



With an open mind

*Young seniors on their lives, neighbourhood
and future in Leidschenveen-Ypenburg*





Colophon

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Authors: Willemina A.M. IJzereef & Jeroen Dikken (Urban Ageing Research Group, The Hague University of Applied Sciences) **Final editing:** Joost van Hoof (Lecturer in Urban Ageing, The Hague University of Applied Sciences), Gaby Weij (Project Coordinator, The Hague University of Applied Sciences)

Project leader: Willemina A.M. IJzereef **Design and layout:** Creja Ontwerpen

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Contents

Foreword	3
1. Introduction	7
2. Method	15
3. Project progress	17
4. Findings of research among young seniors on Leidschenveen-Ypenburg	21
4.1 Participants	21
4.2 Living and housing situation	22
4.3 Daily activities	24
4.4 Conclusion of daily activities	25
4.5 Wishes and needs regarding living environment	26
4.6 Conclusion on living environment	28
4.7 Familiarity with the social activities map and participation in neighbourhood activities	28
4.8 Conclusion and recommendations regarding the social activities map and participation in neighbourhood activities	31
4.9 Social networks	31
4.10 Transport and accessibility	35
4.11 Need for gatherings for young seniors	39
5. Recommendations	41
Appendices	50
Flyer inviting respondents to complete the questionnaire	50
the questionnaire for young seniors	51
the poster for the feedback afternoon, knowledge café	57





Foreword

Within the Social Domain Workshop The Hague and Leiden, the project 'Towards an age-friendly Leidschenveen-Ypenburg' took place in 2024-2025.

This publication describes the project and its results. This project was a collaboration between the Municipality of The Hague, Public Affairs Department (DPZ), the Districts & Neighbourhoods sector and the Education, Culture and Science Department (OCW). The project in 2024-2025 is a quantitative needs assessment of the needs of young senior citizens (aged 60-75) in the Leidschenveen-Ypenburg district with regard to their living environment and future.

Previous research in The Hague, the Integral Report The Hague Age-friendly City (2020), showed that this district scored lowest in terms of senior-friendliness compared to other districts. This was investigated using the AFCCQ questionnaire; Age Friendly Cities and Communities Questionnaire (Dikken et al., 2020). In 2022, a second measurement was carried out using a more comprehensive AFCCQ, which showed that The Hague is making progress but still needs to address issues such as those affecting people with chronic conditions, lower socio-economic status and mobility.

In 2024, the questionnaire was supplemented with questions about sustainability and questions from the Urban Older People Commission about housing, transport, municipal services, nutrition, digital skills, safety and fall prevention.

In 2023, the project 'Towards an age-friendly Leidschenveen-Ypenburg' was launched by means of a qualitative study into the needs of senior citizens in this district.





This is described in the publication 'Age-friendly Leidschenveen-Ypenburg' by the WSD The Hague and Leiden by Gaby D. Buitendijk (2023). Conclusions about the most important themes for experienced age-friendliness in Leidschenveen-Ypenburg are support from the social network, physical limitations, financial situation and coping strategies. The recommendations from this study have been given to the senior consultant, who wants to explore the possibilities for innovation with her network and professionals.

In 2024, the desired follow-up was discussed with the cooperation partners and professionals involved in the district, the Urban Ageing lecturer and the project leader of the underlying action research in 2024-2025. Those involved are policy, domain and district employees of the Municipality of The Hague, Xtra and Wijkz who work with and for older people and are listed in the section: 'With thanks to'. They want to have a clear picture of the young seniors in the district so that, together with the young seniors and other professionals in welfare, care and urban development to further develop older people care policy and activities and to further promote the age-friendliness of the district. The aim is to enable seniors to continue to live happily in the district and at home for longer.

The partners have discussed the general issues affecting all senior citizens in the district, but also those affecting young senior citizens aged 60-75 in particular.

In this project, young seniors are defined as all residents of the Leidschenveen-Ypenburg district aged 60-75. This broad definition is used to reflect the diversity of older people and their identify needs. There are differences within the age groups. For example, they may have very different expectations for the future, whether or not they work (paid, voluntary, informal care), have more or fewer social contacts and are active or energetic in or outside the neighbourhood, have good or poor mobility or illnesses, and have a good or poor socio-economic status, education and housing.

According to the partners in the collaboration, young seniors are well represented as an age group in the district, have a job (sometimes part-time) or are retired. Many have not yet considered their future as seniors and are unaware of what the neighbourhood has to offer. It is also unknown where their interests lie. These young seniors usually have few networks, because their children have moved away from the neighbourhood and/or their network lives outside the neighbourhood or in another province. In itself, this group is often still mobile and not lonely, but that can change quickly due to changes in health or after the death of a partner. When caring for a partner, people also become more isolated and lose their network. There is not much contact between generations, because younger generations in the neighbourhood are often busy with their families and more involved in committees or clubs at their children's schools or sports clubs. The professionals mention that young seniors could strengthen their social networks before they retire, learn about what the neighbourhood has to offer and prepare for ageing, thereby enabling them to enjoy living in the neighbourhood for longer.

For young seniors, the study can raise awareness about the present and the future. What do they consider important for themselves or desirable in the district? How can they themselves play a role in creating the desired age-friendly neighbourhood and future?

For the organisations involved, it provides information about young seniors and their needs, what is required, and what the bottlenecks are in the district. This enables them to initiate concrete improvements regarding the age-friendliness of Leidschenveen-Ypenburg.





Project 2024-2025

Underlying in-depth quantitative action research was conducted among young seniors aged 60-75 in the Leidschenveen-Ypenburg district. Needs were identified, awareness was raised and, together with professionals, they can use the results to anticipate the future.

The following research themes were considered important by the clients for an age-friendly Leidschenveen-Ypenburg:

- ▶ future expectations; interests, wishes and contributions for and by young seniors
- ▶ social participation and activities in the neighbourhood
- ▶ social network; maintenance, restoration, development
- ▶ transport and mobility; accessibility in and to the neighbourhood.

A questionnaire was drawn up and discussed. A research group was then set up with four final-year students from The Hague University of Applied Sciences' Social Work programme. Together with the project leader, they conducted all the interviews. Based on the results, they are developing products for and with the young seniors in consultation with the older people consultant. These will be presented during the feedback meeting for residents and professionals in the district. The themes focus on mobility needs and social activities, social encounters for and by young seniors and in development, and the prevention of loneliness through activities that promote social cohesion.

Based on the results, each student will deliver a concrete, relevant product for and with young seniors in the district and submit it via the senior citizen consultant.

The questionnaire was distributed from November 2024 to February 2025.

The research was launched during the Leidschenveen-Ypenburg Senior Citizens' Day in November 2024. There was a stand with information about the action research and the research group conducted interviews with young seniors who were present. Questionnaires were also distributed to neighbourhood organisations, shopping centres, the library and elsewhere in the neighbourhoods. People were interviewed live at various locations

. In order to get more respondents in the 60-65 age group, an article was published in the Nieuwsblad Den Haag newspaper, Leidschenveen-Ypenburg edition, on 30 January 2025. This mainly generated responses from working seniors.

This action research was made possible thanks to the contributions of many people. Special thanks go to all the young seniors for their candour and for answering our questions, the professionals and organisations of the Leidschenveen-Ypenburg district working with them and the Municipality of The Hague, the co-readers of this publication from the Urban Ageing research group and the professional field. We would also like to thank the Werkplaats Sociaal Domein Den Haag & Leiden (Social Domain Workshop The Hague & Leiden) for awarding funds, the lecturer from the Urban Ageing research group and the WSD project coordinator, the training manager and the graduation coordinator of the Social Work programme at The Hague University of Applied Sciences for the opportunity to embed the project in graduation projects at the university.

Finally, many thanks to the research group who, together with the project leader-researcher, conducted the many interviews, distributed questionnaires in the neighbourhood and made a concrete contribution to the follow-up for the young seniors.

Wil IJzereef, Urban Ageing Research Group,

Project leader, researcher for the project 'Towards an age-friendly Leidschenveen-Ypenburg'.





1. Introduction

On average, people are getting older and living longer in (relatively) good health. In the twentieth century, senior citizens often lived with their children and later in a retirement home or sheltered accommodation with care and social activities. Since the 1970s, government policy has focused on social participation and independent living at home for senior citizens. The elderly care of the past is no longer affordable for this large population group of seniors and has therefore been scaled back, for example, by the disappearance of the retirement homes of the past (Ministry of the Interior and Kingdom Relations (BZK), 2022). Relatively healthy senior citizens now usually live at home, generally completely independently, and less often with care support from informal carers or professionals.

In The Hague, welfare organisation Wijkz offers the Haags Ontmoeten meeting activity and, with Servicepunten XL, provides information assistance to senior citizens (Wijkz, n.d.). Care organisation WoonZorgcentra Haaglanden focuses on people with physical disabilities, dementia and non-congenital brain damage and offers (rehabilitation) care, treatment and support to senior citizens with physical disabilities (WoonZorgcentrum Haaglanden (WZH), n.d.). This organisation also offers the Haags Ontmoeten concept. Contributing to the well-being of older people in the city is a key focus for policymakers.





Age-friendly city. In 2007, the World Health Organisation introduced the age-friendly city model, with eight key areas of life for the perceived age-friendliness of a city (WHO, 2007). These areas are housing, social participation, social inclusion (respect and social integration), civic participation and employment, communication and information, social and health services, public space (outdoor space and buildings), and transport (mobility and (public) transport).

The Hague has a population of 566,731. In 2024, there were 85,000 residents aged 65 and older (15% of the municipal urban population). It is expected that around 100,000 senior citizens will be living in The Hague by 2030. A double ageing is expected, which implies that the number of residents aged 75 and over will grow faster than the number of residents aged 65-74 (Dikken & van Hoof, 2025; Municipality of The Hague, 2025). Relatively fewer senior citizens live in Leidschenveen-Ypenburg. The neighbourhood has 48,224 residents, 10.7% of whom are senior citizens (Municipality of The Hague, 2024).

The Municipality of The Hague considers age-friendliness to be important. Since 2015, the municipality has been a member of the Global Network for Age Friendly Cities and Communities, which was founded in 2010. The aim of this network is to promote the age-friendliness of cities and communities. Members are recommended to draw up and implement a plan within five years and to evaluate their membership of the network.

In The Hague, a great deal of research has been conducted into the age-friendliness of the city among older people, measuring improvements in the age-friendliness of the city and recommending improvements (including Hoof et al., 2022; IJzereef, 2024; Dikken et al., 2025). These have contributed to the following.

The municipal policy in the Action Plan Age-friendly The Hague 2020-2022 has as its priorities participation and enjoyment of life, healthy and resilient living, and pleasant living in your neighbourhood (Municipality of The Hague, 2020). Much attention has been paid to, for example, social activities and fall prevention in The Hague.

This is followed by the Action Plan Age-friendly The Hague 2025-2030 (Municipality of The Hague, 2025). Current goals are healthy and ageing together, future-proof support and care, living in an age-friendly neighbourhood and being prepared for the future with accessible information. The diversity among older people also requires attention to differences such as people with lower incomes or diverse cultural backgrounds. Diversity is identified as two important pillars in the approach: a culturally sensitive approach and a dementia-friendly approach (Municipality of The Hague, 2025).

Important actors and instruments in the advocacy and monitoring of these action lines are the Urban Older People Commission (SOC), the Age-friendly City Knowledge Platform, the Haaglanden Municipal Health Service, the municipal Older People Monitor and the Panel of older people in The Hague and the surrounding area, as well as the aforementioned studies among older people in The Hague conducted by the Urban Ageing Research Group and students from The Hague University of Applied Sciences.

Young seniors aged 60-75 are generally energetic and continue to work (paid) longer or do voluntary work and/or informal care. This generation realises that early retirement and retirement at 57 are no longer possible. Due to increased life expectancy and ageing, they now have to work 10 years longer than their parents in order to be eligible for the General Old Age Pensions Act (AOW) (CBS, 2023; CBS, 2024b). According to the RIVM, people are living longer and in good health.





More and more people over the age of 60 are continuing to work, even with health problems (Ministry of Health, Welfare and Sport (VWS), RIVM, n.d.).

Collective labour agreements (CLAs) contain various provisions for senior leave, but this does not always result in a reduced workload, so not every young senior makes use of it.

Young seniors are often carers or informal carers for older seniors. These may be family members, friends or acquaintances from their social network. Their own children do not always live near their parents, for example because they have gone to study elsewhere or because there was no house available in the neighbourhood and they found a house elsewhere. In rural areas, a shift can be seen; young people are going to study elsewhere in the city and there is a slight movement of affluent young seniors moving to the

This means that there is not enough help available for younger and older seniors from social networks. Older seniors in rural areas often have a network that they have known for years and that they can call on (Thissen, 2011). The new affluent rural dwellers often have a network outside the neighbourhood. In addition, higher educated people are more likely to purchase care than to ask informal carers for help (IJzereef, 2024).

Loneliness among older people is more prevalent in large cities, neighbourhoods with few older residents, and poor neighbourhoods (Broese Van Groenou, et al., 1999). For a VINEX neighbourhood¹ such as Leidschenveen and Ypenburg, it is interesting to see how contacts are established or can be established and what the needs are of its different types of residents.

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¹ Leidschenveen-Ypenburg was built between 1996 and 1997 as a VINEX neighbourhood (Fourth Memorandum on Spatial Planning EXtra, 1993). Policy from the Ministry of Housing, Spatial Planning and the Environment (policy briefing note 1991) brought new neighbourhoods to the outskirts of existing cities with core facilities in those centres (Lorzing, 2006). Regionally, it was determined what was needed.



Public transport in The Hague's VINEX locations. It is particularly important that connections are of good quality and that stops are easily accessible (Olthof et al., 2011). People who are still able to drive are less likely to use public transport. Perceived safety also plays a role in the use of public transport.

Over the past century, **technology** has undergone major developments in households, culture and society. Nowadays, there is no home without technology. Gerontechnologies are technical innovations designed to support older people in remaining independent for longer, ensuring their safety and enabling them to continue living at home. Examples include a pictorial planner, a medicine dispenser, a GPS location system, the digital transmission of blood values to the doctor, contact with home care via a screen (video care), and the use of home automation such as daily rhythm robots, etc. (Wouters, 2018). It must be assessed for each older person whether they can learn to use the technological application or whether they can (still) cope with it. Professionals who work with senior citizens are often more interested in people and care than in technology. This may also be an area for development for them.

In practice, seniors often experience these innovations as stigmatising, even though they feel energetic and young. Technology should focus positively on what seniors can do, such as health and an active lifestyle (Neven, 2015). In terms of prevention, one example is the Wolk hip airbag.

The Academic Workplace Technology for Home investigates the effectiveness of aids with the aim of 'promoting the self-reliance, quality of life and participation in society of users' (Centre of Expertise Health Innovation, The Hague University of Applied Sciences (n.d.)). A campaign for assistive devices with an emphasis on positive image, prevention and effectiveness is therefore valuable for creating a positive image.

E-health concerns products based on digital information and communication technologies. Examples include websites with health information, an online appointment module for consultations with a general practitioner, and self-management interventions for chronically ill patients. In order to use these products, people need e-health skills. This is often less the case for people with a lack of language, health and digital skills. This is more common among people with a lower level of education, or a migrant background, older people and people with (newly acquired) physical or mental disabilities (Marx & Bolman, 2019). Forty-two per cent of the Dutch population has insufficient digital skills, and 25 per cent has insufficient literacy skills. Blended care can help people learn to use e-health by supporting and teaching them how to use personal care from their GP practice and an e-health application that suits the patient's capabilities and needs. More and more older people are developing digital skills, but technology is also evolving.

The design and evaluation of what seniors need to remain independent for longer should be developed together with them and the professionals and family or informal carers who work with them in order to gain more substance and support. It is important to provide information to older people, their families and friends about new technological applications that can also support them. Technological applications in the home prove to be a valuable addition and make older people more positive about them if they enable them to live independently for longer (Denissen, 2006). Technology can thus contribute to addressing the expected shortages in care in the future.





How older people view **the future** also depends on their capabilities and physical and mental condition. On average, people are living longer and staying in their own homes for longer, with fewer facilities. This requires adjustments to the home and more informal care, but also contributions from senior citizens themselves. The ability to purchase care depends on financial circumstances. For parents over the age of 80 or without a partner, the need for care increases and the informal carer is often severely overburdened. According to the Health Monitor for Adults and Older People published by the Municipal Health Service (GGD), the National Institute for Public Health and the Environment (RIVM) and Statistics Netherlands (CBS), women most often take on this task (CBS, 2022).

For the housing market, the ageing population means that there is less movement in the housing market. This is partly because seniors are staying active longer, but also because there are not enough interesting homes for seniors available (Kreeft, 2015). They prefer their familiar neighbourhood and (rented or paid-off) home to a new, more expensive small house or flat. Or they are not eligible for senior housing, much of which falls under social housing. Less movement means that families with children find it more difficult to find affordable family housing, because there are few homes available and few new ones coming on the market (CBS, 2024a).

Old age is often associated with vulnerability and as a cost item (Lindenberg, 2019). Seniors themselves often have prejudices but think more positively about themselves (Mysyuk & Huisman, 2019). 'I'm not old, I'm still working' is a common remark. How an older person deals with the physical and mental (im)possibilities appropriate to their age has more influence on their life than their age. Not being able to do something yourself, but having problem-solving skills, available finances and a support network increases the possibilities. Many older people do not always show their vulnerabilities because they want to maintain their independence.





Stigmas or seniorism (usually referred to as ageism) affect the well-being and mental and physical health of seniors (Chang et al., 2020; Lyons et al., 2018). Older people are not always in the spotlight of younger generations, which is why intergenerational contact is important to prevent this. Generations have a lot to offer each other and should take advantage of this. The trick is to see and get to know each other.

Social networks are important because they fulfil people's social needs (Klück et al., 2018). Reciprocity is very important in this regard and makes it possible to have a social network. In most cases, partners (if they exist), children, friends and sometimes siblings provide social support, consisting of instrumental and emotional support. Instrumental support includes help in and around the house and with personal care, which means that the helper must live nearby. Emotional support can come from both the nearby and distant network. Research conducted in The Hague shows that many older people experience the culture in the big city as individualistic (IJzereef, 2024). Older seniors particularly appreciate a social network in their neighbourhood, because they are not always able to visit the network themselves and the proximity allows them to receive help and companionship in their daily lives, which reduces feelings of loneliness (van Tilburg et al., 1995). This also applies to social activities in the neighbourhood. Informal carers play an important role in the opportunities available to senior citizens.

Social participation and involvement in neighbourhood activities are promoted by offering a range of options and accessibility that suit different types of older people. Previous research in The Hague has shown that social activities such as Haags Ontmoeten (The Hague Meet-up) are very beneficial for older people and combat loneliness. For migrants, the language and culture of their country of origin also become more important in old age, so talking about this, organising activities and ensuring that professionals work in a culturally sensitive manner is valuable (IJzereef, 2024). In The Hague, there are major cultural differences between neighbourhoods and residential care centres (multicultural, socio-economic status).

Transport and mobility are important for social participation and for getting out and about. The availability, accessibility and affordability of private or public transport are important. Seniors with a driving licence experience more freedom than those who are dependent on public transport. Accessibility within and to the neighbourhood also plays a role here. Is the tram stop nearby, is the neighbourhood well lit, are the pavements accessible with, for example, a walker, and do people feel safe on the streets (in the evening)?





The availability of transport and mobility are very important for senior citizens to participate and therefore directly influence their well-being. However, if they develop health problems, their transport and mobility needs can change rapidly (Meijering, 2023). An inclusive neighbourhood is designed in such a way that everyone experiences optimal mobility and safety, thereby contributing to their well-being.

VINEX locations are built close to city centres to increase the supply of housing. Around The Hague, these are the districts of Leidschenveen, Ypenburg, Wateringse Veld, Madepolder and Uithofspolder. Leidschenveen-Ypenburg is a borough. On average, more VINEX districts have been built in the Randstad than elsewhere in the country. These cities have core facilities for their residents (Lörzing, 2006). In large cities, one third of VINEX neighbourhoods are inhabited by young families and fewer by people aged 65 or older (15%). People also live alone in a house more often (22%) (CBS, 2016). The neighbourhoods generally consist mainly of single-family homes. This does not promote the mobility of senior citizens in the neighbourhood.

The Leidschenveen-Ypenburg district is a VINEX expansion location built between 1996 and 1997 outside the city of The Hague. The distance to the centre of The Hague is approximately six to nine kilometres (Lörzing, 2006). Leidschenveen-Ypenburg has 48,224 inhabitants, 10.7% of whom are aged 65 or older. This is proportionally fewer older people than in the districts of The Hague (15.2%). Since 2013, there has been an annual increase in the age of residents. Fewer people are moving in, and the number of people leaving the neighbourhood has remained the same since 2011. A quarter of the residents live alone (25.1%) (Municipality of The Hague, 2024). In Ypenburg, there are 2,600 residents aged 65 and older, and in Leidschenveen, there are 2,435. In both neighbourhoods, seniors are the smallest group of all age groups (Bijsterveld, 2025).

Risk factors for seniors living independently include loneliness and falls, according to previous research conducted in The Hague (IJzereef, 2024). It is important for young seniors to be aware of their future needs in Leidschenveen-Ypenburg and to exert influence on these themselves. Having a social network distracts from everyday problems and ailments and supports older people.

Seniors also have a lot to offer other generations. Loneliness can arise unexpectedly quickly among young seniors, for example when their children leave home, they experience physical limitations, or their partner or friends become ill or die. This can result in a reduced zest for life, with consequences in all areas of life (IJzereef, 2024).

Transport and mobility are valuable for seniors in order to move around the neighbourhood and beyond and to have social contacts. If a neighbourhood is well designed, this can play a role in maintaining or developing a network. A good range of activities for diverse groups of older people with different interests also contributes to encounters and the building of social networks. It is therefore important to get to know the different needs of older people in the neighbourhoods and for the local council and welfare organisations to tailor policy and services accordingly. Involving older people in the development and implementation of these services and in the design of neighbourhoods specifically aimed at older people makes them more relevant to them.

For senior citizens themselves, it is important to gain a better understanding of what they need in order to be able to live comfortably at home and in their neighbourhood for longer. For (almost) senior citizens, awareness, concrete action and realising ideas for the future together are important, supported by welfare and health organisations and local policy.





2. Method

The project 'Towards an Age-friendly Leidschenveen-Ypenburg'

Collaboration between the Municipality of The Hague, welfare organisations in the Leidschenveen-Ypenburg district and the Urban Ageing Research Group (The Hague University of Applied Sciences) should contribute to a good living environment with facilities that enable senior citizens to enjoy their old age. With the current ageing population and the resources available, the importance of senior citizens' own efforts in this regard is also increasing.

The 2024-2025 project 'Towards an age-friendly Leidschenveen-Ypenburg' is a quantitative needs assessment of the needs of young seniors (aged 60-75) in the Leidschenveen-Ypenburg neighbourhoods with regard to their neighbourhood and future. Young seniors were chosen because they are (still) more aware of the need to prepare for the future. This study hopes to provide more insight into the needs of young seniors from Leidschenveen-Ypenburg with regard to their future, social participation and activities, social networks, and transport and mobility in the district.

The aim is to use the results of the research to develop concrete recommendations for young seniors, welfare organisations and the Municipality of The Hague that can make the neighbourhood more age-friendly. These recommendations can contribute to awareness and social network strengthening in the neighbourhood of young seniors, which in turn can contribute to living at home longer in the neighbourhood and ageing healthily and actively. The role that young seniors see for themselves in this regard is also being investigated.

The research group consists of students and graduates of Social Work, who, together with the project leader, conducted the interviews from November 2024 to February 2025. For their graduation project, the students will also develop a concrete product based on the research results with young seniors and the older people consultant.





3. Project progress

Research questions were formulated for this project. Based on these questions, a questionnaire for interviews with young seniors was drawn up, administered and distributed to organisations, elsewhere in the neighbourhood and via the Nieuwsblad Den Haag newspaper, Leidschenveen-Ypenburg district (see appendix to this publication).

The starting point for the entire project is that it will provide all those involved in the field, researchers and educators with relevant, concrete information for the future of young seniors in the district.

Research questions

The central innovation question

What are the needs of young seniors aged 60-75 in the Leidschenveen-Ypenburg neighbourhoods in order to prepare for their future?





Sub-questions

1. Personal circumstances

(home situation, age, male/female, housing, paid/unpaid work, leisure activities)

- ▶ What are the personal circumstances of young seniors?

2. Future

(wishes, interests and contributions for the (near) future of young seniors)

- ▶ What are the future expectations of young seniors? What are their wishes for ageing well in the neighbourhood?
- ▶ What do they have to offer the neighbourhood and its residents?
- ▶

3. Social participation and activities in the neighbourhood

(knowing and participating)

- ▶ How do young seniors view their social participation in the neighbourhood? What do they know about the social activities map in the neighbourhood?
- ▶ Do they take part in social activities?
- ▶ What social activities would they like to see in the neighbourhood?
- ▶ How can they initiate and/or support activities themselves?

4. Social network

(maintenance, restoration, development)

- ▶ Who belongs to the social network of young seniors (in/outside the neighbourhood)?
- ▶ Which generations make up their social network?
- ▶ How do they see the role of their network in the future? What will they do for their network in the future?
- ▶

5. Transport and mobility

(walking, walking with aids, cycling independently, public transport: tram/bus, car and parking) How does the layout of the neighbourhood affect accessibility and mobility? What modes of

- ▶ transport do they use in and outside the neighbourhood?
- ▶ How do they experience mobility for themselves in general? How do they experience mobility outside the neighbourhood, now and in the future? Is the neighbourhood accessible and inviting for guests and loved ones?
- ▶ What role does mobility play in maintaining/developing their network and in engaging in activities?
- ▶







4. Findings from research on young seniors in Leidschenveen-Ypenburg

4.1 Participants

For this research, 109 young seniors from Leidschenveen-Ypenburg in The Hague participated in the questionnaire. The sample provides insight into the experiences and needs of young seniors aged 60-75 with regard to their living environment and future.

The respondents are divided into different age categories. The largest group consists of 71- to 75-year-olds (41.3%), followed by 66- to 70-year-olds (33.0%) and 60- to 65-year-olds (25.7%). This shows that the research group consists mainly of older adults, with a majority in the 66 and older category.

Within the research group, 64.8% of respondents are female and 35.2% are male. This means that women are clearly in the majority within this sample.



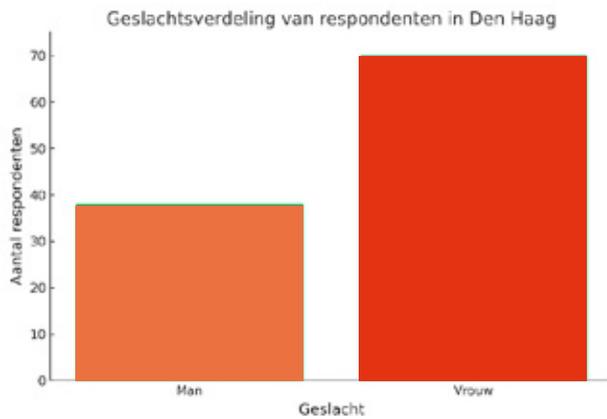


Figure 1. Gender

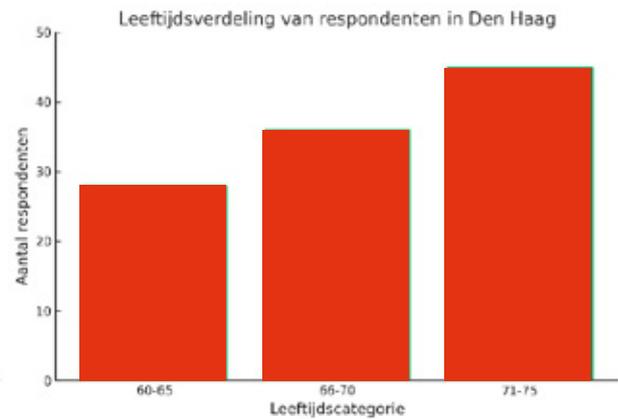


Figure 2. Age

4.2 Living situation



Figure 3. Home ownership of respondents

Figure 3 shows that the majority of young seniors live in owner-occupied homes (63.3%). Rental homes are less represented, but still form a substantial part of the housing stock in the neighbourhood (36.7%). This suggests that the neighbourhood has a mix of both owner-occupied and rental homes, with owner-occupied homes being slightly more dominant.



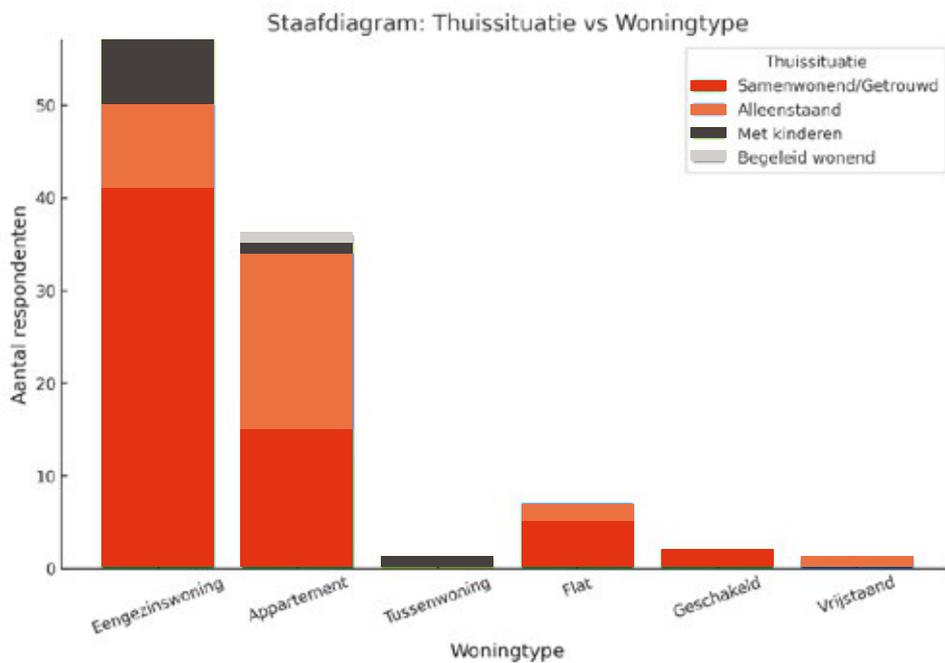


Figure 4. Home situation versus type of home

Figure 4 shows how the home situation correlates with the type of home in which respondents live. The largest group, cohabiting or married respondents, mainly live in a single-family home or an apartment. Single people, on the other hand, are more likely to live in an apartment. The group with children lives almost exclusively in a single-family home, while the few respondents who live in assisted living facilities reside in flats.

This distribution provides a clear picture of the housing structure within the neighbourhood and how it relates to the household composition of the residents.



4.3 Daily activities

In order to gain insight into how the young seniors in the neighbourhood spend their days, they were asked about the activities they engage in on a daily basis. The answers reveal a wide range of activities, ranging from paid work and volunteer work to sports, social interactions and creative hobbies. Most young seniors also engage in multiple activities. Figure 5 provides a visual representation of the distribution of these activities among the participants.

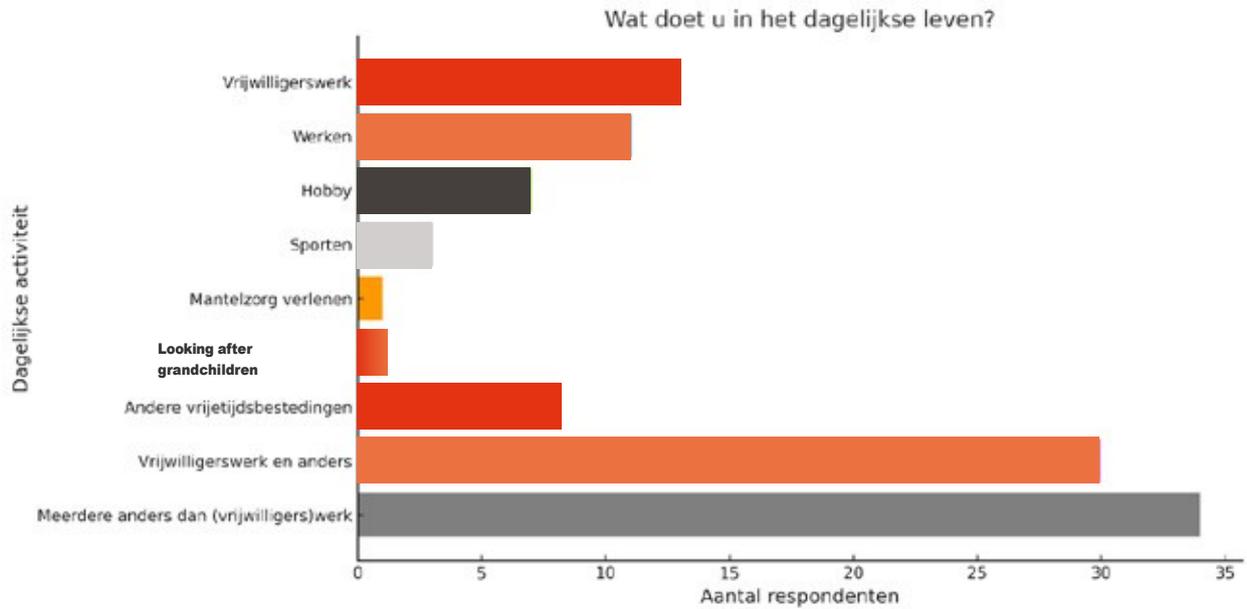


Figure 5. Daily activities of young seniors.

Volunteering as an important activity

The open responses show that volunteering plays an important role in the daily lives of many young seniors. This varies from assisting people in need, providing educational support as a language buddy or homework tutor, to administrative tasks at foundations and neighbourhood associations.

In addition, some are involved in cultural and religious organisations. This shows that a large proportion of respondents actively contribute to the community, both socially and civically. Figure 5 also shows that volunteering is one of the most common activities. The categories 'Volunteering' and 'Volunteering and other activities' together account for a significant proportion of respondents, which emphasises the strong social engagement within the neighbourhood.

Paid work and active retirement community

In addition to volunteering, paid work is still an integral part of daily life for some of the respondents. This mainly concerns positions in healthcare, communication, technology and IT. Some respondents still work a few days a week, while others have just retired and spend their time on new activities. This is reflected in Figure 5, where a substantial number of respondents indicate that they still work or undertake a mix of activities.



Sport and exercise for an active lifestyle

Many young seniors are physically active and participate in various forms of sport and exercise. These range from fitness, yoga, swimming and walking to more structured activities such as senior gym, aqua fitness and rowing. Figure 5 shows that sport and exercise are an important part of daily life, but that there is also great diversity in how residents engage in physical activity.

Social and cultural activities as a binding force

In addition to work and sport, young seniors engage in various social and cultural activities. Visits to museums, theatres, arthouse cinemas and reading are regularly mentioned. Neighbourhood activities, such as communal meals in community centres or organised gatherings, also play a role. This indicates a strong social structure within the neighbourhood and a need for cultural enrichment. The presence of these activities in Figure 5 confirms that many respondents include a combination of social and cultural activities in their daily schedule.

Creative hobbies as a pastime

Creativity also plays a major role in the daily lives of residents. Handicrafts (crocheting, knitting, quilting), painting, drawing, photography and music are frequently mentioned. This shows that a significant proportion of respondents spend their time on expressive and creative pursuits, which is also evident in Figure 5.



4.4 Conclusion on daily activities

The results show that young seniors in Leidschenveen-Ypenburg have an active and diverse daily life, in which volunteering, sports, social interactions and creativity play an important role. Figure 5 illustrates the distribution of these activities, with the combination of multiple activities being particularly striking. This indicates that many residents do not have just one dominant activity, but combine a mix of work, sports, volunteering and social activities. This underlines the importance of diverse facilities in the neighbourhood to support this lifestyle.



4.5 Wishes and needs for the living environment

The responses show that young seniors in Leidschenveen-Ypenburg have different expectations and wishes regarding their living environment and future. The themes that emerge can be divided into five main categories:

1. remaining meaningful,
2. a social and safe living environment,
3. continuing to live at home with the right facilities,
4. maintaining and expanding social networks,
5. family and community.

The answers provide a clear picture of what residents consider important and what areas for improvement they see in their neighbourhood. This is analysed in more detail below.

Staying meaningful by helping others

Many young seniors indicate that they want to remain active and be of service to others. This is reflected in their desire to do volunteer work, participate in social initiatives, and organise activities for seniors.

In addition, there are young seniors who are involved in neighbourhood activities, educational support, or as informal carers for a loved one. There is a need for training, workshops and networking opportunities to be able to carry out these activities in a structured way. This ties in with the aforementioned need for meeting places where people can come together.

Living in a social and safe environment

Many young seniors emphasise the importance of a social, safe and accessible living environment. Specific points of attention mentioned are:

- ▶ Road safety: concerns about speeding drivers, fat bikes and scooters with sports exhausts that are perceived as a nuisance.
- ▶ More supervision and enforcement in the neighbourhood, both for road safety and nuisance control.
- ▶ Maintenance of public spaces, such as pavements and cycle paths, to ensure they remain safe and accessible.
- ▶ More places for social interaction, such as neighbourhood cafés, meeting places and cultural facilities.

In addition, the importance of social cohesion is emphasised. Young seniors indicate that they want to strengthen solidarity in the neighbourhood, for example through more activities that bring different generations together.

Continuing to live at home with the right facilities

Many young seniors want to continue living at home for as long as possible, but recognise that this is not always possible. Some common wishes are:

- ▶ Lifetime homes: small, single-storey or adaptable homes (e.g. with a stair lift or adapted bathroom).
- ▶ More senior housing, so that older residents are not forced to move outside the neighbourhood.





- ▶ Good and accessible healthcare facilities, such as a general practitioner, physiotherapy and home care, preferably within 3 km of the home.
- ▶ Accessible public transport and amenities within walking distance.

A number of respondents indicate that affordable senior housing is a problem. They currently live in a single-family home, but would like to move to a smaller home within the neighbourhood. The current supply appears to be insufficient.

Remaining part of various networks (physical and online)

- ▶ Social contacts play a crucial role in the lives of young seniors. There is a strong desire to remain part of social networks, both physical and digital. This includes:
 - ▶ Meetings and gatherings: more social activities, coffee mornings and group activities, both during the day and in the evenings.
 - ▶ Online networks and digital support: a place where people can find each other online for help, advice or socialising.
 - ▶ Greater visibility of activities in the neighbourhood: respondents indicate that many activities are not well known and that better communication and promotion are needed.

In addition, there are calls for initiatives that connect young and old, such as joint activities that bring different generations together.

Good relationships with (close) family

Many young seniors indicate that family and loved ones play an essential role in their daily lives and future plans. This is evident in:

- ▶ Informal care: some already have care responsibilities, while others expect to take on such responsibilities in the future.
- ▶ Caring for children and grandchildren: several respondents mention that they enjoy looking after their grandchildren or would like to do so in the future.
- ▶ Continuing to live together in the neighbourhood: residents would like to remain close to their families, but indicate that housing options for young adults are limited.
- ▶ These insights show that the neighbourhood plays an important role in facilitating family life and care, both for older people and for younger generations.



4.6 Conclusion on the living environment

The responses reveal a clear pattern of what young seniors consider important in their neighbourhood and future:

1. Remaining active and meaningful (e.g. through volunteering or social activities).
2. A safe and social living environment with good facilities.
3. Living at home for as long as possible with the right support.
4. Remaining part of social networks through meeting places and activities.
5. Maintaining family and family ties in an environment that facilitates this.



4.7 Familiarity with the social activities map and participation in neighbourhood activities

Figure 6 shows how familiarity with the neighbourhood's social activities map (Leidschenveen Community Centre, n.d.) correlates with participation in neighbourhood activities. The results show that a majority of young seniors (63.3%) are familiar with the social activities map. Of this group, 40 of the 69 respondents (58%) actually participate in neighbourhood activities. This suggests that familiarity with the map can have a positive influence on participation in local activities. Among the group of respondents who are not familiar with the social activities card (40 respondents), only 14 people (35%) participate in activities. This indicates that there is likely to be a link between the provision of information and active participation. It may be that people who are familiar with the social activities card find it easier to find activities and are therefore more likely to participate.

Nevertheless, there is a significant group within the known target group that does not participate in neighbourhood activities (29 of the 69 respondents, 42%). This may mean that, despite awareness of the map, there are still barriers to participation, such as interest, physical accessibility, or the timing of activities.

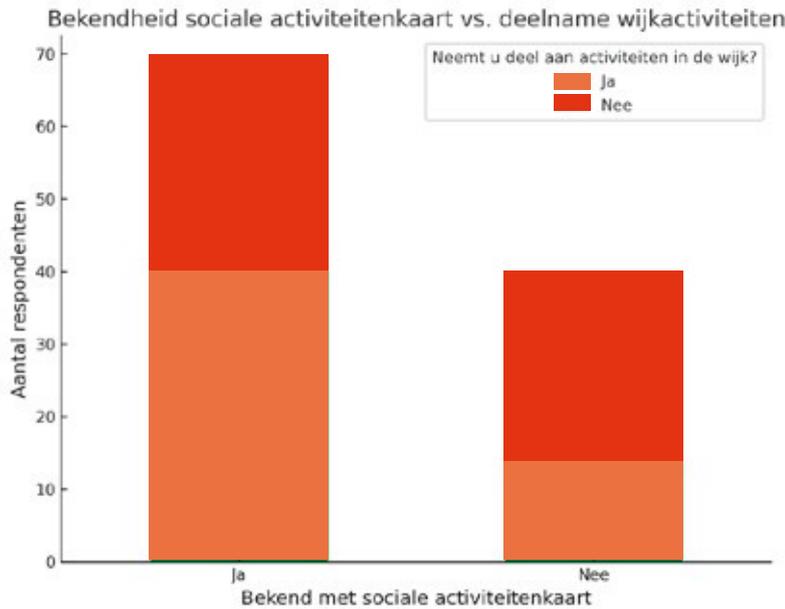


Figure 6. Awareness and participation in neighbourhood activities

The open responses to the questions 'Do you have an idea for a social activity that you would like to carry out with others?' and 'What social activities would you consider important in the neighbourhood?' show that residents want to be closely involved in their neighbourhood and have a wide range of ideas about social activities. The responses can be broadly divided into five themes:

1. meeting and togetherness,
2. cultural and creative activities,
3. exercise and outdoor activities,
4. support and care for each other,
5. lifelong learning and meaning.

Many respondents emphasise the importance of **social gatherings and togetherness**. There is a clear need for more opportunities for social contact in the neighbourhood, such as coffee mornings, communal meals or a neighbourhood café. In addition, there are calls for activities that bring different generations together, for example by connecting young people and senior citizens in joint initiatives. Neighbourhood parties and street events are also mentioned as important ways of strengthening social cohesion. At the same time, some residents indicate that existing activities are not always clearly visible, which means that they only find out what was going on after the event. Better communication, for example via a neighbourhood app, posters or a central information point, is therefore considered desirable.

In addition to social gatherings, there is broad interest in **cultural and creative activities**. Respondents mention music and dance, performances such as open-air films or concerts, and arts and crafts workshops, ranging from painting and woodworking to joint craft sessions. Reading clubs, film clubs and literature evenings are also mentioned as ways to stimulate deeper engagement and cultural exchange. Some indicate that there is a need for a physical space, such as a community centre or cultural centre, where such activities can be organised.



Sport and exercise also play a major role in residents' social wishes. Walking and cycling are often mentioned as accessible ways to promote both social interaction and health. There is also interest in group activities such as tai chi, yoga or fitness, specifically aimed at older people. Games such as boules are also appreciated. Furthermore, some residents emphasise the importance of the physical living environment: well-maintained walking and cycling paths, safe routes and sufficient seating in the neighbourhood contribute to an active and accessible public space.

Another important theme is **mutual support and care**. Some residents would like to see more organised neighbourhood assistance or informal care initiatives, for example to do shopping together or carry out small chores for each other. In addition, there are calls for extra support for older people and less mobile neighbourhood residents, for example by means of a neighbourhood bus. Joint neighbourhood projects, such as a communal vegetable garden, are also seen as valuable. Volunteering is seen by many as a way to stay involved, but it is noted that there is not always a clear platform to better match supply and demand in volunteering.

Finally, there appears to be a strong need for **education and meaning**. Residents indicate an interest in lectures on history, politics and social issues, as well as courses such as language lessons, bridge, sewing or technical skills. For some respondents, meaning also plays a role, for example in the form of discussion groups on life questions or religion. The importance of integration between different cultures in the neighbourhood is also mentioned, with joint activities contributing to better understanding and social connection between residents.





4.8 Conclusion and recommendations social activities map and participation in neighbourhood activities

The open responses show that there is a strong need for social interaction, cultural activities, exercise and support. Although many people are familiar with the social activities map, some do not yet participate in activities. This may be due to:

- ▶ Insufficient awareness of what is on offer: activities are not always well communicated.
- ▶ Limited variety in the offerings: some groups cannot find activities that suit them.
- ▶ Barriers to participation: e.g. mobility issues or the need for more accessible meetings.

Recommendations for neighbourhood organisations and policymakers:

- ▶ Communicate better about existing activities via various accessible channels for senior citizens, for example via a neighbourhood app, flyers or a central information point.
- ▶ Organise more accessible social gatherings, such as coffee mornings or neighbourhood parties.
- ▶ Create space for cultural and educational initiatives, such as a neighbourhood centre with workshops and lectures.
- ▶ Expand the range of exercise activities on offer, with additional walking clubs, boules or senior gyms.
- ▶ Provide better support for volunteer initiatives so that more people can get involved in their neighbourhood.

These findings show that the neighbourhood has great potential for social cohesion, but that there are still opportunities to increase participation.

4.9 Social networks

Social networks in the neighbourhood

The young senior citizens were asked who they consider to be part of their social network in the neighbourhood. The social networks within the neighbourhood are diverse and range from close neighbourly contacts to broader networks through associations and family. For a significant proportion of the residents, *neighbours* play a central role in their social life. Many respondents mention neighbours as their main contacts, with whom they regularly chatting, helping each other or undertaking activities together. These contacts are often informal and depend on chance encounters, but they form an important basis for social cohesion in the neighbourhood.

In addition to neighbours, family members also play a major role in social networks. Respondents indicate that they are in contact with their children, grandchildren and sometimes parents or siblings within the neighbourhood.

This close family network offers support, social interaction and practical help. Residents with family ties in the neighbourhood often experience the neighbourhood as a familiar environment, where they can manage well within their own network.

For other respondents, the emphasis is more on social interaction through organised activities, such as associations, sports clubs or voluntary work. Through these structures, they build lasting social relationships with other neighbourhood residents. Sports, cultural activities and hobby groups play a connecting role and ensure that residents meet each other on the basis of shared interests. This type of network offers a valuable addition to informal contacts and contributes to broader involvement in the neighbourhood community.



Nevertheless, there is also a group of young seniors who indicate that they have hardly any social contacts in the neighbourhood. Some respondents consciously have little need for social interaction in their immediate living environment, while others indicate that their social network is mainly outside the neighbourhood. In addition, there are people who are open to contact but do not know how to connect with existing networks or activities. This may indicate a need for greater visibility and accessibility of neighbourhood initiatives.

The differences in social networks show that there are both strong social structures and areas for improvement in the neighbourhood. While some residents benefit from a broad network of family, neighbours and associations, there are also residents who find it less easy to connect. Strengthening neighbourly contacts, improving communication about neighbourhood activities and encouraging accessible opportunities to meet can contribute to a closer-knit and more inclusive neighbourhood community.

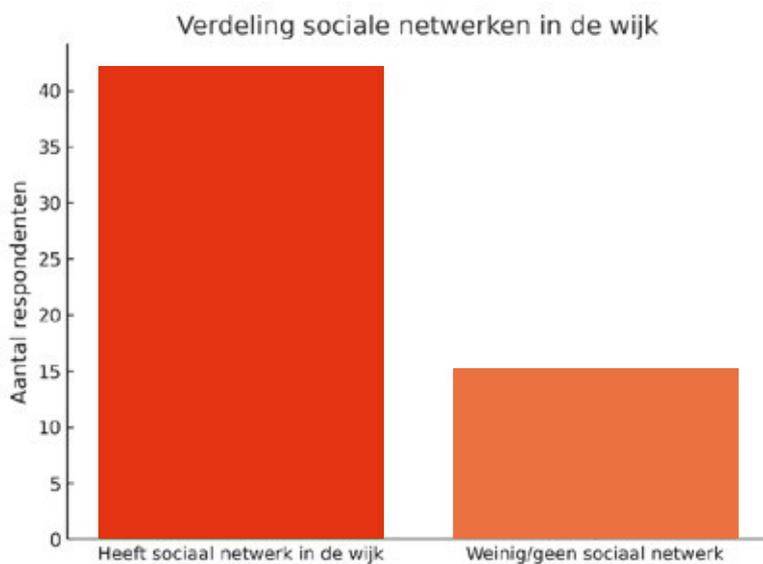


Figure 7. Classification of experiences of social networks in the neighbourhood based on statements.

The analysis shows that of the 57 respondents:

- ▶ 42 people (74%) make positive statements about their social network in the neighbourhood. This means that they actively maintain contact with neighbours, friends, family members or acquaintances through sports and hobby clubs.
- ▶ Fifteen people (26%) indicate that they have little to no social network in the neighbourhood. This is evident in responses such as 'no contacts', 'I have no family or acquaintances in the neighbourhood' or 'I am not connected to social groups'.

Social networks outside the neighbourhood

The open responses show that many young seniors maintain their social network outside the neighbourhood mainly outside their immediate living environment. This network consists mainly of family members, such as children, grandchildren, brothers/sisters and cousins. In addition, friends and acquaintances are often mentioned, as well as contacts through sports and hobby clubs.

A notable group consists of respondents who explicitly indicate that they maintain contact with family abroad. This indicates that there is an international aspect to the social network of some residents, which may be related to migration backgrounds or family ties outside the Netherlands.

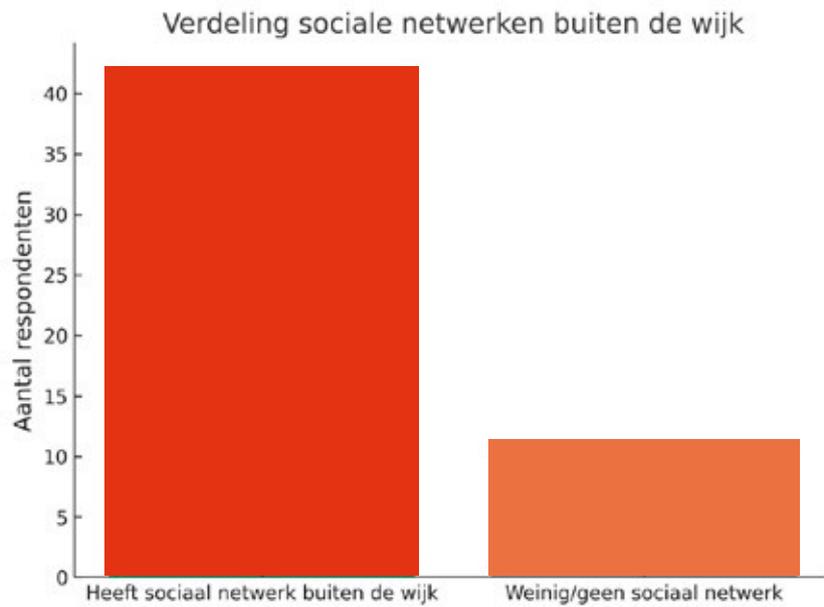


Figure 8. Classification of experiences of social networks outside the neighbourhood based on statements.

The analysis shows that of the 53 respondents:

- ▶ 42 people (79%) make positive statements about their social network outside the neighbourhood. They have contact with family, friends or acquaintances outside their immediate living environment, such as in other cities or even abroad.
- ▶ Eleven people (21%) indicate that they have little to no social contacts outside the neighbourhood. This is evident in responses such as 'no contacts', 'I have no social circle outside the neighbourhood' or 'my network is mainly located in the neighbourhood itself'.





Differences between social networks within and outside the neighbourhood

The results show that family ties play a much greater role in social networks outside the neighbourhood. Respondents indicate that their social contacts outside the neighbourhood mainly consist of children, grandchildren, brothers/sisters and cousins, while social networks within the neighbourhood are more often based on neighbours and acquaintances.

In addition, associations and hobbies appear to be an important connecting factor for social contacts outside the neighbourhood. Sports clubs, cultural activities and hobby groups are often mentioned as ways of maintaining relationships outside one's own living environment.





At the same time, a small but significant group indicate that they have no social contacts outside the neighbourhood. This suggests that their social network is mainly within the neighbourhood, which may indicate strong local ties or limited mobility. This difference in social networks emphasises the role of the neighbourhood as an important social environment, but also shows that many young seniors actively maintain social relationships outside their immediate living area.

Needs and possible implications

The strong presence of family and friend networks outside the neighbourhood suggests that young seniors are not entirely dependent on the neighbourhood for social interaction. At the same time, a group that exclusively focus on the neighbourhood, may benefit from initiatives that bring them into contact with others outside their own neighbourhood. Activities such as walking groups, cultural exchanges or hobby clubs can help connect residents with a more limited network outside the neighbourhood. For older people without many social contacts outside the neighbourhood, initiatives such as visiting services or digital meeting platforms can be valuable.

4.10 Transport and accessibility

The data shows that the car is the most commonly used means of transport, with a large proportion of young senior citizens indicating that they drive themselves. In addition, the bicycle is a commonly used means of transport, which indicates active mobility within the neighbourhood. Public transport, particularly trams and buses, is also used by a significant number of residents, although some respondents indicate that the accessibility of stops in certain parts of the neighbourhood could be improved.

In addition to these common modes of transport, some respondents use alternative options, such as mopeds, mobility scooters or walkers. However, this group is smaller and falls within the 'Other' category in the figure.

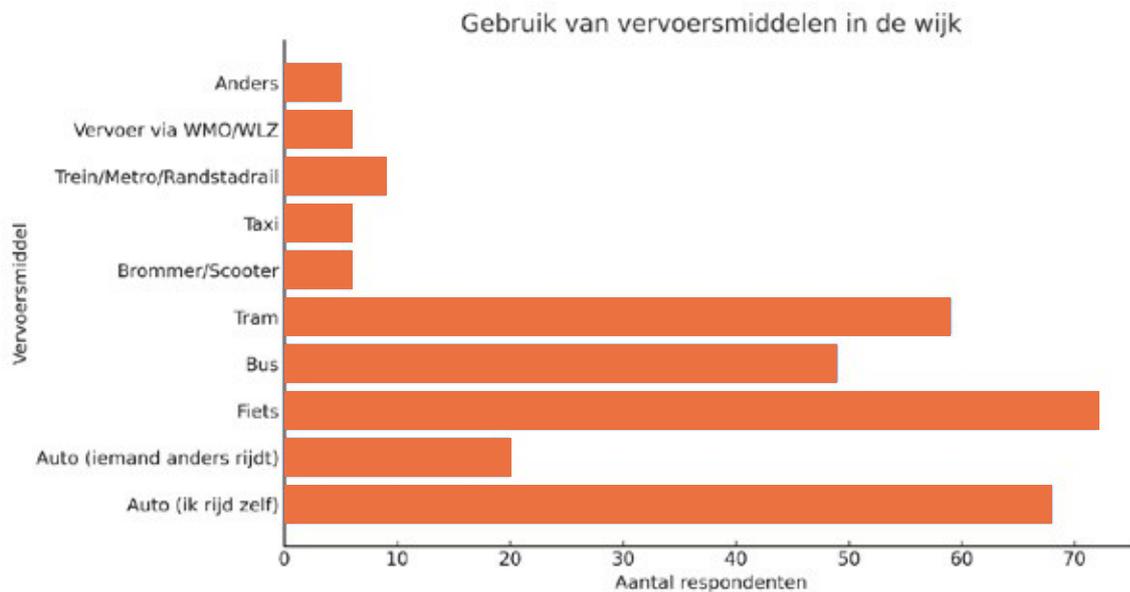


Figure 9. Use of transport





Accessibility of the neighbourhood

Most young seniors rate the accessibility of the neighbourhood as "Good," suggesting that the majority of residents are satisfied with the infrastructure and facilities in the neighbourhood (see Figure 10)

. A smaller number of respondents indicated that accessibility is 'Very good', while a group rated accessibility as 'Moderate' or even 'Poor'.

It is striking that there is a category 'Unsure or other', which shows that some respondents did not have a clear opinion or that their answers related to specific situations, such as poor paving, insufficient parking or the distance to certain facilities. In addition, some answers fall into the 'Other' category, which may indicate personal or specific circumstances that do not fit into the usual categories.

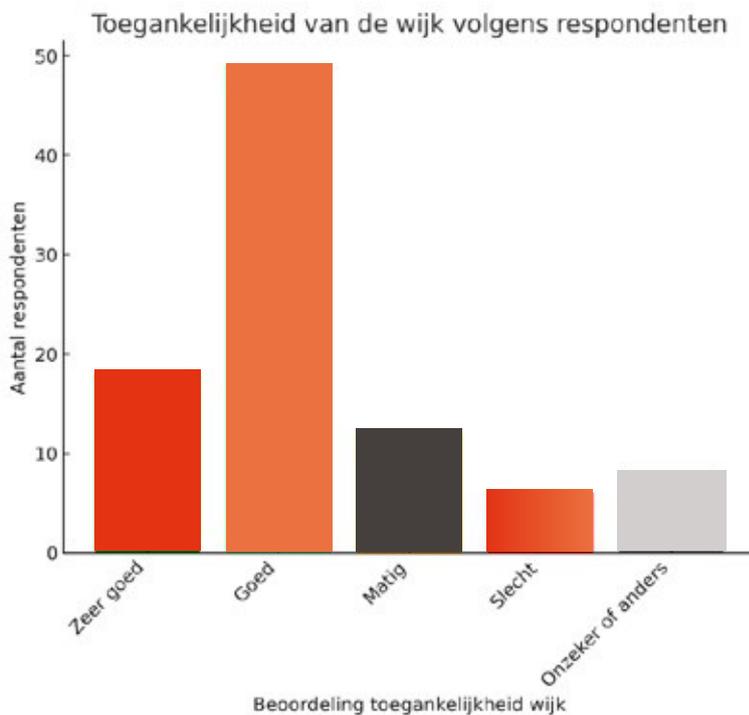


Figure 10. Accessibility of the neighbourhood

What is striking in the respondents' comments is that the infrastructure and accessibility of transport options are an important factor in their mobility. For example, some experience insecurity, limited parking options or a lack of public transport connections, while others are satisfied with the current facilities. Especially for older people or people with reduced mobility, the distance to public transport can be a barrier to participating in activities within the neighbourhood.

These findings show that the accessibility of the neighbourhood is generally perceived as positive, but that there are also areas for improvement, particularly with regard to public transport, walking routes and parking facilities. These insights emphasise the need for well-maintained infrastructure and a transport network that continues to respond to the needs of different resident groups. Optimising cycle paths, parking facilities and public transport connections can contribute to a more accessible and connected neighbourhood network.





The results also show that a majority of respondents consider transport in the neighbourhood to be good and sufficient for maintaining their social network (Figure 11). However, there are also critical comments, particularly with regard to the accessibility of certain parts of the neighbourhood, the distance to tram stops, perceived safety and the lack of public transport in some areas. People with reduced mobility in particular indicate that the transport options are not always adequate and that improvements, such as additional stops or better walking routes, would be desirable.

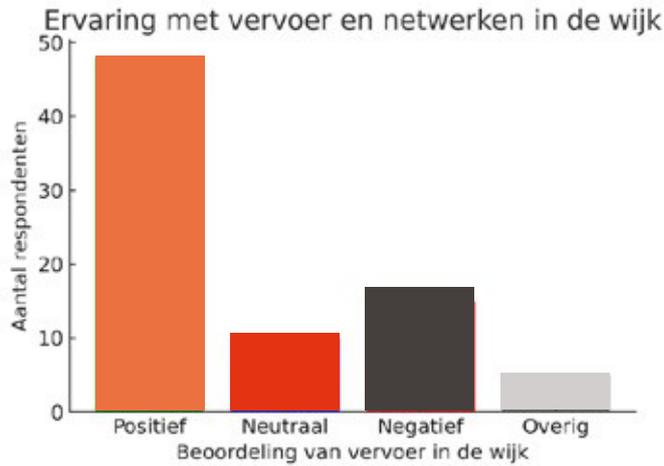


Figure 11. Is transport in the neighbourhood adequate for maintaining your network?

Finally, young seniors were asked what transport and mobility facilities they need in order to participate in activities in the neighbourhood. The responses show that many respondents are satisfied with the existing transport options in the neighbourhood. Most respondents indicate that they are able to get around easily using a combination of car, bicycle and public transport. Well-maintained cycle paths and footpaths are seen as important basic facilities, as are sufficient parking spaces for residents and visitors. For a large group of neighbourhood residents, the current transport options are therefore sufficient, and they do not experience any immediate obstacles to their mobility at this time.





However, several respondents also mentioned a number of issues. Accessibility to certain parts of the neighbourhood leaves something to be desired, particularly for residents with reduced mobility. Some parts of the neighbourhood are relatively far from public transport, which makes it difficult to participate in social activities or use facilities in other neighbourhoods. There is a need for additional tram and bus stops, so that older people and those with reduced mobility in particular can get around more easily. The design of public spaces plays an important role in this. Loose paving slabs, uneven pavements pavements and slippery conditions in rain and frost are perceived as obstacles, compromising the mobility and safety of pedestrians.

In addition, the parking issue is also regularly mentioned. Respondents note that finding a parking space can be problematic, especially around busy locations such as shopping centres and sports facilities. In some parts of the neighbourhood, there is a shortage of parking space, while in other areas the introduction of parking permits is perceived as an unnecessary restriction.

In addition to these practical aspects, some young seniors mention a feeling of insecurity when using public transport in the evenings. Older people and those who feel less confident in traffic in particular indicate that they do not always feel comfortable using the bus or tram in the evenings. This can be a barrier to participating in social activities or appointments outside the neighbourhood.

Finally, some respondents express a desire for specific additions to the transport options. For example, a neighbourhood bus or community bus is mentioned as a solution for less mobile residents, who otherwise have difficulty moving around the neighbourhood independently. In addition, some respondents would like to see affordable





transport options for older people and people with physical disabilities, such as a cheap taxi service. This could make it easier for these groups to participate in social and cultural activities in and outside the neighbourhood.

In general, the responses show that the basic infrastructure of the neighbourhood is considered adequate, but that targeted improvements are needed to optimise accessibility. Additional public transport, better maintained walking routes and more parking facilities are frequently mentioned points of attention that could significantly improve the mobility of neighbourhood residents.

4.11 Need for gatherings for young seniors

The collected responses (64 in total) show that there is broad interest among young seniors in a wide range of topics for meetings. The suggestions vary from practical topics such as healthcare innovations, mobility and financial planning to social and cultural themes such as community building, travel and leisure activities. An important recurring theme is finding ways to remain active

and involved in the neighbourhood and wider society. This is reflected in proposals for meetings on volunteering, joint activities and initiatives to bring senior citizens into contact with each other.

Top 5 most frequently mentioned themes for meetings

- ▶ **Volunteering and social engagement** – How senior citizens can contribute to the neighbourhood and support community initiatives.
- ▶ **Health and active ageing** – Topics such as nutrition, exercise and mental well-being to stay healthy and active.
- ▶ **Housing and mobility** – New forms of housing, moving to a lifetime home and the accessibility of the neighbourhood.
- ▶ **Finances and planning for retirement** – Information about living wills, inheritance and financial changes after retirement.
- ▶ **Social activities and meetings** – Opportunities to stay in touch with peers and build new social networks.

Preferred times for meetings

The responses show that daytime is the most preferred time, with a preference for meetings between 2:00 and 4:00 p.m. This is in line with the needs of seniors who are already retired and available during the day. For working people, early evening (between 6:00 and 8:00 p.m.) is also mentioned as a suitable time.

Overall, the analysis shows that there is broad interest among young seniors in various themes and activities, with a clear focus on social connection, practical support and active participation in society. This offers valuable starting points for developing a programme that meets the wishes and needs of this group.





5. Recommendations

Cooperation between young seniors and the Municipality of The Hague, welfare services and the social domain is essential for analysing areas for improvement and (further) development in the Leidschenveen-Ypenburg district that contribute to the future of its young seniors.

Young seniors indicate that they need meetings for their target group to get in touch with each other. In terms of content, the most important themes mentioned are: volunteering and social involvement, healthy and active ageing, housing and mobility, finances and planning, social activities and meeting people. Preferred times are during the day or, for those in work, in the evening.

The establishment of an expert group of young seniors, possibly for the various sub-areas, can contribute to this at district and municipal level.

The earlier conclusions from this study can be discussed in more detail in order to set concrete goals for the Leidschenveen-Ypenburg district together with young seniors and the professionals involved, to develop these goals, facilitate them and implement them in the neighbourhood on the various topics.

Municipality of The Hague

For the follow-up, it is important to focus attention and policy on the following aspects. This requires cooperation with welfare services, businesses and young seniors:

- ▶ the deployment of an expert group of young seniors from the district can help to make policy for seniors, both at municipal and district level, more specific and better tailored;





- ▶ the living environment can be strengthened by ensuring a social, safe and accessible neighbourhood. Research into and adjustments in the areas of (traffic) safety, supervision and enforcement, maintenance of public spaces and more places for social interaction are essential in this regard. The implementation of these improvements also requires active facilitation;
- ▶ Creating facilities that support senior citizens in continuing to live in their familiar neighbourhood is in line with their desire not to move. This includes information about home modifications, the construction of new senior citizen housing, a good distribution of care facilities throughout the neighbourhood, more bus stops and additional transport options such as a neighbourhood bus or an inexpensive taxi on call. Sufficient parking for residents and their social network is also important.
- ▶ Finally, there are opportunities to support young seniors in finding (volunteer) work, for example by further developing a job bank and suitable positions in collaboration with the municipality and other relevant parties.

Young seniors, welfare services and the social domain

Young seniors and welfare services can make an important contribution to welfare work, intergenerational activities and policy development in Leidschenveen-Ypenburg.

It is therefore important to:

- ▶ investigate which facilities and activities meet the wishes of young seniors, for example in the areas of (volunteer) work, sports and social activities, and then to realise these;
- ▶ explore how young seniors can be involved in the implementation, for example by offering paid positions or by setting up a volunteer vacancy bank specifically for people over 50.

Welfare services and the social domain

Social activities play an important role in strengthening social cohesion in the neighbourhood and offer young seniors the opportunity to remain active and meaningful. Intergenerational and multicultural contact is seen as valuable in this regard.

To respond effectively to this, it is important to:

- ▶ ask young seniors about their needs and interests, in addition to the existing range of activities;
- ▶ ensure that activities are easy to find and accessible through various channels, such as a neighbourhood app, flyers and other forms of communication;
- ▶ organising daytime and evening activities and making them easily accessible, so that they suit the broad interests of young seniors;
- ▶ actively involve young seniors in the development and implementation of initiatives, such as a volunteer job bank for people over 50;
- ▶ make spaces available for cultural and educational activities and exercise programmes;
- ▶ encourage initiatives aimed at strengthening local ties, such as walking groups, cultural exchanges and hobby clubs;
- ▶ paying extra attention to facilities for less mobile seniors, such as a visiting service, digital contact options and a neighbourhood bus.

The young seniors in Leidschenveen-Ypenburg are open-minded and have a wide range of interests. They focus on social connection, practical support, and active participation. This involvement offers great opportunities to further develop Leidschenveen-Ypenburg, together with young seniors, into an age-friendly district.





Follow-up actions

A discussion will take place with the clients about possible follow-up activities for young seniors in Leidschenveen-Ypenburg, involving various disciplines and young seniors.

In preparation, the project leader, in collaboration with the older people consultant, is organising a meeting in the district for young seniors, district residents, professionals involved and other interested parties on an afternoon and, if possible, later on an evening for working young seniors. This meeting, called 'the knowledge café', has several objectives: to provide feedback on the research results, to inspire participants and to create an opportunity to meet, establish contacts and discuss ideas for follow-up activities (see appendix). The project leader will give this presentation and lead the discussion with those present about the desired follow-up. During this afternoon, four Social Work students who were part of the Leidschenveen-Ypenburg 24-25 young seniors research group will also present the products they have developed. They will discuss these with the older people consultant. These products are based on the research results and focus on the following themes:

- ▶ mobility needs and social activities,
- ▶ social encounters for and by young seniors,
- ▶ connection between young seniors from diverse backgrounds.

In addition, fourteen students of Public Administration and Government Management, who joined the project later, are currently working on proposals for a follow-up to the action research. In consultation with the older people consultant and other professionals, they will implement these proposals. They are developing informative products, together with young seniors (based on interviews and conversations), focusing on themes such as:

- ▶ social networks,
- ▶ residents' wishes and needs,
- ▶ energy poverty,
- ▶ transport and mobility,
- ▶ social participation in the neighbourhood,
- ▶ informal care.

With these initiatives, we hope to make a valuable contribution to the follow-up policy and the development of Leidschenveen-Ypenburg into an age-friendly district.





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Social Domain Workshop

There are 15 Social Domain Workshops nationwide. A Social Domain Workshop is a collaboration between universities of applied sciences, care and welfare organisations and municipalities. The aim is to investigate, evaluate and improve issues in the social domain (WSD, n.d.).

At the Social Domain Workshop The Hague & Leiden, the Social Innovation research group at Leiden University of Applied Sciences and the Urban Ageing research group at The Hague University of Applied Sciences are working together with the social field and the municipalities involved to create a regional network and knowledge infrastructure. Participating municipalities are The Hague, Leiden, Alphen aan den Rijn, Rijswijk and Delft.

The projects are being implemented in this partnership of social professionals, policy and implementation officials, training managers, students, teachers and researchers.

The Social Domain Workshop The Hague-Leiden is working on the following themes:

- ▶ Poverty and debt
- ▶ Health and social issues in the neighbourhood
- ▶ Living at home longer
- ▶ Social and inclusive
- ▶ Professionalism in the social domain
- ▶ Medical and social

Source and further information about the (national) workshops:

<https://www.werkplaatsensociaaldomein.nl>





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All participating young seniors from Leidschenveen Ypenburg

Special thanks go to all 109 young seniors who shared their experiences and needs in the district and their needs for the future through the surveys and interviews.

For privacy reasons, their data has been processed anonymously.

The clients

The professionals from various organisations working for the Leidschenveen Ypenburg district contributed their knowledge of the neighbourhood to the preparation and debriefing of the study, helped formulate the research questions and provided access to the young seniors.

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Kylian Kokshoorn, policy officer, The Hague municipality, OCV Wouter de Hoog, district officer for Welfare, Participation, Ypenburg

Pooja Marapin, district officer for Welfare, Youth and Participation, Leidschenveen * Denise Schijff, older people consultant Leidschenveen-Ypenburg, Wijkz *

Wendy Veen, senior district employee for Welfare, Youth and Participation, Municipality of The Hague And thanks to all the other professionals in the neighbourhood for their cooperation.

Betty Boomsma, programme manager for product development and innovation, Xtra

Joost van Hoof, lecturer in Urban Ageing, The Hague University of Applied Sciences *

Wil IJzereef, project leader, researcher for the project 'Towards an Age-friendly Leidschenveen-Ypenburg', lecturer in Urban Ageing, The Hague University of Applied Sciences

*Also co-readers of the publication

The organisations where young seniors gather in Leidschenveen-Ypenburg

Many thanks to all the people and organisations that provided the opportunity to leave questionnaires and flyers or to have young seniors interviewed by the research group at their location.

The Social Work programme at The Hague University of Applied Sciences

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The Urban Ageing research group, Social Domain Workshop

Joost van Hoof, professor of Urban Ageing, The Hague University of Applied Sciences

Gaby Weij, project coordinator WSD, Urban Ageing research group, The Hague University of Applied Sciences

The Leidschenveen Ypenburg young seniors research group

Many thanks to the active research group for carrying out the project.





Wil IJzereef was the project leader and researcher for the entire project and wrote the publication in collaboration with Jeroen Dikken.

Jeroen Dikken was involved in analysing the results of the 109 interviews with young seniors.

Jeanine Beentjes, Helena Coonen, Nadia El Khattouti and Emre Yildirim are the four student members of the research group and graduates of the Social Work programme at The Hague University of Applied Sciences. Together with the project leader, they conducted all the interviews. They are also developing products for and with young seniors based on the results of the research, in consultation with the older people consultant and young seniors. The themes are discussed with the older people consultant and young seniors. They focus on mobility needs and social activities, social encounters for and by young seniors, and the prevention of loneliness through activities that promote social cohesion.



Attachments

- ▶ the flyer inviting people to complete the questionnaire
- ▶ the questionnaire for young seniors
- ▶ the poster for the feedback afternoon, knowledge café

let's change
YOU US. THE WORLD.

URBAN AGEING RESEARCH GROUP

ARE YOU BETWEEN THE AGES OF 60 AND 75 AND LIVE IN LEIDSCHENVEEN - YPENBURG?

Your opinion matters!

What do you need to be able to and grow old in your neighbourhood?

Why are we conducting this research?
Neighbourhood residents know what is important for living at home longer and ageing in a pleasant, healthy and active way. They also have a lot to offer the neighbourhood. This survey will help us identify your needs so that we can develop concrete recommendations to make the neighbourhood more age-friendly. These recommendations can then be used by welfare organisations, the City of The Hague and senior citizens.

QUESTIONNAIRE
SCAN THE QR CODE WITH THE CAMERA ON YOUR MOBILE PHONE OR DEVICE

SCAN

If you would prefer to complete the questionnaire on paper, please email: w.a.m.ijzereef@hhs.nl

Please return the completed questionnaire in an envelope to:
The Hague University of Applied Sciences
Faculty of Social Work and Education
Attn: W. Ijzereef
PO Box 13336
2501 EH The Hague

PUBLICATIONS

SCAN

PARTNERS

Den Haag

wijkz
voor elkaar

AGE-FRIENDLY LEIDSCHENVEEN - YPENBURG

Werkplaats Sociaal Domein
Den Haag en Leiden

DE HAAGSE
HOGESCHOOL



QUESTIONNAIRE NEEDS ASSESSMENT LEIDSCHENVEEN-YPENBURG

Are you between the ages of 60 and 75 and do you live in Leidschenveen - Ypenburg? Then we would like to hear what you need to enjoy your old age in your neighbourhood.



YOUR OPINION COUNTS!

Why are we conducting this survey?

Local residents know what is important for living at home longer and ageing in a pleasant, healthy and active way. They themselves also have a lot to offer the neighbourhood. This study will identify your needs in order to develop concrete recommendations that can make the neighbourhood more age-friendly. These recommendations can be used by welfare organisations, the Municipality of The Hague and senior citizens.

Central research question

What are the needs of young seniors aged 60-75 in the Leidschenveen-Ypenburg neighbourhoods in order to prepare for their future?

This questionnaire will take approximately 10 minutes of your time and consists of 22 questions in 6 categories.

- ◆ This questionnaire is anonymous; no personal data that can be traced back to you will be processed.
- ◆ If you have any questions about this research, please send an email to Wil Ijzereef: w.a.m.ijzereef@hhs.nl
- ◆

DIGITAL QUESTIONNAIRE



You can also complete the questionnaire digitally via your mobile phone or other device. Scan with the camera the QR code.

Please **return** the completed questionnaire in an envelope to:

The Hague University of Applied Sciences Faculty SWE
Attn: W. Ijzereef
PO Box 13336
2501 EH The Hague



Werkplaats Sociaal Domein
Den Haag en Leiden

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Questionnaire - You can respond until 10 February 2025

1. Personal circumstances

Would you like to explain your personal circumstances? (circle what applies)

- Which age category do you fall into?
 - 60 - 65
 - 66 - 70
 - 71 - 75
- Are you:
 - Male
 - A woman
 - I'd rather not say
 - Other, namely:
- Home situation:
 - Single
 - Living with partner
 - With children
 - Otherwise:
- Property:
 - Rental
 - Purchase
- Type of property:
 - Flat
 - Apartment
 - Detached house
 - Other, namely:
- Day care: (you may circle more than one)
 - Work
 - Unpaid work
 - Informal care
 - Looking after grandchildren
 - Volunteering
 - Hobbies
 - Sports
 - Other leisure activities
- Can you explain what you do? What kind of work, volunteering, hobbies, sports, leisure activities, etc.
.....
.....
.....

Continue on the next page.





2. Future

- **What are your wishes for ageing comfortably in the neighbourhood?**
(wishes, interests and contributions for the (near) future in the neighbourhood)

.....
.....
.....
.....
.....

3. Social participation and activities in the neighbourhood (circle what applies)

- Are you familiar with the neighbourhood's social activities map?
 - Yes
 - No
- Do you participate in activities in the neighbourhood?
 - Yes
 - No
- What activities are these?

.....
.....
.....
.....

- Do you have an idea for a social activity and would you like to carry it out with others?

.....
.....
.....
.....
.....

- What social activities would you consider important in the neighbourhood?

.....
.....
.....
.....
.....

Continue on the next page.





4. Social network (circle what applies)

- Who belongs to your social network **IN** the neighbourhood? (you may circle more than one)
 - Parents
 - Children
 - Grandchildren
 - Brothers/Sisters
 - Cousins
 - Neighbours
 - Friends
 - Acquaintances
 - Acquaintances through sports/hobby clubs
 - None
 - Other, namely:

- Who belongs to your social network **OUTSIDE** the neighbourhood? (you may circle more than one)
 - Parents
 - Children
 - Grandchildren
 - Brothers/Sisters
 - Cousins
 - Family abroad
 - Friends
 - Acquaintances
 - Acquaintances through sports/hobby clubs
 - None
 - Other, namely:

- How do you see the role of your network in the future?
.....
.....
.....
.....

- What can you do for your network in the future?
.....
.....
.....
.....

Continue on the next page.





5. Transport and mobility (circle as appropriate)

- Which modes of transport do you use? (you may circle more than one)
 - Car (I drive myself)
 - Car (someone else drives)
 - Bicycle
 - Moped/scooter
 - The mobility scooter
 - The rollator
 - The bus
 - The tram
 - The taxi
 - The taxi bus
 - Transport via WMO or WLZ scheme
 - None
 - Other, namely:

- Do you consider the layout of the neighbourhood to be accessible for you and your loved ones?
.....
.....
.....

- Is transport in the neighbourhood adequate for maintaining your network?
.....
.....
.....

- What transport and mobility facilities do you need to participate in activities in the neighbourhood?
.....
.....
.....

6. Themed meeting

- What theme would you find interesting for a meeting for young seniors, and at what time?
.....
.....
.....

Continue on the next page.





END OF QUESTIONNAIRE

Thank you for your participation!

Your data will be processed anonymously. The conclusions and recommendations from this study will be discussed and converted into concrete measures and initiatives by the Municipality of The Hague and welfare organisations, which contribute to the age-friendliness of the neighbourhood and enable older people to continue living at home in the neighbourhood for longer.

Contact:

Project leader: Wil Ijzereef - w.a.m.ijzereef@hhs.nl

Please return the completed questionnaire in an envelope to:

The Hague University of Applied
Sciences Faculty SWE
Attn: W. Ijzereef PO
Box 13336 2501 EH
The Hague



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URBAN AGEING RESEARCH GROUP

let's change
YOU US. THE WORLD.

COME TO US

Knowledge

*What
would you
like your
neighbourho
od?*

YOUNG SENIORS ABOUT

THEIR LIVES, NEIGHBOURHOOD AND FUTURE IN LEIDSCHENVEEN-YPENBURG

Café

Your opinion is important, and we invite all neighbourhood residents and professionals from the Leidschenveen-Ypenburg district to share the results of our research.

Over the past few months, young seniors from the Le-Yp district have indicated what they consider important during our research.

Key question: what do young seniors aged 60-75 in the Leidschenveen-Ypenburg neighbourhoods need in order to prepare for their future?

This afternoon, we would like to share the results with you and discuss what you consider important.

Presentation of Le-Yp action research

- ◆ In conversation with each other
- ◆ Social gathering with drinks
- ◆

FRIDAY 27 JUNE

2:00 PM TO 4:00 PM LEIDSCHENVEEN COMMUNITY CENTRE: HARRIET FREEZERHOF 201, 2492 JC THE HAGUE

AGE-FRIENDLY LEIDSCHENVEEN - YPENBURG

PLEASE REGISTER:

SCAN



Or email: w.a.m.ijzereef@hhs.nl

PARTNERS



Den Haag



voor elkaar



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