Lifelong Living?
WP4.1 Lifelong Living
iAge check pilot HanzeUniversity

Pilot “iAge, house and housing”

Hieke van der Kloet
Hanzehogeschool Groningen University of Applied Sciences
lecturer/researcher School of Business Management, Real Estate Management/ Bureau NoorderRuimte
Bureau Noorderruimte, Centre of Applied Research and Innovation on Area Development

Pilot: iAge, housing and houses

-> getting an better understanding how elderly people (50+) can be motivated to make choices about their living environment that will help them to stay healthy and independent at an older age.
What could help you to stay independent as long as possible? Could this be applied by ICT?
Main aim -> To develop housing strategies and concepts for self-reliant sustainable housing

The pilot ‘iAge, house and housing’ includes 4 steps:

Step 1. Desk research and interviews with participants – especially caregivers, will lead to a set of solutions that can help people to stay independent in the various phases of getting older.
Lifelong living: domotica through the eyes of the caregiver

Report by Betty Oppewal-Raadsveld  (april 2013)

Deskresearch and interviews with 20 home caregivers working for 50 years and older aged people in the province of Friesland.
Conclusions:

- According to the home caregivers ICT (domotica) and home modifications can lead to livelng living and healthy aging.

- The **benefits** the homecaregivers see are:
  - *Self-reliance, self-determination, self-respect, security, privacy preservation, time saving, costs saving, fast communication and less care needed.*
Conclusions:

• The disadvantages according to the home caregivers are:
  • Unfamiliarity, ignorance, resistance, financing, issues with privacy, malfunctioning, less exercise for the user.
  • Financing is still a stumbling block

Recommendations

• The caregivers should have more knowledge about domotica and ICT possibilities. In some cases there is still resistance against ICT.
The pilot ‘iAge, house and housing’ includes 4 steps:

Step 2. **Interviews** with people of various age-groups, backgrounds (households, job, income) and regions give insight in their view, appreciations and underlying values with regard to the solutions in the first step. These interviews also look into the **familiarity with ICT, the use of technical equipment in and round the house** and the living habits related to healthy ageing.
Step 2 ->

**ICT: Luxury or need? Independent living and aging.**

Report by Goedgebuure, Hoogeveen, Janse, de Nijs, Vlieger, de Vries
(November 2012)

Deskresearch and 24 interviews
- with people in various age-groups from 50 years and older (49-84 years old)
- different backgrounds (households, job, income)
- living in different regions without or with population decline in the Netherlands.
Step 2.

**Main question:** Which ICT-needs do 50-plus aged people have for independent living?

**Conclusions:**
- The respondents mostly **do not have problems** now with independent living.
Step 2.

Conclusions:

- They mentioned difficulties in moving at home, especially stairs.
- According to themselves they had adequate solutions for independent living, like a floor bedroom.
- The respondents expected problems with independent living in future like house cleaning, gardening and shopping.
- They might overcome these difficulties by outsourcing these activities.
Step 2.

Conclusions:

- 80% of the respondents have a positive attitude towards ICT-adjustments. Three elderly women (75+) have anxiety and trouble with ICT.
- 92% of the interviewees are familiar with PC/laptop.
- Skype and iPad also become popular.

Recommendations:

-> ICT should concentrate on the need and possibilities to keep on moving at home
After this outcome April 2013 five Honours students of ICT and physiotherapy started to develop an App for elderly people to live independently. The result will be presented by our student Marco Vellinga.
Step 3. As a result of the first two phases target groups will be defined which are related to the appreciation of different solutions.

Desktop research
Research in progress by Honours/master student Peter Veltman
Step 4. In the last phase housing strategies and concepts will be developed for the adjustment of living areas and houses. The focus is on adjustment since most of the future houses is already there, it only needs modification. One of the tools will be a checklist that can be used to access the quality of a house for different target groups.

-> Deskresearch, Research Honours/master student P. Veltman,
Community Borger/Odoorn (Province of Drenthe)
Housing in the future: Research report to live independently at home

Report by Rene Annen, Marian Beuker, Jurjen van der Horst, Erna Jonkman, Marjan Schuitema and Pieter Verdam (November 2013)

Main question: Which tools or home modifications 65-plus aged people needed to live independently instead of the nursing home?

Deskresearch and semi-structured interviews among 42 residents of 4 nursing homes in the Province of Groningen and Drenthe
Step 4.

Conclusions

- Immobility and disbalance (63%) is according to the residents the main reason they had to move to the nursing home.
- 45% of the residents had psychological problems, like anxiety.
- About 75% of the respondents did use home modifications before they moved to the nursing home.
- The residents didn’t mention ICT solutions as a tool to live independently.
Step 4.

The Kangaroo House

Future housing concept in the Netherlands?
Dad and his Ipad

http://www.youtube.com/watch?v=gUCpOYdG8hM
Grandpa and grandma try the Webcam

http://www.youtube.com/watch?v=FcN08Tg3P