

Chapter # 2

ARRIVING AT A SURVEY FOR CO-LIVING: Quality of life in aging

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ABSTRACT

Increasingly people look at co-living to cut costs and fight loneliness. For aging populations, the idea is to live well and be serene throughout retirement. In our research, we uncovered characteristics for the creation of a survey for co-living. For this study, we investigated retired independent women in a government subsidized co-living building in Paris to establish desirable criteria to adapt the formula in Canada. At present, there are no such arrangements that have lasted. Retirement homes often do not meet the needs of more independent people. Studies show that people living together while also keeping independent enjoy longer healthier lives. In our qualitative approach, the first step was to have members of the co-living model make regular journal entries to identify desirable traits and attitudes. The journals were analyzed along with data found in the public domain on the group. The data analysis initially resulted in 33 distinct items. After grouping these items, the questionnaire was streamlined, reducing the number of questions from 167 to 78. Following that, we searched established well-being surveys to tease out corresponding questions to the items we had uncovered. We then created a questionnaire. The themes were explored and discussed considering our findings and their relevance. We present the different steps involved and the discussions that were held. Suggestions for further steps will be made.

Keywords: themes for well-being, question items, seniors co-living.

1. INTRODUCTION

Living with others as a formula for a more sustainable way of life is garnering increasing interest (Myers, 2024). Many projects of a more cooperative nature have been reviewed in the document entitled Europe ICE-11 describing many successful formulas that show a renewed interest in co-housing and commitment by several actors including architects. This included creating more user-friendly spaces. Many of these European projects are inter-generational, however, in some cases, the young people had left the co-housing arrangement. Of almost 500 projects investigated (Europe Review, 2012), very few are dedicated to aging populations, only two of them were expanded upon, one being the Babayagas House in Paris, the object of the present study, which was highlighted and received much praise.

With aging, people are faced with increasing challenges (Bambeni, 2022). The idea is to live well and be serene throughout retirement. As our societies are increasingly concerned with sustainable living, we see that seniors are often overlooked. Yet there is going to be an increase in these populations. Groups of seniors in North America, just like the groups in Europe are also getting together to create co-living spaces. Few have lasted or included people with more moderate incomes (Myers, 2024).

In Canada, new attempts are being made but financial constraints add to the burden. In addition, retirement homes are costly, usually over \$3,000 per month and often do not meet

the needs of more independent people, often seniors find themselves even more isolated and vulnerable.

Living alone in aging has also become fraught with issues. The idea of each person having a separate small apartment yet working together as a collective supporting one another as in the Babayagas House has much appeal. These co-living renters see to their governance, remain active and develop friendships. Based on what was uncovered in their context, we developed a survey to administer in Canada, first devising it, then reviewing it and submitting it to prospective target populations for annotations to provide the best possible fit.

2. BACKGROUND

In several studies, it was shown that aging people are faced with many challenges (Li, Goh, Jhanjhi, & Balakrishnan, 2021) and we investigated these in this study to alleviate some of the issues they are confronted with. Among the major hurdles are loneliness, the need for social support and help with adaptation to a changing environment and emotional well-being which is believed to be increased through co-living arrangements (Brandt, Liu, Heim, & Heinz, 2022).

Loneliness is a common psycho-social challenge among elderly individuals, especially those living alone or in institutionalized settings (Donovan & Blazer, 2020). Research indicates that loneliness can exacerbate mental health issues such as depression and anxiety. It also has a direct impact on physical health, leading to higher rates of morbidity and mortality (Mushtaq, Shoib, Shah, & Mushtaq, 2014). The UCLA Loneliness Scale is a widely used tool that measures feelings of social isolation, which is crucial in assessing the emotional well-being of elderly people in shared housing environments (Hughes, Waite, Hawkey, & Cacioppo, 2004).

Everyone needs social support with older people requiring even more of it as for instance women outliving their partners, and, also, possibly friends and other family members. In addition, as elderly populations face rapid changes in technology and lifestyle norms, they require more support to adapt effectively (Mace, Mattos, & Vranceanu, 2022). Research shows that providing structured community support, including technology education and access to social services, helps seniors maintain autonomy and improves their quality of life. Social connections also play a vital role in adaptation (Ghența, Matei, Mladen-Macovei, & Stănescu, 2022). The SF-36 Health Survey includes measures on social functioning and mental health, which can be integrated into tools assessing elderly adaptation (Lins & Carvalho, 2016).

Emotional well-being is of crucial importance as studies (Brandt et al., 2022; Dhanabhakya & Sarah, 2023) have shown that opportunities for social engagement in a supportive atmosphere, decrease the risk for social isolation, while autonomy, emotional intelligence and collaboration are highlighted as critical for maintaining a balanced co-living environment. According to Dhanabhakya and Sarah (2023) and Myers (2024), creating subscales for emotional well-being could include elements of positive relationships, positive emotions and self-acceptance.

In addition to identifying various factors from the analysis of data on the participants, this study aimed at providing a questionnaire to ensure more reliable characteristics for people to be able to live together in the long run in Canada. The Babayagas House in Montreuil has received many accolades and was identified as a good source for our research.

To carry this out, we first investigated retired independent women living in this government-subsidized rental co-living building in Paris, to establish desirable criteria to adapt the formula in Canada. At present, there are no such arrangements that have lasted, despite some examples of friends living together with co-living as a choice for independent retired women.

The method used is qualitative in nature (Creswell & Poth, 2018; Lincoln & Guba, 1985; Patton, 1990, 2015).

After researching the literature on elderly people's characteristics, we searched the literature for information on appropriate formats for the most relevant questionnaires that could be models for the creation of the inventory for our study (Kirkwood & Cooper, 2014; Robitschek, 1990; Watson & Clark, 1988).

3. METHOD

3.1. Literature Review

First, there needed to be a thorough literature review on well-being in housing facilities, particularly those catering to retired educated women. We looked for studies, articles, and research papers that discuss the factors influencing well-being in this demographic. We also focused on existing questionnaires or surveys used in previous studies related to autonomy, community well-being, and housing facilities for similar populations.

The following methods were explored to search for existing inventories and questionnaires:

- i. Online databases: academic databases such as PubMed, PsycINFO, Google Scholar and ResearchGate were accessed to search for relevant studies and surveys on well-being in housing facilities for retired educated women. Keywords such as "retirement housing," "well-being," "autonomy," and "survey questionnaire" were used to narrow down the search.
- ii. Professional organizations and institutes: websites of professional organizations and institutes dedicated to gerontology, housing studies, and women's health were explored. These organizations often publish research reports, guidelines, and resources related to well-being assessment tools and surveys.
- iii. Collaboration with researchers: a few Zoom meetings concerning the research project took place, where valuable insights and recommendations were shared among the participants with the Principal Investigator in attendance.
- iv. Other literature reviews: literature reviews in the field of well-being and housing studies were examined. These reviews summarized existing research findings and referenced relevant surveys used in previous studies.

3.2. Identification of Relevant Questionnaires

We searched for well-known inventories and questionnaires that cover aspects related to residents' experiences and needs in housing facilities (Harlacher, 2016). Some key areas focused on included:

- i. Autonomy: Questions related to independence, decision-making, and control over one's life.
- ii. Community well-being: Questions related to social connections, support networks, and opportunities for engagement within the housing facility and the surrounding community.
- iii. Living conditions: Questions about the physical environment, safety, comfort, and accessibility of amenities within the housing facility.
- iv. Support: Questions about the availability and effectiveness of support services such as healthcare, caregiving, and assistance with daily tasks.
- v. Opportunities for engagement: Questions about participation in social activities, recreational programs, volunteering, and community events.

3.3. Review of Existing Questionnaires

Some of the inventories and questionnaires listed below were explored:

i. WHOQOL-BREF (World Health Organization Quality of Life - Brief Version): This questionnaire covers various domains of well-being, including physical health, psychological well-being, social relationships, and the environment.

ii. SF-36 Health Survey: This was originally designed to assess general health status. However, it also includes questions related to physical functioning, social functioning, and mental health, which are relevant to autonomy and well-being.

iii. UCLA Loneliness Scale: This scale measures feelings of loneliness and social isolation, which are important aspects of community well-being.

iv. Housing Satisfaction Survey: Existing surveys specifically designed to assess satisfaction with housing conditions, amenities, and community aspects were explored.

3.4. Steps Taken First: Adaptation and Customization of Questions

i. After relevant questionnaires were identified, we carefully reviewed the items and selected those that best aligned with the specific focus of the study on autonomy and community well-being in housing facilities for retired educated women.

ii. The questions were adapted as needed to ensure they were relevant and appropriate for the target population and research objectives. Factors such as language clarity, cultural sensitivity, and the unique needs of retired educated women were considered.

3.5. Next Steps Taken: Annotation by Target Population

Before finalizing the questionnaire, we submitted the questionnaire to five retirement housing facilities for annotation by guests. This helped identify any issues with question wording, response options, and overall survey structure that needed to be addressed.

3.6. Final Steps Taken: Finalizing the Questionnaire

Any necessary revisions were made to the questionnaire. We had to ensure that the final version was clear, concise, and effectively captured the relevant aspects of autonomy and community well-being in the target population. An expert in gerontology and research methodology was consulted to ensure that the questionnaire meets the expected standards. We teased out corresponding questions to the items we had uncovered from existing inventories and grouped them into themes. This enabled us to avoid field testing the questions and in addition, we already were ensured that these items had worked in widely used well established questionnaires. Repetitions were eliminated, as well, and themes were regrouped to reduce the number of questions. We reduced the questions to the lowest possible number while still staying true to our objective.

3.7. Parallel Activity

While working on identifying relevant questionnaires, in the meantime the idea was to have members of the identified co-living model make regular journal entries to be able to uncover desirable traits and attitudes through their regular routines. We retrieved information from five journals with mostly daily entries over several months. Other documents were also analyzed to provide for triangulation, such as interviews by journalists as well as other magazine and newspaper articles, and lists of features were created, including the list of responsibilities from the House Charter each member was expected to sign and commit to.

Overall, we aimed to uncover the characteristics for the creation of a survey to identify seniors who would best qualify for co-living arrangements.

The participants were tenants in the Babayagas House in Montreuil. The journals were analyzed along with data found in the public domain on the group as mentioned just above. Identified categories were grouped into themes.

Using all the available information we had arrived at we then created a questionnaire with a 5-point Likert scale presented under a format with radio buttons. The final full-length questionnaire includes 33 theme sections containing the topics mentioned above with various numbers of questions under each section going for example from one to 17 for autonomy. The autonomy section is the most important one and it is further subdivided into four sections.

4. FINDINGS

The themes were explored and discussed based on our findings and their relevance.

4.1. Themes Uncovered

We gleaned specific information that could facilitate the situational context such as presented below. With each identified topic we associated a question or a series of questions to uncover characteristics that were deemed desirable in the selection of future participative co-housing partners.

As a result, the initial tentative inventory includes 24 items with 167 questions. These items resulting from the data analysis include accountability, autonomy, collaboration, emotional intelligence, engagement, fairness, feminism, forgiveness, good listener, gratitude, honesty, kindness, love of learning, modesty, openness, persistence, pragmatic politeness, positive emotions, positive relationships, positive thinking, satisfaction, self-acceptance, sense of humour and sociability.

These items above appeared to be of great relevance in the hope of circumventing half-truths as identified among co-housing dwellers. From the above, the items referring to qualities, were coded as identified in journal entries, then placed in categories before grouping them into themes, and matched to relevant questions in the existing inventories. There were entries in the journals of conversations about general items as well, that were added to the questionnaire as they have relevance. We further developed questions related more specifically to general items gleaned from the Babayagas House Charter and information available in the public domain, as resulting from interviews. The difference between these items and the qualities uncovered as mentioned above is the fact that they are not connected to well-being and therefore simple questions we created would deem to be acceptable without further research. For example, items corresponding to whether a common space was desirable, how involved tenants would want to be in workshops and the like. Such items are practical. More specifically, there was a concern regarding the ideal number of people to share housing, considering that there are 25 units in the Babayagas House. In the data we uncovered that one tenant indicated 11 as the desirable number for such a co-living unit, it shows that this co-living member was thinking of people at the Babayagas House who share enough affinities. Another opinion on this topic, also expressed by a tenant appeared in the data, "more than 12 but fewer than 22". This also seems to refer to that person's experience. Indeed 22 units are dedicated to the women but three are occupied for equity reasons by a young family, a handicapped person and men. This co-living member is not happy about the additional dwellers in the building who are not part of the Babayagas group, not sharing responsibilities. The other tenants did not express any concerns over the number of units in the Babayagas House.

The questionnaire items mostly based on the House Charter also have to do with more practical questions and these too seemed to constitute bones of contention.

In terms of issues, first, there appeared to be conflicts due to very diverging backgrounds. The criteria for access to the government subsidized unit, were low income in aging due to a variety of factors at present, with no bearing on previous socio-economic status nor background. So, the previous socio-economic status appears to have an impact on the behaviors and the differences take away from cohesion. Hence, we thought that getting a

general background on prospective co-housing residents might be useful, especially because a lack of commitment to the community was identified in several cases.

Another concern was raised about men not being allowed to stay as residents with the women. According to the living arrangements for the Babayagas women specifically, men cannot live in the Babayagas house, they cannot move in, only visit for short stays. The women also often invite guests during their monthly dinners. The Babayagas women are often criticized because of their feminism which is however one of the basic principles of their living arrangements corresponding to a sort of 'sisterhood'.

Self-space management as an entry seemed to be important as they all have their own space varying from very small studios to more spacious ones with only three models available. Each, however, has a balcony which also allows cultivation. Plants on balconies included mostly flowers according to our findings, so it seemed appropriate to question notions on space management. After these findings, sections were added namely cooperative living, social gathering, interest in activism, activism opportunities, participation in decision-making, common activity and knowledge sharing, commitment to refuse prejudice and discrimination, openness to city surroundings, feminism and gender equality, religion diversity and non-discrimination, promoting first aid and knowledge, visionary, and adherence to rules.

We also developed a shorter version of the inventory. For this abridged version of the questionnaire, all 33 sections were maintained, and any questions that appeared somewhat superfluous were eliminated, trimming down the questions to 74 by removing, good listener, modesty, sense of humour and sociability and questions covering similar contents.

4.2. Division into Practical Sections

In deciding on the division of sections for the questionnaire concerning the more practical aspects, we carefully considered the overarching themes that we aimed to measure within the specific context of autonomy and community well-being in housing facilities for retired-educated women. After some deliberations between the Principal Investigator and the Research Assistants, this part of the questionnaire was structured into several key sections to effectively capture the multifaceted aspects of well-being pertinent to this demographic (Diem, 2002).

These sections included:

i. **Autonomy:** This section encompasses questions relating to independence, decision-making, and the degree of control individuals have over their lives within the housing facility environment. By addressing autonomy, the idea was to shed light on the residents' sense of empowerment and self-determination. This subscale measures the level of independence seniors experience in their living environment. Questions focus on decision-making capacity, control over daily routines, and personal space management. The reason for inclusion is that autonomy is vital for the elderly to maintain a sense of self-determination, which is closely linked to emotional well-being (Bölenius, Lämås, & Edvardsson, 2023). Studies show that elderly individuals who feel empowered to make decisions in their daily lives exhibit lower levels of stress and depression (Jeon & Dunkle, 2009).

ii. **Community well-being:** Here, questions were included about social connections, support networks, and opportunities for engagement within both the housing facility and the broader community. This section aims to assess the strength of social bonds among residents and their sense of belonging and connectedness. This subscale assesses social connections, engagement in communal activities, and support networks within the living environment. The reason for inclusion is that social integration is directly correlated with improved mental health and reduced feelings of loneliness (Wickramaratne et al., 2022). Seniors living in

communal settings that encourage social bonding tend to experience enhanced life satisfaction (Park & Kang, 2023).

iii. Living conditions: This section delves into the physical environment, safety measures, comfort levels, and accessibility of amenities within the housing facility. Examining living conditions helps to understand how the built environment contributes to residents' overall well-being and quality of life. The questions related to that were drawn from the existing context as desirable, given it is highly praised internationally, and relevant items were added to the questionnaire.

iv. Support Services: In this section, questions concerning the availability and effectiveness of support services were incorporated, including healthcare, caregiving, and assistance with daily tasks. Understanding the adequacy of support services is crucial for ensuring that residents' needs are met and enhancing their overall well-being. This measures the availability and adequacy of healthcare, caregiving, and assistance with daily tasks. The reason for inclusion is that seniors face physical and cognitive declines and reliable access to support services becomes critical for their overall well-being (MacCourt, 2008). This subscale ensures that the physical and mental health needs of residents are met efficiently.

Each section was meticulously crafted to address specific facets of well-being while maintaining coherence and relevance to the research objectives. Organizing the questionnaire in this structured manner, was aimed at obtaining comprehensive insights into the autonomy and community well-being of retired educated women residing in housing facilities, thereby informing interventions and policies tailored to their unique needs.

This section of questions will be very useful for the overall planning of such housing facilities in the future although not directly aimed at self-administration by the target population, but rather useful for organizers.

4.3. Elimination of Questions for Reliability and Validity

To refine the questionnaire, a methodical journey was pursued to ensure that the final instrument was concise, focused, and directly aligned with our research objectives. This involved a series of deliberate steps aimed at streamlining the questionnaire while retaining its relevance and effectiveness (Vomberg & Klarman, 2021). First, a meticulous review of each question took place, considering its significance to our research goals and the specific population of retired educated women in housing facilities. Questions that did not directly contribute to addressing our research aims or did not apply to our target demographic were identified as candidates for elimination. Next, the questionnaire was scrutinized for any redundancy or overlap among the questions. Duplicates or similar inquiries that measured the same construct using different wording were flagged for removal. This process ensured that we maintained clarity and avoided unnecessary repetition, thereby enhancing the questionnaire's efficiency. Furthermore, we consulted a measurement expert to conduct a thorough evaluation of the psychometric properties of each question, including reliability and validity. Questions demonstrating poor psychometric properties or failing to align with established measurement standards were considered for elimination to uphold the questionnaire's robustness and integrity. Additionally, we sought input from stakeholders, including retired educated women living in housing facilities, fellow researchers, and an expert in the field of gerontology. Their perspectives and insights helped identify questions that were less meaningful or relevant to our target population, guiding our decisions about which questions to retain and which ones to discard.

5. DISCUSSION AND CONCLUSION

In the following paragraph we shed light on the importance of having identified relevant items for the questionnaire. This is followed by a summary, broader discussion and conclusion.

Through co-living as experienced within the setting of the Babayagas House and with the question items devised, as regards loneliness, although it was described by Donovan and Blazer (2020) to cause serious mental problems, as observed in elderly people by these researchers, loneliness can be curbed and hence exacerbated mental health issues can be avoided. In addition, with the average age of Babayagas women being 75, early mortality caused by loneliness and poor health can also be eliminated, corresponding to what Mushtaq et al. (2014) uncovered.

In our study, we also uncovered how in the co-living arrangement people benefit from social support and help to adapt to the changing world. They help one another with technology and organize workshops to keep abreast of changes and innovations as well as lifestyle adaptations such as new gardening techniques. This supports the results uncovered in the needs identified by Mace et al. (2022). This provides elderly people with the capacity to maintain a certain autonomy and a better quality of life, a need Ghenta et al. (2022) identified in their study.

Our inventory also includes questions related to the above. Other items are included as well concerning health, which is in line with Lins and Carvalho's (2016) recommendation to measure elderly adaptation, namely social functioning and mental health.

As already identified by Dhanabhakym and Sarah (2023), and also uncovered in participants' journal entries (Myers, 2024), in the creation of subscales as we developed our questionnaire, we included various elements as recommended, namely on positive relations, positive emotions and self-acceptance.

The importance of these items was moreover corroborated by the elderly women of the Babayagas House in Paris, as having positive outcomes (Myers, 2024).

In summary, we set out to investigate an internationally recognized successful co-living situation, namely the Babayagas House in Paris for independent retired women, because of the increasing need for such arrangements in our society as well as many unsuccessful attempts across countries and various situations. More women outlive their partner and find themselves alone with more limited financial and people resources. This was a timely study. There are retired people worldwide trying to set up such co-living arrangements in many different forms.

The idea was to identify characteristics to permit harmonious co-living arrangements for retired independent women, to alleviate the impact of the dire circumstances in which some of them find themselves, and this by using a selection questionnaire. We managed to arrive at a very interesting all-encompassing list, plus a shorter version of the questionnaire for more practical reasons, allowing for self-identification. Thus, we recommend for further research adopting a more extended all-encompassing version of a questionnaire for administrator's use during an interview and elaborate a shorter version for self-administration. This is in line with the conception of other inventories, for which there also is a shorter version. Investigating possible questionnaire formats, we examined existing questionnaires and adaptations of scales, for instance how Carver's (1997) Brief COPE inventory was adapted in its layout, and the use of strategies from the COPE inventory (Carver, Scheier, & Weintraub, 1989) with five scales as well as other coping scale adaptations.

After submitting the questionnaire to present residents in Canadian retirement homes we were advised that it was too lengthy. As a result, we trimmed it down further and we now have two versions, the longer version for administrators to interview prospective cohousing

members and possibly more alert seniors able to take the survey on their own, and a shorter questionnaire, easy to be self-administered and scaled down for the aging, with only 78 questions to make it more user-friendly compared to the initial 167 questions.

In addition, in the Canadian context, the retirement home residents were hesitant about the questions related to activism and advocacy, which is one of the important features that helps create a community in the French housing project.

By following this systematic process, we successfully refined the questionnaire, ensuring that it remained focused, relevant, and aligned with our research objectives. The resulting instrument was poised to provide valuable insights into the autonomy and community well-being of retired educated women in housing facilities, empowering us to make informed decisions and drive positive change in this important area of study. We strongly recommend that further research adopt the steps taken, initially gathering data on the population targeted by the questionnaire and teasing out specific background information so that cultural contexts and other such relevant items are taken into consideration.

Regarding the context of participative co-living in aging, in most cases, communication played out according to Luhmann's (1995) thinking that negotiations oscillate between agreement and opposition. According to the researcher, the process moves on with constant changes between asymmetry and remaking symmetrical (p.125). Luhmann's (1995) theory about systems complexity points to the unavoidable reciprocal adaptation of organisms to each other, which makes our questionnaires about co-living even more relevant. This appears to be so in the case of the groups of women coming together. There are however some members in the Babayagas house who do not partake and hence lack contact in a participative way in the cohousing model. Hence, offering a questionnaire for the selection of prospective members could provide a welcomed solution. For further research on such communities, one should keep in mind the fluctuating ways people adjust to one another. Perhaps allowing for some dissonance among subgroups is necessary, and questions about approaches to problem solving would be key. It is important to be able to get all members of the community together to fight loneliness.

Overall, the co-housing collective can be likened to a community of practice (Lave & Wenger, 1991; Wenger, 1998), with people coming together, finding common ground (Olson, 2003).

The backgrounds of the women are very diverse because although they lived in France for a long time their cultures of origin are not necessarily French, and it was interesting to glean information on their attitude toward participation and see how it played out. According to researchers, it is possible to reach common ground because knowledge and cultural aspects allow for reflective co-orientation (Luhmann, 1995; Olson, 2003). Therefore, by living together sharing activities and interacting regularly the group members can achieve the desirable outcome. Independence for this group did not mean a lack of collaboration and cooperation. Thus, it could mean that people who are typically loners may not fit within such a group. However further research is needed to identify what such persons could contribute.

Luhmann (1995) also mentions the notion of attempts at aligning paths and many of the co-housing members put effort into doing so and found joy in the realization that they developed friendships. However, these feelings are also somewhat mixed as the fact that some of the women do not contribute to the maintenance of the garden, but enjoy reaping its fruit, is frustrating those who put effort into gardening. Hence questioning willingness to participate and propensity for sharing seems relevant for such a survey.

As far as the notions of cooperation, or competition are concerned, regarding the common spaces like in their garden as mentioned above, cooperation left much to be desired. Overall, however, there was an obvious coming together of minds (Olson, 2003). Perhaps, instead of having spontaneous cooperation stem from a group, people could be asked to volunteer their specific skills and then from there, affinity groupings could be formed.

Regular meetings of the group enabled them to reach conclusions together and make the best decisions as regards group interests. These decisions were not always well received and having like-minded co-housing partners would alleviate some difficulties related to consensual decision making which is a feature in the Babayagas House Charter. Hence the idea of an inventory questionnaire in order to find commonalities as mentioned above could be necessary, as well as finding out people's willingness to contribute, in a given area of their choice.

The participants were very supportive in exchanging knowledge and learning from one another. This was one of the most successful aspects among co-housing members, they really appeared to care deeply about the wellbeing of their fellow co-inhabitants. They helped each other with special i-phone features, gave advice and answered questions others had, based on their personal life experiences, sharing openly. They conducted workshops, encouraged critical reviews of films followed by discussions, providing a stimulating intellectual climate. They invited journalists and students to lunch. This was cited in the magazine Elle (2023). This reflected leadership ability in some of the co-living members. Further research could include investigating the role and or, need of leaders in such groups.

To expand on the use of the questionnaire, it appears that adaptation to diverse backgrounds of aging populations would be welcomed, if not using the same questionnaire where relevant.

As for the use of the questionnaire findings, perhaps it could also mean that different groups of people with similar types of affinities could also constitute a co-living group displaying some of the features in a similar way. Perhaps tallying the categories of responses and then grouping together people who gave similar answers would allow for people with more affinities to be placed together, as they would be more like minded. Therefore, the questionnaires could be used in different ways, which adds to their usefulness.

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