Adapting society for the aging population
Abstract

People are getting older in the world and the aging population is increasing each year which lead to a higher demand of the society to care for the elderly population. In the year of 2050 there will be over 2 billion elderly people in the world and most of them will live in the developing countries. The improved healthcare has led to peoples’ wealth and longer live in the world. Though one can see ageing as a successful achievement, there is things that need to be improved in the society. The ageing population is getting larger and the age discrimination and loneliness among elderly is one of the largest concerns to deal with within this context. This thesis will try to get an understanding of the role of the elderly in society and improve the conditions for an ageing population. Therefore, one will investigate in this master thesis; “How to adapt society for an ageing population?”

Key words: Ageing population, Elderly, Role, Intergenerational, Social exchange, Ageism, Loneliness, Isolation

1. UN Member states, Sustainable Development in an Ageing World: A call to UN Member States on the development agenda beyond 2015 Quote UNFPA, World population Prospects: The 2010 Revision
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Preface

When I decided the topic for my master thesis, the role of the elderly in society became a natural choice to investigate since I previously worked at a Long-term Care living. The personal experience and knowledge from the time working, I got an understanding of how the daily life of an elderly looks like in Sweden and where there is a need of improvement.

The continuing investigation and research led to a more defined question of how to adapt society for the aging population. Since the ageing population is growing, it’s a necessity to make elderly more included in the society and to prevent isolation. The loneliness and lack of social exchange for seniors is a challenge to deal with. Therefore, one can start to investigate where architecture could prevent isolation and bring people into a community. If elderly doesn’t have a social network the consequence can lead to depression and exclusion for a lot of people. However, this combined with the fact that people are being affected by the age discrimination (ageism) in the society there is a need to change the general idea about ageing. How to approach this issue, the elderly must be re-integrated in the society. When different generations meet, one can create awareness and affection among each other. In that way, one can improve the role of the elderly in society. This could be through create new environments to interact within. Once they feel like they are included, the outcome of sharing knowledge and resources can be something that could connect different generations and one can use as a resource.

The thesis will try to get an understanding of the role of the elderly in the society and the questions one can ask oneself that define the research question even further is; How to adapt society for the aging population through architecture and how the social exchange can improve people’s health and well-being?
CHAPTER 1
THE ROLE OF ELDERLY IN SOCIETY
1.1 - Overview

The first question that needs to be answered in this thesis is; what does the word elderly mean and who is defined as an elderly? The question could be very individual, but most definitions are following Otto von Bismarck’s example by defining a senior at the age of 65-years old. Bismarck was the first one introducing healthcare and pension reform in the 19th century Germany, which was later followed by other countries using the same age definition. Within this context citizens whom are between the ages 65 to 79 - years old are counted as young elderly while citizens above 80- years old are categorized as old elderly; also known as the fourth age. There are of course different types of elderly and one could be very general while discussing elderly as one homogenous group of people and not define a specific target group in this thesis. Even so, this project will work with all the elderly in terms of treating them as individuals and not put one into labels/categories since all will be re-integrated in the society. Some elderly is not in need of intergenerational meeting spaces and social exchange since they already have a network that includes this by themselves. Even so, there should be a possibility for everyone to take part of this project in different levels of degree, rather than exclude people. The re-integration could help peoples’ health and well-being which could change the path of the elderly’s role in the society and prevent loneliness and isolation.

Figure 1.1 – Elderly in different stages of life

2. Thomas Day, Understanding the issues facing aging seniors June 25, 2014
3. Läkemedelskommittén, Läkemedel och äldre quote Socialstyrelsen, spring 2013
1.2 – The role of the elderly in society

“Countries with an ageing population need policy responses to support the elderly so as to remove barriers to their full participation in society while protecting their rights and dignity.”


To create awareness and change the role of the elderly in society is essential. People are getting older in the world and the aging population is increasing each year which lead to a higher demand of the society to care for the elderly population. In the year of 2050 there will be over 2 billion elderly people in the world and most of them will live in the developing countries. In Sweden as well, one can see that the population is growing rapidly. Already in the year of 2020 the entire outcome of the Swedish population will change and 21% of the population will be older than 65 living in Sweden. Though one can see the increased population and ageing as something positive, there are things that need to be improved in the Swedish system to make the role of the elderly more dignified while ageing. By that, one needs to create a better lifestyle for elderly in terms of prevent loneliness and isolation. Another important thing is to improved is the conditions for staff working with elder-care since they are overloaded with work. The consequences of increased ageing population have made the caretakers stressed and feel like they can’t give the same qualitative care as they want to in the society. Another issue that needs to be improved is the pension reform. One need to find alternative solution to make it more affordable for elderly to live since the pension will be less in the future due to automatization. What that means is that the same amount of taxes divided by people today will be the same amount of money divided into more people in the future.

To act upon these concerns, the EU commission started in the year of 1982 an International Plan of Ageing when they saw that the life expectancy was increasing. The action plan had three main features that they would focus on to deal with the ageing population and that was, to share experience through economy, employment, and social ageing among elderly. Each country would also define specific goals due to its own traditional values for the elderly and then strengthen the co-operation between countries so it works on an international scale. The economic structure needed to be changed and optimized because of the growth of the population. The organization must change since

5. UN Member states, Sustainable Development in an Ageing World: A call to UN Member States on the development agenda beyond 2015. Quote from 2015
6. Annika Klintefelt, Befolkning efter ålder och kön, 2012
7. Pensionärernas Riksorganisation (PRO) 2013 Äldres boende idag och i framtiden.
Debate that one should see the ageing as something positive and take advantage of the elderly competences since they are rich in experience and knowledge. Since seniors are healthier than ever and there is a demand of workforce in society, the transition could be gradual and one can work part-time instead. Therefore one can agree with Westerholm words about ageing. One should take advantages of elderly’s competences and use as a resource. To see ageing as something positive in terms of their experience. The largest task is to make people aware about elderly’s competences in a later stage of life and re-integrate the elderly in the society rather than exclude. The health of elderly has improved and they will be a valuable workforce since the population is growing and seniors will be the largest group of individuals in the future.

The advantages of using experience from elderly is that one could exchange knowledge among generations. There will be a higher demand of pension, healthcare, and social services due to the aging. The employment is in general to focus on the staff working, let more people get educated in this field and to introduce more staff within this area. The social ageing is important to give the elderly a quality of life and the feeling of importance in the society. To give them a purpose and make them feel included instead of excluded once they are getting older. The plan of action had a difficult task to handle and there is a lot that have been improved since 1982 with the increased elderly population and how to handle the changes in organization. Even so, there is still lot more that needs to be done in the future, before the population grows even further.

The action plan of ageing did discuss some of the most important issues of the increased population, but there are some social aspects of ageing that still needs to be dealt with. Mentioned before one can see that there are problems with the feeling of isolation and loneliness and especially when one goes from working fulltime to become a pensioner. There are seniors that feel secluded from everyone else once one stop working and therefore feel like one aren’t wanted anymore. Since work have been something that one done throughout one’s entire life the transition can be difficult to go from working into pension. The Swedish Politian Barbro Westerholm states in DN-

Figure 1.2 – Life Expectancy at birth, 2013

80.2
83.8
77.8
83.1

8. Ibid. page 11
9. Ibid. page 13
10. Ibid. page 16
11. Ibid. page 13
12. Ibid. page 16
13. Von Sydow, Björn. Westerholm, Barbro. Åldersdiskrimineringen i arbetslivet
15. Annika Klentlekt Befolkning efter ålder och kön 2012
The government invested 1.8 billion SEK for municipalities to apply for to build new/change LTC-Homes.

The government invested 150 Million SEK for the municipalities to provide with more staff in LTC-Homes.

The government invested 150 Million SEK to develop the education for eldercare.

The government invested 87.6 billion SEK to develop welfare and the Swedish model.

The government invested 26.0 million SEK for each year from 2016-2018.

Future prognosis will the path continue to increase like it looks like for the future 40 years ahead or it will decline due to unhealthy life choice.

Population will grow from 1.9 millions older than 65 to 2.7 million in 2060.

For the municipalities to provide with more staff in LTC-Homes, 2 billion SEK support for each year from 2016-2018.

A total of 40,000 people will retire due to the same standard of healthcare. Sweden wants to achieve the goal of qualitative care.

60% increase of staff is required in 2040. 440,000 people will say to reach the same standard as today. 400,000 if Sweden want's to achieve the goal of qualitative care.

25,000 will retire during the same period.

2 million will retire before 2025.

40,000 people will retire during the same period.

26,000 of 160,000 with dementia are living in their own homes.

More staff is required before 2025.

100,000 built 30,000 more beds at LTC- homes.

2010

1.9 Million

2030

2.4 Million

2060

2.7 Million

The amount of elderly older than 80 years old in Sweden.

People older than age 65 living in Sweden.

The graph shows the population growth/estimations/actions from 1960 to 2060.
1.3 – Ageism

To get older and become an elderly is something that will happen to all of us. Nevertheless, there is a lot of people that looks at ageing as something negative and there is a lot of ageism in the world. Asthon Applewhite explains in her RSA-talk – *A world without Ageism*, what the word means and how to act upon ageism. The definition of ageism is when people are being discriminated because of their age and are not given the same opportunities in life because of prejudices. Since a lot of elderly are being affected by ageism and one is not given the same opportunities, one can conclude that from what Applewhite explains that ageism is something important to discuss and make people aware about. The discussion about age-discrimination is something rather new that one have started to reflect upon. The society needs to understand the importance of how to tackle the ageism. The understanding of when someone is ageist towards one another are not as obvious as one could think. The norms in the society have approved a lot of preconceived notions about elderly and ageing. The question is rather to make people aware when one are being ageist towards another and not put people into labels. Once the elderly’s rights and dignity has been put into peoples’ mind, one will give the elderly the authority to speak for their own and in that way one will have a totally different outcome.

For that reason, society need to create an awareness among people that everyone should have the same opportunities and chances in life even though that could conflict the standard tradition of how it has been before. There is nowadays a problem in the western world that one look at ageing as something negative. If one go back in history one can see some factors that changed our view of ageing compare to other religions in the world where elderly is valued high. The civilisation scholar Jared Diamond explains in his TED-talk about three main reasons why people are being age-discriminated in the society. One is through the protestant religion where the *work ethic* is valued high. If one is an elderly and can’t work, then one are looked upon as less valuable. Even though there less people that are religious within the protestant religion in Sweden, this is still a remain of thinking in the traditional values. The self-reliance and independence is another factor that have made the elderly looked upon as something negative since one need assistance. If one are not independent and strong as one like to show in the western world, then the norms says than one are less worthy. There is also a *cult of youth* in the western society. One can explain it through how one approach advertising in society and how it mainly shows people which are young, healthy and strong. In that way one are being discriminating to the elderly since one is not showing their existence and the acceptance of the ageing process. The three reasons that Diamond discuss is a problem and one can agree that if one not include elderly in the society the response will be negative for the elderly population. To change the views of old traditional values could be difficult, but there is a demand of showing the elderly’s existence and importance in the society.

Figure 1.4 – Age and ageism
1.4 - Loneliness and social exchange

While looking at people ageing, the exclusion is the major concern among the elderly and one can feel very lonely. This can happen when one in the older age lose friends or life-partner along the journey of life. In the Swedish television program “Sveriges Bästa Hemtjänst” Henning talks about the loneliness and how he lost all his passion of drawing since his wife got dementia and moved into a Long-term care living. He looks forward to the short periods when staff from Home Care Service arrives to his home for assistance because that’s the when he gets social exchange. This is the only time Henning meet people since his son moved to another city and can’t meet him as often anymore. The mobility of moving to another city is something very common nowadays and a lot more people leave their hometown to another city for work. Because of that, the elderly is often left behind which is a concern since families are the ones that most often serve as the largest social exchanger in Swedish society. To work against the far distances one have started a new initiative in Västerås where one are introducing the elderly to technology and in that way people can skype with their relatives who lives far away. They also created websites on the internet to share the daily life of the elderly who lives on a Long-Term care living so the relatives can get an insight in their family members life. Nevertheless, everyone need social exchange. Though elderly is more often fragile in their ability of moving they have difficulties to leave their apartment and go outdoors for activities just to know new people. One have seen by investigations and surveys that most of the elderly are interested in having longer and intimate relationships, rather than the short and shallow relations with people for a short period. One could also see in the same survey that elderly that was the most satisfied and had the best well-being was the one that had a good balance of family members and friends, rather than a person with mainly a network of friends.

20. Ibid. 2016
21. Stefansson Ulrika, Delrapport välfärdsteknologi på äldreboenden, Västerås Stad
22. Social Relations and Depressive Symptomatology in a Sample of Community-Dwelling French Older Adults
To summarise the chapter one can conclude that there are some problems that need to be dealt with if one is adapting the society for an ageing population. If the entire world is heading towards an increased ageing population, there need to be more actions that will benefit the elderly in terms of living and dignified life whilst one is ageing. To prevent ageism there is a need to change the preconceived notions about elderly and mix the generations among each other. Then the prejudice could be less and one could have a share of recourses and knowledge. The sharing of resources could be beneficial once the elderly quit their job but still are healthy enough to provide expertise to younger generations. There is also a need to prevent the loneliness among the elderly generation and if one could provide an intergenerational meeting space where different generations can meet this could be prevented.
CHAPTER 2
ELDER CARE IN SWEDEN
2.1 – Overview

Since the elderly population is growing in the world there will be a higher demand of healthcare and homes for elderly in the future. Mats Thorslund social gerontologist at Karolinska Institutet says that one may see already in 2025, when the baby-boomers born in the 1940 will reach the age of 85, that it will be a high pressure for services in healthcare. Among those services is Long-Term Care living (LTC) which is an elderly service home, where one can live if one needs assistance throughout day and night. One is provided help with the daily routines like hygiene, food, and social activities and one needs to apply from the municipality to get approval for this kind of living. Home Care service is when the staff assistance the elderly in their own home for a few hours a day. Here one is provided help with cleaning, personal hygiene, social activities and grocery shopping. These two examples are two of the most common services provided for elderly in Sweden combined with assistance from family members. Families most often take the responsibility in the first phase of ageing and assistance the senior to hospital, grocery shopping and cleaning. This is before the workload is to demanding for the family member and one still can combine it with work. When it’s not working anymore, assistance from the municipality takes over. One can agree about the concern that Thorslund discuss with the overload of work for the staff within elder care and that it will be a problem in the future. Even though one can see ageing as a successful achievement, there is certainly a period when one as an elderly need assistance and caretaking. For that reason, one need to find a solution to make the ageing dignified while one phase that period and build LTC homes which are affordable for the elderly.

Figure 2.1 – The relatives

2.2 – Inequalities in cities for caretaking

The municipality is the one that has the responsibility of taking care of elderly when it’s too demanding for the family members and that is because of the law Ädelreformen. The law was introduced in Sweden in 1992 and the municipalities became responsible to take care of elderly living in the town, instead of the county council that previously had the responsibility. The municipality is in charge to provide the elderly a place to live (LTC) if they needed assistance, free transport (Färdtjänst) and close to local healthcare.\(^26\) This also includes the home care service which allows the elderly more freedom and could help them to stay in their own home longer. Nevertheless, this law made it easier to help elderly in the specific municipality, but Pensionärernas Riksorganisation (PRO) writes in their report that it will be a difference in the future since the will be a large amount of elderly living in smaller municipalities and the tax cannot afford to pay and provide care for all the elderly in these towns. This is because of the movement with the younger generations moving to the bigger cities and the taxes will end up in the larger cities where there is less elderly.\(^27\) The inequalities in cities and lack of money will make the decision of who can move to an LTC or not be evaluated help unequal. Depending on where the elderly live, there will be differences of how much one should pay and which quality of help one will get. People who would be provided a residence at an LTC today, will not be able to move into a home in the future since there will be a lack of housing. The lowest required level of illness will be higher than it is today, to get accepted to move into a home. That leads to a lot more people are forced to stay in their homes even though one need assistance. The biggest concern is that people suffering from physical impairments will be prioritized less than people with dementia and Thorslund argues that doesn’t follow the idea of the Swedish welfare model.\(^28\) The concern that Thorslund discuss one can agree is worrying and one can see the problem with the unequal division in the cities, which make some people not valued the same caretaking because one live in the “wrong city” and that shouldn’t be the case. But one should be aware of that the Swedish elderly population is not growing as fast as some other countries and in that sense, it’s easier to control. Therefore, it’s important to raise the question and act now to change the inequalities within the different cities.

\(^{26}\) Ibid. 2007

\(^{27}\) PRO, Äldreboende idag och i framtiden, 1: a mars 2013

\(^{28}\) Thorslund Mats, Äldreomsorgens utmaningar – idag och i framtiden, Karolinska Institutet, 2010-06-04
2.3 – Dementia and Alzheimer’s disease

The main reason the life expectancy is high and the elderly population is growing, is due to the development and improved healthcare which has helped people surviving from strokes and heart diseases and that led to people’s wealth and longer lives among the world. Sweden also saw an improved life expectancy after they started to take more responsibility and do better follow ups when people had been in hospitals for surgery or other health issues. Even though the improved healthcare, a lot more people live to the phase when one gets Alzheimer’s or dementia instead of passing away from a stroke. In the Alzheimer’s disease the science and understanding of it haven’t had its break-through yet, one can see that the effect has led to a lot more are phasing the period where the illness strikes.  

Exactly like Goodbun, Klein, Rumpfhuber and Till are mentioning in their book The design of Scarcity, “Design can also produce scarcity in the way that it changes its own context; the solving of one problem may lead to multiple others.”

To find a solution for heart diseases and strokes have led to a lot more people are getting dementia or Alzheimer’s, where the solution are not in the nearest future. That’s why one needs to find out a system to take care of the elderly suffering from this. Otherwise one will have a massive amount of elderly which need caretaking but will not have a place to live. The large increase of people suffering from dementia will lead to a lot more caretakers is required to take care of the ageing population and it is already today a shortage in both staff and beds in LTC homes. The worrying consequences is that a lot of more people that suffers from dementia are living in their private housing which is not a safe place for a person who needs assistance throughout the entire day. Yngve Gustafsson professor in Geatrik at Umeå University says that nowadays in Sweden there is 160.000 people suffering from dementia and 100.000 of them lives in their own private housing. Why one can be concerned about this is because people who live alone suffering from dementia could forget that one had turned on the stove in that way could cause a fire. Then one could cause both oneself and others into unnecessary dangerous risks and if one lives at a Long-term care instead these accidents could be prevented by staff taking care of the elderly.

2.4 – Shortage of staff and LTC homes

Sweden has a decline in beds in LTC living for the last few years. 26,000 fewer beds. This has happened because a lot of old LTC homes doesn’t follow standards and regulations by the building committee anymore. Responding to this, the consequences has led to high pressure for family and Home Care Service to assist the elderly in their own homes.\(^{32}\) If one look in the future and see the increased ageing population one can conclude from this survey made by PRO that it is essential to build new LTC homes and workforce need to rise. The staff is getting overloaded by work and the result lead to a stressed environment and people end up on sick leave. Gustafsson explains that it is a demand of 100 000 new caretakers for LTC living before 2025. How he argues that one need to achieve the goal is through change the status of the work, raise salaries and improve the education which will to make it possible to further educate oneself to higher levels of work.\(^{33}\) What Gustafsson discuss is relevant, one could see that the low amount of salary the employee get for working with elder care have made this occupation a low statues work, hence one are always dealing with much stress and shortage of staff.

2.5 - Conclusion

One can see the effects of the increased elderly population and how one need to act upon the elder care in Sweden. Since there is a decline in beds and LTC homes, there is a need to build new Long-term Care homes in Sweden for people with dementia and Alzheimer’s disease since people suffering from this will only increase. Then Home care service could have less demanding workload of taking care of elderly people with dementia in their own homes and have more time to take care of healthier elderly. This could then prevent the loneliness since home care service could meet more elderly at the same time and have time for social exchange. Another thing that is important is to educated more people within this field and to increase the salary for staff working. To make this work attractive and in that way, prevent the overload of work or make caretakers working shorthanded.

\(^{32}\) PRO, Äldres boende idag och i framtiden, 1 a mars 2013
\(^{33}\) Gustafsson, Yngve. SVT – Utbildning; Sveriges Bästa Hemtjänst [Television]. Umeå 2016
3.1 – Overview

The importance of how prevent isolation is to make elderly more included in the community and make seniors and younger generations more connected with each other. To work against the exclusion the idea of creating an intergenerational meeting space for elderly as a main starting point for this thesis. In combination of creating a new alternative way to live for elderly compared to the already existing LTC Homes, Senior housing and Sheltered housing that one already have today. Senior housing is a residential living space for people older than age 55. Sheltered housing is for people older than 70 years old with easy accessibility and good communication to the city centre. To find an approach of dealing with this project one looked at different case studies that deals with this theme but have different approaches. Nevertheless, some of these case studies are based on volunteering work where the idea of social interaction among elderly are located as a platform online and not organized on a specific physical site. These ideas are interesting to see how one can try to apply in architecture and programming the events in a more organized setting with other ideas combined.

34 Holm Bodin, Johanna. Femti funderingar om äldres boende. Sveriges Kommuner och Landssting
3.2 – Case Study of Äldrekontakt

Äldrekontakt is a volunteering organization located in Sweden and was created by the Gyll family. The project is based on an English version that have been existed since 1965 called “Contact the elderly”. Äldrekontakt is implemented into a Swedish model which started in the year of 2008. The project has been spread throughout the larger cities in Sweden and is still expanding. The general idea about Äldrekontakt is to create a social platform where one could sign up and register to be part of a fika community. Both volunteers and elderly can sign up and then one is meeting two times a month to have a coffee together among the generations. The volunteer worker could sign up for driving the elderly to the coffee event or provide the fika and meeting space. Here one could see the benefit of create a social platform for both the seniors and the volunteers which create a connection with the different generations. The positive outcomes of this project are that one could arrange casual events and get long-term relationships with the people one are having coffee with. The negative thing with this project is that one must sign up for this event and cannot drop by spontaneously for a fika since one doesn’t know where the event will occur. One may see that as a concern since the model is a good strategy but not maybe not as visible for the public.

35 Äldrekontakt, Gyll Family. 2017. Hjälp äldre att träffa nya vänner!
3.3 – Case study – Kaleidoscope by LEVS architecten

The cultural house in the small village Nieuwkoop in the Netherlands serves as a public space for all the residents living in the city. The public functions as a cafeteria, event space and library is some of the things one can find in the building. The cultural house is combined with residential living space for elderly people. The Kaleidoscope provide care from a light to a very difficult degree for all the residents living in the building and the nearest surroundings. There nearest buildings are group homes for elderly and people with psychological illnesses. The program has thoughtfully worked out a good connection for the elderly residents to have an easy way of be social with other people. The staff working in the area have good connection with the events going on there which makes it easy to bring the elderly to specific events. There are some aspects that one can see as an advantage when one have a cultural house combined with the elderly home and that is, the all-around use of the building and good program.

3.4 – Case Study - Projekt 90 +

At Sickla health centre of Nacka/Värmdo Kommun one had a pilot program for one year where one send out invitations to everyone in the municipality older than 90 years old to join for free exercise. One hour a week to make the elderly healthier and prevent isolation and the exercise was around 40 minutes. In this project, focus was to strengthen bodies and afterwards one had a coffee together. During the training people assist and helped the elderly to do their exercise as fully as possible. After this project was done one could find positive results in the improved balance among the elderly and some could even walk without a walking stick. Blood pressure had been lowered and there was a positive response to the project. While looking to this program one can see that just 40 minutes of exercise a week improved the elderly’s health and well-being and 20 minutes of fika improved their social life. One could see project 90 + as an important strategy to prevent injuries. When the population will increase in the future one could see estimations of injuries from falling in Sweden increase. Today the society have a cost of 4,8 billion each year from these injuries and that is estimated to increase to 7,9 billion SEK in year 2035. If one prevent injuries with 40 minutes of training each week, this could be a way to lower the cost and improve elderly’s mobility skills.

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37. Ibid, 2016
3.5 – Case study - Seniorproffsen

Another project one could look at is Seniorproffsen. Here one is using the elderly for their knowledge and skills as a resource. The project is an initiative located in Västerås where one could sign up to take part and offer services that oneself are competent in. This project offers help among different categories like property maintenance, household services (cleaning and social exchange/care), business consultant, craftsmanship and gardening. Once one are registered, one can decide which kind of service one will provide. Then people can hire a person that fulfil the need that’s required. Depending on the service one offers, one will get different response. Some seniors are working fulltime with this and some work part time. The positive with this project is the working model, here anyone can sign in and be part of the community and offer services. Then one can gradually transition from working fulltime to part time, until one retire. To be part of this project one must be 55-years old or older. This project offers some specific categories of work choirs, but one could possibly use this model with other types of work as well and use a transition model.

3.6 - Conclusion

When one have looked through different case studies one can see the advantages and strengths of each case study. The conclusion of these four projects together with the previous two chapters will build the project for this master thesis. Äldrekontakt shows the importance of social exchange among the generations and how one easily one or two times a month could improve the elderly’s well-being by providing a fika session where lonely people can meet and interact. This could be beneficial for the younger generations as for the elderly since youth also can gain much joy from these meetings. The cultural house in Nieuwkoop provides the idea of meeting space for all user groups, but it’s still a nursery home which is usage every hour of the day which makes this building more alive and sustainable. Projekt 90+ shows in their work that there is never too late to start exercise and prevent the injuries of falling and get a better strength in the body even if one is old. Seniorproffsen shows a good way of working on their own terms and conditions if one need to earn extra money or provide a service/expertise within a specific field even though one have retired. While looking at the case studies and how they tackle the ageing population, one can get an idea of how to build a master thesis in architecture that could prevent some of these concerns.

Figure 3.4 – Seniorproffsen

CHAPTER 4
ARBOGA CITY
4.1 – Overview

Though one could conclude after research (Chapter 1.4) that younger people move to the bigger cities for work and seniors are staying in the smaller municipalities, the decision to base the design intervention in a smaller city felt relevant. Hence the decision of working in the small town called Arboga. The city is located 160 km from the main capital Stockholm and have three bigger cities surrounding it called Örebro, Västerås and Eskilstuna. The location of the city was a good strategic anchor point in the 16th century cause of the river and had its blooming days during that time. Nowadays two of the main Europe roads E18 and E20 are connecting just in the outside of the city which make Arboga easy to commute from to the bigger cities. The train line Svedalabanan has also it’s starting point in the city, which connect to larger cities and the main capital.  

Arboga have a population of 14,000 inhabitants in the city including the smaller villages named Götlunda, Medåker and Tyringe. Here as one can see in every small city, there is a trend that the younger generations move from Arboga for studies. Then afterwards one need to find employment somewhere else since there is a lack of jobs in Arboga. This is a concern as in other smaller cities that the unequal division of elderly and youth which make it unbalanced when the elderly need care. Even though the town have many elderlies the average age of a person living in Arboga today is 44-years old.

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Figure 4.1– Arboga statistics

<table>
<thead>
<tr>
<th></th>
<th>Arboga</th>
<th>Average Sweden</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhabitants</td>
<td>13 858</td>
<td>33 969</td>
</tr>
<tr>
<td>Average Age</td>
<td>44,0</td>
<td>41,2</td>
</tr>
<tr>
<td>Population Growth</td>
<td>3,8</td>
<td>3,1</td>
</tr>
<tr>
<td>Average income</td>
<td>232 667</td>
<td>252 774</td>
</tr>
<tr>
<td>Rate</td>
<td>33,29</td>
<td>32,12</td>
</tr>
<tr>
<td>Percentage of Graduates</td>
<td>16,2</td>
<td>26,2</td>
</tr>
<tr>
<td>Share Entrepreneurs</td>
<td>6,4</td>
<td>6,5</td>
</tr>
<tr>
<td>Business Creation</td>
<td>9,0</td>
<td>11,9</td>
</tr>
<tr>
<td>Unemployment</td>
<td>11,9</td>
<td>7,8</td>
</tr>
<tr>
<td>Early retirement</td>
<td>5,7</td>
<td>5,7</td>
</tr>
<tr>
<td>Largest private Employers</td>
<td>SAAB AB - 525 employees</td>
<td>-</td>
</tr>
<tr>
<td>Largest public Employers</td>
<td>Arboga Municipality - 1 375</td>
<td>-</td>
</tr>
</tbody>
</table>

42. Ekonomifakta, Befolkningsökning i Arboga, 2015
43. Ibid 2015.
In 45 minutes one can walk from one end of the city to another.

Figure 4.2 – Arboga Map
4.2 – History of the city

Arboga is an old medieval town with a lot of historic events and tall tales that are spread from one generation to another. The historic event about Lasse-Maja, a man dressed up as a woman and stole things around the parish is one of the most famous histories from the city. There is also tall tales about a hidden treasure buried by Lasse-Maja somewhere in the city. Another historic event that took part in the city was the first Swedish parliament meeting held in the 1435, where Engelbrekt Engelbrektsson was elected to be the rebel leader. The city also served as an official meeting place for royalties during the important period when Gustav Vasa ruled the country.44

However, while looking at the city in general one can see its long history throughout time. Göran Odén writes in the publication “Arboga Stadskärna, Bebyggelsehistoria och Byggnadsordning Bebyggelsehistoria och Byggnadsordning” about the city and how it has developed during different important building periods in Sweden. This he mentioned have affected the cultural value of the city. One have found remains of buildings already as early as the 10th century and one can see that the small city has buildings kept from the middle ages that still stands and makes its history. The Heliga Trefaldighetskyrkan is one of the medieval churches which was built in the early 1200, and it served as a monastery for nuns during that time.45 Nowadays there is only the church standing and everything that surrounded the monastery have been torn down during the period when Gustav Vasa decided that Sweden would change the religion from Catholics to Protestantism. His daughter who lived in Arboga during the period took the opportunity to renovate the church and that’s why one could find it luxurious.46 During the period when Vasa ruled in Sweden the river running though Arboga had a significant importance for the city and the King. Vasa had let one built a weapons-tank outside of Arboga in Jädersbruk where one made weapons and the first armours in Sweden. Then they send the weapons along the river trough Mälaren and Stockholm. Even though the transportation of goods is not there anymore, one could still see the value of the river running through the city centre which has its importance today to serve the characteristics for the town. The history of this city is of cultural value, but it is not because of the remains of the medieval buildings that are standing in the city. The cultural interest is from the old wooden houses that was built in the 16th century during the Gustav Vasa era. Though it hasn’t been a big city fire since 1513 buildings have been kept and preserved from that period which is quite rare in these conditions. The buildings are craftsmen’s houses that showed the picture of how a normal worker building looked like during this period. Since there is a huge building block where the buildings still are preserved, the city serves together with Karlskrona one of the most important cultural Nordic building traditions from that period.47

45. Granlund, Per; Odén, Göran. Arboga Stadskärna, Bebyggelsehistoria och Byggnadsordning. 2000
47. Granlund, Per; Odén, Göran. Arboga Stadskärna, Bebyggelsehistoria och Byggnadsordning. 2000
The medieval city - 1000-1530
Trade and Crafts town (wooden city) 1530-1860
City of Liberalism (stone city) 1860-1930
The Functional city - 1930-1980
Park
Boarder of national intrest

Figure 4.3 –Building history of Arboga
4.2 - Urban analysis of the city

When one look at the city centre one can see one main issue in terms of accessibility. There street in the city centre is made of cobbled stone which makes the move around the city more difficult than it could be. There are not far distances between different important buildings, but the cobble stone makes it hard to move around if one have a walker or pushing a wheelchair since it’s not adapted for accessibility. Some cobblestone streets are remains from the medieval time which is something important for the history of the city, but that will also put the accessibility for elderly and people with impairments aside.\textsuperscript{48} Though this could be a problem in terms of accessibility one need to think of the cultural value and how one could make changes in the city but not losing its cultural value. Since the city have all different cultural and significant buildings one could see it of importance to keep the building tradition alive and make new buildings adapted to the surroundings. Odén discuss about the importance of keeping the local and cultural value in Arboga city. That one should make it work in the context of Arboga but it should also be possible to develop the city in the building period of today.\textsuperscript{49} Though this is something that one could agree upon since the importance of keeping the local traditions of small scale buildings and how it work with the surroundings and the building tradition, one should have the opportunity to build something connected to this decade as well, since that will show the history in the future.

\textsuperscript{48} Ibid, 2000
\textsuperscript{49} Ibid, 2000

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Figure 4.4 – Västra Långgatan, Arboga
4.4 – Conclusion of chapter 4

Arboga is a town with a growing elderly population and will be one of the municipalities that will be affected by the economic struggle by taking care elderly in the future. The city has an ancient history with a lot national interest of specific buildings in this city. This is something important for the residents living in the city to keep the cultural value and this should be something that one can enhance. By that, one need to considered the importance to keep the old medieval streets but in terms of accessibility find a solution to make it accessible for as many as possible to move around in the city without damaging the old with cultural value for the city and Sweden.
CHAPTER 5
DESIGN INTERVENTION
5.1 – Overview

After one got an understanding of the city one will investigate possible sites to make a design intervention. The idea is to find will a vacant site in Arboga that could suitable for this type of project and by that one had some criteria’s that need to be followed if the site will work in terms of program and usage.

The criteria for the site was:

- Close connection to the city centre.
- Connection to other elderly facilities (Long-term care housing, senior living and where a lot of elderly residents live in general)
- Walking distances to city centre.
- Connection to parks and greenery
5.2 – Site analysis

During the analysis, some of the sites was immediately rejected since some was too far away from the city centre and one site felt too small for this type of intervention. In the end the decision of site was the one connected with Centrumleden and Nygatan which nowadays serves as a parking-lot for cars and previously had a gas station located there. The site had all the qualities on the list with close connection to the city centre though one could continue the walk from the site along Nygatan and then one will enter the city centre. There are also a lot of elderly residents living in the neighbourhood with the senior living Örtagården and Jäderstullen nearby. Across the road one have an area which have a high density of elderly people that live in their apartments which would benefit from having a meeting space nearby. Then a bit further away from the site, one could find the LTC-Living Strömsborg, the health centre and the not yet built LTC-Living Hällbacken that are supposed to be built and partly finished in the year of 2018 and completely done in 2020. When investigating the site one can see that it’s located inside the boarder of the national interest of the cultural value, which is something that one should think of once the design process starts.

When investigating the site one can see that it’s located inside the boarder of the national interest of the cultural value, which is something that one should think of once the design process starts. There are three major roads connecting to the Centrumleden at the site but there are still quite low amount of traffic driving by here compare to other cities, but still Centrumleden has the highest density of cars in Arboga.
5:3 - Design Concept

- The importance of create a space for lonely elderly people to meet and feel like they are part of the society.
- To create an alternative living space for the elderly generation.
- To prevent ageism in terms of creating an alternative connection among the different generations.

The design principles came from the previous research where one can see that seniors are being affected by the loneliness in the society and the social culture has changed over the decades which means that one need to create new spaces where one can meet among the generations. If one can help elderly that feels lonely, one could ease the pressure within the home care service since they lonely people will be less. If one propose this kind of meeting space, the outcome of depression among elderly can be lowered. The idea isn’t to heal everyone to be a healthy fit elderly, it’s to improve the conditions for each specific elderly from one’s currant stage in the health ladder (figure 1.1) Everyone will age differently and the changes could happen radically of one become a widower/widow or lose a friend in the Alzheimer’s disease. Alzheimer’s’ could also be called family disease where one can see that the family are being affected by the gradual transition of losing a near relative or friend.\textsuperscript{52}

\textsuperscript{52} Hjärnfonden, De ansörigas sjukdom 2017
Flexible solution with movable walls can make the collective living for the elderly be more social and including.

The smaller square is working in relation to the buildings on the other side of the road and creates an end of the main city street Nygatan to show its importance.

The atrium in the middle of the building serves as a meeting space for the elderly to share events together and to open up the walls to all collective living surrounding it.

While enter from the west side one are facing a smaller square working with the topography.

The dog "daycare" and the cafeteria space will have a connection to each other and one should have the opportunity to let the dogs be alone if needed but still visible for the people in the cafeteria.

The platform is a way of connecting the two buildings and to show its importance in its location.

Residential apartments
Residential common space
Cafeteria/Common space
Room for dogs at daycare
Gym
Changing-room

Figure 5.3 - Conceptual conclusion

Figure 5.4- Conceptual design strategy

41
5.4 – Program

From previous research one can conclude that a platform where elderly could meet could be a way of dealing with the concerns of connecting elderly among generations and among each other. The intergenerational meeting space will have different strategies to include as many as possible and by that one could find different connections in terms of social networking depending on what’s suitable for one’s self interest.

The program for this project is based on the analysis of how to prevent loneliness and adapting the society for an ageing population. Though one have seen through surveys that a dog could be very helpful to use as a recourse to prevent loneliness the idea of bring dogs in to the project one of the main strategies in the design intervention. A dog one can be useful to work with since they are faithful, reliable and create a bond to a person quickly rather than a cat which is more independent. The dog helps to fulfil the sense of touch and feeling that one require in the everyday life which could be valuable to people. There is a café model created in Taiwan where abandoned cats would be taken care of and provided a shelter in the cafés. Here the cats are treated with love and respect by the visitors. The first project started in Taiwan but one could see the big development happen in Japan where a lot of landlords didn’t allow people to have pets in the apartment and for that reason one found the cat-cafés popular and useful. The idea is to try to imply the idea of having a café, but instead of using abandoned cats one could see if this model could be used with dogs that needs a place to be during the time the dog owner is working. The owner would then leave the dog at a “day care” where one have combined it with a cafeteria space. Here one can come for a coffee during the day and then offer exchange among the dogs and elderly. The “day care” will serve as a work pool with exchange of services where an elderly will get some profit for walking the dog based on the same principles as Seniorproffs (Chapter 3.5)

One can sign up to become a dog walker for the day care and create a relationship among the human and the dog and another elderly’s that is walking with another dog. “A dog is a good conversation starter; you always meet someone to talk to” says Maj-Britt Kristiansson in the interview about the benefits of taking care of a dog during the day. The dog needs to get exercise and by walking the dog one could make the elderly more connected to a social network and strengthen bodies by walking a promenade though the city. To make an urban strategy of the project one will apply different routes for the dog walking where one can experience the cultural history through the city walk. The routes have different duration since one starts at one’s own specific terms. The strategy is to develop the health and well-being which could make the elderly walk even further distances after a while.

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A dog could be helpful to use as a recourse in terms of sense of touch and feeling of importance that one is needed. A dog one could useful to work with since they are faithful, reliable and create a bond to a person quickly.

The day care would work with the exchange of services where an elderly which feel lonely could sign up for becoming a dog walker for the day care and in that way, create a bond among the relationship among the human and the animal, connection with another elderly that are walking with another dog.

Medborgarhuset was built in 1940 and serves as a meeting space for people during events and celebration. Here one can go to cinemas, theater and listen to music. This building offers rooms for rent where one can have other events as well.

The small library offers books to borrow, study area and place for theater and music events. The exhibition area could be rent for different events where schools often have exhibitions.

A day care combined it with a cafeteria space where one could come for a coffee during the day. Here one could then offer the exchange among the dogs and elderly with the sense of touch and feeling of importance and social connection/bounding.

Elderly get social exchange and strengthen their bodies with youth assistance the elderly on the gym. As a response, youth get free hours of gym time.
In combination of the dog walking program and dog day care there will be a residential living space for elderly. This would be a smaller collective living with a common social space to interact among each other. Here one could have the benefits of the social exchange among the elderly in different scales. From the people one live together with, to neighbours or other elderly people visiting the dog day care and cafeteria space.

The third strategy is to create an intergenerational meeting space for another user group which are affected by ageism in the society. The youth. The strategy is to provide a gym space where youth group can use the gym for free if one volunteer a few hours a week to assistance an elderly during their training. Then the understanding towards one another can make the generations meet and one can learn from each other at the same time as one can get exercise.

Figure 5.6 - Sense of touch
Since Arboga is a small city, it is an advantage to use already existing public buildings such as Medborgarhuset and the public library, open for the public to meet. This, as a combination together with the new proposed building, can create space for intergenerational meetings.

Each building has a different program, which makes the variation of activities larger and in that sense one can include more people to do activities that are suitable for them. These three buildings are all located in the city centre and from there one can strengthen the city centre core which nowadays are interrupted.
5.5 - Conceptual Implementation

How to achieve the goal of creating this space one need to create a social meeting space for the elderly with an easy accessibility and openness which makes everyone feel included and incorporated. Where does one feel like they are the most comfortable? In the book called “Femti funderingar om äldres boende” Johanna Holm Bodin explains that when one introduced the LTC-Living where one could bring their own furniture the elderly residents felt more relaxed and at home even though one had moved to a new apartment.\textsuperscript{56} To make elderly and youth feel more connected towards one another one could try to implement these different interiors and create a combination of them, which makes the spaces more integrated and combined for different user groups. Whilst one look at the collective living among the elderly the idea is to implement the collective of sharing resources and common areas as living-room and dining area. Here the strategy is to create fully developed apartments for a certain number of people, and then in the shared areas one can open sliding doors to the common area in-between the different apartment. That allows to give the flexibility of creating different spaces and to meet more people even deeper within. Here one could decide among the people one live together with if the doors are open all the time, occasionally or when one have a celebration/event. The collective living will make the sharing cost of apartments decrease, which will create better conditions for the elderly living in Sweden since the public pension will be less in the future (chapter 1). Since there will be a public building combined with a residential living space this will be used every hour of the day which makes it lively and more personal in terms of usage.

\textsuperscript{56} Holm Bodin, Johanna. Femti funderingar om äldres boende. Sveriges Kommuner och Landsting, april 2012.
5.6 - Conclusion

The strategy of this master thesis project is to create an alternative living situation for elderly people in the Swedish society. Since we all are ageing and the generation that are young today are used to live in a more independent and individualised society, there is a need to rethink and change the Long-Term Care homes that one are building in the society today. Since there will be less pension for elderly in the future one need to provide an alternative way of living where one could lower the cost as much as possible or to find an alternative solution for elderly to gain extra money. The collective living could decrease the rent, and to sign up as a dog walker could create an extra income for the elderly at the same time as one are getting exercise and social exchange with other people walking the dogs. The “centre” will be a public meeting space that are open for everyone interact within. Here everyone can join an event at the cafeteria and socialize with the dogs. The gym area where one can go for free as a youth, if one volunteer to help and assist elderly with their training. The youth can show how to use the equipment and assist if they are not capable of doing it themselves. This also benefits the youth since they also have a stressed economy and are being affected by age discrimination of being too young in the society instead of to old. The youth could learn to have affection and understanding for the elderly. When different generations can help each other out, then the ageism can be prevented. To adapt the society for an ageing population one need to change the general idea about the role of an elderly in the society. The ageing population is growing in the world. In Sweden one can see that the population is growing, but not as fast as in other countries. Because of that, one need to act now and be part of this change and to make ageing in the society more dignified. Since everyone will be an elderly in the future, one need to think about how oneself would like to live in the future and how to prevent ageism.
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Television Programs


TV4 – News; Stora skillnader på hemsjukvårdsavgift 2016-12-05 (time 19.01) http://www.tv4.se/nyheterna/klipp/stora-skillnader-pa-hemsjukvardsavgift-3671179 (Accessed 2016-12-05)

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Web Pages/Internet Source


Electronic Journal Article


Interview
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