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INVESTIGATING CO-LIVING ARRANGEMENTS OF INDEPENDENT RETIRED WOMEN

Marie J. Myers^{a*}

^aFaculty of Education, Queen's University, Duncan McArthur Hall, 511 Union St, K7M 5R7, Kingston, Canada

Abstract

This paper describes a study of retired independent women in participative co-living. The objective of the study is to create an inventory questionnaire to be used in the selection of prospective members of a co-living arrangement in Canada. Qualitative research methods were used comprising textual analysis of participants' journals and related documents like the Charter of the Babayagas House in Paris and documents in the public domain as well as established wellbeing questionnaires found in a literature search. Based on the qualities and characteristics uncovered, several items were generated which were found to align with items in well-established wellbeing questionnaires. Apart from the questionnaire items, related areas of concern are discussed. Overall, interesting aspects that would be valuable to researchers examining similar contexts emerged and comments on the relative importance and relevance of questions for a number of items are included in the findings. Aspects of the participants' activities which were deemed relevant are also included.

Keywords: Co-living, retired women, selecting questionnaire items

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*Corresponding author.

E-mail address: myersmj@queensu.ca

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1. Introduction

In the context of the pandemic, finances and human relations were stretched even more than they already had been, especially for aging populations. Worldwide, people are living longer and there is a lack of sufficient numbers of young people to balance workforce numbers which causes additional stress. For instance, in Canada, young people and older people combined constitute half of the population (Statista Research, 2024). Over the last 40 years Canada's senior population has tripled and over the next 20 years it is expected to grow by 68% (Canadian Institute for Health Information [CIHI], 2024). Moreover, women tend to live longer than their spouses and find themselves alone and often with much reduced incomes (Larson, 2019). So, it is important to find a way to live well while aging, within available means. Retirement homes tend to be expensive, and a better solution appears to be co-living arrangements. Such attempts have been made in different places with various levels of success (Wanka et al., 2024).

One internationally recognized model is the participative co-housing unit, "La Maison des Babayagas" in Paris. This paper investigated this successful model with retired independent women, in order to implement similar housing in Canada. This is a French government subsidized 25 unit building with moderate rents to be paid depending on a person's income and it operates as a group project for independent aging women living together, supporting one another. This concept is based on cooperation and participation with women helping one another to the end of their lives. Presently the average age of the residents in the Babayagas House is 75.

The objective of the present research project is to devise a questionnaire for the Canadian population focusing on the qualities which can contribute to harmonious co-living to be used to select people for such co-living arrangements. This study thus attempts to identify characteristics that lead to the possibility of co-living by examining aspects of human behaviour impacted by organizational as well as human factors.

2. Problem Statement

Uncovering how affordable co-living among independent retired women could be made possible in Canada namely by identifying favorable characteristics is considered to be of vital concern to ensure the success of such a project. There are many attempts at co-housing; however, few seem to have been able to overcome issues in the long run (Wanka et al., 2024). In addition, the pandemic brought about increased awareness-raising, more strain on finances and human relationships and it further disrupted people's ways of living. In the case of the Babayagas House women, they were even more affected as they were already facing a lot of challenges due to being alone and aging. Yet, as observed by the main author when visiting the Babayagas house to collect data for this study, the women persevered and are trying to rebuild their community as it was before. Therefore, to create a questionnaire for the selection of potential co-housing members in Canada, investigating these women's living arrangements was deemed to be effective as a wealth of experiences could be gleaned from these women which could be utilized to construct the items for the inventory questionnaire for the Canadian population.

3. Research Questions

The main research questions for the study were:

- i. What are the desired qualities for co-housing?

- ii. How should items be selected for an inventory questionnaire aiming at harmonious co-living of independent retired women for an economy of means post pandemic?

4. Purpose of the Study

The purpose of this study was to identify the characteristics needed for women to collaborate in participative co-living arrangements which could then help in the selection of similar groups in Canada by using a questionnaire to determine the participants for such a project. The pandemic played a major role in this study in terms of the impact it had on the Babayagas House residents. Despite efforts at keeping the community together, the pandemic had a detrimental effect and examining what keeps such groups functioning especially in the face of challenges was deemed to be important for the survival of the community. The concept of participative co-living arrangements clashed with isolation restrictions due to the pandemic. Despite that, the Babagayas residents actually got together to sew masks for the whole housing community. Nevertheless, this did not generate greater involvement. Their common workshops, film screening evenings, the monthly social dinner, and invited guest speaker events were halted due to the pandemic restrictions. The shared garden was not properly tended to, although some of the women were harvesting what they could get out of it. All this impacted negatively on the co-living attributes of the residents and as such, was considered important to pursue in this study which attempted to glean characteristics that allow for harmonious co-living. Through these characteristics, and other personal qualities identified, items could be identified to develop an inventory questionnaire to help in the selection of women in Canada to participate in harmonious co-living over time like the members of the successful Babayagas House model.

5. Research Methods

A qualitative approach was used as it was considered best suited for this study (Creswell & Poth, 2018) which relied on observation of the study site and gathering data from the study participants' journal entries and other related documents. This paper reports the first phase of the study, namely the literature search to identify relevant wellbeing questionnaires from which to pull questions for the identified items, as well as the data collection and analysis of participants' journal entries to glean qualities and characteristics that would work for such co-living arrangements, in order to draft an initial inventory questionnaire. During the second phase of the study, this questionnaire will be submitted to women presently residing in retirement homes in Canada for their suggestions and annotations to refine and finalize the questionnaire.

This initial phase entailed mainly text analysis. The literature for best practices and methodologies for questionnaires were reviewed. Aspects related to different people's willingness to living together (Olson, 2003) were identified and the characteristics involved in such co-orientation (Luhmann, 1996) among other related aspects were also considered. The literature search generated several established wellbeing questionnaires from which items could be selected.

The study observation site was the Babayagas House in Paris from which four residents volunteered to be participants in this study. Since substantial additional information could be gleaned from the House

Charter and the public domain documents, four participants were considered sufficient for the information needed. They were asked to keep a six-month journal on their daily activities.

Before this could commence, Ethical Clearance had to be obtained from the University Ethics Board. Once the approval was given, research assistants were hired to carry out the relevant literature search and participants were recruited to write anonymous personal journals over six months, after which the journals were collected for analysis. In addition to personal entries in journals, the House Charter was also analyzed as it listed the conditions for admission in the House that each participant had to agree to before being accepted to live in the Babagayas house. Moreover, recognition of the Babayagas House as a successful co-housing endeavour (Briquet-Moreno,2023) facilitated access to a great number of documents in the public domain.

The investigation, covering the current situation (the time the research was undertaken) in Paris to glean subtleties as well as identify major issues, was implemented by having participants carry out journaling for six months. As the focus was on uncovering their feelings as well as understanding their daily activities, no constraints were placed on the journaling to enable the researchers to capture what was naturally deemed important to the participants. In depth content analysis of the journals was done with a view to capture key concepts and identify codes to further organize the data under themes.

The document analysis comprised several sources of documents namely the journals, the Babagayas House Charter rules and related documents in the public domain, which were read separately, after which the data was collated. A general inductive approach (Thomas, 2006) was used to isolate those qualities and capacities that supported or hindered the positive functioning of co-living arrangements. Then, segments from all sources that revealed specific qualities and capacities, were identified, and assigned codes - in many cases, multiple ones - to capture different interpretations of the segments. The codes were then organized into categories which were grouped according to emerging themes.

To make up for the delay caused by the wait times for ethical approval, the following two processes were conducted concurrently to have everything ready to delve into the matching of items uncovered through collected data. A literature review was first conducted to familiarize the research assistants with wellbeing questionnaires related to the topic under scrutiny for possible items while, the Babayagas House Charter and information gleaned from the public domain were simultaneously analyzed to identify emerging categories and themes for relevant items to be matched with items from the well-being questionnaires.

These tasks were divided among four research assistants and the primary researcher. One bilingual research assistant and the primary researcher who was a native speaker of the language, analyzed the data collected in French, namely the participants' journals, documents from the public domain and the Babayagas House Charter. Two other research assistants worked on the creation of the inventory questionnaire.

For the inventory questionnaire, a literature review was undertaken which entailed first, generating dedicated keywords to isolate existing literature and studies related to well-being in general and well-being in co-housing facilities. This generated the necessary documents especially the well-being questionnaires

needed to help identify relevant dimensions of well-being and potential areas of concern or interest. This process and the specific questionnaires used are listed in the next section of this paper.

The questionnaire construction began with more general demographic questions as physical contextual aspects also needed to be scrutinized besides the qualities for getting along. Understanding the demographic characteristics of the respondents, like age for instance, would help segment and interpret responses. Related questions were further regrouped under themes or topics based on the qualities and characteristics uncovered in the journal entries, and on information gleaned from the public domain and the Babayagas house Charter.

6. Findings

The analysis of the personal journal entries of the four participants yielded a long list of qualities which were grouped under 13 categories, namely accountability, autonomy, collaboration, supportiveness, positive thinking, politeness, engagement, openness, love of learning, feminist leaning, persistence, kindness, and sociability.

Documents found in the public domain were also analyzed and several more items were uncovered to add to the above list. These documents were first coded separately and then all the codes were merged at the end. Across each document, the codes were grouped into the categories below, based on what emerged: personal qualities that support success and hinder success in co-living; behaviours that support and hinder success in co-living; personal values; skills/capabilities; and structure/building features. Themes were then constructed around these attributes.

The third set of data was generated from the analysis of the four-page “Charte de la Maison des Babayagas” (Office de l’Habitat, 2022). The analysis of this document yielded the following attributes: autonomous, independent, self-leaders, self-organizing, proactive, organized, future-oriented, committed (to the community), communal, vocal, agentic, cooperative, collaborative, and welcoming. In addition, expected positive behaviours included consensus-based decisions, community decision-making, community-oriented, willingness to participate in community meetings, sharing, reciprocity, community engaged/engagement, willingness to participate, capable of following rules, law abiding, rule abiding, sense of responsibility towards others, responsible, respectful of others, respectful of regulations, orderly, navigating inter-personal conflicts, reconciliatory, and de-escalating conflicts. Another set is related to values and interest in co-housing and include, inclusive, anti-racist, anti-antisemitism, anti-homophobic, anti-extremist (all types), anti-prejudice, anti-classist, anti-ageist, ableist, feminist, anti-oppression, equal rights advocates, secular, anti-indoctrination, anti-proselytizing, environmentally minded, ecologically minded, economical, energy efficient, and saving energy. Finally, several skills and capacities emerged such as the willingness to learn first aid and providing aid in general.

The main themes that emerged through regrouping the categories are the following:

- 1) Women residing in the co-housing units are community-focused and willing to be active participants in the organization and operational aspects of the commune.
- 2) In general, women featured in these documents hold non-traditional views of womanhood. They hold progressive and feminist views that are not built on the Judeo-Christian assumptions of women as subservient.

- 3) The women choose not to conform to the dominant narrative on aging; instead, they view aging as a continuation of meaningful living, through continual learning opportunities and community involvement.
- 4) Woman who inherently value themselves in terms of their well-being, personal growth, and dignity, may do well in the communal housing because they see themselves as active, worthy citizens. (There is a rejection of a victim-mentality).

In terms of creating the inventory questionnaire, the following processes and findings emerged:

The focus on identifying well-being qualities initiated the process from searching for scales and measurements. Key words including “senior”, “well-being”, “scale” (questionnaire, survey, or measurement), “personal traits” (personal characteristics, personalities) were used in the library search engine to search for academic articles and books. After reading the articles and books, some basic ideas about the dimensions of personal well-being emerged. Next, the search for scales for some specific dimensions such as happiness, autonomy, positive/negative emotions, satisfaction, etc. generated interesting results. In this way, information from 16 surveys was collected, which included: Gratitude Questionnaire (McCullough et al., 2002), PERMA-Profil (Positive Emotion, Engagement, Relationships, Meaning, Accomplishment) (Butler & Kern, 2016), New well-being measures (Diener et al., 2010) and the VIA Survey of Character Strengths (Peterson & Seligman, 2004). These surveys then formed the database for the development of the new inventory questionnaire for this project.

The questions from these scales were imported to NVivo as data for analysis. The qualities identified from the Organizational Charter of the Babayagas House were first entered as existing codes. These codes were entered in Nvivo for 27 qualities including honesty, collaboration, genuineness, supportiveness, sustainable hobbies and skills, being responsible, positive thinking, politeness, willingness to engage, non-judgmental, inquisitive, sharing knowledge, advising others in life situations, openness, taking charge of own life/planning, learning new things, consistent engagement in outside/local community, willing to run workshops and activities, engaged mind, agreeing to volunteer, no pettiness, fairness, feminist, sticking to initial commitment, ecology, kindness, and sociability. Then, all the questions in the database were read and relevant questions assigned to these codes.

After initial coding, the codes with less than 3 questions were either merged with other codes (if there were similar items) or set aside. No questions were found for the following codes: genuineness, sustainable hobbies and skills, inquisitive, sharing knowledge, and no pettiness. Non-judgmental was merged with openness and advising others in life situations; willing to run workshops and activities and agreeing to volunteer were combined with supportiveness. Some code names were modified. For example, willingness to engage, consistent engagement in outside/local community, and engaged mind were combined to form one code named engagement; learning new things was renamed as love of learning; sticking to initial commitment was changed to persistence; and being responsible was renamed as accountability. This resulted in the creation of 13 codes: accountability, autonomy, collaboration, supportiveness, positive thinking, politeness, engagement, openness, love of learning, feminist, persistence, kindness, and sociability.

The next step was an inductive analysis to get some new, unlisted codes. All the questions were re-examined to identify elements that were related to the traits or characteristics which influence whether a

person can get along well with others. Through several rounds of coding, 11 new codes emerged: emotional intelligence, fairness, forgiveness, good listener, gratitude, modesty, positive emotions, positive relationships, satisfaction, self-acceptance, and sense of humour. As a result, the final inventory includes 24 categories with 165 questions. These items include accountability, autonomy, collaboration, emotional intelligence, engagement, fairness, feminism, forgiveness, good listener, gratitude, honesty, kindness, love of learning, modesty, openness, persistence, pragmatic politeness, positive emotions, positive relationships, positive thinking, satisfaction, self-acceptance, sense of humour, and sociability.

The attributes related to the physical context such as cooperative living, access to facility, etc. were used for logical groupings of questions. The ethical aspects were also taken into consideration, ensuring that questions were respectful, non-biased, and would not cause discomfort to the participants. Clear and consistent response scales were used; for example, in the question on "Access to Facility - 2," a Likert scale was used, allowing respondents to express their satisfaction levels on a 5-point scale. Inclusivity was considered to ensure that the questions encompass a broad range of aspects relevant to residents' well-being, including their living conditions, accessibility, support systems, and opportunities for engagement. An attempt was made at finding a balance between closed-ended questions, like those with multiple-choice responses, and open-ended questions, where respondents could provide detailed feedback. For instance, "Workshop Preferences - 1" is an open-ended question, which allows for a variety of responses. It was important to be sensitive to diversity and questions addressing different aspects of well-being, such as gender-based discrimination ("Feminism and Equal Rights"), religious diversity, and non-discrimination were included, as these were identified in the analysis of the Charter and related documents in the public domain. Finally, the questions were arranged logically, starting with demographic information and proceeding to more specific topics aligned to the respondent's experience. How the sequence of questions might affect the respondents' engagement was also factored into the final placement of the questions.

Below are examples of the section of the questionnaire related to the well-being items to identify a sense of the desirable physical setting.

One general question is aimed at getting an overall sense of a person.

1.2. What is your highest level of education? High School Undergraduate Graduate Other

Section 2 of the questionnaire has questions related to autonomy/independence as well as the participative aspect and compassion: 2.1. How important would an overall cooperative atmosphere within the housing facility be for you? (With "overall cooperative atmosphere" meaning being there for others and helping one another) Very Important Neutral Unimportant

In section 3, more general practical questions were posed, for example, 3.2. In your opinion, what would be the ideal number of people living in a co-housing complex/facility to promote a sense of community and participation? Fewer than 15 15 to 25 more than 25

Regarding participation (Section 4) and community engagement (Section 5), these themes were found to constitute a major problem at the Babayagas House because of disinterest. Several journal entries pointed to a lack of contribution to maintaining the garden, and that several members were quite passive which elicited a discussion on whether to include this as an item in a Charter for a co-housing facility, that is, whether prospective participants agree on participation and community engagement as part of the conditions for co-living in the Canadian context. With regard to participation and community engagement, a discussion arose as to whether these should be stated specifically or if participants should be invited to

list areas in which they would be willing to contribute. The debate on this item was relative to whether there should be a policy on participation included in the charter for co-housing in the Canadian context.

It was decided that adding explanations would help avoid misinterpretations, as for example, in Section 4: Participation and Community Engagement (this refers to meetings, workshops, film projections, dinner parties and also activism in order to raise awareness against discrimination of all sorts, equity etc.) It does not entail house chores but includes work in the garden on a voluntary basis for crops to be shared. A question from this section: 4.1. How much participation and community engagement (activities for the common good and in-line with the House Charter) are you willing to engage in within your co-housing facility? A lot As needed (voluntarily) Neutral As required (requested) None

The following are examples from Section 5: Community Interaction and Engagement

5.1. How often do you think you would participate in communal activities or decision-making processes within the housing facility? Never Rarely Occasionally Often Very Often

5.2. In your opinion, how can a housing facility encourage greater resident engagement and interaction in communal activities and decision-making? It was felt that having question 5.2 as an open question would best serve the interests of a team selecting prospective co-living members for a housing unit.

Sections 6 and 7 constitute extensions of sections 4 and 5. Section 6: Benefits and Challenges

6.1. In your opinion, what are the main benefits of participating in common activities and utilizing common spaces in the housing facility? 6.2. What challenges or barriers in accessing common spaces or participating in common activities have to be avoided? Please describe.

Section 7: Improving Knowledge Exchange and Common Activities

7.1. What suggestions do you have for improving the variety and accessibility of common activities within such a housing facility? 7.2. How can a housing facility better promote knowledge exchange and learning from one another through common spaces and activities?

The next theme was considered crucial as the pandemic created a major issue at the Babayagas House

Section 8: Competition and Conflict Resolution

8.2. Are you familiar with effective conflict resolution mechanisms or processes within a community? Yes No.

The item Access to facility, initially thought to be valuable (Section 9) was removed, as clearly since provisions would need to be made to accommodate seniors in such a housing facility, this is no longer a choice in this specific case. The same reasoning was applied to Section 12: Privacy and Personal Space

In the proposed co-housing arrangements in Canada, each resident would have their own studio or small apartment. The Babayagas House provides three such basic models; a small, medium and a larger one-bedroom unit. As they are all moderate rent units highly subsidized by the government, they are rather small. However, each has a balcony, which is an attractive aspect of the living arrangements. The reason for the inclusion of Section 12 was so the prospective renters have no choice with regard to the unit they get. There is a waiting list and apartments are rented out on a first come first served basis. The concern that arises involves the issue that the rent to be paid is not based on the size of the accommodation one gets, but on one's actual income. So, someone may end up paying a higher rent for the smallest unit as compared to the person who pays less because of her lower income but gets the more spacious unit. However, questions

regarding privacy and personal space seemed relevant; hence, questions 12.1 and 13.1 below were included:
12.1. How much privacy and personal space would you need within your co-housing unit (apartment)? 1 (Very little) to 5 (A lot)?

Section 13: Specific Common Space Usage

13.1. Do you want access to the following facilities? Yes No Not sure, (these were asked for each space- Meeting room /Communal kitchen / Communal toilets / Gardens)

In this research, using a matrix for the categories above (sections 12 and 13) was considered helpful to reduce the number of questions.

It was thought that additional open-ended questions would glean richer information. However, the downside of this would be the lengthy duration needed to read through, interpret and analyze the responses as well as the danger of subjectivity in interpretation.

Some options when planning this inventory was to first administer the overall questionnaire for close-ended answers, followed in a second phase, by the open-ended questions to a select group of potential residents.

7. Conclusion

These findings, although very interesting, led to the difficult but necessary decision to reduce the number of items. Based upon the list identifying qualities and responsibilities, various questionnaires were scrutinized for relevant items which were lifted and adapted in order to ensure validity and reliability without having to conduct a pilot study or resort to further analysis. The factors deemed to be most effective were taken into consideration as connected to the circumstances at the time. The research strategies used in this study could be useful for constructing questionnaires when selecting particular features to identify typical needs. More models for questionnaires across all areas are needed and the models should be easily adaptable and, more importantly, concise and to the point for aging populations.

The option of having a two-phase process was also discussed - the first to identify interested potential participants using easy to answer closed-ended questions and the second to have this sub-group specify their desires regarding participation, accommodation, sharing, etc. through open-ended questions. Below are some examples of the open-ended questions in sections 5- 7.

5.2. In your opinion, how can the housing facility encourage greater resident engagement and interaction in communal activities and decision-making?

6.1. In your opinion, what are the main benefits of participating in common activities and utilizing common spaces in the housing facility?

6.2. What challenges or barriers in accessing common spaces or participating in common activities need to be avoided? Please describe.

7.1. What suggestions do you have for improving the variety and accessibility of common activities within such a housing facility?

7.2. How can a housing facility better promote knowledge exchange and learning from one another through common spaces and activities?

The questions finalized in this initial round are based more on the physical context as these were necessary to complete the understanding of situational elements in co-housing. The process and the examples listed reveal the intricacies involved in generating this inventory questionnaire.

It is clear, based on the number of questions gathered that several steps had to be taken both for clarifying item selections and to reduce overall questionnaire content. Below are some questions that triggered debate and further illuminated the information gleaned in this part of the study.

Question 8.1 below was omitted as the answer would depend upon the different people living in the facility at a given time; hence it would be relevant if an additional survey were to be conducted once there are people already living together. People are different and therefore, situations will be different.

8.1. Do you think that instances of competition or conflict among residents can be easily resolved?

The aspect of total accessibility was also omitted as these considerations are a given in an aging population facility. The Babayagas House has a very user-friendly accessible layout. However, this also causes concern as apartments in the Babayagas House are being rented out to handicapped people. One level wheelchair access is provided everywhere. Large elevators, access to light switches security entrance buttons, key holes, etc are all accessible by wheelchair. Kitchen sink heights and bathroom facilities including the shower are all set for smooth one floor accessibility. Hence, any potential aging populating facility would likely have to be built to cater to the needs of the elderly who most likely would be in wheelchairs.

For question, 12.1. How much privacy and personal space would you need within your co-housing unit (apartment) on a scale from 1 (Very little) 2 (Little) 3 (Fair amount) 4 (A lot) 5 (A great amount), there was a discussion on whether include a duplicate also asking about privacy in the whole housing facility, which could refer to entrances, access to laundry facilities, common room etc. There are no television rooms, for instance or a common room, open around the clock for members, unlike in a typical retirement home. This co-housing facility would be based on the concept of independent living with the possibility to access to a community space. At the Babayagas House, there are two such spaces on the ground floor, that are city spaces, for any activities they wish to organize, with only one of the two spaces solely dedicated to them. To secure the second space, they have to make arrangements with the city because there are also conferences and exhibitions held there. The Babayagas House women typically use their dedicated common space to arrange for workshops, guest speakers, film viewing, exhibitions, yoga and dance sessions, journalist visits or visits from researchers interested in talking to them about their set-up.

Before the pandemic, they also held monthly dinners there although these common rooms do not have kitchen facilities, just a washroom since these were conceived as meeting rooms and as office space. During my visits, I was hosted in that dedicated meeting room as their official office though no-one apparently was volunteering as a receptionist and hence no-one answers the office phone and in addition, voice mails also seem to be left unanswered which could be a dire consequence of the pandemic or just an unresolved administrative situation.

During my second visit for the collection of participants' journals, it appeared that arrangements had been made to secure the second meeting room, the one for which the city requires a reservation. I was given a private space with a desk set-up and access to the apartment house side of the building. Earlier in the day, I had been invited for a lunch catered potluck style by several people, mostly Babayagas House residents but also community supporters. This reserved room has a sink and a counter which was useful for washing

dishes, and clearing the lunch table. However, I understood that the group had to rent this second space from the city for the day. It looked like it was used mostly as a conference room with enough chairs for a dozen people and bathroom access. The lunch had been set-up outdoors, perhaps due to regulations for the use of that space. The Babayagas residents were present and the morning guests who were university students who were helping them in setting up their garden had brought dishes to be shared, and these were all kept in the Babayagas designated space. This information does point to the need to thoughtfully determining common space set-up although this will largely depend on groups of residents. This may need to be determined on a trial-and-error basis. Although it was well thought out, needless to say, the arrangement could be more finely tuned.

In the afternoon, I was invited to join the Babayagas House representatives to a meeting held in the conference room for three groups to present their projects on their interest in the co-housing facility. One group was from Geneva, Switzerland, representing a private and a government sponsored outfit seeking to set up such a facility sponsored by private donors. The representative of a similar co-housing unit from the area with relatively close ties to the Babayagas women shared the concerns they were having and welcomed updates and other relevant information that could be implemented in her facility. I also presented my research project. Interesting questions were fielded, and the discussion was followed by left over desserts and wine from the lunch party. So as regards common space, perhaps the costs involved should help in determining how this could be handled.

In this paper, an outline of best practices as well as the discussion of procedures to generate a tentative inventory questionnaire for this type of research are deemed to be invaluable. This review of the investigative methods used to generate such a questionnaire is an attempt to help advance research in this area.

These are very important outcomes to support urgent needs in times of crisis, as with in this case aging populations, but also for future endeavours of a similar type.

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Data Availability Statement

Data is available upon request.

Declaration of Conflicts Interests

The author declares that there is no conflict of interest.

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