

# WELLBEING AND ENERGY EFFICIENCY IN LIVING

**HEA-project - a multidisciplinary R&D  
project targeting living conditions for  
elderly.**

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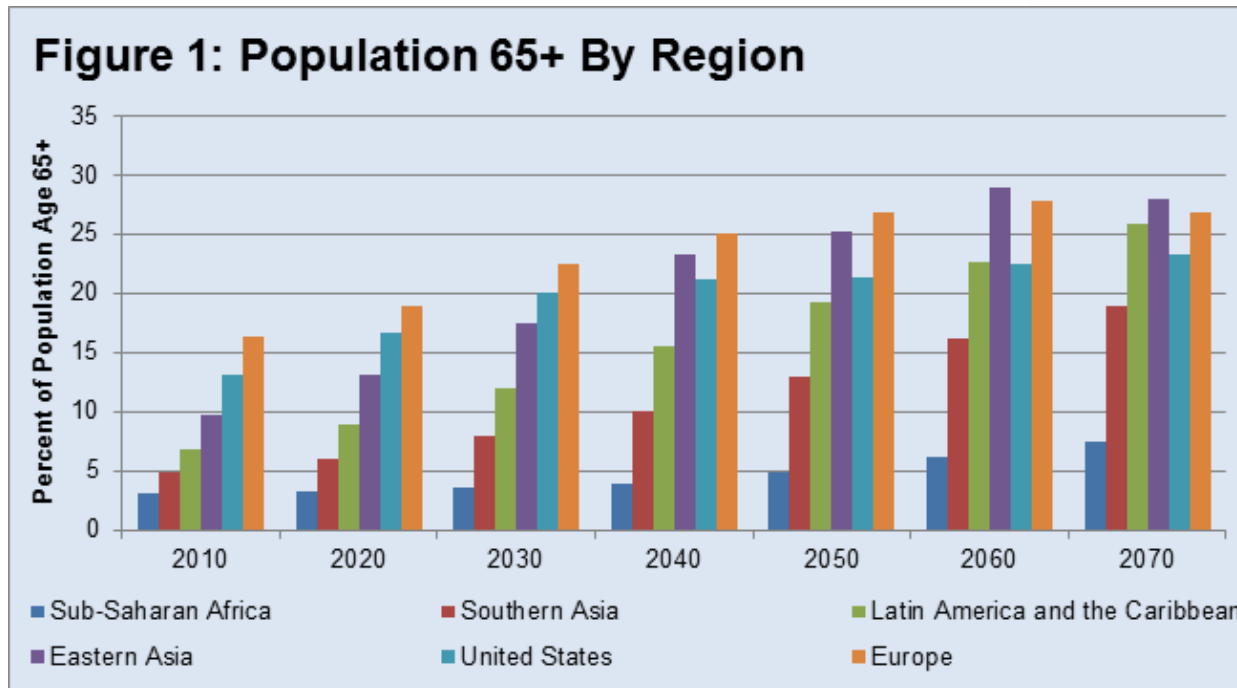


# Structure for presentation

- The departure: background with the challenge
- Presentation of the project
- Examples of activities in the project
- Results and conclusions



# Population Aging: A Demographic and Geographic Overview



<http://www.newsecuritybeat.org/>

# Challenge of our time ....



## Challenges in society

- How to arrange and create services and good living for the elderly population?
- How to support their independent living at home?
- How to enhance elderly peoples wellbeing?
- **How to guarantee occupational justice for elderly?**



# The project: HEA

## Hyvinvointia ja energiatehokkuuta asumiseen

- Wellbeing and Energy Efficiency in Living
- Project time: 2011–2014
- Funding: € 2 million by European Regional Development Fund (ERDF) programme for Southern Finland.



## The aim

- The aim was to find innovative solutions regarding wellbeing and living conditions both for home-dwelling elderly but also for elderly in assisted living.
- We used the expertise of the end-users, professionals and students.
- The innovations developed could be concrete technical products or service concepts



**Pilot sites and target groups**

**Elimäki ja Korja:**  
Puustelli assisted living residences

**Helsinki:**  
Lopukiri senior housing community

**Salo:** apartment building owned by the municipality of Salo

**Mäntsälä:**  
Osuustie assisted living residence

**Porvoo:**  
Palomäki assisted living residence

**Lappeenranta:**  
Health care service car Mallu



# Partners and stakeholders

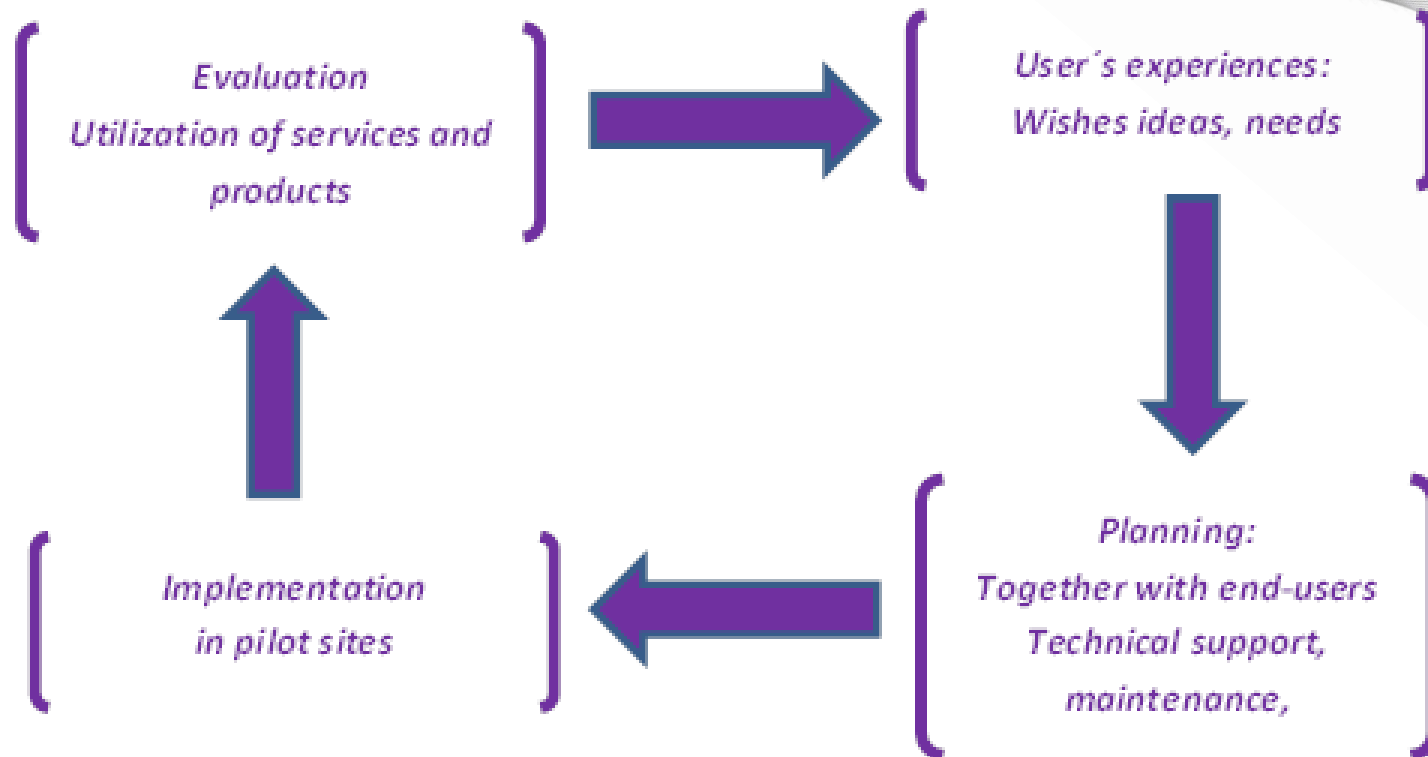


[hea.metropolia.fi](http://hea.metropolia.fi)

HEA – Wellbeing and Energy Efficiency in Living



# Implementation by User-driven process



# Implementation

The project activities could be divided in two parts:

I: Activities focusing on wellbeing and sustainability

II: User-centered development of products and services



# I: Activities focusing on wellbeing and sustainability

The elderly as service user in a changing society:

- How do the changes in service production and technical development affect the elderlies' possibilities to participate in society?
- How to support wellbeing and functional capacity on the elderlies own terms?
- What kind of new service delivering systems can be created for elderly living in countryside?





Leverage from  
the EU  
2007-2013



## II: User-centered development of products and services

- How can we support social inclusion in society for elderly?
- Can technical solutions be used to reduce loneliness and support occupational engagement?
- What kind of welfare technology can be used to create a safe environment?





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# Results

I: Activities focusing on wellbeing and sustainability:

From an outsider service receiver to  
an active agent and partner



Experiences of increased participation

but it requires.....

Changes in attitudes among professionals





# Results

## II: User-centered development of products and services

New ideas about how to use ICT and importance of adaptations.

Feelings of safety and confidence using ICT based services.

Increased participation and social contacts.

Welfare technology for safety in physical environment.

Mobile services positive and negative aspects



# Pilot sites

## SUBPROJECTS

**Participation and self-determination**  
– *the keys to one's own life*



Porvoo

**Health and functioning**  
– *towards convenient old age*



Helsinki

**Mobile health services**  
– *providing health services in dispersed settlement areas*



Lappeenranta

**From sense of loneliness to sense of community**  
– *everyday life quality*



Elimäki/Koria

**Sense of community**  
– *enabling agency and active participation*



Mäntsälä

**Satisfying living experience**  
– *energy efficiency and safety in rental buildings*



Salo

# CONCLUSION

person-centred approach

broad perspective

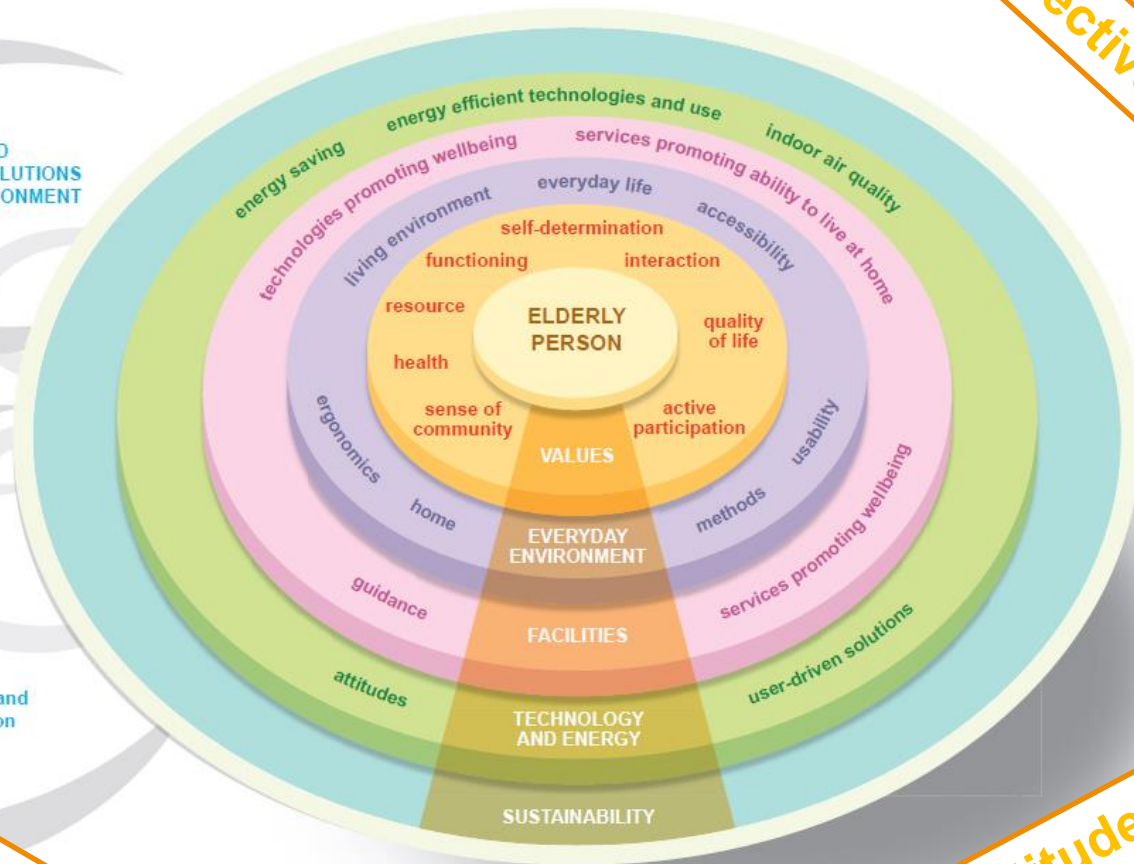
ECOLOGICAL AND  
ECONOMICAL SOLUTIONS  
FOR BUILT ENVIRONMENT

SERVICE DESIGN

PEOPLE TO PEOPLE:  
involving elderly people  
and applying the demand and  
user-driven open innovation  
technology

team-work and partnership

new attitudes



Leverage from  
the EU  
2007-2013



Thank you for your attention!

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