



Bern University
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Recommendations for action

«Ageing in place» in high-rise buildings requiring revitalization

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Recommendations for action

These recommendations are the result of the «Healthy Up High» pilot study. They reflect the views of the tenants of the two high-rise living areas Gäbelbach 31-47 and Holenacker 85 in Bern, Switzerland, as well as various stakeholders. The research group aimed to develop recommendations for action, which could possibly be relevant beyond these two high-rise living areas.



Indoor spaces

- ▶ **Obstacle-free and barrier-free interiors:** Age-appropriate bathrooms, doors, door handles, locks, thresholds, signage, lighting design and seating.
- ▶ **Reactivating communal areas:** Their use can be adapted to the needs of tenants. Involvement of social planners, neighborhood support, churches, or neighborhood associations. Temporary use by local businesses, pop-up markets, pop-up physiotherapy, nutritional counseling, etc.
- ▶ **Entrance areas as informal meeting points:** Creating an inviting atmosphere with interior plants, suitable seating, a serviced coffee machine, etc.
- ▶ **Laundry rooms as informal meeting places:** For example, through the provision of a small table and chairs, and the use of attractive colors.
- ▶ **Staircases as an exercise opportunity:** Promoting health through the installation of a «Vitaparcours» with appropriate signage in the buildings.



Neighborhood

- ▶ **Activating/stimulating the neighborhood though:** Support from professionals such as social planners, social and cultural animators.



Outdoor spaces

- ▶ **Obstacle-free and barrier-free:** Good lighting and secure pathways, including handrails.
- ▶ **Walkways:** Uniform, well-maintained, non-slip, well-marked. Designated footpaths.
- ▶ **Age-appropriate seating:** Adequate height, including a backrest, situated along main walkways, sheltered from rain and sun.
- ▶ **Barrier-free disposal facilities:** For example, large enough disposal bins, so that older tenants do not have to disassemble their cardboard boxes.
- ▶ **Improving «green spaces»:** Shifting away from the monopoly of green lawns towards diverse landscaping (e.g., pathways, wildflower meadows, shady areas, shrubs).



Nutrition and exercise

- ▶ **Improving the provision of food:** Through, for example, community lunches, communal cooking, regular market stands including seating areas.
- ▶ **Designating walking paths** with indicated distances around the area. Integrating specific exercise options, such as a barefoot-circuit or a Kneipp-basin.