

J.E.M.H. VAN BRONSWIJK. **Home biology: Healthy housing is active aging.** *Gerontechnology* 15(suppl):73s; doi:10.4017/gt.2016.15.s.889.00 **Purpose** Biology, as the study of living organisms, including man, has much to say about the quality of aging and development. Physiology, behaviour, and other qualities of the process are under strong environmental influence. With the so-called 'built environment', *Homo sapiens* L. or modern man has developed and created personal environments that may be more or less healthy to the species, resulting in continued activity or leading to early inactivity. The different interactions of man and his home-made environments in the entire life course may be viewed from the viewpoint of a long, pleasantly active life with common chronic morbidities compressed in a short but natural end-period. **Method** The gerontechnology literature has been viewed since the inception of the term in 1989 with special emphasis on housing in its broadest sense in relation to active aging. **Results & Discussion** The built environment may be considered an enabling ecosystem for active aging with different organisms influencing each other and all being subject to physical characteristics, such as the infrastructure of the region as well as the building details of the home. If we view housing in its broadest sense including its services and direct environment, it becomes clear that housing is central in our striving towards active aging<sup>1,2</sup>, and architectures as well as urbanism<sup>2</sup> should treat it as their challenge to enable active aging. (Table 1). This is a world-wide issue under strong cultural influence.

**References**

1. Bouma H, coordinating guest editor. Suitable and healthy housing for ageing people. *Gerontechnology* 2016;15(4); doi:10.4017/gt.2016.15.04.000.00
2. Doevendans CH. WHO's city networks: from healthy to age-friendly. *Gerontechnology* 2016;14(3):125-126; doi:10.4017/gt.2016.14.3.013.00

**Keywords:** home, built environment, active aging, enabling environment, chronic morbidities  
**Address:** emerita professor, Eindhoven University of Technology, Eindhoven, Netherlands;  
**E:** j.e.m.h.v.bronswijk@tue.nl

Table 1. A matrix showing some examples of housing in its broadest sense as an environment for active aging; (I)ADL= (Instrumental) Activities of Daily Living

		Active aging				
		Physical health	Mental health	(I)ADL	Work. volunteering, hobbies	Social contact
<b>Housing</b>	<b>Indoor physical services</b>	-Safe potable water -Effective sewerage & waste disposal -Allergen reduction - <i>Legionella</i> abatement	-Secure and comfortable layout	-Smart housing -Domotics	-Ample room for work and leisure activities	-Ample room for gatherings
	<b>Mobility infrastructure</b>	-Easy entrance / exit of buildings & rooms -Paved pathways outdoors	-Easy access of nearby public transportation	-Easy access to nearby shops, marketplaces & services	-Easy access to nearby public transport	-Resting benches -Suitable pathways
	<b>Garden, park management</b>	-Management of blood-sucking mites, ticks & insects -Management of toxic plants	-Suitable landscaping	-Paved pathways		-Resting sites -Suitable pathways
	<b>Internet connectivity</b>	-Telehealth	-Attractive games & info websites	-Domotics -Teleshopping	-Attractive games, educational & info websites	-Chatting -Skype use -WhatsApp use