

Alternative Modes of Living For An Ageing Population in the Rise of Multigenerational Living – Emily Haycock

This paper firstly recognises how the current UK housing stock has, and continues to, compromise the health of older people. It continues to present multigenerational living as a solution to loneliness, better health and well-being, and increased intergenerational solidarity; where active participation in later life is the primary driver of these benefits. Multigenerational living has existed globally for centuries and its benefits to all participating generations have been extensively researched and evidenced. This dissertation explores the perceived barriers limiting multigenerational living as a viable option in the UK and projects its feasibility through discussion with a focus group. The paper concludes that raising awareness of these contemporary solutions is critical in prompting a pivotal shift in housing for older people, and subsequently an exponential increase in active participation and better well-being in later life. Presenting this research to members of the u3a would allow me to fulfil the endeavours set out in my conclusion; to share contemporary housing options (and their benefits) with the next generation of older people, particularly to those already actively participating in great organisations such as the u3a.