



## CIPA Gréngewald: Envolving – For Residents and Staff



On the occasion of the completion of the renovation and expansion works at CIPA Gréngewald last year, we take a look behind the scenes of the senior living facility in the heart of the Niederaanven and visit the director of the house, Mr. Patrick Reding.

A lot has changed since CIPA Gréngewald opened its doors in Niederaanven in 1998 and was taken over by Sodexo in 2013. In its early years, the facility started with 158 beds and a small, dedicated team of 37 employees. Today, more than 25 years later, CIPA has grown to 164 beds, and the team now includes 227 people. But it's not only the numbers that have changed, but the entire concept: more space, more comfort, and a strong focus on the well-being of residents and staff.

Originally, CIPA was planned to have 120 rooms. However, during construction, it became clear that the ground was unstable due to the sand – as the name “Am Sand” suggests. Additional support pillars had to be added, which led to a revision of the initial plans, and CIPA gained three floors. A decision that proved to be a very good one, as today the 164 beds are well occupied.

Over the years, challenges have arisen that were not foreseeable in the beginning and only became apparent with the changing use of the building. After all, in the past, there were hardly any walkers or wheelchairs! The former restaurant, however, was not designed for such needs due to its height differences. Therefore, a new ramp of 18 meters with a slope of 2.4% had to be installed to facilitate access. Additionally, the sanitary facilities were modernized, which led to part of the restaurant being sacrificed for this purpose. But there was also a solution: an extension of the dining area for more space and comfort.



In 1998, the average age of the residents was 76 years – today, it is 87. This is often associated with a higher need for care and an increase in therapeutic offerings: instead of just one physiotherapist and one occupational therapist, as in the early years, the residents today have access to eight physiotherapists and two occupational therapists. And for those who want to engage in creative activities, there are opportunities to participate in painting, dancing, or light fitness classes. In addition to the rooms and corridors, the dementia area now covers 550 m<sup>2</sup>, allowing a total of 28 residents to receive the additional care and support they need from specialized staff. While in 1998, there were only 12 caregivers, today, 150 professionals take care of the residents around the clock, mostly in shift work.

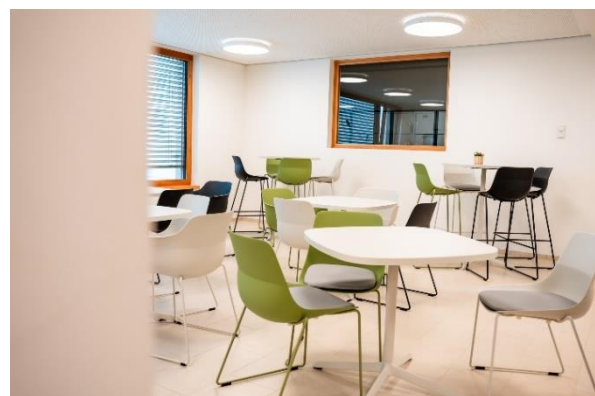
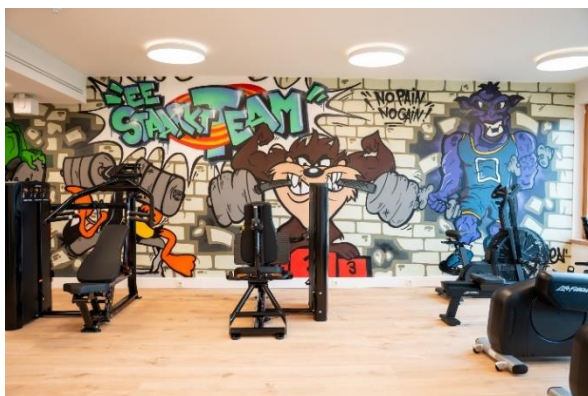


*The heart of the CIPA is the people who work there.*



But it's not just the residents who matter; the 227-member staff should feel comfortable here as well. In addition to the entirely new staff area of 350 m<sup>2</sup>, located in Building C above the new dementia area, and modern, spacious changing and break rooms, a modern fitness room has also been established at the initiative of the director, Patrick Reding, with financial support from the commune of Niederaanven.

In the in-house kitchen, the highly skilled kitchen team can let their creativity run wild. When culinary highlights are served at the monthly birthday celebration for residents, they also place great emphasis on delicious, varied home-style cooking on regular days. The restaurant is also available to staff, where they can enjoy a full meal for €5 during lunch hours.



*A place for all ages*

Patrick Reding places great importance on interculturality and intergenerational cooperation in his facility. CIPA is not just a senior facility, but a lively part of the commune. Annual events such as the spring festival, the generations festival, or the Christmas market bring young and old together. Close cooperation is also maintained with local associations to open the house to all generations and work together on projects.

A particularly important component of this work is volunteerism. CIPA was one of the first institutions in the community to register on the [benevolat.lu](https://benevolat.lu) platform to recruit volunteers for the house – whether for joint activities with residents, support at events, or even help with using smartphones and tablets.



CIPA Gréngewald shows impressively how a care facility can be much more than just a place to live – it can be a lively home for both residents and staff.

We thank Patrick Reding for the fascinating conversation and wish him continued success with the many exciting projects that are still ahead at CIPA Gréngewald!

