



# Svenska Vårdfastigheter

*Future homes for senior citizens*



Svenska  
Vårdfastigheter AB

Svenska Vårdfastigheter produces and manages high-quality, sustainable properties for sheltered and assisted accommodation. The properties are rented by municipalities and care operators. We work exclusively with property projects that are socially, financially and environmentally sustainable.

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[www.svenskavardfastigheter.se](http://www.svenskavardfastigheter.se)

# Ageing in Sweden – a race against time

PLEASEASINGLY, we live longer. Unfortunately, producing the quality homes required for our future care has been seriously neglected.

Taking into account the proportion of homes for the elderly available today, it is obvious that we are facing a tough challenge.

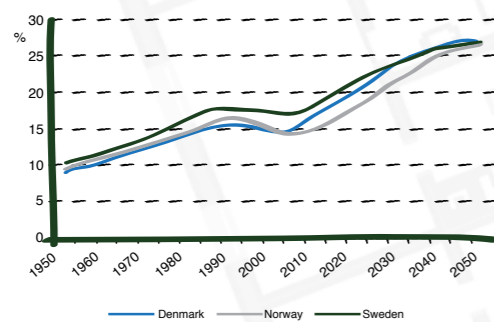
A major demand for homes and residences – from senior living to sheltered and assisted accommodation – will have to be dealt with in the immediate future.

Based on present-day demand across all municipalities in Sweden, about 3,500 new homes for senior citizens will be required every year until 2030.

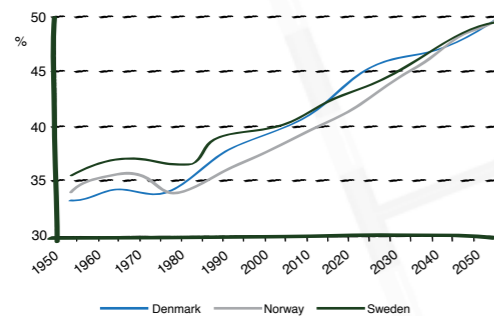
*“When the availability of senior accommodation in local municipalities dries up, people will move to increase their chances of finding attractive offers of accommodation in other municipalities. Unless local demand can be met in the immediate future, we are facing major migrations of people between municipalities.”*

ANNIKA BILLSTROM, FORMER MEMBER OF STOCKHOLM CITY COUNCIL

Percentage of the population aged 65 or more



Median age (years)



THE global population is ageing. Previously, senior citizens in Europe accounted for about five per cent of the population – the figure today is closer to 20 per cent and it is set to rise to above 35 per cent in 40 years. In some European countries and in other countries such as Japan, senior citizens will eventually account for about 50 per cent of the total population.

In Sweden, the proportion of senior citizens (those aged 60 and over) is likely to rise by 640,000 (30%). The proportion of very old people in Sweden is also likely to rise by about 160,000 (32%) over the coming 20 years. This will entail a very high demand for care accommodation in the immediate future – i.e., over the coming 5–10 years.

● (Source: SHB)



## About Svenska Vårdfastigheter

Svenska Vårdfastigheter is a specialist supplier with a unique and dedicated focus: to provide the senior population of Sweden with high-quality accommodation, irrespective of individual care and assistance levels. As a specialist in care properties, we have a pool of skills that are not normally found in real estate and property companies. We work with expert ethnologists,

universities, care operators and leading construction technicians to ensure market leadership and cutting-edge products. We take into account special requirements and frontier solutions at all levels: from location and floor plans to construction technologies and administration. We supply our customers, municipalities and care operators with socially and financially attractive, energy-efficient and sustainable properties that are custom made for effective and long-term use. Simply put, our properties are the best in Sweden – for everyone involved.

## We believe in ...

### Comfort and long-term perspective.

A precondition to ensure that all involved parties gain maximum value from each project.

### Quality in every phase.

Any project is sure to collapse unless quality is maintained at all levels.

### Economy and the environment.

The seniors of the future will accept nothing less, our clients cannot afford anything else and we must ensure optimal operation of every property.

## The need for optimal accommodation does not decline with age

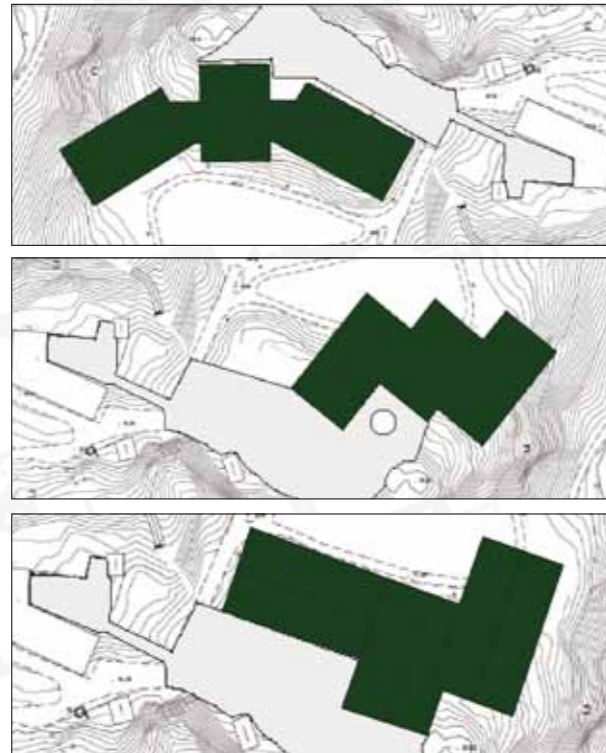
We have made it our mission to build homes where people can live a good life regardless of assistance and service level needed. We offer solutions ranging from nursing facilities and assisted living to innovative and attractive homes for senior citizens. Day follows day in all our lives. No matter how healthy we may be, the older we get the more help and support we need. We will all need a cosy home where we can grow old in comfort, with dignity and integrity, irrespective of age or state of health.

# A completely new approach to senior living

## A decision for the future

An active and conscious commitment to elderly care and accommodation is an important and pressing issue for all municipalities. We work with the most expansive municipalities and care operators to identify optimal solutions on the basis of the unique and individual preconditions of each project. It is essential to find suitable locations to match the demand for high-quality properties – today and in the future. In addition, it is equally important to ensure that the proposed solutions are founded on robust and healthy financial bases. Our properties are always viable in the long term, from both an environmental and financial perspective.

*The HarmoniHem concept is flexible and allows for high-quality properties on all types of land*



*Pictured is the HarmoniHus in Umeå.*

## A warm, adapted and personal home

A home should be a safe, individual place, no matter whether the resident is 9 or 90 years old. What we require of our home changes with each phase of life. Flexibility, level of service, comfort

and security are some of the parameters that change over the years. Others include an increased need for support and care. Moreover, important social and ethnologic factors arise in the details, such as being able to look out of a window even though you may be confined to a wheelchair. Constructing properties with the emphasis on care and attention means that nothing is left to chance. The perception of the residence should always be the same, irrespective of age. What should be flexible are the conditions for providing care – not the fundamental sense of having one's own comfortable home. There is a fine balance between providing warm, social care whilst protecting the integrity and privacy of each resident. The smart design and functionality of the HarmoniHem properties makes this a natural and easily handled aspect of everyday life.

# Two cutting-edge concepts – to accommodate two different needs

## Focus on an active lifestyle for seniors

### HarmoniHus – our highest standard for assisted and senior living

The HarmoniHus concept is packed with intelligence and functionality. One key factor is the large indoor winter garden, integrated with the main section of the house and offering a Mediterranean climate all year round. The garden constitutes a unique hub for social interaction as well as individual recreation. Each apartment has a large balcony on the outside of the building and a private terrace facing the indoor garden. This provides a natural setting for social get-togethers and increases the dynamics of the building.

The HarmoniHus concept is an architectural innovation. Not only is it a world leading environmental concept ensuring long-term sustainability – i.e., built using renewable and recyclable materials – but it is also founded on a social vision of the convergence of residence, work and leisure time. The HarmoniHus concept offers a one of a kind, attractive and functional residence for active seniors.



*Svenska Vårdfastigheter is currently developing a HarmoniHem property near Sickla in the municipality of Nacka*

## Focus on care adaptation and floor plan flexibility

### HarmoniHem – our highest standard for nursing homes

Flexibility is an important cornerstone of the HarmoniHem concept. It is a precondition for optimising the utilisation of land and to meet the unique needs of each care operator. Therefore every part of the project can be custom made.

We build our properties as prefabricated modules. This means that we produce and finalise all parts of a project in a controlled environment to ensure high precision in every detail as well as the overall quality of the product. Prefabrication reduces our lead times, making it possible to go from plan to finalised construction in less than 10 months.

Here at Sickla, which has one of the finest views in Stockholm, the production of 59 new HarmoniHem apartments is already under way.

Not only does our constant focus on energy-efficiency and sustainability produce a magnificent environment for the residents, it also offers very low operating and maintenance costs for the landlord. All our properties are fully adaptable with a high level of flexibility, irrespective of type of land. In addition, we always take full responsibility for the long-term environment.

“We want to work with municipalities that share our high level of ambition”.

ULF ADELSOHN



## Two possible ways to build for the future – together with Svenska Vårdfastigheter

### We build and own with a long-term perspective

A key parameter for Svenska Vårdfastigheter is the long-term ownership of the facility after it has been completed. Build and hold is a company motto. We are well aware that many of our colleagues base their businesses on fast property transactions. We do not. This means that, together with our clients, we can guarantee optimal administration of our shared values – no matter whether this involves going through the local municipality or an external operator, or working directly through us. Our business concept is founded on responsibility during the project and always with a long-term approach to ownership – from breaking ground on the actual construction to the day-to-day operation of the property.

### Low operating costs mean better residences

It is important to work closely and in sync with the political process to ensure a creative and constructive dialogue on the basis of specific conditions and

opportunities. We are available throughout the entire project to provide support and information, share knowledge and act as an inspiring sounding board in the complex and fast developing context of leading care and assisted accommodation.

The foundation is more than bricks and mortar. For a project to be viable in the long term, the financial aspects are equally important. This means keeping the operating costs of each and every project as low as possible. Our focus on sustainable and energy-efficient construction pays dividends in the form of low operating and maintenance costs. As an example, many of our prospectuses feature passive standards regarding heat consumption. We ensure optimisation of all investments made by the municipality and/or care providers, and we ensure that the funds are allocated where they will do most good: with the residents. This way, we get the optimum conditions for long-term ownership whilst providing the municipalities with cutting-edge solutions that will cover the care accommodation requirements today and in the future.

**Operator**  
Owned by Svenska Vårdfastigheter – run by an external care operator. The municipality has an agreement with the external operator and purchases accommodation units as required.



**Municipality**  
Owned by Svenska Vårdfastigheter – run by the municipality. The municipality does not have any investment costs. Svenska Vårdfastigheter makes the full investment and the municipality rents the facility over an agreed period of time.

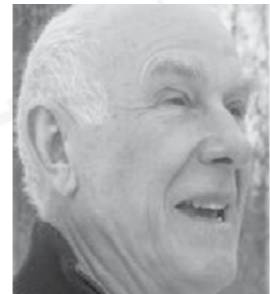


**Ulf Adelsohn**  
Chairman of the Board, Svenska Vårdfastigheter.

“In my opinion, this is a delightful residence for many people. It is especially important to focus on quality during this phase of our lives. Senior citizens need care, attention and integrity.”

**Annika Billström**  
Member of the Board, Svenska Vårdfastigheter.

“I cannot imagine a better thought out and more efficient way to cover the majority of the needs our senior citizens experience. We deliver quality in every step of the process – from care and assisted accommodation to sheltered accommodation and standard residences for senior citizens.”



**Anders Nyquist**  
Architect.

“The properties we build are for all kinds of people and the residents can be offered a variety of services. The fact that everything can be tailor-made provides great opportunities for resident influence. Simply put, this is the residence of the future.”