Housing for elderly in Sweden

- Policy – Safe-haven (Trygghetsboende)
- Research
- Student projects

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What is a home?

• On the one hand, a practical, functional element
• on the other hand an emotional, identity-related element
  (Lantz, G. 2007, Hemmets betydelse)
• Have been given many possible meanings:
• Intimacy, security, anchoring, self-determination and community capacity for social relationships.
  (Lundgren, E. 2000, Sandvin 1998 …)
• SPACE & PLACE
• The room can have four fields of properties: Practical, social, communicative, existential properties
  (Paulsson & Ringsby Jansson, 2008, Rum och plats – en grund för vardagslivet)
How can elderly live in Sweden?

- Ordinary housing – the far most common – 94%
- Senior housing (seniorboende)
  Housing for elderly, Ordinary housing, a certain age 55
- Community Accommodation (gemenskapsboende) that is an alternative for people of all age
- Safe-haven residence (Trygghetsboende) NEW
  Needs identified by Äldreboendedelegationen (SOU 2008:113)
- Assisted living (Särskilda boenden, vård- och omsorgsboenden, äldreboenden) with care-staff 24 hours

Safe-haven residence (Trygghetsboende)

- Dwelling units plus spaces for the residents' meals, socializing, hobbies and recreation.
- Staff daily in various ways to support the residents in certain specified times.
- May be granted a tenancy, co-operatives tenancy or condominium.
- Held by persons aged 70 years. (One person at least)
- Planned so that it is possible to live if you requires aids for the movement. Requirements of the Building Regulations, BBR, must be met.
- (Stove Guard, sprinkler and automatic fire alarms may create conditions for fire-proof housing that works.)
Grants for construction of a safe-haven can be given to the owner of the facility:

- For new construction grant of 2 600 per m² of usable area above ground for housing.
- For conversion/rebuilding: 2 200 per m².
- If housing is to be used by one person, contributions for a maximum 35 m² per dwelling and 15 m² per dwelling in the common areas, ie total max of 50 m².
- Used by two persons, eg spouses, cohabitants, siblings: grants for a maximum of 50 m² per dwelling and 20 m² of common spaces, ie a maximum of 70 m².
- Grants may be offered until the end of 2014.

Results of an inquiry
Perception of TRYGGHETSBOENDE

- Older persons asked whether they would be interested in moving to a Safe-haven residence, now or in the future:
  - 22% - Very interested
  - 47% - Fairly interested

- Primarily desired: 2 bedroom apartment, Secondly: 3 rooms plus kitchen
- High safety factor, balcony or patio, close to grocery and other service were considered most important.
Centre for Healthcare Architecture

- Established in April 2010 by the President of Chalmers
- Hosted by the Department of Architecture and included in Chalmers area of advance Built Environment
- National Research network
EVIDENCE-BASED DESIGN

Evidensbaserad design (EBD) is a process for a deliberate and discerning use of current best evidence from research and best examples from practice, along with an informed customer, in the design of a single construction project.


Single-rooms for patients

- Improves contact with relatives
- Supports communications
- Gives higher degree of privacy
- Reduces contamination
  (Kaldenburg, 1999; Chaudhury et al., 2003)
Change in where to deliver care ...

Highly qualified treatments
Traditional hospitals
Primary care. GP, Care centres
Home healthcare

THE AGEING SOCIETY

• Most elderly will **stay in their own homes** – as 94% of 65+ in Sweden today.
• **In economy** – 6% in assisted living takes 60% of costs for seniors
• **In policy** - In Sweden a governmental strategy: Staying in your own home shall always be the 1st alternative (SOU 2003:91).
• Elderly generations coming (1940′ies) qualified, **high demands** – also on spaces for every-day life.
• Elderly are **different** ...
Background in Healthcare:

- Trend towards highly qualified treatments and in few, large hospitals – shorter time for patients

- More low-qualified healthcare delivered near the patients – home-healthcare

- Increased needs for care after surgery and for rehabilitation of fragile persons

**Effects:** Housing-areas as well as buildings for housing under new constrains

Home-Healthcare is increasing
• What kinds of treatments at home?

• Measuring blood pressure, tests etc … but also some laparoscopic surgery
Residential healthcare

• Comfortable and dignified living for elderly
• Care and healthcare – physically and social
• Psychosocial care can be informal meetings, to be listened to and to feel fellowship
• - Space for common life near home for the old-old, > 85
• Also workplaces!

Health prevention...

Accessibility
Indoor, Outdoor
Urban environment

Live an ordinary life
Live an active life
Go shopping etc.
Simple solutions can be OK. Use existing space.
A place to meet and be together = Social and economical sustainability and Health prevention

New research-project: Follow up on Realestate-company’s improvements for elderly
Askim Senior Housing

61 sqm | 2 rooms + kitchen

or

51 sqm | 2 rooms + kitchen
FLOOR PLANS

Entrance
Every apartment has a small storage for bicycles, wheelchairs and other stuff you want to have easy accessible. There are also space for cleaning equipment and water for washing dirty boots or shoes.

Basement
4 caps storage for each apartment and spaces for technical installations.

Roof garden
The unique roof of each house. A big conservatory where people can enjoy the view or have a party. The outdoor garden has deep growing beds to accommodate both vegetables and flowers as well as smaller roses. The park is supposed to function as a place were you can get out of your house without actually leaving the building.

FLOOR PLAN 1 BASEMENT
Scale 1:200

FLOOR PLAN 0 ENTRANCE
Scale 1:200

FLOOR PLAN 8 ROOF GARDEN
Scale 1:200

Freddie Brossie CTH-A, HT-08, AT1/142. “Vision of Future Housing & Care”

CHALMERS

Water

The water in the spa stands for the spiritual and pure.

The spa is a place to go to for relaxation in both body and soul. Alone or with company you can see the serene Jumadi take a foot bath or just take a moment and enjoy the view from the terrace.

Aleksandra Pacheta / Jerry Auldman / Nils Berglund - Future center for Healthcare, Housing and Work RESIDENTIAL HEALTHCARE
Staff facilities 80 sqm (2nd floor)

Facilities:
- staff room
- administration office
- storage and toilet

There are two guest rooms in one of the apartments on the second floor (close to the passage to the common building).