

The past five years, politics have made major reforms in the care sector. Especially for elderly people with a light care demand much will change in the coming years. The care homes (verzorgingshuizen), which originally provided this group with sheltered housing and care, will disappear. The focus is shifting towards living at home as long as possible. The role that the care homes had, needs to be replaced by a new care system within the neighbourhood and the protected form of living needs to be reshaped. What were the changes that took place and how will the care be reintegrated in the neighbourhood?

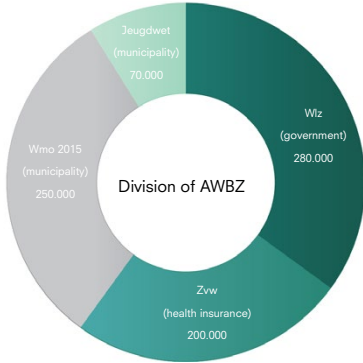
A number of care homes show that with some creative solutions they can still provide a protected environment with lower cost. Some of these projects provide cheap housing for students, who in return provide care and security. This could be in the role of a good neighbour, but also as a night watchman. There are also projects where elderly people and students in the neighbourhood are linked together on the web as a kind of buddy system. How do these projects function and what can be improved?

In 2015 the AWBZ has been replaced by a number of new and existing (care) laws, including the 'Wet Maatschappelijke Ondersteuning' (WMO); Social Support Act. The municipalities have been given more responsibilities in the care task. All tasks that were part of the AWBZ have been transferred to one of the following laws: The 'Wet langdurige zorg' (Wlz); the Act on long-term care. The Wlz is for people who need intensive care or supervision throughout the day. It includes elderly people with advanced dementia or people with severe mental, physical or sensory impairments. The 'Zorgverzekeringswet' (Zvw); The Health Insurance Act. The Zvw focuses on the care in the districts. These include care tasks like administering medication, wound care and support in dressing and washing. In some cases, personal care is the responsibility of the municipalities, namely personal care as part of the guidance in daily life when no physical assistance is needed. The 'Wet maatschappelijke ondersteuning' (Wmo); Social Support Act. Municipalities are responsible that people who are not self-reliant receive the services, help and support they need. Elderly can apply for domestic assistance at the social (neighbourhood) team of the municipality. In addition there are supportive measures and facilities in the area of living, care, welfare, financial administration, transport and information and counselling for chronically ill, disabled and informal caregivers. Extramural care is also included in the WMO. This includes individual counselling and group counselling (such as day care).¹

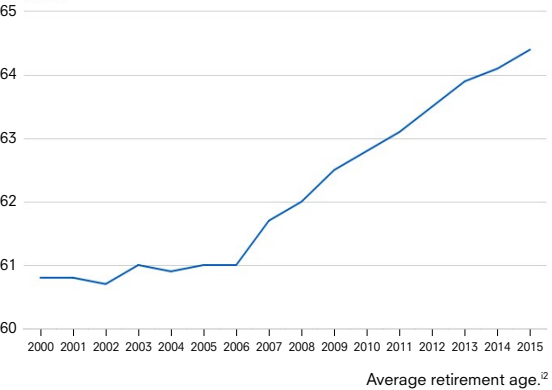
The government's care policies are based on the principle that the elderly and people with disabilities should be able to live independently and to participate in society as long as possible. The care reforms that have been initiated the last years are meant to facilitate and stimulate the transition towards home-based care. These reforms lead to a growing need for accessible and protected living environments and, on the other hand, the vacancy of existing care homes. In particular, the classical care home (verzorgingshuis), as an intermediary between the nursing home (verpleeghuis) and the independent retirement homes (serviceflat/aanleunwoning) seems to disappear. With the care homes closing, the neighbourhood is losing a central place for care. The big question now is how the municipalities will bring this care back into the living environment of the neighbourhood.²

Some projects try to create safe and caring places for seniors by connecting seniors and students. This idea takes different forms: At EOKS, students and seniors live in one apartment building in separate wings and the students have nightshifts

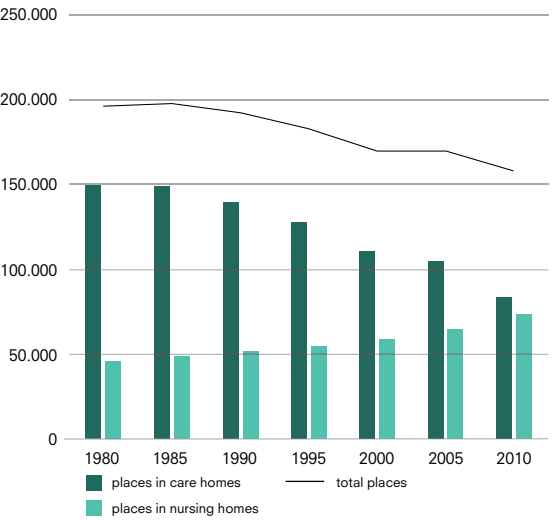
were they are on call for the senior residents; at Humanitas the students live between the elderly and are expected to be good neighbours; and there are online platforms where students and seniors are coupled.



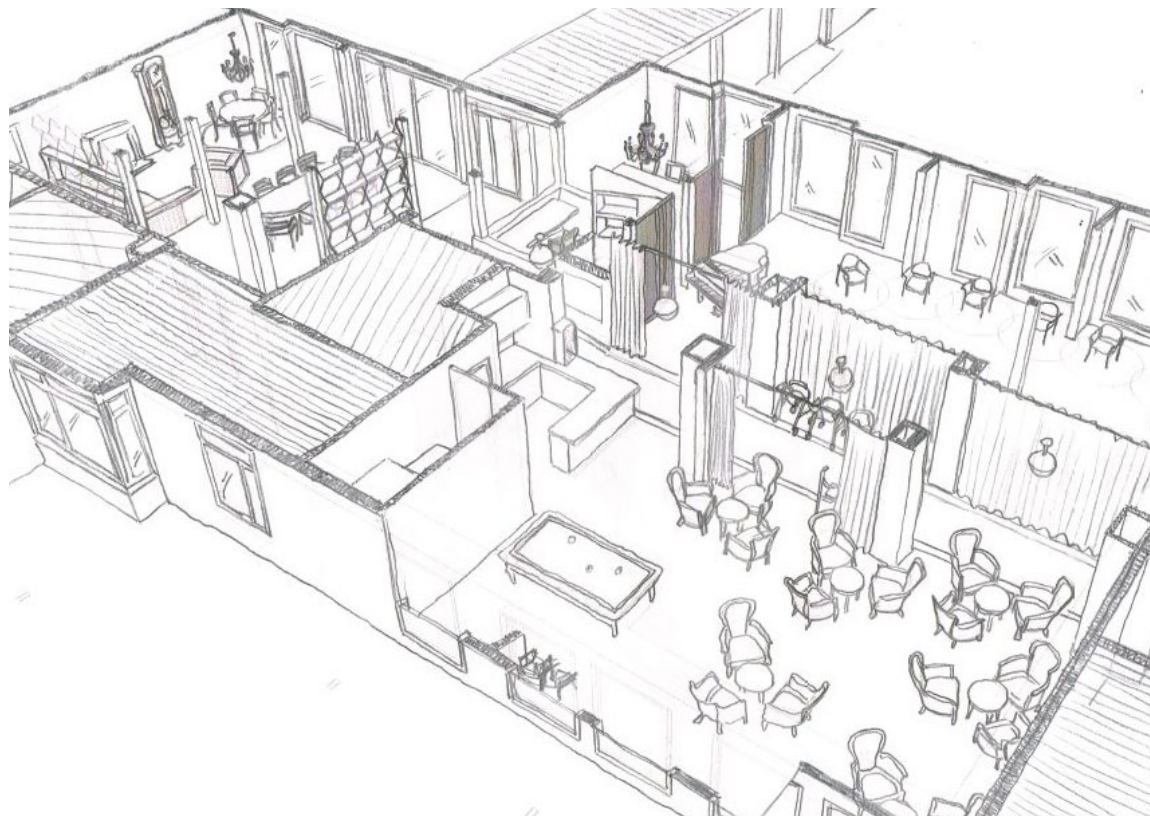
Redistribution of AWBZ (800.000 casus).¹¹



Average retirement age.¹²



Development of intramural capacity.¹³



design drawing communal spaces EOKS.¹⁴

EOKS, AMSTERDAM Johanna Elisabeth Knoll (1818-1900) was a wealthy woman. With no children to leave her money to she decided to establish a foundation for the woman of the gentry. The foundation provided in accommodation and sustenance for decent ladies over 55 years old that couldn't sustain themselves because they were unmarried or widowed, childless and preferably Protestant. In her will (1886) there is a precise description of the program for the institution. During the day, life had to take place in the common spaces. There had to be a dining room (Louis XVI style), a conversation room (Louis XVI style) and a reading room (Queen Anne style) which were connected with sliding doors. In that way it was possible to use these rooms as one big space on special occasions. The communal spaces were connected with the inner garden. The private rooms were quite sober. They were supposed to have a private entrance, a toilet and a room for a chair and a bed. The regency room (Empire style) and the director's room needed to be positioned on both sides of the main entrance. In 1894 the foundation purchased a plot at the Eikenplein in Amsterdam. The construction of the institution started in 1904. In 1912 the building was finished offering sixteen apartments.³

In the period of the 'wederopbouw' the view on elderly care changes and in time the legislation requires more square meters for the apartments. The institution of the EOKS no longer meets the requirements and the board decides to realize a new care home. In 1980 the construction of a the new building started at the Loowaard in Amsterdam-Buitenveldert. In 1982 the new care home and the attached sheltered housing complex was completed.⁴

The rich interior and the plaque of the foundation are moved to the new building. They form a strange contradiction with the office like feeling in the communal spaces. The first setup of private rooms were one room apartments with a small bathroom unit. The food was prepared in the canteen kitchen and served in the communal dining room. Over time the apartments were combined and were carried out with a small kitchens. The kitchen was exchanged for meal service from an external company. After this renovation EOKS had 60 people living intramural and 72 people living extramural.⁵

In 2014 there were plans to demolish the EOKS and replace it by a new building. This building was supposed to have 54 intramural apartments and

47 extramural apartments.⁶ But at that moment the politics around elderly care was shifting. Housing and care were separated from each other. The operating costs for care homes were not commensurate with the profits anymore. The project got cancelled. With the prospect of the renovation, apartments were left vacant. There was a need for a temporarily solution. The management decided to rent 15 vacant apartments to students. The students were given a temporary contract for a low rent. In return for the low costs they were expected to do the nightshifts in turns.

Despite the fact that the plans for renewal of the care home stranded there was a need for some mayor changes. The rental income from the apartments were too low, the energy costs were exceeding, the interior and exterior were

outdated and with the smaller amount of residents and caregivers the communal spaces were oversized. With a new architect, plans were made for a renovation/transformation into an apartment complex for seniors. Besides the 76 senior apartments there is a separate wing for 13 student rooms. The low-rise was demolished and replaced by a covered walkway connecting EOKS with the 'aanleunwoningen'. On the groundfloor the new reception is situated surrounded by the communal spaces. The communal space is divided in a reading room/living room that is connected with the courtyard, a tea room, a billiard corner and a flexible space that can accommodate for example a concert or the morning gym. Offices for the staff are located next to the reading room and the reception.



- service, storage and office circulation
- communal space students
- communal space
- student rooms
- senior apartments
- 1: communal space
- 2: reception
- 3: offices, service
- 4: storage
- 5: bicycle storage
- 6: communal space students
- 7: senior apartment
- 8: student room

Floor plans EOKS with functions.¹⁵



Entrance Humanitas.®

HUMANITAS, DEVENTER

The care home Humanitas in Deventer was built in 1966. It was set up as a retirement home ('bejaardentehuis') of five stories high with a corridor to connect the apartments. The apartments were orientated on the East and the West. In front of the building, on the East side, a raised communal space marked the entrance and contained a two-story high theatre hall. At the back a low-rise with the facilities like the kitchen and laundry service. In 1984 the building was extended with a wing for the staff. Nowadays this wing is a closed department for elderly with dementia. In 1994 a new building was attached to the care home. This moon shaped building is meant for seniors that are still fit enough to live on their own. In the Netherlands this is called a 'aanleunwoning'. People living her have the possibility to use some of the facilities of the care home where they are 'leaning up' against.⁷

The entrance of Humanitas is nowadays located in the extension underneath the communal theatre space. The reception is on the opposite of the entrance and the management is also situated in this extension. The entrance hall has a welcoming character, furnished with ample chairs, a small library, a reading table and a coffee machine with

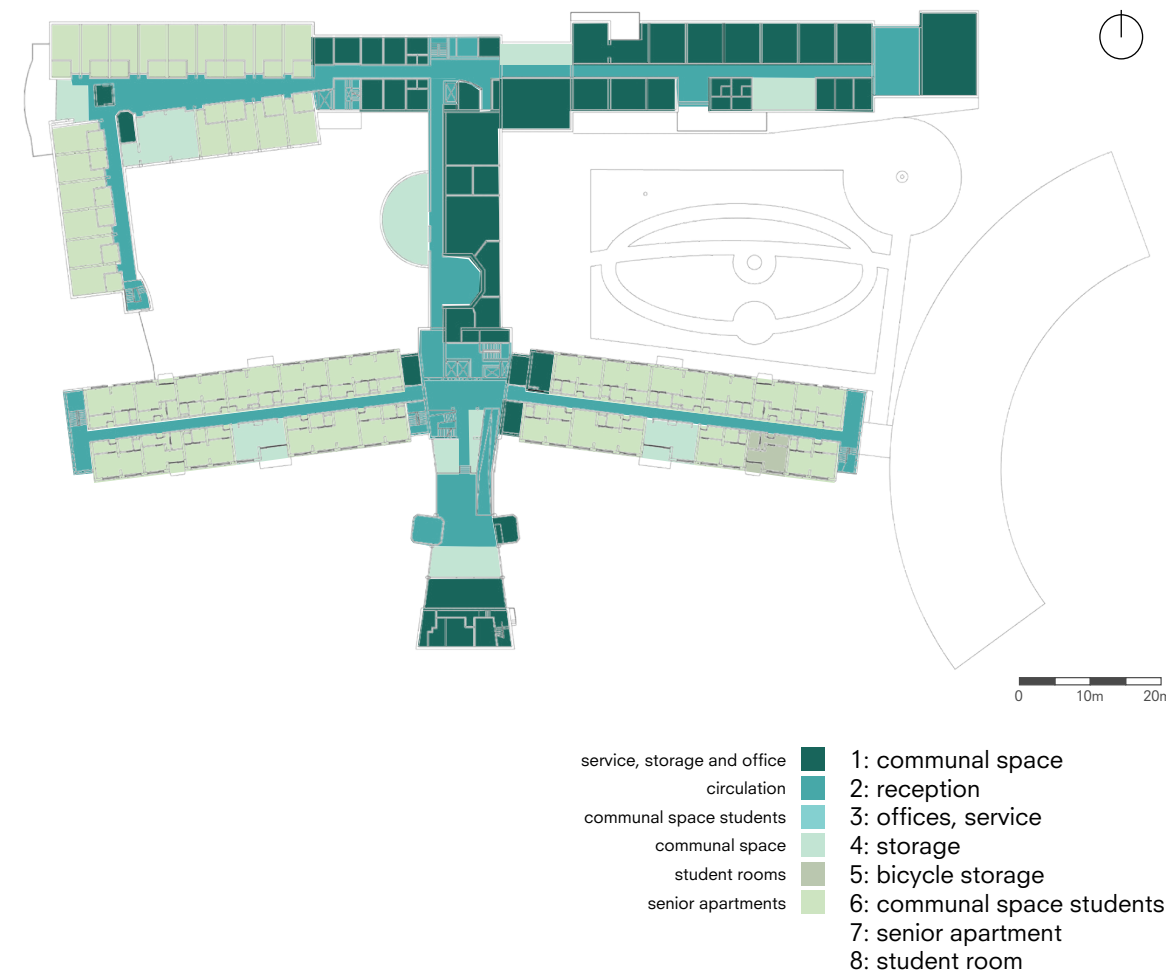
free coffee. Free coffee is available throughout the building. Humanitas wants to be a 'gezellige' or cosy place for its residents and visitors. Free coffee is one of these examples of being a hospitable. The entrance hall is a popular place for the residents to stay. Many visitors come along and there is always someone who wants to make a small chat.

The low-rise separates the garden in two, creating two inner courtyards. The inner courtyard on the south has a beautiful garden and the terrace is shaded with special shading trees. The courtyard on the north is connected with the neighbourhood. Since two years it is a picking garden that is maintained by people from the neighbourhood. A hairdresser, a laundry service and a small shop are situated at the place where in the past the kitchen was situated. There is a small conservatory next to these facilities offering a connection with the inner courtyard on the south. It's a good place for small activities. Around the corner of the low-rise there is a small fitness, a billiards room, a local radio station and some of the spaces in the low-rise are leased to external parties, mostly care services. A small terrace opens up to the picking garden. The model train club from the neighbourhood has a big space in the basement of Humanitas.

The old theatre room, better known as 't'

Proathuus', is used as the main communal space. It is used to serve the hot meal in the afternoon, it serves as a space for activities like gymnastics, wheelchair dancing and 'sjoelen' and of course bigger activities where the podium proves its value. Furthermore Humanitas has a lot of small communal spaces throughout the building which are decorated by volunteers, family and friends of the residents.

In 2012, Humanitas Deventer decided to accommodate students in the rooms that no longer met the requirements for the elderly residents. There are now six students living among the other 160 residents. The students pay their rent in kind. On exception of the breadmeal that the students serve host at 17:00 in 't Proathuus', they do not have real obligations. It is entrusted to them to be a good neighbour for about 30 hours the week.



Floor plans Humanitas with functions.¹⁷

LINKING SENIORS AND STUDENTS

There are also other ways to connect old and young people. On internet their are platforms that try to link people together. Two agencies that are focussing on seniors and students are Stichting SOLink and Stichting SeniorenStudent.

Stichting SOLink
Added value for students and seniors by living together.
Stichting SOLink was founded as a response to the media attention for the social issues of loneliness among seniors and shortages in student housing. It is a foundation that brings together 50 plussers and students to create an added value. For the seniors this means that they can contact SOLink when they are willing to offer a room for a student. Students can contact SOLink when they are willing to rent a room from one of the seniors for their study period. A counselor of SOLink tries to make a good link between a student and a senior. Only when they find a match they will make an appointment for an interview with both parties. For the seniors it gives some company at home and of course some income from the rent. For the student a cheap room and someone to come home for. It is up to themselves how deep this band goes.⁸

Stichting SeniorenStudent
A friendship between young and old.
In 2014, Stichting SeniorenStudent was founded. The purpose of the foundation is to support seniors in being as happy and independent as possible. The foundation tries to reach this goal by linking the seniors to a handy, energetic and reliable person: a student. The students can help with small tasks in and around the house and share their knowledge of the mobile phone and the computer. And maybe even more important, the seniors have some extra social interaction with a student being around. For the students, it is an opportunity to build social awareness during their study time and to gain relevant experience. They learn to work with different generations, build relationships, and provide support that seniors need to actively participate in our society. Participation is on voluntary basis. Stichting SeniorenStudent offers two differt programs:
Young+Old=Gold
In this project students and seniors are linked with each other based on similarities and shared interests. The students are expected to visit the senior at least 6 hours per month for one year. The student can help with small tasks in and around the

house or just doing fun stuff together, like going to a museum or playing a game. There are also joint trips organised by the foundation SeniorenStudent. In this way they can have interesting conversation, build a special band and support each other.
The Dinner Club for Young and Old
In collaboration with the care institution Cardaan, Stichting SeniorenStudent organizes The Dinner Club for Young and Old. Ones a month fifteen seniors and two students prepare a delicious meal together. People get to know each other in preparing and enjoying the food together. Occasionaly their is also an event after dinner. With these moments the neighbourhood is invited to join the event.⁹



Student and senior signing the contract of SOLink.⁸

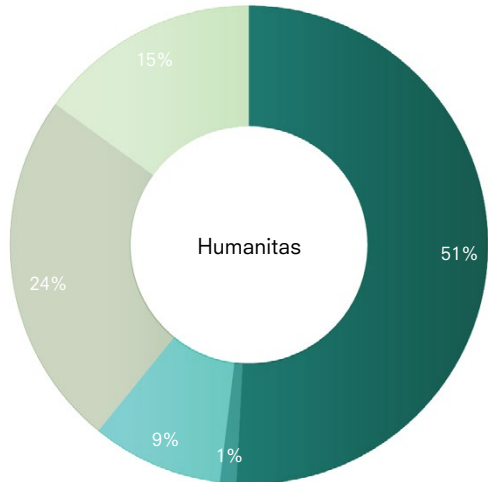
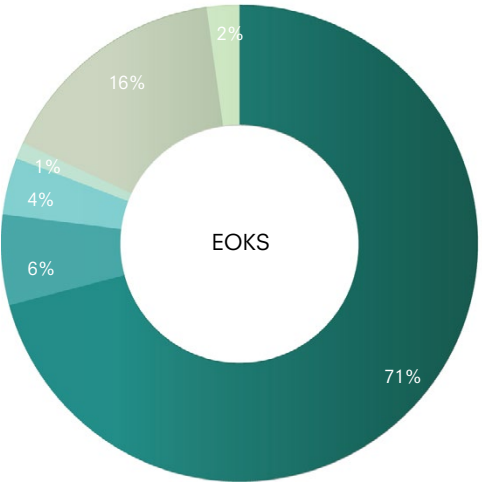


Ex-student and still senior of Yung+Old=Gold.⁹



The Dinner Club for Young and Old.¹⁰

CONCLUSION There is a big difference in the amount of space reserved for apartments. At Humanitas its hardly half the area of the building, while at EOKS the apartments count for more than three-quarters of the total space. Furthermore Humanitas reserved more than a third of the space for storage, service, office and circulation while at EOKS this is not even a fifth of the space. Humanitas uses nearly twice as much space (9%) for communal and public functions. This is inseparable by the role they still have in the complex itself and in the neighbourhood.
The use of space at EOKS is far more efficient. This results in perceptually more income per square meter and less maintenance and heating costs for communal and public spaces. This is one of the interventions that made it possible for EOKS to enter the free market.
Humanitas has 181 apartments of which six are occupied by students. EOKS counts 76 apartments with thirteen are reserved for the students. The average size of an apartment in Humanitas is 34,1m² and at EOKS 76,5m². At EOKS there is a variety of apartment layouts, offering two, three and four room apartments. In this way they respond to a broader market. The student apartments at Humanitas are 25,5m² and at EOKS 29,5m².
When you put the shared space against the number of apartments there is another shocking fact. For EOKS there is 5m2 reserved per apartment. I expected a far bigger amount for Humanitas, but their it's just 6m2. And there are quite a lot of these spaces that are not used that frequently. Of course we need to take into account that there are more couples living in EOKS, but on the other side Humanitas also has a public role for the neighbourhood.
The diagrams of the projects make clear how the programs are arranged. At EOKS the students have a saperate section with their own communal space with a kitchen, living room, washing machine and dryer. In Humanitas the students apartments are scattered trueout the building and the students use the shared communal space when they want to eat together. Though, the students at Humanitas have their own small kitchen. The student rooms of both projects have their own toilet and shower in the apartment. In EOKS the students have an entrance for themselves while at Humanitas the students and seniors share the main entrance. At Humanitas this has the effect that seniors and students come into contact with each other more often.
In both projects the reception and the offices are located at the main entrance. The interviews revealed that the desk staff and the managers have an important role to get the students involved



- service, storage and office
- circulation
- communal space students
- communal space
- student rooms
- senior apartments
- distribution surface to functions.¹¹

space. The communal and public spaces need to trigger people to interact and they should offer the possibilities for many different interests. Like a place to cook, eat, make music, watch a movie and gardening together with the senior residents.

The projects attach a great importance to domesticity. At Humanitas it is expressed in the decorating certain shared areas with friends and families. In EOKS this happens with the nicely furnished communal spaces. Though, both projects still have places were you experience the feeling of the retirement home. Aspecialy in the long hallways with the frontdoors towards the apartments. At Humanitas the care and cleaning

staff is still very present, with a smaller The construction of ‘students and seniors living under one roof’ brings some strong benefits for both groups. The seniors get to live in a better protected environment, more social care (bread meal, night watch, help with IT, etc.) and a new network of young people. For the students its quite the same. They get home to a place were people are more social and that for a smaller rent.

For projects like this it is important to find the right balance. Its the balance between public, communal (students/seniors/both) and private

Footnotes:

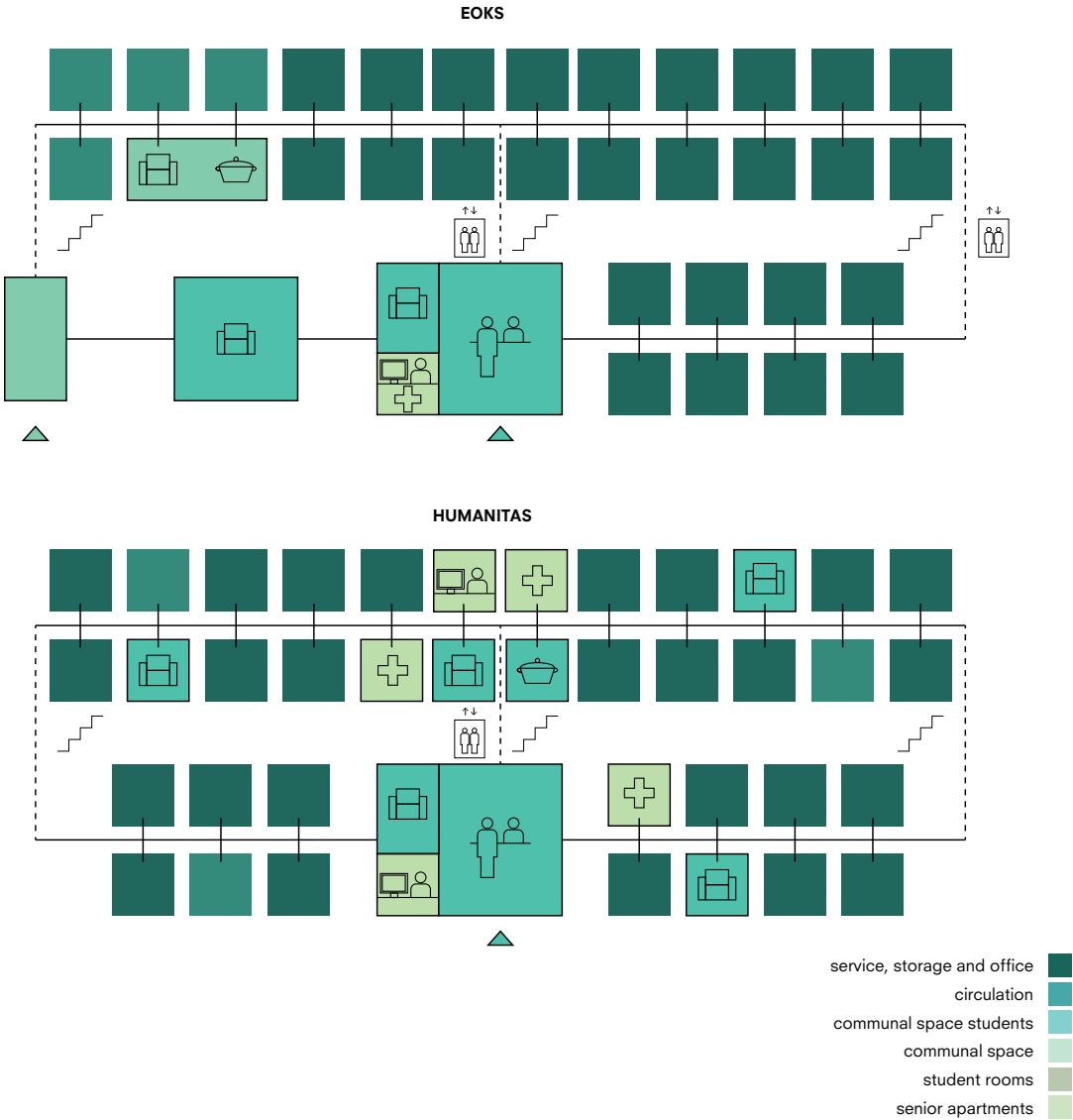
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Images:

- ^{14, 5, 7, 11, 12} made by the Author
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Bubble diagrams EOKS and Humanitas.¹¹²