Homeshare in Cologne – Matches between People of different Generations
General Information

- Homeshare Concept
- Homeshare in Europe
- Homeshare International
- Homeshare in Germany
- Homeshare in Cologne
Homeshare in Europe

Goals

- Promote solidarity between different generations
- Respond to the demographic development in industrial countries
- Respond to rising numbers of "single parent families"
- Respond to rising numbers of young people studying in foreign countries
Homeshare International

Aims

- Provide a link between all projects around the world
- Enabling the agencies involved to share information
- Raise awareness and potential of homeshare among professionals and policymakers
Homeshare in Germany
Founder of the German program

Prof. Kreickemeier

Heike Milz, MD, MPH
Center of Gerontology

University of Cologne
Saturday, 09 August 2008
Homeshare in Germany

History

In 1995 the project was highly recommended after participating in the first German „Solidarity of the Generations“ competition
Homeshare in Cologne

- Developing history
- Project cooperation partners
- Project coordinators
- Project structure
- Project evaluation
- Project challenges and recommendations
Homeshare in Cologne

In May 2005 the Center of Gerontology at the University of Cologne and the cooperation partners started the homeshare program in the city of Cologne.
Homeshare in Cologne
Project cooperation partners

- Senior representatives of Cologne
- Student administration of the University of Cologne
- Ministry for work, health and social affairs
Homeshare in Cologne
Project coordinators

• Sandra Wiegeler
• Judith Kropp
Homeshare in Cologne
Selection Criteria-Seniors

• 60+ years
• open-minded
• no need of care
Homeshare in Cologne
Selection Criteria-Students

- University student
- Older than 18 years
- Previous experience in volunteering or
- Genuine interest in and empathy with elderly people
- No diseases that might affect the success of homesharing
- Knowledge of German language
Homeshare in Cologne

Rough rule of thumb:

„One hour of help for every square metre per month“
Homeshare in Cologne
Goals of the project

• Enable older people to remain independent and avoid institutionalization
• Promote solidarity between older and younger generations
• Take steps against isolation and loneliness
Homeshare in Cologne

Project coordinators tasks

- Get into contact with potential applicants
- Assessment of applicants
- Visit seniors at home
- Screen if selection criteria are fulfilled
- Work out an individual "match contract"
- Provide ongoing support
- Deal effectively with troubleshooting
Homeshare in Cologne
Exchange nature

Landladies/Landlords offer:
• Accommodation and household facilities
• Companionship
• Garden or balcony (sometimes)
• Carsharing (sometimes)
Homeshare in Cologne
Exchange nature

Students offer:
• Help at home or assistance
• Companionship and
• Communication
## The Elderly in Cologne
(31 December 2006)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
</tr>
<tr>
<td>60 to under 63 years</td>
<td>29,462</td>
</tr>
<tr>
<td>63 to under 65 years</td>
<td>21,728</td>
</tr>
<tr>
<td>65 to under 70 years</td>
<td>60,035</td>
</tr>
<tr>
<td>70 to under 75 years</td>
<td>43,465</td>
</tr>
<tr>
<td>75 years and older</td>
<td>75,014</td>
</tr>
<tr>
<td>Total</td>
<td>229,704</td>
</tr>
</tbody>
</table>
Matches

<table>
<thead>
<tr>
<th>Year</th>
<th>Absolute Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/2005 - 02/2006</td>
<td>5</td>
</tr>
<tr>
<td>03/2006 - 08/2006</td>
<td>7</td>
</tr>
<tr>
<td>09/2006 - 02/2007</td>
<td>10</td>
</tr>
<tr>
<td>03/2007 - 08/2007</td>
<td>17</td>
</tr>
<tr>
<td>09/2007 - 02/2008</td>
<td>15</td>
</tr>
<tr>
<td>Gesamt</td>
<td>54</td>
</tr>
</tbody>
</table>
Age of interested seniors

<table>
<thead>
<tr>
<th>Age</th>
<th>Absolute rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>under 60 years</td>
<td>11</td>
</tr>
<tr>
<td>60-69 years</td>
<td>21</td>
</tr>
<tr>
<td>70-79 years</td>
<td>17</td>
</tr>
<tr>
<td>80-89 years</td>
<td>34</td>
</tr>
<tr>
<td>90-99 years</td>
<td>9</td>
</tr>
<tr>
<td>lack of data</td>
<td>3</td>
</tr>
</tbody>
</table>
Age of interested students

- 18-22 Jahre: 81
- 23-28 Jahre: 107
- 29-32 Jahre: 27
- 33-38 Jahre: 14
- > 38 Jahre: 8
- keine Angaben: 2

Heike Milz, MD, MPH
University of Cologne
Center of Gerontology
Saturday, 09 August 2008
Nationality of the interested students

![Bar chart showing the number of students by nationality and half-year scale. The x-axis represents the half-year scale, and the y-axis represents the absolute frequency.]

- Studierende mit deutscher Nationalität
- Studierende mit anderer Nationalität

<table>
<thead>
<tr>
<th>Half year scale</th>
<th>Absolute Häufigkeit</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/2005 - 02/2006</td>
<td>28, 27</td>
</tr>
<tr>
<td>03/2006 - 08/2006</td>
<td>23, 31</td>
</tr>
<tr>
<td>09/2006 - 02/2007</td>
<td>19, 18</td>
</tr>
<tr>
<td>03/2007 - 08/2007</td>
<td>26, 25</td>
</tr>
<tr>
<td>09/2007 - 02/2008</td>
<td>19, 23</td>
</tr>
<tr>
<td>Gesamt</td>
<td>115, 124</td>
</tr>
</tbody>
</table>
Agreed support
Agreed support

- Haushaltshilfe: 26
- Gesellschaft: 23
- Gartenarbeit: 18
- Einkaufen: 14
- Begleitung: 10
- Tierpflege: 8
- Gespräche: 7
Dissemination of the project idea

- University
- Newspaper
- Aquaintance
- Internet
- Radio
- Television
- Relative

per cent

Studierende  Senioren
Satisfaction with the personal homeshare match

<table>
<thead>
<tr>
<th>Absolute rate</th>
<th>Senior</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>sehr zufrieden</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>zufrieden</td>
<td>13</td>
<td>10</td>
</tr>
<tr>
<td>mäßig zufrieden</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>unzufrieden</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>sehr unzufrieden</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Absolute rate

Relation between the homeshare partners

- **familiär**: 3 (Senior), 4 (Student)
- **freundschaftlich**: 11 (Senior), 14 (Student)
- **funktional**: 7 (Senior), 7 (Student)
- **distanziert**: 2 (Senior), 2 (Student)

Legend:
- Senior
- Student
Homeshare in Cologne
Project challenges

- Finding sustainable funding
- Promoting the idea
- Finding interested seniors living in a house suitable for homesharing
- Finding relatives who let mother/father homeshare
- Finding mixed matches
Homeshare in Cologne
Advice for a new program

• The mass media are very important
• Homeshare is addressed only to a small target group
• Good results are not achieved in a short time
• In some cases you cannot be prevented homesharing trouble
Important websites

• Homeshare International (U.K): http://homeshare.org

• National Shared Housing Resource Center (USA): www.nationalsharedhousing.org
Homeshare in Cologne

Thank you for your attention