



## Lifestyle Based Senior Living

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### Background

Future senior citizens are active, demanding, conscious and interested in taking care of themselves well. Therefore when planning future dwellings, the needs and wishes of people cannot be solved only by designing the physical environment – products and spaces – or services, but also information about people's different lifestyles, working practices as well as hobbies and social surroundings need to be studied.

### Objectives and Methods

The main objective of this research was to study the possibilities to utilize the elements of individual lifestyles and subjective wellbeing when designing and building future dwellings for seniors. Two main focuses were set: user-centredness and Design for All, meaning accessibility of products, services and surroundings to as many users as possible.

The aim was to probe with user-centred research methods the different lifestyles and values of current and future seniors, to get acquainted with the demands of psychological wellbeing and to build scenarios and suggest different solutions. User-centred research methods included self documentation, user interviews and multidisciplinary workshops.

### Lifestyle Matrix, Design Drivers and Scenarios

Lifestyle matrix was built on the basis of user scenarios. The matrix has four levels: *individual*, *community*, *time* and *surroundings*. Based on the individual needs and desires generic ones were formed. These appear as design drivers. Design drivers suggest how physical, social and psychological environment could fulfill generic needs.

Scenarios present the design drivers through three examples. '*Aaro's virtual traveling*' describes a senior with a disability who has found an accessible way to continue traveling and social interaction; '*Senior bank*' is a database and a physical space that enables seniors to utilize their professional skills and transfer their tacit knowledge to younger generations; via '*Territory express*' seniors can enjoy custom-made services and transportation.

### Conclusions

In the future, lifestyles will affect personal way of living more than age. When developing residential environments, user-centredness should be emphasized. In marketing, attention should be paid to the features that are marketed.

In adulthood two major turning points can be recognized: retirement and diminishing of one's abilities. The solutions in dwellings and residential environments should compensate these changes so that one would not need to compromise one's lifestyle.

The generic needs connecting individuals are related to individuality, community, time and environment. These appear as needs for breaking free, own hobby place, helping others, social interaction, routines and practices, continuity, involvement and belonging, and territories.