

## Social Research Call

**Title:**

*Senior cohousing as a residential alternative for aging in place: impact on people's lives*



**Acronym:** SOCIAL\_COHOUSE

**Project leader:** María Luisa Delgado Losada

**Host organisation:** Universidad Complutense de Madrid

**Main purpose of the project:** The main objective was to identify the benefits of living in senior cohousing, focusing on people who choose this housing alternative as a life project for the development of their aging.

**Design/methodology/approach:** The development of the project is organized into two strategic lines: know the characteristics of people who choose to live in senior cohousing and the benefits of senior cohousing compared with other housing alternatives. It uses a participatory methodology that involves from the beginning of the project.

**Potential results:** The senior cohousing lifestyle is a housing alternative that allows maintaining health and functional, cognitive, emotional, and social status for a longer period and, therefore, provides a higher quality of life for the elderly. The results obtained will significantly change the reality of senior cohousing knowledge in our country.

**Social relevance of the research:** The knowledge generated will have a high social impact and will provide information that will allow better addressing of several social challenges facing Western societies of the 21st century: aging, loneliness and social isolation, housing, economy, environment, health, and integral models of care, among others.

**Originality/value of the project:** This is an innovative project because of the event it studies, senior cohousing as a housing alternative that promotes participation, prevents loneliness and social isolation, and promotes active and healthy aging. Senior cohousing communities are an emerging social phenomenon in Spain with little knowledge.