

VIEWS OF OLDER ADULTS ON THEIR HABITAT IN THE LIGHT OF CHOSEN RESEARCH PROJECTS

Marek NIEZABITOWSKI

Silesian University of Technology, Faculty of Organization and Management, Department of Applied Social Sciences; Marek.Niezabitowski@polsl.pl, ORCID: 0000 0002 7730 2483

Purpose: The aim of this article is to present the qualities which are significant for positive and negative assessment of residential environment by older adults.

Design/methodology/approach: The above mentioned purpose were achieved due to three research projects conducted among older adults living in housing estates in few cities in Upper Silesia. Within these researches quantitative (survey) and qualitative (in-depth interview) techniques were applied. Some concepts and terms coming from environmental psychology like e.g. place attachment have been used.

Findings: As a result of the research presented a set of several element essential for positive and negative assessment of habitat by older residents have been revealed and illustrated. Even if the environment does not fulfil all expectations some qualities like: location or good neighbors seems to outbalance in the estimation of a habitat.

Research limitations/implications: As each housing estate is different and living conditions of older adults change the continuation and repetition of that kind of the research in other residential environments is advisable. One of the reasons for such a continuation is concern about available support and services for that age group in local communities.

Practical implications: As some needs and problems of older residents have been revealed proportion of age groups within housing estates should be monitored.

Originality/value: While some researches on housing of older people are conducted rarely, in limited thematic scope and huge statistical scale, the study presented in this article shows the wider range of issues concerning habitat from the perspective of the experiences of the residents in their late years. The text may be interesting for sociologists, geriatricians, social workers, social politicians and managers of housing estates.

Keywords: older adults, residential environment, place attachment.

Category of the paper: Research paper.

1. Introduction

Residential environment has always been significant for well-being of older persons. It was addressed as a very crucial issue within some scientifically and practically oriented actions, endeavors and ideas. To give a very short overview of the latest, it is worth mentioning e.g.:

1. Nationwide large-scale gerontological research carried out so far in our country, including those under the aegis of the Polish Gerontological Society. I am thinking of research from 1967-1968 (Piotrowski, 1973) under the guidance of prof. Jerzy Piotrowski, research from 1999-2001 (Synak, 2003) under the guidance of prof. Brunon Synak, PolSenior 1 research from 2007-2011 (Mossakowska, Więcek, Błędowski, 2012) under the guidance of prof. Piotr Błędowski and PolSenior 2 from 2018-2020 (Błędowski, Grodzicki, Mossakowska, Zdrojewski, 2021; Szweda-Lewandowska, 2021) under the guidance of prof. Tomasz Zdrojewski.
2. Madrid International Plan of Action on Aging (United Nations, 2002) which links closely the quality of life of older people to their residential environment, as it exposes housing environment and habitat as one of the themes/issues under the priority: creating a favorable and supportive environment (Szatur-Jaworska, 2012).
3. Certain social policy solutions and EU programs implemented in different countries meeting the abovementioned priority as they are focused on the best adaptation of the architecture, infrastructure and services to the needs and limitations of older adults. Good examples are two strategies of the British government: "Lifetime homes, lifetime neighborhoods", or housing strategy "Laying the foundations. A housing strategy for England" (Stula, 2012), as well as French project entitled "Vivre chez soy" (to live in the house for as long as possible) focused on the use of intelligent devices supporting independent life of older persons (Stula, 2012). The other example of that kind is the project entitled „Adapting European cities to population ageing: policy challenges and best practices” (<https://www.espon.eu/ACPA>) realized by ESPON (European Observation Network for Territorial Development and Cohesion) aimed at researching the quality of life of different categories of older residents of the cities (ESPON, 2022).
4. The idea of Universal Design (Goldsmith, 2004; Preiser, Smith, 2011) which emphasizes that the needs, perspectives, preferences, as well as limitations of each group of inhabitants should be included when planning, building and managing given habitat.

Furthermore, additional circumstance signaling the importance of the issues of widely understood residential environment for older adults is the processes of demographic aging of many territorial communities (rural areas, towns, cities and their districts), which according to demographers occurs in Poland since the year 2000 with continuous noticeable dynamics (Stańczak, Szałtys 2016; Janiszewska 2019).

To show the qualities of the residential environment essential for well-being of older people the material coming from three research projects will be presented in this article. These are first of all PolSenior¹ research, Polish-German project² and the research conducted on „Zandka” estate in Zabrze (Poland)³.

As part of the nationwide PolSenior research sub-project, the research team conducted 166 questionnaire and 31 free interviews with older residents of three housing estates in Upper Silesia (the ‘Superjednostka’ housing estate in Katowice, the ‘Zatorze’ railway workers’ housing estate in Gliwice and the post-state farm housing estate in Poniszowice outside Gliwice). In the case of the Polish-German project, on the other hand, the empirical material consists of 589 questionnaire interviews and 100 free interviews, including 22 with older residents (aged 60 and over) of three housing estates in Katowice (Tysiąclecia housing estate, Paderewskiego housing estate and Zgrzebnioka housing estate). The implementation of both projects was aimed at determining how the older residents of the above estates perceive their living environment, mainly in terms of neighbourhood ties, social support, forms of activity and architectural barriers experienced. It should be added, however, that in the case of the PolSenior project, the residential environment of the elderly was included both in the aforementioned research in Upper Silesia and in the nationwide questionnaire of the project.

¹ This research work was financed from the funds for science in the years 2007-2011 as a commissioned research project PBZ-MEiN-9/2/2006, carried out under the supervision of Prof. DSc. Piotr Błędowski from the Warsaw School of Economics. The project resulted in the monograph: Mossakowska, M., Więcek, A., Błędowski, P. (Eds.) (2012). *Aspekty medyczne, psychologiczne, socjologiczne i ekonomiczne starzenia się ludzi w Polsce*. Poznań: Termedia Wydawnictwa Medyczne. The manager of the sub-project entitled: Social capital of seniors in different urban environments and the requirements of their adaptation to life activation and quality assurance of the needs of the elderly was prof. Adam Bartoszek, DSc., Professor at the Institute of Sociology of the University of Silesia, and the executors were Prof. Elżbieta Niezabitowska, dr Eng. Beata Kucharczyk-Brus and Dr. Marek Niezabitowski from the Silesian University of Technology. The research (as part of this sub-project) resulted in the monograph: Niezabitowska, E., Bartoszek, A., Kucharczyk-Brus, B., Niezabitowski, M. (2013). *Środowisko zamieszkania polskich seniorów w badaniach interdyscyplinarnych: studia przypadków na wybranych przykładach*. Katowice: Wydawnictwo Naukowe „Śląsk”.

² Polish-German project with the symbol UE7/Rar-3/2011 entitled “Yesterday, today and tomorrow of Polish and German large housing estates. A comparative study of urban development models and their acceptance on the example of Katowice and Leipzig” (2011-2012), funded by the Polish-German Foundation for Science. Project leader: Prof. Elżbieta Niezabitowska. Participants in the project from the Polish side: prof. Adam Bartoszek, DSc., dr Eng. Beata Kucharczyk-Brus, Dr Eng. Beata Komar, Dr Marek Niezabitowski. Participants from the German side were Prof. DSc. Sigrun Kabisch, Dr. Katrin Grossman, Dr. Annegret Hasse from the Helmholtz Zentrum für Umweltforschung (UFZ) in Leipzig.

³ Research entitled “People and institutions in the process of transformation of urban local community. A sociological study on the example of the Zandka residential area in Zabrze” (scientific-research work with the symbol NB-207/ROZ-2/2009, realised in the years 2009-2010). The research was conducted by a team from the Department of Applied Social Sciences, Silesian University of Technology, consisting of: dr Marek Niezabitowski (project manager), dr Barbara Rożałowska, dr Brygida Smółka-Franke, dr Jarosław Mikołajec. The research resulted in the monograph: Niezabitowski, M., Rożałowska, B. (Ed.) (2010). *Ludzie i instytucje w procesie przemian miejskiej społeczności lokalnej. Studium socjologiczne na przykładzie osiedla Zandka w Zabrzu*. Gliwice: Wydawnictwo Politechniki Śląskiej.

As regards to the research concerning “Zandka” housing estate in Zabrze the survey was carried out among 112 inhabitants and 11 in-depth interviews was conducted with the residents age 60 years and over. This study was focused on the issues analogous to these two aforementioned projects.

To illustrate/render the significance of some features of residential environment for the quality of life of older adults both quantitative (survey results) and qualitative (quotes from interviews) data coming from the abovementioned projects will be presented in this article.

2. Elements significant for positive estimation of residential environment (accentuated by older adults during interviews)

2.1. Attachment to the place of living

According to the researched older inhabitants attachment to their place of living is the reason why they highly estimate their milieu. This is consistent with the Rowles concept of social insideness, which means attachment to given place based on recollections of meaningful people connected with this place (Rowles, 1983, 1984). The very good illustration of this is the below respondents' answers to the question: Is the place where you live, here on the estate, special to you? *We have lived here for 40 years and this place is above all a place of memories from the times when we were young - a place of our fun* (76 years old, woman, ‘Superjednostka’ estate, Katowice), and *Sure, this is where my children grew up, I grew up here ... I know everyone here ... they are all dying out, who have lived here so long, and I laugh because I think that I will outlive the young ones ... I know everyone here; so many years since I was little girl ... and with my husband we still lived here as long as he was alive* (76 years old, woman, Zatorze, Gliwice). Further in the interview when asked: Have you ever thought that you would live here in your old age? she replied: *Yes, because my husband and I stayed here, then, after my husband died, I wanted to stay here. I know the area and the people around me, so I didn't want to move away.*

The expression of the same attitude is also the statement of the resident of “Zandka” housing estate in Zabrze: *[...] I won't move out of Zandka, I grew up here. I will never move out!* (65 years old, male, ‘Zandka’ housing estate, Zabrze). In very explicit way the attachment to place was expressed by 60-year-old woman living in the same settlement when she answered to the question: Is this place of residence special to you, does it evoke any emotions? ‘I have a kind of affection for it, we all live here, we have become attached to this environment’ (60 years old, female, ‘Zandka’ housing estate, Zabrze).

2.2. Habituation

Another meaningful reason for will to stay in present home for the rest of someone's life is just habituation as a second nature of human being. This attitude is clearly rendered in the quotes below: At this age, you don't replant old trees, you get used to it (woman, 67 years old, Tysiąclecia housing estate, Katowice) or [...] I felt lack of this one additional room a little bit, but then we got used to it and I am happy with my flat. I am comfortable here (woman, 62 years old, Paderewski housing estate, Katowice), and "When I renovated it, I really liked my flat and for this reason I wouldn't like to give it back" (woman, 66 years old, Paderewski housing estate, Katowice).

The essence of the attitude described above is also well-illustrated this statement: "I could move around my house even blindfolded" (woman, 75 years old, Philadelphia; from interview, quoted in: Rubinstein, Parmelee, 1992, pp. 147). This quote shows that well-known residential environment gives the sense of security to an older inhabitant.

2.3. Positive neighbourly relations

Good neighbor relations are another basis to assess positively the residential environment by older adults. It is visible in both quantitative and qualitative data from the discussed researches.

As regards to survey's results of Polish-German project conducted in Katowice, it's worth noting that for noticeable percentages of the residents age 65 years and over nice and helpful neighbors are priority in their assessment of housing estate (42,4% - Tysiąclecie housing estate, 57,8% - Paderewski housing estate, 80,0% - Zgrzebnioka housing estate).

Due to qualitative data from the interviews it becomes clear what constitutes a good neighbor for the researched older adults. The respondents appreciate helpful and sociable neighbor very much, thus consider him or her a really good one. It is well-illustrated in the quotes below: "Here we all know each other, we help each other as much as we can. And nice neighbours" (Female, 65 years old, 'Superjednostka' estate, Katowice), and 'We have close friends - quite a lot, if we need something, for example we go somewhere, there is no problem to take care of flowers, to watch the flat, we trust each other. [...] with a neighbour every day, when she goes out somewhere she lets us know, when we go out we also let her know, social visits - like name days or birthdays - we ask each other for coffee' (Woman, 72 years old, 'Superjednostka' estate, Katowice) or "Well normally as everyone knows each other here from the beginning. Nothing special, yes, if someone has a problem, we talk" (Male, 52 years old, Poniszowice).

The summation of an idea of a good neighbor we can find in below shorter statements:

"As I mentioned we have a very good relationship. Sometimes we keep an eye on each other's flats, pick up each other's mail, etc." (Male, 64 years old, Paderewski housing estate, Katowice), and [...] I say, we have good neighbors; all in all, it's

family-like here [...] as they say “a neighbor is closer than family” (62 years old, female, interview 2, Zandka estate, Zabrze).

2.4. Convenient location

Especially important element of positive assessment of residential environment by older inhabitants is good location of their house. This quality is well reflected in the term place dependence (Stokols, Shumaker, 1981) which exactly means the awareness of the fact that our milieu facilitates the satisfaction of our needs and preferred forms of activity.

As regards to survey's results of Polish-German project conducted in Katowice, it's worth noting that for visible percentages of the residents age 65 years satisfaction from location is the reason for will to stay in present housing environment even if it does not fulfil all expectations (28,4% - Tysiąclecie housing estate, 47,3% - Paderewski housing estate, 60,0% - Zgrzebnicka housing estate).

Moreover, according to the same survey, also for noticeable percentages of the residents age 65 convenient location is priority (26,4% - Tysiąclecie housing estate, 21,0% - Paderewski housing estate, 60,0% - Zgrzebnicka housing estate).

What constitutes this convenient location is reflected in the typical quotes from interviews below: “In general, I am satisfied with the flat because I have everywhere close by” (Woman, 71 years old, ‘Superjednostka’ housing estate, Katowice), and “[...] Everything I need is close at hand. Hairdresser, clinic, pharmacy, grocery shops, bakery, butcher shop. Everything is there” (Male, 64 years old, Paderewski housing estate, Katowice) or “[...] somehow it is nice here, it is nice to live here. Everywhere is close. We have doctors close by [...] There is no problem to get to shops [...] (woman, 67 years old, retired teacher, Tysiąclecie estate, Katowice).

Convenient location may remain very important in old age even if the overall assessment of the housing environment is ambivalent. It is visible particularly in the below answer to the question: Would you like to move somewhere else?

"Oh, how I would love to. Very much. Somewhere on the outskirts of town where there's lots of greenery, where a person can breathe a bit. My rehabilitation therapist told me:

[...] in your old age you don't move out of the city centre. It's close to me everywhere, to the clinic, anywhere. I said: [...] I would like to breathe a little. And she says: Oh well, just go out on the balcony and breathe. And how will you get here to the city centre if you move? And it's true. You don't replant old trees. But I would like to" (woman, 76 years old, Superjednostka estate, Katowice).

2.5. Independence and privacy

The very important aspect of positive estimation of home environment is independence, privacy and intimacy, connected with the uniqueness of the place which is ours.

The significance of these qualities are well-illustrated by the below statements of the respondents of discussed researches: "[...] if I couldn't cope on my own, I would have to think of something. Although I would be reluctant to go there [to a

retirement home - M.N.], for sure. It's always in one's own. It's completely different. I'm not dependent on anyone. I get up when I want, and I do what and when I want. And there, in a nursing home? There is rigor there.

The time for breakfast and other things are strictly set" (Woman, 77 years old, Tysiąclecia housing estate, Katowice) and "Why do I need two rooms with a kitchen, because that's what

I had in Helenka [a district of Zabrze], and my daughter didn't want to come to the block.

My son-in-law tells me "come to our house", but I prefer a cramped but my own one (laughs). I can't sleep, so I would like to just play the radio or TV late in the evening, but I wouldn't be able to, because my son-in-law still works, and when he goes on shifts or has to work nights, he has to be asleep. I used to work myself, so I know how it is. It is better to have a cramped, but own corner" (Woman, 81 years old, "Zandka" housing estate, Zabrze).

The aforementioned uniqueness of home is also perfectly rendered by this quote: [...] There's nothing like home (Woman, 79 years old, nursing home, Zabrze).

2.6. Nice view from window

A visual aspect of residential environment is viewed by older adults as a very significant element of their well-being. This very often refers to what they see from their windows. The importance of such an outlook is accentuated in the below statement of woman who lives in post-state owned farm in Poniszowice: "I would never change my flat for a retirement home. This is my nest. I like to look at the views and the animals from the window here" (Woman, 61 years old, Poniszowice).

2.7. Lift which stops on each floor

Talk about the abovementioned view from a window reveals also another quality which is particularly important for positive evaluation of housing environment by older residents – it is the accessibility of a lift on given floor of the inhabited building. Although nice view on higher floors is appreciated, if lift does not stop on there, this is perceived as a huge disadvantage. This point of view is reflected perfectly in the quotes below: "In principle, there are no disadvantages because there is a lift, so there are no problems with mobility. On the other hand, the advantages certainly include a beautiful view from the window" (Man, 64 years old, Paderewski housing estate, Katowice), and "Disadvantages - lift between floors. Advantages - view from the window - great because I have a view of the park" (Woman, 67 years old, Tysiąclecia housing estate, Katowice).

3. What kind of shortcomings older adults notice in their residential environment?

3.1. Architectural barriers

There are some disadvantages of housing environment which causes older adults to experience the deterioration of their well-being. One of them is lack of shower in bathroom as one of the researched older persons stated below: "I could do with a change in the bathroom or a lowered bathtub to make it easier to enter, but I haven't even seen such bathtubs in the markets. A shower would be a good option, one with a shower tray, but that would involve a bathroom renovation, which I don't want to do any more as I'm 83 years old (woman, 83 years old, Superjednostka housing estate, Katowice).

Another architectural barrier, noticed and experienced by respondents of discussed researches is too small amount of benches in the surroundings of their houses: "[...] I have such a shaky balance and need to rest every now and then. More benches would be useful for old people around" (woman, 83 years old, Superjednostka, Katowice).

It is also emphasized by the respondents that the buildings are not adjusted to their disabilities. One of such maladjustments are: are to heavy doors for older person and lack of handrails in a corridor. The experiences connected with this are expressed in quotes below: "It's all because of the new porter's lodge, unfortunately the doors are heavy and I can't open them myself, so the doormen are always there to help" (woman, 76 years old, Superjednostka housing estate, Katowice) and "It would be useful to have railings in the corridor so that I can catch myself" (woman, 59 years old, Superjednostka housing estate, Katowice).

As it has been mentioned earlier, the fact that lifts do not stop on each floor constitutes a big problem for older inhabitants of housing estates studied in relevant research projects. It is well-reflected in the statements below: "In my opinion they should make other lifts for us, outside, like the ones in Skarbek [a department store in Katowice - note M.N.]. So that this lift would go outside and go all the way down and up to the floor as if you were getting off. That would have been ideal for us older people. Well, but I don't think we'll get that. [...] How can you have a lift on the mezzanine floor and a staircase one up and one down, well... after all, how? And those with small children and prams have problems, and the disabled with prams can't get out at all, how?" (woman, 77 years old, Tysiąclecia housing estate, Katowice).

3.2. Lack of infrastructure used for social integration

Researched older adults accentuate the importance of places in which they can meet other people, so they notice and express lack of the places to meet: "It would be good if this activity was enabled by the city, the estate, there is nowhere to meet. Older people have nowhere to meet, nowhere to go out. There's nowhere for old people to meet, there's nowhere to go out.

The pensioners' club is not for everyone, it's so far away, you have to go by tram to Guido [another district of Zabrze - note by M.N.], they meet there, and here, on the housing estate, if you want to meet, there's nowhere to go, you have to be invited straight home for a coffee or a vodka. There should be a café or a club, so we could meet and talk. There is no such place, no café. There should be such a senior citizens' club" (man, 69, Zandka settlement, Zabrze).

The abovementioned view is also reflected in the answer to the question: Should and if yes, what kind of new services be developed in the housing estate? – "A place to meet, that kind only" (woman, 82 years old, Zgrzebniok estate, Katowice).

3.3. Lack of catering services

One of the shortcomings of residential environment noticed by researched older persons is lack of the places in which they may buy and eat meals. It is rendered by these statements: „[...] But it would help if there could be a point where older people could use, for example, some kind of... not everyone can cook, and if families have some such things, such a point would always be useful. Such a point if someone cooked lunches of some cheaper, adapted to this. Yes, it could be, because we are getting older as a housing estate, at the same time some people die and young people come in, but there are a lot of older people here, but, you know, we would have to interview how many such people there are, whether it would be worth it for anyone, because today the economic conditions decide whether it is worth it or not" (woman, 82 years old, Zgrzebnioka housing estate, Katowice) or "If, sir, they were to build this pavilion, [...] we have people who would be happy to run workshops in German, English, etc. for free, for elderly men, tables for bridge, for canasta, etc., not to mention the fact that some kind of a catering room would be useful here, where you could, for example, have a nice dinner, cheap dishes, tasty. That would definitely be useful" (woman, 74 years old, Zgrzebnioka housing estate, Katowice).

3.4. Lack of support

Limited access to support can be a real issue for some of older residents of studied housing estates. It is reflected in the results of the survey of Polish-German project conducted in Katowice. According to this survey noticeable percentages of the residents age 65 years and over have to count only on themselves in at least 2 out of 5 life situations like: 1) illness, 2) financial problems, 3) problems with shopping and cleaning house regularly, 4) problems with going about something in institutions, 5) loneliness and seeking contacts with other people. These visible percentages are respectively: 31,2% for Tysiąclecie housing estate, 34,2% for Paderewski housing estate, 10,0% for Zgrzebnioka housing estate.

As support is so important for the sense of security researched older adults accentuated that they want young people to live close to them in the same estate. The very good illustration of this view are the below answers to the question: Should older people be separated from the younger? - "No, because no matter where these older people live, if they live with younger

people, that's what the younger people are meant for, to help them if something happens. And if they are locked in some ghetto of old people, then what? (woman, 64 years old, Superjednostka housing estate, Katowice).

Another evidence of the significance of support coming from young residents we find in this additional statement: “[...] Young people are needed, well sure they are. There are children and these children make a bit of noise. They run around and it's different. I like young people very much, and I would even like such a young person to live here. Bringing shopping or something also helps. The old can't always manage. Young people are needed. Always” (woman, 77 years old, Tysiąclecia housing estate, Katowice).

4. Summary

Basing on the research presented above, some conclusions or recommendations can be drawn. As noticeable percentages of older residents of studied housing estates are left without support in some areas of everyday life (shopping, loneliness etc.) one of the challenges in cities should be monitoring the quality of their social networks. In case of poor quality resulting in lack or insufficient assistance some measures have to be taken, like e.g. social work in community oriented towards the creation of self-help groups.

As demographic aging of population of cities is in progress the age structure of residents of housing estates should be monitored and the infrastructure of neighborhoods ought to be planned accordingly. Considering that estates are inhabited by people aged 60 years and over among residents from different age groups the needs and preferences of all these groups have to be studied. For each of the group SWOT analysis of essential aspects of given estate will be invaluable source of knowledge for managers of residential environment (e.g. housing cooperative bosses).

If the state of social networks, particularly support networks of older adults in their habitat is well-cared-for and managers make housing estates attractive for all the age groups these places to live will not become a “ghetto of the elderly”. That is clue of the strategy to avoid the spatial concentration and cumulation of the issues of old age.

References

1. Błędowski, P., Grodzicki, T., Mossakowska, M., Zdrojewski, T. (Eds.) (2021). *PolSenior2. Badanie poszczególnych obszarów stanu zdrowia osób starszych, w tym jakości życia związanej ze zdrowiem [PolSenior2. Research on various areas of medical condition of older people, including quality of life related to health]*. Gdańsk: Gdańsk Medical University Publishing House.
2. ESPON (2022). *ACPA – Adapting European cities to population ageing: Policy challenges and best practices*. Retrieved from: <https://www.espon.eu/projects/acpa-adapting-european-cities-population-ageing-policy-challenges-and-best-practices>, 15.07.2025.
3. Goldsmith, S. (2004). *Universal Design. A Manual of Practical Guidance for Architects*. Architectural Press.
4. Hummon, D.M. (1992). Community Attachment: Local Sentiment and Sense of Place. In I. Altman, S.M. Low (Eds.), *Place Attachment* (pp. 253-278). New York/London: Plenum Press.
5. Janiszewska, A. (2019). Starzenie się ludności w polskich miastach. *Space-Society-Economy*, 29, pp. 45-69, doi: <https://doi.org/10.18778/1733-3180.29.03>
6. Mossakowska, M., Więcek, A., Błędowski, P., (Ed.) (2012). *Aspekty medyczne, psychologiczne, socjologiczne i ekonomiczne starzenia się ludzi w Polsce*. Poznań: Termedia Wydawnictwa Medyczne.
7. Niezabitowska, E., Bartoszek, A., Kucharczyk-Brus, B., Niezabitowski, M. (2013). *Środowisko zamieszkania polskich seniorów w badaniach interdyscyplinarnych: studia przypadków na wybranych przykładach*. Katowice: Śląsk.
8. Niezabitowski, M., Rożałowska, B. (Ed.) (2010). *Ludzie i instytucje w procesie przemian miejskiej społeczności lokalnej. Studium socjologiczne na przykładzie osiedla Zandka w Zabrze*. Gliwice: Wydawnictwo Politechniki Śląskiej.
9. Piotrowski, J. (Ed.) (1973). *Miejsce człowieka starego w rodzinie i społeczeństwie*. Warszawa: PWN.
10. Preiser, W.F.E., Smith, K.H. (Eds.) (2011). *Universal Design Handbook*. Mc Graw Hill.
11. Rowles, G.D. (1983). Geographical Dimension of Social Support in Rural Appalachia. In: G.D. Rowles, R.J. Ohta (Eds.), *Aging and Milieu: Environmental Perspectives on Growing Old* (pp. 111-130). Academic Press.
12. Rowles, G.D. (1984). Aging in Rural Environments. In: I. Altman, M.P. Lawton, J.F. Wohlwill (Eds.), *Elderly People and the Environment* (pp. 129-157). Plenum Press.
13. Rubinstein, R.L., Parmelee, P.A. (1992). Attachment to Place and the Representation of the Life Course by the Elderly. In: I. Altman, S.M. Low (Eds.), *Place Attachment* (pp. 139-163). Plenum Press.

14. Stańczak J., Szałtys D. (2016). *Regionalne zróżnicowanie procesu starzenia się ludności Polski w latach 1990-2015 oraz w perspektywie do 2040 roku*. Referat zaprezentowany na „V Zielonogórskich Spotkaniach z Demografią” Szanse i wyzwania rozwoju regionalnego w kontekście zmian demograficznych Europy (Zielona Góra, 22-23 listopada 2016 r.). Retrieved from: <https://stat.gov.pl/obszary-tematyczne/ludnosc/ludnosc/regionalne-zroznicowanie-procesu-starzenia-sie-ludnosci-polski-w-latach-1990-2015-oraz-w-perspektywie-do-2040-r-,28,1.html>, 06.07.2025.
15. Stokols, D., Shumaker, S.A. (1981). The Place of Old Age: The Meaning of Housing for Old People. In: J.S. Duncan (Ed.), *Housing and Identity* (pp. 198-246). London: Croom Helm.
16. Stula, S. (2012). *Living in old age in Europe – current developments and challenges*. Retrieved from: https://www.sociopolitical-observatory.eu/uploads/tx_aebgppublications/AP_7_EN.pdf, 15.07.2025.
17. Synak, B. (Ed.) (2003). *Polska starość*. Gdańsk: Wydawnictwo Uniwersytetu Gdańskiego.
18. Szweda-Lewandowska, Z. (2021). Warunki mieszkaniowe [Housing conditions]. In: P. Błędowski, T. Grodzicki, M. Mossakowska, T. Zdrojewski (Eds.), *PolSenior2. Badanie poszczególnych obszarów stanu zdrowia osób starszych, w tym jakości życia związanej ze zdrowiem [PolSenior2. Research on various areas of medical condition of older people, including quality of life related to health]* (pp. 899-912). Gdańsk: Gdańsk Medical University Publishing House.