



Services for the Elderly in Residential Areas

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Contents of the Presentation

- The Elderly of the Future
- Ideal Service and Living Environment for the Elderly
- Used Methods
- Presentation of Examined Cases
- Service Use of Eldelry Residents in Examined Cases
- Conclusions



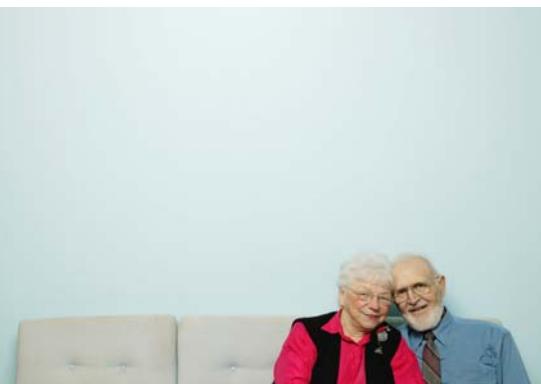
Senior citizens of the future

- Western countries are ageing rapidly, and nobody knows how dramatic and far reaching the changes caused by the age structure will be.
- Although elderly of the future on average are relatively wealthy in comparison with earlier cohorts, socio-economic differences remain significant in structuring life experiences and opportunities.



Ideal Service and Living Environment for the Elderly

- Prior research has revealed that the elderly are increasingly vulnerable to the effects of their neighborhood environment.
- Physical and mental disability can be both promoted and prevented by features of the social and physical environment.



Physical and Social Dimension of Service Environment

PHYSICAL ENVIRONMENT

- Physical environment plays an important role in influencing participation in physical activity.



SOCIAL ENVIRONMENT

- Services are not only important for themselves but also in their role as meeting places where residents normally interact.



Methods

- A qualitative research, conducted as a case study.
- The data was collected through a questionnaire survey and interviews with senior residents.
- The questionnaire study's aim was to explore the service use of the elderly, and the questionnaire was constructed based on an analysis of the service environments of the examined cases.
- The objective of the resident interviews was to deepen information obtained from the questionnaire survey.



Case Presentation

Case 1: Hakatornit

- An ordinary rental apartment block with eight residential buildings and 338 apartments.
- Located in the city of Lahti, Finland near the city center.
- The average age of tenants is approximately 55 years and the block is considered among the elderly to be a congenial place for living.



Case Presentation

Case 1: Hakatornit

The investor of the case has allocated a certain amount of each month's rent for tenants to use in activities and to build up common-use areas.



Some examples of activities are:

- an exercise group
- darts and pool
- a quiz
- a poem group.

Tenants also have in their use common-use areas such as :

- a gym
- a library
- an art and craft room
- a workshop
- club rooms.



Case Presentation

Case 2: Kotosalla block

- A rental apartment community with 161 apartments.
- Located in Tampere, Finland approximately ten kilometers away from the city center in the suburb of Hervanta.
- The block is a part of the Kotosalla senior housing business concept.
- The concept exemplifies an independent living facility that offers services for the tenants.



Case Presentation

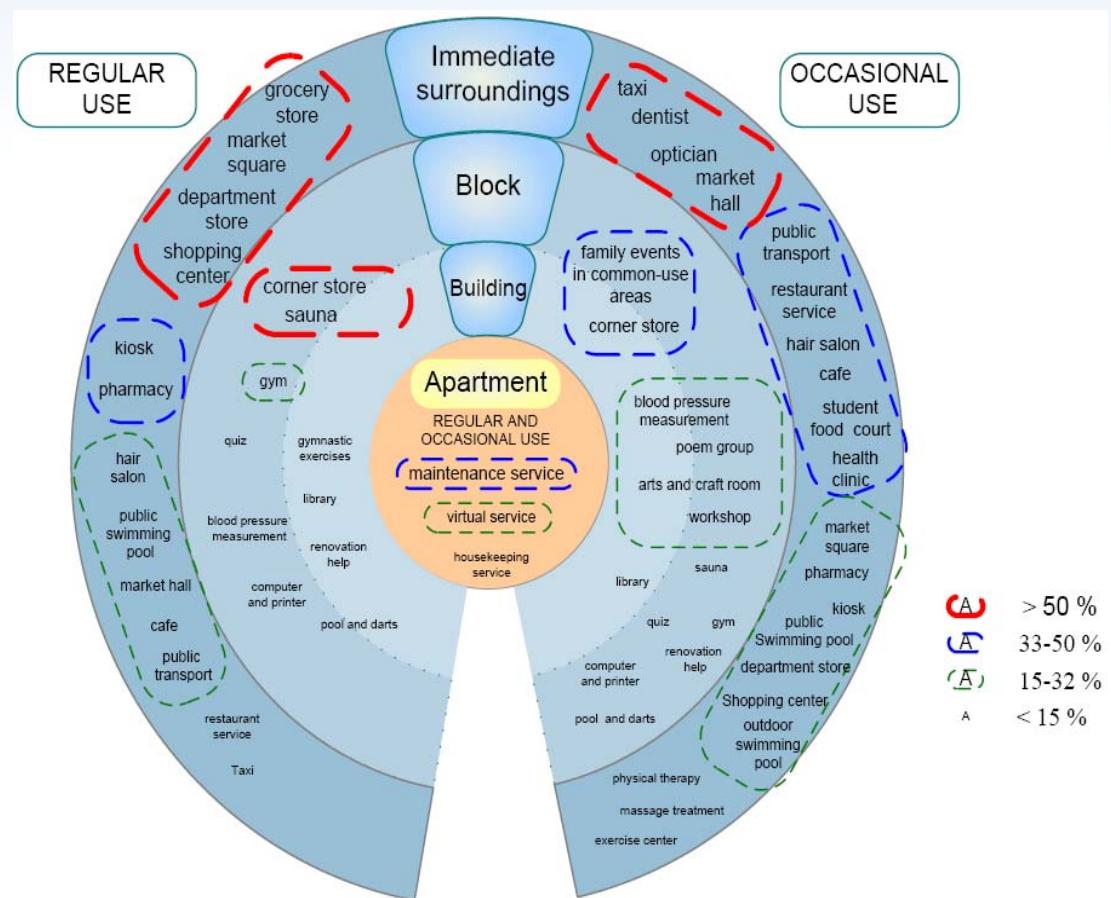
Case 2: Kotosalla block

- The rent includes a service fee to cover the cost of common-use areas and a service helper.
- The service helpers, who work during weekdays, help residents with everyday ordinary matters and organize for example exercise and coffee times for tenants.
- A decorator service is also included in the service fee.
- The services-for-fee offered in the block are a café (meal services), a gym, physical therapy and a private clinic.



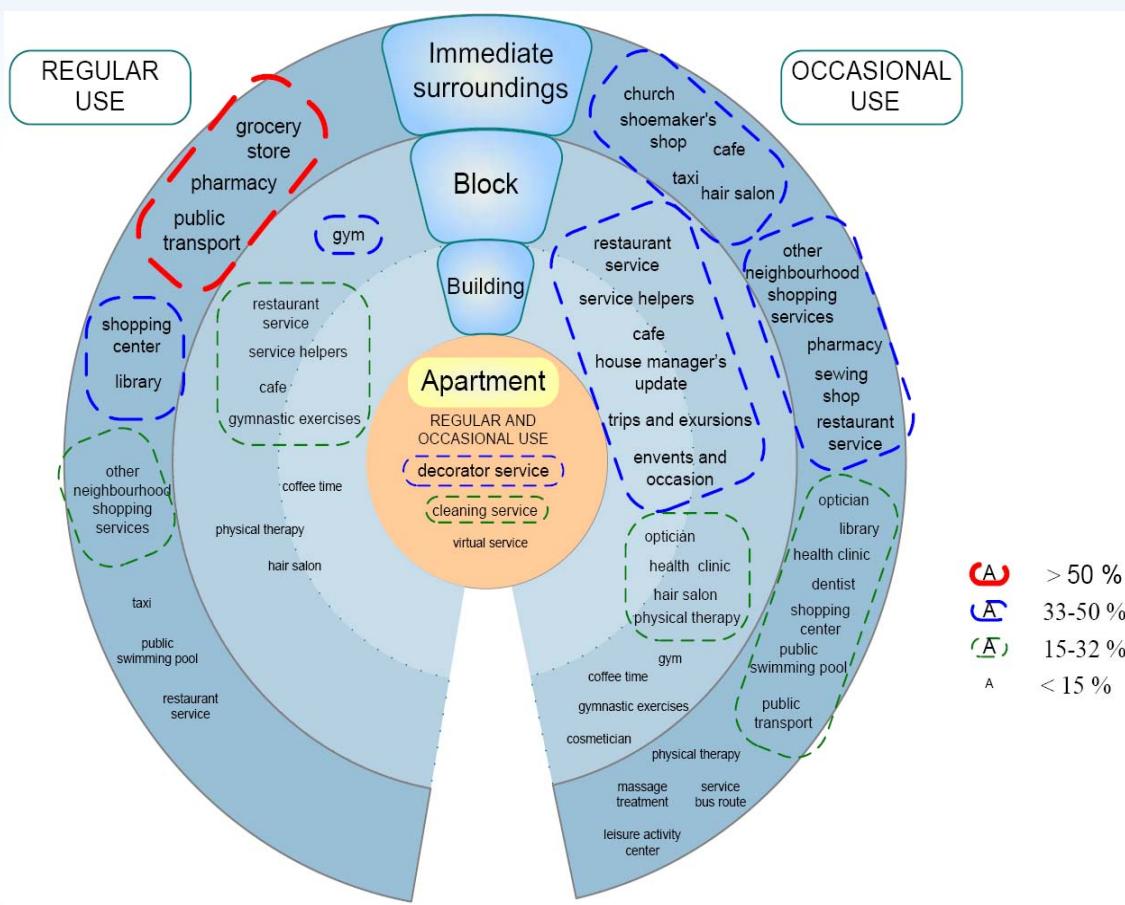
Service Use in Case Hakatornit

Case 1, Hakatornit. The service use of the neighborhood based on the regularity of the service use and number of users.



Service Use in Case Kotosalla block

Case 1, Hakatornit. The service use of the neighborhood based on the regularity of the service use and number of users.



Significance of the Distance

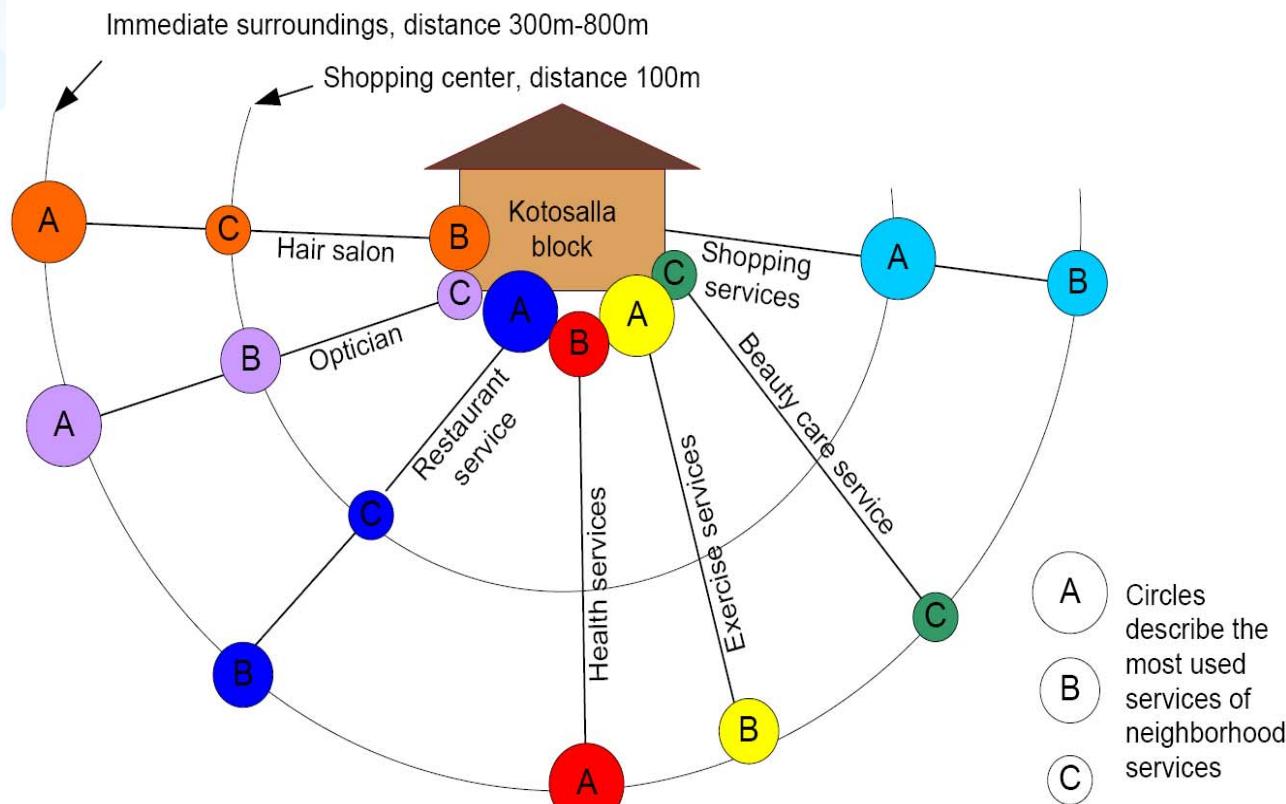
Comparing the service use between the cases:

- The same services have more users in relation to how long the distance is from home to the service.
- In both cases immediate surroundings are considered to be within one kilometer from the apartment.
- Most significant and regularly used services should be even closer to a senior citizen's apartment, for example the grocery store.



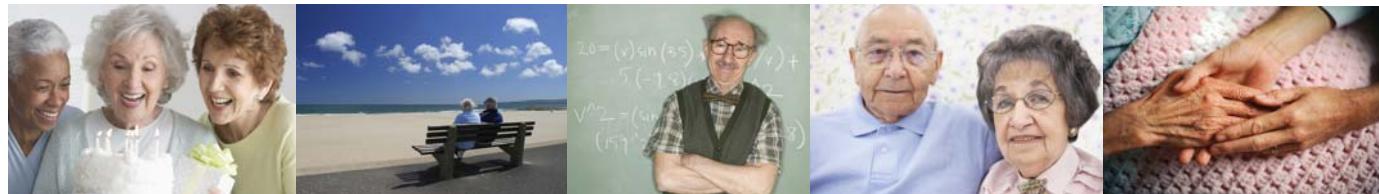
Significance of the Distance

When there are a lot of services to choose within one kilometer, the importance of distance decreases.



Conclusions

- Different dimensions of a service environment had separate roles in supporting the independent living of the elderly:
 - Services and activities offered in the residents' own building and block as means of socialization.
 - Service of immediate surroundings gave a reason to leave one's own apartment and exercise while running everyday errands.
- To summarize the findings, in developing a service environment and at the same time a living environment for the elderly it is essential to base the development on the needs of the elderly.





Thank you for your attention!

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