

Summary

This interviewee is a female in her eighties. She is retired and lives with her husband in a flat. In that house they look after the infrastructure like cleaning the stairs. They are a good team when it comes to household work and communication and help out each other. She doesn't have (big) needs regarding mental load/communication. She is rather worried about world events and the future about climate crisis or death. There is a lot of routine and they keep track of their things with the help of calendars and lists. They mainly know how the other person would react, what works and what doesn't. There are differences in how they handle things, but she stated that with age every person has their "quirks" and she is fine with that.

General Information

Do you work or study?

retired

Living situation

How many people do you live with?

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How long have you been in this living situation?

Around 40 years

What is your relationship with these people? (Family, shared apartment, colleagues, friends, partners)

family

How would you rate yourself on a scale from 1 (completely spontaneous) to 10 (everything planned)?

8

Cohabitation/Communication

How would you describe your cohabitation?

Harmonious. It's going well, it's wonderful.

Is the cohabitation as you imagined it? (What is different?)

Mostly, not always

What is different?

Everyone has their quirks as they get older. And you have to accept them or not.

How would you describe the current communication in your living situation?

I would describe it as okay.

Are expectations clearly communicated?

Not always.

How do you handle differing expectations?

We talk together until we agree again. One of us has to give in and the other doesn't.

How would you describe your relationships with your housemates?

I actually think they're good. We get along very well in our house.

Are there any wishes you have regarding your communication?

No, not really.

How do you handle shared spaces and tasks in your living situation?

Good, actually. Everyone has their own domain.

Household Work/Tasks

How is the household work divided?

I'm actually responsible for the kitchen, for making the food. He makes breakfast every morning. [...] I make lunch, and I usually make dinner too. We clean the apartment together. I do the dusting. He vacuums everything to perfection.

Do you think the distribution of tasks is fair? Do others see it that way?

Divided fairly, yes. I think everyone does what they do better. Why should I struggle with something that's so easy for him? And he's much better with the vacuum cleaner than I am with the big Bobby. So he does it. He also has more strength. That's all right.

How often do you notice things in the household that still need to be done?

Often.

How do you deal with it?

Then I usually write it down on a piece of paper. For example, if I want to wash the curtains or clean out the cupboards. I then write it down and do it when it's time. If it's raining outside or something, then I do things like that. Or clean the windows. [...]

How is it handled when something isn't done satisfactorily?

Then you do it properly. But then you don't scold each other. You can say, you could have done it differently. Yes, you're right, they say. And then it's done.

Personally (e.g., estimates, product opinions, etc.)

Are there things in the household or living situation that cause you stress?

Yes, I'm just worried that we might not stay healthy for long. I think about that a lot. That's my greatest wish, that we stay healthy, that we can stay together. But everything else, that's how it turns out anyway, isn't it? That doesn't bother me, no, nothing. [...]

Do you think of other reasons for mental load?

Future e.g. war everywhere, climate crisis; can't do much alone, but children and grandchildren no longer have so much

Can you estimate how large your share of the household planning is?

I don't need a lot of time for it.

Product

Have you ever tried to track your work in household planning?

(regarding work, not household) Yes, I had to write down the hours because the last job I had was 60 to 80 percent. And that was by the hour. And then I simply had to write down the hours every day. So that I didn't have too many. [...]

What aspects would you find interesting to see or share with others?

If I know something that works better here, for example if I make red cabbage or something that works much faster, then I'm happy to pass it on. [...]