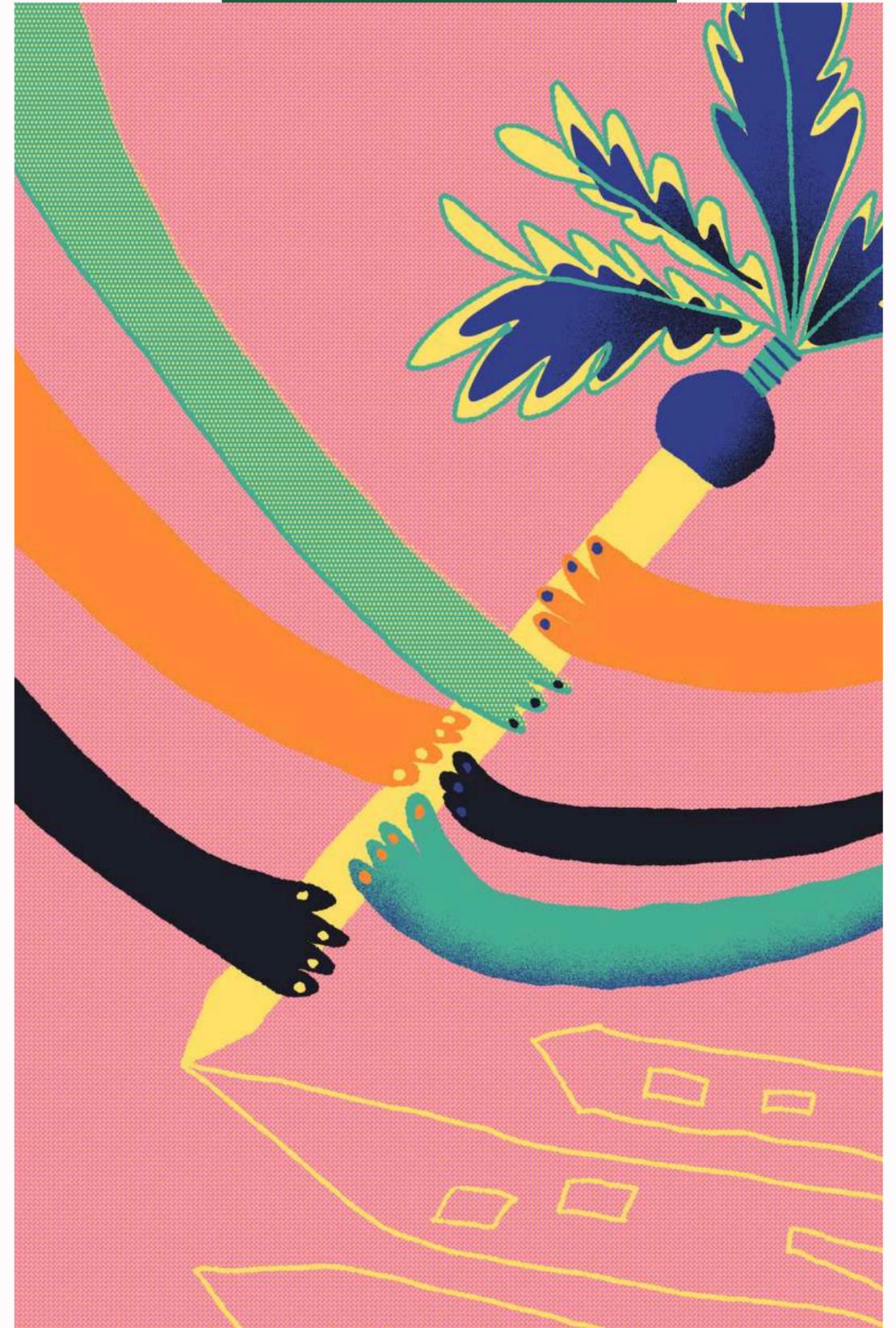


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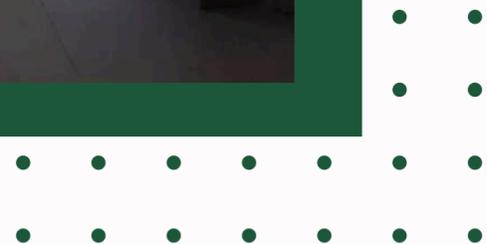
PLANNING FOR CARE THROUGH COMMUNITY LIVING

COLLABORATIVE HOUSING FOR OLDER
PEOPLE IN SPAIN — AND WHY PUBLIC
SUPPORT IS ESSENTIAL



Context

- Ageing population + care crisis
- Family (women) as main caregivers in Spain
- Current model is insufficient
→ New alternatives emerge



COLLABORATIVE HOUSING (SENIOR COHOUSING)



- Self-managed communities
- Private homes + shared spaces
- Care, mutual support, interdependence
- A life project, not only housing

Why people join

- Not growing old alone
- Stay active
- Accessible homes
- Shared services
- Plan future care needs ahead



How communities organise care: Planning ahead

- Future dependency is discussed early
- No improvisation → proactive planning



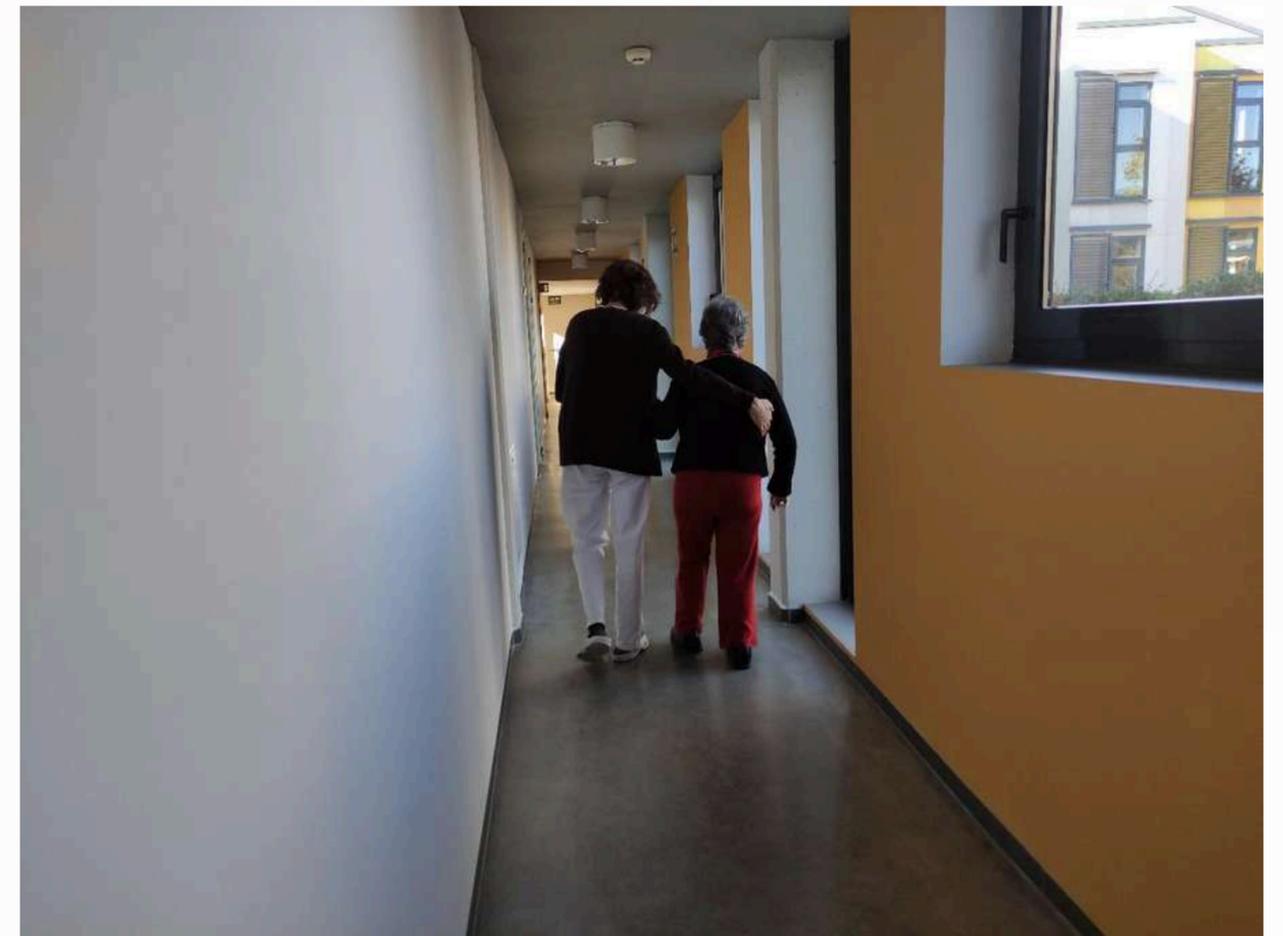
How communities organise care: Care is mutualised

- Common care funds (monthly contributions)
- Example (Trabensol):
 - 70% of dependency costs → community
 - 30% → individual
 - Reviewed every 6 months



How communities organise care: Internal support systems

- Care committees
- Scenario planning studies
- Adapted spaces
- Hired professionals when needed
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LIMITS

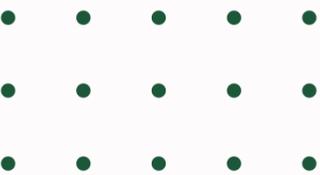
- Intimate/complex care must be professional
- Neurodegenerative diseases are difficult to manage
- Families are not daily caregivers here
- Cohousing is not (yet) recognised within public care systems



Case study: María & José



- José has Alzheimer's → María is main caregiver
- Community provides adapted room & professional support
- Care is shared → María is not alone
- Sharing care prevents isolation, exhaustion, and invisibility



Main challenges

- Low social diversity (mostly white, middle-class, educated)
- High economic barriers
- Risk of elitisation
- No national legal framework



PUBLIC SUPPORT IS ESSENTIAL

The goal is cooperation, not substitution

Public support could:

- provide land & funding
- recognise cohousing legally
- include public care services (SAD, benefits, staff)
- ensure equity and inclusion



**It is not only about where we live, but
how we want to care and be cared for**



THANK YOU

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