

Co-housing For dutch seniors

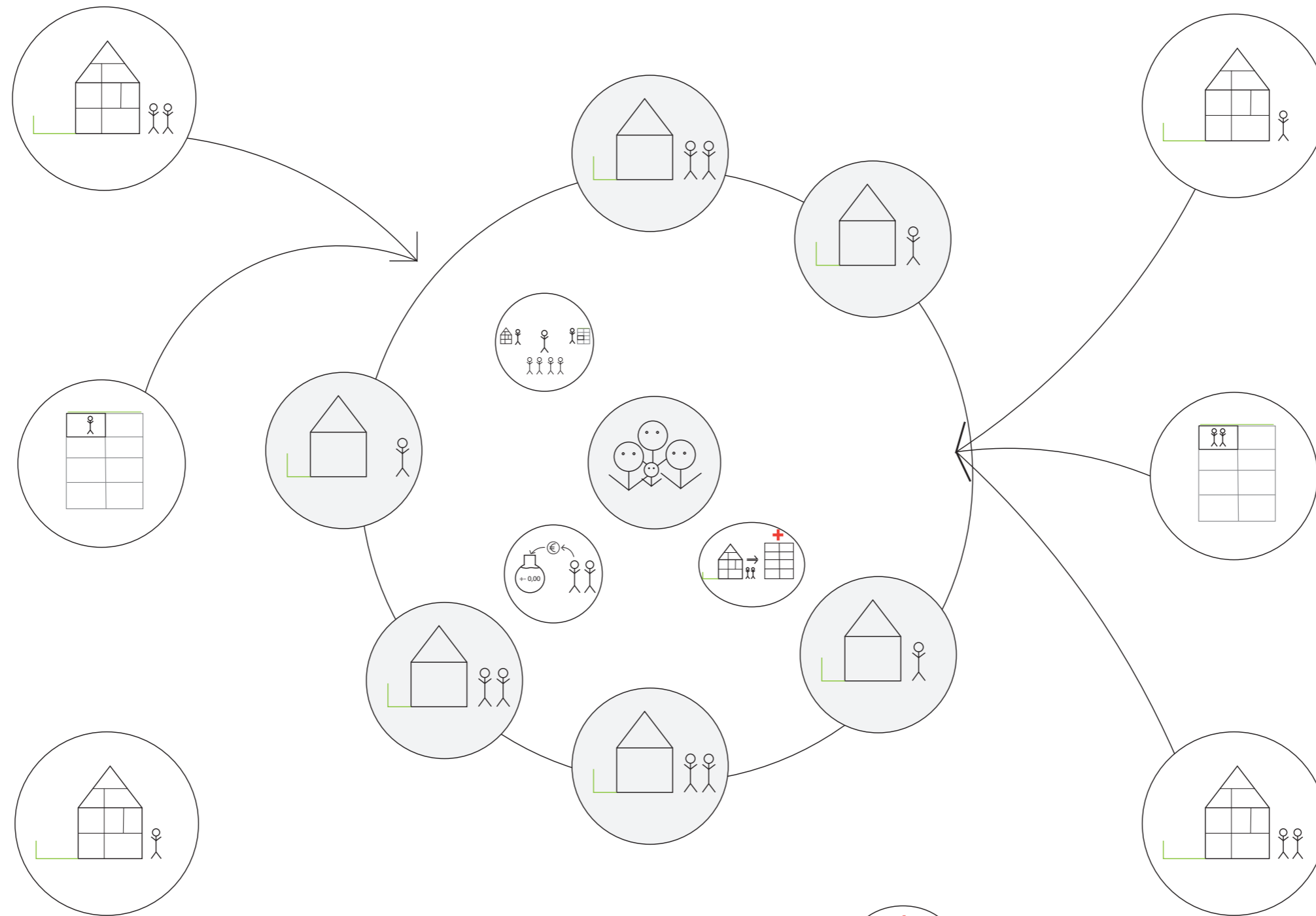


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Introduction

The Problem Statement

The increase in care demand as well as the traditionally very high long term healthcare spending in the Netherlands (OECD,2020) was causing such imminent challenges that it forced the government to issue a reform to the care sector in 2015. To quote from a 2019 report on the challenges to the dutch healthcare system, “The reform stimulates elderly who were previously eligible for residential care and admission to nursing homes to stay at home longer, signaling the increased focus on self-sufficiency in our society” (Hoedemakers et al., 2019). In order to accommodate for this transition, architecture and spatial program are main contributors to the extra challenges. Within the group of people above the age of 60, there is a growing mismatch between their current housing and their daily lives and needs. According to a 2017 article, at least 20 percent of senior live in apartments not suited for aging in place (Verheggen, 2017), while many more live in houses much bigger than their reduced households need (WoOn, 2018). With the ongoing housing shortage in the Netherlands, (Overheid, 2022) , this mismatch in housing within the elderly generations also offers potential to be realized. The group most affected by this mismatch is the group of empty nesters, as the majority of them still lives in their homes suited to accommodate a family, yet only a couple or a single person is left. Further, as the graph 1 shows, extracted from the Woon Onderzoek 2021 shows, in the target groups above 65 years, the most common reason they remain searching for a longer period is the lack of suitable options in the desired city / neighborhood. (WoOn,2021)

Figuur 4.9 Belangrijkste reden dat actief zoekende woningvragers nog geen woning hebben gevonden, naar leeftijd; 2021

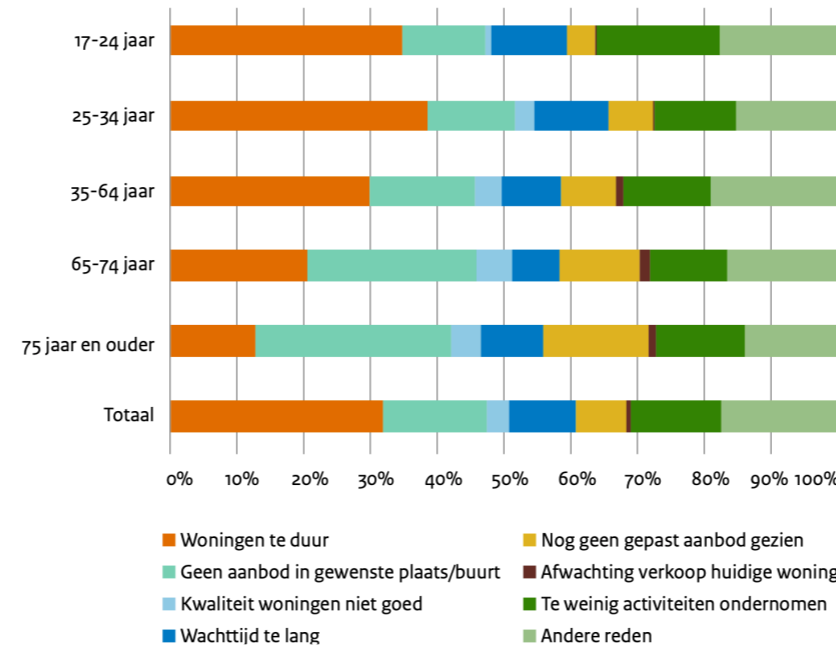
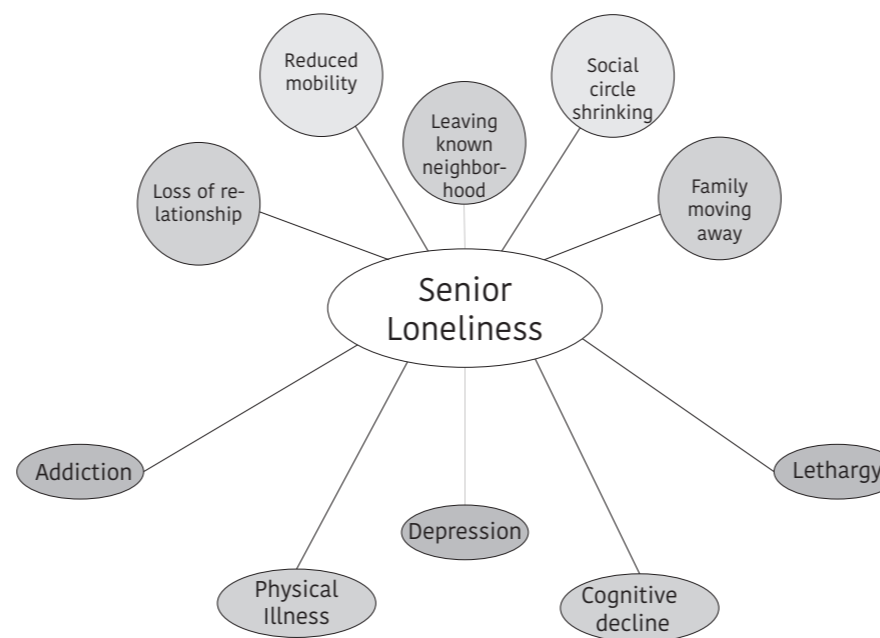


Figure 1 Main Reason for Age groups not finding adequate housing

Figure 2 Causes and Consequences of loneliness in senior generation



Thus, offering this target group access to new housing forms and stock offers the most potential to transition earlier into an environment suited for aging in place could even open up more family homes for starters or young families. Another growing issue in the health of the elderly population is increasing numbers of people suffering from loneliness, which 60 percent of people asked over 65 in Rotterdam reported emotional loneliness, while 47 percent reported social loneliness. Due to reduced mobility and the social environment shrinking, many elderly people are left without sufficient interaction with their peers (Wolfers et al., 2021). As isolation is one of the most harmful things for a human being, to the point of being banned by the UN as a punishment, steps to prevent elderly being isolated from social contact have to be taken.

With those challenges calling for new interpretations of the task of senior housing, one approach currently in discussion are co-housing variations. As these promise to help with loneliness as well as offering potential to alleviate some of the informal care demand (Rusinovic et al., 2019), the potential to help alleviate some of the problems of the target group is present. Yet, as there are multiple challenges in creating a living environment enticing empty nesters to leave their family home behind for a community based accommodation, research with the target group is necessary. By understanding their wishes and reservations against current offerings in regards to program and architecture, future designs can be more fit for the target group and therefore offer a better living environment for the target group.

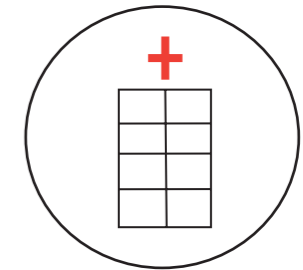
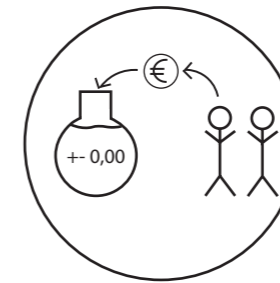
Relevance / Research Aim

Relevance

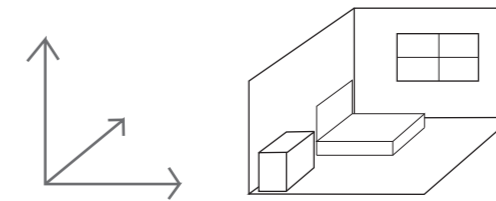
While collaborative housing forms are a topic of discussion in recent research, which many papers being published in the past decade, there is little research focusing on the target group of this research specifically. As especially empty nesters contribute to the very high average living space per person of 65m² in the Netherlands (Czischke, 2021) and also face the aforementioned challenges, research into their wishes and reservations to current housing projects offers potential for the future. In order to be able to design for the target group, it is essential to get current and location specific data which consequently can be translated into design and program guidelines. An area currently getting little attention in the Netherlands is collaborative housing with a cooperative ownership structure, commonly present under the name of Baugenossenschaften in German speaking countries. Translating experiences and learnings from the practice of this model, where commonly multiple parties get together to finance and design the project in a participatory way. As this could age an approach suitable to reducing current reservations of people against traditional senior housing, exploring this idea with the users can offer new insight for the research and future designs.

Research Aim

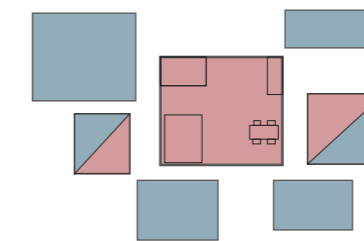
The goal of this research is to investigate which forms of Co-housing are applicable as a means to foster moving dutch seniors to an environment more suited for the aforementioned challenges of the target group. Therefore, the literature and user research will revolve around inquiring about the users wishes, demands and reservations against current offerings. Based on the data gained from both current inhabitants of a community focussed elderly housing facility and people from the target group living in Delft, guidelines regarding organization, spatial program and architectural design can be derived. This will alter on be



Organization ownership and care



Scale of the apartment



Division private and public space

Spatial Guidelines



Design Guidelines

Figure 3 Research aims Illustration

Theoretical Framework

While the term co-housing has been a topic of discussion in the real estate sector for many years, there is a wide spread of models this umbrella has been used for. The following chapter will elaborate on the different waves of development as well as terminology and organization of Co-housing around the world.

The history of Co-housing in western countries

In 2015, Helen Jarvis published an article investigating the social architecture of co-housing models by comparing the initial ideas underlying such projects with real observation from multiple projects. In this article, Jarvis lays out her understanding of the development of conceptual co-housing projects in western countries since brought over from the north. According to this Framework, there were three major waves of community based co-housing in the UK, Australia and the United States of America. In Jarvis' words, the first wave was created „with a view to improving the lives of working parents and their children through more efficient and egalitarian house-keeping“ (Jarvis, 2015). At the time, the focus of the major UK-based projects was to recreate a close neighborhood network for social benefits in the direct surroundings. When the second wave started to unfold in the united states, further for the time progressive ideas such as conscious abstinence from consumerism and a focus on protecting the environment became part of the focus for the communities.(Jarvis, 2015) The third and last wave according to this frame of reference happened almost simultaneously with the second, yet in rural Australia instead of the US. In this wave, the focus was even more on ideas exceeding the pure issue of housing, with communities focussing on self-sustained living beyond the idea of protecting the environment. While focussing on the development in western countries, Jarvis descriptions also well reflect the scandinavian origins of the cohousing idea.

Terminology in co-housing

In order to understand the full depth of the field, clarifying the terminology and what can be understood as such is important to create a base for the further assessment. In 2020, Annamaria Babos and colleagues published a paper trying to clarify this terminology and categorize different forms of housing seen under the umbrella of Co-housing. Firstly, it is important to determine what co-housing means in this framework. Thus, babos describes the following as her definition for co-housing. „In co-housing, multiple people not from the same family live together in one building with one building with one unit or one building with several units.“ (Babos et al., 2020) In their assessment, the first problem with understanding the term lies in the unclarity of what the „co“ in cohosting stands for, including terms like collective, communal, cooperative or collaborative. In the article, Babos further highlights how co-housing is an umbrella term for a variety of housing forms, as the graphic below, taken from the paper, shows. (Babos et al., 2020)

Here it also shows an important distinction made in this categorization, as they differentiate between the terms co-housing, which collects all the forms in it, and cohousing, which they define as follows. „Cohousing is a special type of housing with shared characteristics. The shared characteristics must show simultaneously all four following features with a certain strength: sharing of spaces, activities, creation and tenure.“ Babos et al. 2020) those terms are elaborated on in the graphic below

This already shows a clear differentiation from Jarvis definition, which included goals of impacting the socio-economic structure as part of the definition of Co-housing, while this approach puts this form of community past this general description and defines it as collective housing, matching the heritage in northern countries like the Swedish kollektivhus. This highlights the importance of very clear terminology when assessing this topic to be able to collect ideas from a variety of sources.

Therefore, in the following the terminology introduced by Babos and colleagues will be adopted.

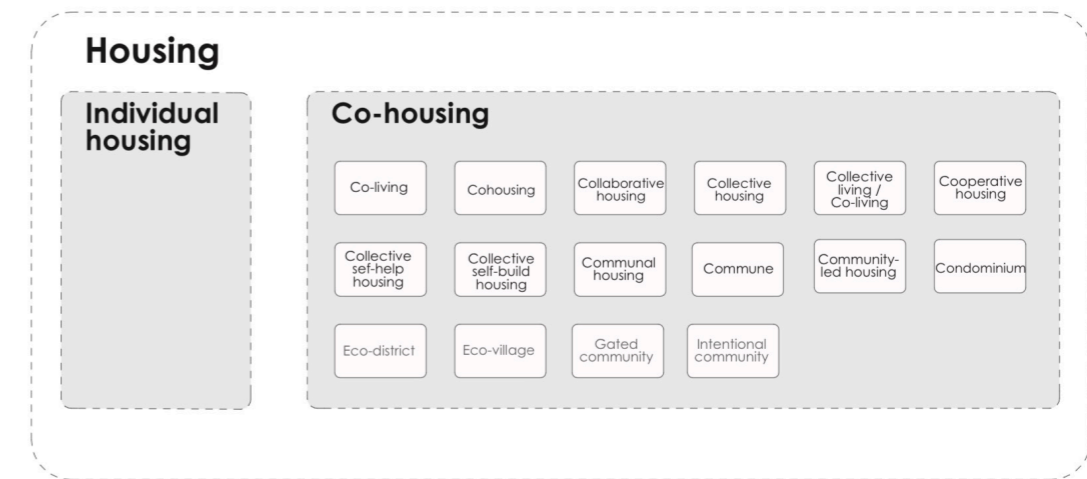


Figure 4 The Umbrella Term *Co-housing*

The dimension of sharing	Fields of sharing	Sharing methods
Social dimension	Shared creation	Common idea formulation Participatory design process Community self-development Community self-construction Joining to collaborative housing movement
	Shared activities	Regular collective meetings Common daily activities Common property maintenance Spontaneous social interaction Social events within the community Activities open to the wider community Community service or production Share vision or value
	Shared tenure	Shared rental The mixed form of ownership Collective non-profit organization Residential cooperative Common private society Urban housing network

Figure 5 Dimensions of Co-housing

Co-housing sub-terms	Characteristic sharing methods from the definitions
Cohousing	share spaces, activities, creation, tenure
Collaborative housing	long-term participative relationships
Collective housing	share spaces, facilities, and maintenances
Collective living/Co-living	share spaces in one apartment
Collective self-build housing	share arrange and commission
Collective self-help housing	reuse properties by a community project
Communal housing	common kitchen and dining facilities
Commune	living together, share possessions and responsibilities
Community-led housing	co-operate, share ownership and management
Condominium	common elements and ownership
Cooperative housing	share ownership, management, and areas
Eco-district	share the objectives of sustainable development
Eco-villages	participatory process and share sustainable solutions
Gated community	share common code of conduct and management
Intentional community	social cohesion and teamwork, share a common vision

Figure 6 Co-housing terms defined by Babos et al. 2020

Theoretical Framework

Scope / Hypothesis

Legal and organizational structures

While the term Co-housing has been used and discussed around the world, the way it materializes differs strongly from country to country, as cultural and legislative background influence the projects organization and structure.

In the Scandinavian countries, like for example Sweden and Denmark, where Co-housing had its first rise during the 20th century, many projects known as co-housing are actually affordable housing projects, which are pre-financed by the government and then subsequently users are offered to by shares in the project, which are fractionally subtracted from the rent. In this system, the community based approach of the initial Cohousing idea is mostly forgotten and reduced to an organizational ownership structure.(Egero, 2014)

In comparison, in German speaking countries, the most common form of co-housing is known under the name of the Baugenossenschaft. In this approach, frequently multiple parties looking for housing unite under the organizational structure of the Genossenschaft, translating to cooperative, to hire planners and finance the project. As often the future users share common ideas and values, the social bond between the users is often stronger compared to more functional co-housing communities like present today in Scandinavia.(Wohnungsbau-genossenschaften in Deutschland, 2019)

Both those forms are possible to realize in the Netherlands, yet for the target group the more community based approach is most promising. In the context of this research, being located in the Netherlands, another legislative factor comes into play. Based on the scale of the desired housing type, the dutch housing subsidy system could be another factor influencing the future design guidelines. As housing subsidy is only applicable for self-sustained units(Belastingsdienst, 2023), in case the users demand a smaller scale facility, designing with individual entrances and addresses can make the project more financially feasible and accessible for more people. Based on these factors, the local and legislative context influences the design and materialization of housing facilities.

In conclusion, each of the three papers adds factors which can be used to guide and assess the future design. Babos paper presented the four dimensions of sharing, namely space, shared creation, shared activities and shared tenure. Helen Jarvis paper contributes the concept of sharing a higher social idea for the community. And finally, the legal and organizational structure can provide multiple frameworks for the setup of the process and design, based on characteristics like size and desired ownership, which will be derived later from the research findings.

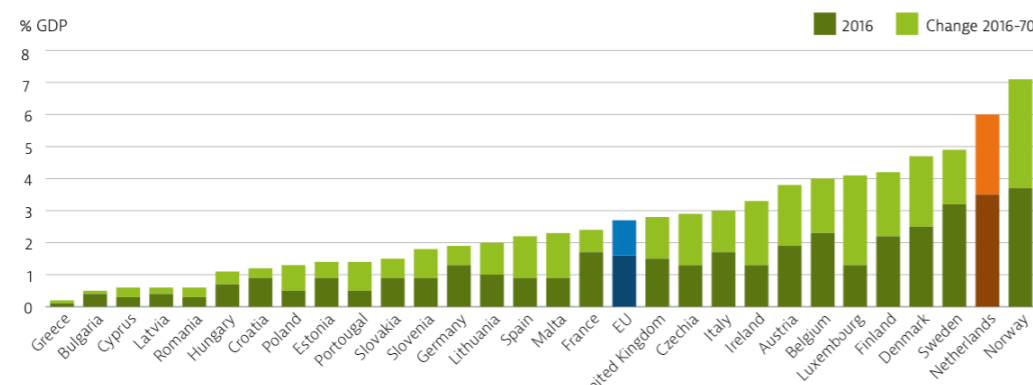


Figure 7 Projected care spending relative to GDP per country

This section will give describe the scope of this research and how exactly its target group is defined. Firstly, this research aims at investigating the housing wishes of the group of seniors in the Netherlands. Therefore people living outside of the Netherlands or the direct surroundings will be excluded from this research, as well as families still living with their children. In order gain insight on their current housing situation and the wishes of potential future residents, the research will be done with two groups. Firstly, during the field work week, the research will focus on inhabitants without a high care demand, as the research focuses on seniors who are still able to live self sustained. The second part of the research will be conducted with residents of Delft falling into the target group of seniors to investigate the wishes of people still living in their family home. Therefore people above the age of fifty currently living alone or as a couple will be considered, while families or younger singles/ couples will be excluded.

Hypothesis

Amidst the growing housing shortage as well as the growing number of single households in the Netherlands throughout all age groups, especially seniors and empty nesters require new typologies to help them to progress their housing careers into an environment more fit for aging in place. With other challenges such as loneliness and a growing demand for formal and informal care, collaborative housing forms promise to offer potential to act as more suitable and healthy living environment for many people. Further, it is hypothesized that cooperative and participatory design processes could alleviate current reservations of empty-nesters regarding a move to a community based housing form. This hypothesis will be tested throughout the following research, for which the guiding research question will be the following.

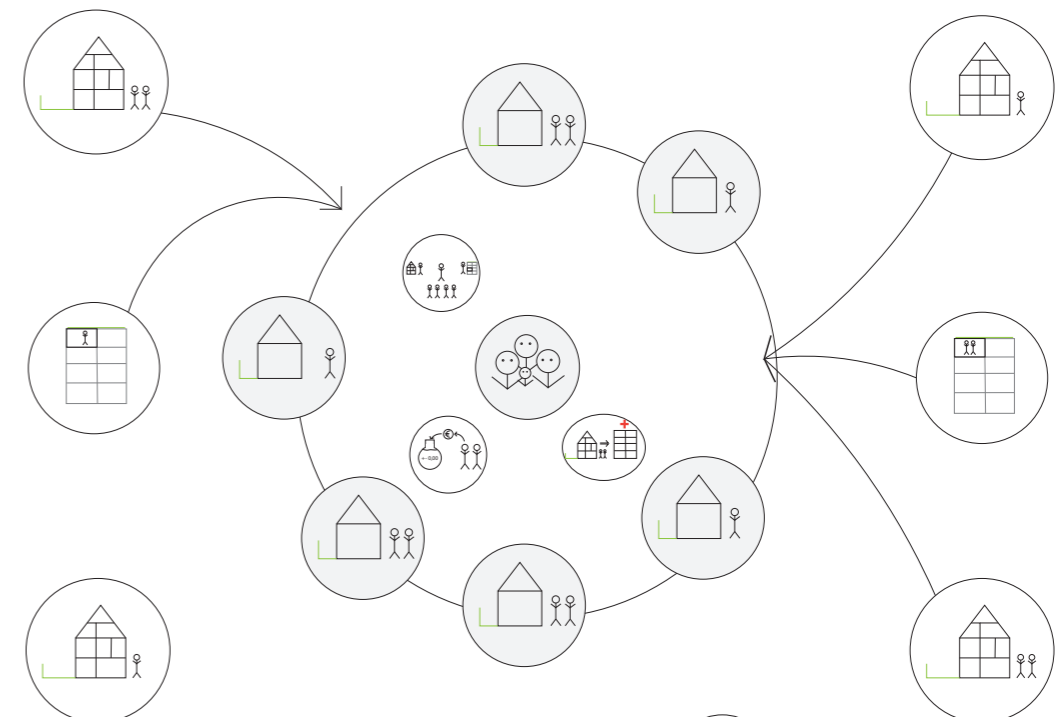


Figure 8 Illustration of hypothesized movement of singles and empty nesters

Research Question

Which spatial and architectural characteristics can allow Co-housing to alleviate the housing mismatch for mainly dutch seniors and prepare them for aging in place?

What housing situation is the target group currently in regarding type and ownership?

What forms of Co-housing exist currently in Europe?

Which spatial and organizational characteristics would the target group require to be attracted by?

What amount and groups of people would the target group like to live with?

How can architecture help to reduce stigma attached to senior housing institutions and make moving more attractive to the target group?

Research Methodology

Literature Review

The literature study is going to give the insides needed to understand co-housing as a concept as well as to deepen the knowledge of the challenges faced by the target group. For this, literature in the fields of senior housing and co-housing, published within the last 5-10 years will be considered. The focus of this study is to learn from past evidence on the strengths, weaknesses, opportunities and threats of Co-housing projects around Europe. From this literature, both knowledge for the interviews as well as evidence regarding the benefits of and conditions for successful co-housing can be derived.

Case Studies

The case studies will consist of two categories, first historic projects and secondly current offerings in the field of co-housing as well as senior housing. For the first group, the case studies will be the Hofjes typology present in Den Haag marking the first dutch collective housing project, as well as the Saettedamen project in Denmark, the beginning of the Scandinavian 1960s Cohousing movement. For the current projects, they will be selected from projects currently operating in Europe, with a focus on projects in the Netherlands. The aim is to present a spectrum of different forms of co-housing, so during the interviews these can be used to gauge the users wishes. For this step, it is essential to derive simple analyses of the case studies, as the untrained inhabitants of the housing facility need to be able to understand the core ideas of the project.

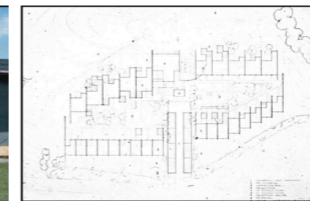
For the case study's, the cases will be separated in two further groups, historical projects marking the beginning of co-housing as well as multiple contemporary projects in Europe, which are presented to the interviewees. For those cases, both senior housing facilities as well as open co-housing projects will be considered, while housing for other special groups such as students or projects exclusively for people with a high care demand are excluded.

Historical 1 - Saettedamen, early cohousing in Denmark



One of the first cohousing projects in Denmark
Located 30 miles north of Copenhagen
Built in 1968 for 30 families
Born out of their own initiative

Independent family homes featuring all necessary amenities
Arranged around shared courtyard in elliptical shape
Common house with shared facilities like common kitchen and guest rooms
Design with strong focus on the community and support for each other in many daily tasks
Containing social ideas as well as just housing

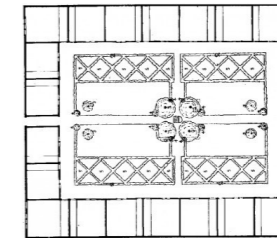


Historical 2 - Hofjes Den Haag, example How van Vouw



Housing organized around a central, shared courtyard
Type reaching back to the late 16th century, especially popular in Den Haag
Usually housed homogeneous group of people (students, elderly, ...)

Example from 1647
17 units around three sided around a courtyard
All inhabitants single, above 50 and living without pets
Today housing a small bed and breakfast operated by the owners
Existing community until present



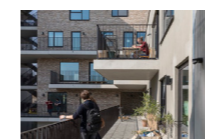
Restaurante bouwplan
Hofje van Juff. Corn. van Vouw



Contemporary 2 - Type apartment Building
Bijgaardehof Gent, Belgium



Recent Co-housing project in Gent, Belgium
Containing 58 dwellings as well as a public health centre
Organized in 4 buildings, three or dwellings plus one for shared function
Each building community has own shared floor
Design of circulation and access designed to promote interaction
Galleries extended to as: as raised streetcape
Common house with facilities such as workshops, meeting rooms and further space for use by the inhabitants



Contemporary 3 - Cooperative Housing
Kalkbreite Zürich - Stiftung Alterswohnen
Intergenerational cohousing project in Zürich, Switzerland



Based on the concept of the „Jaugenossenschaft“ popular in German speaking countries
collective planning and financing out of a private initiative
Designed in participatory process
Open international competition created to hire the architect
Winning entry named ARPH by Müller Sigrist Architekten, Munich
Containing self sustained units as well as single room units clustered around communal living rooms and kitchens



Livinn By Habion, Hilversum

Senior Housing Concept by Habion
First location in Hilversum, which is presented here



Transformed from a traditional nursing home typology into a Habions flagship project
representing their concept for the future
Community based, inhabitants are supposed to organize themselves as much as possible
Reminds more of as student hostel than a traditional retirement facility
Tries to remove itself from the nursing home image
personal wearing civilian clothing

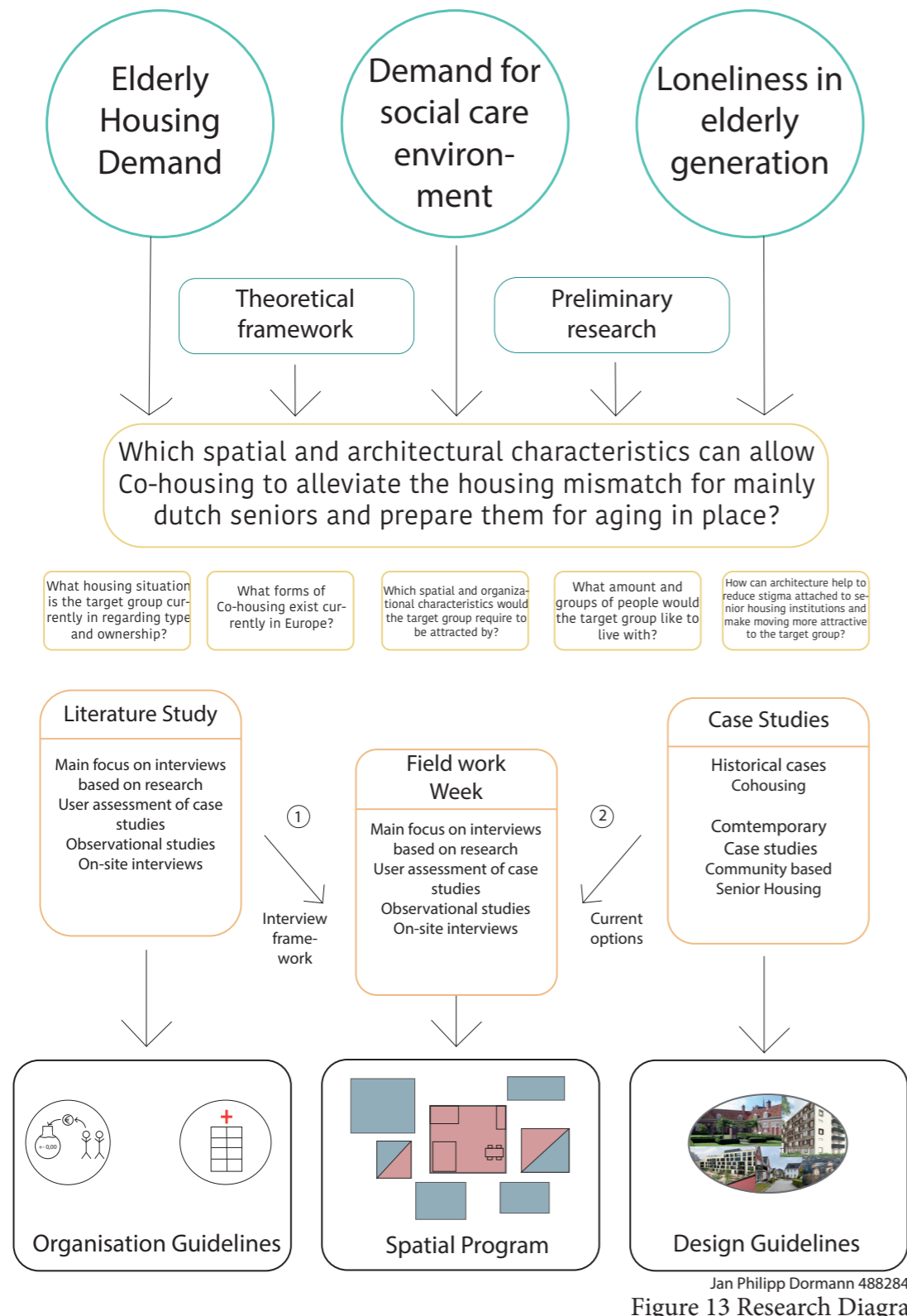


Figure 9 Examples of case studies

Research Diagram

Definitions

Co-housing for Dutch Seniors



Baugenossenschaft Organizational structure for Co-housing, common in the German speaking area. Based on multiple future owners coming together and financing and designing the project together, sometimes for collective financial profit.

Co-housing Used according to the terminology introduced by Babos et al in 2020. Umbrella term for the collaborative housing forms. Further definitions of the individual sub terms according to graphic below and in theoretic framework

Empty Nesters A person or couple who's children have grown up and moved out. (Cambridge dictionary)

Housing mismatch Difference between the actual needs of a target group in comparison to their current housing situation. In the case of this research, it focusses on empty nesters living in large houses, binding them to maintenance and responsibility.

Kollektivhus Swedish name for collaborative housing project. Existing term since the 1970s also reflecting the idea of cohosting in the country

Seniors Inhabitants of the Netherlands over the age of 60 years

Self sustained living Living without a long term care need or institutional organization

Co-housing Used according to the terminology introduced by Babos et al in 2020. Umbrella term for the collaborative housing forms. Further definitions of the individual sub terms according to graphic below and in theoretic framework. Copy of Figure 5

Table 1. Characteristics sharing methods of co-housing sub-terms in alphabetic order: co-housing sub-terms (black) and co-housing sub-terms with special focus (grey)

Co-housing sub-terms	Characteristic sharing methods from the definitions
Cohousing	share spaces, activities, creation, tenure
Collaborative housing	long-term participative relationships
Collective housing	share spaces, facilities, and maintenances
Collective living/Co-living	share spaces in one apartment
Collective self-build housing	share arrange and commission
Collective self-help housing	reuse properties by a community project
Communal housing	common kitchen and dining facilities
Commune	living together, share possessions and responsibilities
Community-led housing	co-operate, share ownership and management
Condominium	common elements and ownership
Cooperative housing	share ownership, management, and areas
Eco-district	share the objectives of sustainable development
Eco-villages	participatory process and share sustainable solutions
Gated community	share common code of conduct and management
Intentional community	social cohesion and teamwork, share a common vision

Appendices

Appendix 1 Questions User Survey

Beste bewoner van Liv Inn Hilversum,

Voor ons afstudeerproject aan de TU Delft logeren we deze week in Liv Inn. Om een goed beeld te krijgen van Liv Inn en de bewoners willen we u vragen om ons te helpen door deze korte vragenlijst in te vullen. Alvast bedankt!

Zou u de ingevulde vragenlijst **vóór vrijdag 17 november** willen inleveren in de doos in het Hart? Als u hulp nodig heeft bij het invullen of met ons wilt kennismaken, wij zijn op dinsdag en woensdag in het Hart (en vast nog vaker).

Algemene informatie

1. **Geslacht:**
 Man Vrouw Zeg ik liever niet
2. **Geboortejaar:**
3. **Woont u in het gebouw verbonden aan 'Het Hart'?**
 Ja Nee

Wonen

4. **Wat was uw woonsituatie voor Liv Inn?**
 Appartement
 Vrijstaand huis
 Twee-onder-een kap / Rijtjeswoning
 Anders, namelijk: _____
5. **Wat was de eigendomsverhouding met uw vorige woning?**
 Huurwoning
 Sociale huurwoning
 Koopwoning
6. **Wat was de voornaamste reden dat u naar Liv Inn kwam?**
 Omdat ik op dat moment zorg nodig had
 Omdat ik in de toekomst zorg nodig zal hebben
 Omdat ik behoefte had aan sociale contacten
 Omdat mijn huis niet meer geschikt was
 Omdat mijn omgeving vond dat dit beter voor mij was
 Anders, namelijk: _____ **Z.O.Z.**

7. Hoe bevalt het wonen in Liv Inn?

- Zeer tevreden
 Tevreden
 Neutraal
 Ontevreden
 Zeer ontevreden

8. Waar spendeert u de meeste tijd gedurende de dag?

- Appartement
 Gemeenschappelijke ruimte 'Het Hart'
 Andere gemeenschappelijke ruimte
 Buiten
 Ergens anders dan Liv Inn

9. Wat is uw favoriete plek in de woonomgeving?

10. Wat zou u willen toevoegen?

In Liv Inn:

In uw appartement:

11. Wat bent u bereid om met anderen te delen? (meerdere antwoorden mogelijk)

- Keuken
 Badkamer
 Logeerkamer
 Tuin
 Grotere woonkamer
 Hobbyruimte
 Wasmachine
 Gereedschap
 Auto
 Fiets
 Scootmobiel
 Computer
 Boeken

Z.O.Z.

Gezondheid

12. Hoe fysiek actief voelt u zich?

- Heel actief
 Gemiddeld actief
 Een beetje actief

13. Ontvangt u ondersteunende hulp?

- (Thuis)zorg
 Mantelzorg
 Huishoudelijke hulp

14. Voelt u zich eenzaam?

- Vaak
 Af en toe
 Bijna nooit

15. Voelt u zich verveeld?

- Vaak
 Af en toe
 Bijna nooit

16. Hoe vaak komt u in de buitenlucht?

- Meerdere keren per dag
 Elke dag
 Om de dag
 Wekelijks
 Minder dan bovenstaande

17. Welke activiteiten doet u? (meerdere antwoorden mogelijk)

- Wandelen in het gebouw
 Wandelen buiten (bijvoorbeeld naar de winkel)
 Fietsen
 De trap gebruiken
 Tuinieren
 Zwemmen
 Yoga / Pilates of iets dergelijks
 Fysiek inspannende sport, zoals: Fitness, Hardlopen, voetbal
 Anders, namelijk: _____ **Z.O.Z.**

Gemeenschap

18. Bent u lid van de vereniging Liv Inn?

- Ja Nee

19. Hoe vaak doet u iets voor de gemeenschap?

- Dagelijks
 Wekelijks
 Maandelijks
 Nauwelijks / nooit

20. Kruis aan hoe vaak u de faciliteiten in Liv Inn gebruikt

	Dagelijks	Wekelijks	Maandelijks	Nauwelijks
Het Hart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gem. keuken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fitnesszone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Familiekamer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Huistheater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Café / de soos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kapper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leeftuin, buiten	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Werkplaats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

21. Mijn sociale kring bevindt zich:

- Voornamelijk in Liv Inn
 In en buiten Liv Inn
 Voornamelijk buiten Liv Inn

22. Wat is voor u het belangrijkste in een gemeenschap (kies 1)

- Privacy
 Gemeenschappelijke activiteiten
 Verschillende leeftijden
 Dezelfde leeftijden
 Diversiteit
 Dezelfde idealen

Einde. Nu kunt u hem inleveren in de doos. Hartelijk bedankt!
Arno, Eline, Jan & Thyra

Survey Spread between all inhabitants of Liv Inn Hilversum

Desired data:

How are the inhabitants living? Why Liv Inn

Health of the Users

Community and interaction

Appendices

Appendix 2 Guidelines in Depth interviews

Based on apst experiences with the target group, the decision was made to not provide a rigid interview structure, yet providing focal point twowrds which the conversation will be led. As the interveiws are conducted with voluntary participants, the exact path of each interiew wil differ based on the conversation.

The aim is to conduct 5-10 short interviews of around 10 minutes
Parts of the topics could also be asked about during unplanned interactions in the building

The main points to touch upon are

Finding out about the Use of the building
Whats your favorite spot in the building (starter Question)
Spaces one doesnt like going / doesnt feel comfortable
When using the Hart, do you go there to use the facilities or to seek interaction with users?

Case studies

Out of the 5 cases, which one would be most suited to you regarding

- Spaces
- Users
- Organization
- Archtiectural preference

Experiences with community based living

- what are the stumbling stones in living together
- how did integrating into Llv Inn feel for you
- Conflits between users

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Image Sources

Image Sources

Figure 1

WoON (2018). Ruimte voor wonen. De resultaten van het WoonOnderzoek Nederland 2018. Den Haag: Ministerie van Binnenlandse Zaken en Koninkrijksrelaties. Geraadpleegd op 10 mei 2020, [https://www.woononderzoek.nl/document/Ruimte-voor-wonen--de-resultaten-van-het-WoON2018-\(interactief\)-/174](https://www.woononderzoek.nl/document/Ruimte-voor-wonen--de-resultaten-van-het-WoON2018-(interactief)-/174)

Figure 2 and 3

Made by the author

based on Wolfers, M. E. G., Stam, B., & Machielse, A. (2021). Correlates of emotional and social loneliness among community dwelling older adults in Rotterdam, the Netherlands. *Aging & Mental Health*, 26(2), 355-367. <https://doi.org/10.1080/13607863.2021.1875191>

Figure 4,5,6

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Figure 7

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Figure 8

Made by the author

Figure 9

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Figure 10 - 13

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