

The Housing Situation as a Part of Everyday Life among Older People

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Housing and housing environment as part of everyday life changes character as people get older. Housing that at a time was suited for a family with children or for working life, later in life has to cater for a time when possibly more time is spent in the home and at different hours of the day and in a different family constellation. As such older people may well reconsider their housing situation and how this is done and what becomes the effect of this as regard their everyday life is the central theme of this study. A group of 20 households, a mix of single and two person households, aged between 55 and 92 have been interviewed about a forth-coming move into senior housing. A number of issues were raised in these interviews relating to everyday life. It is evident that residential mobility among this group, at this time in life, takes into account the possibility of making everyday life easier, in order to continue living a good life without the factors that are considered or might become a burden later on. Social factors also become an issue and by changing housing situation the interviewees expect to move into a new social constellation that will enhance their quality of life. With an ageing population it is important to planning processes to understand the way older people reason regarding their housing situation.