Seminario

Urbanismo y vivienda en ciudades envejecidas

El problema de la vivienda en la vejez:
especial referencia a Cataluña

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MARCO TEÓRICO

Evolución del marco teórico

Ageing in place

Planteamiento individual-residencial

Promover y maximizar la vida independiente de las personas mayores en su casa y en su entorno gracias a unas condiciones residenciales adecuadas y a un apoyo asistencial requerido

GERONTOLOGIA MEDIAMBIENTAL

Age-friendly cities
Liveable communities
Lifetime neighbourhoods

Planteamiento holístico-comunitario

- **DIMENSIÓN SOCIAL**

Participación, compromiso cívico, información, comunicación, inclusión, etc.

- **DIMENSIÓN FÍSICA**

Vivienda, espacio público, transporte y movilidad, usos del suelo, espacio exterior, etc.

URBANISMO MULTIGENERACIONAL

vida independent versus institucionalització

ENVEJECIMIENTO ACTIVO Conceptos relacionados **LA NUEVA AGENDA URBANA**

La inadecuación de los entornos construidos a las necesidades de las personas mayores

DERECHO A LA VIVIENDA Y A LA CIUDAD

(1) **Problemas residenciales:**

- **Accesibilidad física**
- **Accesibilidad económica**
- **Vivienda inadecuada e insegura (acoso inmobiliario)**
- **Vivienda deficiente (estado conservación, equipamiento, pobreza energética, etc.)**

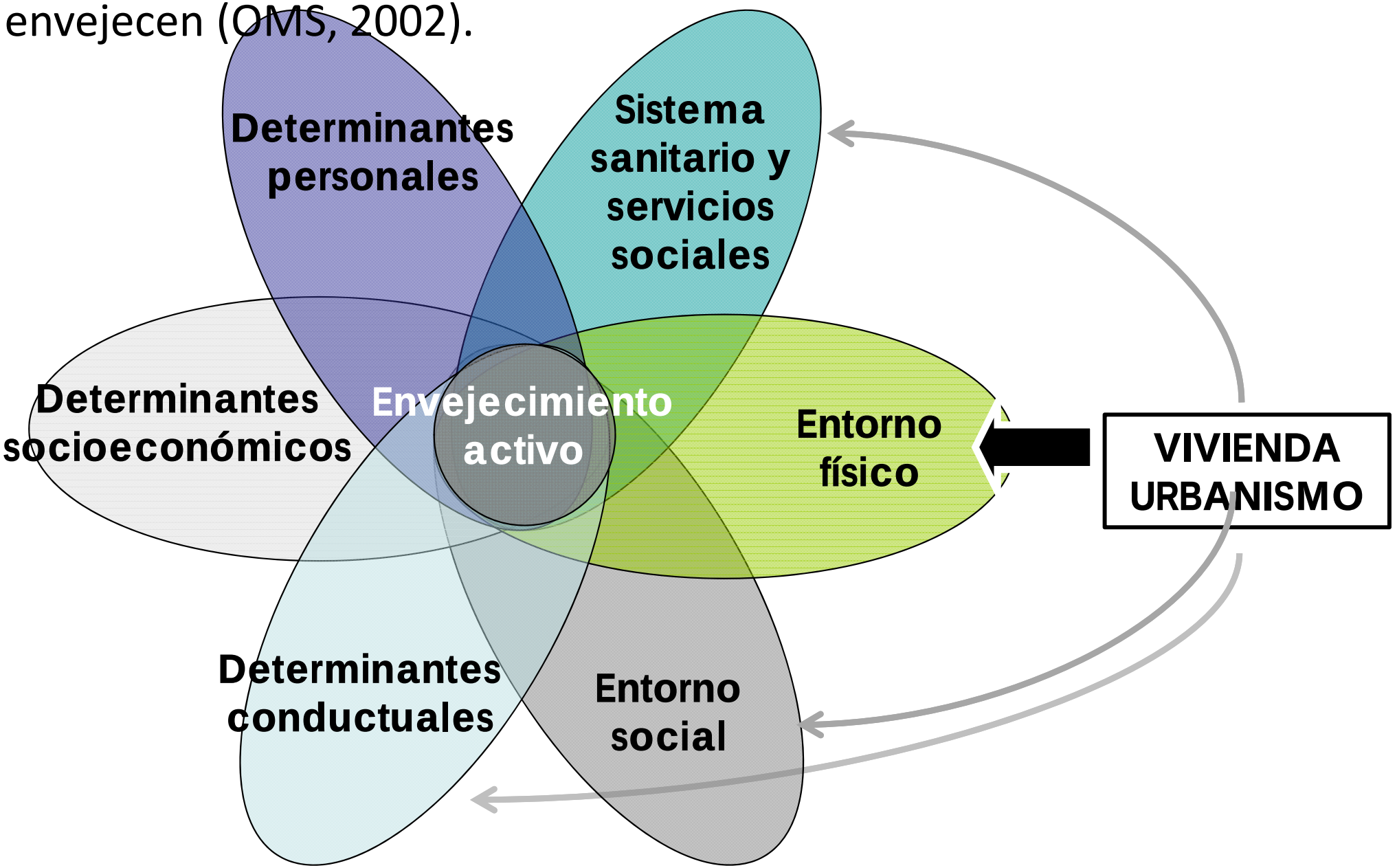
(2) **Problemas de movilidad urbana**

(3) **Inadecuación del espacio público**

(4) **Escasez e inadecuación de zonas verdes**

(5) **Déficit de equipamientos y servicios de proximidad**

Envelliment actiu como el proceso de optimización de las oportunidades de salud, participación y seguridad a lo largo del ciclo vital con el fin de mejorar la calidad de vida de las personas que envejecen (OMS, 2002).



¿Por qué es necesario un urbanismo *age-friendly*?

4 motivos principales:

(1) Proyecciones demográficas: envejecimiento y sobreenvejecimiento de la población

(2) Aumento de la población urbana

(3) Consecuencias del envejecimiento

(4) La inadecuación de los entornos construidos a las necesidades de las personas mayores y su impacto

<u>CONSECUENCIAS</u> DEL INCUMPLIMIENTO DEL DERECHO A LA VIVIENDA Y A LA CIUDAD ENTRE LAS PERSONAS MAYORES

Impacto en la SALUD y en la CALIDAD DE VIDA individual y familiar

(1) **Problemas de salud física y mental**
(2) **Accidentes** (caídas, incendios,,,)
(3) **Aislamiento / encarcelamiento en el hogar/ soledad**
(4) **Perdida capacidad de llevar a cabo ciertas tareas**
(5) **Perdida capacidad de llevar una vida independiente**
(6) **Institucionalización, traslado a casa hijos/as**
(7) **Aumento gasto público** (sanidad, socioasistencial)

Base teórica urbanismo *age-friendly*:

- **Urbanismo inteligente (*Smart Growth*)**
- **Urbanismo multigeneracional (*Multigenerational planning*)**

Criterios generales:

- **Compacidad, densidad, diversidad e integración con políticas sectoriales (movilidad, vivienda, equipamientos, zonas verdes, etc.)**

Criterios y técnicas urbanísticas sectoriales:

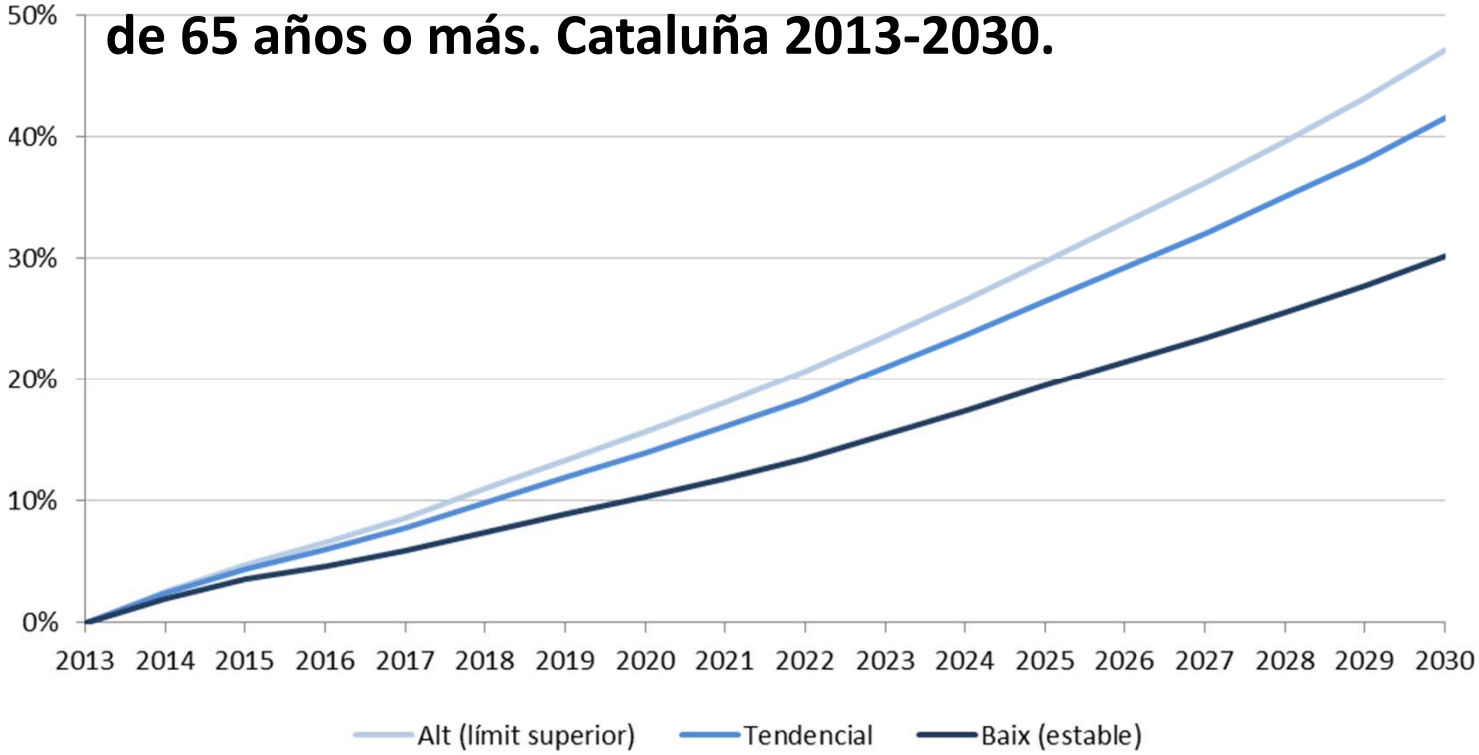
- **Vivienda: *inclusionary housing*, soluciones residenciales específicas, criterios de localización.**
- **Movilidad: *Transit-Oriented Development*, diseño espacio público y del entramado de calles, medios no motorizados**
- **Zonas verdes de proximidad, criterios de diseño**
- **Servicios y equipamientos de proximidad**

CONDICIONES RESIDENCIALES DE LAS PERSONAS MAYORES

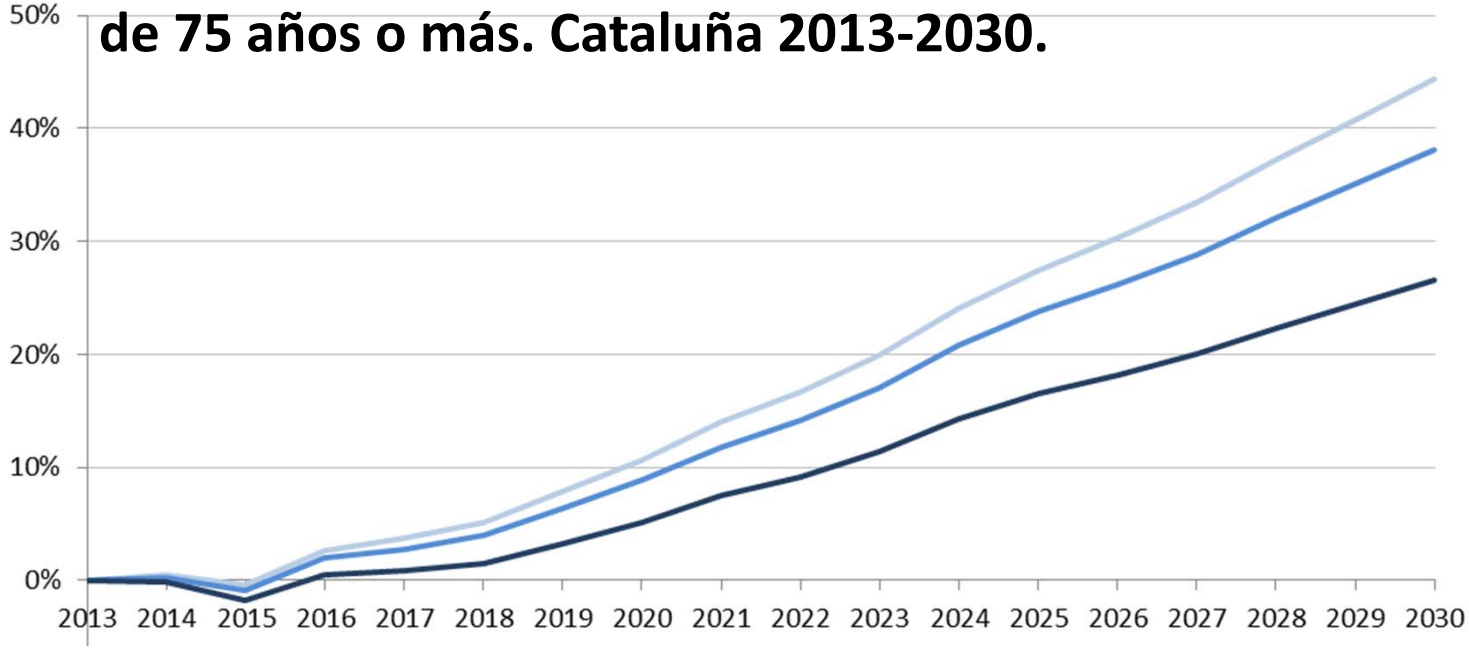
Las condiciones residenciales de los hogares con una persona de referencia de 65 años o más respecto el conjunto de la población, Cataluña.

	Conjunto población	Personas mayores (65 años o más)	Fuente
Vivienda con humedades	5,4%	5,7%	Censo 2011
Vivienda con patologías estructurales	1,0%	1,0%	Censo 2011
Vivienda en edificios no accesibles	60,1%	61,8%	Censo 2011
Vivienda en edificios sin ascensor	35,3%	36,1%	Censo 2011
Superficie media útil vivienda	90,1 m2	92,5m2	Censo 2011
Vivienda sin instalación fija de calefacción	32,0%	34,4%	Censo 2011
Vivienda de propiedad sin pagos pendientes	34,9%	77,3%	Censo 2011
Situación de pobreza	8,7%	6,1%	ECV-2015

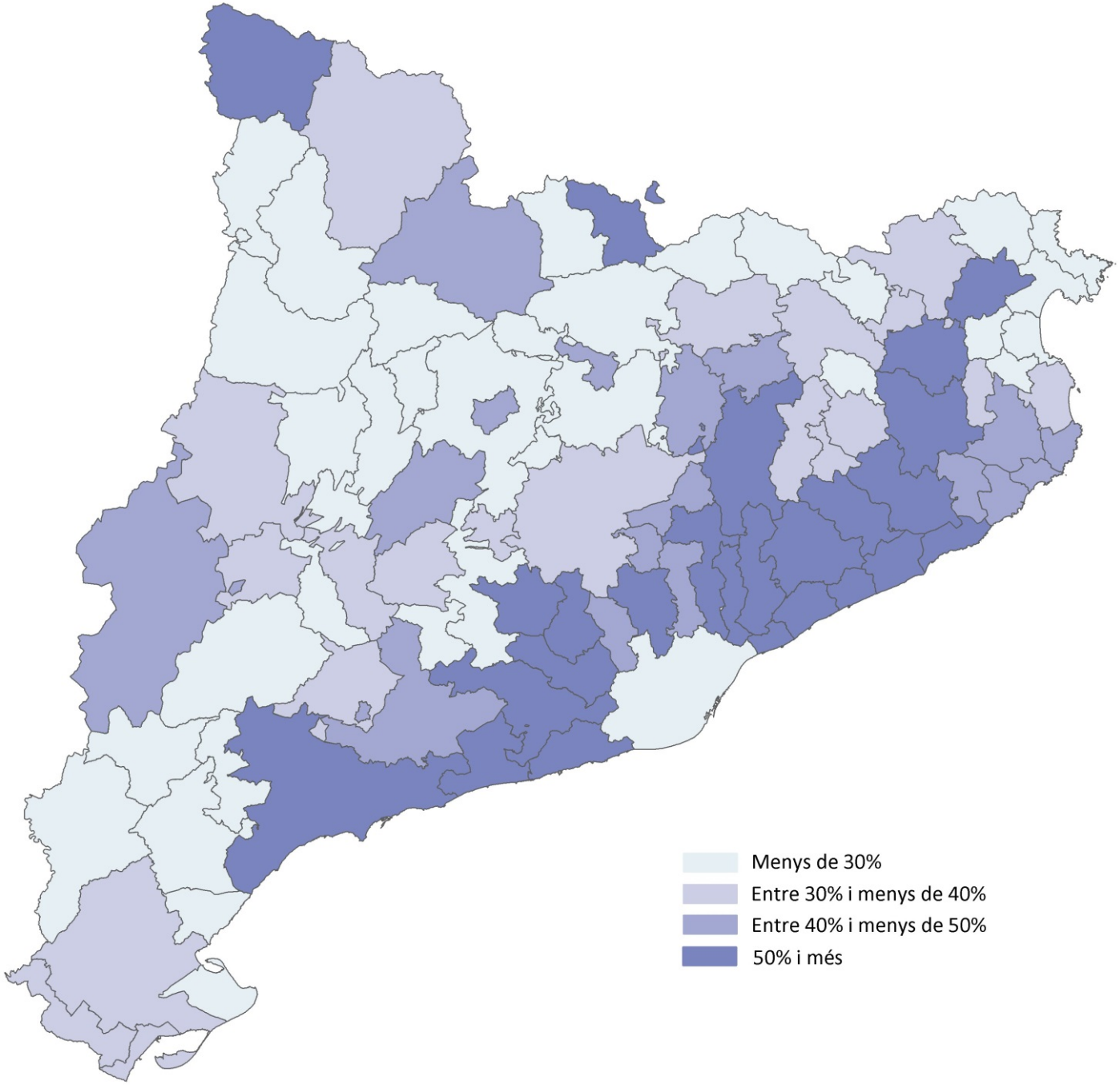
Evolución del porcentaje de hogares con la persona de referencia de 65 años o más. Cataluña 2013-2030.



Evolución del porcentaje de hogares con la persona de referencia de 75 años o más. Cataluña 2013-2030.



Evolución del porcentaje de hogares con la persona de referencia de 65 años o más por sistemas urbanos. Cataluña 2013-2030.



Envejecimiento en el Area Metropolitana de Barcelona

Població total per zones metropolitanes

	Barcelona	Resta Àrea	Resta Àmbit	Total
2018	1.620.343	1.639.925	1.585.560	4.845.828
2038	1.673.767	1.825.285	1.841.561	5.340.613
% variació	3,3%	11,3%	16,1%	10,2%

Població 65+ per zones metropolitanes

	Barcelona	Resta Àrea	Resta Àmbit	Total
2018	348.990	294.357	269.707	913.054
2038	426.198	448.202	469.843	1.344.243
% variació	22,1%	52,3%	74,2%	47,2%

Pes de la població 65+ sobre el total

	Barcelona	Resta Àrea	Resta Àmbit	Total
2018	21,5%	17,9%	17,0%	18,8%
2038	25,5%	24,6%	25,5%	25,2%

Envejecimiento en el Area Metropolitana de Barcelona

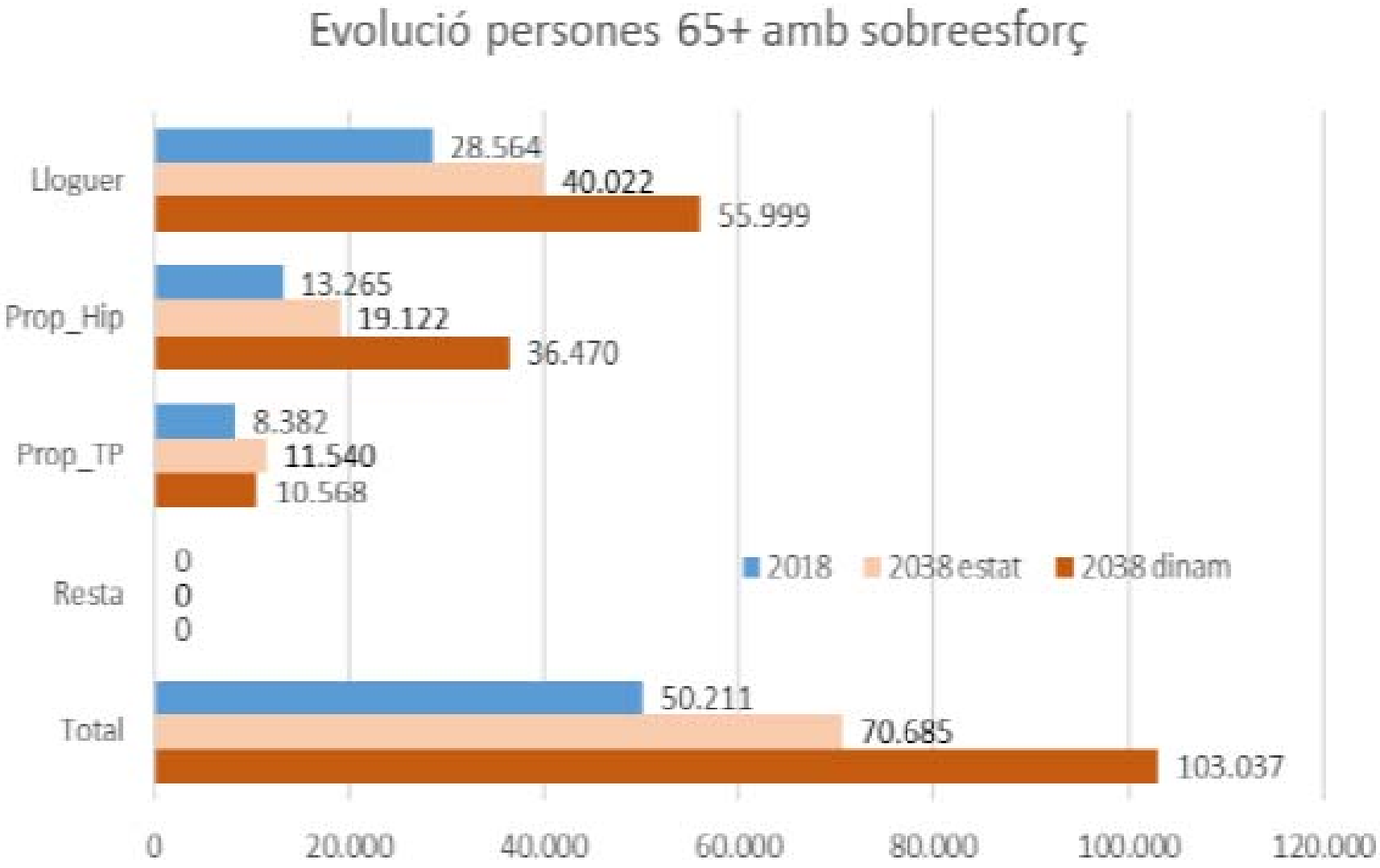
Distribució de la població 65 i més segons relació amb la principalitat de la llar per any

	Persona de referència principal	Persona de referència 2	Vivint sols	Altra situació	En institucions	Total
2018	334.954	261.848	234.246	45.138	36.869	913.054
	36,7%	28,7%	25,7%	4,9%	4,0%	100,0%
2038	498.100	377.130	342.597	70.253	56.113	1.344.192
	37,1%	28,1%	25,5%	5,2%	4,2%	100,0%

Llars de persones grans segons edat de la persona principal i pes respecte al total de llars

	65-79	80+	Total 65+
2018	380.409	188.791	569.200
	19,5%	9,7%	29,3%
2038	561.649	279.048	840.697
	24,4%	12,1%	36,6%

Envejecimiento en el Área Metropolitana de Barcelona



SOLUCIONES en materia de POLÍTICA De VIVIENDA

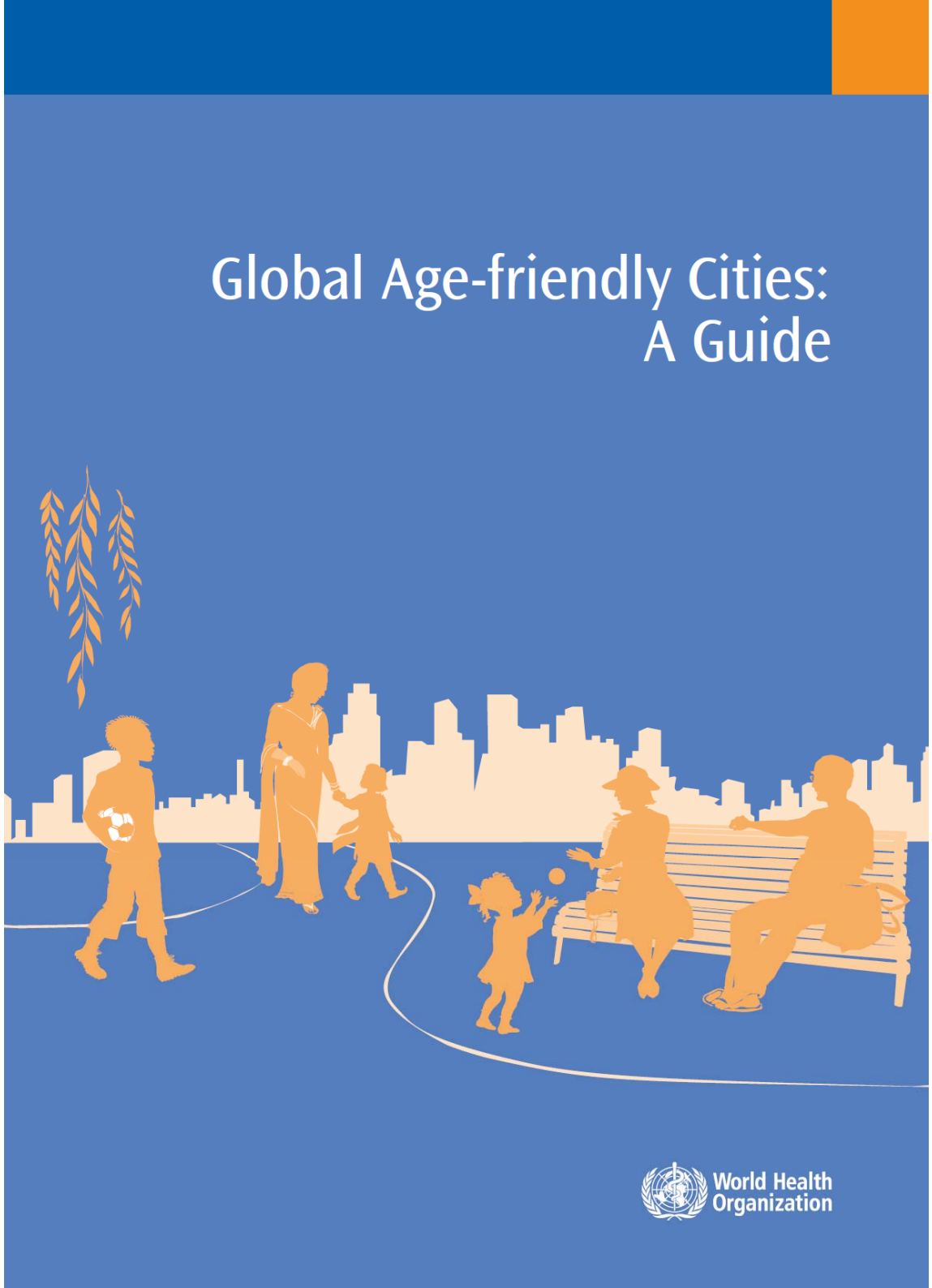
- **Ayudas económicas directas**: pago alquiler, servicios,,,
- **Ayudas a la rehabilitación**, **mejora y adecuación** de las viviendas: accesibilidad física (ascensores, rampas,); eficiencia energética; seguridad física (caídas); adecuación funcional; equipamiento; estado conservación,,,
- **Promoción vivienda social y nuevas soluciones residenciales** (dos vías: ayudas a la piedra sector privado / promoción pública), en particular, soluciones residenciales específicas para problemas crecientes como las demencias (*care homes, extra-care homes, assisted homes*)

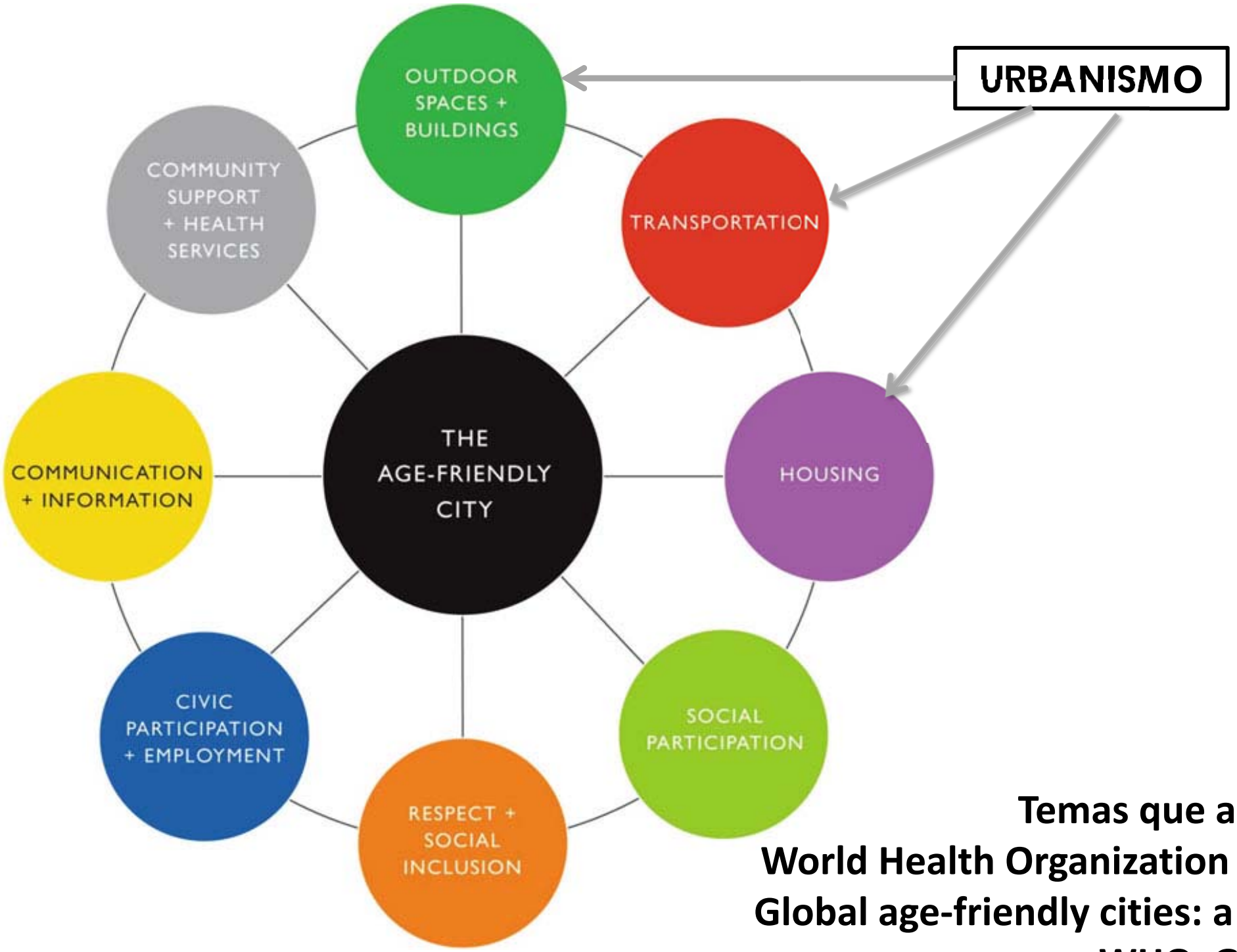
ASPECTOS **TRANSVERSALES CLAVE**

- El papel de las **nuevas tecnologías** (***gerotechnology***)
- La relación **apoyo formal e informal** para AVD (ley depen)
- Ciudad /urbanismo ***age-friendly /PLANIFICACIÓN***

RECONOCIMIENTO DE LA IMPORTANCIA DE LA VIVIENDA EN LOS PROGRAMAS *AGE-FRIENDLY* CITIES

AGE-FRIENDLY CITIES (GLOBAL, WHO)





Temas que aborda:
World Health Organization (2007)
Global age-friendly cities: a guide.
WHO, Ginebra

Age-friendly housing checklist

Affordability

- Affordable housing is available for all older people.

Essential services

- Essential services are provided that are affordable to all.

Design

- Housing is made of appropriate materials and well-structured.
- There is sufficient space to enable older people to move around freely.
- Housing is appropriately equipped to meet environmental conditions (e.g. appropriate air-conditioning or heating).
- Housing is adapted for older people, with even surfaces, passages wide enough for wheelchairs, and appropriately designed bathrooms, toilets and kitchens.

Modifications

- Housing is modified for older people as needed.
- Housing modifications are affordable.
- Equipment for housing modifications is readily available.
- Financial assistance is provided for home modifications.
- There is a good understanding of how housing can be modified to meet the needs of older people.

Maintenance

- Maintenance services are affordable for older people.
- There are appropriately qualified and reliable service providers to undertake maintenance work.
- Public housing, rented accommodation and common areas are well-maintained.

Ageing in place

- Housing is located close to services and facilities.
- Affordable services are provided to enable older people to remain at home, to "age in place".
- Older people are well-informed of the services available to help them age in place.

Community integration

- Housing design facilitates continued integration of older people into the community.

Housing options

- A range of appropriate and affordable housing options is available for older people, including frail and disabled older people, in the local area.
- Older people are well-informed of the available housing options.
- Sufficient and affordable housing dedicated to older people is provided in the local area.
- There is a range of appropriate services and appropriate amenities and activities in older people's housing facilities.
- Older people's housing is integrated in the surrounding community.

Living environment

- Housing is not overcrowded.
- Older people are comfortable in their housing environment.
- Housing is not located in areas prone to natural disasters.
- Older people feel safe in the environment they live in.
- Financial assistance is provided for housing security measures.

A Blueprint for Action:
Developing a Livable Community for All Ages

LIVABLE COMMUNITY (EEUU, NAAA)

n4a℠

Advocacy. Action. Answers on Aging.

Partners for Livable Communities

MetLife Foundation

National Association of Area Agencies on Aging (n4a): n4a is the leading voice on aging issues for Area Agencies on Aging (AAAs) and a champion for Title VI Native American aging programs. Through advocacy, training and technical assistance, we support the national network of 629 and 246 Title VI programs.

MetLife Foundation: MetLife Foundation was created in 1976 by MetLife to continue its longstanding tradition of contributions and community involvement. The goal is to empower people to lead healthy, productive lives and strengthen communities. Underlying the Foundation's programs is a focus on education at all ages and a commitment to increasing access and opportunity. The Foundation makes grants in health, education, civic affairs and culture.

International City/County Management Association (ICMA): ICMA develops and advances professional local government management to create sustainable communities that improve lives worldwide. In addition to supporting its nearly 9,000 members, ICMA provides **publications**, data, information, technical assistance, and **training and professional development** to thousands of city, town, and county experts and other individuals throughout the world.

American Planning Association (APA): APA is an independent, not-for-profit educational organization that provides leadership in the development of vital communities by advocating excellence in community planning, promoting education and citizen empowerment, and providing the tools and support necessary to meet the challenges of growth and change.

National Association of Counties (NACo): NACo is the only national organization that represents county governments before the Administration and Congress. NACo provides essential services to the nation's 3,068 counties.

National League of Cities (NLC): The NLC is dedicated to helping city leaders build better communities. Working in partnership with the 49 state municipal leagues, NLC serves as a resource to and an advocate for the more than 19,000 cities, villages and towns it represents.

Partners for Livable Communities (Partners): Partners is a nonprofit leadership organization working to improve the livability of communities by promoting quality of life, economic development, and social equity. Since its founding in 1977, Partners has helped communities set a common vision for the future, discover and use new resources for community and economic development, and build public/private coalitions to further their goals.

Issue	Challenge	Action Step
Housing	• Affordable housing options are limited	• Institute property tax relief programs for older homeowners
	• Home and building design is tailored to a narrow range of physical abilities	• Institute home modification and repair programs • Encourage universal design and visitability in new housing construction
	• Housing and services are not coordinated	• Build partnerships between housing and service providers

Issue	Challenge	Action Step
Planning & Zoning	• New community design that supports aging in place lacks broad public support	• Engage older adults in the planning process
	• Zoning regulations discourage a broad range of age-appropriate housing options	• Incorporate accessory dwelling units and senior-friendly housing in the zoning code

LIVABLE COMMUNITY (EEUU, AARP)

1958: AARP Is Born

En español |The American Association of Retired Persons (now known as AARP) is founded on July 1 by Ethel Percy Andrus, a retired high school principal (first board meeting above). It expands the mission of the National Retired Teacher's Association (NRTA), the organization Dr. Andrus founded in 1947 to address the economic challenges and health insurance needs of retired educators. AARP is formed with the intention to: 1) enhance the quality of life for older persons, 2) promote independence, dignity and purpose for older persons, 3) lead in determining the role and place of older persons in society and 4) improve the image of aging. Membership dues are $2.

What is a Livable Community?

The term means different things to different people. Here's our definition

AARP Livable Communities

A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources:

- enhance personal independence;
- allow residents to remain in their homes and communities as they age; and
- foster residents' engagement in the community's civic, economic, and social life.

AARP LIVABLE COMMUNITIES

AARP Network of Age-Friendly States and Communities

The 8 Domains of Livability

The availability and quality of these community features impact the well-being of older adults — and help make communities more livable for people of all ages

AARP Real Possibilities

1. Outdoor Spaces and Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect and Social Inclusion
6. Civic Participation and Employment
7. Communication and Information
8. Community and Health Services

WHERE WE LIVE

COMMUNITIES FOR ALL AGES

100+ INSPIRING EXAMPLES FROM AMERICA'S LOCAL LEADERS

PLUS: How the Experienced Class enhances communities through its skills and life lessons, influence and involvement

2018 EDITION
STORIES AND SOLUTIONS FROM THROUGHOUT THE U.S.

AARP Real Possibilities

BY **Nancy LeaMond** AARP EXECUTIVE VICE PRESIDENT, COMMUNITY, STATE AND NATIONAL AFFAIRS | EDITED BY **MELISSA STANTON**

Neighbors can party in the streets: Page 77

Alleys can be welcoming spaces: Page 102

Pedestrians can safely cross streets: Page 36

From the introduction to
Where We Live: Communities for All Ages 100+ Inspiring Examples from America's Local Leaders, the third book in the AARP ***Where We Live*** series

"Some of the best ideas borrow from and build on what has been tried and tested someplace else. Learning what others are doing could be just the spark needed to make a difference where you live."

Praise for the 2018 edition of ***Where We Live***

"The demography of our cities is and always will be a major factor of the decisions we make as mayors and the ways in which we engage with our communities. I'm grateful for the leadership and expertise of AARP as they've guided us in best practices and streamlined several processes for improving the lives of our aging population. As our cities grow and age, we will be prepared to put forth the best and most appropriate practices for our residents."

— **Steve Benjamin,** *mayor, Columbia, South Carolina*

"*Where We Live* shows how, when you create a great city for an 8-year-old and an 80-year-old, you are creating a successful city for all people, 0 to over 100. I commend Nancy LeaMond and AARP for publishing this book to highlight the work that communities are doing and the power of the Experienced Class in neighborhoods, towns and cities."

— **Gil Penalosa,** *founder and chair, 8 80 Cities*

Praise for the first edition of ***Where We Live***

"*Where We Live* provides an organized set of ideas to spark change in communities across the country. This book shows how mayors in cities big, small, rural and urban have found countless ways to improve their communities for their aging population and all residents."

— **Mick Cornett,** *former mayor, Oklahoma City, Oklahoma*

WHERE *YOU* LIVE could be featured in the next edition of ***WHERE WE LIVE***

Tell us about your community's inspiring livability work.
AARP.org/SharingLivableSolutions

Learn more and stay informed year-round by subscribing to the free, award-winning AARP Livable Communities e-Newsletter.
AARP.org/Livable-Subscribe

LIFETIME NEIGHBOURHOODS (UK)

Lifetime Neighbourhoods

What is a Lifetime Neighbourhood?

A Lifetime Neighbourhood is one in which **civic and social processes** together with **physical conditions** achieve the following outcomes:

- An environment that is accessible and inclusive, aesthetically pleasing and safe (in terms of both traffic and crime)
- A community that offers plenty of services, facilities and open space
- A strong social and civic fabric, including volunteering and informal networks
- A culture of consultation and user empowerment amongst decision makers
- A strong local identity and sense of place

Figure 1: Central themes to the 'lifetime neighbourhoods' concept

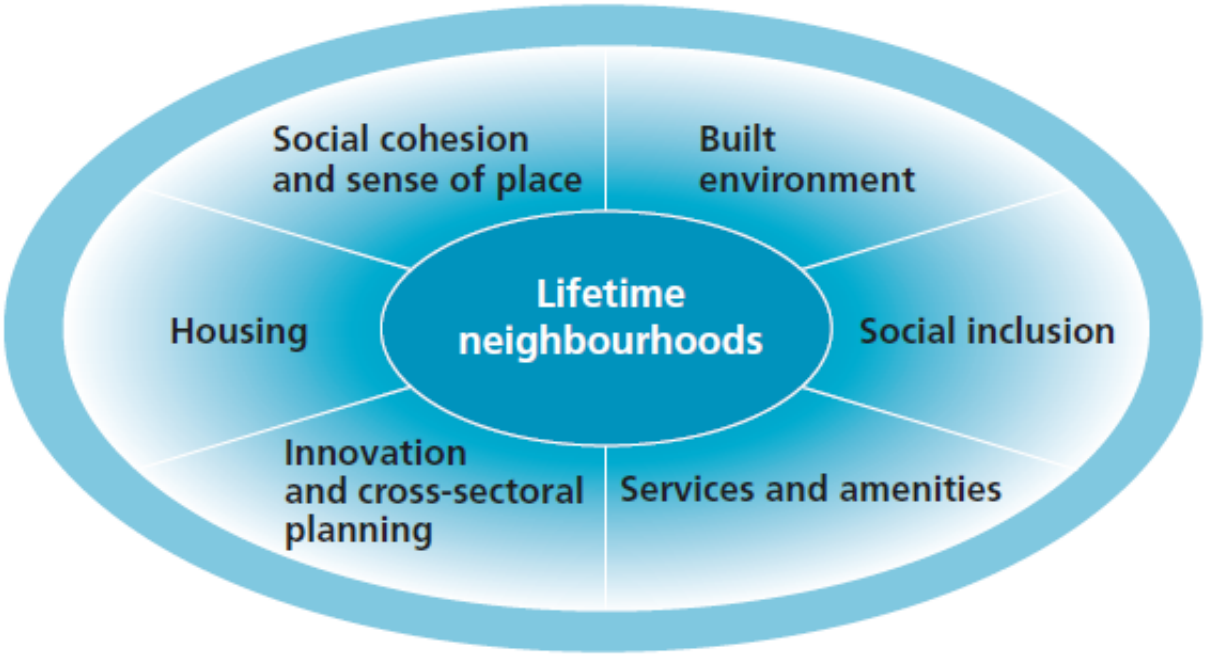
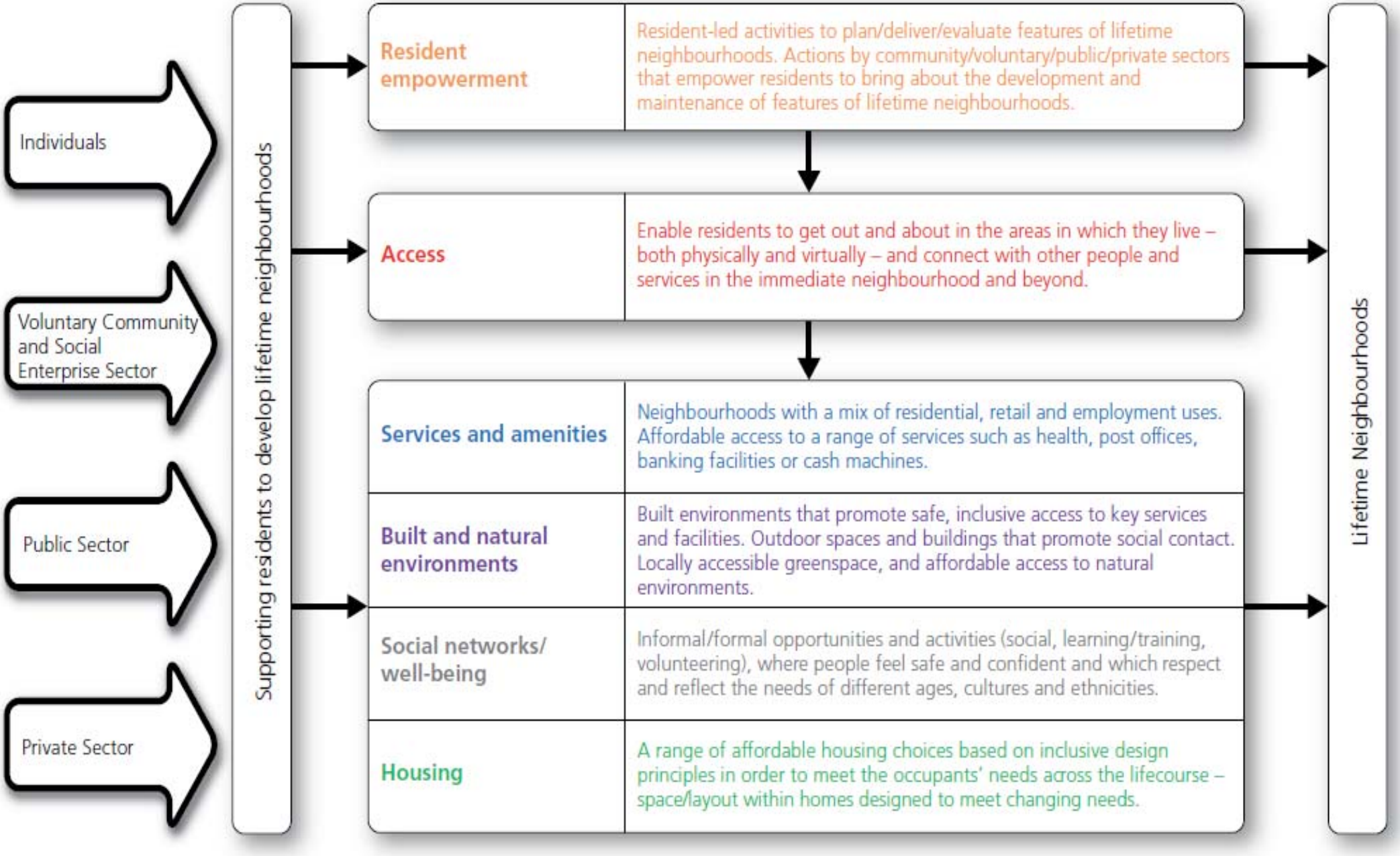


Figure 1: Lifetime Neighbourhoods: Key Components



Síntesis de los ámbitos social y físico de los proyectos internacionales sobre como adecuar la ciudad al envejecimiento

	OMS	Francia	Australia	Reino Unido	Estados Unidos		
	Age-friendly city	*Bien vieillir, Vivre ensemble*	Entornos urbanos *age-friendly*	*Lifetime neigbour. (1)*	*Livable community (2)*	*Livable community (3)*	*Elder Friendly (4)*
Ámbito físico	Espacios exteriores y edificios	Urbanismo y espacio construido	Planeamiento urbano y espacio publico	Entorno construido y espacio público	Usos del suelo	Planeamiento y zonificación	-
	Transporte	Transporte	Transporte	Transporte	Transporte	Transporte	Maximizar independenc.
	Vivienda	Vivienda	Vivienda	Vivienda	Vivienda	Vivienda	Vivienda
	Servicios sociales y de salud	Equipamientos y servicios	Servicios asistenciales	Servicios de proximidad	Equipamientos públicos, de servicios y de ocio	Servicios sanitarios y asistenciales	-
Ámbito social	Respeto, inclusión social y salud	Salud	Seguridad	Inclusión social, seguridad	-	Seguridad pública y salud	Salud y necesidades básicas
	Participación cívica y ocupación	Participación social y cultural	Concienciar la sociedad	Capital social	Educación pública y participación en la planificación comunitaria	Voluntariado	Promover compromiso social, y participación cívica y social
	Información y comunicación	-	Información, formación y capacitación	Información, innovación y planificación transversal	Liderazgo, cooperación y comunicación	Cultura y aprendizaje a lo largo de la vida	-

T		WHO	Australia	United Kingdom	United States		
		Age-friendly city (1)	*Age-friendly urban environments (2)*	*Lifetime neighbourhood (3)*	*Livable community (4)*	*Livable community (5)*	*Elder Friendly community (6)*
Physical dimension	Public space and green areas	Safety, security and age-friendly design (outdoors spaces and buildings)	Safer and securer pedestrian environments	Accessibility, maintenance, security, and age-friendly design	Safety, walkability, and age-friendly design	Walkability, accessibility, and age-friendly design	Some age-friendly design criteria
	Transport and mobility options	Available, affordable, accessible, reliable, safe, and specialized services for older people	Alternative transportation options, information, car driving, and safety	Transport options	Enhance mobility options, car driving, and specialized transportation for individuals	Affordable, safer, and integrated with urban planning	Maximizing independence
	Housing	Accessibility, affordability, age-friendly design, adaptations, maintenance, and diversity	Adequate housing supply (diversity, quantity, accessibility, location, and universal design)	Accessibility and supportive housing arrangements	Affordability, accessibility, diversity and supportive housing arrangements	Affordability, accessibility, housing with care, and home modifications and repair programmes	Housing
	Services and facilities	Health and social services, proximity to services	Proximity of health and care services	Access to services and amenities	Shopping, leisure, health & care services, and public facilities (proximity)	Care and health and other supportive services, such as food stores (proximity)	Recreational and other facilities for older people (proximity)
Urban planning	General approach	-	Planning to promote an adequate housing supply, improve walkability and transport options, and proximity of health & care services	Cross-sectorial engagement in planning	Land use related to public transport, mobility, proximity of facilities, and housing options	Planning related to walkable public space, proximity services, housing options, and participation	-

Limitaciones de las *age-friendly cities*:

(1) **Persistencia de actitudes discriminatorias:**
   - **En la participación política y ciudadana**
   - **En una imagen estereotipada asociada a la dependencia y el gasto sanitario**
   - **En la priorización de otros colectivos (p. ej. jóvenes) y objetivos (p. ej. crecimiento económico-ciudades globales)**

(2) **Impacto de la austeridad presupuestaria**

(3) **Problemática específica de los entornos rurales**

(4) **La ciudad dispersa y de baja densidad**

(5) **Escaso debate/reflexión sobre el modelo urbano (WHO)**

(6) **Modelo anglosajón**

RETOS DE FUTURO:
DEMENCIA Y ENTORNO CONSTRUIDO

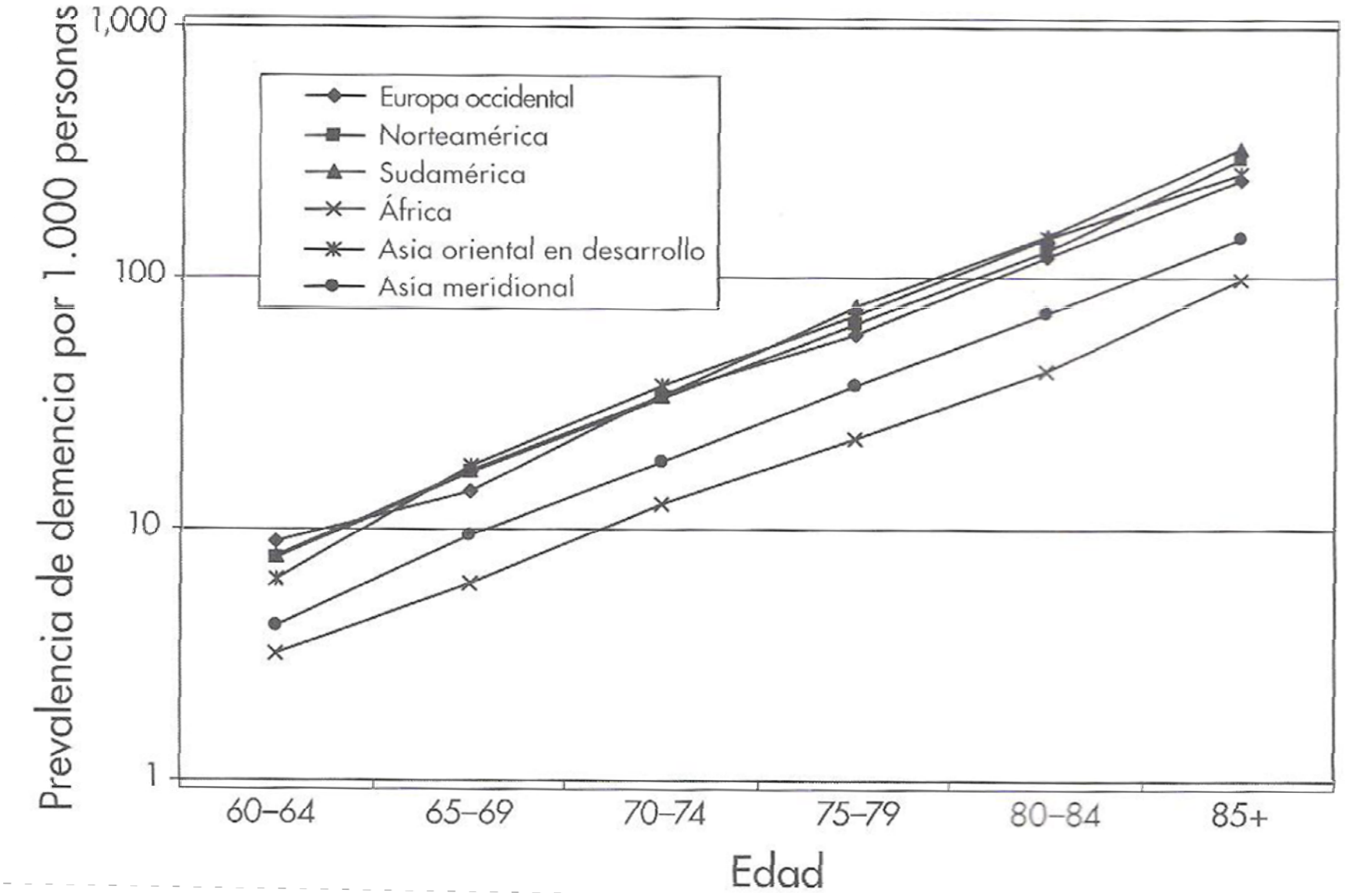


Figura 2. Diferencias geográficas de la prevalencia de demencia específica por edad por 1000 personas. Datos del estudio de consenso Delphi (14)

Prieto, C., Eimil, M., López, C., & Llanero, M. (2015). ***Impacto social de la enfermedad de Alzheimer y otras demencias***. 2011. Madrid: Fundación Española de Enfermedades Neurológicas, 1-47.

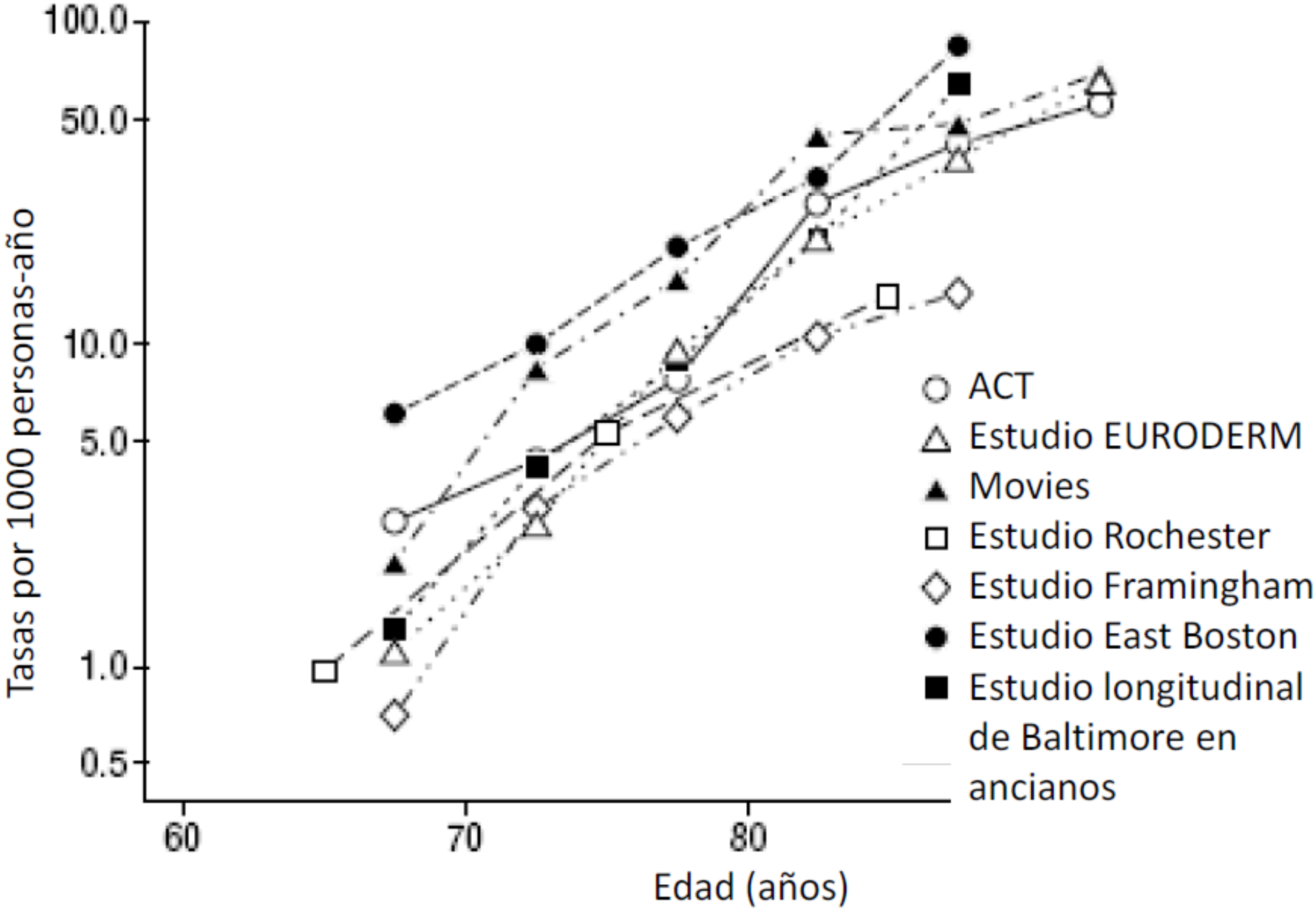


Figura 1. Esquema comparativo de incidencia de Enfermedad de Alzheimer (EA) en varios estudios europeos y norteamericanos (7).

Figure 1. Holistic dementia research landscape.

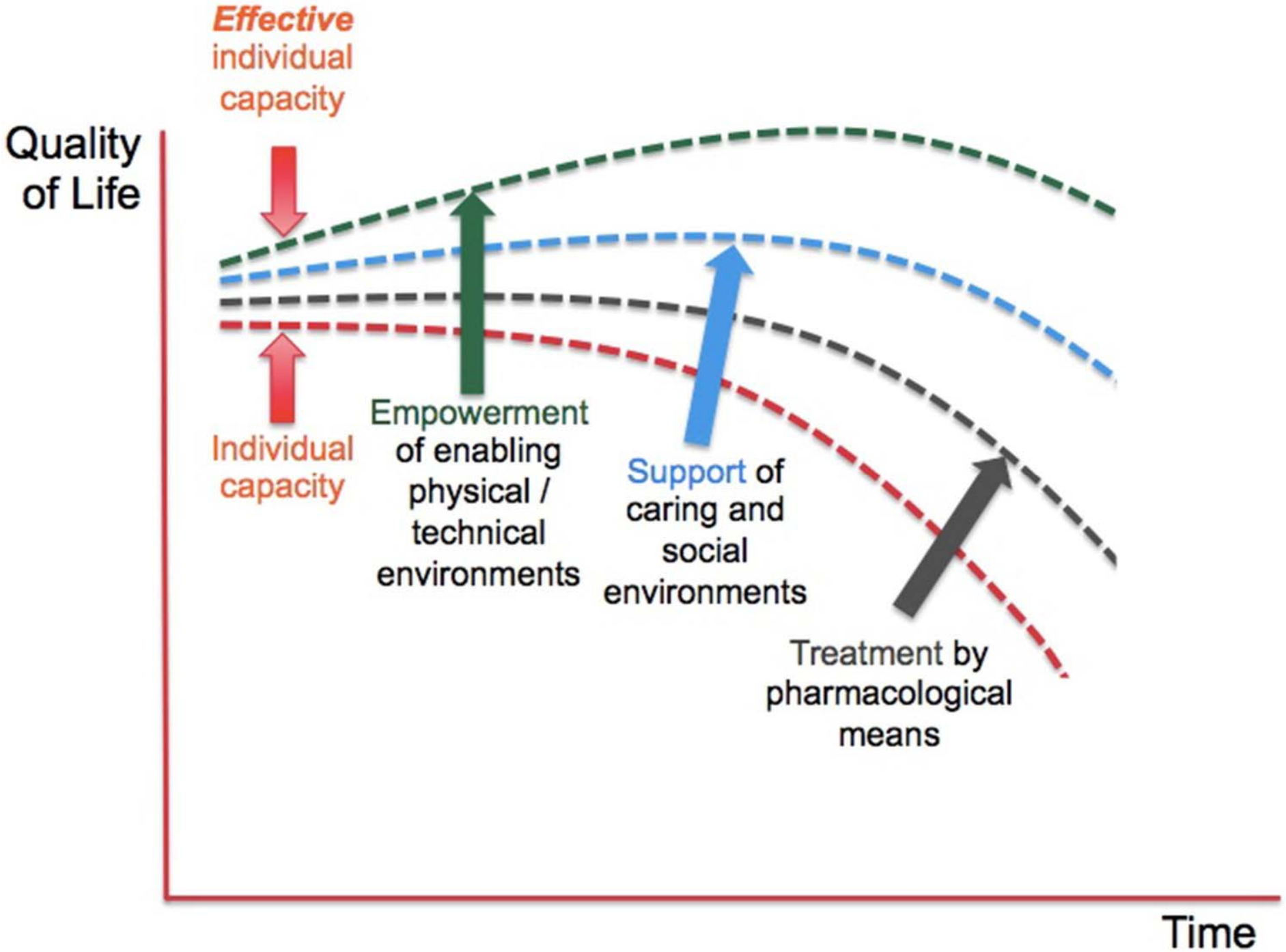
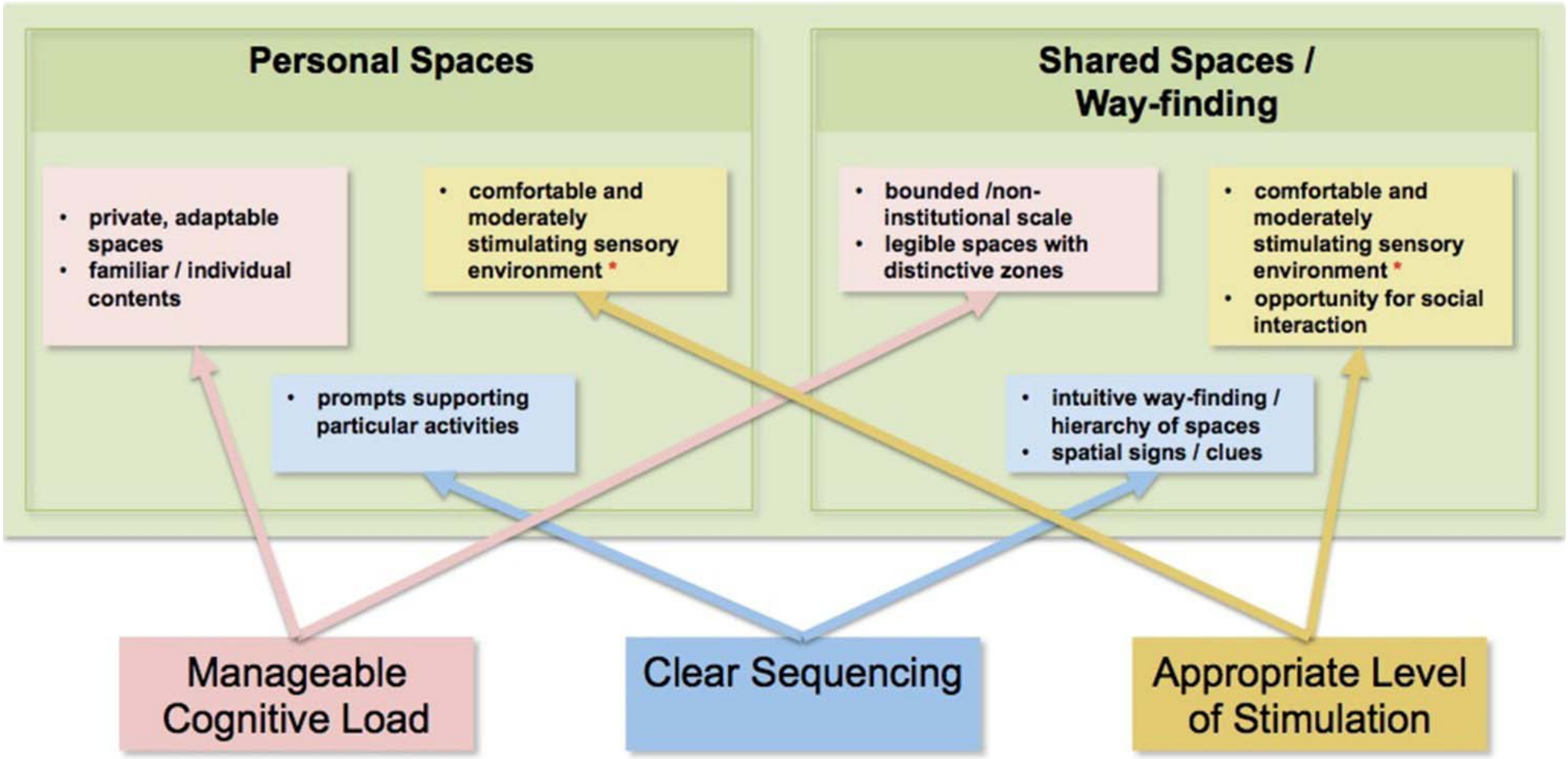


Figure 1. Figure 2. Dementia holistic evidence and design (HEAD) model linking top-down built environment dementia design principles with practical design parameters rooted in the literature.



The design of the external local environment has an important role to play in allowing people with dementia to maintain their independence. Key urban design points to consider are:

- Familiar environment: Functions of places and buildings are obvious, any changes are small scale and incremental.
- Legible environment: Hierarchy of street types, which are short and fairly narrow. Clear signs at decision points.
- Distinctive environment: A variety of landmarks, with architectural features in a variety of styles and materials.
- Accessible environment: Mixed land uses with shops and services within a 5-10 minute walk from housing. Entrances to buildings conform to disabled access regulations.
- Comfortable environment: Open space is well defined with toilets, seating, shelter and good lighting. Street clutter is minimised along with background and traffic noise through planting and fencing.
- Safe environment: Footpaths are wide, flat and non-slip, development is orientated to avoid creating dark shadows or bright glare.

MUCHAS GRACIAS!!!