POZNAŃ SUPERCOMPUTING AND NETWORKING CENTER

Housing and innovative care in Poland

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Agenda

- Literature review
- Housing policy
- Expectations of the elderly
- Innovative practices in Poland

- Issue/question

Literature review - summary

- „Sociology of housing belongs to one of the most neglected research subjects in Poland. A clear proof for that is that after a classic study edited by Ewa Kaltenberg-Kwiatkowska, which is the aftermath of the studies performed in the 60s and 70s of the previous century, another similar report appeared after 25 years, in 2009" [Aleksander Lipski, „Rola mieszkania w obliczu nowoczesnych form życia rodzinnego", 2009]

- „There is virtually no social housing or any other major forms of housing support for economically weaker population groups" [Lechosław Nykiel, „Mieszkalnictwo socjalne, doświadczenia europejskie i szansa dla Polski", 2010]

Literature review – housing for elderly (and disabled)

- Summary of the needs of the disabled and elderly concerning housing quality has been attempted by Przemysław Nowakowski and Jerzy Charytonowicz in „Wybrane problemy jakości środowiska życia osób niepełnosprawnych" (2001)

- „Comparison of Polish and German legislation on construction shows that the specific needs of people with disabilities are enshrined in a similar range" [Przemysław Nowakowski and Jerzy Charytonowicz, „Realizacja potrzeb mieszkaniowych osób niepełnosprawnych w świetle polskich i niemieckich przepisów budowlanych", 2002]

Literature review – rest houses (1)

- „There is a tendency to locate rest houses in the forest, on the outskirts, away from the urban bustle. Residents actually have ensured peace there, but at the same time they feel too isolated from society, thrown out, forgotten" [Karolina Kmiecik and Edwin Tytyk „Kształtowanie jakości życia osób starszych i niepełnosprawnych w domach opieki społecznej", 2001]

- Situation of the elderly awaiting for places in rest houses has been analyzed by Zofia Szweda-Lewandowska in „Domy pomocy społecznej i sieci wsparcia seniorów" (2009). The author points out that persons who apply for a place in a rest house often anticipate future dependence and problems with immediate admission to a rest house when the need arises. The study was performed in the city of Łódź (2nd biggest city in Poland)

Literature review – rest houses (2)

- Needs of the elderly living in rest houses and a model of „services" of a senior-friendly rest house has been presented by Andrzej Mielczarek in „Życie starszego człowieka w DPS" (2006). The author points out that in Poland the worst family is comprehended as better than the best rest house. He further discusses the potential of rest houses in eliminating loneliness of the elderly in „Działania DPS w łagodzeniu samotności mieszkańców w podeszłym wieku" (2006)

- Joanna Grzegorczyk et al. (2007) compared the quality of lives of the elderly living in rest houses and the active seniors (3rd age university students). The study results showed that active seniors lead higher quality lives than nursing home residents (68,7 to 60,5 on average, Nottingham Health Profile).

Literature review – new technologies and elderly

- Review of foreign assistive housing practices based on innovative architecture and using innovative technologies has been preformed by Monika Magdziak-Grabowska in „Współczesne technologie a komfort życia osób starszych" (2011) as part of a research grant financed by the national budget. <u>No Polish example presented in the study</u>. The author points out that Poland should focus on flexible buildings, easily adaptable to the needs of individuals. She also points out that rest houses in Poland are usually located in buildings constructed in 70s and 80s for other purposes – these do not provide adequate comfort for the elderly and disabled.

- Ewa Frąckiewicz performed a study analyzing attitude of the elderly towards new technologies (ICT). „Today's low turnout of seniors in the network (Internet, mobile telephony) compared with other age groups, did not need arise due to the reluctance of this group to new technologies, but from the lack of possibility of knowing them" [„Znaczenie grupy osób starszych i jej aktywność na rynku nowych technologii w procesie rozwoju społeczeństwa informacyjnego", 2006]

Housing policy – legislation (1)

- Housing in Poland is regulated by the following legislation:
  - Constitution of the Republic of Poland – art. 75 par. 1 reads that public authorities are required to conduct a policy in favor of "satisfying the housing needs of citizens, particularly combating homelessness, promoting the development of housing and supporting activities aimed at acquisition of own dwelling"
  - Act of 8th March 1990 on the Local Government – „satisfying the collective needs of the community should be the duty of the municipality. In particular own tasks include the affairs … of the municipal residential construction"

Housing policy – legislation (2)

- Further national legislation
  - Act of 26th October 1995 on supporting residential construction
  - Act of 21st June 2001 on the protection of the rights of tenants, municipality housing resources and amending the Civil Code
  - Act of 8th December 2006 on financial support for social housing creation, sheltered housing, and houses for the homeless
  - Act of 8th September 2006 on financial support for families in purchasing their own housing
  - Act of 15th December 2000 on housing cooperatives
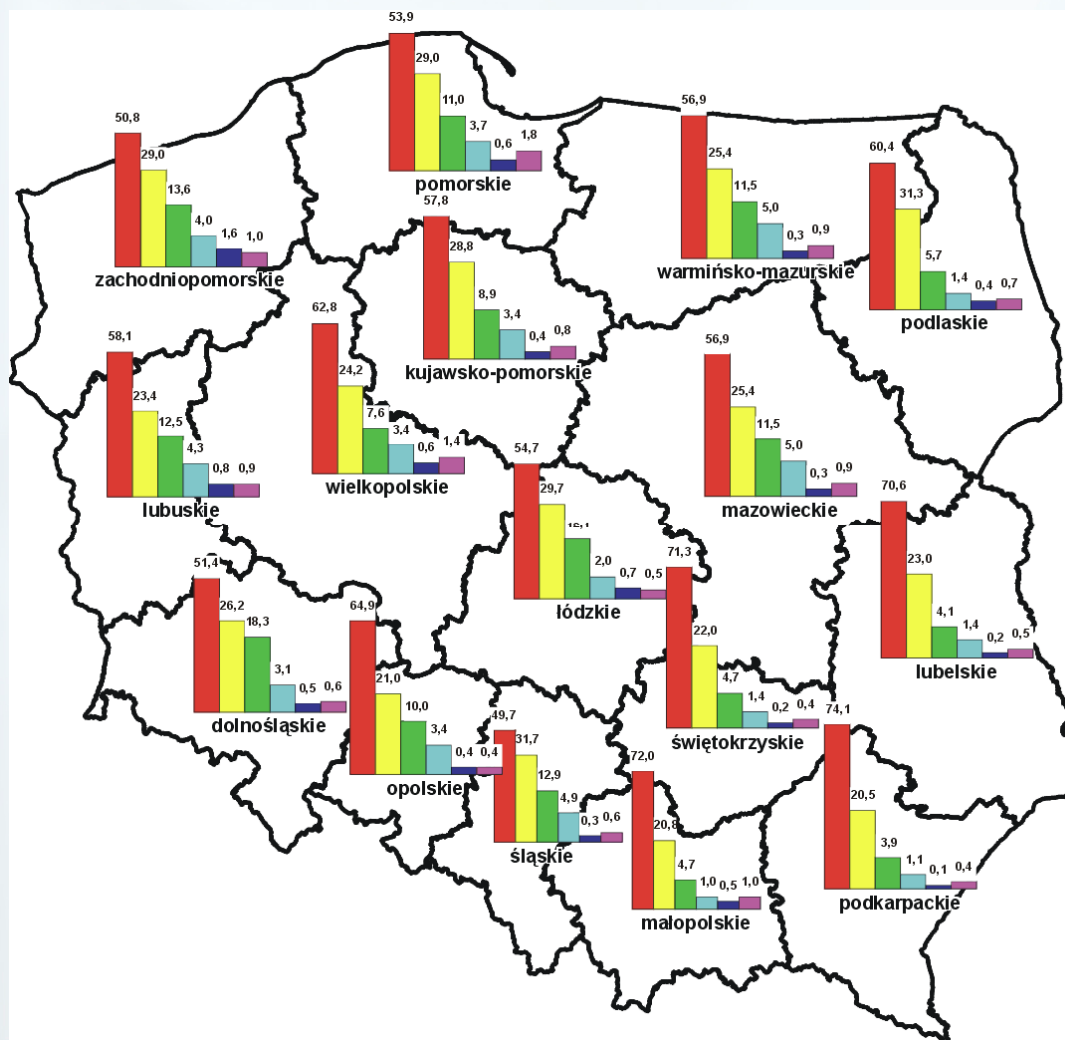 - Act of 24th June 1994 on premises ownership

Housing policy – financial support

- Rent (regulated in 2001):
  - free rent („commercial")
  - controlled rent (used for municipal/state owned housing and TBS – 'cooperative' housing) – rates set by municipal councils according to national rules
  - rent for social housing – set at a minimum possible rate by municipal authorities
- Housing allowances, which have become an essential benefit from the state after partial marketization of rents. Their task is to offset the negative effects of rising rents for economically vulnerable groups. They were introduced in 1994.
- Several further instruments introduced over years:
  - financial support in the form of loans from the „National Housing Fund" – special rules apply to receive the loan
  - supporting housing repairs
  - deduction of tax based on mortgage interest – maximum allowance applies

Housing resources in Poland

- In 2010 housing resources in Poland amounted to 13,4 mln of dwellings – 9,0 in cities/towns, 4,4 mln in rural areas
- Five biggest cities (Warsaw, Łódź, Kraków, Poznań, Wrocław (18,9% of population) – 22,2% of dwellings
- Number of dwellings per 1000 citizens: 327,6 - one of last places in EU

- Social housing is about 10% of all housing resources in Poland – in comparison it is 33% in the Netherlands, 25% in Scotland, 24% in Denmark [Piotr Olech, „Wykluczenie mieszkaniowe – zarys głównych problemów mieszkaniowych w Polsce oraz rekomendacje dla całościowej polityki społecznej"]
- Shortfall of social housing resources in Poland is estimated at 220-230 thousand [Instytut Rozwoju Miast, 2009]
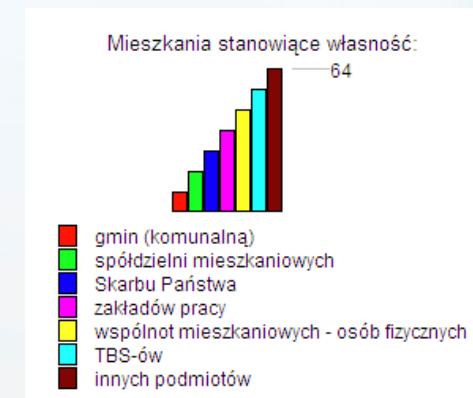- Total shortfall of housing in Poland has been over 1.5 mln in 2002 (national census)
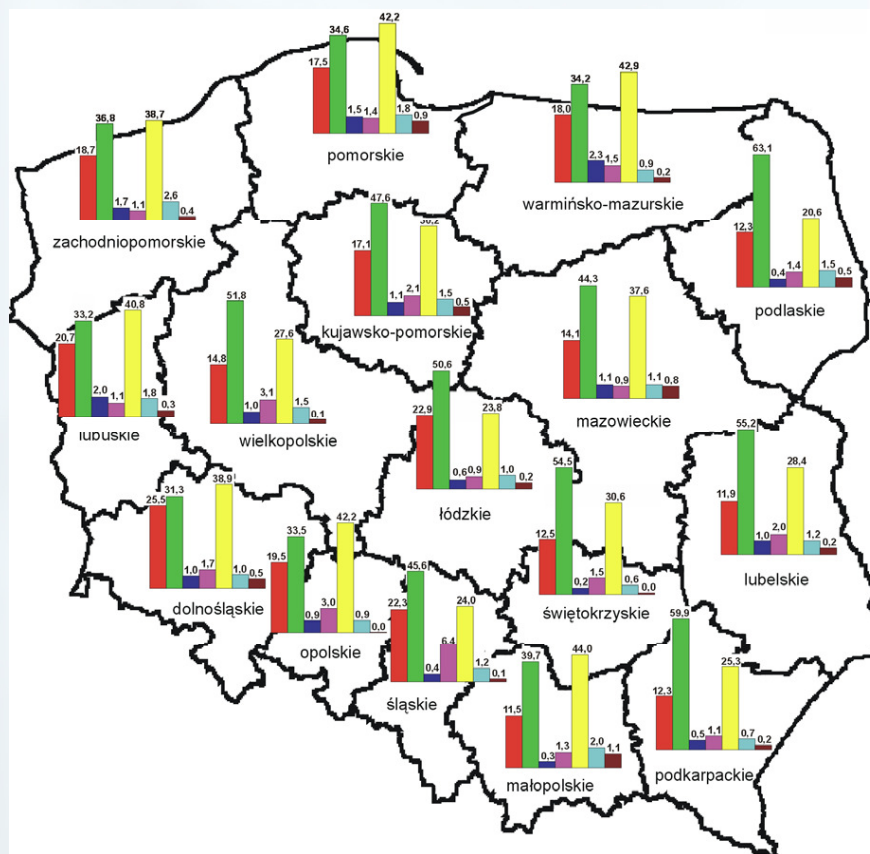
Housing tenure - 2009

Expectations of the elderly

- PolSenior project – „Medical, psychological, sociological and economic aspects of aging in Poland" performed a survey on the Polish population of the elderly (during 2008-2011). Participants of the survey included:
  - 5695 total persons, including:
    - 4979 persons aged 65+
    - 716 persons aged 55-59
  - 0,2% of the surveyed persons lived in nursing houses;
- The survey included the urban environment of the Silesian inhabitants (a 2 milion urban agglomeration in the industrial area in the Southern Poland) – 166 respondents. The aim of the survey was to measure acceptance of moving to live at a nursing house (moving to institutional care), The results were as follows:
  - **No: 80%**
  - Hard to say: 13%
  - Maybe in the future: 3,9%
  - Yes, I think of it: 1,5%

(Possible) reasons for not accepting move to nursing houses

- Elderly expect their family to take care of them until their death;
- Elderly wish to stay in the current living location because they feel attached to it, are used to it and feel safe there;
- They are afraid of a poor standard and "unhuman" behaviour of the personnel – stereotype image of a Polish nursing house;
- They are afraid of high cost of this kind of care service;
- They are attached to the current residence for social and functional reasons. Due to that they attempt to improve their current residence aesthetically and socially;
- Care from the spouse or children is preferred, often due to poor trust in nursing houses – elderly show a rather stubborn attitude towards moving to institutional care

SILHOUETTE

ELDERLY SURVEY (1)

	Asturias (ES)	Häme (FI)	Lorraine (FR)	North-Hungary	Vasterbotten (SE)	Valle Sabbia (IT)	Wielkopolska (PL)
Number of respondents	83	100	100	100	37	46	53
Average age	72	77	76		78	74	73

ELDERLY SURVEY – INCOME

	Asturias (ES)	Häme (FI)	Lorraine (FR)	North-Hungary	Vasterbotten (SE)	Valle Sabbia (IT)	Wielkopolska (PL)
Less than 600 €	19%	17%	3%	100%		26%	90%
600 - 1 000 €	27%	44%	30%	0%		56%	10%
1 000 - 1 500 €	25%	15%	26%	0%		6%	0%
1 500 - 2 000 €	12%	12%	16%	0%		2%	0%
More than 2 000 €	4%	4%	22%	0%		4%	0%

ELDERLY SURVEY – STAY/LEAVE

	Asturias (ES)	Valle Sabbia (IT)	Häme (FI)	Lorraine (FR)	North-Hungary	Vasterbotten (SE)	Wielkopolska (PL)
I want to keep my home without renovations	55	31	74	67	66	23	41
I want to keep my home and make renovations to improve my living conditions	18	10	16	25	32	10	7
I want to move to a housing that better fits my needs	10	2	8	8	2	2	0

SILHOUETTE

ELDERLY SURVEY – SOLUTION IN CASE OF AUTONOMY LOSS

	Asturias (ES)	Häme (FI)	Lorraine (FR)	North-Hungary	Vasterbotten (SE)	Valle Sabbia (IT)	Wielkopolska (PL)
Family accomodation	8%	6%	1%		16%	13%	2%
Nursing home/sheltered housing	20%	76%	24%	10%	37%	43%	4%
Home care services	34%	78%	43%		43%	32%	60%
Assistance services through new technologies (e.g. telecare, fall detectors, etc.)	19%	33%	25%		8%	15%	9%

Creator INTERREG IVC European Union
European Regional Development Fund
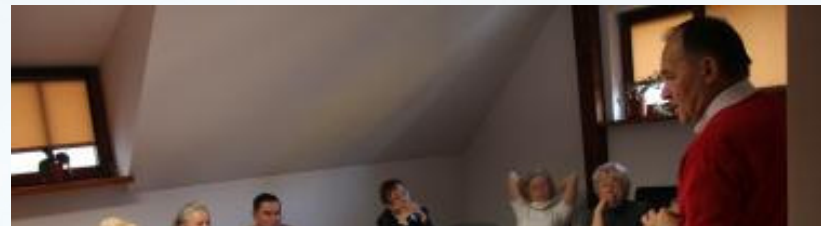
Good practices

- Community building
  - Senioralni Poznań
  - Senior Internet Klub - Poznań

- Housing accessibility
  - Urban Barrier Map - Sopot

- Housing affordability
  - Social assistive housing for elderly - Stargard

- Social and health care
  - Cardiac Telerehabilitation (Teleintermed)

- Access to information/education
  - Aktywni 50+ Fair

Senioralni (1)

- Initiative of Centrum Inicjatyw Senioralnych (Centre for Senior Citizen Initiatives) aimed at creating common awareness of:
  - the fact that people 50+ are the 2nd most numerous population group in the city of Poznań
  - elderly are NOT focused on their illnesses and problems, but rather can actively participate in the city life
- The term „Senioralni" means not just seniors themselves, but all people that understand the needs and capabilities of the eldest citizens, and wish to participate in intergenerational community building
- First edition: October 2011 (whole month)
- Organized on the example of „Juwenalia", annual student event
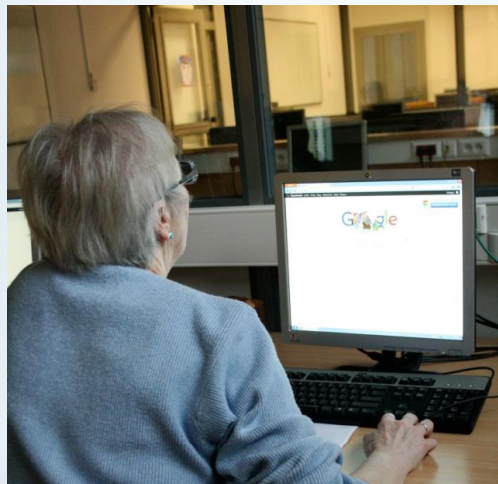
Senioralni (2)

SENIOR INTERNET KLUB (1)

- Internet and computer basics trainings
- First session: about 25 participants, more than 3h
- Initiative of the students of Adam Mickiewicz University: voluntary service
    - Poznan University of Technology students have joined the initiative too
- Free of charge for 50+

- Promotion in senior clubs and newspapers – strong response: multiple groups under organization

- Intergenerational exchange of knowledge

- Ideas for the future: sociology and computer science research by students

senior
internet klub

SENIOR INTERNET KLUB (2)

Urban Barrier Map (1)

- Developed by the town of Sopot
- Before:

  Lack of comprehensive registry of public buildings and spaces with their description in terms of accessibility for elderly or disabled persons

  > ✓ A map of existing architechture barriers was created
  > ✓ As well as documents with tips for eliminating reported barriers

- After:

  Comprehensive database containing information of type of surveyed barrier, its location and description (including photos)

- „Architecture Barrier Map" contains accessible information about open-space public places:
    - traffic routes: streets/sidewalks , parks/squares,
    - pedestrian crossings
    - bus/train stops
    - public electronic devices (phone booths, ticket machines, cash dispensers etc.)

Urban Barrier Map (2)

Urban Barrier Map (3)

Social assistive housing for elderly (1)

- Uses TBS (Towarzystwo Budownictwa Społecznego) concept within the „Nie sami" program in Stargard Szczeciński
- New flats designed for use by the elderly (55+)
- The building located in the neighbourhood of young people
- 22 flats: 8 with 2 rooms, 14 with 1 room (31,57-55,38 m^2)
- Key features:
  - two floors only, with elevators
  - entrances to 3-flat segments are painted in different colors
  - numbers on doors are convex
  - wide passages
  - Additional handles in bathrooms
  - non-slip surfaces in common areas
  - terraces to get together
  - electronic carry-on alarm for each resident
  - animator, nurse, doctor, volunteers supporting the community

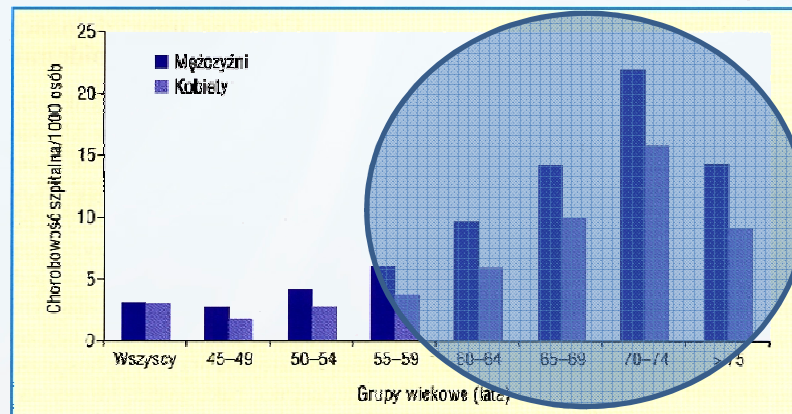- First initiative to use TBS to create houses for the elderly: Poznań

STARGARDZKIE
TBS
Sp. z o.o.

Social assistive housing for elderly (2)

Cardiac telerehabilitation (1)

- Answers the challenge of cost-effective care for cardiac patients of whom most are the elderly
- Developed as part of the Teleintermed project at the Institute of Cardiology in Anin (Warsaw)
- Easy to use by anybody after training
- Patient safety is key
- Team at the cardiac center: doctor, ecg technician, physiotherapist, psychologist

Rycina 1. Chorobowość szpitalna w Polsce u pacjentów z niewydolnością serca

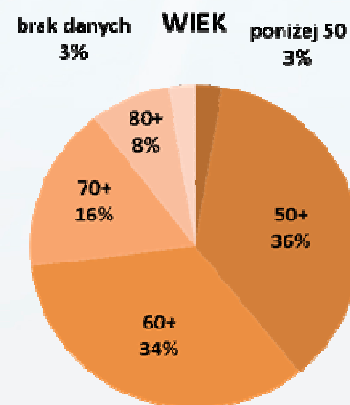# Cardiac telerehabilitation (2)

Place of living

Monitoring center

Aktywni 50+ Fair (1)

- Weekend fairs, first organized in 2010

- 2011: almost 100 booths, 3500 visitors

- Products and services for 50+

- NGOs and other organizations „advertise" their offer – participation for NGOs and public institutions is free

- Educational, artistic, advisory, sports workshops

Aktywni 50+ Fair (2)

Issues/question – broadband Internet access?

- Important for delivering ICT based (remote) care

- Two examples:
  - Finland
  - Cleveland (USA)

Broadband Internet access in Finland

- Finnish legislation secures the right to broadband Internet access of ALL citizens – currently 1 Mb/s is the minimum

Case Connection Zone – gigabit fiber to the home

Neighborhood safety

Access to healthcare