

HABITAGE project

Maëlle Scouvemont & Valériane Tannoia
*In collaboration with Gwendoline Schaff, Nikita Bely, Christina Schmidt,
Olivier Bruyère, Catherine Elsen and Stéphane Adam.*
University of Liège
27.02.2024



INTERDISCIPLINARY TEAM

Christina
SCHMIDT

Olivier
BRUYÈRE

Stéphane
ADAM

Catherine
ELSEN

PI's

Nikita
BELIY

Gwendoline
SCHAFF

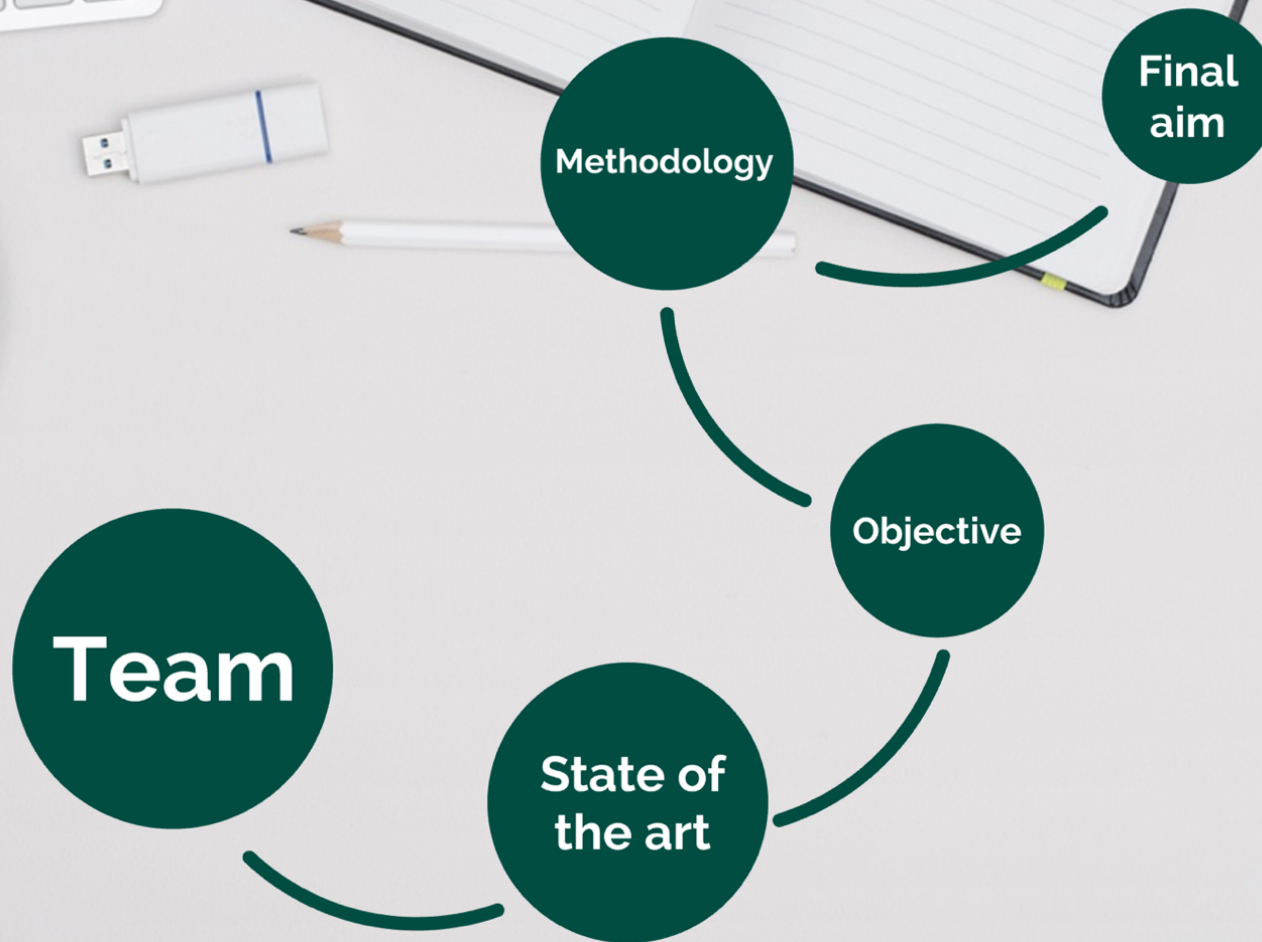
Post-docs

Maëlle
SCOUVEMONT

Valériane
TANNOIA

**Phd
Students**

○ Health
○ Architecture



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Vocabulary

HOME

+

PROXIMAL
ENVIRONMENT

=

LIVING
ENVIRONMENT

STATE OF THE ART

4 KEY POINTS

1. *Population aging*
2. *Older people's desire*
3. *Economic viability*
4. *Territorial feasibility*

Healthy
aging

Other
factors
impact
healthy
aging

Definition

“Having a sense of well-being, the capacity for independent activity, meaningful involvement, supportive environments, and positive attitudes.” (Bartlett H. & Peel N. - 2005)

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Physical activity
&
Sleep

↓

Autonomy

The diagram consists of a large blue circle on a light gray background. Inside the circle, the text 'Physical activity & Sleep' is centered at the top. A white arrow points downwards from this text to the word 'Autonomy' at the bottom of the circle. A dark green curved shape is visible on the left side of the slide.

Autonomy

Vocabulary

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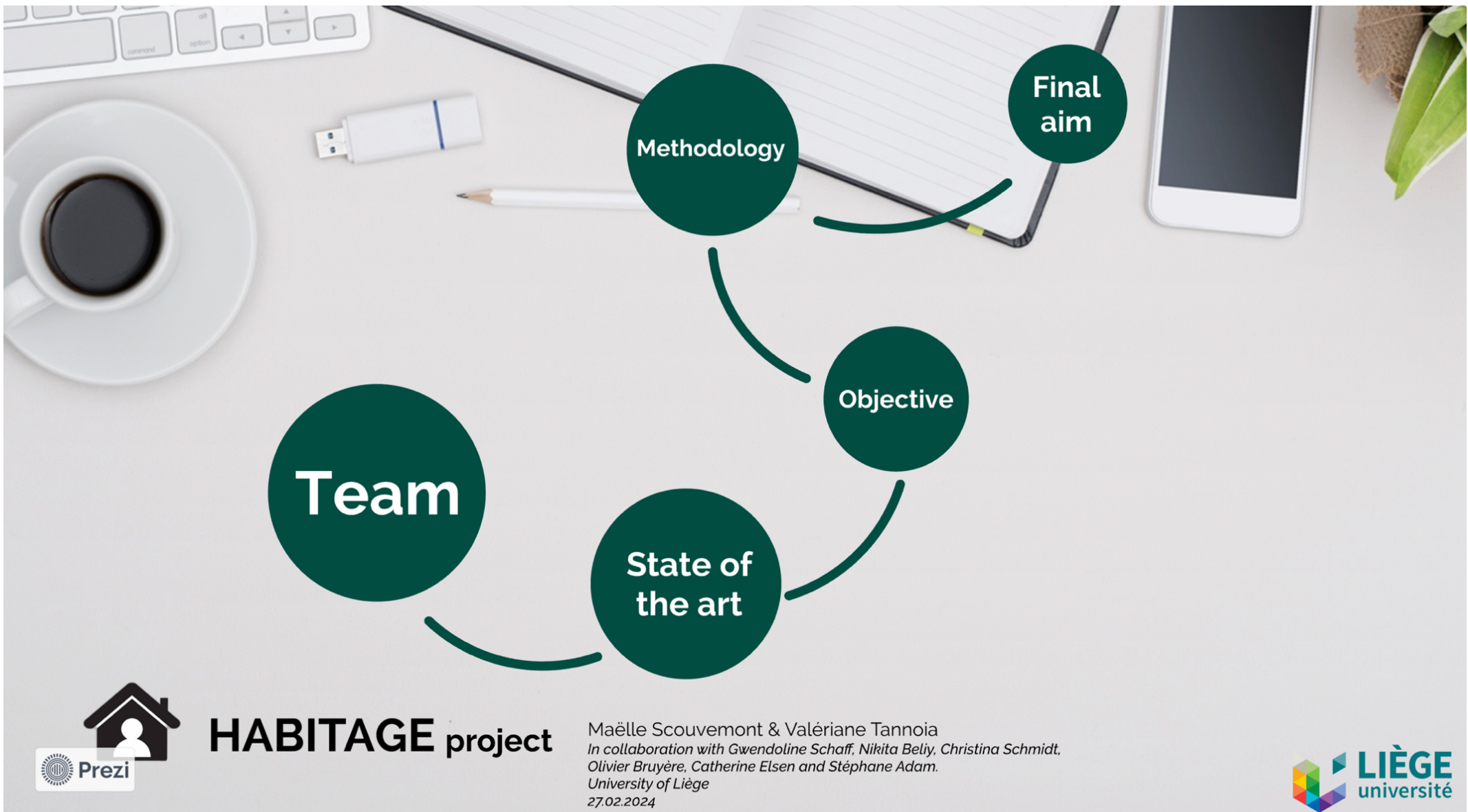
STATE OF THE ART

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Team

Methodology

Final aim

Objective

State of the art



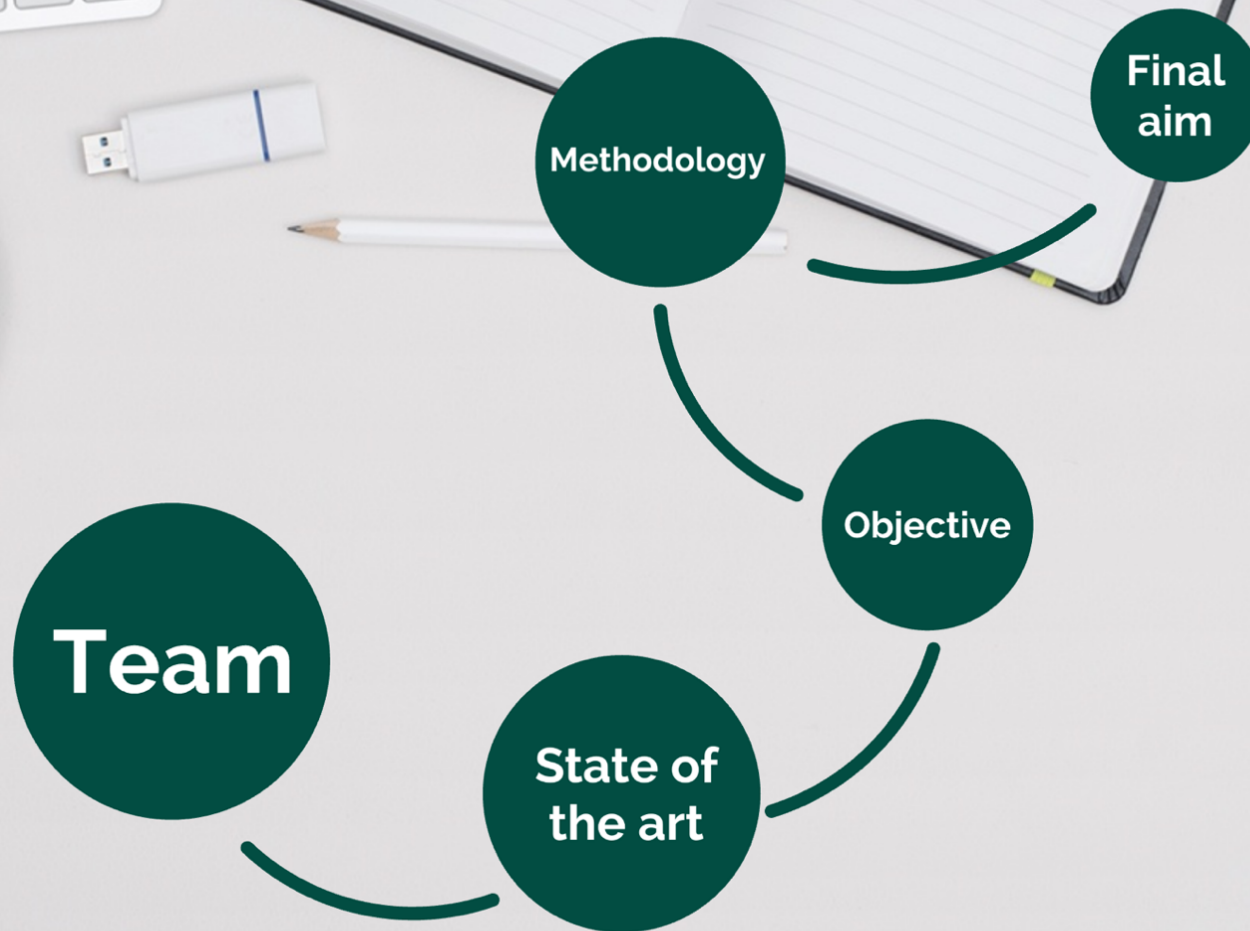
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OBJECTIVE

Exploration the influence of the **living environment** on **physical activity** and **sleep** in the older people.



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METHODOLOGY

WHO ?

Older people ≥ 75
years

WHERE ?

Province
of Liège

WHAT ?

Non-institutional
housing

WHEN ?

2 years of
longitudinal
follow-up

HOW ?

Quantitative &
qualitative analysis
of health and living
environment

HOW ?

Quantitative &
qualitative analysis
of health and living
environment

300 older people

- Physical activity questionnaire
- Sleep questionnaires
- Living environment questionnaire
- Home visits

120

60 'overstimulating' residents

Physical activity
Sleep questionnaires
Living environment
Questionnaires

60 'understimulating' residents

300 older people

- Physical activity questionnaire
- Sleep questionnaires
- Living environment questionnaire
- Home visits

120

60 "overst
habitats

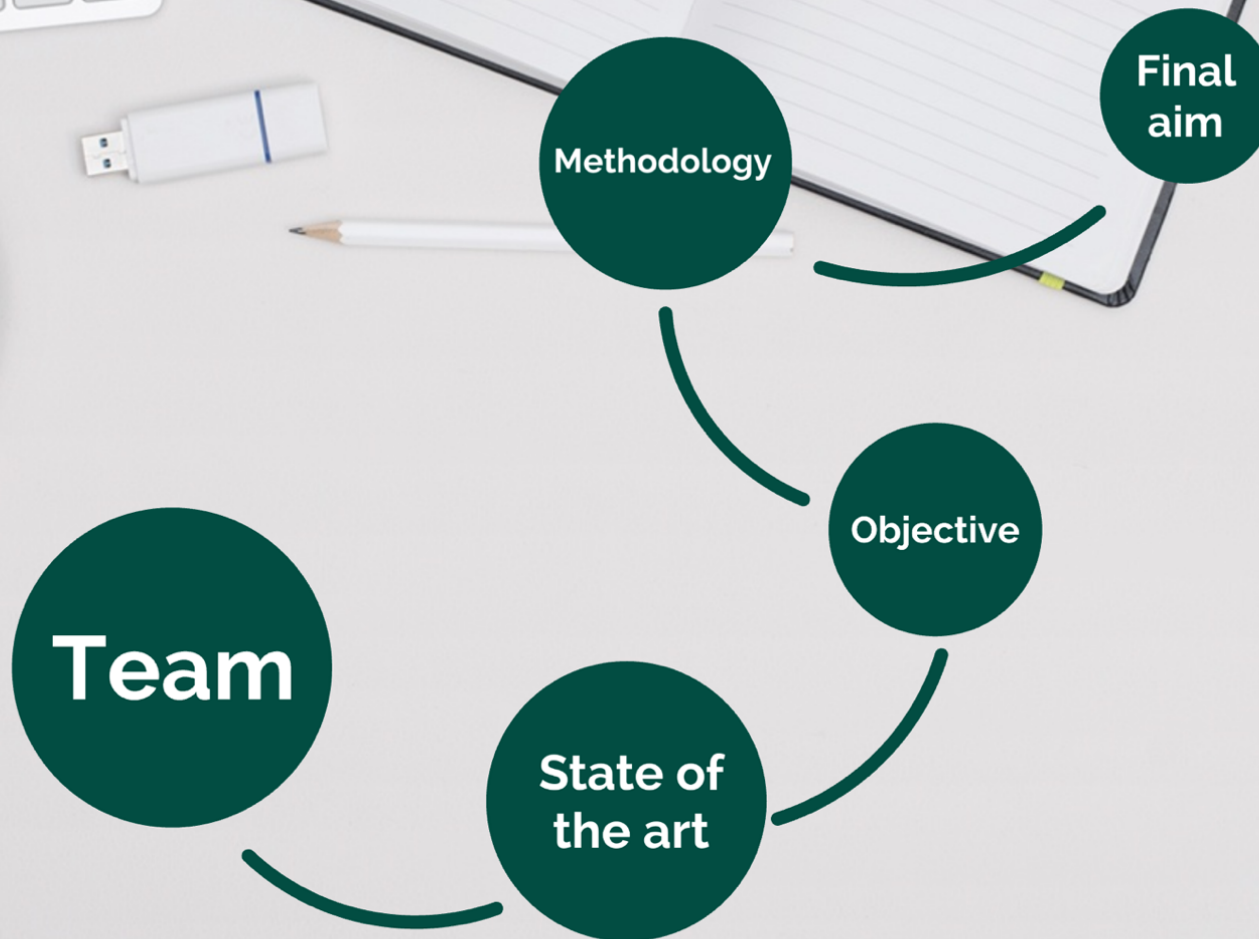
60 "under
habitats

120

60 "overstimulating"
habitats

- **P**hysical activity questionnaire
- **S**leep questionnaires
- **A**ctimeter
- **Q**uestionnaires on changes in the habitat

60 "understimulating"
habitats



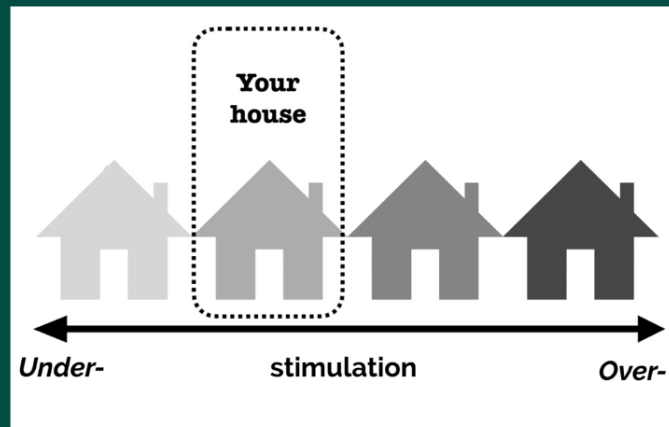
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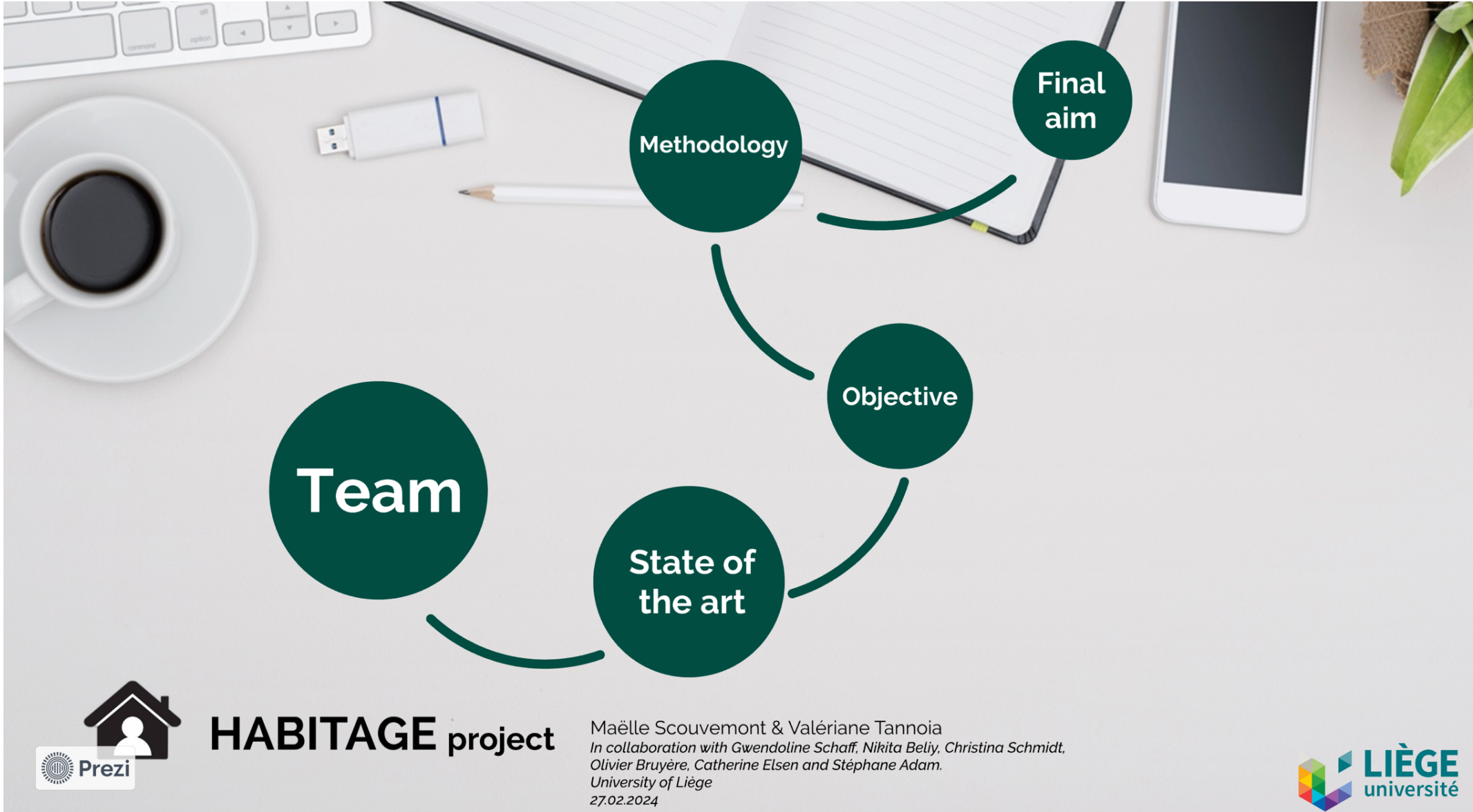
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FINAL AIM

"AGING WELL IN PLACE TOOL"





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