



# Livets efterrätt

Intergenerational relationships between children  
and seniors



**CHALMERS**  
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Livets efterrätt - Intergenerational relationships between  
children and seniors  
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# Abstract

With the older population growing and life expectancy increasing comes an increased need for residencies adapted for seniors. Sweden is expecting a 50% increase in population aged over 80 by 2028, and elderly are healthier than before. At least every tenth person over the age of 75 is socially isolated, which with a physically healthier older population becomes one of the main issues for the elderly. This project aims to combine a preschool with senior housing and an assisted living facility. The research questions are:

- • How can homes for the elderly be designed to promote well-being?
- • How can design of homes help prevent loneliness amongst the elderly population?
- • How can the presence of children impact life quality and health among seniors?

And they are answered using literature studies, a survey, and a design project. The project focuses on shared spaces and the residencies, the preschool and the assisted living facility are not planned. A site is chosen and used for the sake of the project, but is not the main focus since the project is general and applicable on other sites, and the programme will be more important than the building itself. The result is a project with common indoor and outdoor spaces, a public restaurant, and spaces for different activities.

Keywords: intergenerational relationships, senior living

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# Introduction

## Background

According to SCB, the population in Sweden over 80 years of age is expected to increase by 50% between 2018 and 2028 (SCB, 2018). This is partly because the generation born in the 40s is large, and they are now turning 80. Life expectancy is increasing, and older people are generally healthier today than before. A study compares a 70-year old today with a 50-year old in the 70s (GU, 2020). This leads to an increased need for assisted living and care. Furthermore, at least every tenth person over the age of 75 is socially isolated, and the same is true for 15 % of those older than 85 (SCB, 2019).

With a healthier older population, one of the main issues for the group is social isolation and loneliness, which is often connected to mental health. Generally, most elderly people in Sweden live on their own without assistance, but many feel they lack a step in between assisted living and just living on their own. The most common reasons for wanting to move is social isolation and wanting a more fitting living arrangement in terms of accessibility and maintenance (Boverket, 2022).

## Aims

The aim with the project is to create an inbetween housing arrangement for the elderly population that reduces loneliness and promotes health and well being. The project will combine senior living and elderly care with a preschool, promoting intergenerational relationships at the benefit of both seniors and children.

## Research questions and purpose

- How can homes for the elderly be designed to promote well-being?
  - How can design of homes help prevent loneliness amongst the elderly population?
  - How can the presence of children impact life quality and health among seniors?

The purpose of the thesis is to connect generations, create prerequisites for meetings, and showcase an example of how this can be done.

## Delimitations

The design part of the thesis is based on Swedish standards and preliminary in a Swedish context. Economy and construction will not be discussed. The main focus of the design is the common areas and the housing, meaning the assisted living facility and preschool will not be planned.

## Methods

### Literature study

Referencing studies and other literature has been an important part of creating a project that is relevant and scientifically supported.

### **Site visit and mapping**

Site visits have put the site in perspective and given a greater understanding of the surroundings. The site has been mapped out and examined.

### **Survey**

A survey has been conducted on four different senior living projects with the purpose of finding out more about their day to day life, how they live, if they're lonely and what activities they like to do. The respondents get the survey in their mailbox, and leave their answers in a box in their common space. The survey was created following guidelines in "Enkäten i praktiken" by Ejlertsson (1996).

## **Terminology**

Home care service - a service provided by the municipalities in Sweden to people who are deemed to need help with certain tasks.

Assisted living facility - a residential facility that provides housing, supportive services, and healthcare to older adults or people with disabilities who require a high level of care.

Sheltered housing - housing provided by the municipality for elderly, usually 70 years or older, that include common spaces and a host that provides activities. If additional help is needed in the home, the resident can apply for home care service.

Senior housing - a housing project with an age requirement to move in, usually 55 or 70 years old. No extra services need to be offered, however there's often a common space and sometimes other services available.

## **Reading instructions**

The thesis is divided into five main chapters, starting with an introduction presenting the aim, background and research questions as well as how the thesis is carried out. The second chapter dives into the theoretical background that supports the thesis, followed by the third chapter looking at some reference projects. The next chapter presents the conditions for the project including the site and the survey conducted. The last chapter is the design proposal.



# Theoretical background

## Seniors

Seniors or elderly people typically refer to people over the age of 65, all the way up to over 100 years old. A large and diverse group that is often viewed as homogenous and frequently stereotyped as frail, slow, and clueless even though the group includes a large portion of the population and a vast span of ages. A grandchild and their grandparent can both be considered seniors or elderly even though they belong to entirely different generations. Because of these factors, planning for seniors can be a challenge. Elderly people are often divided into strict categories of third and fourth age, where people in third age are defined as living an active and independent life, and people in fourth age are defined by needing a lot of assistance and may even be institutionalised (Liebing et al, 2016). Liebing et al. (2016) describes the concept of liminality, where people are in-between third and fourth age, since the gap is quite large. It can be minor issues, when the current living space raises doubt and questions, and more major, like when it is close to impossible to keep living in your current home. Dividing elderly into these two strict categories can therefore cause problems, one of the more prominent being that most

projects and efforts are clearly aimed at either third age or fourth age lifestyles, with liminal homes falling through the cracks.

A stereotypical view of elders is not only reflected in architecture, but can lead to discrimination, ageism and prejudice. Karpf and Life (2014) discusses this phenomena at length, and presents a study done on American and Chinese seniors looking at the impact of stereotyping elders. The study concludes that negative stereotypes about elderly become a self-fulfilling prophecy that actually worsens elderly peoples' memory. Another study mentioned concludes that elderly with a positive outlook on life live 7,5 years longer than elderly with a negative outlook (Karpf and Life, 2014).

## Statistics

A large survey conducted in Sweden concludes that 96 % of people over the age of 65 live in housing in the ordinary housing market, and a majority own their homes. Less than half were married but with a big discrepancy between men and women, 62% and 26 % respectively. 54 % of respondents lived alone. 40 % said they drove a car regularly, 10 % travelled with a partner and 8 % travelled with a neighbour. 46 % stated that they were dependent on car transportation for things like grocery shopping, indicating that access to a car can be an indicator of vulnerability (Abramsson & Hagberg, 2020).

## Health

Eastman (2013) lists off seven determining factors for well-being and health, which are physical, vocational, environmental, social, spiritual and emotional. Many of these can be supported and facilitated through architecture. Ahrentzen and Tural (2015) identifies active living as more effective for health than organised programmes for physical activity. Activities of daily living, ADLs, have positive outcomes in regards to health and independence for elders, also including preventing mental decline. An example of this knowledge used in architecture is by having fewer elevators, and stairs visible directly from the main entrance, which was proven to have a positive effect and lead to a more active lifestyle.

## Intergenerational relationships

Intergenerational relationships refer to connections and interactions between people of different ages, including relatives and family, mentorships, friendships and spontaneous interactions in public spaces. They are an important part of our social fabric and have been proven to have many benefits. For elderly, intergenerational relationships help to reduce the likelihood of depression, as well as reducing isolation and being energising. It gives both children and seniors a sense of purpose, and becomes a learning opportunity for children about ageing (Spence & Radunovich, 2008). This is supported by a Swedish experiment done with TV4 as well, where ten seniors aged 70-100 spent six weeks with children aged four. Extensive testing was done, and the seniors involved in the project increased their hand strength by 80 %, had better cognitive skills, better mobility and became 35-40 % better at managing their everyday life. Two of them even increased their mobility by 50 % (TV4, 2019).

For children, meeting seniors can be an opportunity to learn about ageing and reduce biases towards elderly. Children who participate in intergenerational studies tend to think more positively about elderly people and ageing. One study asked children "what do old people do" before and after participating in an intergenerational programme. Before, 50% of the children responded with negative descriptors, and after one year, none of the children did (Holmes, 2009). Children perceiving elderly people as sick can become scared of ageing, while intergenerational programmes reduce the fear and encourage tolerance.

## Intergenerational programmes

To achieve the positive aspects of intergenerational relationships, the intergenerational programmes need to be planned out in an effective way. The first step is preparation, teaching the groups about the other group and talking about the meeting beforehand (Xie et al., 2012). Children may have questions about elderly persons that they want answered, and the seniors should be prepared with basic knowledge about how to talk to children. For example, seniors oversharing about personal information has a negative effect on relationships (Soliz & Harwood, 2006, as cited in Drury et al., 2017). Drury et al. (2017) identifies four key conditions for a successful intergenerational programme: equal status between the two groups, working towards a common goal, cooperation, and institutional support. Friendships are the most beneficial form of contact, and quality is more important than frequency. To achieve equal status between the groups, there needs to be a neutral environment where the programme takes place. The number of participants from each group should be equal,

and the task that is to be performed should not be clearly harder for one group. The focus should be on cooperation rather than competition. Xie et al. (2012) suggests that discussions within the groups separately after meeting is also an important factor. In the study it was also concluded that small group brainstorming was the most successful, and post-it notes was a good medium for both children and seniors. When using art supplies, many seniors felt unfamiliar and insecure with the medium, while they worked well for the children. Some of the challenges found were where to sit, when to eat, and when to take breaks. While sitting on the floor was preferred by many of the children, some of the older adults had trouble getting up and down.

## Physical environment

Seniors need to continue to be integrated in society for their health and wellbeing. Closeness to a city centre with shops is essential to maintain a normal life and stay a part of society. It will also help seniors stay independent longer, as it gets easier to go to and from the store to get groceries and other necessities, even after one might not be able to drive anymore. Closeness to green spaces increase wellbeing in seniors (Sang et al., 2016), and access to greenery will increase outdoor physical activity and exercise (Sjögren & Stjernberg, 2010).

Andersson (2011) points out the importance of a private and adjustable space, as well as communal spaces that are open to others than residents in both ordinary housing and assisted living facilities. Senior living arrangements should not be totally separated from ordinary housing, but don't need to be situated in a dense urban environment. The study investigated how seniors want to live, and one thing that came up was transparency and connection between outdoor and indoor environments. For communal yards in general, Minoura (2019) emphasises the importance that residents feel like the yard is truly theirs and that they have control over it, as well as having capacity to host several activities at once.

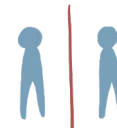
Generally elderly want to live at home as long as possible, and avoid moving into an institutionalised environment (Harrefors et al., 2009). They are scared of losing their autonomy, not being seen as a person, and losing their social connections. Some conditions increase the likelihood of seniors being able to live at home while receiving in-home care. Three key conditions presented by M. Andersson et al. (2021) include bedroom capacity, spatial proximity, and functional independence. Bedroom capacity ensures enough space around the bed for a caretaker to move around, as well as keeping necessary equipment. This need is considered met if the bedroom has 3\*3,1 metre of clear floor space. Spatial proximity refers to the walking distance between key functions in the residence, including bathroom, bedroom, entrance, and storage. The walking distance between these functions should not exceed six metres. Functional independence becomes important in a couple situation, where one partner needs more care than the other. A caretaker should be able to reach the bathroom, bedroom, and storage from the entrance without interrupting the activities occurring in the kitchen and living room.

## Meeting spaces and public space

In the book "Life between Buildings" Gehl (2011) talks about the importance of public meeting places and how to best facilitate social interactions in public spaces. He notes that people want to be able to observe and be observed by others, and usually prefer lively streets or benches where you're facing surrounding activity. The first prerequisite for meeting others is being in the same space. It's rewarding to be with other people in an undemanding way, even just hearing or seeing other people. Low-intensity contact can create situations from which other forms of contact can grow, for example children spontaneously playing with each other in the park or having a coffee with your neighbour on the porch. Even looking out the window and seeing movement and activity can be enriching. There's a close relationship between outdoor quality and outdoor activities occurring, meaning architects have an important role in facilitating these meetings. He stresses the importance of establishing residential areas that provide semipublic, intimate, and familiar spaces to encourage social interaction and the building of social networks. He gives an example of entrances, balconies, verandas and front yards facing the street so that people can watch life in the public space and casually interact with others during their daily activities. Gehl also includes five schematic images showing what inhibits and what promotes contact, as shown to the right.

### Inhibiting contact

Visual and auditory



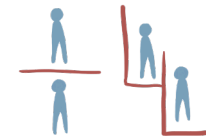
Walls



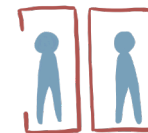
Long distances



High speeds



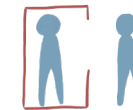
Multiple levels



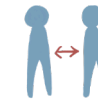
Back-to-back orientation

### Promoting contact

Visual and auditory



No walls



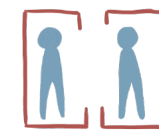
Short distances



Low speeds



One level



Face-to-face orientation

Symbols inspired by Gehl (2011) and redrawn by thesis author.



# Reference projects and survey

## Inspiration from other projects



In both the TV show "Fyraåringarna på äldreboendet" (TV4, 2019) and at Providence Mount St Vincent (Briggs, 2017), seniors and children eat meals together which is much appreciated by both groups.

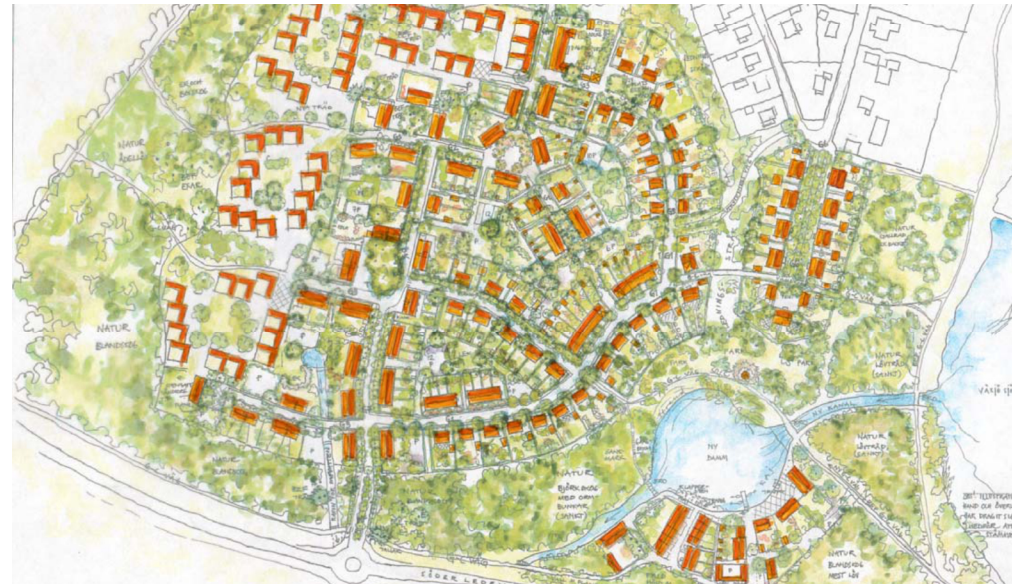
At Providence Mount St. Vincent, the children and elderly celebrate special occasions together, both Christmas, Halloween and birthdays (Briggs, 2017).





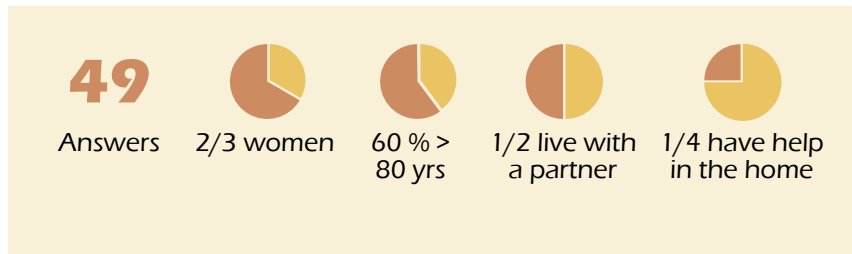
At Bovieran Partille, where there are 46 apartments (Bovieran, 2022), chairperson K. Stahre tells me that most neighbours know each other. They dance, play boule and card games, do gymnastics, and have coffee together, and everyone can plan an activity in their common room. Sometimes they have seafood or cheese and wine together (personal communication, 19 Jan 2023).

Biskopshagen in Växjö is a beautiful garden city with mixed housing typologies, lots of greenery and small streets. Many houses have their entryway in level with the street. The area has a human scale and people rather than cars dominate the streets (Växjö kommun & Djurgårdsstaden Arkitekter, 2002).

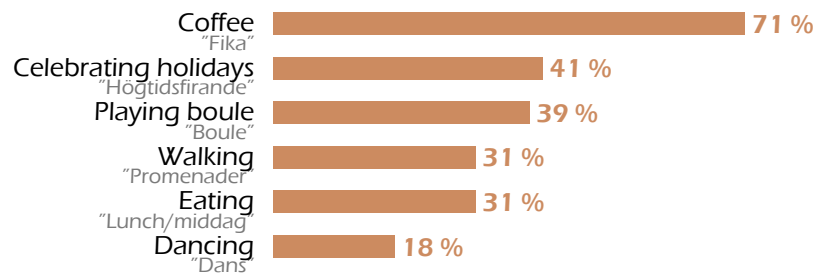


## Survey

The survey was sent out in physical form to residents in two senior living complexes, Bovieran Partille and Förbo Kvarnkullen Kungälv. They were given two weeks to answer and handed in the surveys in closed envelopes in a box in their common area. The answer rate was 49 % and all questions and answers can be read in the appendix. Below are the most interesting answers for the thesis.

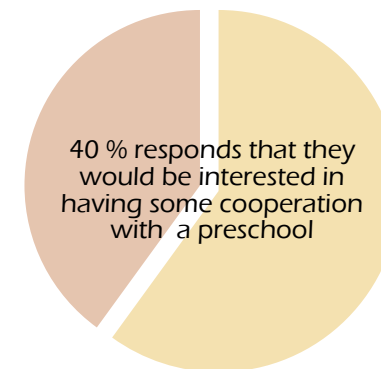


A majority of respondents rarely feel alone and half of them spend time with their neighbours either every week or every day. Most popular activities done with neighbours in the last year are as seen below (several answers possible):

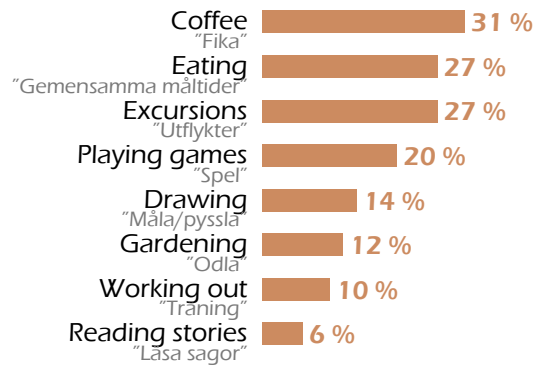


Activities that are popular in general are walks, reading, having a coffee, crossword puzzles and sudoku puzzles, working out, and playing boule.

Majority of respondents spend time with children under 10 less than once a month, even though almost 40 % wants to spend time with children more often than they do.

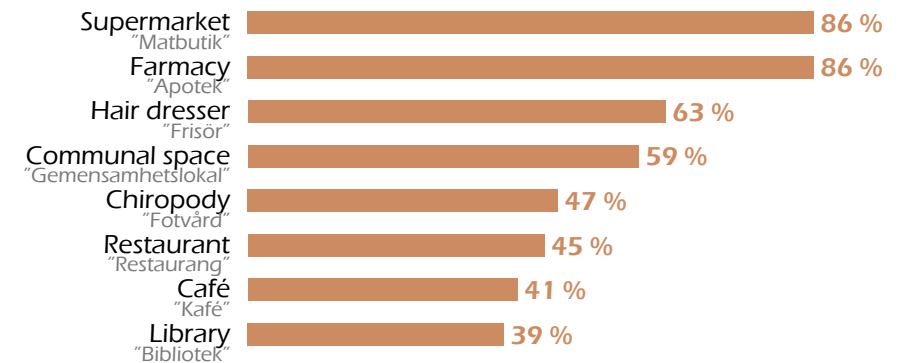


What activities are the seniors interested in doing together with the children (several answers possible):



Note that "reading stories" was not an option I provided but one that three separate respondents wrote on "other:".

A vast majority of respondents wish for services close to the residency, how close is not defined in the survey.



Free fill answers mostly include medical services, recreational outdoor spaces and public transport.

## Conclusions and summary

Several reference projects and the survey strongly supports creating a space for shared meals in the project. The survey suggests that senior residents are good at organising and planning the activities they want, as long as the architecture supports it. They want to meet their neighbours, and many wishes to interact more with children. Excursions is a popular request among the seniors in the survey.





# Project conditions

## Site



The chosen site is located in Ytterby in Kungälv municipality with a 20 minute walk or 3 minute bus ride to Ytterby centre, with a train station, shops, and a health care centre. The site is close to a residential area as well as a forest and acres. Several bus lines pass the site and the road that goes past is heavily trafficked. The site is owned by the municipality and not used.



At the plot line, there's a small stream running through. The site is fairly flat but has a hill in the middle, and there's power lines running through the site. The heavily trafficked road running past produces an unpleasant and loud noise. Several bus lines pass by on the primary and secondary road, with a current bus stop marked with a blue dot.



Pictures from the site taken by thesis author.

Green areas



## Site strategies

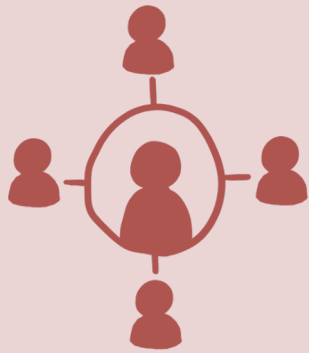
Since the main road that passes the site is heavily trafficked, the main access to the site is from the secondary road north of the site. The site gets its own main street, which is broken up by a square. The traffic heavy main road has a speed limit of 70 km/h that is lowered to 50 km/h right after the site right now, the 50 km/h sign is moved to before the site to decrease noise. A bus stop is added to the main road as several bus routes pass by but do not currently stop at the site. The relatively rural location and feel of the site is used to an advantage, creating homes that reflect this.





# Design proposal

## Concept



### Social connections

Building social connections is one of the core purposes in the project, encouraging people to get to know each other and combating loneliness among elderly.



### Intergenerational relationships

The cooperation and connection between seniors and children will be an important aspect.



### Village

The area is small-scale, has lots of variation, and some service close to the residents.



### Nature

The site's location is used as an advantage, bringing nature close to the residents and children.

## Why?

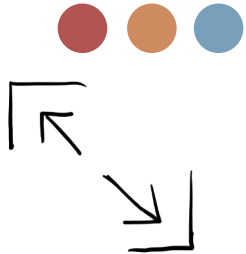
With an increasing elderly population and a higher life expectancy, loneliness and social isolation is one of the main issues for seniors. It's often connected to mental health, and most seniors live on their own. The project gives seniors more opportunities to meet and spend time with each other, and expand their social circle.

Being independent and integrated in society is essential to maintaining a normal life. Connection to outdoor environments and communal spaces are important factors for wellbeing in seniors. Another important aspect is being able to stay in one's own home and not being institutionalised, where some homes have better conditions to increase the likelihood of an elderly person being able to continue living in their current home.

Intergenerational relationships are proven to have positive effects on the health and well-being of elders, including both mentally and physically. Interacting with children reduces risk of depression, increases cognitive skills and mobility, and energises seniors.

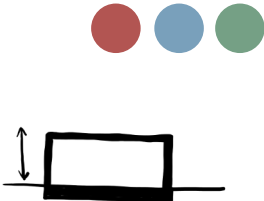
Green spaces have positive effects on all humans, but can be especially important to have close by for seniors who don't travel as much. A close connection with nature can also increase physical activity.

# Design strategies



Small-scale

The project is built small-scale to enhance the feel of a village and foster social connections.



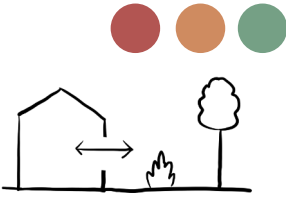
One level

The dwellings are only one floor high to increase accessibility, connection to nature and other people.



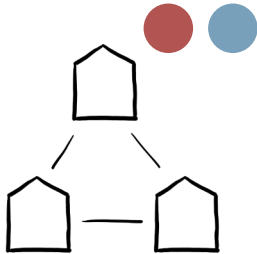
Walking

Pedestrians are prioritised over cars to facilitate spontaneous meetings and contact with nature.



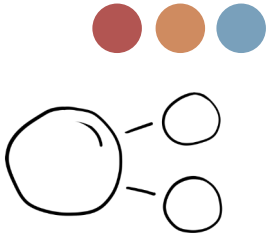
Transparency

Buildings are at street level and nature is allowed into the buildings. Kitchen windows look out on the streets.



Neighbourhoods

Buildings are placed in neighbourhoods creating smaller groups for people to socialise in a more intimate setting.



Sharing

Shared functions and spaces become social hubs for people to connect.

## Why?

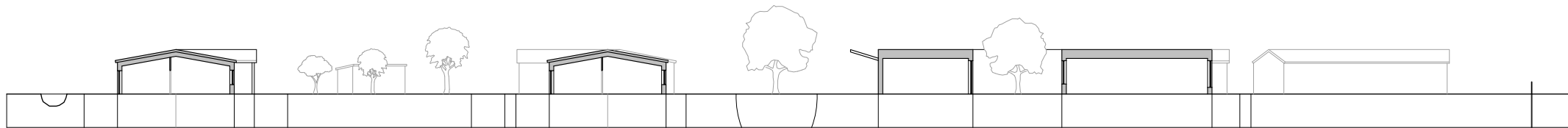
The strategies support the concepts and are based on the research presented in the previous chapters. Gehl (2011) presents several methods to facilitate social connections and meetings in public spaces. These include keeping buildings to one floor in level with the street, promoting walking, having entrances facing each other and keeping buildings, streets and other spaces small-scale, all which is considered in the project.

Working with outdoor connection and transparency to increase well-being, the outdoor spaces vary from your own private backyard, to a communal entrance with a neighbour, to large parks and activity areas for everyone, just as concluded by Andersson (2011), Sjögren and Stjernberg (2010) and Sang et al. (2016). Connections between indoor and outdoor spaces are emphasised with sight-lines, openings and a floor level matching the ground level outside. Minoura (2019) emphasises that the common yard should be seen as an extension of the own home, and be controlled by the people living there. Therefore, the housing is divided into clear neighbourhoods with their own yards. Shared functions are instead placed at the pre-school and communal building, where the children and assisted living residents can take part in activities as well.

## The site as a whole

The plot is divided by a main road running through the area, with a square in the middle. The square breaks up traffic and creates a slower rhythm. From the square, one can access the community building and the preschool yard. The preschool yard is open to residents, and an obstacle course, greenhouse, and boule court can be used together or without the childrens' involvement. The children will also have their play space here, and seniors can choose to participate in outdoor play.

Housing is grouped into four smaller groups to create smaller social circles around shared yards. It's possible to access the yard with a car, but the change of pavement suggests this is mainly a walking area. Car parks are placed outside of the communal yards. The housing groups are marked through the colours of the houses, creating four different coloured neighbourhoods. The fifth colour is reserved for communal buildings and the preschool.





A square breaks up and slows down traffic

Community building accessible from the square and the preschool yard

Outdoor gym as obstacle course

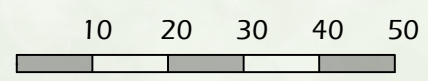
A-A

Greenhouse, gardening and boule court

A nice walk through the forest

A fireplace with a shelter for excursions

Preschool and assisted living facility in two floors



1:1000

## Communal yard

The four neighbourhoods have their own yards. Shown is an example of one of the yards, with its own pond and orangery. Outside of the orangery there's a grill and seating, where neighbours can arrange BBQs or just sit and talk. Fruit trees are planted in the yards, and wildflowers are allowed to grow in certain areas, supported by bee hotels. There's space for private reflection as well as social gatherings, no matter what the weather is like. The neighbourhoods also have a building with storage for all the apartments.



The pavement indicates that pedestrians have right of way and makes cars slow down



Pick apples for a pie

Sit and wait to be picked up

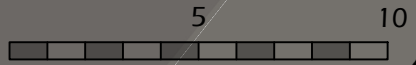
Watch the rain from inside the orangery

Smell the flowers and look at the bees and butterflies

Organise a BBQ with your neighbours

Listen to the calming sound of water

Enjoy the mid-day sun in private



1:200

## Community building

### 1. Community hall

The community hall is a big room with a well equipped kitchen that can be used in different group constellations, spontaneously, or booked. This room is what the residents wants it to be. It can be used for having a coffee, hosting big dinners, private parties, or anything else residents or preschoolers want to plan.

### 2. Gym

The gym can be used by the residents in the area, residents in the assisted living facility as well as staff. It can be used for physiotherapy as well. A door leads out to the outdoor gym.

### 3. Wellness centre

On certain times of the week, the wellness centre can offer chiropody, massage, hair cutting and other services that are requested.

### 4. Entry hall

The space in the entry hall is used for a library where people can leave or take books, and an art exhibition where preschoolers or others can show what they've made.

### 5. Kitchen

The kitchen provides the assisted living facility and preschool with all the meals served, as well as the meals for the restaurant.

### 6. Overnight apartment

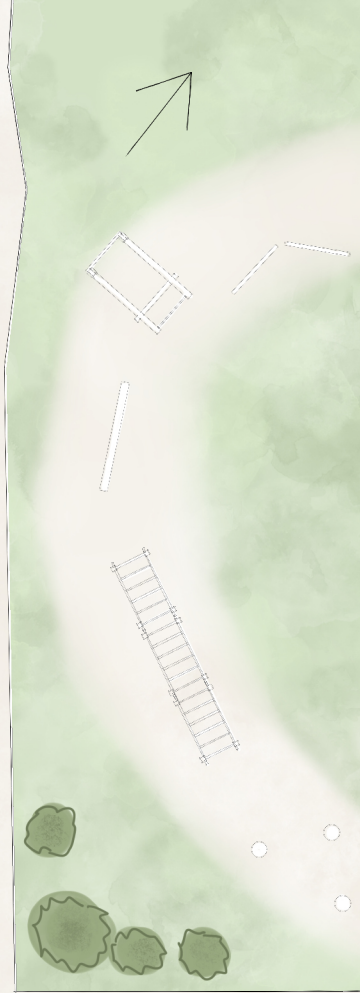
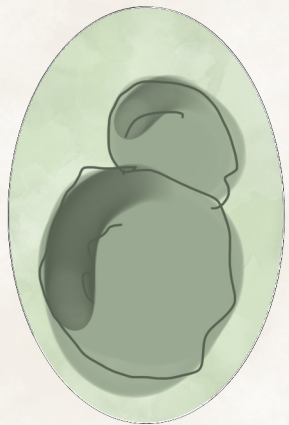
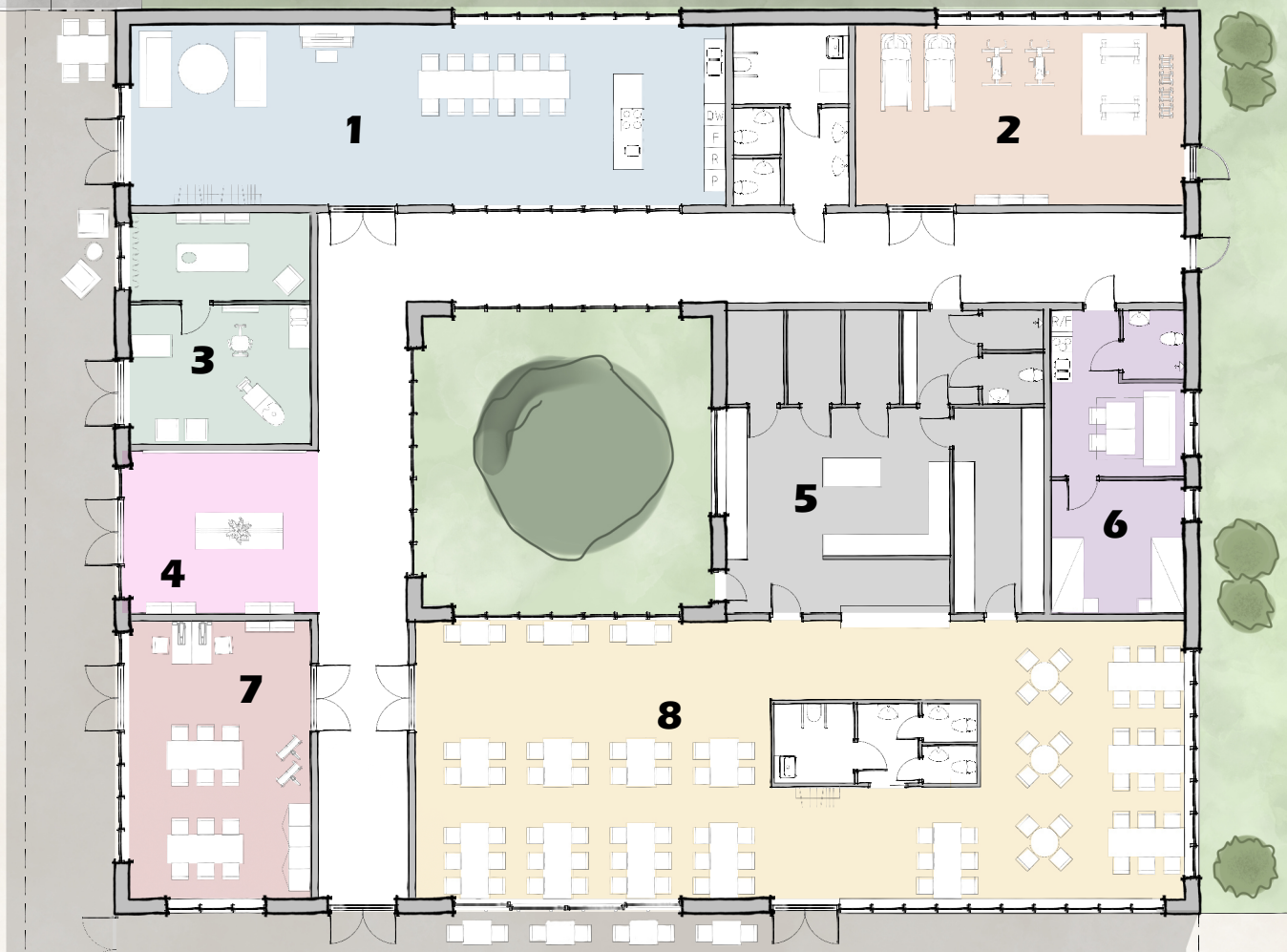
The overnight apartment can be rented by residents for when family or friends comes to visit.

### 7. Creative studio

The creative studio can be used both for scheduled and unscheduled activities, involving both seniors and children in different groups. This room can have supplies and tools for art, sewing, music or other desired activities.

### 8. Restaurant

The restaurant is open to the public. Assisted living facility residents and preschoolers eat in the restaurant according to a schedule, where each group has a day in the week, creating connections between children and seniors.



# Facades

The community building facade consists of white plaster and painted yellow wood. There's a glass roof on two sides of the building, and plenty of windows. From north to south, you can see straight through the building and the courtyard with a tree is visible.



West



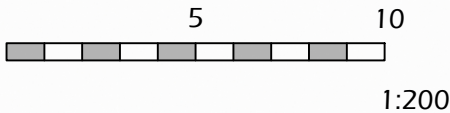
South



East



North



View of restaurant

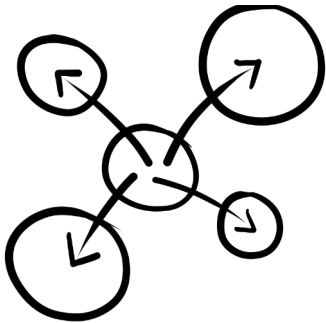




View of square

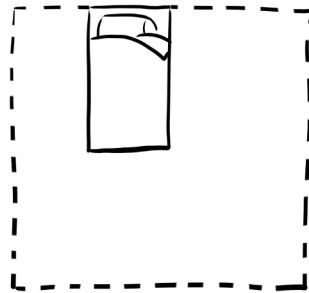


## Housing features



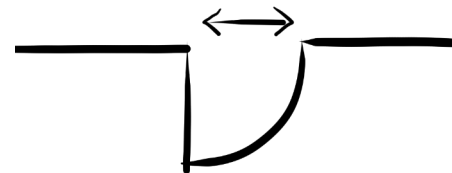
### Functional independence

In all the apartments, all rooms can be reached from the hallway. This is important to ensure privacy for the other partner if one needs care in the home.



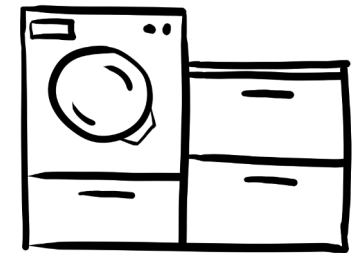
### Bedroom capacity

All apartments have one bedroom big enough for an in-home care situation.



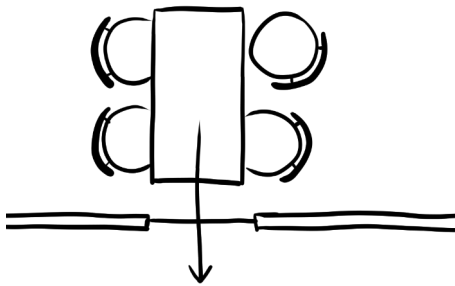
### Wide doors

All the doors are extra wide to allow for different aids.



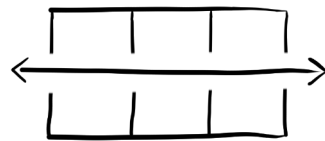
### Raised appliances

Appliances are raised to increase independence, placing them in an easy-to-reach and ergonomic height.



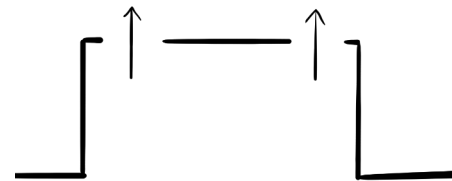
**Kitchen toward street**

The kitchens are facing the street, creating an indirect social interaction and allowing the resident to see who is coming if they get a visitor.



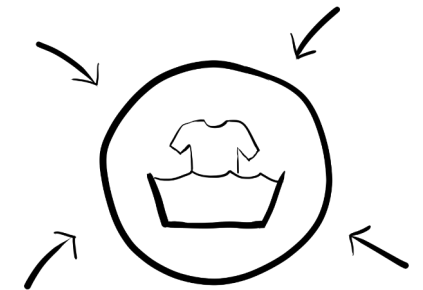
**Axiality**

There's a direct view from the hallway to the outside in all the apartments.



**Shared entrance**

Everyone shares their entrance point with at least one other apartment, creating an opportunity to get to know your neighbour.



**Shared laundry**

The shared laundry space is another place for spontaneous social interactions between neighbours.

## 1 room apartments

Anita has recently become a widow and can not afford to stay in the apartment she and her husband lived in. She would like to meet more seniors, and since her grandchildren live far away, be able to spend some time with children as well. A 1 room apartment with a common living room space is the perfect alternative for her.

Residents enter the building from their shared roofed terrace, walking in to a shared hallway. They each have their own wardrobe to put away their shoes. There's also space to leave your outdoor wheelchair. The common room has a nice living room area with television, where residents can meet each other or their relatives, and maybe watch movies together. The shared laundry space has windows out toward the common area and sliding doors that can be closed to minimise noise. Everyone has their own cupboard in the laundry room where they can put away laundry detergent and such.

Inside the apartment, there's an extra wardrobe in the hallway for clothes the residents don't want to store in the common hallway. They have their own private terrace and a full kitchen. There's a folding wall giving the residents the choice to have a full bedroom, or a bigger living and sleeping space.



39 square metres

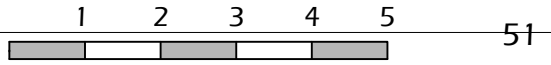
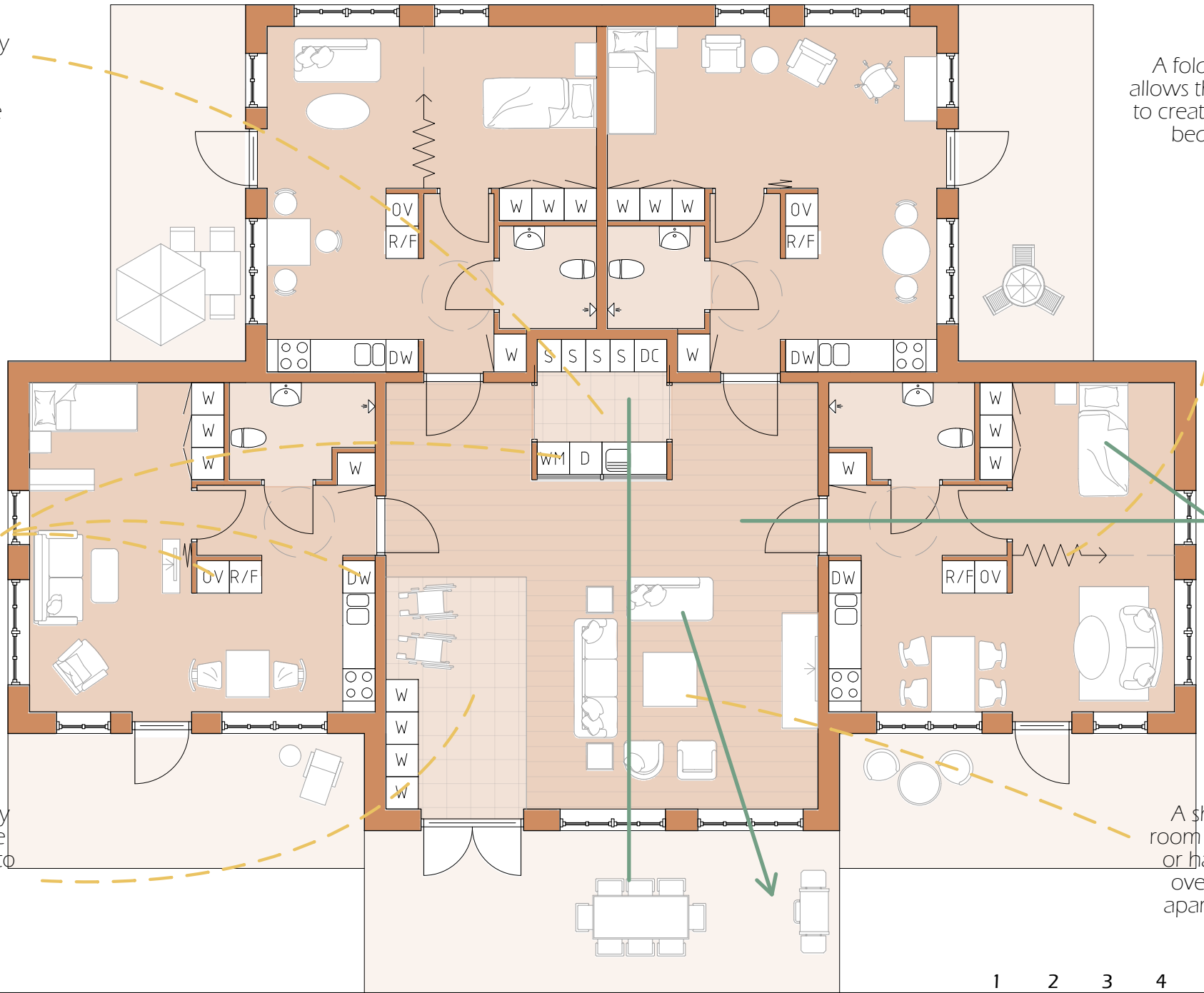
A shared laundry room with windows overlooking the living room.

A folding wall allows the resident to create a private bedroom.

Appliances are placed in an ergonomic height to promote independence.

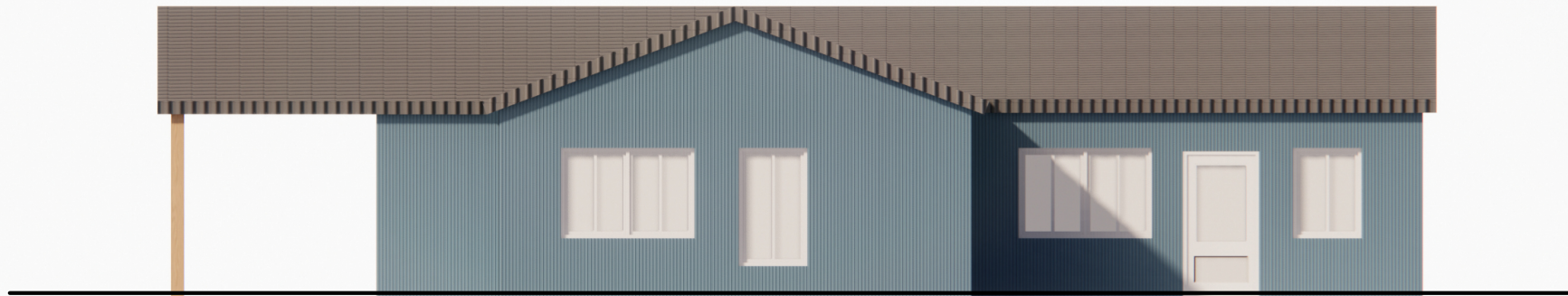
A shared hallway where everyone has a wardrobe to put away their shoes.

A shared living room for socialising or having guests over when the apartment is too small.

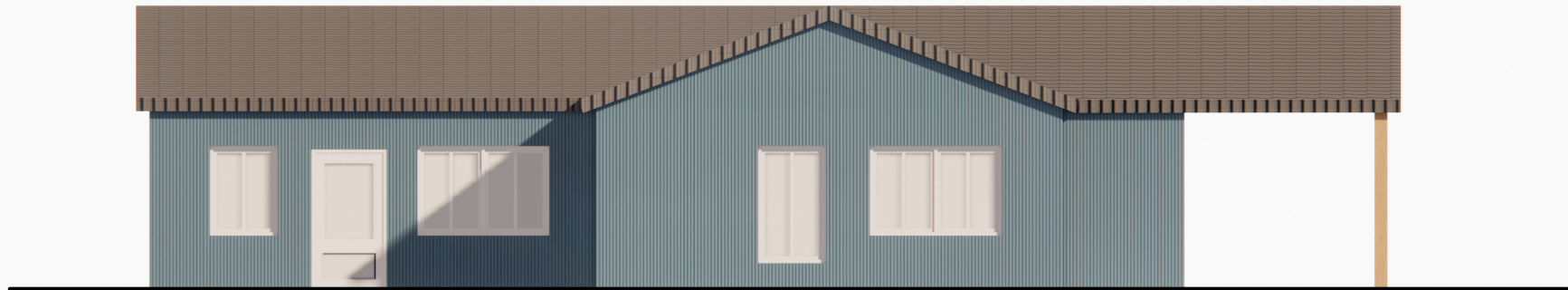


1:100

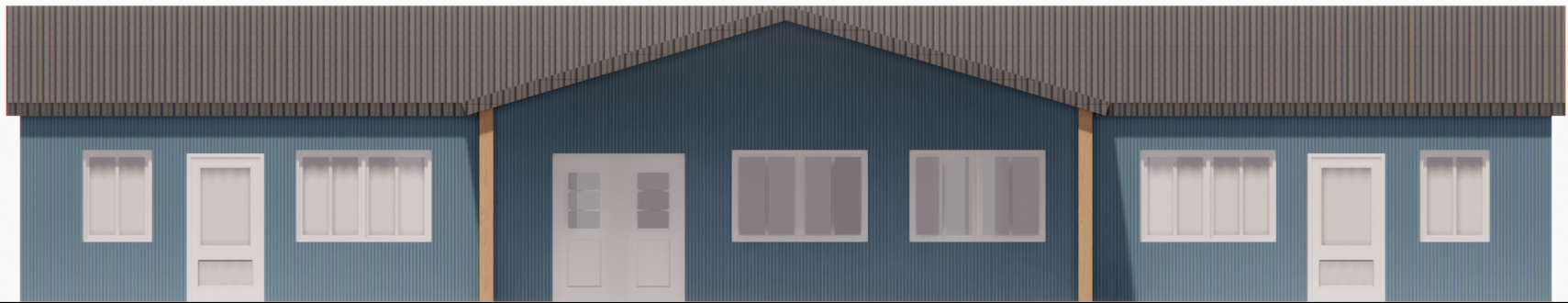
Facades



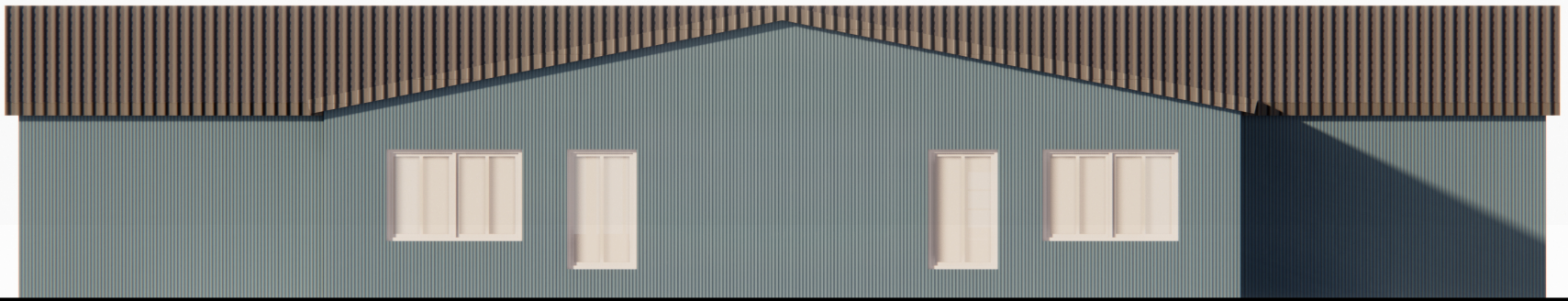
Right



Left



Front



Back



1:100

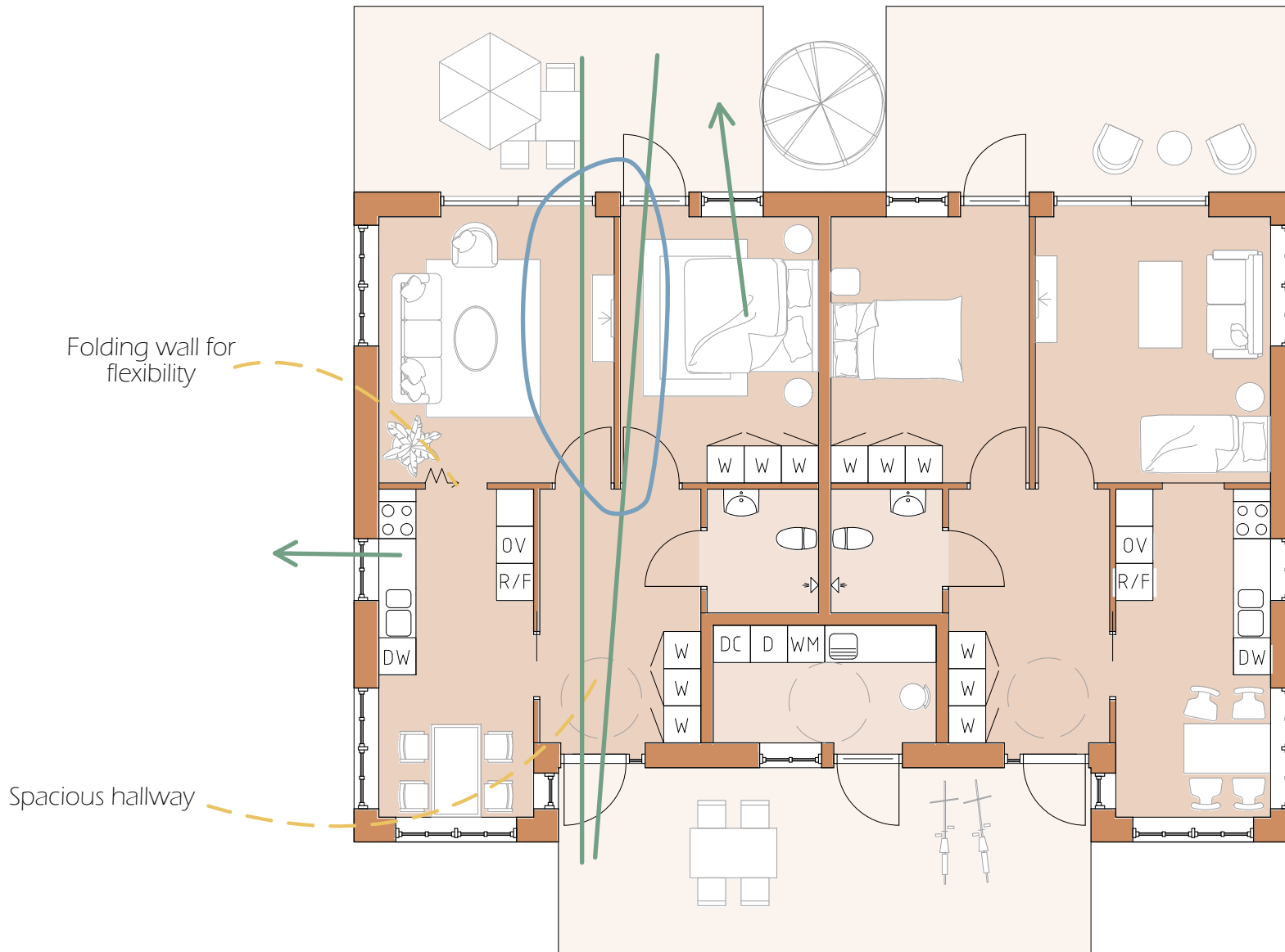
## Two room apartment

Ingmar has been a widower for some time and has started to struggle to care for his home. He would like to live somewhere where he has his own terrace but where he doesn't have to cut the grass or paint the facade. He would also like to grow some more plants. A two room apartment is a nice alternative for him.

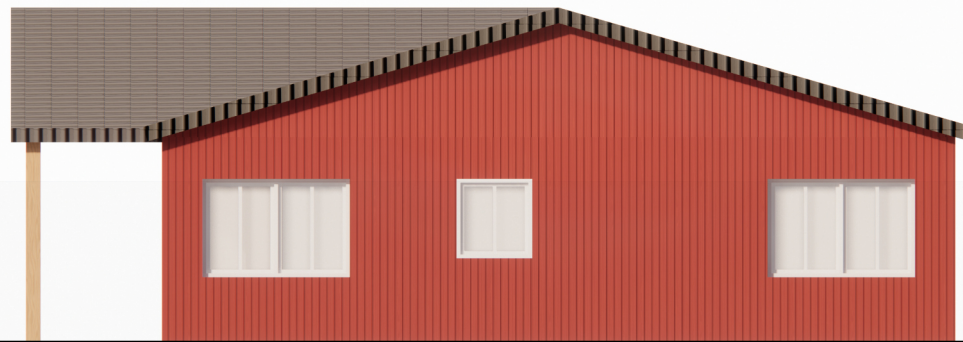
Entering from the common terrace, there's a wide hallway with plenty of storage. You can see straight out to your own private terrace. All rooms are reachable from the hallway, and a connection between the kitchen and living room can be opened or closed as a folding door. The kitchen is placed toward the street with a window facing the common terrace and views in three directions. The bedroom is located more privately in the back. The common laundry room has plenty of space and lots of light through a window and glass door. The shared terrace is roofed, making it a good spot to park bikes or outdoor wheelchairs as well as spend some time outdoors even when it rains.

59 square metres

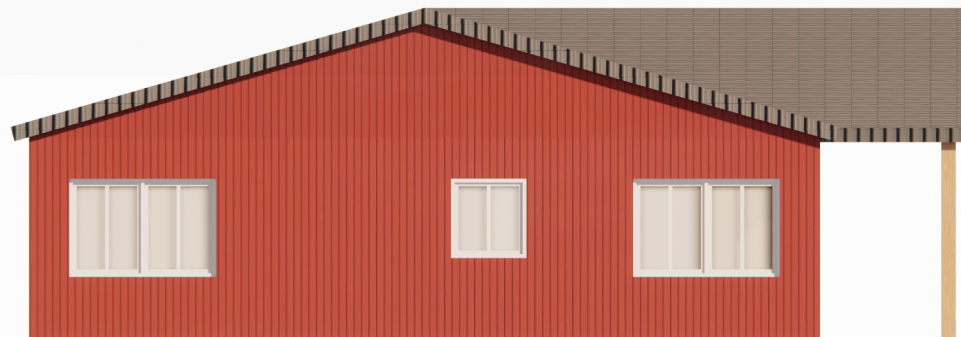




Facades



Right



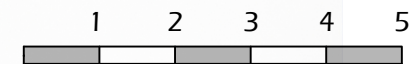
Left



Front



Back



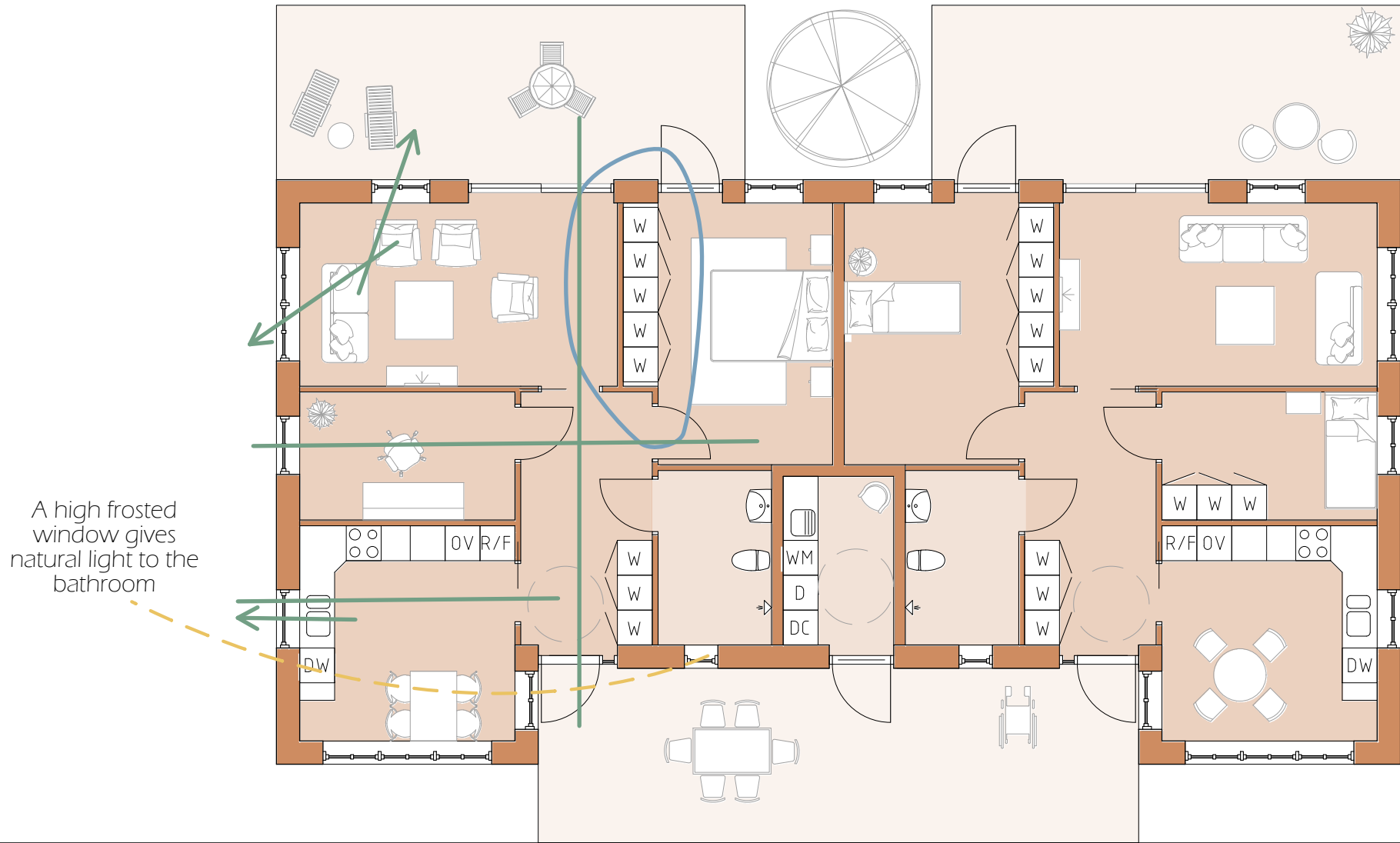
## Three room apartment

Siv and Nils have been living in an apartment together, but since Siv got wheelchair bound it's been a struggle with the bathtub and the stairs. They move to a three room apartment to get an easier life, some company, and to feel more energised while still being able to keep Sivs sewing room and a private terrace.

Entering the apartment from the shared, roofed terrace there's a direct view from the spacious hallway to the private terrace. Sliding doors open up the living room to the outdoors in the summer, erasing the boundary between indoor and outdoor. A lower window in the bedroom allows residents to look outside even from bed, a feature present in all apartments. Sliding doors give the option to keep the plan a bit more open, or closed.

73 square metres





A high frosted window gives natural light to the bathroom



Facades



Right



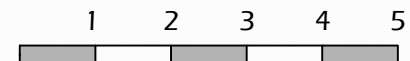
Left



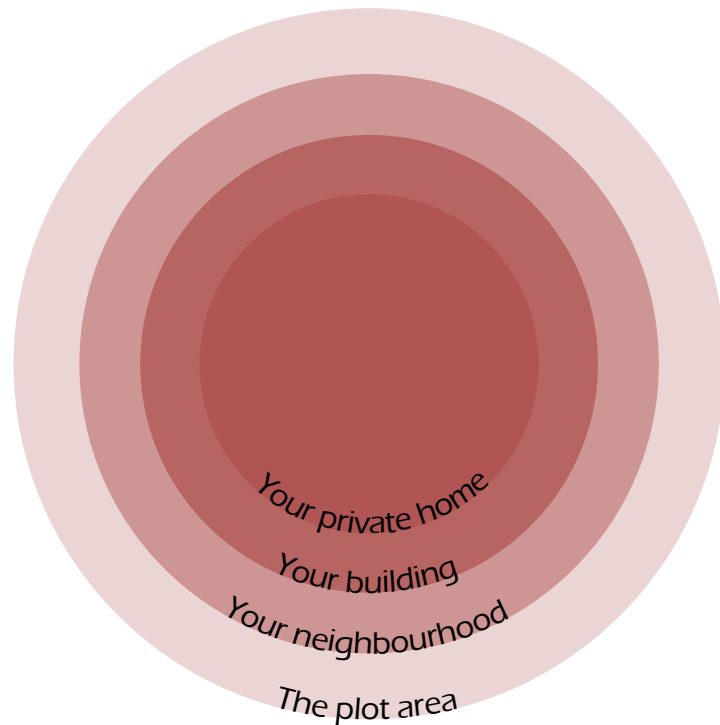
Front



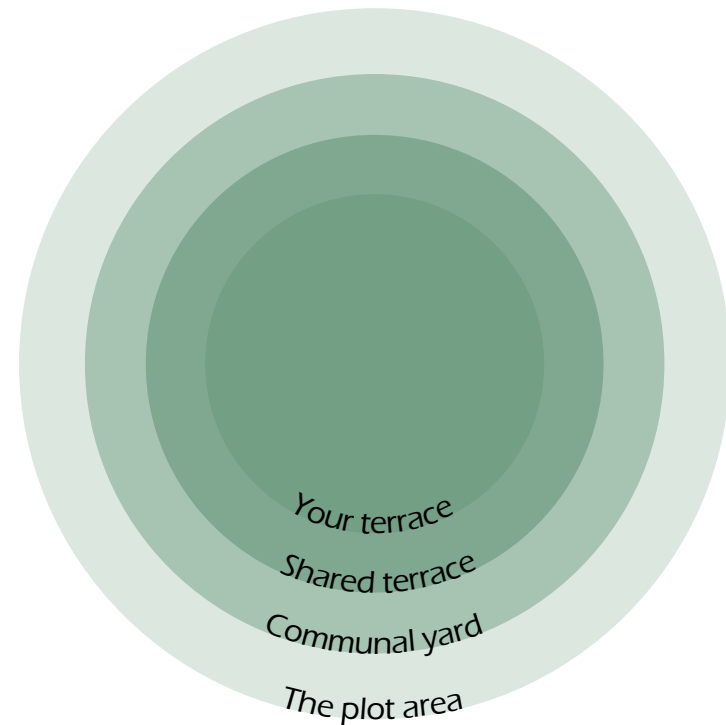
Back



## Social zoning and flows



The project areas can be divided into different zones with different levels of privacy and smaller or bigger social circles. The first one is your own private home, where you may live with a partner or friend. The next one is your neighbours that live in the same building, with whom you share a laundry room and entrance, and in the smaller apartments a living room. The next step is your neighbourhood, where you have a yard with an orangery together. The last one is the entire plot area, with the communal building, preschool yard, square, and forest walk.



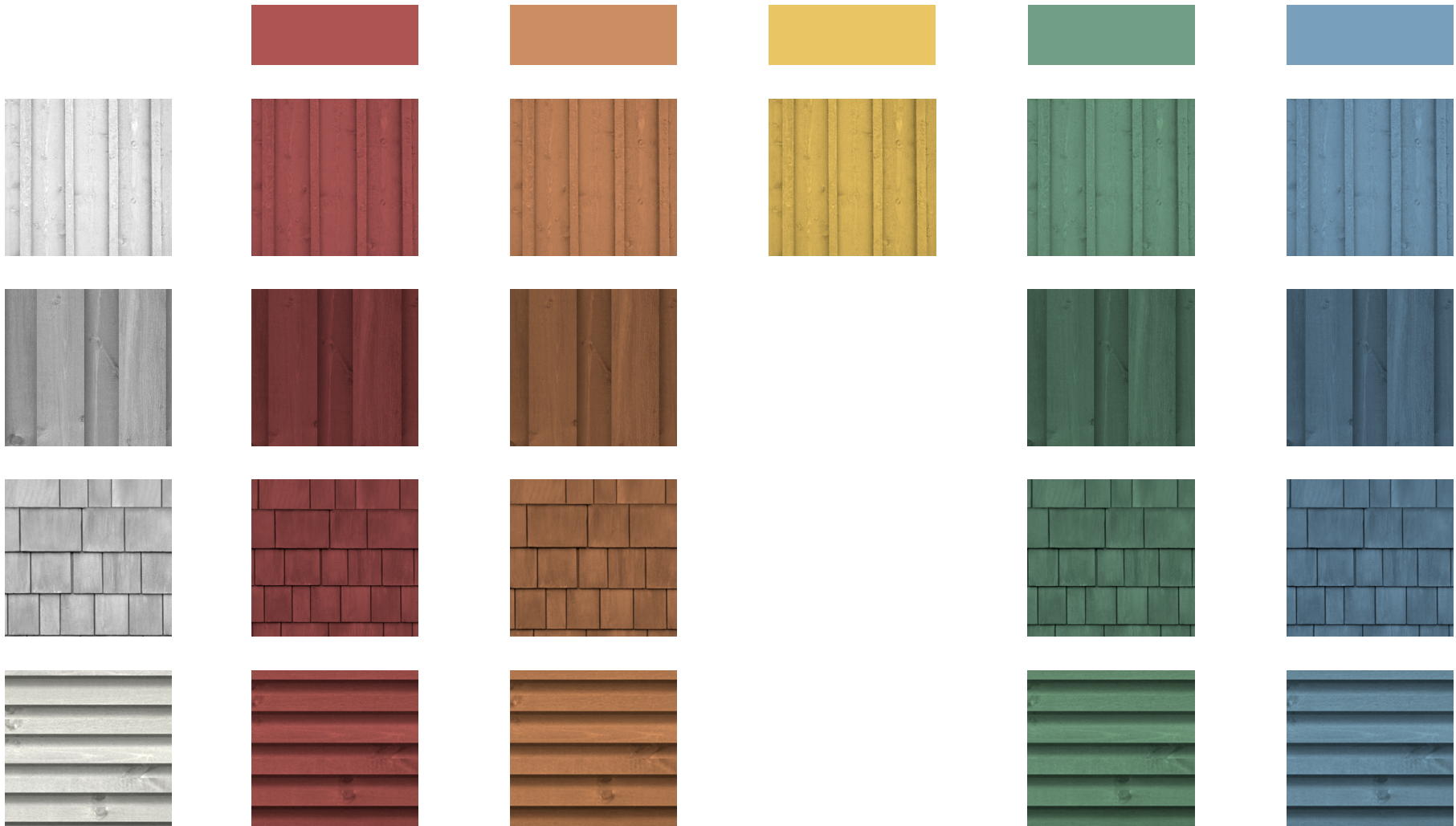
The same zones are reflected in the green spaces. You have your own private terrace, as well as a terrace shared with the people in your building. Next, there's the communal yard in your neighbourhood, and lastly, the entire plot area with the preschool yard and forest walk.



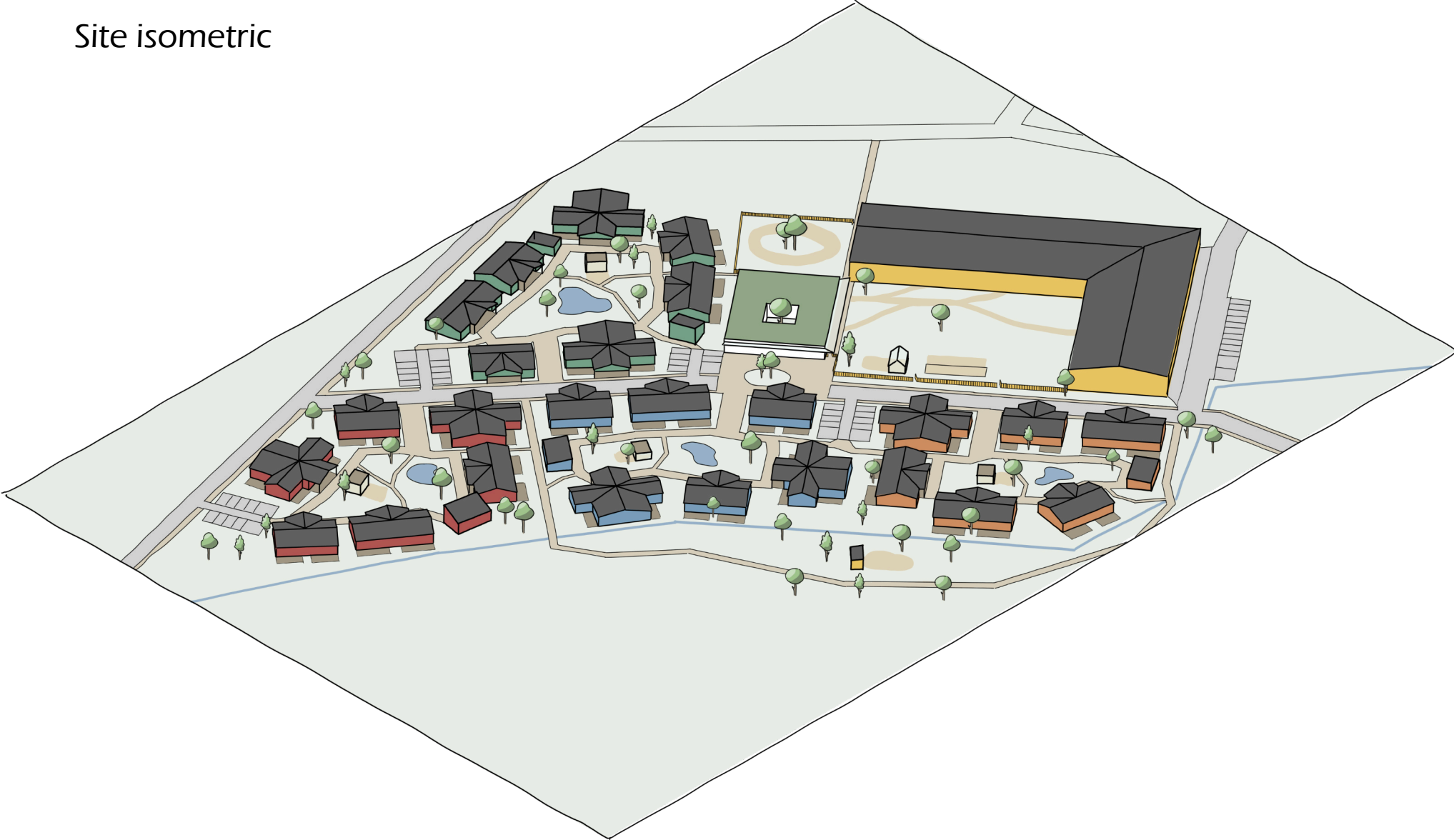
The green and red maps represent the zoning explained to the left. In the leftmost top map is a flow chart showing where children (yellow) and seniors (orange) are expected to move. The highlighted areas are those where interactions between the groups are expected.

## Facade concept

To help with orientation, variation, and individuality, facade colours and layouts vary. The colour is based on the neighbourhood that the building is placed in, and facade layout is determined by house type. The horizontal boards are used for the orangerys and storage buildings. The yellow colour is reserved for the more public functions such as community building, preschool, greenhouse and forest shelter.



Site isometric



## Numbers

 <b>64</b> 	<b>28</b>	1 room apartments
	<b>20</b>	2 room apartments
	<b>16</b>	3 room apartments
	<b>100</b>	preschool children
	<b>40</b>	assisted living facility residents
	<b>6100</b>	square metres preschool and assisted living facility
	<b>690</b>	square metres community building
	<b>4700</b>	square metres housing

## Discussion

This thesis investigates how senior housing and intergenerational relationships between children and seniors can be promoted in a daycare and housing setting. The aim was to decrease loneliness amongst seniors and bridge the gap between older and younger generations, and create an attractive housing alternative that hasn't been done to a great extent. The end result is a village with independently living seniors, an elderly care home, a preschool and some services and common spaces to unite the groups.

Another important aspect in the project has been that seniors generally don't want to move away from their homes when they start to need more care. The elderly care home is meant to ease the consequences of the move by staying in the same place, being able to still see your neighbours and partner, and feel familiar with the environment, activities, and people.

The thesis is by all means conceptual, and many widely different projects could be made based on the same research and questions, but the thesis adds to a current and relevant discussion. It is aimed towards a smaller target

group, not all seniors like children or enjoy their company, and not all seniors want to live in a more rural setting. The activities, schedules and flows of the village would largely be determined by residents and staff, and the architecture needs to accommodate and allow flexibility for the operation to change and be adapted to the needs that arise.

If I had more time I would continue to develop the preschool and elderly care home in more detail and work on the cooperation between those operations, as well as the challenges. One challenge I've not addressed in my work is the infection risk. How can infections be prevented, and what trade-offs would have to be made when on one hand, the mental health and well-being of seniors can be greatly improved by intergenerational contact, and on the other hand, they are often more receptive and at-risk for serious infections.

All in all, I hope that my work can inspire further research into the subject of senior living and intergenerational relationships.





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# Appendix

# Frågeformulär

*Dessa frågor kommer användas som underlag för mitt examensarbete, alla svar är anonyma och inga personuppgifter kommer framkomma.*

## Bakgrund och bostad

Jag är...

- Man
- Kvinna
- Annat/Vill ej ange

Hur gammal är du?

\_\_\_\_\_ år

Vilka personer ingår i ditt hushåll?

- Jag bor ensam
- Jag bor tillsammans med:
  - Partner/maka/make
  - Vän
  - Annan person

Hur länge har du bott i din nuvarande bostad?

\_\_\_\_\_ år

Hur många rum har din lägenhet?

- 1 rum och kök
- 2 rum och kök
- 3 rum och kök
- Annat: \_\_\_\_\_

Sover du i samma rum som någon annan (ex. sambo)?

- Ja
- Nej

## Vardagsliv

Får du hjälp av hemtjänst, anhöriga eller liknande att utföra vardagliga sysslor (ex. städning, matlagning, tvätt, dusch)?

- Ja, mycket hjälp  
 Ja, lite hjälp  
 Nej, jag gör allt själv

Hur ofta får du hjälp med sysslor av dina grannar?

- Flera gånger i veckan  
 Någon gång i veckan  
 Några gånger i månaden  
 Mer sällan  
 Aldrig

Om du får hjälp av dina grannar, vad får du hjälp med?

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Hur ofta hjälper du dina grannar med sysslor?

- Flera gånger i veckan  
 Någon gång i veckan  
 Några gånger i månaden  
 Mer sällan  
 Aldrig

Om du hjälper dina grannar, vad hjälper du dem med?

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## Umgänge

*Många äldre personer idag kan uppleva ensamhet och nedstämdhet.*

Hur ofta kände du dig ensam **innan** du flyttade till din nuvarande bostad?

- Mycket ofta  
 Ofta  
 Ibland  
 Sällan  
 Mycket sällan

Hur ofta har du känt dig ensam de senaste **3 månaderna**?

- Mycket ofta  
 Ofta  
 Ibland  
 Sällan  
 Mycket sällan

Hur ofta umgås du med...

Varje dag    Varje vecka    Varje månad    Mer sällan    Aldrig

- a) grannar (ex. på planerade träffar)?
- b) vänner (ej grannar)?
- c) släktingar?
- d) barn (under 10 år)?

Hur ofta hade du velat umgås med...

Mycket mer    Lite mer    Som nu    Lite mindre    Mycket mindre

- a) grannar?
- b) vänner (ej grannar)?
- c) släktingar?
- d) barn (under 10 år)?

Finns det något som skulle få dig att **umgås mer** med dina grannar?

- Fler planerade aktiviteter
- Bättre gemensamma lokaler
- Andra aktiviteter
- Utflykter
- Annat: \_\_\_\_\_

Finns det något som **hindrar** dig från att umgås med dina grannar?

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## Hobbies och aktiviteter

Vilka aktiviteter har du deltagit i tillsammans med dina grannar det senaste året?

- Bastubad
- Bingo
- Boule
- Dans
- Högtidsfirande
- Fika
- Kortspel
- Middag/lunch
- Odling
- Promenader
- Annat: \_\_\_\_\_

Vilka aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?

- Kreativt skapande (ex. handarbete, måleri, snickeri)

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- Fysisk aktivitet inomhus (ex. simning, gymnastik)

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- Utomhusaktiviteter (ex. odling, golf, promenader, boule)

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- Sociala aktiviteter (ex. kortspel, fika, bingo)

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- Övriga aktiviteter (ex. gå på teater, meditation, lösa korsod, läsa)

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Finns det någon aktivitet du hade velat göra men inte kan göra, exempelvis på grund av platsbrist eller avsaknad av redskap? Vad och varför?

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### Mitt projekt

*Projektet jag ritar för mitt examensarbete kommer vara ett seniorboende som samarbetar med en förskola.*

Hur intresserad hade du varit av att delta i gemensamma aktiviteter mellan förskolebarn och seniorer?

- Mycket intresserad
- Lite intresserad
- Varken eller
- Lite ointresserad
- Mycket ointresserad

Om du är intresserad, vilka aktiviteter hade du velat delta i?

- Gemensamma måltider
- Odling
- Måla/pyssla
- Snickra
- Utflykter
- Fika
- Träning
- Spel
- Annat: \_\_\_\_\_  
\_\_\_\_\_

Vilka typer av service tycker du är viktiga att ha nära hemmet?

- Apotek
- Restaurang
- Frisör
- Fotvård
- Gemensamhetslokal
- Kafé
- Matbutik
- Bibliotek
- Annat: \_\_\_\_\_  
\_\_\_\_\_  
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Övriga kommentarer:

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*Tack så mycket för dina svar, det hjälper mig mycket i mitt arbete! Om du eventuellt kan tänka dig att ställa upp på en intervju får du gärna lämna namn och nummer nedan, så ringer jag om det blir aktuellt.*

Namn: \_\_\_\_\_ Telefon: \_\_\_\_\_

Vart bor du?	Kön	Alder	Jag bor med...	Hur länge har du bott i din bostad?	Hur många rum har din lägenhet?	sover du i samma rum som annan person?	Får du hjälp av hemtjänst, anhöriga eller liknande att utföra vardagliga sysslor (ex. städning, matlagning, tvätt, dusch)?	Hur ofta får du hjälp med sysslor av dina grannar?	Om du får hjälp av dina grannar, vad får du hjälp med?	Hur ofta hjälper du dina grannar med sysslor?	Om du hjälper dina grannar, vad hjälper du dem med?	Hur ofta kände du dig ensam innan du flyttade till din nuvarande bostad?	Hur ofta har du känt dig ensam de senaste 3 månaderna?	Hur ofta umgås du med grannar (ex. på planerade träffar)?	Hur ofta umgås du med vänner (ej grannar)?	Hur ofta umgås du med släktingar?	hur ofta umgås du med barn (under 10 år)?	Hur ofta hade du velat umgås med grannar?	Hur ofta hade du velat umgås med vänner (ej grannar)?	Hur ofta hade du velat umgås med släktingar?	Hur ofta hade du velat umgås med barn (under 10 år)?
Bovieran Partille	Kvinna	75-79	Partner/make/maka	>5+ år	3 rok	ja	Nej	aldrig		aldrig		mkt sällan	sällan	varje vecka	varje månad	varje månad	mer sällan	som nu	som nu	som nu	lite mer
Bovieran Partille	Man	85-89	Partner/make/maka	ej svar	3 rok	ja	Nej	aldrig		aldrig		mkt sällan	mkt sällan	varje vecka	mer sällan	varje månad	varje månad	som nu	som nu	som nu	som nu
Bovieran Partille	Kvinna	70-74	Partner/make/maka	0-1 år	3 rok	ja	Nej	aldrig		aldrig		mkt sällan	mkt sällan	mer sällan	varje vecka	aldrig	som nu	som nu	som nu	som nu	ej svar
Bovieran Partille	Kvinna	90-94	Ensam	>5+ år	2 rok	nej	Ja, mkt hjälp	flera ggr i veckan	inköp av mat, omsorg	några gånger i månaden	lite av varje	sällan	ofta	varje dag	mer sällan	varje månad	aldrig	som nu	ej svar	mycket mer	ej svar
Bovieran Partille	Man	80-84	Partner/make/maka	>3-4 år	2 rok	ja	Nej	aldrig		mer sällan		mkt sällan	mkt sällan	varje månad	ej svar	varje vecka	ej svar	som nu	ej svar	som nu	ej svar
Bovieran Partille	Kvinna	90-94	Ensam	>5+ år	2 rok	nej	Nej	aldrig		aldrig		sällan	mkt ofta	mer sällan	aldrig	varje månad	mer sällan	lite mer	lite mer	lite mer	lite mer
Bovieran Partille	Kvinna	75-79	Ensam	>5+ år	3 rok	nej	Nej	mer sällan		mer sällan		ibland	ibland	varje månad	varje månad	mer sällan	mer sällan	som nu	som nu	lite mer	som nu
Bovieran Partille	Kvinna	60-64	Ensam	>4-5 år	2 rok	nej	Nej	aldrig		aldrig		ofta	ofta	mer sällan	varje vecka	varje månad	varje månad	lite mer	lite mer	mycket mer	mycket mer
Bovieran Partille	Kvinna	85-89	Ensam	>5+ år	2 rok	nej	Nej	ej svar		några gånger i månaden	handlar, kör till vårdcentralen	ibland	mkt sällan	varje vecka	varje vecka	varje månad	mer sällan	som nu	som nu	som nu	lite mer
Bovieran Partille	Man	85-89	Ensam	>5+ år	2 rok	nej	Ja, lite hjälp	aldrig		mer sällan		sällan	ofta	varje vecka	varje vecka	ej svar	varje vecka	som nu	som nu	mycket mindre	som nu
Bovieran Partille	Kvinna	85-89	Ensam	>5+ år	2 rok	nej	Nej	aldrig		flera ggr i veckan	ordna läkartider, färdtjänst, viss handläggning, middagar, kaffe	mkt sällan	mkt sällan	varje dag	varje vecka	varje vecka	varje vecka	som nu	lite mer	lite mer	mycket mer
Bovieran Partille	Man	80-84	Ensam	0-1 år	2 rok	nej	Nej	mer sällan		mer sällan		sällan	sällan	varje månad	varje månad	varje månad	mer sällan	som nu	som nu	som nu	som nu
Bovieran Partille	Man	75-79	Partner/make/maka	0-1 år	2 rok	ja	Nej	aldrig		någon gång i veckan	tar hand om post, håller bilen i skick	sällan	sällan	varje månad	varje vecka	varje vecka	ej svar	lite mer	lite mer	lite mer	lite mer
Bovieran Partille	Kvinna	75-79	Ensam	>5+ år	3 rok	nej	Nej	aldrig		aldrig		mkt sällan	mkt sällan	varje dag	varje vecka	mer sällan	varje vecka	som nu	som nu	som nu	som nu
Bovieran Partille	Kvinna	65-69	Partner/make/maka	0-1 år	2 rok	ja	Nej	aldrig		mer sällan	handla	mkt sällan	mkt sällan	ej svar	varje månad	varje månad	ej svar	ej svar	som nu	som nu	ej svar
Bovieran Partille	Kvinna	70-74	Partner/make/maka	>5+ år	3 rok	ja	Nej	aldrig		mer sällan	hårfoning	ibland	mkt sällan	varje vecka	varje vecka	mer sällan	aldrig	som nu	som nu	lite mer	ej svar
Bovieran Partille	Kvinna	85-89	Ensam	0-1 år	3 rok	nej	Nej	aldrig		aldrig		mkt sällan	mkt sällan	varje vecka	mer sällan	varje vecka	aldrig	som nu	som nu	som nu	ej svar
Bovieran Partille	Kvinna	70-74	Partner/make/maka	>2-3 år	3 rok	ja	Nej	mer sällan		mer sällan	läsa, bära saker	ibland	sällan	varje vecka	varje månad	varje vecka	varje vecka	som nu	lite mer	som nu	som nu
Bovieran Partille	Kvinna	65-69	Partner/make/maka	0-1 år	2 rok	ja	Nej	aldrig		mer sällan		mkt sällan	mkt sällan	varje vecka	mer sällan	varje vecka	varje vecka	som nu	som nu	som nu	som nu
Bovieran Partille	ej svar	65-69	Partner/make/maka	>5+ år	3 rok	ja	Nej	aldrig		någon gång i veckan	Vi handlar åt en dam i huset. Smäsaker i lägenheter	mkt sällan	mkt sällan	varje vecka	varje vecka	varje vecka	varje månad	som nu	som nu	som nu	lite mer

Finns det något som skulle få dig att umgås mer med dina grannar?	Finns det något som hindrar dig från att umgås med dina grannar?	Vilka aktiviteter har du deltagit i tillsammans med dina grannar det senaste året?	Vilka aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Kreativt skapande (ex. handarbete, måleri, snickeri)	Vilka aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Fysisk aktivitet inomhus (ex. simning, gymnastik)	Vilka aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Utomhusaktiviteter (ex. odling, golf, promenader, boule)	Vilka aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Sociala aktiviteter (ex. kortspel, fika, bingo)	Vilka aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Övriga aktiviteter	Finns det någon aktivitet du hade velat göra men inte kan göra, exempelvis på grund av platsbrist eller avsaknad av redskap? Vad och varför?	Hur intresserad hade du varit av att delta i gemensamma aktiviteter mellan forskolebarn och seniorer?	Om du är intresserad, vilka aktiviteter hade du velat delta i?	Vilka typer av service tycker du är viktiga att ha nära hemmet?
	Spenderar mycket tid i vårt fritidshus, särskilt vår och sommar. Höst och vintertid inte lika ofta. Vill inte binda upp oss med bokade aktiviteter än så länge	boule, högtidsfirande			ja		ja		mycket ointresserad		apotek, matbutik
utflykter	nej	högtidsfirande, fika gymträning		ja, gym/träning/gymnastik	ja		ja	nej	mycket ointresserad ej svar		apotek, frisör, gemensamhetslokal, matbutik apotek, frisör, matbutik
fler planerade aktiviteter	nej	högtidsfirande, fika, kortspel			ja, promenader	ja, fika, bingo	ja, läsning	Spela boule. Kan ej pga hälsan	varken eller ej svar		apotek, frisör, fotvård, matbutik, bibliotek, brevlåda
utflykter		boule, dans, fika			ja, boule	ja, fika			lite intresserad	gemensamma måltider, odling, spel	apotek, gemensamhetslokal, kafé
fler planerade aktiviteter, utflykter	bara jag	dans, fika			ja		ja, korsord/sudoku, läsning		mycket ointresserad	fika,	apotek, kafé, matbutik
mer spontana aktiviteter	nej	boule, måltid	ja, handarbete	ja, gym/träning/gymnastik	ja, promenader, boule	ja, föreningsliv	ja, korsord/sudoku, läsning		mycket intresserad	gemensamma måltider, utflykter, fika, spel, läsa sagor	apotek, gemensamhetslokal, matbutik, natur
	ja, jobbar heltid	fika, dricka vin	ja, handarbete	ja, rehab	ja, promenader	ja, fika, middagar/luncher	ja, korsord/sudoku, pussel		mycket intresserad		apotek, gemensamhetslokal, matbutik, natur
fler planerade aktiviteter, utflykter	nej	boule, dans, högtidsfirande, fika, kortspel, måltid, promenader, städning av gemensamma utrymmen		ja, gym/träning/gymnastik, dans, qigong	ja, promenader, boule	ja, fika	ja, korsord/sudoku, läsning		lite intresserad	gemensamma måltider, utflykter, träning	restaurang, frisör, fotvård, gemensamhetslokal, matbutik, bibliotek
fler planerade aktiviteter, utflykter	nej	boule, högtidsfirande, fika, måltid, promenader	ja, måla, snickeri		ja, promenader, boule	ja, fika	ja, bio		mycket ointresserad		apotek, restaurang, frisör, matbutik
fler planerade aktiviteter, utflykter	nej	högtidsfirande, fika, kortspel, måltid, promenader, qigong, canasta, bridge		ja, qigong	ja, promenader	ja, föreningsliv, kortspel	ja, läsning, musik	squaredans och boule pga hälsoproblem	ej svar	gemensamma måltider, fika, spel, läsa sagor	apotek, frisör, fotvård, kafé, matbutik, bibliotek
fler planerade aktiviteter	nej	dans, fika, måltid, promenader		ja, dans	ja, promenader	ja, middagar/luncher	nej		mycket ointresserad		gemensamhetslokal, kafé, matbutik, bank
	nej, men arbetar fortfarande 50%	högtidsfirande, fika		ja, gym/träning/gymnastik	ja, promenader		ja, korsord/sudoku, läsning		varken eller	snickra, träning	apotek, restaurang, matbutik, bibliotek, busshållplats, sjukhus
	nej	boule, dans, fika, måltid, odling, promenader, cykling, gym, golf	ja, handarbete		ja, gym/träning/gymnastik, dans, yoga	ja, golf, cykling, odling	ja, fika		varken eller	spel	apotek, restaurang, matbutik, bibliotek, busshållplats, sjukhus
	nej	boule			ja, gym/träning/gymnastik	ja, promenader			lite intresserad	fika, spel	apotek, matbutik, bibliotek
utflykter	nej	boule, måltid, odling, promenader, vin och prat		ja, dans	ja, boule	ja, fika	ja, korsord/sudoku, läsning, opera/musikal/teater, konstutställningar		lite ointresserad		apotek, frisör, gemensamhetslokal, kafé, matbutik, bibliotek, vårdcentral
	nej	gymnastik		ja, gym/träning/gymnastik	ja, promenader	ja, föreningsliv	ja		mycket ointresserad		apotek, frisör, fotvård, gemensamhetslokal
bättre gemensamma lokaler	ja, jag har en man som har rörelsehinder och är dement	boule, dans, högtidsfirande, promenader		ja, dans	ja, boule	ja, föreningsliv	ja, korsord/sudoku		mycket intresserad	gemensamma måltider, utflykter, fika	apotek, gemensamhetslokal, matbutik
		bingo, boule, högtidsfirande, fika, måltid, odling	ja, handarbete		ja, odling, boule	ja, fika	ja, läsning		lite intresserad	gemensamma måltider, odling, måla/pysla	matbutik
fler planerade aktiviteter	vi åker ofta till vårt lantställe	boule, fika, måltid, promenader	ja, måla	ja	ja, promenader, odling		ja, korsord/sudoku, läsning		lite intresserad	gemensamma måltider, odling, måla/pysla, fika, spel	matbutik

Vart bor du?	Kön	Ålder	Jag bor med...	Hur länge har du bott i din bostad?	Hur många rum har din lägenhet?	sover du i samma rum som annan person?	Får du hjälp av hemtjänst, anhöriga eller liknande att utföra vardagliga sysslor (ex: städning, matlagning, tvätt, dusch)?	Hur ofta får du hjälp med syslor av dina grannar?	Om du får hjälp av dina grannar, vad får du hjälp med?	Hur ofta hjälper du dina grannar med syslor?	Om du hjälper dina grannar, vad hjälper du dem med?	Hur ofta kände du dig ensam innan du flyttade till din nuvarande bostad?	Hur ofta har du känt dig ensam de senaste 3 månaderna?	Hur ofta umgås du med grannar (ex. på planerade träffar)?	Hur ofta umgås du med vänner (ej grannar)?	Hur ofta umgås du med släktingar?	hur ofta umgås du med barn (under 10 år)?	Hur ofta hade du velat umgås med grannar?	Hur ofta hade du velat umgås med vänner (ej grannar)?	Hur ofta hade du velat umgås med släktingar?	Hur ofta hade du velat umgås med barn (under 10 år)?
Förbo Kvarmkullen	Kvinna	85-89	Ensam	>5+ år	2,5 rok	nej	Nej	aldrig		aldrig		ibland	ibland	varje vecka	varje månad	varje månad	mer sällan	ej svar	ej svar	lite mer	lite mer
Förbo Kvarmkullen	Man	75-79	Partner/make/maka	>5+ år	2,5 rok	ja	Nej	aldrig		mer sällan		sällan	sällan	mer sällan	mer sällan	varje månad	aldrig	som nu	som nu	som nu	lite mer
Förbo Kvarmkullen	Man	75-79	Partner/make/maka	>3-4 år	3 rok	ja	Nej	aldrig		mer sällan		sällan	sällan	mer sällan	varje vecka	mer sällan	varje vecka	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Man		ej svar	>5+ år	3 rok	ej svar	Nej	aldrig		aldrig		mkt sällan	mkt sällan	mer sällan	mer sällan	mer sällan	mer sällan	som nu	lite mer	lite mer	lite mindre
Förbo Kvarmkullen	Kvinna	85-89	Ensam	>5+ år	1,5 rok	nej	Ja, mkt hjälp	aldrig		aldrig		mkt sällan	mkt ofta	mer sällan	mer sällan	varje vecka	aldrig	lite mer	lite mer	mycket mer	som nu
Förbo Kvarmkullen	Kvinna	90-94	Ensam	>5+ år	1,5 rok	nej	Ja, lite hjälp	aldrig		aldrig		ibland	mkt sällan	varje vecka	varje månad	varje vecka	mer sällan	som nu	som nu	som nu	lite mer
Förbo Kvarmkullen	Kvinna	85-89	Ensam	>5+ år	1,5 rok	nej	Nej	aldrig		aldrig		mkt sällan	mkt sällan	varje dag	ej svar	varje vecka	aldrig	som nu	ej svar	lite mer	ej svar
Förbo Kvarmkullen	Kvinna	75-79	Ensam	>5+ år	3 rok	nej	Ja, lite hjälp	aldrig		flera ggr i veckan	Leta efter nycklar, glasögon el telefon. Sätta på tvättmaskin	mkt sällan	mkt sällan	varje dag	varje månad	varje månad	varje månad	som nu	lite mer	lite mer	lite mer
Förbo Kvarmkullen	Man	90-94	Ensam	>2-3 år	2,5 rok	nej	Ja, lite hjälp	mer sällan		mer sällan	passar huset när dom är bortresta	sällan	mkt sällan	varje vecka	varje vecka	varje vecka	mer sällan	som nu	som nu	lite mer	lite mer
Förbo Kvarmkullen	Man	80-84	Partner/make/maka	>5+ år	3 rok	nej	Nej	aldrig		mer sällan	TV, vatten och avlopp, social promenera, komma ihåg	mkt sällan	mkt sällan	varje månad	mer sällan	mer sällan	aldrig	som nu	lite mer	som nu	lite mer
Förbo Kvarmkullen	Kvinna	80-84	Ensam	>1-2 år	1,5 rok	nej	Nej	aldrig		någon gång i veckan	prata och hälsa	ibland	ibland	varje månad	varje månad	varje vecka	aldrig	lite mer	som nu	som nu	lite mer
Förbo Kvarmkullen	Man	85-89	Partner/make/maka	0-1 år	2,5 rok	ja	Ja, mkt hjälp	aldrig		aldrig		ibland	ibland	mer sällan	ej svar	varje vecka	varje månad	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Kvinna	90-94	Ensam	>4-5 år	1,5 rok	nej	Ja, lite hjälp	aldrig		aldrig		sällan	ibland	aldrig	aldrig	varje vecka	varje månad	ej svar	ej svar	ej svar	ej svar
Förbo Kvarmkullen	Man	80-84	Partner/make/maka	0-1 år	2,5 rok	ja	Nej	aldrig		någon gång i veckan	fixa TVn och information	mkt sällan	mkt sällan	varje vecka	varje vecka	varje vecka	aldrig	som nu	som nu	som nu	lite mer
Förbo Kvarmkullen	Kvinna	80-84	Ensam	>2-3 år	1,5 rok	nej	Nej	aldrig		mer sällan	lite av varje	ibland	ibland	mer sällan	varje månad	varje månad	mer sällan	som nu	som nu	som nu	lite mer
Förbo Kvarmkullen	Kvinna	65-69	Partner/make/maka	>3-4 år	3 rok	ja	Nej	aldrig		aldrig		mkt sällan	mkt sällan	ej svar	mer sällan	mer sällan	mer sällan	ej svar	ej svar	lite mer	lite mer
Förbo Kvarmkullen	Kvinna	75-79	Partner/make/maka	>5+ år	2,5 rok	ja	Nej	aldrig		mer sällan		mkt sällan	mkt sällan	varje vecka	varje vecka	mer sällan	aldrig	som nu	som nu	lite mer	ej svar
Förbo Kvarmkullen	Kvinna	80-84	Partner/make/maka	0-1 år	2,5 rok	ja	Nej	aldrig		mer sällan		mkt sällan	mkt sällan	varje vecka	varje månad	varje vecka	aldrig	som nu	som nu	som nu	lite mer
Förbo Kvarmkullen	Man	85-89	Ensam	>5+ år	2,5 rok	nej	Ja, lite hjälp	aldrig		mer sällan		mkt sällan	ibland	varje vecka	varje månad	varje månad	mer sällan	som nu	som nu	lite mer	ej svar
Förbo Kvarmkullen	Kvinna	75-79	Partner/make/maka	>5+ år	3 rok	ej svar	Nej	aldrig		mer sällan	möjligen ringa bostadsbolaget och påtala grannens behov av nät	mkt sällan	mkt sällan	mer sällan	varje månad	varje vecka	mer sällan	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Kvinna	75-79	Ensam	>5+ år	2,5 rok	nej	Nej	aldrig		aldrig		mkt sällan	ibland	mer sällan	varje vecka	mer sällan	mer sällan	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Kvinna	75-79	Partner/make/maka	>5+ år	2,5 rok	ja	Nej	aldrig		mer sällan		mkt sällan	mkt sällan	varje vecka	mer sällan	varje månad	aldrig	som nu	som nu	som nu	ej svar
Förbo Kvarmkullen	Man	80-84	Partner/make/maka	>5+ år	2,5 rok	ja	Nej	aldrig		mer sällan		mkt sällan	mkt sällan	varje vecka	mer sällan	varje månad	ej svar	som nu	som nu	som nu	ej svar
Förbo Kvarmkullen	Kvinna	80-84	Partner/make/maka	>5+ år	3 rok	ja	Nej	aldrig		aldrig		mkt sällan	mkt sällan	varje vecka	varje månad	varje vecka	ej svar	som nu	som nu	som nu	ej svar
Förbo Kvarmkullen	Kvinna	85-89	Ensam	>5+ år	2,5 rok	nej	Nej	mer sällan		ej svar	telefon, data	mkt sällan	sällan	varje vecka	varje vecka	varje månad	varje månad	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Kvinna	85-89	Ensam	>5+ år	2,5 rok	nej	Nej	mer sällan	parasoll, utemöbler	ej svar		ibland	ibland	varje vecka	varje månad	varje vecka	varje vecka	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Kvinna	80-84	Partner/make/maka	>1-2 år	2,5 rok	nej	Ja, mkt hjälp	mer sällan		aldrig		mkt sällan	mkt sällan	mer sällan	mer sällan	mer sällan	aldrig	som nu	som nu	som nu	som nu
Förbo Kvarmkullen	Man	80-84	Partner/make/maka	>4-5 år	2,5 rok	ja	Ja, lite hjälp	aldrig		aldrig		mkt sällan	mkt sällan	ej svar	ej svar	varje vecka	varje månad	ej svar	ej svar	som nu	som nu
Förbo Kvarmkullen	Kvinna	80-84	Ensam	>2-3 år	2,5 rok	nej	Nej	aldrig		mer sällan		ibland	ibland	mer sällan	mer sällan	mer sällan	aldrig	som nu	lite mer	mycket mer	lite mer

Finns det något som skulle få dig att umgås mer med dina grannar?	Finns det något som hindrar dig från att umgås med dina grannar?	Viika aktiviteter har du deltagit i tillsammans med dina grannar det senaste året?	Viika aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Kreativt skapande (ex. handarbete, måleri, snickeri)	Viika aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Fysisk aktivitet inomhus (ex. simning, gymnastik)	Viika aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Utomhusaktiviteter (ex. odling, golf, promenader, boule)	Viika aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Sociala aktiviteter (ex. kortspel, fika, bingo)	Viika aktiviteter gör du regelbundet (vänligen specificera vad inom varje kategori)?: Övriga aktiviteter	Finns det någon aktivitet du hade velat göra men inte kan göra, exempelvis på grund av platsbrist eller avsaknad av redskap? Vad och varför?	Hur intresserad hade du varit av att delta i gemensamma aktiviteter mellan förskolebarn och seniorer?	Om du är intresserad, vilka aktiviteter hade du velat delta i?	Vilka typer av service tycker du är viktiga att ha nära hemmet?
fler planerade aktiviteter	nej	högtidsfrande, fika							ej svar		
utflykter		fika, promenader bastubad, dans		ja	ja	ja	ja	lite intresserad	utflykter, fika spel		apotek, frisör, matbutik apotek, restaurang, frisör, kafé, matbutik
	nej	boule, högtidsfrande, måltid			ja, boule	ja, fika	ja, läsning, opera/musikal/teater		lite intresserad	snickra	apotek, frisör, gemensamhetslokal, kafé, bibliotek
har skadat mig kan knappt gå är mest hemma	Mår inte särskilt bra. Flera kroniska sjukdomar och skador, orkar inte. Har blivit ensam sen min sambo dog.						ja, korsord/sudoku, läsning, meditation, surfar	qigong, lättare gymnastik, yoga	mycket ointresserad		apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, postutdelning vid dörren
utflykter		fika, promenader		ja, promenader			ja, korsord/sudoku, läsning, opera/musikal/teater		lite intresserad	gemensamma måltider, utflykter, fika	apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek
utflykter	nej	högtidsfrande, fika		ja, promenader	ja				ej svar	gemensamma måltider	apotek, frisör, fotvård, gemensamhetslokal, matbutik
andra aktiviteter	nej	boule, högtidsfrande, fika, måltid, promenader, seniorträffar, yoga, gympa, musikunderhållningar		ja	ja, promenader, boule	ja	ja, korsord/sudoku, läsning	Kanske kortspel men mina grannar spelar inte kortspel eller vill inte. Plats finns, behövs inga speciella redskap.	lite intresserad	utflykter, fika, träning, spel, musik	apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek, vårdcentral, bokhandel
fler planerade aktiviteter	nej	boule, högtidsfrande, fika		ja	ja, promenader, boule	ja, fika, fest, utflykter	ja, tv/film	mer träning på gym	mycket intresserad	gemensamma måltider, utflykter, fika, träning	apotek, restaurang, frisör, fotvård, kafé, matbutik, bibliotek
fler planerade aktiviteter	Äldern. Medelåldern i vårt boende nu är 82 år.	boule, fika, måltid	ja, måla, snickeri		ja, golf, promenader, boule	ja, fika			varken eller	odling, snickra, spel	apotek, restaurang, frisör, fotvård, gemensamhetslokal, matbutik, golfbanan
bara titta in	de är i sin egen bubbla	högtidsfrande, fika, odling, promenader			ja, promenader, odling	ja, fika	ja, korsord/sudoku, läsning	Måla, finns ej plats	lite intresserad	måla/pyssla, fika, läsa sagor	apotek, restaurang, frisör, fotvård, gemensamhetslokal, matbutik, bibliotek, läkare, buss, parker, natur
fler planerade aktiviteter				ja, rehab	ja, promenader		ja, korsord/sudoku	lungfibros/hjärtsvikt	lite intresserad	måla/pyssla	apotek, restaurang, gemensamhetslokal, kafé, matbutik
	nej	fika, måltid		ja, gym/träning/gymnastik	ja, promenader	ja, fika, frågesport	ja, tv/film, läsning, opera/musikal/teater	träning med roddmaskin	lite intresserad	gemensamma måltider, måla/pyssla, utflykter, spel	apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek, vårdcentral
utflykter	nej	fika	ja	ja, gym/träning/gymnastik	ja, promenader, cykla	ja, fika	ja, korsord/sudoku, läsning, opera/musikal/teater	nej	lite intresserad	gemensamma måltider, fika	apotek, matbutik, lokaltrafik
andra aktiviteter	nej			ja, rehab					mycket ointresserad	odling	apotek, restaurang, frisör, matbutik
	nej	högtidsfrande, fika	ja		ja, promenader, cykla	ja, fika	ja, läsning, opera/musikal/teater		lite ointresserad		apotek, restaurang, frisör, fotvård, gemensamhetslokal
fler planerade aktiviteter	nej	fika, promenader	ja, matlagning		ja, promenader	ja, fika	ja, läsning, bio	nej	varken eller		apotek, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek, vårdcentral
bättre gemensamma lokaler	nej	högtidsfrande, fika, måltid			ja, promenader	ja, fika		gym och redskap	lite intresserad	odling, utflykter	apotek, restaurang, frisör, fotvård, gemensamhetslokal, matbutik, bibliotek
fin öppenhet vid möten (spontana möten)	Inget egentligen, men har mycket att göra för barn (vuxen son) och barnbarn (som behöver sin farmor =extramma)	boule, högtidsfrande, hyresgästföreningens möten	ja, sy, brev, göra kort	ja, gym/träning/gymnastik	ja, golf, promenader		ja, korsord/sudoku, läsning, opera/musikal/teater	känner mig tillräckligt uppbokad	mycket intresserad	måla/pyssla, utflykter, fika, små diskussionsstunder	apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek, vi bor ju fantastiskt bra här, nära till allt. Kan inte bli bättre
fler planerade aktiviteter, utflykter	nej	fika	ja, sticka	ja, gym/träning/gymnastik, simning/vattengympa	ja, promenader, minigolf	ja, fika	ja, korsord/sudoku, tv/film, läsning, opera/musikal/teater, pussel		lite ointresserad		apotek, gemensamhetslokal, kafé, matbutik
bättre gemensamma lokaler		fika, promenader	ja, måla	ja, gym/träning/gymnastik	ja, golf, promenader		ja		varken eller	måla/pyssla, utflykter	apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek
bättre gemensamma lokaler		boule, fika			ja, boule	ja, fika	ja, läsning		lite intresserad	utflykter	apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek
	nej	boule, fika		ja, gym/träning/gymnastik	ja, promenader				ej svar		apotek, restaurang, frisör, fotvård, gemensamhetslokal, matbutik
utflykter	nej	dans, fika, måltid, promenader	ja, sticka, virka	ja, gym/träning/gymnastik, yoga	ja, promenader	ja, fika	ja, korsord/sudoku, läsning		lite ointresserad		apotek, gemensamhetslokal, matbutik
utflykter	nej	högtidsfrande, fika				ja, fika	ja, korsord/sudoku		lite intresserad	gemensamma måltider, fika	apotek, restaurang, frisör, gemensamhetslokal, matbutik
utflykter	Min man har nyligen fått en stroke och är dement. Vi har hemtjänst 5 ggr/dygn, han kan ej fylla i någon enkät	fika	ja, handarbete		ja, promenader	ja, fika	ja, korsord/sudoku, läsning, pussel	nej	lite ointresserad		apotek, matbutik
fler planerade aktiviteter, andra aktiviteter, utflykter	egentligen inte. har isolerat mig och hustrun under pandemin behovet har aldrig varit stort	fika					ja, korsord/sudoku, tv/film ja, korsord/sudoku, läsning, opera/musikal/teater	Hade önskat att det fanns ett motionsrum	varken eller lite intresserad		apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek apotek, restaurang, frisör, fotvård, gemensamhetslokal, kafé, matbutik, bibliotek

