Dutch Retirement Home Article

Warmer questions:

* What is ageism?
* Have you ever experienced it or seen an example of it?
* In what ways/situations are people discriminated against because of their age?
* Do you think older people are treated well in your society?
* What type of problems do elderly people face in modern society?
* How could this be improved?
* Do you think the way in which older people are treated has got better or worse in your lifetime?
* Are young and elderly people well integrated in modern society? If not how can we improve this?

Give out article and have students read it, clear up any vocabulary issues.

Discussion questions:

* What do you think of the program?
* What are the potential advantages and disadvantages?
* Why would this program appeal to the students?
* Why would this program appeal to the elderly people?
* What would the students get out of the program?
* What would the elderly people get out of the program?
* Would you have liked/like to spend your university years living in a retirement home?
* Would you like to live in a home like this when you retire?

**Dutch nursing home offers rent-free housing to students**

A nursing home in the Netherlands allows university students to live rent-free alongside the elderly residents, as part of a project aimed at warding off the negative effects of aging.

In exchange for small, rent-free apartments, the Humanitas retirement home in Deventer, Netherlands, requires students to spend at least 30 hours per month acting as “good neighbours,” Humanitas head Gea Sijpkes said in an email to PBS NewsHour.

Officials at the nursing home say students do a variety of activities with the older residents, including watching sports, celebrating birthdays and, perhaps most importantly, offering company when seniors fall ill, which helps stave off feelings of disconnectedness.

Both social isolation and loneliness in older men and women are associated with increased mortality, according to a [2012 report](http://www.pnas.org/content/110/15/5797.full) by the National Academy of Sciences of the United States of America.

“The students bring the outside world in, there is lots of warmth in the contact,” Sijpkes said.

Six students from area universities Saxion and Windesheim share the building with approximately 160 seniors. They are allowed to come and go as they please, as long as they follow one rule: Do not be a nuisance to the elderly.

Sijpkes joked that this is not difficult for the younger residents, especially since most of the older people living at the home are hard of hearing.

The program started two years ago after Sijpkes received an inquiry from a Onno Selbach, a student who complained about the noise and poor conditions of school housing. Sijpkes responded and they began to talk and design the exchange program.

Similar intergenerational programs exist in Lyons, France and Cleveland, Ohio, according to the [International Association of Homes and Services for the Ageing](http://iahsa.net/Intergenerational_Living.aspx). One program that began in Barcelona, Spain in the late 1990s has been replicated in more than 20 cities throughout the country.

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**Open cloze**

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**Word Formation**

A 1\_\_\_\_\_\_\_\_\_\_(NURSE) home in the Netherlands allows university students to live rent-free 2\_\_\_\_\_\_\_\_\_\_\_(ALONG) the elderly residents, as part of a project aimed at warding off the negative effects of 3\_\_\_\_\_\_\_\_\_(AGE).

In exchange for small, rent-free apartments, the Humanitas 4\_\_\_\_\_\_\_\_\_(RETIRE) home in Deventer, Netherlands, requires students to spend at least 30 hours per month acting as “good neighbours,” Humanitas head Gea Sijpkes said in an email to PBS NewsHour.

Officials at the nursing home say students do a 5\_\_\_\_\_\_\_\_\_(VARY) of activities with the older residents, including watching sports, celebrating birthdays and, perhaps most importantly, offering company when seniors fall ill, which helps stave off feelings of 6\_\_\_\_\_\_\_\_\_(CONNECT).

Both social isolation and 7\_\_\_\_\_\_\_\_\_\_(LONELY) in older men and women are associated with increased 8\_\_\_\_\_\_\_\_\_\_(MORTAL), according to a [2012 report](http://www.pnas.org/content/110/15/5797.full) by the National Academy of Sciences of the United States of America.

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