partners coming from the following the member states: France, Italy, United Kingdom and Spain.



The project in brief

The HOST projects aims to provide easy-to-use technologies and services in social housing flats to allow better quality of communication and a better access to package services for the elders.

Thus, HOST proposes a European model of 'connected flats' for elderly people, characterized by specific providers and housing operators through enriched supports.

In the modern digital society, people can avail of an increasing number of products, services, etc. via ICT. The complex skills needed to benefit from the current technological framework, tend to exclude an increasing number of elderly people as they do not have a sufficient awareness to identify and use the adequate technologies.

In this sense, the partners of the project will develop a digital infrastructure of the social housing and a gateway to their services providing to elderly people and their families user-friendly technologies and services.

Main goals

- To bring more comfort of living to the elders, to reinforce social inclusion (with friends, family, social operators, etc.) and to allow a longer stay in their house.
- To improve two way communication between the service provider and support services
- To improve efficiency in providing services.
- To get ready HOST technology for access to market in 2 years approximately.
- To raise transnational awareness among key stakeholders, key players and actors in the social housing sector in general, and the elderly people in particular

Outcomes:

- An overall assessment (technology, usages, interface, contents, communication...) of such a device to capitalized on the project management
- Experimentation of business models for service providers, social housing operators and elderly tenants (what kind of opportunities induced by mutualisation?)
- A cross fertilization process between different countries and different practices that could contribute to a long term “share of experiences”
- The sketch of a standard architecture to help the spreading of related projects



As any computerised device, the pan European dimension of the project could give birth to a user club in order to track defaults and propose solutions, to improve services and extend the bulk of contents that could be offered to elderly people and to experiment new usages. In addition, with some adjustments, the HOST project could be used for new segments. Complementary targeted users could be :

- Disabled people - could be in the same needs than the elderly ones. The test done with different screen set and handset could facilitate the adaptation of the device to this segment ;
- Children and teenagers - could use the same device but with specific channels, to access an e-learning solution for supporting their schooling (increase the obtaining of diploma within unprivileged classes).

Finally, the HOST project is based on open standards of development (xml, SQL, RFID, html5...) connection and interoperability to allow limited cost of evolution, low cost maintenance contracts, efficient data response time as well as low bandwidth consumption. In a European dissemination approach, the global skills to maintain and develop the AVIZEN architecture should be easily available at approximately the same price around Europe.

I Casali: adapted housing and socialization

Project location: Three different sites located strategically within the city of Ferrara, Italy:

- 18 units, is in the town center near the pedestrian zone
- 19 units, is located south, just outside the city center, in a densely populated area by the river
- 18 units, is located in the north part of the city, in "Barco" neighborhood.

Project start/end date: started in 2004 and completed in 2008

Leading organisation: Municipality of Ferrara and ACER Ferrara. The latter is a public company, owned by the municipalities in the province of Ferrara, which manages approximately 6.500 flats. This accommodation is leased to households on low incomes, according to social housing eligibility criteria. Using income from rents, ACER provides property management services: collects rents from tenants, prepares lease contracts, repairs and maintains the flats. Since the mid-nineties ACER has renovated about 1.000 dwellings, some of them specifically designed for elderly people.

Website: www.acerferrara.it

Contact: Arch. Marco Cenacchi, progetti@acerferrara.it

Project description: In early 2009, ACER Ferrara and the Municipality of Ferrara completed the project "I Casali: housing and socialization", launched in 2004 to create housing specifically designed for the elderly population in Ferrara.

Fifty five housing units in total were allocated to people over 60 (couples or individuals living alone) on low incomes. The apartments, ranging in size from 45 square meters to 58 square meters, are designed for elderly couples. There is always a separation between the living and sleeping area. The apartments are barrier-free and the size of the rooms is adequate to allow the rotation of a wheelchair. Semi-public spaces (hallway, landings, corridors, etc.) are specifically designed to facilitate social relations.

The rooms are equipped with alarm and detection systems for fumes and gases, security lights (in the bathroom and bedroom), and anti-theft security lock mechanism for door and windows. Common areas are normally used for recreation and socialising, and for the provision of services such as health care and rehabilitation activities, which are also open to external users. All common areas are accessible to people with reduced mobility.

Outcomes: The provision of homes that are comfortable, accessible, adapted and secure and linked to service areas where it is possible to develop social relations ensures a high standard and quality of life.



The goal is to recreate the environment of the old farm-houses where all neighbouring families knew each other, creating an open community. All housing blocks are integrated into the urban context and well connected to the public transport network, as well as services and public spaces.

This represents a viable alternative for the self-sufficient elderly people to health facilities and sheltered homes. Too often the latter are the only available option even for elderly people who are potentially still self-sufficient, provided they can benefit from suitable and adapted housing and living environment.



Home Tele-care services

Project location: Province of Reggio Emilia, Italy (including 45 municipalities with a resident population of 530 388 people)

Project start/end date: the project started in January 2012

Leading organisation: Municipality of Reggio Emilia, Province of Reggio Emilia, and ACER Reggio Emilia. The latter is an autonomous publicly owned company managing housing owned by the municipalities in the province of Reggio Emilia. ACER is a partner of the administrations, a company that acts in their service and that, in addition to managing the public housing also provides a series of services. ACER also carries out an important social role in a reality where, despite heavy public intervention, the demand of affordable rent houses is growing.

Website: www.acer.re.it, www.provincia.re.it, www.municipio.re.it

Contact details: Atos Cattini, atos.cattini@municipio.re.it

Project description: An analysis of demographic and socio-economic trends in the province revealed the following issues: ageing of the population; increase in the need for healthcare assistance to guarantee autonomy to elderly residents; increase in the population with disabilities and reduced mobility who are in need of support from families and relatives; increasing demand

for care and support services which relatives might not be able to keep up with, in the light of the changes in household structure and family models.

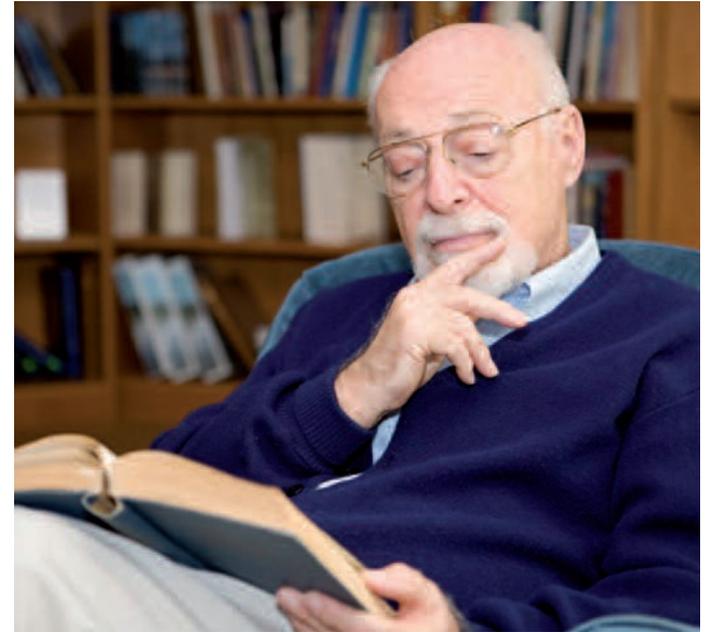
It became clear that services at the local level must develop according to these needs, with an increase in the provision of home-based services so as to make sure people can live in their homes and remain active and independent as long as possible. Therefore the municipality, together with the Province of Reggio Emilia and ACER, has recently implemented a number of home-based services including:

- Telecare sensors which monitor homes and detect if the resident has had a fall, if there is fire/gas leaks/floodings, if a potential burglar has entered the house;
- Telereservation to book the delivery of a meal, shopping, medication, small maintenance services
- Teleconsulting providing information on the accessibility of territory, structures and infrastructures, access to advice and public aid for adapting the homes
- Telemedicine allowing for distance monitoring of certain vital parameters which are measured by the patient and transmitted to physicians through the Operative centre

ACER Reggio Emilia manages the service and works with a network of public operators (social services) as well as private organisations such as the volunteer association P.A. Croce Verde, who hosts the Operative Centre.

Outcomes:

- This service will contribute to increasing real and perceived security of elderly people in their homes
- Provides support to families and caregivers in organising assistance and adaptation of the homes
- Helps elderly residents to be autonomous through personalized services
- Increases seniors' participation into social and community activities outside their homes through telecare technologies which can also be used in open spaces
- Lead to a reduction of social and health expenditure deriving from domestic accidents which too often lead to an elderly person who is still potentially independent moving into a specialised care home
- An example of cooperation between public bodies, private subjects, volunteer associations and academic/scientific research on new ambient assisted living technologies
- Represents the evolution of local services and strengthening of the local community welfare network.



Supporting Better Health Outcomes in Wales

Project location: Wales, United Kingdom

Project start/end date: May – July 2011

Leading organisation: Study commissioned by CHC Cymru – a registered charity and represents over 70 not-for-profit housing associations and community mutuals in Wales (www.chcymru.org.uk) – and Care & Repair Cymru – a national charitable body and actively work to ensure that all older people have homes that are safe, secure and appropriate to their needs (www.careandrepair.org.uk).

The work was undertaken by Kafka Brigade UK, an independent, not-for-profit action research team whose aim is to reduce bureaucracy and increase the value delivered by public services (www.kafkabrigade.org.uk). Contact details: Kevin Howell, Kevin-howell@chcymru.org.uk

Project description: A study was commissioned to identify opportunities for the community housing sector to support health outcomes, particularly in meeting the needs of our ‘ageing society’. In line with Welsh Government policy, we were particularly interested in opportunities which result in integration of services around citizen needs, enabling both prevention of crises and earlier intervention when problems do arise – and which held the promise of better value for public money too. The first step was to baseline current provision in

Wales. In doing so, we identified a broad pattern of RSL (registered social landlord) activity in health-related services:

1. Traditional housing associations, whose mission remains general purpose housing provision, which usually include some sheltered housing;
2. Traditional housing associations which have taken advantage of Extra Care funding, and therefore include a small number of Extra Care units alongside general and sheltered stock;
3. A smaller number of housing associations which have made the strategic decision to become care providers and which are increasingly focusing on Extra Care and nursing care.

Alongside RSLs, Care & Repair agencies deliver a range of services which have a direct bearing on the health of elderly people and thus their service needs.

Next, we sought out quantified evidence of the value of housing-provided health services. Very little hard data is available in Wales, but what data is available – for example on adaptations and the Supporting People programme – is positive. Widening our perspective, we found strong evidence of the value of preventative services, which is broadly supported by the qualitative evidence too. While this evidence is not provider-specific, it affords sufficient encouragement for opportunities for closer joint working between the Welsh NHS and the Welsh community housing sector to be explored.

Through a series of interviews and a focus group, involving a total of more than 30 people from the health and housing sectors, we developed an understanding of the barriers to closer health and housing collaboration and five key practical opportunities that might be realised. All the opportunities offer the potential of supporting better outcomes for citizens, potentially at reduced cost to the public purse, across the whole of Wales. Each relates to prevention/delay of admission to hospital or effective discharge.

1. Early discharge support in Extra Care schemes and nursing homes;
 2. Expansion of not-for-profit nursing care;
 3. Increasing the level of care available in sheltered housing and Extra Care schemes;
 4. Ongoing support to enable people to live healthier at home; and
 5. Mutualised continuing care villages.
5. Outcomes and benefits

The research enabled a number of recommendations for action at policy level to encourage greater collaboration between health and housing, including:

1. Giving a strategic signal
2. Facilitated opportunity conferences
3. Clarity on procurement and state aid policy
4. A fixed-term health & housing lead in the Welsh Government

5. Involve housing in the design and piloting of community service models
6. Detailed information on 'who does what'
7. Longer term policy interventions for consideration
8. Further research and evidence

Outcomes: Whilst it is too early to state all outcomes and benefits from this research, positive progress has been made including a recent Health and Housing Conference, which had both the Health and Housing Ministers in attendance fully supporting a collaborative health and housing relationship. Further discussions are on-going relating to how the housing sector can alleviate the pressure on health and support the ageing society moving forward.

'This research has proved to be a real catalyst for a closer working relationships between health and housing in developing a collaborative approach to services for the population of Wales. This research project highlighted some of the great work that housing currently are undertaking which supports health including extra care facilities, residential care homes and a range of supported housing. We hope that in the coming months we can make further progress on the many opportunities for collaboration which offer the potential of supporting better outcomes for citizens, potentially at reduced cost to the public purse, across the whole of Wales,' Nick Bennett, Chief Executive, Community Housing Cymru.

THEME 4: Ageing and 'green living'

KraftWerk2 Heizenholz - housing for all life phases

Project location: Regensdorferstr. 190/194, 8049
Zürich, Switzerland

Project start/end date: April 2008 – February 2012

Leading organisation: Bau- und Wohngenossenschaft Kraftwerk1: this still young cooperative stands for sustainable housing communities in which the principles of ecology and solidarity are put into practice by organisation and inhabitants. It actively encourages non-commercial low priced community housing and the social mix of its residents. Emphasis is put on the continual development and evaluation of new forms of community living.

Website: www.kraftwerk1.ch

Contact details: Claudia Thiesen, claudia.thiesen@kraftwerk1.ch

Project description: The cooperative renovated two apartment buildings, which were built in the 1970s, and added a new section which joined the two buildings together.

This development now offers 26 dwellings which vary in size, ranging from 1 room apartments to large households, and a number of offices and studios.

Next to conventional apartments there are two large apartment-sharing communities and two so-called 'cluster apartments'. In the cluster apartment each individual living area ('cluster') has its own small kitchen and bathroom and is supplemented with shared living areas such as communal kitchen, bath and living rooms. Cluster apartments are mainly rented to older people, who appreciate having more individual space than in a conventional communal apartment.

The buildings also offer shared community spaces on the ground floor and a fitness room on the top floor. As of February 2012 there are approximately 70 people (couples, singles, children, families, patchwork families) interested in joint ways of living in Kraftwerk2. Although a balanced generation mix remains a goal, most of the residents will be over 55 years old.

The central piece of the development is the upstream multi-storeyed veranda, the "Terrasse Commune" which ties all of the individual living quarters together, creating a sort of community home. The veranda can be used as an area in which to eat, read, play, relax and as an important place to meet informally. The central forecourt, playground, and also the large green space behind the building also offer attractive areas for the residents to meet and linger.



Building ecologically

In addition to energy efficient construction, KraftWerk2 is creating framework conditions for ecological lifestyles. The individual space requirements are being minimized in favour of community space. There are few parking spaces but rather a comprehensive range of environmentally friendly mobility possibilities including good access to public transportation. The Kraftwerk2 buildings achieve a high energy standard. An exhaust-air heating pump warms the water and supports the heating system. The electricity for the heating pump is created through a photovoltaic power plant system. The apartments are constructed using materials which meet ecological and biological criteria and also guarantee a resource-saving construction. Only appliances with the highest class of energy efficiency are installed. These, along with water-saving fixtures and a rain water tank which will be used to water plants, ensures resource efficiency. In outdoor spaces residents are planting rare varieties of fruits and also vegetable gardens.

From the beginning actively involved

The Housing Cooperative Kraftwerk1 is the owner and operator of the housing development Kraftwerk2. Both in the project development and construction phases, the involvement of interested cooperative members have been ensured. Since the beginning of planning, as many as fifty people have been committed to the creation and implementation of the Kraftwerk2 project. The residents have organized their coexistence through various work groups. Through these groups have neighbour contacts and solidarity been promoted. The residents are also building up personal networks in the surrounding

neighbourhoods. An example is the In-House Cooperative which will be stocked by neighbourhood producers. Construction Costs and Rental Income

The net rents amount to an average of SFR 252 (approx. €300) per square metre and year. The rents are not created by speculation but are based on the actual costs (building costs, land, financial costs, and administrative burden). The construction costs are around SFR 13.8 Million (approx. €16.6 million).

Outcomes: The project offers an opportunity for residents to combine communal living with the comfort of having your own living space. Another key characteristic is the high standard of energy and resource efficiency of the building and ecological sustainability of the living environment.



BIRD - integrating Bio-building, Inclusion, Reduction of energy consumption, and Domotics

Project location: Urban district Sanpaolino in Brescia, Italy

Project start/end date: 2005-2010

Leading organisation: The project was conceived and initiated by ACER, who took charge of coordinating the planning and construction working closely with the City of Brescia, which made available the area in Sanpaolino and with the Regione Lombardia which invested 4 million euros. ALER Brescia is the public agency in charge of housing in Brescia

Website: www.aler.bs.it

Project description: Aler Brescia, together with the Lombardy Region, designed an innovative development consisting of 52 flats and a service centre for elderly people, which achieved class A+ energy certification. A veritable 'home of the future', the project combines the criteria of bio-building, bioclimatic architecture, energy-saving and home automation.

Underlying this original insight was a study requested by the Lombardy Region and conducted by the Milan Polytechnic. It started with an analysis of the needs of recipients of the project (self-sufficient seniors) and defined an 'innovative model of eco-sustainable building' in which the users' needs coincided with the requirements of the environmental and technical system.

The guiding principles are:

- Design based on sustainable building criteria
- High thermal insulation (class A CasaClima certification)
- Use of renewable energy sources (photovoltaic energy)
- Absence of architectural barriers and maximum flexibility in space
- Use of electronic tools to help users suffering from reduced physical mobility to perform their daily tasks

The construction began in summer 2005 and the flats were delivered in 2010: the majority have been allocated to seniors, and a few apartments went to young couples who agreed to assist their elderly neighbours (every day of the year at least 2 of them have to be present on the premises).

The apartments are small in size, as they are intended for use by elderly couples or individuals. Amongst other features, all apartments have a greenhouse of about 6 square meters that opens onto the living room, and a portico or a terrace facing south. The greenhouses, protected in the summer by the abundant overhang and adjustable shutter system, may be opened completely for cross-ventilation.

Furthermore tenants, simply using a remote control, are able to handle the lighting, security, telecommunications, heating, air conditioning and, more generally, any electrically powered component. This is particularly useful to residents with reduced physical mobility, and in general guarantees a high level of comfort.

All traditional power supply sources have been eliminated to achieve energy self-sufficiency from renewable sources. The energy requirement for heating, production of sanitary warm water and summer cooling is guaranteed by a system made of: geothermal system, heat pump, solar thermal, solar photovoltaic and regenerators of heat with efficiency \rightarrow 75% for air renewal. Furthermore, the area is car-free and very green, which is having an impact on the quality of life in the entire neighbourhood.

Outcomes: The project is particularly innovative in that it applies innovative technologies to increase both comfort of the inhabitants and environmental performance of the building and the entire area. It is particularly suited to enhance quality of life for self-sufficient seniors, and at the same time encourages relations with younger households.

The project received international recognition and won several prizes, including Federcasa Palmares 2009 Prize for the best project of environmental and administrative sustainability and the Next Energy Award, a



competition dedicated to energy efficiency and renewable sources organised by the International Milan Fair with the sponsorship of the Ministry of the Environment and the Kyoto Club.

Agenzia Casaclima awarded ALER Brescia the prestigious plaque attributing Energy Class A+ to the Bird Project, where A means that the building will consume less than 30 kWh per square meter per year, and + means that the sustainability criteria were respected in the construction phase, for example by using recyclable materials and non-petroleum based materials.

Finally, the project was included in the European Commission exhibited at the International Convention on Fuel Poverty held in Brussels.



THEME 5: Better and more active life for elderly people in need of assistance

The New Nightingale

Project location: Rotterdam, The Netherlands

Project start/end date: 2007 - November 2010

Leading organisation: Woonbron, Housing corporation in Rotterdam

Website: www.woonbron.nl and

www.denieuwenachtegal.nl

Contact details: Hester Verbeek, project leader;

HVerbeek@Woonbron.nl

Project description: The housing corporation Woonbron bought in 2004 an old residential home in the Charlois neighbourhood of Rotterdam. They asked the residents of the neighbourhood what kind of services they needed and about their plans for residents meetings. After hearing inhabitants advice to create a meeting centre for different ages and to arrange care facilities, the housing corporation began to renovate the building.

At the moment it hosts schools, a beauty institute, a physiotherapist, child day-care centre (Kindergarten), hairdresser, day-care for senior citizens, 70 apartments for people with psychiatric illness, dwellings for people who need assistance to be able to live independently, some apartments/lodging possibilities for respite care and a restaurant/grand café.

A variety of different activities takes place in the building, such as playing chess, dancing, computer lessons, and art crafts workshops.

The municipality of Rotterdam supported the project financially thanks to a fund of the WMO (social support act). The corporation invested € 8.5 million in addition to some private funding.

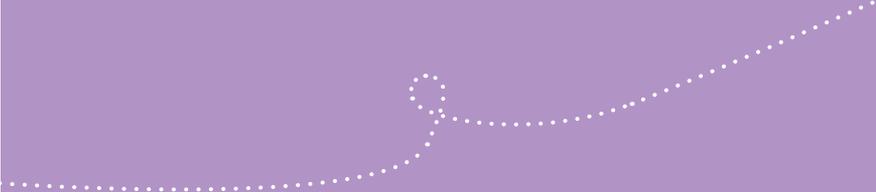
Outcomes: Students helped with the renovation and older workers supported them. The older pensioners wanted to share their knowledge and the students could learn from them. A real intergenerational approach! The New Nightingale is based on a successful recipe: everyone is very welcome to participate but they should also contribute and use their talent! This principle works very well. People with a psychiatric illness who live in the building also work in the restaurant/grand café. The hairdresser and some care services offer training placements for students. Students help older and disabled persons with shopping. Artists who live in the same area have created paintings inside and outside the building and offer workshops to the people who live



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in the neighbourhood. Musicians who live close by are allowed to practice in one of the rooms in the building and have close relations to students. The whole neighbourhood is participating.

'An important ingredient for success is for people to have faith in what you're doing. To achieve this you have to be open and transparent', says Hester Verbeek, the project leader of the housing corporation. *'Listen to the people and be honest and open to them',* advises Hester who put years of effort to achieve this project.



Community living for sufferers of dementia

Project location: Köln, Germany

Project start/end date: start August 2010, ongoing

Leading organisations: Housing association Antoniter Siedlungsgesellschaft mbH. The Antoniter housing association in the Evangelical Church Association of Cologne is the only real estate company in Germany that is 100 per cent Protestant. It was founded in 1951 to provide socially disadvantaged people with accommodation. Its responsibilities include building and managing homes as well as providing technical and financial support to Protestant churches for the construction of homes, nursing homes and kindergartens.

Website: www.antoniter.de / www.kirche-koeln.de

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Project description: The dementia-WG is a residential community of older women and men centrally located in the city of Cologne, in which eight people suffering from dementia have been provided with new accommodation. They each enjoy their own room of 16 square meters, with a separate piece and a patio. They share the kitchen and common areas. The building has three bathrooms set up as a therapeutic bath. Ecological considerations have determined the construction of the house: there are wooden doors and floors made of linoleum and a green roof. Lime Green is the colour of walls in the hallway, to provide a calming effect. The ceilings are 25 centimetres higher than prescribed by law in order to give the residents a lot of light in their

rooms. Also the shed roof lets light into the rooms. A community room also has a full page of window glass.

The dementia-WG project is nestled in a residential area, in which there are an additional 43 flats for the elderly. Next door is the association's kindergarten, which is run by the City of Cologne, thereby facilitating interaction between young and old residents –.Relatives of the residents have a full say in the selection of the nursing services, in the design of the common areas, in the selection of new residents and the selection of daily activities. To make this work, the tenants are represented by their legally responsible person (usually a relative) in a civil law partnership (GbR).

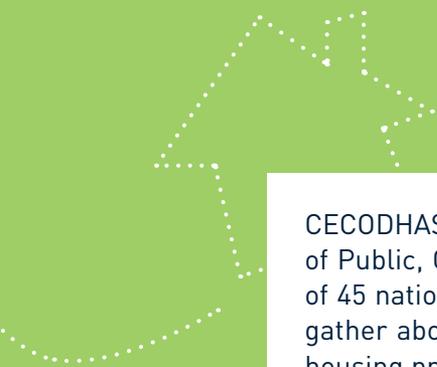
This ensure that the decision making process for daily issues is kept simple. This approach to care also means that the elderly can completely customise their service: They arrange their own rooms, they can contact their relatives whenever they wish and they are assigned individual employees as personal contacts from the care services. In this way they are ensured 'round-the-clock' care.



mentia patients require special care, and dementia-WG herein is exemplary: the GbR attaches great importance to the structuring of the daily schedule, to keep the remaining mental and physical abilities as long as possible. Therefore, the residents are also involved in the planning of the daily schedule. This arrangement prevents confusion developing into panic or stress. A key feature of this dementia-WG is also the co-operation of real estate company (ASG) with a nursing service of the diaconate, with the city of Cologne and with an organization called "the Agency for Housing Concepts." This agency is often on site to ensure that valuable individual attention.

Life in a residential community helps dementia sufferers to structure their Lives *"In her head Josefine Hauser is living it up at a 4 star hotel in Mallorca but in reality she is at the doctor or simply at home"* *"Reality is irrelevant"* explains Frank Hauser, holding his mother's hand. Since September Josefine Hauser is living together with six other men and women in an apartment building build by the Antoniter housing association. *"This is the best thing that could have happened to me"* exclaims Frank Hauser. Children gather to wave from the fence of the neighbouring kindergarden, The women return the greeting. Teachers in the kindergarden have set up a group called 'Our New neighbours' to help the children to understand dementia. It seems like a nice neighbourhood. He is convinced that this is the right place for his mother to spend the last years of her life.





CECODHAS Housing Europe is the European Federation of Public, Cooperative and Social Housing - a network of 45 national and regional federations which together gather about 41 400 public, voluntary and cooperative housing providers in 19 countries. Altogether they manage over 27 million homes, about 12% of existing dwellings in the EU.

We, not-for-profit, public and cooperatives housing providers, have a vision of a Europe which provides access to decent and affordable housing for all in communities which are socially, economically and environmentally sustainable and where all are enabled to reach their full potential.

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