AGING IN PLACE: THE SWEDISH CONTEXT

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Housing for older adults in Sweden

• To age in place
  Ordinary housing
  Collaborative housing
  Senior housing
  Senior cohousing/Senior community housing
Housing for older adults in Sweden (cont.)

• Special housing for assisted living and complex care/residential care home
  Incl. group living alternatives
  Older models:
  Service house unit/service accommodation (1970-80)
  Nursing home (1970-80)
  Old people’s home (1950-60)
Empowerment in Planning for an Aging-Friendly Community

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Project purpose: To transform a residential care unit to a new ordinary housing alternative combined with care in the community
Further aims

To develop strategies for facilitating aging in place with the help of the future workshop method, in collaboration with elderly people, eldercare staff, and other stakeholders.

Suggestions brought up in the future workshops should be developed into concrete plans to bring about changes in housing, care and in the local environment to facilitate aging in place.
To let elderly people, together with staff within eldercare and other actors, create new forms for joint action, collaboration, networking, and coordination of formal and informal resources.

To encourage participation of elderly people and staff within home help service in processes to improve the daily life of the elderly from a holistic view on housing and care.
Method: Future Workshop
Robert Jungk & Norbert Müller

Participation
Empowerment
Responsibility
Participants

• Older people (dwellers and/or users of day center facilities/restaurant)
• Staff (within eldercare and health care)
• Stakeholders (representatives from the housing company and the social services)
• Representatives from volunteer organizations
The Phase of Criticism

Work with problems and needs, described in as much detail as possible with the help of keywords
The Phase of Phantasy

Focus on a positive vision

Letting the phantasy flow without any reservation
The Phase of Phantasy
Every group created its own vision – "Utopian Draft"
The Phase of Implementation

Prepare an action plan to implement different ideas and solutions
Follow-up and Evaluation

What has happened?

What has the future workshop meant for the elderly who had participated?
The garden
The afternoon coffee
Response from the participants

”This has given me an opportunity to express my own opinions”

”It has been fun to discuss with others and to hear the views of others”

”It feels important to participate, to be able to be active”
"It feels important to participate, even if I cannot be helpful in practice"
”The future workshop provides an opportunity to take part in the process of change”

”We have learned to know each other”
”It is very important for one's self-esteem”

”One gets knowledge, one can have influence in one's old age”
Summary of results

• A viable way to encourage seniors and staff to be involved in change work that affects them

• It produced numerous concrete suggestions for various activities which seniors, staff, other stakeholders and volunteers want to elaborate further in collaboration
Theoretical connection

Social Pedagogy

Empowerment

Social Networks and Support
The Participants in the "Eksjö-project"
New housing concept

- Senior housing for assisted living
  Barrier free
  Coordinator
  Localities for joint activities
  Eating together
  (SOU 2008:113 Bo bra hela livet. Slutbetänkande från Äldredelegationen)

Growing Older Living Well program 2010-2012