



.....Lifelong Living?

# WP4.1 Lifelong Living

## iAge check pilot HanzeUniversity



## *Pilot “iAge, house and housing”*

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# 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.



# i Age Focus Group Meeting 2012

## Focus Group Meeting June 2012

Community of Hardenberg/ Bé Prenger

Buurtkamer ('neighborhood')project

-> Human Technology students



In cooperation with **Trimbos Institute**

Bernadette Willemse

***What could help you to stay independent as long as possible? Could this be applied by ICT?***



provincie Drenthe



Main aim -> ***To develop housing strategies and concepts for self-reliant sustainable housing***

*The pilot 'iAge, house and housing' includes 4 steps:*

**Step 1. Deskresearch 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.

Step 1 -&gt;



## *Lifelong living: domotica through the eyes of the caregiver*

*Report by Betty Oppewal-Raadveld (april 2013)*

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



Step 1 -&gt;



## Conclusions:

- According to the home caregivers ICT (domotica) and home modifications can lead to livelong 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.***

Step 1 -> *Lifelong living: domotica through the eyes of the caregiver*

## 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 -&gt;

## ***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 **dont 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**



## Step 2.



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.

Deskresearch

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 assess the quality of a house for different target groups.

-> Deskresearch, Research Honours/master student P.

Veltman,

Community Borger/Odoorn (Province of Drenthe)





Step 4.

***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

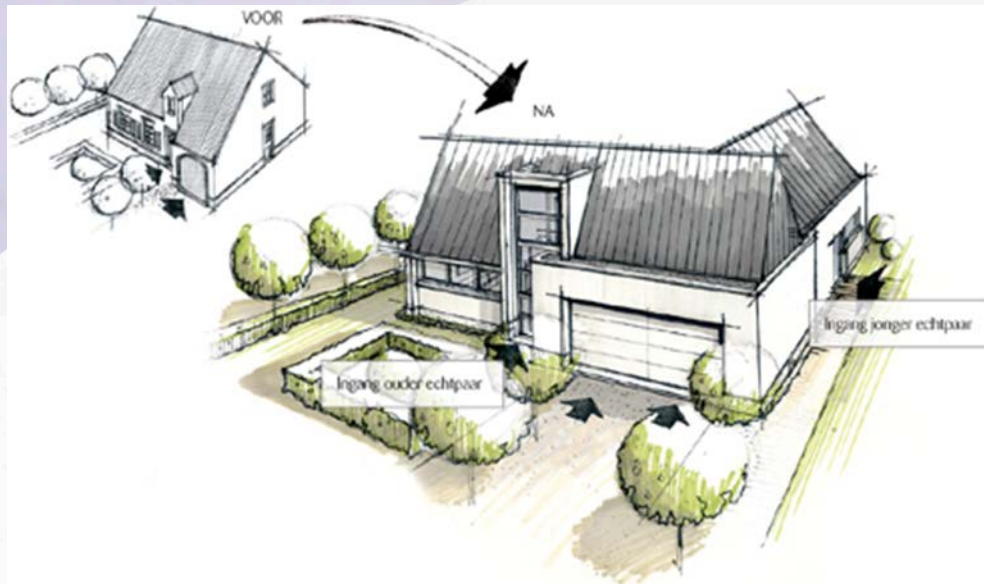
- **Immobility and disbalance (63%) is according to the residents the main reason they had to move to the nursing home**
- **45% of the residents had psychological problems, like anxiety**
- **About 75% of the respondents did use home modifications before they moved to the nursing home**
- **The residents 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>  
[Ww](#)



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Groningen**  
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