

Lets change old perspectives

RESEARCH BOOKLET



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Technical University Delft, 2020-2021

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(director of Habion, housing ass. for elderly housing)

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INTRODUCTION

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FOREWORD //

Towards my way to the Master of Science in Architecture at Delft University of Technology, I decided to graduate in the graduation studio "Designing for Care – Towards an inclusive living environment". This studio topic was offered by Dr. Birgit Jürgehake which focuses on the future perspective of the way of living for elders in need of care and the main question "How do we want to live when we are older?"

Aging society, political changes within the healthcare system and the perception towards aging have led to my graduation topic: Bridging the gap – connected by meeting. The current way of building for elderly is focussing more on individuality and practicality which is leading towards segregation between elders and the society.

The external as internal environment of elders can influence their well-being in a positive or negative way. By tackling this subject from different perspectives; as well social, spatial, technical and economical, the society can get a different perspective and behaviour around the topic of elderly.

Research has been conducted by interviewing, observing and literature research to grasp onto the subject of elders. What their perception is on living and how to create an environment where elders are included in society and can live happily in old age.

My master's studies in Delft have been a time of renewal, where I have learned new skills, found new inspiration and developed new commitments. Although not without its ups and downs, while graduating during a pandemic I could still experience growth in life. Many have gone out of their way to support me, and all have had their way of being there for me during this period. I, however, would like to reserve a few words of appreciation and gratitude for some people in particular.

I want to express my utmost gratitude for Dr. Birgit Jürgehake, my design mentor and professor at the Technical University of Delft. Throughout the last two year of my studies, she has become a key mentor, during Msc 2 and Msc 3-4, and an endless source of inspiration for me. Her words of motivation and advice have enabled and supported me to be inquisitive and independent, as well as to be ambitious and continuously improve myself. Thanks to her, I have overcome challenges from which I have learned tremendously, and I have found my specific interest and goals within the field of architecture.

Marieke Berkers has immensely supported me with her expertise and excellence during this research. I am incredibly grateful for her and Lex van Deudekom's instructions during this graduation period and all the feedback that let me reflect on my progress and endlessly challenged me to complete my research to the best of my abilities.

The constant input and interest from all my mentors have improved my research and design. Their enthusiasm and drive ensured that I always took on my work and tasks with a positive attitude.

Special thanks for Peter Boerenfijn CEO of Habion. Without him, I would not have had the opportunity to freely conduct my research in such an engaging and exciting environment.

I want to thank Tim Nguyen, Yen Le and Ammy Le for their encouragement and resolution. They have become a pillar and a true blessing in my life. They have taken the time to listen to me and cheer me up in difficult times. Lastly, I would thank my dad, without him this path would never have been possible.

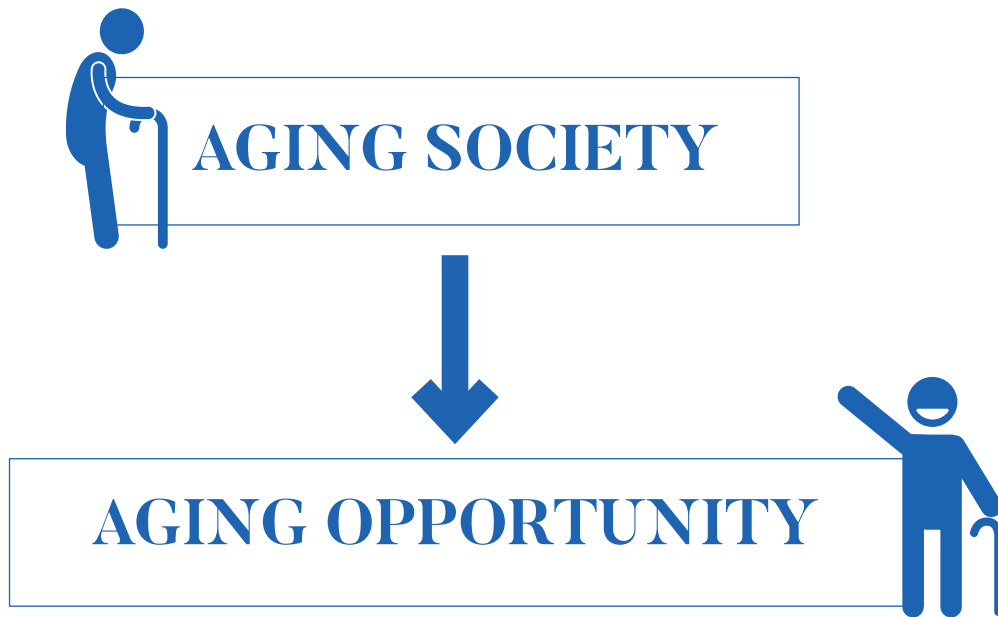
ABSTRACT //

The studio "Designing for Care – towards an inclusive living environment" which focuses on the future perspective for elders in need of care. Aging society, political changes within the healthcare system and the perception towards aging have led to my graduation topic: Bridging the gap – connected by meeting. The current way of building for elderly is focusing more on individuality and practicality which is leading towards segregation between elders and the society and therefore do not meet the needs and wishes of elders who want to live in a more included and self-reliant environment. Therefore, elders feel neglected by authorities, family and distanced from society. This is partly resulting in social isolation for some elders while they still have the will to participate in society. The feeling of isolation must be counteracted. For this reason, it is my goal to develop a new housing concept where elders feel more engaged with the social network in the neighborhood. The design must ensure that elders feel encouraged to go outside, or at least have a view on activities around the building to meet others from within their private zone. Because during the interviews I often heard that elders (mainly 80+) who are less mobile and more home bound have a great value the space around their house. The design of a new housing concept does not solve all the problems, the urban network around the building must be considered in the design as well. By creating an environment where people meet each other, look after each other and elders are seen as equals and can participate in this social network. A community where elders can live happily in old age.



Dear ba ngoại,

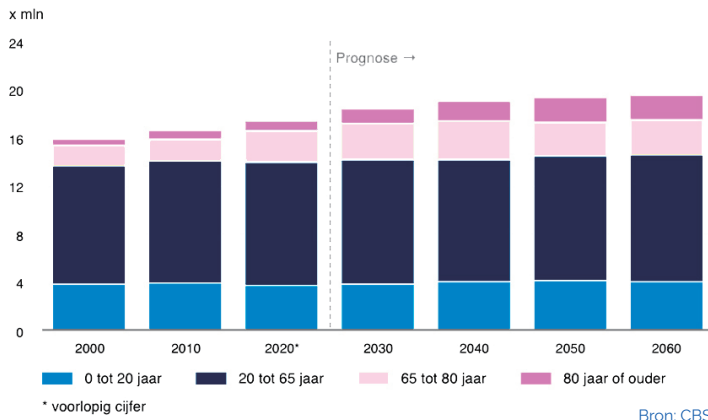
Every summer when we would come to Hanoi to visit you. I would see that you had grown older, as the years went by. There was this one year I will truly remember forever. As we sat next to you, I asked you what your deepest wish was. You responded that you hadn't been able to see the outside world for a really long time and that you wanted to experience the ambience of the busy Vietnam streets again. We walked you through the small and dark alley and as we came closer to the street we saw your eyes brighten with excitement and joy. The lively streets of Hanoi transformed a silent lady like you into an enthusiast child. We stayed there for a while, we would just lean into the wall and watched. Your eyes were going from left to right, telling us about everything that had changed. Telling us about what you had missed. How such a small act could be so memorable for you, was really eye-opening to me. I hope that I can bring other elders as much joy with my design as I brought to you.



While my grandparents got the luck of a culture difference where they are taken care of by my family and still living in the family house. My parents are the first generation that are growing old in the Netherlands. Imagining that they, and after that I, have to grow old in the current elderly homes is challenging me to rethink the idea of how to live when you're older.

Aging should not only be about time to relax and retirement. A lot has changed over the years and so should be the outdated story of aging. When asking questions about aging it is not only about the current aging population but also about ourselves. Growing old is a blessing and not a problem. This is a permanent reality so it means we have to react to that by rethinking housing for elders, the living environment and conditions but the most important the perception of aging.

INTRODUCTION // General



“Supplying quality will no longer be an option. The limit has been reached!”

says a director of a retirement home in the Trouw (Bruinsma-Kleijeweg, 1993).

In the newspaper article, concerns expressed about the care and quality of life for the elderly.

The aging population has led to the problem around the elderly cannot be overlooked. The society has to start thinking about housing for the elderly through different scales (Smit & Wester, undated).

In the period from 1946-1955 there are a total of 2.4 million children born who now turn to the mass generation of the baby boomers (Bie & Latten, 2012). this generation begins to pass the 65-plus and is expected to number of over-65s in 2050 a quarter of the total Dutch population (Prognosis: Population will remain in the next 50 years grow, 2020). The shift in the demographics presents several problems such as the high pressure on housing for the elderly, the care sector, but also the social and societal isolation of the elderly. In the Netherlands, care for the elderly is a government task: the welfare state.

This can be seen as a sign of prosperity and a form of solidarity, where everyone has a contribute to caring for others. On the other hand threatens the welfare state to lose its function due to the high pressure, increase in the elderly and costs. The care is no longer possible are taken care of by the welfare state and families are not queuing to provide care and housing for the parents to take. The elderly are encouraged to stay at home longer live “aging in place”(Campen et al., 2017), but the elderly fall between two stools as a result, whereby the care must be arranged by yourself. There is a fear of being in control to lose one’s own life (Eijkelenboom et al., 2017) and become seen as a target group requiring care and a problem of The society. The saying goes: “Everyone wants to grow old, nobody wants it to be”

Housing for the elderly requires a new approach.



To get a better understanding of the topic of elderly and to see how their daily life looks like, what their perception is on life and their needs are, I got the opportunity to stay in an elderly home for three days. This gave me the chance to conduct a more thorough fieldwork research and to not only research but also **experience** their living conditions.

The fieldwork week opened my eyes to the problems elderly are facing such as **segregation** which is leading to elderly living in current circumstances where they **feel written of society** and are left in an

elderly home to die. There is a prejudice about elderly when leaving the working force and retire. That they are limited in what they can do and dependent on health care organizations and slowly over the years they lose the control over their lives.

The fieldwork week consisted of observations, participatory observations, interviews and questionnaires. The findings from this fieldwork week helped finding a topic in which I want to focus my in-depth research on.

INTRODUCTION // Argumentation of choice

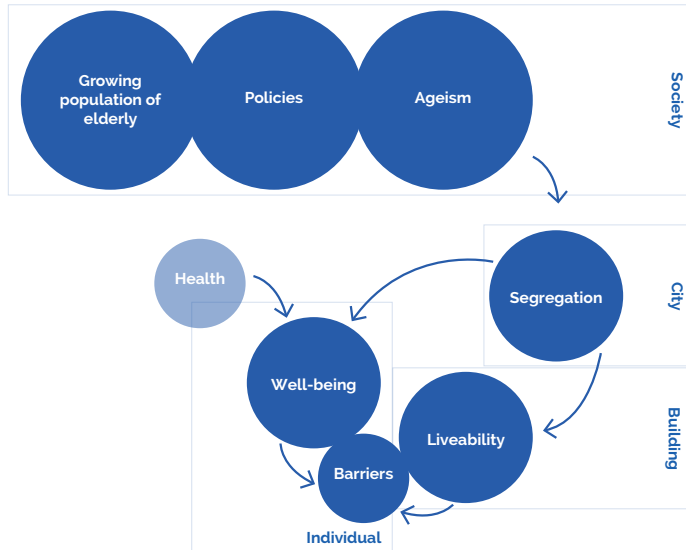
The Studio 'Designing for Care – towards an Inclusive Living Environment' focuses on the topic the aging society within the field of Architecture. With the main question in the studio "How do we want to live when we are old?".

In today's society, not only in the Netherlands but worldwide, the topic of care becomes more important every year. Due to demographic transitions such as the growing population of elderly and increase in life expectancy, which led to rising care costs and eventually unacceptable living and care conditions. This is why it is necessary to look into the needs for the aging society and to rethink what kind of buildings and neighbourhoods do we need to make that possible for elderly to live at home independently longer.

While my grandparents got the luck of a culture difference where they are taken care of by my family and still living in the family house. My parents are the first generation that are growing old in the Netherlands. Imagining that they, and after that I, have to grow old in the current housing situation is challenging me to rethink the idea of how I want to live when I'm older. While reflecting on myself I have become aware that my interest in architecture are more in a human-centered approach. Where I find it important to look at the desires and wishes from the target group I'm designing for as a starting point for a design. As an

upcoming architect I see this as my part of giving back to society. This became more clear for me while participating in the Msc2 studio Towards an Inclusive Living Environment - The Architecture of Slow Cities which motivated me to choose this graduation studio to develop myself more in the subject of designing for elderly.

INTRODUCTION // Problem statement



The posed problem

When people age they get more physically limited and restricted. Study has shown that people get less active when they age, which is also due to decreasing muscle strength, endurance etc. (Milanovic et al., 2013). They tend to sit more at home with less physical interaction with the world outside of their house. Which leads to social isolation, decrease in social contact and activity. **Segregation** between elders and society is making the **barrier** to interact with the world outside even bigger. These problems are related to the subject of **liveability** and should be taken seriously, because people are social creatures and interaction is an important part for the well-being of people. As elderly are likely to be alone more often and seeking less interaction due to barriers they are facing, they are more vulnerable for **social isolation**.

During the fieldwork week where research and observations have been done into the daily lives of residents in a senior apartment complex and “-aanleunwoningen”, has shown that the elderly that live their varying from 60 to 90 years old are very independent but still face problems like **social isolation and lack of interaction**. The interviews with the residents has shown that this is due to aging, combined with a **lack of activities and a purpose to go outside**. The elderly from 80 and above tend to spend the whole day inside their house in front of their window. Also, a lack of attractive public spaces and meeting places where a diversity of people can come is forming a **barrier** for elders to go outside, as all of them stressed the importance of meeting people but that they prefer interacting with diversity of people instead of only elderly. The current environment is not meeting the needs of elders as they **feel separated and neglected from and by society but are still very willing and vital to participate in society**.

Research Question:

To what extent could the **world beyond the threshold** be designed to lower the **barrier** through the lens of **elderly to participate** in this world?

(for an extensive overview of the research question and sub questions see the appendix)

To what extent could the **world** beyond the **threshold** be designed to lower the **barrier** through the lens of **elderly** to **participate** in this world?

DEFINITIONS

To avoid any confusion about some specific terms that are used in the text above and in the research question, the definitions will be described below.

World (own definition):

What elderly still perceive as their world, the distance till their visual field goes. When still mobile this visual field reaches further.

Elderly (own definition): older aged people 60 and above that are living independently and vital. Despite the fact that the age is not bound by how someone is feeling like an elder. This is taken as a definition because most literature and institutions are using the age of 60 and above as a definition of "elderly" (Ageing, n.d.)

Immobile elderly (own definition): elderly who are getting more physically limited (around 80+) And therefore are more home bound

Participation (own definition): Is literally taking part or becoming involved in an activity. Where in this research the posed problem was partly because of segregation of elderly from society. Where participation can be seen as taking part or becoming involved in society again.

Through field research two main types of participation will be looked into: physical and visual participation.

Physical participation (own definition): physically taking part in or become involved in an activity.

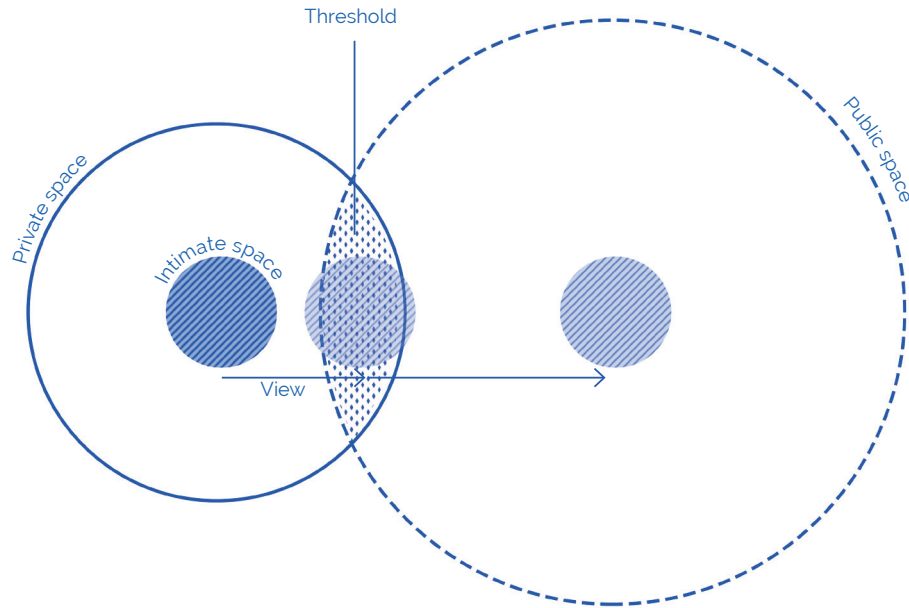
Visual participation (own definition): A way of taking part of become involved in an activity with the visual and auditory senses.

Barrier: *Something that prevents something else from happening or makes it more difficult* (Cambridge Dictionary Barrier, n.d.). Within this research it is about the barrier that is preventing elderly from participating in society or the world outside their private space. Barriers can be divided into imaginary and physical barriers to get a better understanding what is holding them back to participate more in the society.

Imaginary barrier: Personal thought that is holding back / blocking yourself in the execution, but that does not necessarily exist

Physical barrier: Blockages in life that could block a way of execution

DEFINITIONS



Threshold: Is the space between the public and the private space. For threshold there are several definitions starting with the one from Till Boettger. .

Till Boettger: describes the thresholds as spatial conditions that create openings in boundaries allowing for movement and transition in space. The transactions between the two distinct spatial environments include movement of people across a physical boundary. Next to that it also includes flows of acoustics, visuals so also air, light and sound. It is a transition and passage which also hold sociocultural behavioral codes. (Boettger, 2014)

Michiel van Dorst: In the book privacy script (Wal, 2015) elaborates further than the physical boundary. He first describes the threshold as a umbrella term

for the spectrum between public and private. But where does a space stops being private and public? He defined the theory of the privacyzone. This is a zone with a clear protocol of the different levels of social interaction but also a zone where people can chose how much interaction they want to have. It is not mere private nor public but this zone as a option to chose the amount of privacy and publicness.

In this research the threshold will be describes as a combined definition of Till Boettger and Michiel van Dorst privacy zone. The threshold is a space with spatial conditions that can be defined by materiality and physical boundaries but also have the protocol of different levels of social interaction. It is an ambiguous space between the private and public space but it can also be in overlapping more in the public space but it has a feeling as private. The transactions between the two distinct spatial environments where movements and social participation can take place.

GOAL

My field research has shown that the existing senior apartment complexes are conceptually weak in terms of meeting spaces and the elderly do not feel engaged with their environment and neighbours. Many are feeling neglected by authorities, family and distanced from society. Many feel socially isolated but still have the will to participate in society but due to declining health and mobility find it hard to do so. During interviews I heard often that elders (mainly 80+) who are less mobile are more homebound and therefore value the space around their house much more than mobile elders. The feeling of isolation must be counteracted. For this reason, it is my goal to develop a new housing concept where elders feel more engaged with society and the neighbourhood. The design must ensure that elders feel encouraged to go outside, or at least have a view on activities around the building to meet others from within their private zone. The design of a new housing concept does not solve all the problems, the urban network around the building must be considered in the design as well, to create an environment where elders can participate in and live happily in old age. To understand the problems I started with understating questions.

Main research question:

To what extend could the world beyond the threshold be designed to lower the barrier through the lens of elderly to participate in this world?

The main question is further divided into five sub-questions to get a better understanding of the problems around aging. These can be considered as three different perspectives of aging; from society, mentally, physically. The users perspective within the topic of participating and what types of housing this can evolve.

Subquestions:

How is the society looking at aging?

How are people experiencing aging?

What does aging do to the body?

In what way can elders participate more in the "world" to stimulate the chance of meeting?

What qualities do the current elderly housing typologies have?

RESEARCH METHODS

To find the answers on the questions mentioned above anthropological, ethnographic and literature research was conducted. The project started with exercises how it feels to be weak. This anthropological approach put me (the researcher) in the shoes of the elders, getting a better understanding how they perceive and behave in the world and what their limitations are. Next to that anthropological research was conducted during the fieldwork in the form of (formal and informal) interviews and observations. During the fieldwork week I found out that there is a lot of prejudice about elderly, such as a prejudice about how much they can still do and what their needs are. In these days elderly is treated as one big group of people while they are all different and with different needs and we should step away from this prejudice. We should focus more on what elderly still can do and not treat them all as vulnerable people as a lot of them are still very vital. To look more specific into the users, elderly is a wide group of users and aging is linked with age-related diseases and impairments, such as visual impairments. The outcomes of these researches led to the specific topic and main question of this research booklet and form a common thread throughout the graduation process.

After this research I could form a position where I am standing as an architect within the debate of designing for elderly and conduct more in-depth research to substantiate my position. The in-depth research was conducted with literature from different fields of expertise such as sociology, gerontology, psychology and architecture. The outcomes of this in-depth research together with the fieldwork research will be translated into analytical design tools that, later in the design process, can be implemented. To conclude, this research booklet together with the design guidelines will be the base for the design decisions in the design process.

READING ITINERARY

Project:

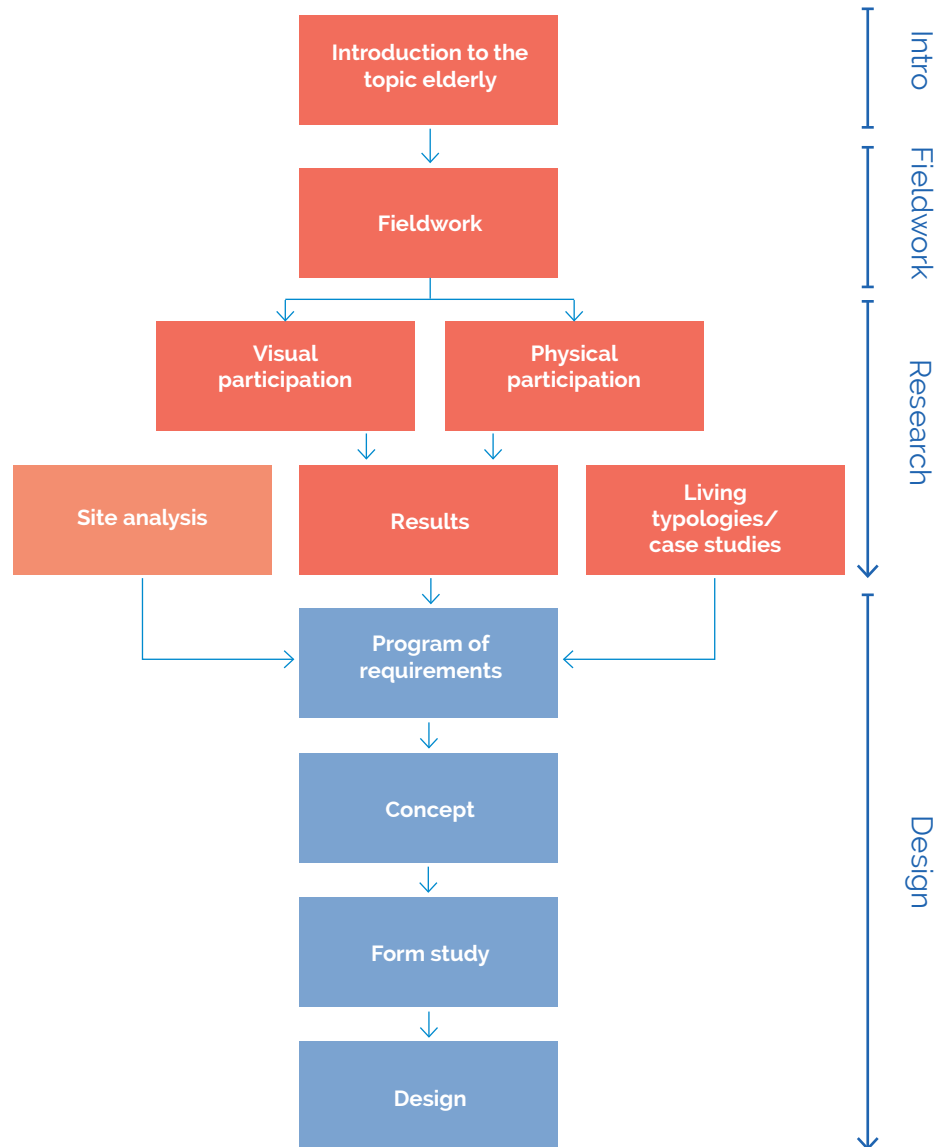
The project is sub-categorized into four phases: Introduction to the topic elderly, fieldwork, research and design. In this booklet the first three phases will be discussed without the site analysis and design booklet which will be in a different booklet.

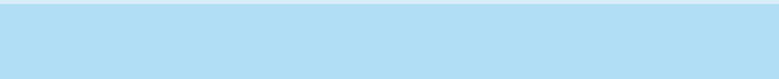
Booklet:

The first part of the booklet will be about the introduction of the topic elderly where the relevance of this topic will be discussed and the problems.

The second part of the booklet will be about the fieldwork where anthropological research was conducted during a three day stay in an elderly home. This research was divided into observations, in-depth interviews and analysis. After this I was able to formulate a research question for further research that came from the main findings.

The third part of the booklet will be about the further research which will give answers to the questions and topics that raised after the fieldwork. These were the importance of encounters and the way of participating in the world beyond their threshold. After this further research was conducted in the site analysis and living typologies. Together with the results I could come up with a program of requirements which is the start of the design booklet.





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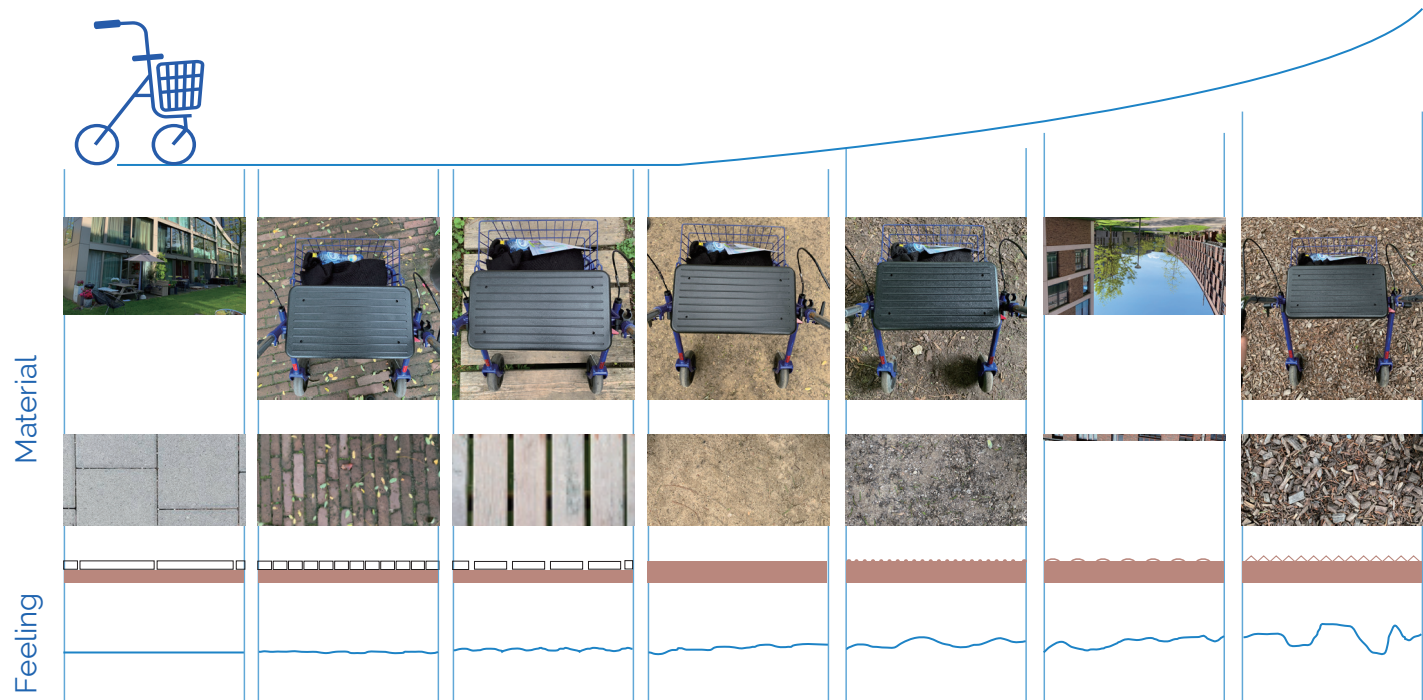
FIELDWORK

PRE- FIELDWORK // Being blind



Blindfolded / blind makes you focus more on sound and touch. The sensitivity of sound and touch is intenser. Wayfinding is done by extending the body with hands and feet. This made me more conscious about what the aging body could do to the senses and the feeling of being dependent on external factors.

PRE- FIELDWORK // Being impaired



Walking with the walker and leaning on it while walking is very exhausting due to the posture and leaning on the walker. The underground is a very important factor for this as some undergrounds are harder to walk over with a walker. The experience of walking over a harder to walk underground made it feel like a barrier to go through.

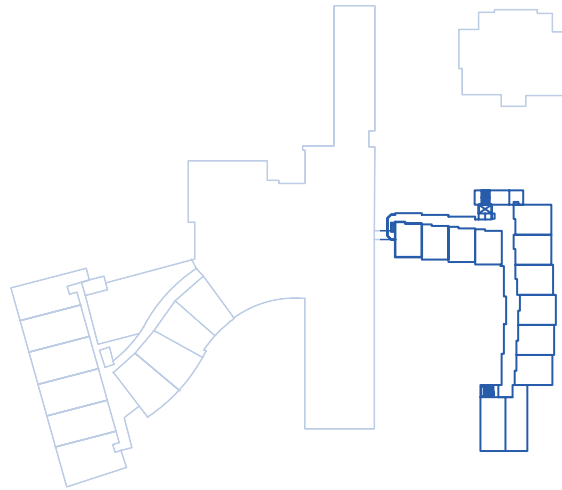
1. De Boomberg & Bergstaete



De Boomberg is located adjacent from the city center with a lot of facilities and shops close by. Residents value the fact that the facilities are closeby but the roads leading towards the facilities are not safe for elders to walk. Such as small sidewalks and obstackles on the streets.

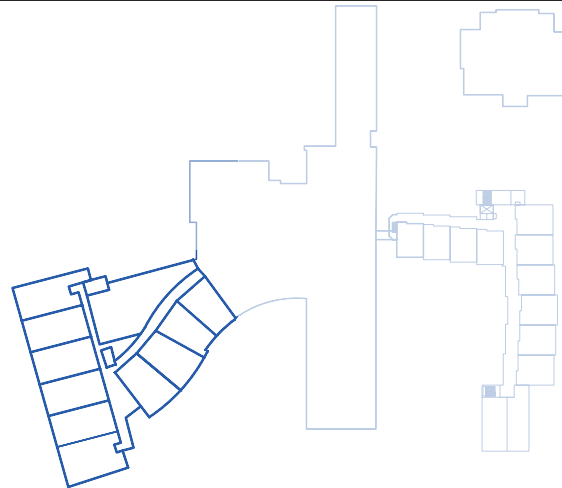
42 rental apartments
every apartment
±45 m² or 60 m²

Flank 1

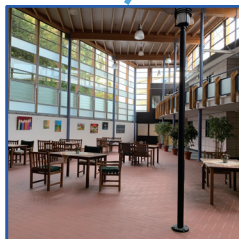
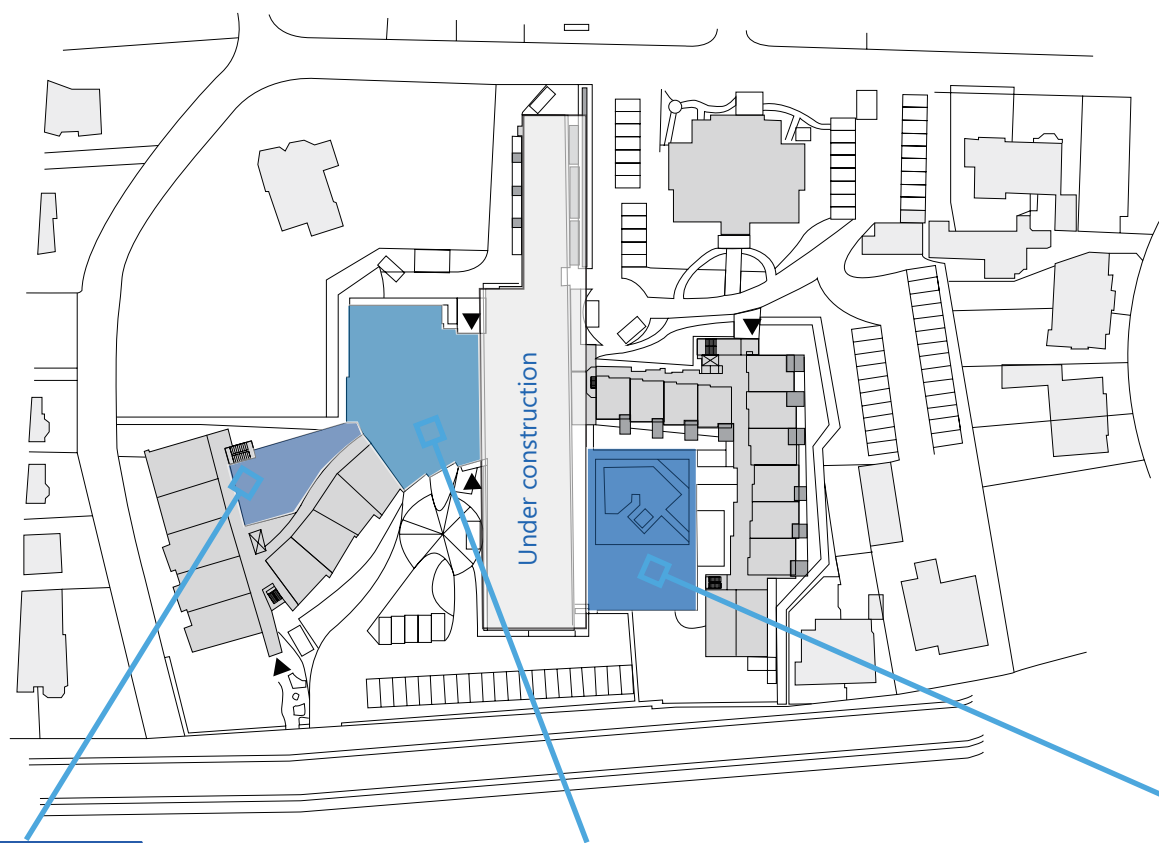


Bergstaete

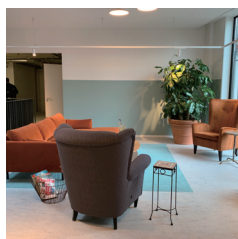
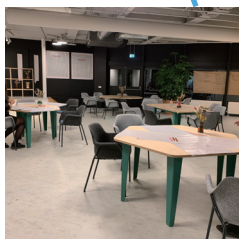
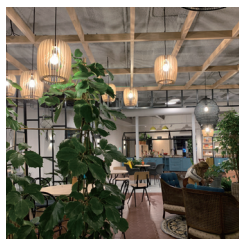
33 owner-occupied
apartments
every apartment
± 80m²



The building currently has two different residential areas for seniors, the Bergstaete and Flank 1. The apartments differ in size and configuration and ownership.



Bergstaete

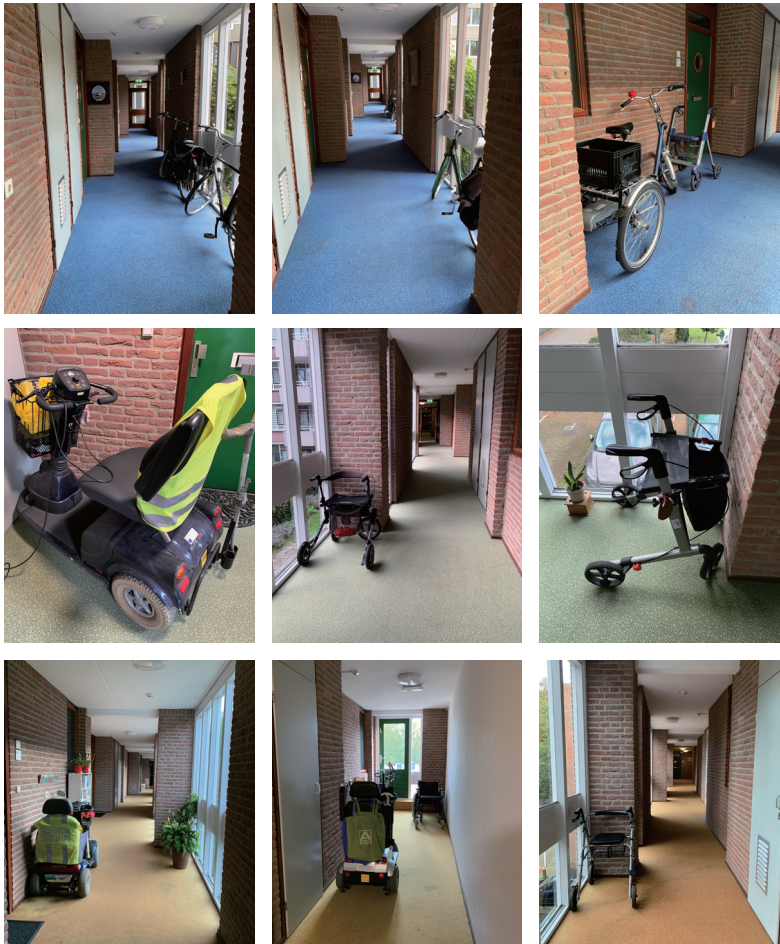


Liv inn



Garden

OBSERVATIONS // Corridor as storage



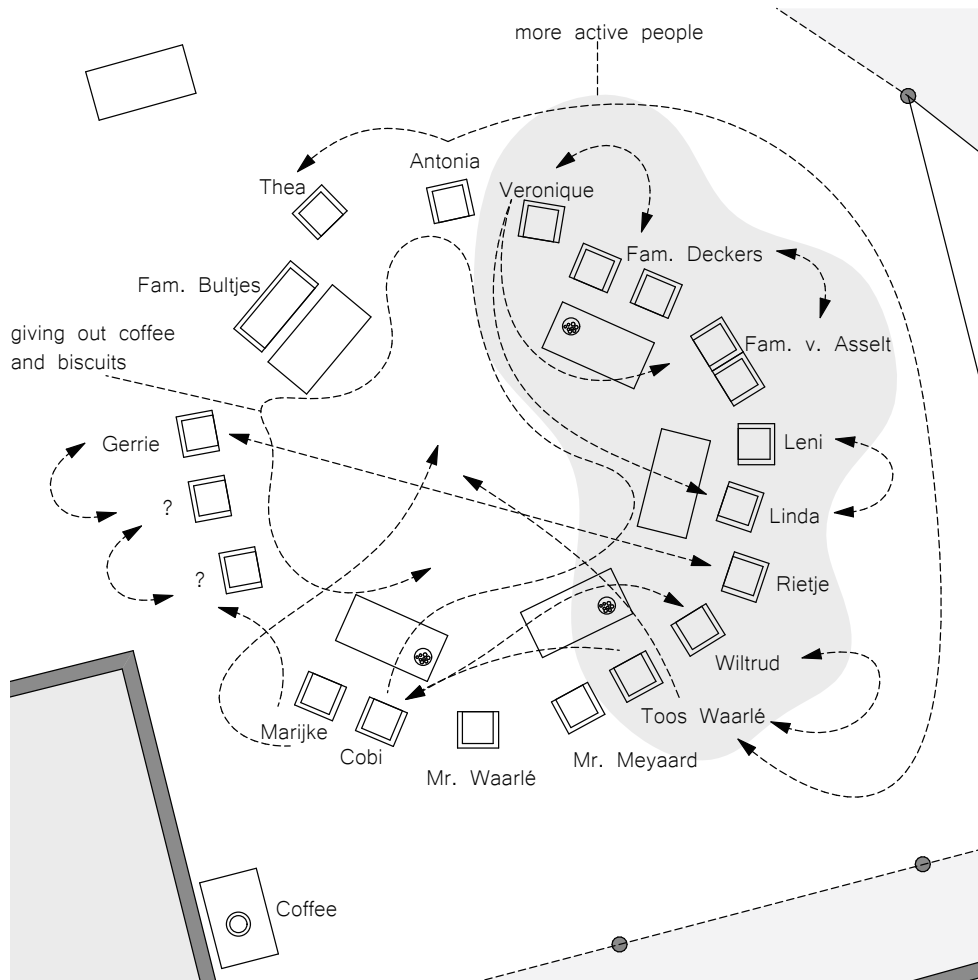
The corridor is used as storage for bikes, walkers and rollators. The offset of walls is the perfect width as a walker to place behind. The space wasn't designed to be used as a storage but has it's functional use as residents can place their personal belongings on the corridor where it is dry and safe.

OBSERVATIONS // Privacy and identity



The front doors are facing a corridor which is shared with all the residents on the same floor. The observation of the front doors is showing that the residents value their privacy as every resident has covered their door window but also refers to identity.

OBSERVATIONS // Coffee meeting



The coffee meeting was organized by the residents of Bergstaete themselves every 6 to 8 weeks. There was a clear division between passive and active residents. Overall almost all the residents attended this meeting and the residents that didn't were also noticed by the other residents. Attending this meeting showed that the social security and familiarity is good between the residents. The atrium where this was located was spatially good but not in terms of comfortability due to having single glass and the space being too cold in the winter.



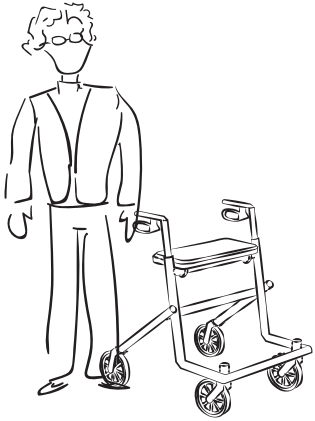
A question dinner was organized to take the opportunity to make use of the Liv inn space and to ask the residents three questions about livability:

1. What is your favorite space and why?
2. What do you miss here and why?
3. Draw/sketch 3 important things in your surroundings?



Getting to know the residents on an more intimate level changed the perception of elders. As before coming to the Boomborg I also had my prejudice about elders. The question dinner conclusions will reflect on this.

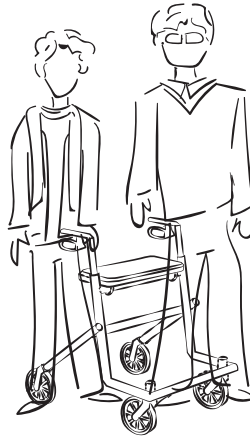
OBSERVATIONS // Residents dinner



Leni Egels (84 y/o):

She has been living here for 17 years ever since the building was built.

In 2018 her husband died it big loss. I've had a gas station for 40 years. We loved to live here, we had to get used to it the whole idea of living together.



Annadil & Albert (80+):

They have been living here for 4 years and we like to live here and we have nice neighbors.

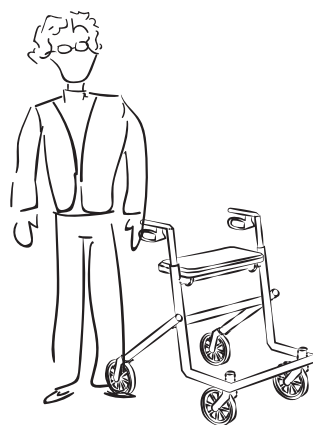
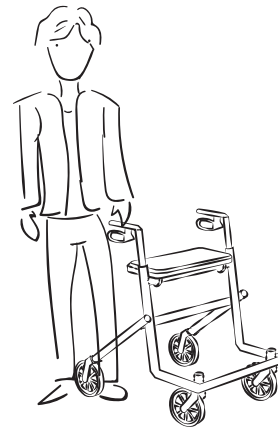
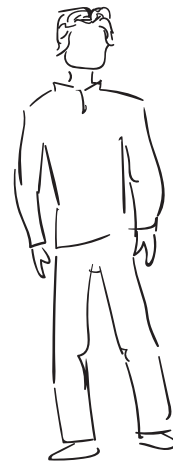
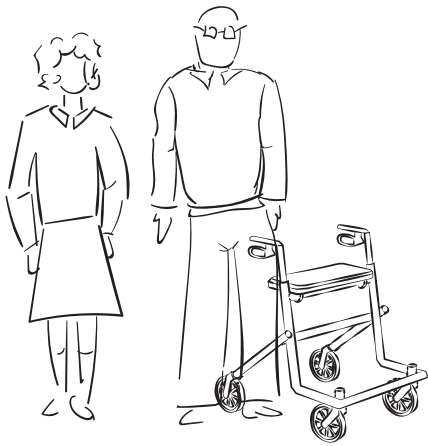
1. Wandelen natuurlijk
Het koorvers bos
Prachtig natuur schoon Ook de dorpjes in de omgeving worden veel bezocht door ons o.a. spokenburg, Muiden, Breuken, prachtig langs de vecht. Ook vinden we het om centrum van hilversum erg gezellig, veel terrasjes en bankjes. Af en toe een muziekje bij de kerk bij het plein
2. Alles is perfect wij missen niets alleen de opgang hier naar toe is voor rollators heel moeilijk. Maar dat wordt straks beter!



Gerrit (77 y/o):

I have been living here for 1,5 years.

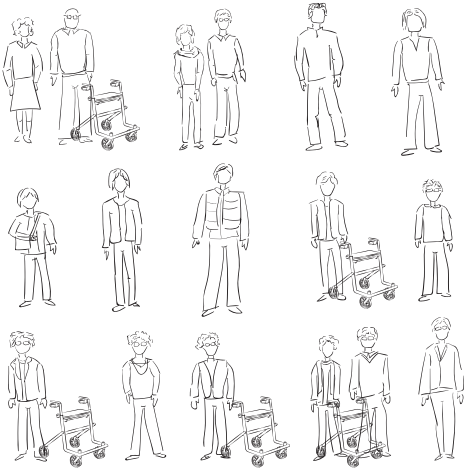
I like all the people here every one is nice. **He has 8 grandchildren and that is his biggest hobby.**



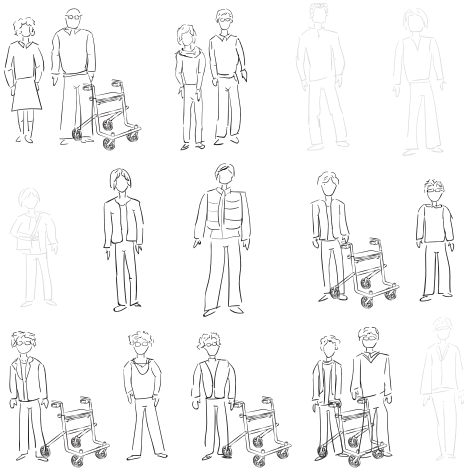
OBSERVATIONS // Dinner conclusion

Data dinner:

18 people



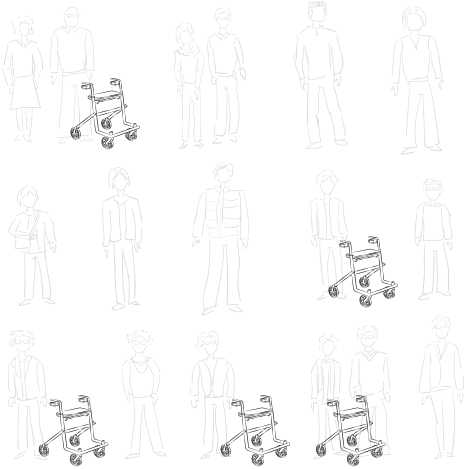
14 Bergstaete



4 Flank



5 walkers



60+



80+



OBSERVATIONS // Dinner conclusion

1. What is your favourite space and why?
2. What do you miss here and why?
3. Draw/sketch 3 important things in your surroundings?

The answers to the questions were very different as not all of them answered all the questions or just partly. The main conclusions from the question dinner were:

60+

"I like helping others"

"Ik hou van fietsen"

"ik mis mensen waarmee je gezellig kan kletsen op de wandelgangen"

"ik werk in de wereldwinkel"

"Ik schrijf het tijdschrift de Reuring"

"Ik ben alleen, weduwe, zoals de meeste hier"

80+

"ik hield van fietsen, dat kan ik niet meer doen"

"Wat ik heb gedaan is verleden tijd, ik doe wat ik nog kan doen"

"Ik deed aan dansen maar dat gaat niet meer door mijn TIA"

"nou ja ik leef nog laten we dat zo zeggen"

Conclusion:

The answers were different as 60+ were still very active in life and some still working and people from 80+ were less active and mainly responding with I loved to do .. but I cant do that anymore. Next to that they remained very positive in life and focussing on what they still can do. Also with this dinner we showed them how these communal spaces can be used and some residents were hesitant about if they would use it but after they have seen it they were encouraged to use the space.

Other conclusions were:

- Different types of inhabitants, varying from youngest 63 to 89 years old.

- There are more younger residents than older. They also mentioned that most of them came living there voluntary and not that they were forced to live in an elderly home.

- There are couples and single/widow. The singles/widows were not feeling lonely but just missing social interaction.

- They didn't missed anything in their living space and were very satisfied with how they were living now.

- Favourite spot consist of places in the city like nature, churches etc. or on their balcony, inside in front of the window, terrace.

- For the older residents it was almost to far to walk around the building to the liv inn. Their actie radius was smaller than the younger residents. The obstacles such as darkness, no side walk and leaves and nuts on the streets made it harder for them to walk 300m.

Reflection:

Before talking to the residents I had the prejudice that all residents would be similar, immobile and lonely. This was in fact the opposite, the residents were very mobile, full of life and not lonely but rather neglected. The more intimate relationships were created during the question dinner. This led to interesting interviews in the next chapter. The way we talked to the elders, by not looking down on them made them feel valued and comfortable. This made them open up about their problems easier.

CONCLUSION

OBSERVATION



Encouraging and inviting residents is lowering the imaginary barrier for them to make use of communal spaces



Positive in life and focussing on what they still can do!

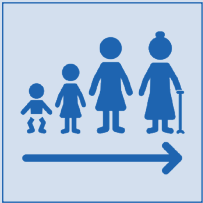
Having a will to participate in communal activities



Every "elderly" is different has different needs, personality, passive and active behaviour



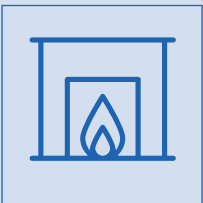
The residents are isolated and a lot on themselves in their private space but have a will to participate in communal activities



Aging has influence on their **mobility and activeness** therefore their preference on activities change



60+ Are very active in life, keeping themselves busy and have a "purpose in life"



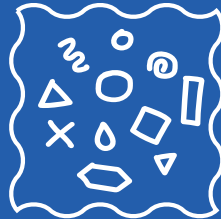
Spaces have to be **comfortable**

DESIGN GUIDELINES



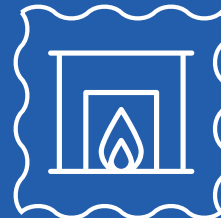
View

On activity



Diversity

Provide diverse activities and facilities



Comfort

Comfortable spaces, wind, sun, sound

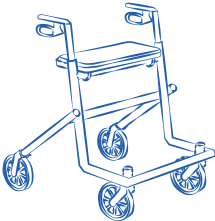
THE STORY OF // miss. Leni

Age:	80+
Marital status:	Single (widow)
Living in boomberg:	17 years
Walking support/ transport:	2 walkers, scootmobile
Daily occupation:	Helping and taking care of neighbours, watching tv

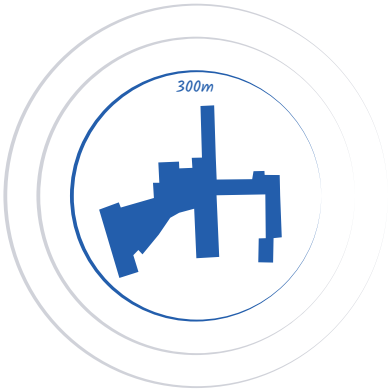


THE STORY OF // miss Leni

Transport

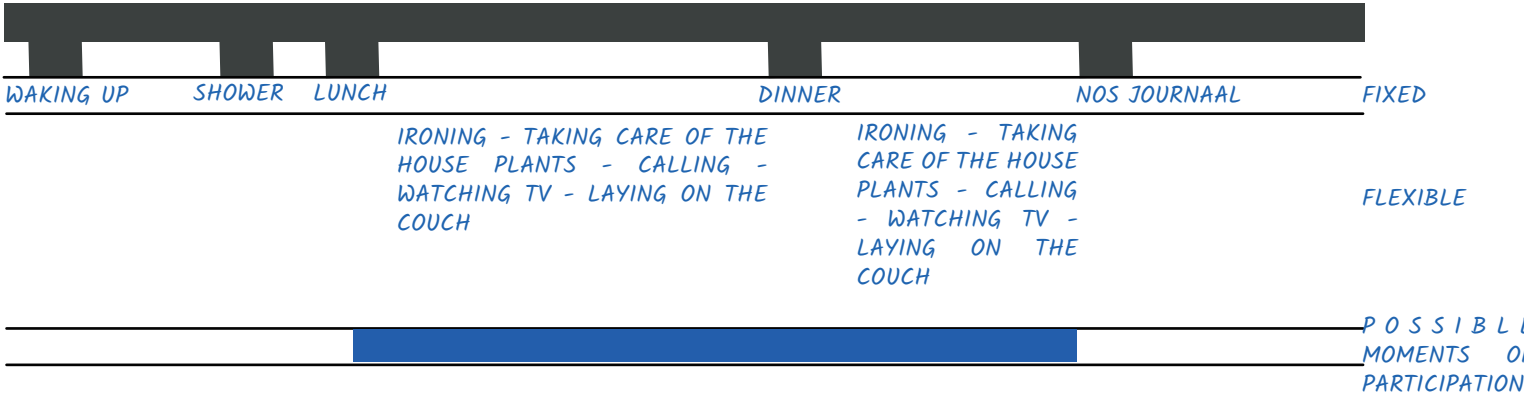


Mobility

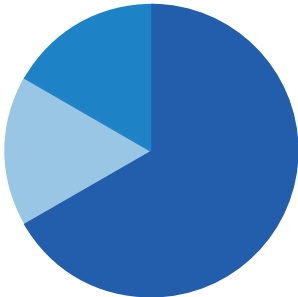


Daily activities

7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00 00:00 1:00



Located



- House/private
- Building
- Outside/public

View from window

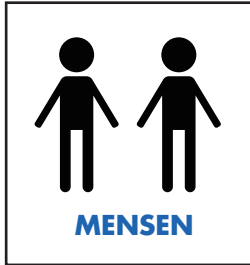
- ☐ Reuring
- ☒ Rust



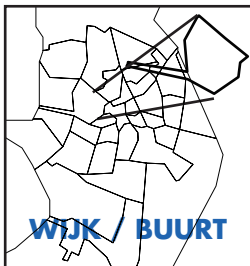
Leni was asked to put these cards in order of value which was the most important for her to least important. The outcomes give a better understanding of their preferences in the living environment.



The view, it is perfect on the first floor. Not too high and not in the wind. A great view and enough privacy.



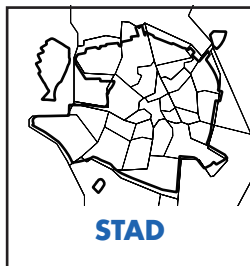
People around me, just the sound of people. Neighbours, family and friends.



Forest, nature and the mobility scooter is enjoyable. Close to the village which is very handy. In addition, my husband always went to day care at the zonnestraal. That was ideal.



I do miss the cozy food in the restaurant. Then you could take a break for 1.5 hours. A craft club that is not necessary, I am not that lonely.



The city doesn't really matter

Ik zag gister dus mensen naar binnen gaan met de auto daar.

Dus dat moet dan wel dat koorlid zijn. Dus ik heb een notitieblaadje gepakt en heb erop geschreven "Leuk dat jullie hier komen wonen in bergstaete van harte welkom. Lenie Egels appartement nr 101 en telefoonnummer" en in zijn brievenbus gedaan.

Nou en vanochtend stond hij alweer voor de deur en toen zei hij leuk je briefje "Ja en dan ben je al binnen gehaald he, dat is leuk. **"Dan heb je even contact"**

Ik mis wel het gezellige eten in het restaurant. Dan kon je er even **tussenuit** voor 1,5u. Een handwerk clubje dat hoeft allemaal niet, **zo eenzaam ben ik niet.**

Conclusion of Leni's story:

Leni is a widow and since the death of her partner feels lonely sometimes.

Her purpose in life is helping other residents. She is always looking after other residents but no one is looking after her.

She loves seeking for contact with other residents in the form of greetings from the window.

She misses the old restaurant in the building where she could have a cup of coffee when she felt like it. Now that it is gone she is sitting inside the whole day.

The neighbours across the street check up on her every morning if she opens up the curtains (if not they call her), social security.

She doesn't like the prejudice that elders need a craftclub, she wants to control her own life.

Maar het is hier wel fijn op de 1e etage want zo heb ik een beetje contact met de buitenwereld. Als ik toevallig op het balkon ben en dan zie ik mensen dan zeg ik gewoon hallo enzo. Zondag was ik toevallig op het balkon om de was op de hangen en toen reed Wil langs. Toen zei ik hey wil je een kopje koffie drinken.

Conclusion of Linda's story:

Linda is a widow and living in the Bergstaete because her daughter forced her to.

She is immobile and reliant on her mobile scooter and walker but stays inside because she doesn't has a purpose to go outside.

She moved from a 7th story high apartment to the first floor. This way she can have interaction with the people passing by her balcony. The little contact that she has is from the balcony.

Linda is living in an 80m2 apartment and she needs more storage space.

THE STORY OF // Josef

Age: 68

Marital status: Single

Living in boomberg: 2 years

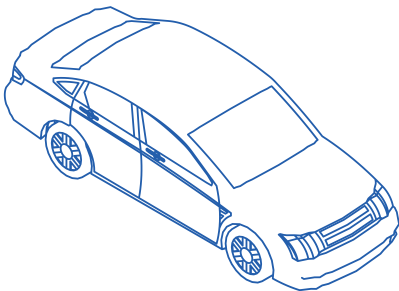
**Walking support/
transport:** Car

Daily occupation: Working, gardening, being with friends and watching tv



THE STORY OF // Josef

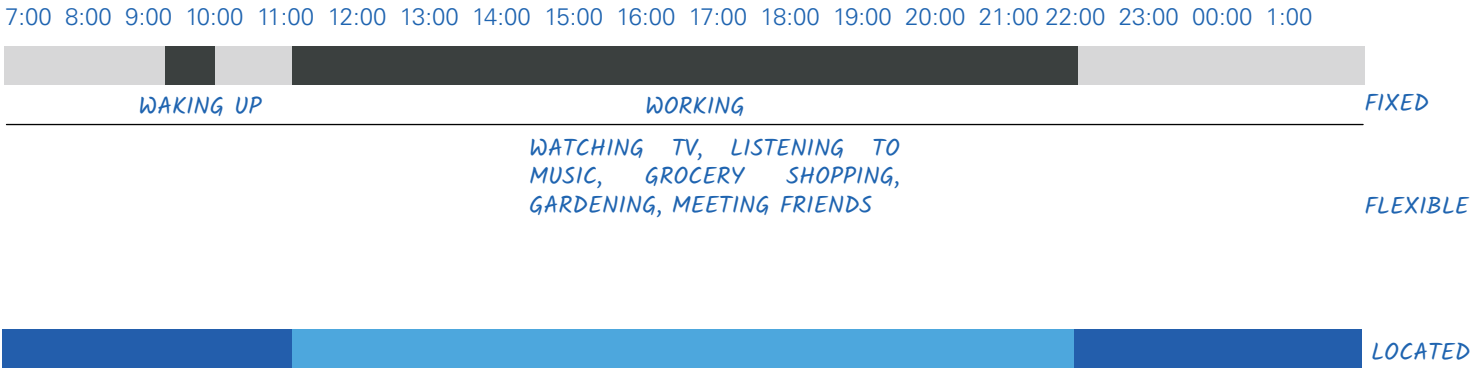
Transport



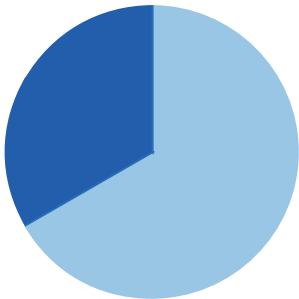
Mobility



Daily activities



Located

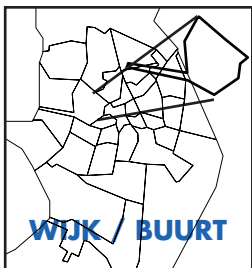


- House/private
- Building
- Outside/public

Preferred view from window

- ☒ Reuring
- ☐ Rust

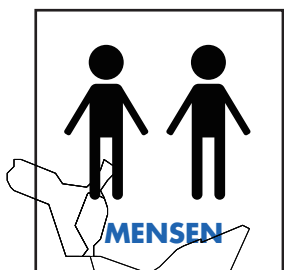




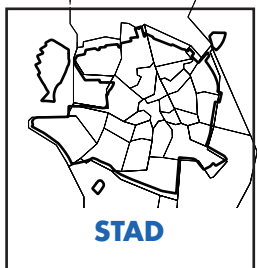
vind ik heel belangrijk, het is een rustige leuke wijk.



Je moet je er lekker in voelen



Wilt u nog kaarten onder elkaar zetten? De mensen nja.. ik kom altijd wel mensen tegen, op werk ook ik werk daar met 25 mensen. Met de mensen hier heb ik het niet zo, het zijn wel aardige lieve mensen maar ik heb er niet zo een feel mee.



dit is ook belangrijk alhoewel is dit een dorp



vind ik het minste, ik zit niet te wachten op zo'n groot complex

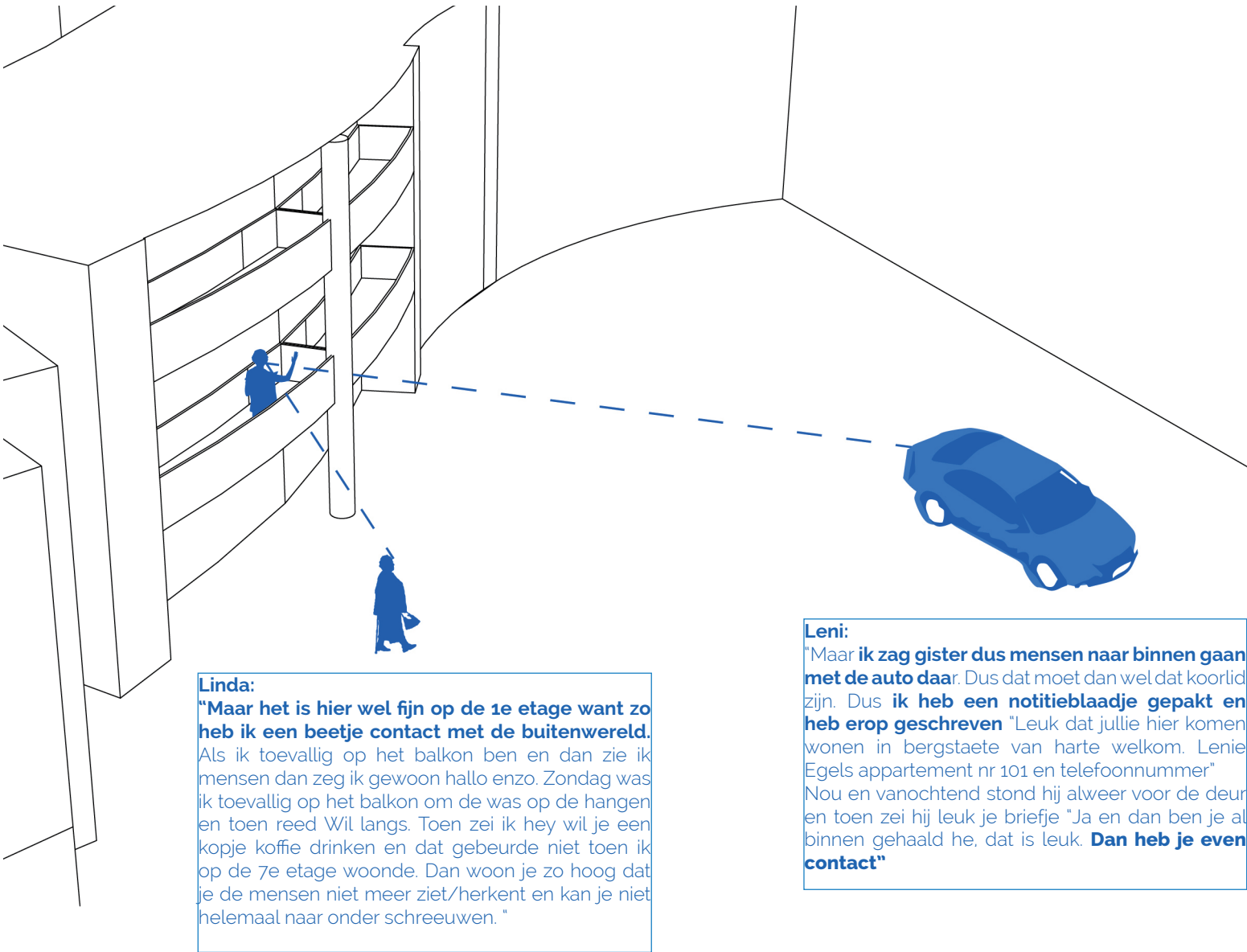
"ik bemoei me niet zo veel met de burens hoor ,maar ik zie ze wel vaak want ik heb daar mijn tuintje en dan komt er wel zo wat een en ander langs"

ik werk 3 dagen en dan 10 uur per dag van 11:00 tot 22:00 en **ik doe dat om afleiding te hebben ik wil niet te lang en teveel thuis zijn.** Ik ben ook vaak weg naar vrienden en kennissen. Ik wil gewoon afleiding, ookal was het groter hier dan bleef ik ook niet vaak thuis. Dit is groot genoeg voor mij, ik ben al blij dat ik een dak heb.
Dat mis ik wel in dat gemeenschappelijke wat je in een gedeelde woning ook hebt.

Conclusion of Josef's story:

Josef just retired and is one of the youngest residents in the building. He is mainly outdoors and doesn't feel connected with the other residents. He mentioned that he missed diversity in residents. He would prefer to live with younger residents as well. Next to that he misses communal spaces or shared spaces because the apartments are designed very individually. Josef is living in an 40 m2 apartment and he is content with the size.

CONCLUSION // Importance interaction

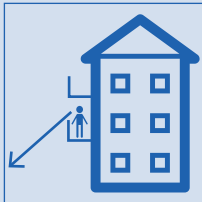




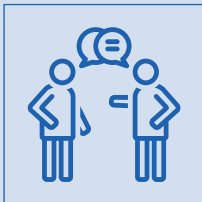
Residents value the possibility to have **professional care** from a care facility nearby when needed



Having the **choice** to chose between being together or alone



First floor is perfect to be able to have contact to the outside world



Residents enjoy interaction and **spontaneous encounters** Residents have a need for more interaction and mention the value of encounters



Ageism and the feeling of being written off are having affect on the residents to participate more in society



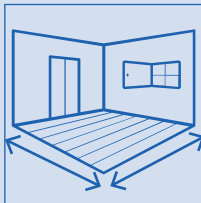
For further literature research



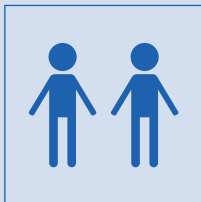
Value collective spaces such as a cafe/restaurant where everyone can come



Lack of activities and diversity in residents is making some residents seek it elsewhere outside the building



Size of living space is important for residents who spend most of their time inside, less important for residents who are often going outside

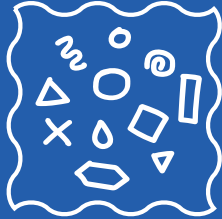


Diversity in neighbours, younger residents, families etc.



Facilities within walking distance of 500m, preferable 300m

DESIGN GUIDELINES



Diversity

Provide different forms of private, public, threshold spaces



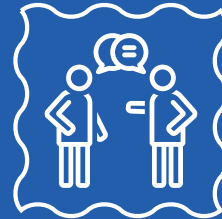
Walkability

Range of 300m to 500m for important facilities



Diversity in size

Different residents have different needs in apartment size



Ecounters

Spaces for encounters



The entrances of the building are situated at the north and south side of the building.



The entrances of the building are leading to the following walking routes to the surrounding streets.



By observing the residents of the boomberg I found out that these are some walking routes that the residents take. Sometimes it was only a walk from the front to the back of the building to get their daily exercise. While asking the residents about this they told that this was the perfect distance to walk, because walking around the whole building was too far.



Resulting in these circulation or walking zones around the building. This is where the main activity is taking place around the building.



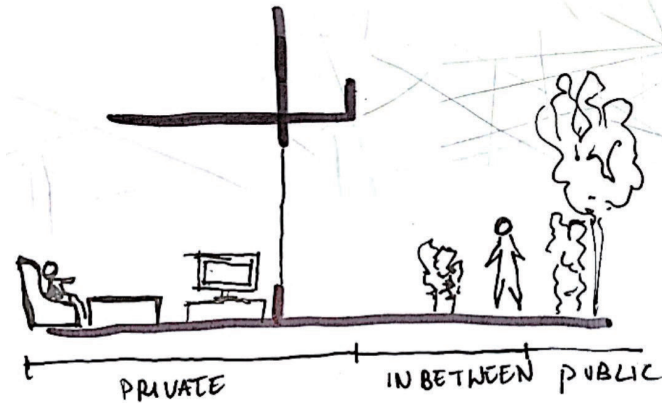
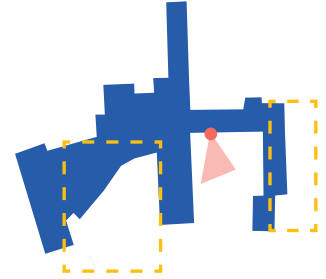
From the inside of the building the residents have a view on these areas around the building.



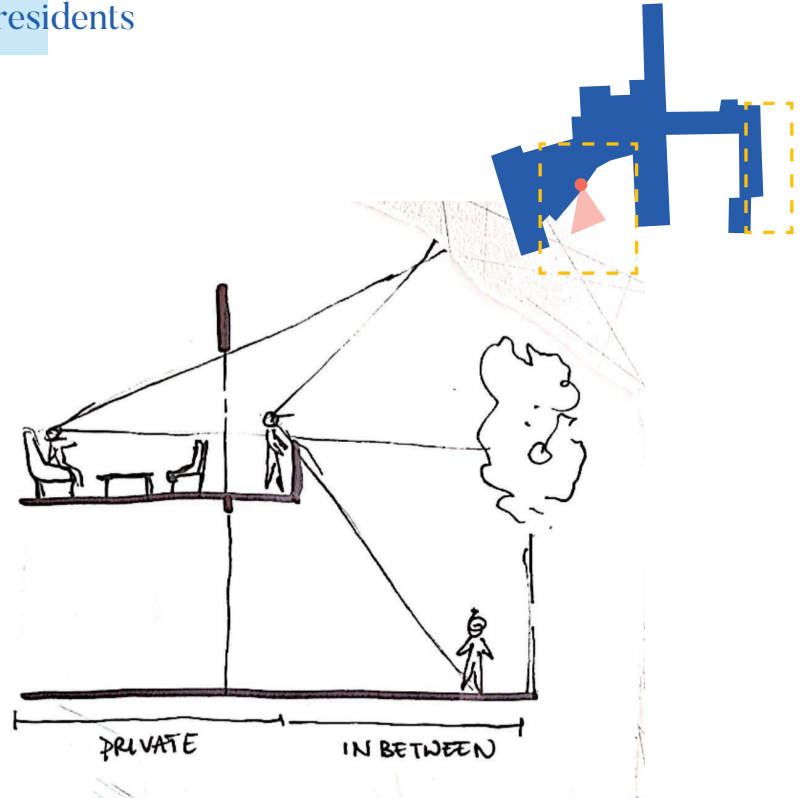
Resulting in these visual zones around the building where the residents could have a view on activity.



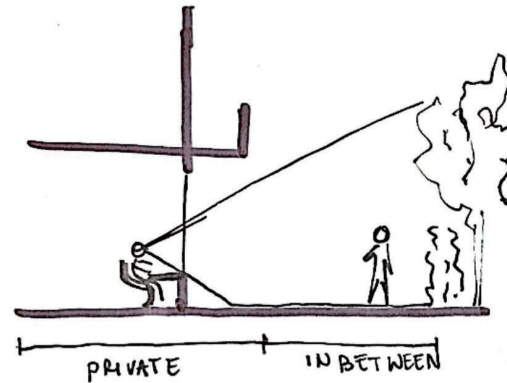
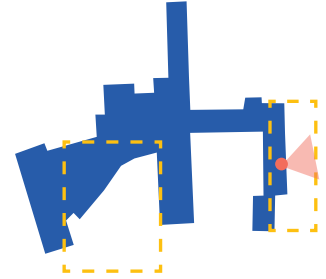
Looking at the overlap between the circulation and visual zones it is clear that the two yellow highlighted zones have the most vibrant and active view. After interviewing the residents I have found out that these zones were the zones where the most encounters take place and where residents would have interaction with each other. (example follow on the next pages)



Josef lives in an apartment where there isn't a view on the circulation zone. He told in the interview that he doesn't know that many people in the building because he doesn't see anyone. The only neighbours that he knows, is from them walking by his window. Because there are still some people walking by his window he feels a social responsibility to take care Of the garden in front of his apartment.



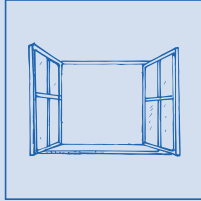
Leni is living in an apartment with a view on the circulation/activity zone. She can't walk more than ± 200 -300m but the moments of interaction with the other residents and the people outside was through her balcony. Seeing this new inhabitant arriving with his rental car which led to her writing a postcard to him. From her chair she could only see the other side of the street, and the reuring on the street. But during an interview she told that that was enough for her to feel connected to the surroundings.



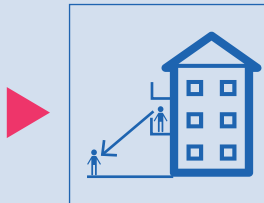
Cor not with a particular view on an open circulation space but there are some people walking by his window, because it is a shortcut from the north entrance to the main street at the front of the building. He loves his window view, it is very serene and the interaction from his window view is when people pass by because in front of his house there is a small walking path. Is living in an apartment with a view on the side of the building.

CONCLUSION

BUILDING ZONES ANALYSIS



The window view has a **positive effect familiarity among residents and creating encounters**



View on walking routes has a great importance for residents above 80 because it is a **way to be engaged with life around the building**



View on greenery is important but has to be balanced and not **blocking the view**



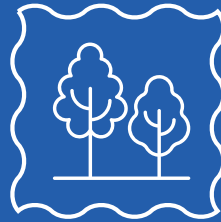
For further literature research

DESIGN GUIDELINES



Views

The zones in front of the window are important to have some activity to encourage interaction



View on nature

View on nature, but has to be balanced and not blocking

02

RESEARCH

2 RESEARCH // Reflection on fieldwork

The fieldwork week opened my eyes to the problems elderly are facing such as segregation which is leading to elderly living in current circumstances where they feel written off by society and are left in an elderly home to die. There is a prejudice about elderly when leaving the working force and retire. That they are limited in what they can do and dependent on health care organizations and slowly over the years they lose the control over their lives. This together with the physical limitations of aging is resulting in elderly staying more inside. People are social creatures and interaction is an important part for the well-being. As elderly are likely to be alone more often and seeking less interaction due to barriers they are facing, they are more vulnerable for social isolation and depression. The current environment is not designed to encourage participation and social interaction and therefore that there are too few spaces for social interaction. There are spaces for social interaction but not within the surroundings of elderly. Architecture can provide these spaces and create more moments for participation and social interaction.

The fieldwork week consisted of observations, participatory observations, interviews and questionnaires. The findings from this fieldwork week helped finding a topic in which I want to focus my in-depth research on and that resulted in the research

question: *To what extent could the world beyond the threshold be designed to lower the barrier through the lens of elderly to participate in this world?*

In the following pages, further research has been done into the topic of participating for elderly in the world beyond the threshold. Participating will be divided into visual participation and physical participation. The research will start with a broad view on the limitations and possibilities for elderly. To get a better understanding of the target group. After that the more architectural aspects will follow such as participation and which design guidelines come out of these. Ending with housing for elderly as the design is about designing an inclusive living environment. These themes result in the following sub-questions:

What effects does aging have on the body?

What are barriers for elderly?

What can elderly still do?

What is the importance of physical and visual participation? And how does this affect their wellbeing?

What effects do all these questions have for architecture? And in what way can a spatial design affect encounters?

2.1 AGING AND THE SOCIETY

"It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our and each other."

- Ashton Applewhite

Introduction

Ageism is the stereotyping and discrimination on the basis of age. This can take place in many forms, such as prejudicial attitudes, discrimination or having stereotypical beliefs about a person or group of people. The term ageism was found in 1969 but the topic has been neglected for many years, an article about ageism has just been released by WHO in october 2020 (Ageing: Ageism, 2020).

In the book *This chair rocks* Ashton Applewhite is writing a manifesto about the perception of aging. In here she started with the question: Why is everyone so afraid of getting older?

The answer is ageism, the discrimination and stereotyping on the basis of age. Everyone can experience it. When someone is assuming you're too old for something in stead of asking what we are still capable of is a perfect example of discrimination based on age. Racism, sexism and ageism are socially constructs. Certain constructs weren't a problem a decade ago but because of moral issues it could raise a question.

"It is not the passage of time that makes getting older so much older than it has to be. It is ageism!"

(Applewhite, 2019) . Aging isn't a problem to be fixed or a disease! Aging is about living and should have a positive emphasis to be remembered for.

Ageism a problem

So is ageism a problem? Concerning the growing population of people aged over 60 is doubling by 2025 and reaching two billion worldwide in 2050, it is! The amount of people aged over 60 is growing exponential and ageism is a problem worldwide. It affects all people over the whole world and all age groups but especially the elders are facing the most problems of it. Ageism, just as racism and other "isms" is about legitimizing and having inequalities between groups of people. The WHO states that ageism is recognized as a common source of justification behind age discrimination since 2014. (Ageing: Ageism, 2020)

2.1.1 AGING AND SOCIETY// Ageism

Impact of ageism

Ageism has harmful effects on the health of elderly. Research by Levy, B. R., Slade, M. D., Kunkel, S. R., & Kasl, S. V. has shown that elders that live with negative thoughts about aging live 7.5 years less than those with positive attitudes (Levy et al., 2002). Next to that research has also shown that ageism can cause cardiovascular stress, less self-efficacy and decreased productivity. The negativity can also be found within the healthcare system for elderly, where elderly are at their most vulnerable. The way that the healthcare is deciding over elders is taking away all their freedom and ability to chose.

Socially, there is a prejudice about elderly that they are dealing with social isolation, have physical and mental decline and eventually become an economic burden. Ageism has consequences both for older people and society, because this can prevents elderly from finding work of which they're capable of doing. The Center for Retirement did research in 2016 in which they found out that elderly who do get a job in older age it is often an "old person" job. This is age discrimination as elders are not seen in their fully potential and are forced to take a job that is neglecting their skills and experience (Applewhite, 2019).

Prejudice about elderly

Even the term "elderly" can be seen as a prejudice as it implies to a homogenous group. But this is not the case, as the conclusion from the fieldwork week was that every elderly is different. As aged people from 60 and above are seen as "elderly" it is a very broad age spectrum where people that could differ 40 years are seen as equal. As during the fieldwork week people from 60 to 80 considered themselves as "young" and when talking about 80+ that would refer to the "older elderly". Another prejudice arises from the aging body where others are aware of disorders such as dementia but it is seen as the normal ageing progress, which it is not. Only 5-6% of the aging population of the whole world, from 60 and older having dementia.

Also in the working field there can be prejudice about aging related to skills, health and capacity. The prejudice that elders can't master new skills or are not creative enough, can't handle stress or working too slow. These are all perceptions that people in older age are confronted with.

The prejudice about elders is eventually a prejudice about our future selves. The prejudice about growing old is internalised and it needs an active consciousness to correct that thought.

2.1.2 AGING AND SOCIETY// Segregation

Segregation

Segregation is the degree to which groups are spatially and socially separated from each other. Within these groups there are similarities in which they are tended to be measured. The topic of segregation is raising a lot of questions in many cities where there is, for example, separation by income, race or age. This can lead to social problems such as material inequality and prejudice. (International Encyclopedia of Human Geography., 2019).

Segregation of elderly

As mentioned before in the fieldwork week research, the elders that have been interviewed are dealing with age segregation and the feeling of being written off society after retirement. These have serious consequences for elderly and the people that will become elder in the coming years. There is a misunderstanding and stereotypical thought around elders about what they can do and can't do and this affects the way people behave with elders and eventually affect the well-being of elders. Instead of a *us* attitude, there is a *us-and-them* attitude and this evolves in a less of an age mix in society. The social disconnection is visible through all scales from neighborhood to urban system and more broadly. In the neighborhood scale, the elders are put away in an elderly home which is often disconnected from the city. On the urban scale cities are not designed for elders to walk around as there has to be adjustments to be made for elderly to walk safely in the city. The WHO has made a *age friendly city guide* for cities to tackle the problem of designing age friendly cities. And to look at another topic which has an effect on segregation is digital ageism. Where youth is seen as

digitally adept and elders as digitally dunces. Some elders may be new with technology or understand it slower as the youth but it doesn't make them digitally dunces (Lenhart & Horrigan, 2010).

By understanding these problems and seeing the consequences of age segregation is the only way how to tackle segregation. It is a social challenge that needs to be addressed from the political agenda. It is necessary to change the mindset to reconnect different age groups and shape a society that is more cohesive.

2.1.3 AGING AND SOCIETY// Conclusion

Conclusion

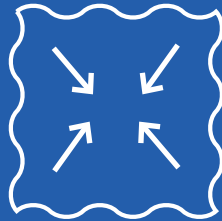
Ageism is the stereotyping and discrimination on the basis of age. It's socially constructed, meaning it's created and accepted by people, but this can change over time. And this change is needed.

Ageism, just as racism and other "isms" is about legitimizing and having inequalities between groups of people. Ageism comes with all kinds of inaccurate prejudices and perceptions of the elderly, with their consequences. And these consequences have harmful effect on the health of elders. These inaccurate prejudices and perceptions have formed the society of how we know it now; elders are limited and this has led to even more segregation.

If we would acknowledge this problem and see what the reality of this is, that every elderly is different and not fill in with our prejudices of who they are or aren't, what they're able to do or aren't able to do, we could adapt to this reality which ultimately would lead to less segregation. In the end, we're all aging and this is part of life and aging should be embraced.

Especially architects who are designing for elders should have this knowledge and perception, because only when having the perception of elders as equal an inclusive environment can be created.

DESIGN GUIDELINES

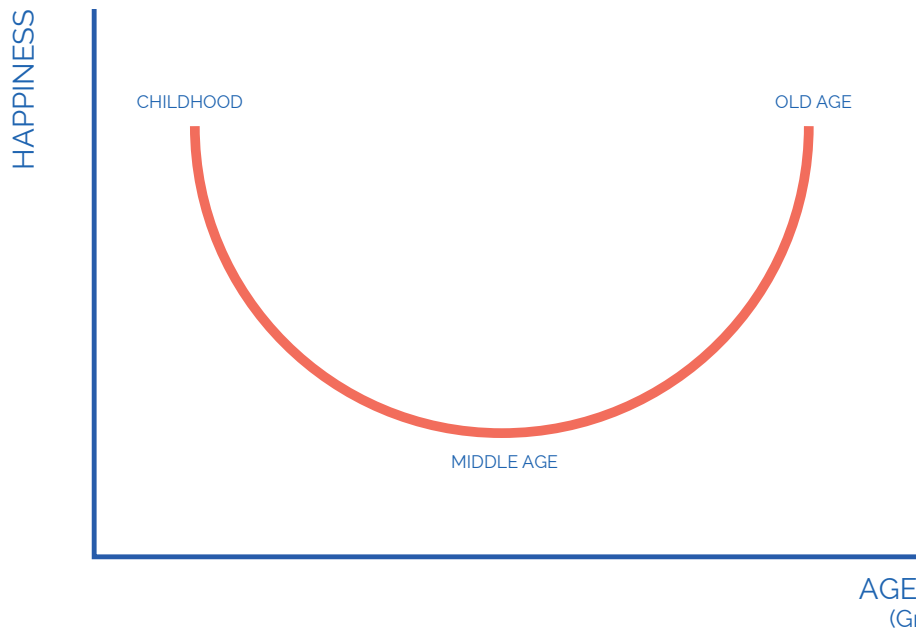


Integrate

Don't separate elders from others, integrate elders in society and find balance in it.

2.2 THIS CHAIR ROCKS

2.2 THIS CHAIR ROCKS



(Graham & Ruiz Pozuelo, 2017)

2.2.1 Aging rocks

There is more negativity around aging than positivity, but aging can be so much more. Aging should be celebrated! Longer life means more opportunities and a chance to pursue new activities or passions in life. (Ageing and Health, 2018) There is a shift in the thought on aging and this was also shown in the movie "the intern" which is about a 70 year old widower who is seeking for new pursuits in life. He applies for an job in the fashion industry as a senior intern. The movie addresses the problems of ageism and having a purpose in life, where ageism awareness is on the rise in the 21st century. Elders have gained more knowledge and skills throughout the years and this is a lost opportunity when this fact is being neglected. It all comes down to the attitude of the aging process and people look at aging.

2.2.2 U-curve of happiness

The U curve of happiness is a term used in psychology to describe the relationship between age and happiness. In 2016 there was a research conducted by Carol Graham where he handed out surveys to people aging from 20 to 94 years old. This data was compared with 109 data files and the result was the u curve of happiness (Graham & Ruiz Pozuelo, 2017). This resulted in the u-curve of happiness, which shows that people are the happiest at the beginning of their lives and reaching a peak and the end of their lives. This pattern, known as the paradox of aging is common around the whole globe. This is because the satisfaction rate is not culture bound. This trend is within the satisfaction rate can be explained by the responsibilities that people have during a certain age. As during mid-age people have more responsibilities in life. Ashton Applewhite is an author and activist against ageism. In her book she writes about the phenomenon of the u curve of happiness and how

2.2.3 THIS CHAIR ROCKS// Conclusion

the brain can produce a neurological effect on the satisfaction rate (Applewhite, 2019). There is a shift in the way of thinking where at the end of life people will live more in the moment. Time is short and the amount of time spend with people is used more carefully. Therefore, when nearing the end of life people will be more comfortable with the idea of "dying" so they will worry less about aging (Applewhite, 2019). This contributes to the mindset of aging happily and with less stress.

Conclusion

The perception of aging is all coming from a certain mindset. As written above the negative perception is coming from ageism which leads to segregation of elders and society while aging should have a positive perception. Aging means developing skills and knowledge over the years and these can be used purposeful. Also the u-curve of happiness is showing that it is the mindset of others that is picturing aging as negative while elders actually are having a very high satisfaction rate. Also from the interviews that were conducted during the fieldwork week all elders mentioned they were very happy in life. Only fearing the threat of declining health and eventually losing control over their lives.

DESIGN GUIDELINES



Control

Providing elders the choice
to control over their lives. And
find their happiness

2.3 BLUE ZONES

2.3 BLUE ZONES

Introduction

The research question of this research booklet is *To what extent could the **world** beyond the **threshold** be designed to lower the **barrier** through the lense of **elderly** to **participate** in this world?* Where participation is one of the topics or sub question within this research question. While doing research about what participation is, the question of purpose in life comes to mind. The next chapter will be about the relation between longevity and purposeful life which is described in Dan Buettner book *Blue zones*.

There are 5 places on earth where people age significantly and these are the blue zones. In there he dissects the question about aging into several topics and methods to see how these five zones differs from other countries where people age less longer (Buettner & Wittenberghe, 2015). The topics are diet, activity, social network and purposeful life. Especially the topic activity and social network are relevant from a point of view from architecture. Activity and social network can inherently be incorporated within the design when having knowledge about the subject. For example daily routes and positioning of shared spaces have influence on these topics.

2.3.1 Blue zones diet

The common diet that people who live in the Blue zones have is a whole plant based diet and a 80% rule. People living in the Blue Zones primarily eat an almost whole plant based diet. Which means biological foods, more vegetables than meats. The consumption of meat can improve the risk of death from heart disease, cancer and a number of other different causes. Instead of meats, a lot of fish is consumed, whole grains and nuts. Fish has a high amount of omega 3 and has benefits for the heart and

brains.

Apart from the diet, people that live in the Blue Zones also eat according to a, as it is called, 80% rule. This means that the meal consumption is only until 80%. The left over 20% can make the difference of losing weight or gaining weight (Buettner & Skemp, 2016).

2.3.2 Exercise is built into daily life

Aside from the consumption of food, exercise is also an important factor in aging. While in the Blue Zones the residents don't purposefully work out, but the daily exercises are incorporated in their daily routine. This is through gardening, walking, cleaning or other chores. Studies have shown that daily exercising can reduce the risk of cancer and heart disease. Another study had shown that vigorous exercises can reduce the risk of death by 39% (Buettner & Skemp, 2016).

2.3.3 Purposeful life

Having a life purpose is the reason to wake up every morning and is the full for the rest of the day, doing meaningful work. Having this purpose in life is affecting the psychological well-being. Qualities of this purpose in life is; doing what you're good at, paid job or doing what you love. When leaving the working force and going into retirement, this purpose in life is becoming way less.

Many sociologists and scientist have researched this phenomenon and came with the conclusion that having one thing in life that is giving a sense of satisfaction is boosting the youth hormone

2.3 BLUE ZONES

and leading to a longer and happier life. Another research has shown that people who have a purpose in life are living seven years longer than others without this purpose (Buettner & Skemp, 2016).

2.3.4 Healthy social network

As last the social network an important factor. Many people that live in the Blue Zones often live with their families. Having this close relationship with family and friends, even living together is lowering the risk of death. The social circles with health conscious people can also encourage to live healthier. Next to that living closely with friends and family can give more social security, prevent social isolation and can form a network for informal care.

(Buettner & Skemp, 2016)

2.3.5 Conclusion

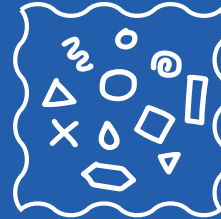
The different factors for longevity in the Blue Zones can be seen as inspiration and taking into account how the urban layer can be built up. Which facilities are necessary to stimulate a healthy diet or daily activity. Having biological (super)market in can stimulate healthy diets. Also a purposeful life can be stimulated by placing the right facilities and needs in the activity range of elders. The last paragraph about the social network is concerning architecture. How will the housing typology look like? What spaces are shared and which are private? It is about the configuration of space and especially looking at share spaces and multi generational housing. Providing a diverse offer of houses can attract families and elders.

DESIGN GUIDELINES



Healthy

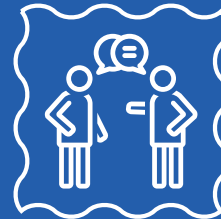
Healthy food options nearby to encourage healthy diet



Diverse residents



Exercise



Ecounters

2.4 WHAT DOES AGING DO TO THE BODY

2.4 WHAT DOES AGING DO TO THE BODY

Introduction

The graduation studio has a human-centred approach so, to get a better understanding of the topic aging it is important to know how aging and especially the aging body is influencing the lives of elders. As the first exercise of this graduation studio was; how does it feel to be weak? When aging, the sensitivity and perception of the environment is changing. When designing for elders to live happily in old age, this is direct in relation with architecture, how spaces are used, which spaces have more value for elders and design to encourage daily exercises.

2.4.1 Health

The molecular and cellular damage impact over time results in the aging of the body. This impact gradually leads to a decrease in physical and mental capabilities, increasing risks of illness, and eventually, death. However, it seems that there is no clear linear or consistent relation between age and changes to the body. While some elderlies have good health and proper functioning, other elderly become dependent and need help from their surroundings, in professional care or informal care. A study has shown that the decline of mental health can be postponed by multitasking everyday. Such as playing card games or working. (Ageing and Health, 2018).

Factors influencing ageing

The variations in the health of elderly are commonly genetic, the difference in these variations are due to the physical and social environments. Next to their personal characteristics like: sex, ethnicity or socioeconomic status – It also includes their homes, surrounding neighbourhoods and the communities they live in.

These surrounding environments also have an important effect on the development and maintenance of healthy behaviours. Healthy behaviour includes a balanced diet, engaging in physical activity, and the reduces consumption of tobacco and alcohol. These factors are also mentioned above in the factors for longevity in the blue zones. Maintaining these healthy behaviours are important at an older age since they can help in keeping cognitive function, delay care and maintaining overall health (Ageing and Health, 2018).

Age associated diseases

As people become older, they are likely to experience conditions occur more often with higher age. These are called ageing-associated diseases, which are conditions that are arising from the gradual deterioration of the human body. These conditions can come at the same time or by its own. For elderly there is a higher chance of getting these conditions than a younger Person. The conditions include for example: hearing loss, cataract, increasing blood pressure, diabetes type-II, hypertension and dementia/Alzheimer (Ageing and Health, 2018).

2.4.2 Mobility

Mobility is essential to get through the day and is very important for elders because it affects their dependency. It is about walking and moving, it doesn't have to be a lot, even walking to the toilet is essential within the topic of mobility for elderly. The decline of mobility is common among elders and these can have social, psychological and physical consequences (Godman, 2013).

Aside from increasing levels of physical/cognitive disabilities and the prevalence of chronic disease in the older age, impairments in mobility is an early sign to disability. The relation exists where independent mobility of a person is related with higher rates of disease, poorer quality of life and increased chance on social isolation and depression (Manini, 2013).

Immobility can be seen as a problem but it is preventable and treatable by a variety of solutions like training muscles to improve mobility by doing strength exercises or going on daily walks. Immobility is more in coming during older age. However for elders, walking short distances can help with maintaining their health and functioning. An American study had shown that walking at least 1 kilometer per day helped maintaining their mobility and walking speed. Next to that walking can also contribute to the factor of social encounters (Tsai et al., 2013).

Conclusion

Health and mobility are not bound to a specific age or age group. Decline in health and mobility are commonly genetics and lifestyle. Mental health can be propped up by keeping the brain active everyday with multitasking. As in the chapter of the U-curve of happiness. Elders have built up a lot of experience during their lives and this can be put up to use to find for example a job or a purpose in life. By creating opportunities for activity in the activity radius of elders they can participate in an activity.

Mobility and exercise can be encouraged by walkability in the urban design. Providing choices for elders to walk and lower the barrier to go outside by placing facilities nearby. Walking can prevent social isolation and depression and can contribute to the social encounters.

2.5 BARRIERS FOR ELDERLY

WHAT ARE BARRIERS?

Introduction

As the main question is: To what extent could the world beyond the threshold be designed to lower the barrier through the lens of elderly to participate in this world?

This question was formulated because throughout almost all the interviews that were held during the fieldwork week, elders mentioned that they are willing to meet other residents but often don't seek for these encounters. Either seeking them elsewhere or staying inside their house. To get a better understanding what barriers are for elders, these can be lowered in the future to encourage participation and encounters. In this chapter only mobility barriers will be discussed, because mental barriers can differ for each person and mobility barriers are more generalized.

2.5.1 Mobility barriers

Research has been conducted by Li-Tang Tsai, Merja Rantakokko, Erja Portegijs, Anne Viljanen, Milla Saajanaho, Johanna Eronen & Taina Rantanen, about mobility barriers among elders while walking for errands (Tsai et al., 2013).

Walking is the most popular form of physical activity among elders, because it is the safest one and only requires body strength and stability. When declining in mobility, the bike is often not chosen as it can cause major injuries when falling or losing control.

In the research mobility barriers were categorized into four groups: Traffic (noisy traffic and dangerous crossroads), Terrain (hilly terrain and poor street

condition), Distances (long distance to services and lack of resting places) and Entrance (outdoor/indoor stairs present, no elevator, heavy doors, slippery floor and inadequate lighting) Tsai et al., 2013).

Mobility barriers are seen as a bigger obstacle by people that live alone because of their independancy. They tend to be more careful about the environmental mobility because they run errands also by themselves. In contrary with the people who live with others, report less exposure to environmental mobility barriers. This could be explained due to their walking for errands is more likely be done by others, or the physical healthier person.

The four categorizes mentioned in the research all apply to architecture, from the entrance to the environmental factors, such as traffic, terrain and distance.

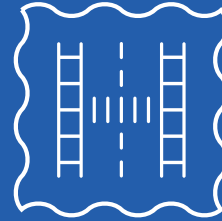
In the Handbuch und planungshilfe barrierefreie architektur they also mentioned that a clear structure and pathway is making it easier for elders to orientate in the neighbourhood and therefore lowering the barrier for elders to go outside. (Fischer & Meuser, 2009)

DESIGN GUIDELINES



Clear pathway

View on a clear path,
recognizable



Safe crossing

Safe crossing, longer time at a
crossing



Pavement

Clean and safe street
condition, no obstacles, wide
street profile



Accessibility

Elevator, lighting, no heavy
doors

2.6 VISUAL PARTICIPATION

WHAT IS VISUAL PARTICIPATION

Introduction

The participation of elderly in the world beyond the threshold is divided in visual and physical participation. Visual participation is a way of taking part of become involved in an activity with the visual and auditory senses. Elders are often sitting in front of their window looking outside, and as the dutch have a saying from this "achter de geraniums" the question occurred what is the importance of visual participation for elderly?

A gerontologist Dr. Graham Rowles also noticed the importance of the window view for elderly and conducted a research on this named: "The surveillance Zone as Meaningful Space for the Aged" (Rowles, 1981). This research was conducted by in-depth interviewing elderly and citing their answers in his research. In his research he writes that for elderly who are more housebound and spend more time in front of the window, this is their way to participate in the world outside. Next to that it is also a visual reciprocity where the window view is providing the act of looking outside but also being seen. This is beneficial for the relationships with neighbours. Which were also in my findings from the fieldwork week.

Graham Rowles research is supporting the findings from the fieldwork week in an academical way, but since he is a professor within the field of behavioural science, geography and gerontology his research is coming from a more ethnographic research. It was necessary to do more research on the architectural aspects of the "surveillance zone" to get a deeper understanding of this zone and the importance of window views and the relation between inside and outside.

2.6.1 Relevance of window view

Graham Rowles did research on the subject of surveillance zone (Rowles, 1981). The surveillance zone is the zone immediately outside the dwelling that is visual from the window. For many elderly who are more housebound due to decline of mobility or barriers to go outside, spend more time in front of the window.

For them this surveillance zone is a way of participating in the world outside. Rowles states that the view can be rural or urban but it should always include a human element in it. Because the human element is turning the view into storytelling in which elders feel more engaged with the outside world. The view should contain flows of people, expected and random happenings. Musselwhite also did a research on the topic of importance of the window view for elderly and he came with the conclusion that elderly who are more home bound enjoy watching a motion-full, changing, world going on outside. Despite the fact if they are participating in this world or not, they are relating, interacting and creating meaning of the outside world. (Musselwhite, 2018)

The complexity of the window view and the human element is also a way of interacting with neighbours. The visual contact between neighbours facilitates the development of practical support and social support in the neighbourhood. In Rowles research he also found out that when elderly had an view on the surveillance zone from their window they were able to participate in the community without having to literally be in it.

WHAT IS VISUAL PARTICIPATION

You know after you've gone to church all your life, it's hard not to be able to . I sit here and look out the window and watch them all go, and then I turn the TV on and listen . It's the next best thing Sunday, I look out more, because I'm watching people go to church . Since I can't go to church, I watch the cars go by, watch Jean and Conrad leaving, McCories, all of them . . . and then at noon, I watch them all come back .

-Audry

When I wake up, the first thing I do is opening up my curtains . The neighbours across the street know that I'm living here alone, and they always check up on me .

Whenever I sleep in or don't open my curtains for some reason they start calling me right away . It is nice to know that they are watching me, that way I know that I'm being looked after .

-Leni

2.6.2 Window view encounters

Above are two stories from elderly telling a story where the window view has a great importance for them. In Audry's story it is the story telling aspect that is very visible where the view from the window is about rhythms, routines and storytelling. The story from Leni is more about social support and security in her surroundings. Both examples show the importance of the window view and how this has positive impact on the participation within the outside world.

Elders often value the window view so much that have a set up of their space to get a good outlook. The view has a high significance for the observers. Musselwhite build on the research from Rowles to conduct his own research about the importance of window views for elderly. Hereby he interviewed 42 elders from 65 and older. He found out that the elders he interviews found it important that there was change, both expected and non Expected. For example season changes, road works, neighbours walking to work and even storms. The view should contained different levels of complexity. For example a juxtaposition from a distant was preferred, or hills in the distance, or a garden with distant motorways. The people that were being watched were made into characters with plots.

A window can be so much more than just to let wind and light through. For elders, they can spend hours in front of their window looking at the activities going on in the street. It feels good to look outside and this should be encouraged even more.

WHAT IS VISUAL PARTICIPATION

2.6.3 Windows as media

Not only elderly enjoy the view behind the windows but almost everyone does. Seating in a train, airplane or café near the windows are always the most popular. The question that then raises is: What is so interesting about looking out of a window?

When looking at the windows as "media" it would refer to media such as TV shows, magazines and newspapers etc. When looking deeper into the definition of media the plural is medium which means in between. This "in between" would refer to something being between the observer and the object that has influence on the experience. Overall when taking about experiences a window view can also provide an experience with fluctuations and complexity of activity such as a TV.

A sociologist Georg Simmel is comparing the window with a door. The similarity is that both are separating or connecting the private space with the public space. The difference is that the door is a passage way for the body to move in and out of the space as for windows it is a passage way for the visual sight. In other terms the window creates a path for the eye and connects the private space with the public space through the eye while physically being separated from each other.

The separation of the public and private space by a window can also be seen as a panoramic perception. Which means that when an object is placed within the private space and behind the window on the side of the observer the object is seen as being together within the space, being part of the same space. As when an object is placed outside the window it is seen as being disassociated from the object. To conclude, the location of the observed

object whenever it is outside or inside the window is changing the relation to that object as well from feeling familiar with it or observe it.

2.6.4 Conclusion

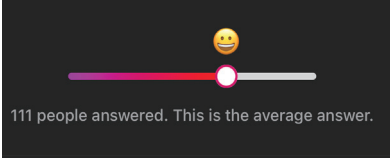
The window view is for elders a way to participate in the world without literally being in it. It is a way of storytelling and being engaged with what is happening around their house. Storytelling is also a way of multitasking and keeping the mind sharp. The view has to have a human element in it and contain flows of people, expected and random happenings.

Next to that elderly who are more home bound enjoy watching a motion-full, changing, world going on outside. Without being in it they are relating, interacting and creating meaning of the outside world.

As seen in Hilversum, visual participation can also lead to interaction between residents. It can encourage meeting other people. The visual field can also encourage elders to participate in activities when having a clear sight on it. The complexity of the window view and the human element is also a way of interacting with neighbours. The visual contact between neighbours facilitates the development of practical support and social support in the neighbourhood.

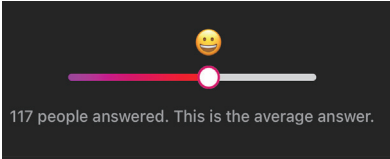
1. How old are you?

117 people responded



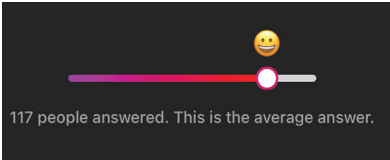
2. How good is your eye sight?

117 people responded



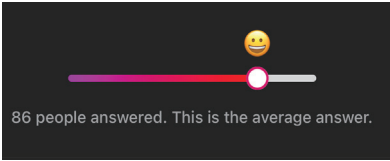
3. How important is your window view?

117 people responded



4. How often do you actually look outside of the window?

86 people responded



5. What do you like to look at when you're looking outside?

<p>timxpn's response</p> <p>Green trees or busy street</p>	<p>michaelthechung's respo...</p> <p>Seeing a nice landscape, a city or cool people walking and just observing what's happening</p>	<p>xx_loretta's response</p> <p>Sociale gezelligheid in de straat</p>
<p>jafeelmie's response</p> <p>Natuur of dynamisch(auto's/ mensen) - geen industrie ofso</p>	<p>thngyn's response</p> <p>More nature like. I rather look at trees than busy roads. But it is also nice to look at skyscrapers</p>	<p>evydusman's response</p> <p>A nice landscape with lots of variation to look at.</p>
<p>loveneet_'s response</p> <p>Water, bridges, skyscrapers</p>	<p>flyingpiggy_'s response</p> <p>clouds, nature not people or buildings</p>	<p>phanie.h's response</p> <p>nature, any view that has no cars or road</p>

Questions were asked to my friends about the importance of the window view. As this target group is mainly around 25 years old, the goal was to compare these findings to the answers from elders.

SURVEY TANTHOF // Importance of window view

How important is your window view?

40 people




under 30


under 60


under 75


over 75





No answer

What do you like seeing when looking outside?

40 people



Nature
(trees, water)



Birds



Movement
(walking people)



Children



Not other houses/-
buildings



under 30

under 60

under 75

over 75



No answer

Conclusion:

Almost the same questions were asked in Tanthof, about the importance of the window view and what people like to look at. In this small questionnaire is visible that even though Tanthof is densely built with trees, people still value their window view. And for elders over 75+ Years old the nature, movement of people and birds in particular.

CONCLUSION

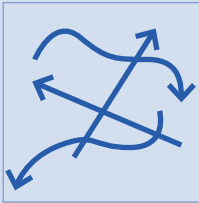
VISUAL PARTICIPATION



Way of **interacting and storytelling**



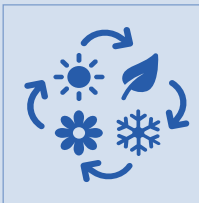
Motionfull, changing world outside



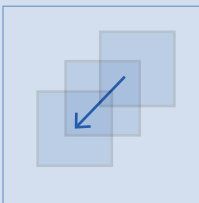
Must contain **different flows** between mundane, mystery and intrigue and expected and random



View on **greenery** is good for the well being



Change – both expected and non-expected



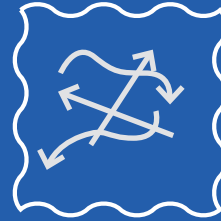
View that contained **different levels**

DESIGN GUIDELINES



Motionfull

View on a changing motion full environment is an human element in it



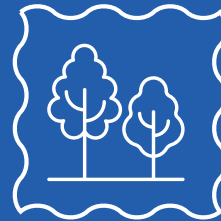
Different flows

Must contain different flows between mundane, mystery and intrigue and expected and random



Change

Change in climate/weather- both expected and non-expected



Greenery

View on greenery is good for the well-being

2.7 PHYSICAL PARTICIPATION

2.7 PHYSICAL PARTICIPATION

Introduction

The participation of elderly in the world beyond the threshold is divided in visual and physical participation. The physical participation is about taking part or becoming involved in an activity. As written above in the chapter of ageism and segregation, there is a gap between elders and society which has a effect on elderly that they participate less in society. To add to that more immobile elderly spend more time inside not seeking for participation, while it can be so important for their well-being and society at large.. Physical participation is also about sense of purpose, of belonging, and social connectedness.

2.7.1. Physical activity

In the chapter of barriers, the benefits of walking as an activity for elders is described. The activity of walking is about the walkability of a city. This is a topic that the World Health Organization is looking into since 2007 (World Health Organization, 2007). Looking at the problems of cities being not age friendly. An age friendly city should provide a safe environment for elders to be in, this is the bare minimum when thinking about designing for elders.

Research has shown that social interaction can have positive effect on health and longevity (Protecting against Cognitive Decline, 2018). This research also states that having a strong social network is just as important as physical activity and a healthy diet. These are three of the five categories within the Blue Zone. People in strong social network are less likely to experience cognitive declines.

2.7 PHYSICAL PARTICIPATION

2.7.2 Benefit of encounters

As mentioned before elders are often coping with the problem of social isolation. As an architect is possible to tackle this problem by stimulating social interaction. Therefore this chapter will look at this problem in a positive way, about physical participation in terms of social interaction. Creating spaces for social interaction requires different levels of interaction than merely providing a space for meeting. To encourage these meeting the element have to form a coherent design throughout the whole building. (Hertzberger, 2016)

Joris Slaets is a professor at the University of Groningen, he states that the current architecture is not meeting the needs for interaction because it is focused too much on privacy. Although this was not always the case, the courtyard typology is arranged in a way that residents would have a view on each other. In this way residents would be encouraged to be involved in the neighbourhood. With this idea in mind residents can be encouraged to have more social contact in their neighbourhood, with the right configuration of housing and views (Laan, 2016).

Social interaction can occur on different levels, intentionally and planned. This can only happen by long-term meeting but also the small quick encounters matter. These encounters can make the elders feel at home in the neighbourhood and eventually become acquainted with other people in the neighbourhood (Blokland, 2008). The informal encounters give a safe feeling and can contribute to the self-reliance of the elderly.

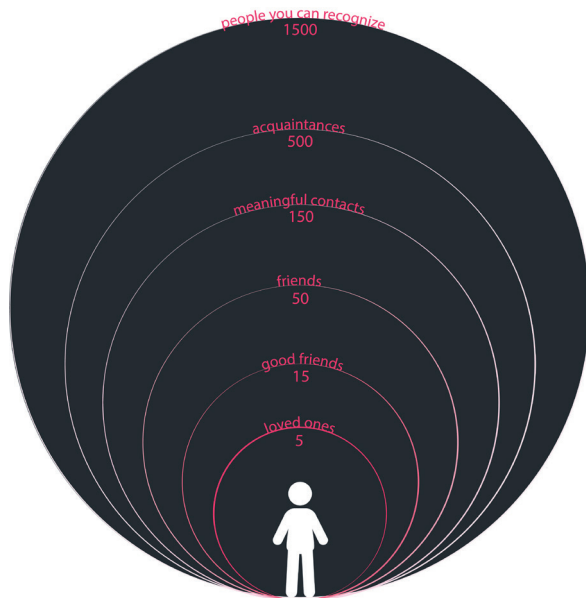
The act of an encounter can be divided in four different categories; visual encounters, physical encounters, acoustic encounters but also digital encounters (Gehl, 2011). Gehl is describing in his book that the level of relevance for encounters is in relation with the intensity of the encounter. By combining the four different categories. A person can see another but not hear them or only hearing but not seeing. When hearing and seeing are combined the level of encounter is getting more relevance to that person. The less intensive encounter can also evolve into a more intensive encounter by time. After seeing a person passing by the window for several times, recognition comes in play and eventually physical meeting can take place. A physical meeting between two strangers can lead to a friendship over time. With this concept a close social network can grow out of it (Gehl, 2011).

Having a strong social network has benefits for live longer. Research has indicated that elderly people tend to outlive others by 22% when having a large network of friends.

- Affect your mood. A study of Framingham infers that as one of your close relatives is happy, the others were likely to do the same by 8%. The effect even increased to 14% with siblings.

- Influence your bodyweight. The same Framingham study showed obesity is likely to grow on one person by 57% if that same person has a friend that became obese. (Sugar Hill Retirement Community, 2020)

2.7 PHYSICAL PARTICIPATION

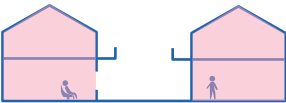

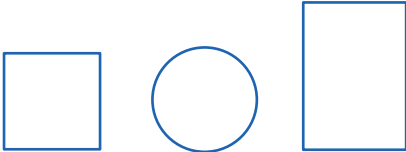
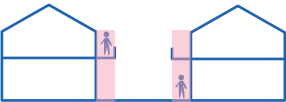


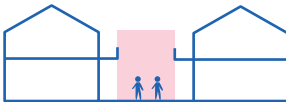





2.7.3. Social contact group size

Next to having a strong social network and stimulating encounters, the size and quality of the social network is equally as important. Because the social network has influence on the self-reliance of elders.

According to the theory of Dunbar the size of the group can be categorized how strong this network is. The five closest people around can be seen as the loved ones. That is followed by the next layer, a group of 15 people, which can be seen as good friends. A group of 50 people can be seen as just friend and 150 people can be seen as meaningful contacts. Even bigger is 500 people and those are the acquaintances and 1500 are people you can recognize. Although this theory is based on younger people without mental health decline, so for elders these group sizes can be even less.

2.7 PHYSICAL PARTICIPATION

		Where	What	What type	Principles
Mobile	Immobile	Private 	"Wave"  Acquaintance	Visual encounter	 Window shapes
		Threshold 	"Hello!" 	Physical encounter Acoustic encounter	
		Public 	"How are you?" 	Physical encounter Acoustic encounter	
		Activity Cafe 	"Coffee?"  Friends	Physical encounter Acoustic encounter	

The Dunbar group sizes in relation to Gehl's categorization of encounters. This graph shows where encounters can take place, from private to public spaces and what type of social relationship it involves.

2.7 PHYSICAL PARTICIPATION

2.7.5 Space for encounters

Due to their declining mobility and shrinking social network, this means that elderly people are largely dependent on their local residents. However, the municipal cuts to welfare are leading to a reduction in the places where this social interaction can take place. It is therefore important to create more space for meeting in our society. (academy field, 2016)

Social interaction arises from an encounter between two or more people that can occur accidentally or intentionally. Informal, "small" meetings are important. These kinds of encounters make people feel at home in the neighborhood and get acquainted with other local residents. Informal encounters create a pleasant and safe feeling and thus contribute to the self-reliance of the elderly. This light form of social contact with local residents, for example, can increase self-esteem and stimulate physical health. (Montgomery, 2015)

Meeting can therefore be seen as one of the primary necessities of life of a person, through which contact with other people, feelings, thoughts and cultures is facilitated.

Furthermore, this passive form of contact also leads to obtaining information and inspiration. We are inspired by seeing and hearing people, which makes us want to take action ourselves. This less intensive contact form can therefore also grow further into contact forms with a higher intensity, namely the physical encounter. This involves action between two or more people through physical contact. This is a different form from the previously mentioned passive contact forms such as hearing and seeing. (Gehl, 2011, pp. 15–29)

In the research of Jan Gehl he mentions that the more time people spend outside of their home the more encounters they will have with other people (Gehl, 2011, p. 13). The city on an eye level, such as the plinth of the building can play a big role in this. The ground floor activities, set backs in the buildings can add more dimensions to a walk around the neighbourhood (Gehl, 2010, p. 79). Social activities will occur more often around facilities such as schools or near places where people work. People with common interest or background tend to interact more with each other. This encounter can start with a greeting and evolving to conversations to eventually knowing each other (Gehl, 2011, p. 13). Concluding, the more time people spend outdoors the bigger the chance will be that neighbours will talk and get to know each other. This can be done by placing certain functions near the dwellings and thinking about where the residents will hold their daily walks (Gehl, 2011, p. 13).

Michiel van Dorst describes in his book *Privacy script* the different spaces for encounters. The built environment is an endless patchwork of spaces with different defined behavioral rules. These are often reduced to the concepts of private and public and there are infinitely many degrees between them, which is why semi-private is often used as a container concept. The street is public, the house is private and the front garden is semi-private. As an intermediary between two extremes, this concept plays an important role in the topic of encounters. As soon as several houses are made, such as in an apartment complex, several rooms are also needed to link them to the street. Such as entrance hall, gallery, elevator, mailboxes, etc. these are not accessible to everyone, but create a space for encounters between the residents (Wal, 2015).

2.7 PHYSICAL PARTICIPATION

Conclusion

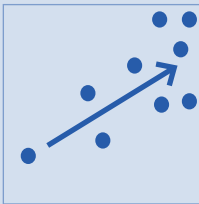
Social interaction and encounters have great benefits for elderly. For the feeling of being at home in the neighbourhood but also living longer, affecting the mood in a positive way, creating social security in the neighbourhood. Also having benefits on the self reliance and creating an informal care system in the neighbourhood. With these benefits in mind and the different categories and levels of encounters, spaces can be designed more thorough to encourage social interaction.



Social contact has benefits for **mental health** and **increase self-esteem**.



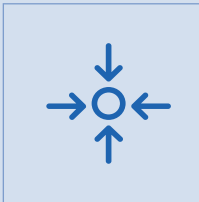
Spontaneous encounters give a feeling of **feeling at home** in the neighborhood and familiarize yourself with the other neighborhood residents.



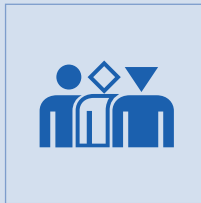
This less intensive contact form can therefore also **grow further into contact forms with a higher intensity**, namely the social capital



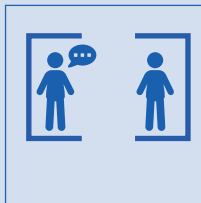
Having facilities on a walking distance from the dwelling is creating more **opportunities for encounters**



Interventions should focus especially on the **connectedness, participation and independence**



Elderly prefer to meet other people in public places where a **varied audience comes**.



The infill of a space can encourage interaction, such as positioning of chairs and benches.



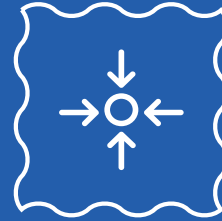
Spontaneous encounters in the public space often take place in **facilities and places where people can wait**.

DESIGN GUIDELINES



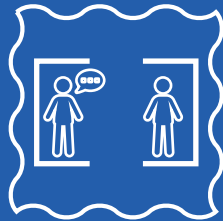
Walk ability

Having facilities on a walking distance encourages encounters



Connectiveness , participation

Spaces should focus on these themes



Position

Position of spaces, benches etc. should encourage interaction

2.8 HOUSING FOR ELDERLY

2.8 HOUSING FOR ELDERLY

Introduction

As the studio is about designing for care- inclusive environment, the topic is also about housing for elderly. This has briefly been observed during the fieldwork week. A question that is still unanswered is what type of housing is preferred by elders? And how to design this inclusive living environment where different age groups are mixed.

Preference in housing

Research of Lijzenga and Van der Waals (2014), consisting of a hundred in-depth interviews, shows that elderly are generally looking for smaller, single-storey dwellings near amenities. An important factor of these dwellings is that they are around 100 m², have 2 or 3 bedrooms, can easily be maintained and that they should offer enough room to move around (VROM, 2004; Lijzenga & Van der Waals, 2014; Hodseldmans, 2017). Easy maintenance also means that elderly do often not want a garden anymore, as they often are not capable or willing to maintain a garden (Lijzenga & Van der Waals, 2014). Therefore, they will more often choose for a house without a garden. In addition, an empirical analysis by Jong, Rouwendal, Hattum and Brouwer (2012) shows that for most elderly it is important that the dwelling is accessible by elevator and that a living room, kitchen, bathroom and at least one bedroom are situated on the same floor.

Multivariate analyses by Kullberg (2005) imply that the majority of the over-65s would, when they decide to move, like a dwelling that is specifically designed for elderly. As age increases, the percentage of elderly interested in a move to a 'normal' dwelling

decreases (Kullberg, 2005). The most important reason for this is that the need for care and the dependency increase with age (Post et al., 2012). This results in an important requirement for the elderly, which is that new dwellings must be fully accessible (zero stairs, 'nultredenwoning') (ANBO, 2012). In terms of accessibility, most elderly seem to have a higher preference for a dwelling that is accessible by an elevator than a dwelling on ground floor level (Jong et al., 2012). This results in a high preference for an apartment among the elderly.

Elderly generally have the preference for a rental dwelling when they decide to move because they do not want to burden relatives with a mortgage or an unsold dwelling and that they would often like to move to (urban) centres because of the higher level of amenities. However, a change seems to take place. More and more elderly people are in the possession of a property, and because they are forced to age in place. The step to move out of this property is to big because of the difficulties with selling the property and moving to another house. (Kleinhans, 2009; Linde & Van Staalduinen, 2012). This results in elderly living in dwellings that are to big for them but continuing to live their out of comfortability (Feinstein & McFadden, 1989; Clark & Deurloo 2006).

To compensate the downsizing of an house, senior friendly facilities can be added to a house. A well designed environment where elders can safely have a walk outside and facilities where residents can meet eachother.

2.8 HOUSING FOR ELDERLY

Housing wishes of the elderly type of home

While conducting the fieldwork the preferred housing size was also questioned. Most residents mentioned that the perfect size would be between 60 – 80m². Due to moving from a single family home to an apartment. The transition to a smaller apartment such as 40 m² would be a too big of a step because of the interior and objects they want to move to their new apartment. Next to that, there is a preference for a ground bound or zero step dwelling with outdoor space, such as a balcony or a small garden. There is no necessity to have a big garden because of limitation to take care of a big garden. These housing wishes were also researched by Ossokina (Ossokina et al., 2020). Her results were similar to the interviews taken during the fieldwork week. Adding to that that seniors have a preference to a newly built home, with one or two bedrooms. Many elderly indicated that there is a desire to live in a spacious apartment, but this desire decreases with age (Ossokina et al., 2020).

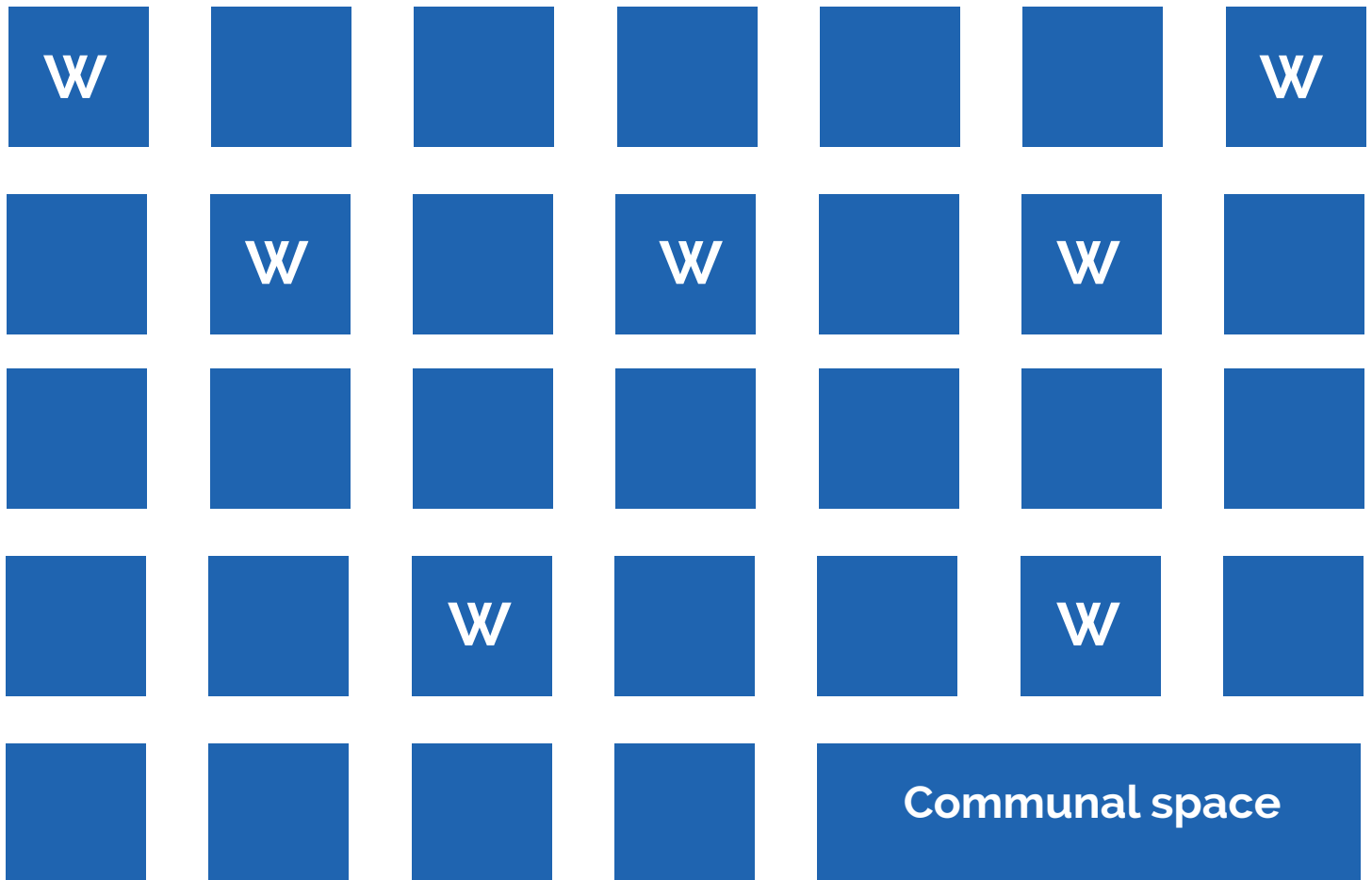
2.8 HOUSING FOR ELDERLY

Living typologies exploration

My personal research about designing an inclusive living environment has brought several conclusions and design guidelines. To implement these into a coherent design the question of housing for elderly has to be answered. Through this process different projects have been looked at and studied. These range from different typologies of living, co-housing to knarrenhof. These project have been looked at as an inspiration for the social aspect of the project and how mixed living can Be. The projects are not thoroughly studied as they were only inspirational to get a better understanding of housing typologies for elderly.

LIVING TYPOLOGY // Gestippeld wonen

Stippelmodel is an communal housing typology where members of the communal living are being spread over the whole building.



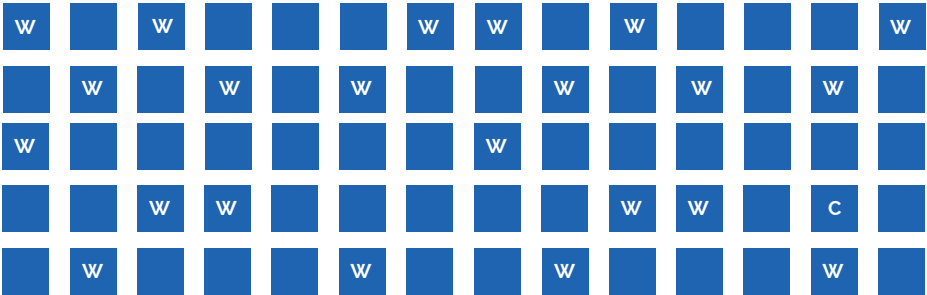
Types of spaces:

1. W : individual apartments for elderly
 2. Communal space : shared communal area
- **all age groups possible



General information

Location:	Crouwhoven, Zeist
Living typology:	Stippel model (22 apartments in flat with 70 apartment)
Construction	Existing building (apartment complex) development project, 8 - 30 houses, flats with lift.
Initiative:	Residents group with housing corporation and municipality
Communal space:	Meeting area in a rented apartment for eating together, coffee mornings, film, games and creativity.
Residents:	New residents from 55 - 70 years old welcome.





KenmerkenAdres
Type woningen
Bouwjaar
Aantal kamers
Aantal woningen

Couwenhoven
flatwoning
1973 tot 1975
2 tot 5
164



HTG
ONTWERP

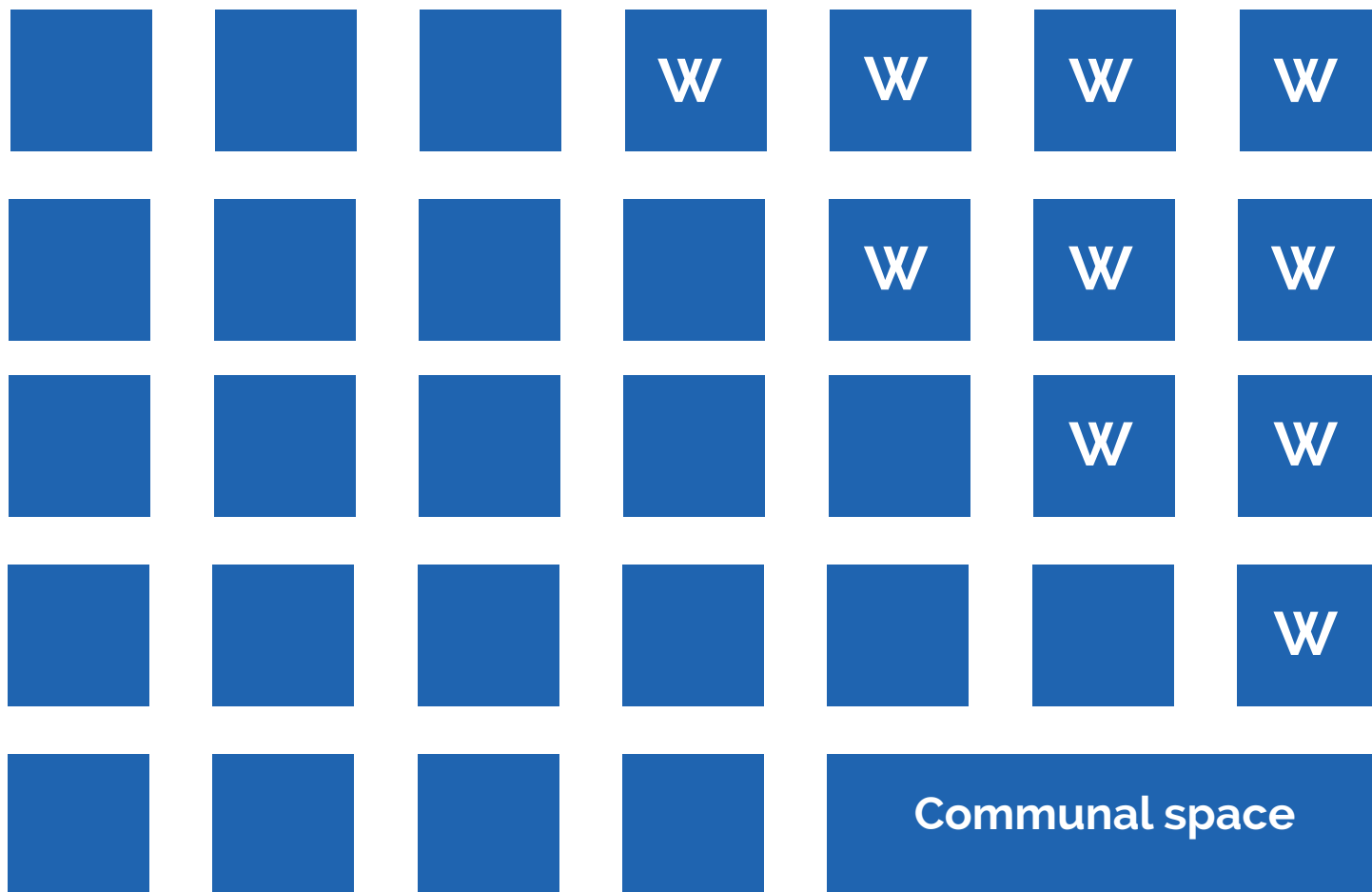
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Leliedaalsest 23
3732 CA Zeijl
M 06 - 10 92 88 85
E info@htgontwerp.nl
www.htgontwerp.nl

Notes:

Gestippeld wonen is a housing concept developed for existing buildings where elders can become a member of a communal group. Together they rent one apartment to use as communal space. The interesting part about this project is that every elder is free to live where ever. They are not separated from the other residents and free of choice to join the communal group.

LIVING TYPOLOGY // Harmonicamodel

Harmonicamodel is an communal housing typology where members of the communal living are being clustered in a building.



Types of spaces:

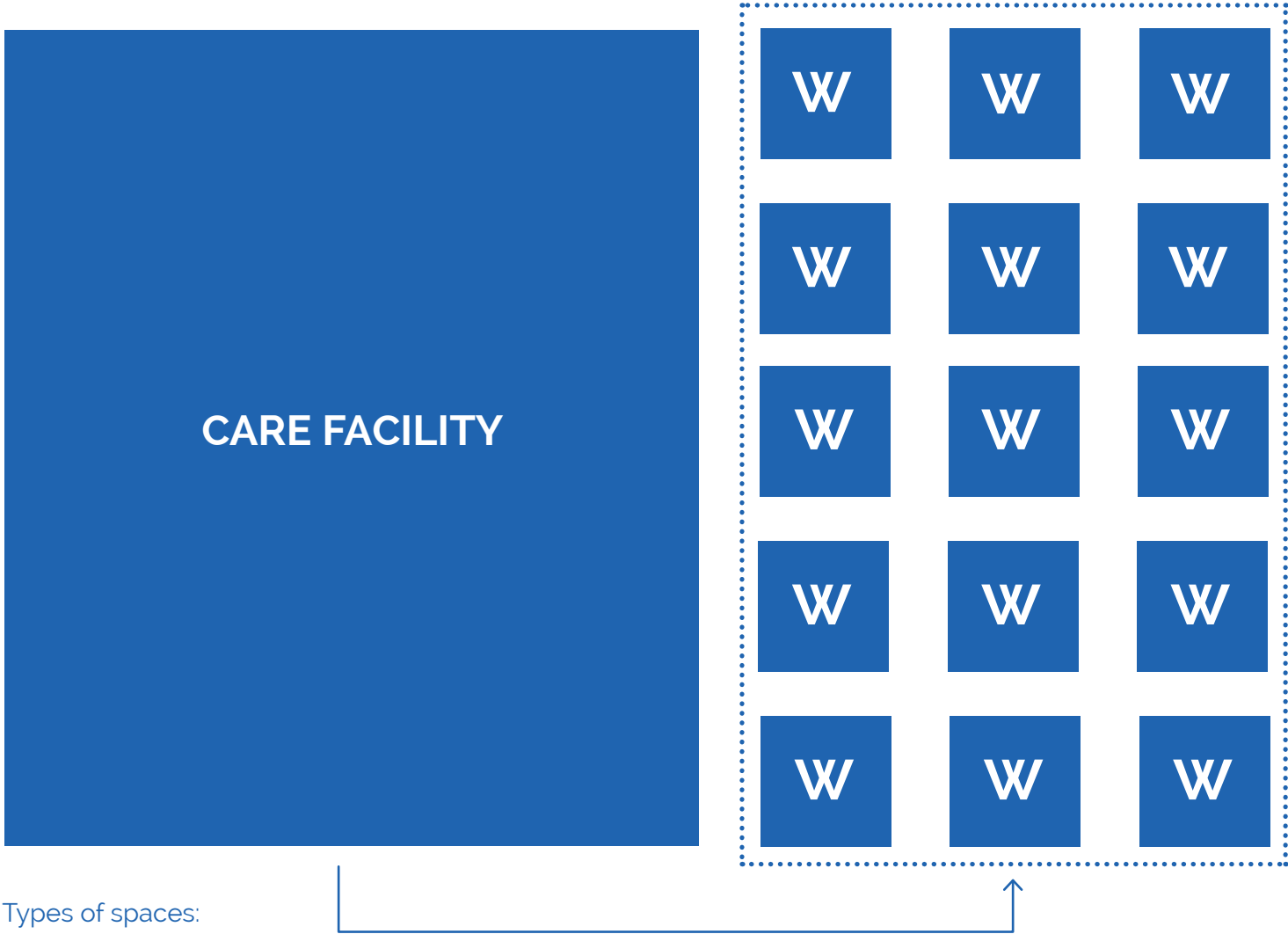
1. W : individual apartments
 2. Communal space : shared communal area
- **all age groups possible

Notes:

The Harmonica model has the same typology as the gestippeld wonen. Unlike the gestippeld wonen, all the elders are clustered together to one side of the building. This is encouraging segregation and create differences between residents. The quality of this model is that elders tend to be more quiet and there won't be as much noise disturbance and all the elders live next to each other so it is easier to visit .

LIVING TYPOLOGY // Aanleunwoning

Aanleunwoning is an independent dwelling adjacent to a nursing home. The elders can receive care from the nursing home when needed.



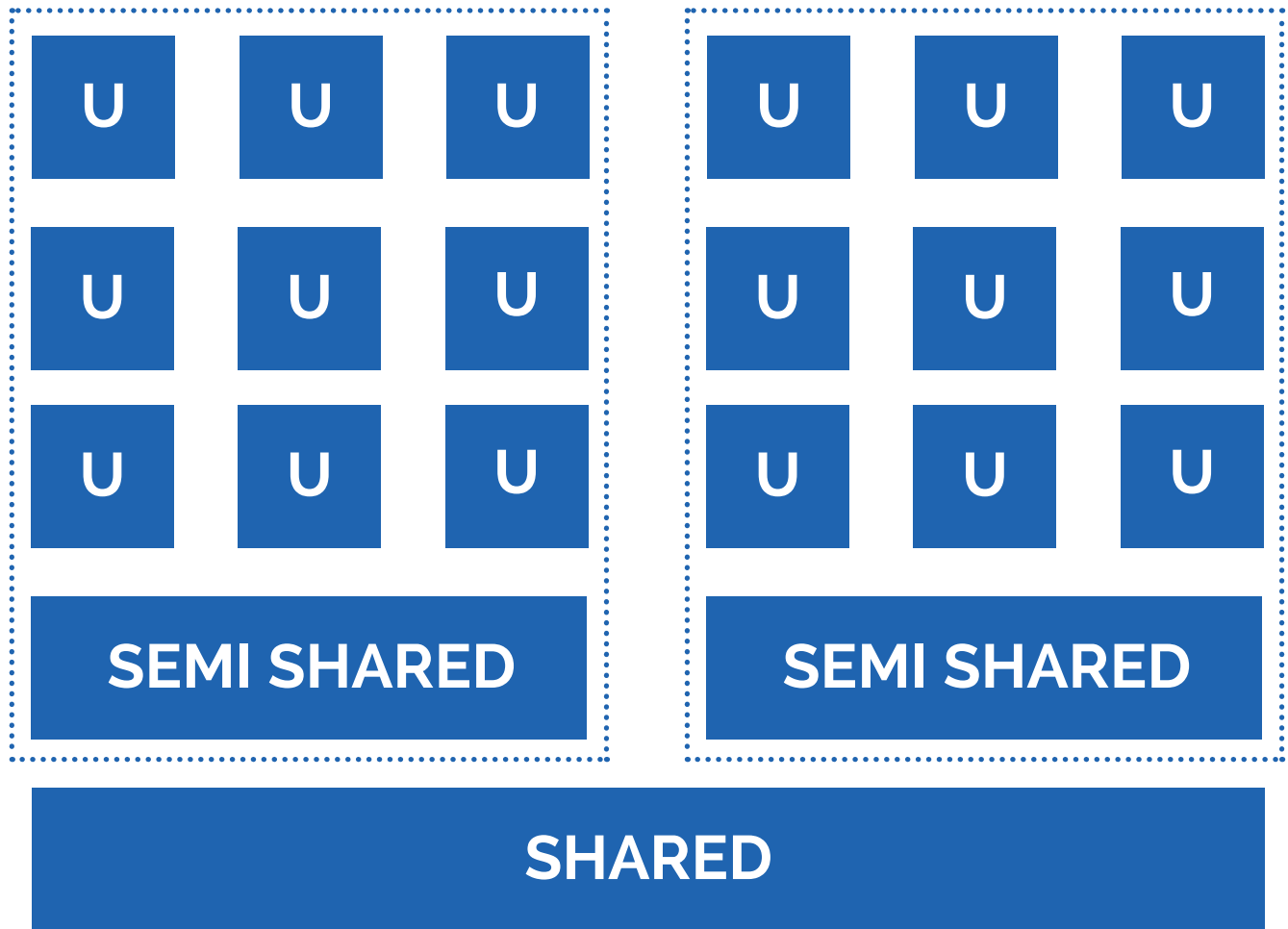
Types of spaces:

- 1. W : individual apartments
 - 2. Care facility : That could provide care to the individual apartments when needed.
- *all age groups possible

CARE

Notes:

When talking to the residents of the Boomberg and Bergstaete most of them mentioned that they moved to the Boomberg because they could get care from the care facility in the building when needed. Having the option to have care close-by was a big quality of this housing typology.



Types of spaces:

1. U : individual units, private rooms
 2. Semi shared : Other facilities (bathroom, living room, kitchen) are semi shared with a group of individual units
 3. Shared: Shared communal areas
- *all age groups possible

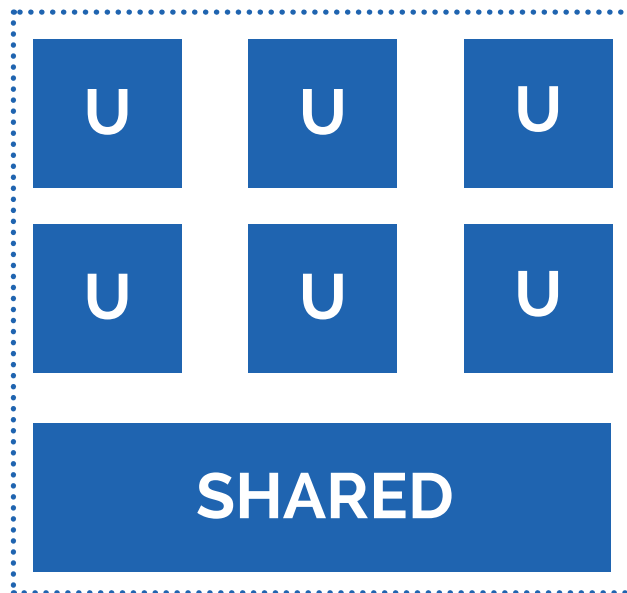
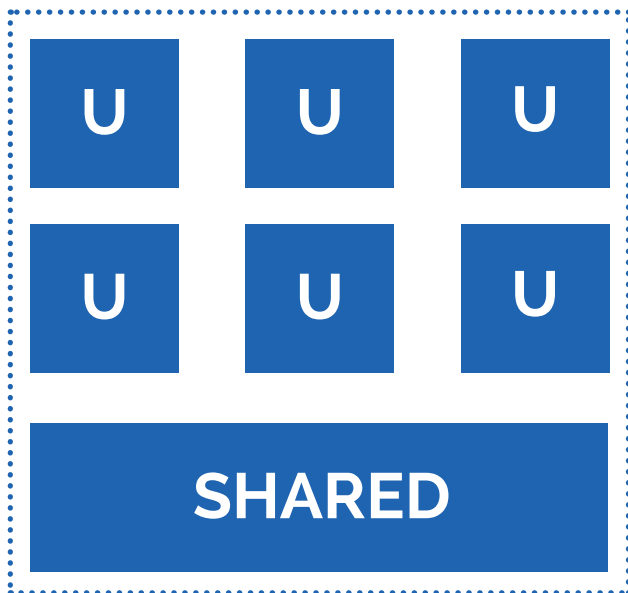
Notes:

Co-housing is a housing typology with a hierarchy of shared spaces. 9 units share a semi-shared space. At the centraal wonen, this is the communal kitchen and two of those communal kitchens share a communal garden. The quality of this typology is that there is a very strong social network and the shared spaces encourage interaction between residents.

When talking to the architect of the project Philip Krabbendam, that he (72 y/o) is the oldest resident of the complex. The residents from 30 and older often move out due to the lack of privacy in the building and the building is not elderly proof as it only has stairs.

LIVING TYPOLOGY // Thuishuis

A small-scale independent housing form for people of the neighborhood or district. Where volunteers are active for single elderly people who do not want to live alone and / or who are (at risk of) lonely.



Types of spaces:

1. U : individual units, private rooms
2. Shared : Other facilities (large living room, hobby room, (side) kitchen, guest facility and, where possible, a garden)

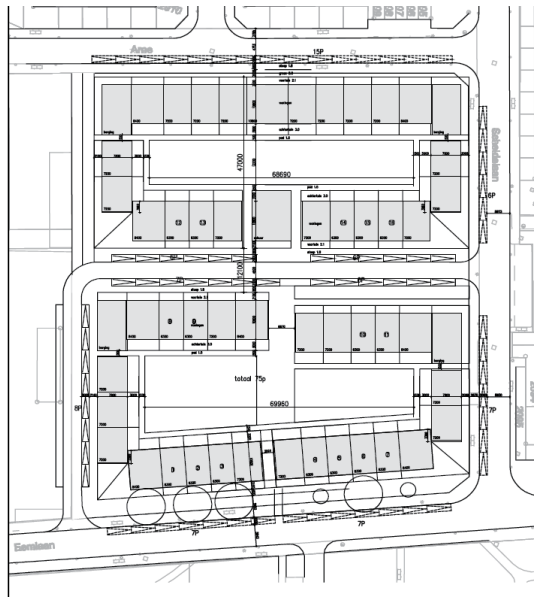
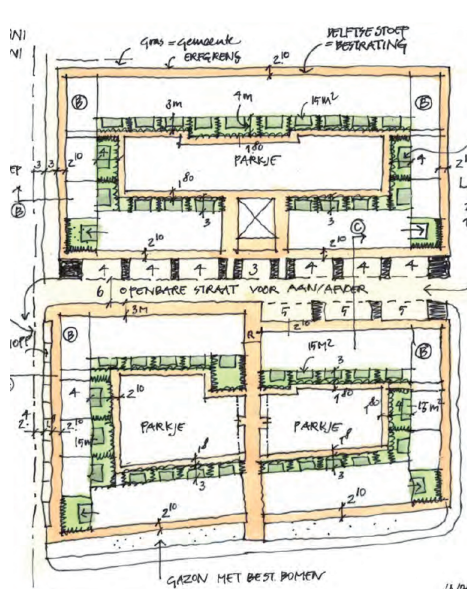
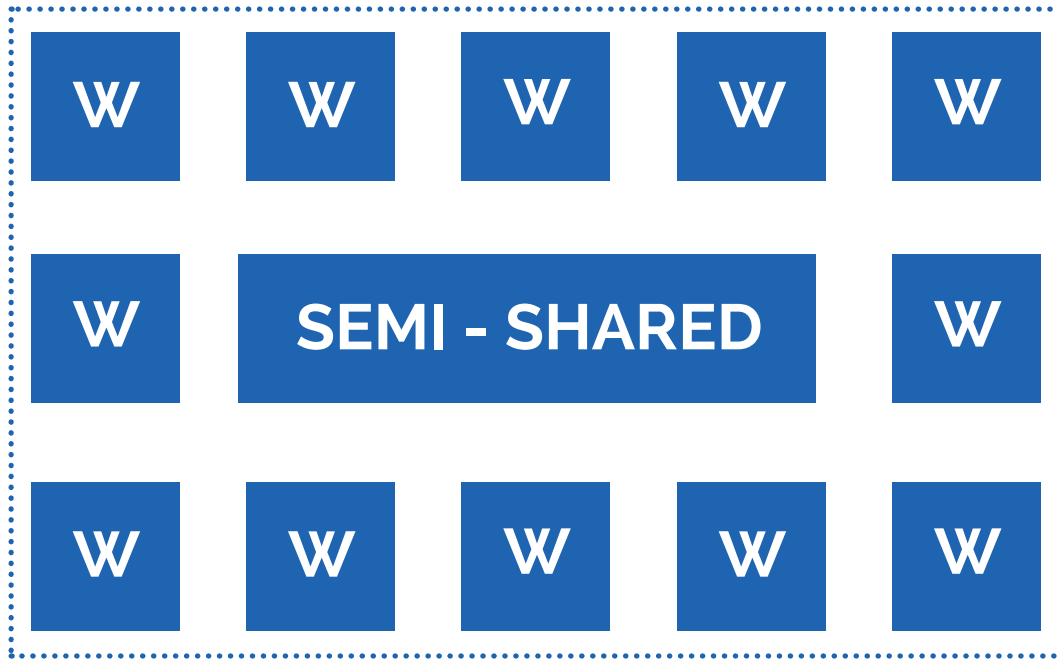
* From 60-plus, The house is located in the familiar neighborhood and is supported by volunteers

Notes:

Thuishuis typology is a small scale housing project where 6 elders can live together in the same neighbourhood as they were living and share all the amenities. This concept was created for elders who suffer from loneliness. They get the chance to live in their neighbourhood and get help from volunteers from within the neighbourhood where needed. Next to that the project is focussing on the self-reliance of elders. The opportunity in this concept is to see how this can be developed without clustering all elders together and have a more inclusive environment.

LIVING TYPOLOGY // Knarrenhof

Knarrenhof is the combination of the courtyards of the past with the convenience of today. This creates a unique concept of safe living with lots of privacy and at the same time all the advantages of living together



Notes:

Knarrenhof is built with the courtyard typology. This creates a concept where living together in a safe enclosed environment. The semi-shared space is in the middle of all houses. The courtyard is very closed off from the rest of the neighbourhood which also provided this privateness. The housing typology is encouraging neighbours to meet and greet each other. The social network and meeting spaces are a quality in this design and But there is no relation to the rest of the neighbourhood.

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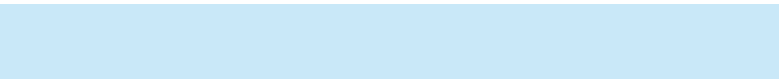
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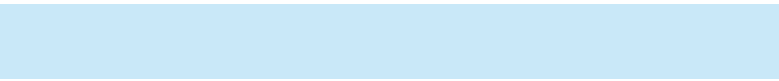
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04

APPENDIX

Learning process of Research plan

Before looking into the learning process of the course Research Plan, I will start with an explanation of the graduation studio 'Designing for Care – Towards an inclusive living environment'. The studio focuses on making architectural designs for elderly while also taking the social, economic and environmental factors in account. Students are expected to use a Human-centred approach with the usage of sociology and anthropology. (Jürgenhake, 2020)

As Ray Lucas quoted in his book Research Methods for Architecture: "How we build is informed by how we understand the world, and how we understand the world is framed by what we have built there." (Lucas, 2016). I want to dive deeper in the first part of the quote where he states that 'how we build' is informed by how we understand the world. Which also describes my personal interest within architecture where the human is always the centre and starting point of my design. With this in mind, the design is coming from within the perception and understanding of the actual users of my design. The decisions that were made during the research process were based on this understanding of the actual users and led me through this process.

The lecture series gave me an insight of my position within all the disciplines that are woven into the field of architecture, which is describes as interdisciplinary (Havik, 2012). Architecture is not majorly design but design is the reciprocity between science and humanity and can never be seen on its own. The positioning is helping me to reflect on my current research trajectories and into the future as well. Since we are not considered social scientist nor philosophers, I am contributing to the field of Architecture where I can see myself as a generalist

that is borrowing knowledge from other fields. As written above the graduation studio has a human centred approach with the use of knowledge from sociological and anthropological research. When bringing this into the field of Architecture it requires an act of composition, not only in design but also within the research.

Not to forget the importance of history which was pointed out in the second lecture from Carola Hein. By looking into the history, it is not primarily the tangible values but intangible values as well. We see that each person has their own interpretation of the world and how they perceive it. This has made me realise that when doing research with elderly as a starting point, their perception of the world has to be considered as well. This goes together with looking into the social history, how lifestyle has changed over the years and how technology came into play. To summarize this, every generation has different characteristics, and these should be taken into consideration when designing for a specific group of users. Next to that, buildings shape human beings too, as Winston Churchill stated " We shape our buildings and afterwards, our buildings shape us". (Churchill and the Commons Chamber, 2020) Where we are Architects that are in this position to design and where design decisions shape the environment and the actual users too.

While the first few lectures helped me to have a better understanding of my position as an architect in an interdisciplinary field and how I have influence on the users by the design decisions, the masterclass gave me a better understanding of my position as a researcher. As a researcher it is important to have a fully understanding of the scope you are conducting research in. As Michel Foucault has a master concept about problematization, to look beyond a problem

not in a superficial way but why and how problems became a problem (Peters et al., 2014). It is necessary to have a deeper understanding of the whole scope and reflect on your way of thinking. This scheme is a way to summarize the relation between research and design. Starting from "what is there", the starting point of my graduation project is from a social view from architecture, the user's perspective. Where the transition to design is more about how these elements relate to architecture and space?

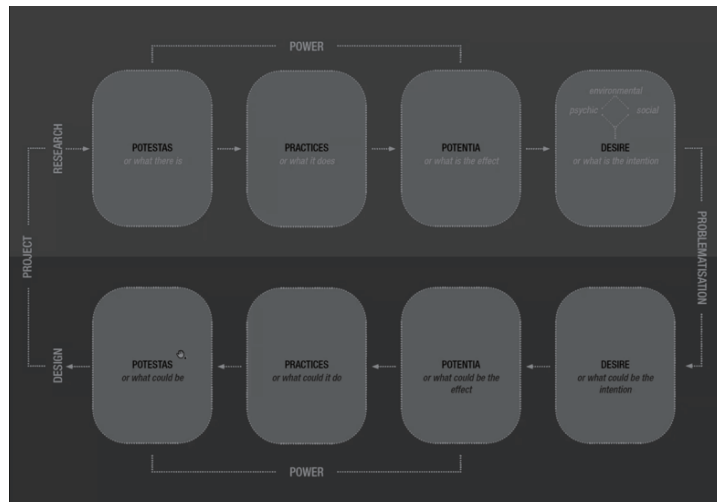


Image 01. Relation between research and design (Stravos Kousoulas)

The masterclass helped me to get a better understanding of the subconscious decisions that led to several methods that were used during my fieldwork research, such as methods within praxeology like interviews, questionnaires and observation. The awareness of the methods gave me an insight on which methods can be used in my further development, such as methods within typology or morphology. It was important to understand which

methods can be practised afterwards and which one can be practised during the fieldwork week. Next to that I gained knowledge about the other methods that can be used in architecture but weren't suitable for my personal research but broadened my scope of knowledge as an architect. To put these methods into practice we got the chance to stay in an elderly home for three days to conduct research within a praxeological approach. Three days was enough to participate in the lives of the elderly, to observe and gain the knowledge I needed to formulate my research question for my in-depth research. After this fieldwork week and analysing my findings I came up with the following research question: *"To what extent could the world beyond the threshold be designed to lower the barrier through the lens of elderly to participate in this world?"*

Methodology & methods

As mentioned above the starting point of the graduation project from a user's perspective. Due to the baby boom between 1940 and 1955 the Netherlands is facing a majority of elderly in the coming years. This group of users has been neglected these past years and became a product of the healthcare system where the quality of life was merely to keep them alive. In the recent years architects began to rethink how elderly should be living and treated and to get a better grasp on this user group it was necessary to get a better understanding of what it is like when you're older and how their way of living is. The use of sociology and anthropology is not a commonly used within the field of Architecture but is very crucial especially when designing for elderly. The perception of elders is different from other people as they become more vulnerable, have a different perception with senses, become more immobile as they age and have different needs in life. And therefore, highly relevant within the architecture chair of dwelling because it creates more thorough knowledge on how elderly behave, live and their needs are. And to put the humans, or within this project the elderly, as a starting point of the design the chance for success and thorough design will be bigger. The key to gain a better understanding of our target group is through research within praxeology, phenomenology and ethnography. After this research I could form a position where I am standing as an architect within the debate of designing for elderly and conduct more in-depth research to substantiate my position. I found out that there is a lot of prejudice about elderly, such as a prejudice about how much they can still do and what their needs are. In these days elderly are treated as one big group of people while they are all different and with different needs and we should step away from this prejudice. We should focus more on what

elderly still can do and not treat them all as vulnerable people as a lot of them are still very vital.

The fieldwork trip to Hilversum has given me the chance to gain a deeper understanding of praxeology, phenomenology and ethnography. Where praxeology and ethnography are directly linked to the research that is conducted during the fieldwork trip and phenomenology has an overlap in that together with the exercise of how it is to be blind. To look more specific into the users, elderly is a wide group of users and aging is linked with age-related diseases and impairments, such as visual impairments. Visual impairments are directly related to sensory and embodied experiences and therefore directly related to phenomenology.

Prior to the fieldwork week I made some preparations for the research I wanted to conduct during the fieldwork week, which were interviews and questionnaires. The interviews I conducted were in a form in-depth interview where the wording and questions were not predetermined. During the interview I consciously gave them the lead in the interview to have the interviewee to be at ease and tell the stories and problems they wanted to talk about. This led to a very interesting set of data with complex information and a higher proportion of opinion-based information. With this I made my own version of coding a qualitative transcript. After reading the transcript I arranged the underlying problems and statements into different categories. Every sentence or subject in the interview that is referring to one of these categories were seen as codes. After this I analysed the major categories and looked if there was a connection between them and rephrased them into a statement which was used as a problem statement.

Secondly, I also used the method of questionnaires in the form of a rating and comparative scale. The cards had different images on them from people, living space, building, neighbourhood and city and were asked to arrange them in order from most important factor for them to the least. With this I wanted to measure the inhabitants psychological disposition within these topics but also to have a starting point for in-depth questions about the topics. Knowing that the cards were categorised by myself narrowed the answers directly in each category and allowed me to collect both subjective and objective data.



Image 02: Questionnaire (own image)

Next to that I also did neutral observations in a way of sketches, notes and photos to get a better understanding of the building, the use of space and their way of living. The conducted observations were not merely neutral observations but also participatory observations. As Ray Lucas describes these as the emic and the etic, where the etic is an observer from a distance outside the activity in question and the emic is observing from within the activity in question (Lucas, 2016). Both neutral and participatory/ etic and emic observations gave me different conclusions. Where the neutral observation was more objective and abstract observations where irrelevant details could be distracted from the observed activity or space. The participatory observation had another input which the subjective opinion from the participant was, which was in some cases the inhabitants or myself. Throughout the observations I found that I was moving between the neutral and participatory observations to get a deeper understanding of the thoughts of the inhabitants but also abstracting the information that I gathered with neutral observations.



Image 03: Etic and emic observation (own image)

APPENDIX A // Theoretic framework

After the fieldwork week I reflected on the information that I gained from the fieldwork week to see what kind of research was still missing to substantiate the research question even more. I made use of the observations notes and pictures to analyse one of the categories that came out of the interviews even more (image 05). By drawing the section of the dwellings in a schematic way I could analyse the relation between the private space and public space and with the information from the interviews what the importance is of a window view and what type of encounters occur between the inhabitants.

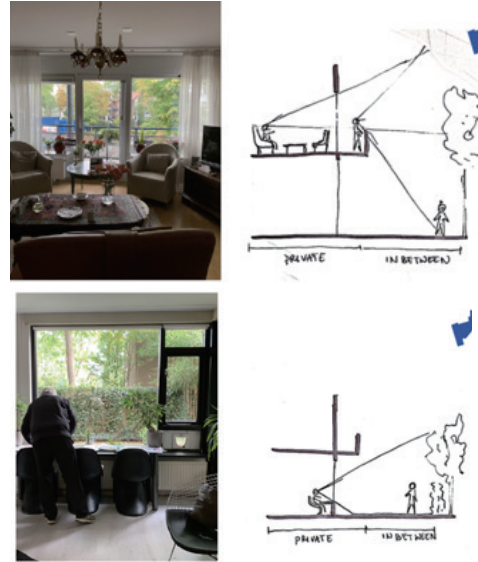


Image 04: Analysis between private space and public (own image)

Positioning within the existing academic debates

The fieldwork week and the moment of reflection gave me an insight in what direction I wanted to go with my in-depth research. It was hereby important to note that the in-depth research shouldn't be from a sociological nor anthropological perspective but from an architectural perspective where sociology and anthropology were the disciplines that were the starting point of this research. The research itself is situated between three different methodological fields, which are: praxeology, anthropology and typology.

The outcome of the interviews, questionnaires and observations led to the research question: To what extend could the world beyond the threshold be designed to lower the barrier through the lense of elderly to participate in this world? With this research question I wanted to conduct in-depth research about the importance of the threshold zone for elderly. As all the interviewees emphasized the importance of the threshold zone/window view as their way of interacting and participating with the outside world.

A gerontologist Dr. Graham Rowles also noticed the importance of the window view for elderly and conducted a research on this named: "The surveillance Zone as Meaningful Space for the Aged" (Rowles, 1981). This research was conducted by in-depth interviewing elderly and citing their answers in his research. In his research he writes that for elderly who are more housebound and spend more time in front of the window, this is their way to participate in the world outside. Next to that it is also a visual reciprocity where the window view is providing the act of looking outside but also being seen. This is beneficial for the relationships with neighbours. Which were also in my findings from the fieldwork week.

Graham Rowles research is supporting my findings

in an academical way, but since he is a professor within the field of behavioural science, geography and gerontology his research is coming from a more ethnographic research. It was necessary to do more research on the architectural aspects of the "surveillance zone" to get a deeper understanding of this zone and the importance of window views and the relation between inside and outside. Since there is a similarity within my research topic and the one from Graham Rowles some questions came to mind: what the difference is between my research and from a gerontologist? What research has there been conducted within architecture and where is the relevance in my personal research?

As mentioned before the design studio "Designing for care" is an architectural design studio with a human-centred approach. To conduct this research, we made use of sociology and anthropology as starting point. I have held interviews, questionnaires and observed the elderly to really understand their problems, values and way of living.

This integrative approach within architecture has been done before but is not the typical way within architecture to start a research. Kon Wajiro an Japanese architect has conducted this way of approaching a research before and can be seen as a forerunner with this approach, where ethnography and other studies were incorporated to an integrated research within the field of architecture. His focus was on the realm of urban life where he analysed the social, material culture and made observations and these were supplemented by statistics (Traganou & Izumi, 2014). This was his way of detecting patterns of human life. In his exhibition "Design and Disaster: Kon Wajiro's Modernologio" he analysed changes within the social and material culture at times of crisis. An example of a crisis was in 1923 there was

a major earthquake in Japan, Ginza. Kon visited the refugee camp two years after the earthquake and his first activity was observing with the use of camera, sketches and making notes. As an extension to this observation to gather more information about the social and material structure he handed out surveys to get a better understanding of the people's habits. By talking to the local inhabitants of the disaster area and observing how they live their everyday lives he and his team got a better understanding of the invisible human relationships how communities are built up. His way of collecting data, observing and sketching of decoration, ethnography and peoples lifestyles is called modernology. Modernology is a bottom-up approach he was rethinking the ideals of a more used architectural top-down approach. The focus was more on understanding people's lifestyles, memories of a place and disaster area while being more engaged with the community.

The way of researching from Kon has a lot of similarities with our way of approaching our research. As he can be seen as a forerunner within the field of architecture to use ethnography for scientific analysis. Both my and Kon's research are human centred and conducted from a bottom-up approach but the difference is within the research question and design. The design studio's research question is more universally pertinent: about the aging society. Another difference is that modernology is a collection of information how people are living, ways of being that offer an image of the present moment. As for my research it is to conduct a more analytical research and eventually come up with a solution for my research question and transform this into design.

Another architect who used a similar approach is Jan Gehl (Gehl, 2011) in his book *Life between buildings* where he studied the public life in cities. In this book he points out the issues in cities within public spaces

and also studied it from a point of view of the users. He analyses how public spaces are used, why and next to that what designers can do to activate this space. His research is from a praxeology stance where he conducted a more general research of how public space can be used by the society. Therefore, I could use his research as a framework to do research in-depth about how elderly use public spaces, why and how the flow of elderly is through a space. As the physical activities decrease when aging and changes in the body affect the functioning of all body systems, elderly move differently through the city and perceive the world in a different way.

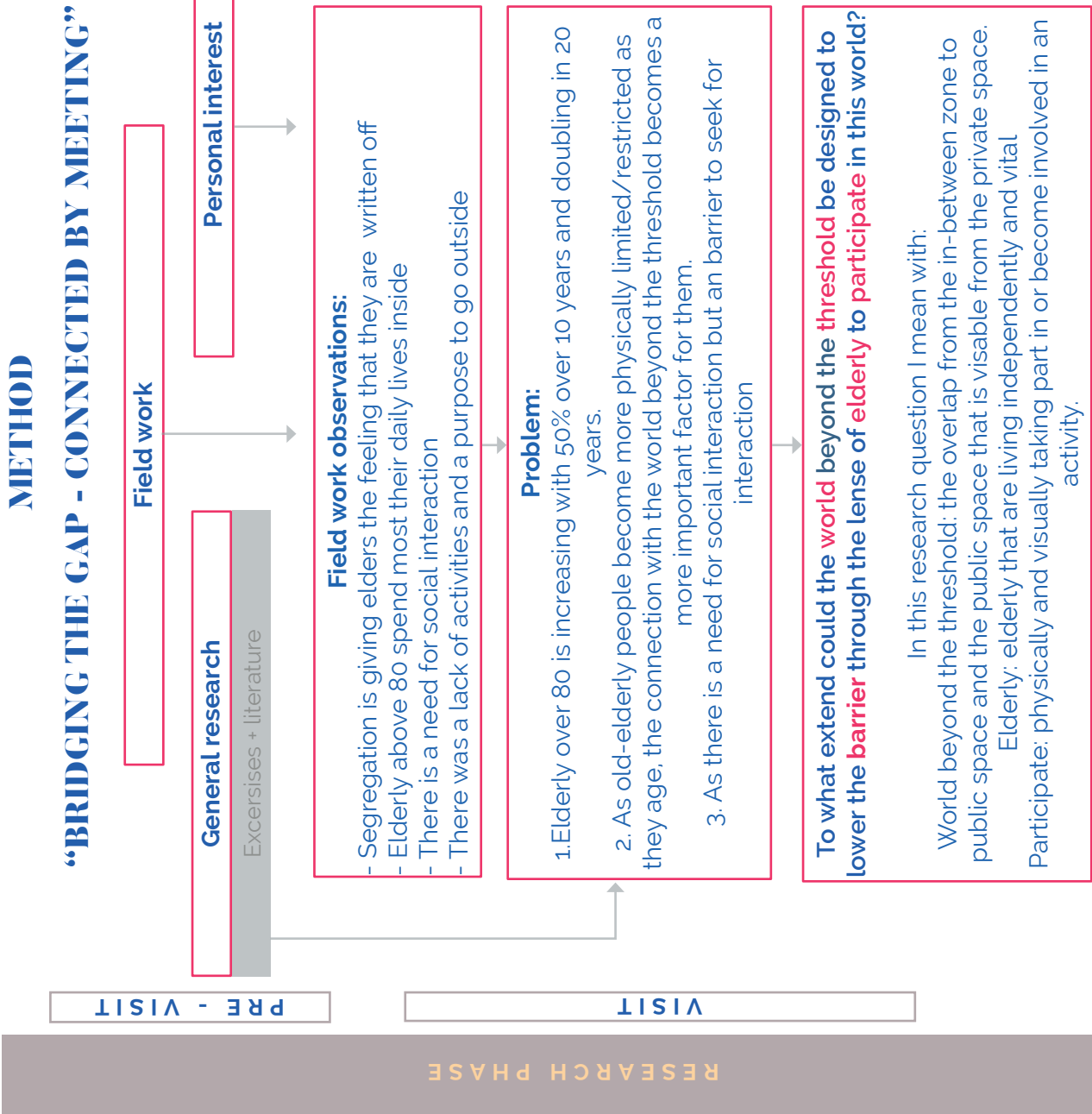
When conducting the fieldwork research another topic came to light and that is the importance of interaction for elderly. When interviewing the elderly, I noticed that they all pointed out how much they value interaction. This topic was researched before by Talja Blokland (Blokland, 2008) in her essay of *Ontmoeten doet ertoe*. In this essay she used literature research to give a better understanding of why interaction is so important and how spontaneous encounters can evolve to a more meaningful relationship.

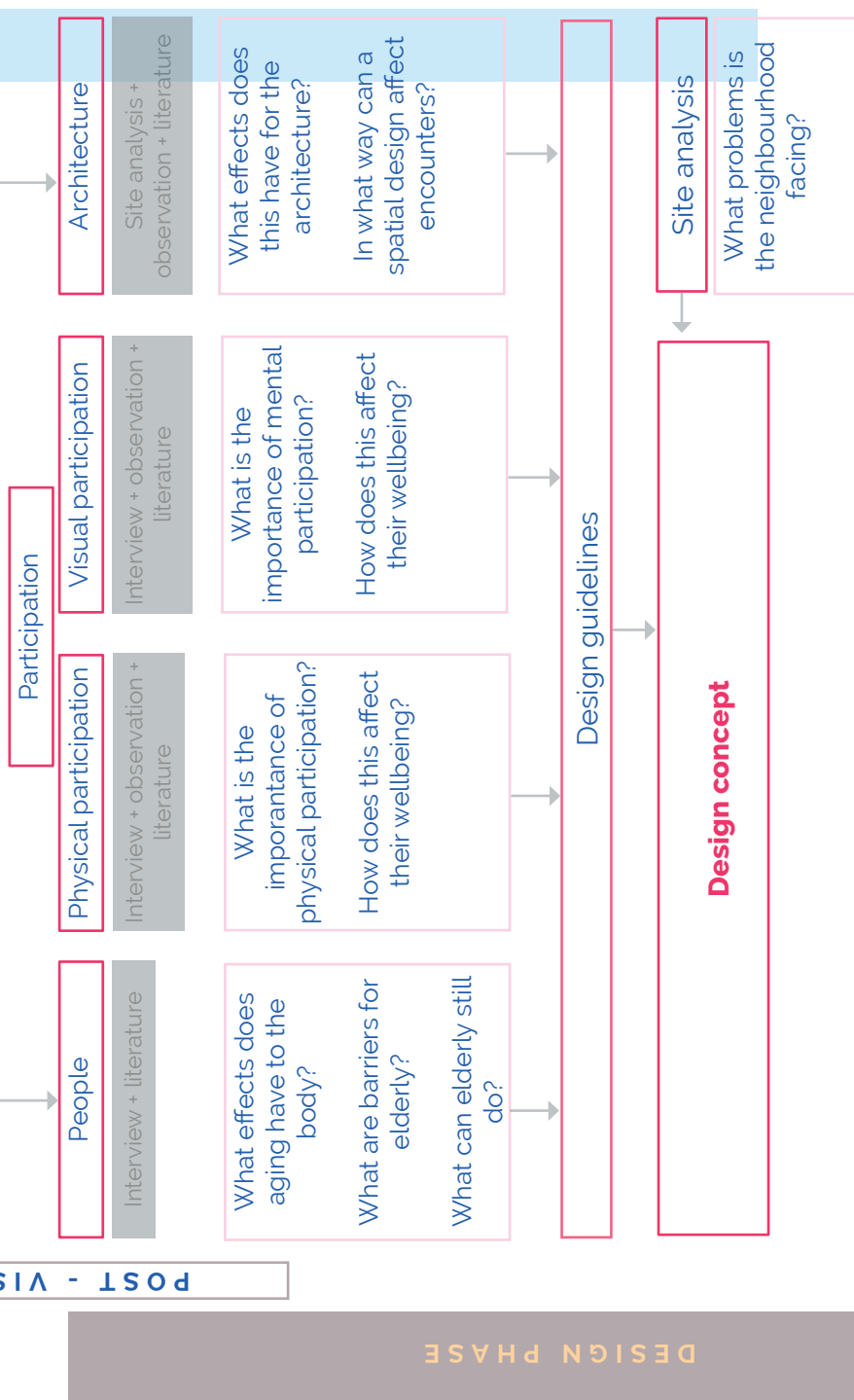
To position myself within the debate of research and design practices about architecture for elderly and care, the reason why my research differs from researches that have been conducted before is that I as an architecture student had the opportunity to stay in an elderly home for three days. The fieldwork week gave me an insight how elderlies are living and gave me an opportunity to observe them closer and really understand how their living circumstances and daily lives are. The interviews gave me insight on their problems, such as segregation and ageism. How these problems are influencing their lives and how they have become a product of these problems. Elderlies are getting the feeling that they are written off society after they retire, and I would not have

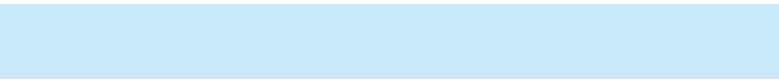
known these problems if I wouldn't have had the fieldwork week. These insights are the core of where my research and eventually design is starting from. With this knowledge my research could evolve and is still an ongoing process. This is different from how Kon Wajiro, Jan Gehl and Talja Blokland conducted their research where they observed from a distance and did not lived with the target group. In all of their researches it was user-centred and this points out how important it is to place the target group in the centre of the research. But to really get a grip on problems and daily lives as you are designing for the people and by understanding how they use spaces and experience them I get a totally different and more coherent design than when I would only do literature research.

Literature

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Reflecting

Elderly these days cope with a lot of self-reliance and loneliness. This is something I have found out very early during my research. Together with the thesis that I have written about the history of elderly housing in the Netherlands made me realize that the problem of elderly in the Netherlands can be put in a wider scope and that historic events have led to the current problems elderly are facing. My interest for the thesis came out of an article I have read about generations. This made me realize that personality can be shaped by historical events, the results of the research were shocking to me because I didn't know how much influence other factors could have on people and architecture.

To summarize the research;

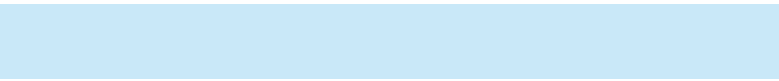
The results of the historical research have given a short walk through the changes in the perception of the elderly and their social position, the relationship between politics and economics and influences on architecture. The study was examined on the basis of four macro factors: demographics, social, economic and political. After a short century of developments, it is clear that these factors are closely intertwined. The four factors have a significant impact influenced the trends and changes in architecture for elderly housing. One thing that didn't change over time was the need for care for elderly. My research has shown that housing for the elderly in the past was hugely driven by politics with influences from demographics and economy. From housing for the elderly that originated from social justice and the responsibility for the care and well-being of residents

of the Netherlands to a total decentralized health care system in which the elderly is encouraged to take control of one's own life and self-reliance. The typologies were not formed from the desire for the elderly itself or from research into the elderly. Concluding that housing for elderly was formed by the circumstances around it and human centred design

The fieldwork week

Leading to my personal interest within architecture and the choice for the graduation studio "Designing for Care" – towards an inclusive living environment. The unique aspect of the studio is that is very much human centred and requires an anthropological research. During the first weeks of the studio we were taught to explore the visual anthropological method that developed from the idea of the daily life of elderly. This type of research is used to form an understanding of the people we are designing for. After that we were given the chance to do research in the form of a fieldworkweek, where I have closely lived together with elderly in an elderly house for a week. During this week I have gathered most of my research to construct a guiding theme for my graduation project. The full week gave me the chance to build a relationship and trust with the elderly. Therefore I gained a very deep understanding of the problems they were facing by close interaction and interviews. The interviews were done in a form in-depth interview where the wording and questions were not predetermined. During the interview I consciously gave them the lead in the interview to have the interviewee to be at ease and tell the stories and problems they wanted to talk about. This led to a very interesting set of data with complex information and a higher proportion of opinion-based information. With this I made my own version of coding a qualitative transcript. After reading the transcript I arranged the underlying problems and statements into different categories. Besides using interview techniques another tool used for this research was observations. The observations were used to collect data such as drawings, photo series, and soft mapping. The use

of photograph series is that they can be objective as subjective. The camera is a critical tool to gather visual information. An image can give a very focused view and data which can be organized and analysed later on. As Collier stated about the benefits of using photographs as data: "any number of analysts can read the same elements in exactly the same manner." (Collier & Collier, 1990, p. 10). Therefore images can be used as a research tool and in my process it helped me with refining all the data and experiences. Collecting the images, observing and analysing them and translating this into a conclusion. Overall the fieldwork week made me develop a position within the debate of elderly and the human centred approach and anthropological research helped me with having a deeper understanding of elderly. What I have learned from this is that anthropological research can give difficulties when looking at data subjectively. As a person tells a story about for example how lonely they are, doesn't mean that this counts for every elderly. As a researcher I had to be critical with the use of the data I have gained. After the fieldworkweek I had some time to reflect on all the interviews and observations that I had collected and it struck me that a lot of elderly I have talked to were lacking interaction with friends, family but also neighbors and just people around the neighborhood. I found out that their way of connecting to people was by observing people by looking outside and a lot of encounters they had were from their window or balcony. Seeing neighbors walk by and talking to them led to the most memorable interactions. Also, the people that walked passed their window of balcony were often the only people they knew closely from all the neighbors. To look at it from an architectural view, the threshold space was the space where all the connections took place. From visual connections to physical connections. To prove this conclusion, I added additional literature research



APPENDIX C // Interview Leni

Leni Egels 30.09.2020 12:05

- Meneer egels was overleden thuis, zonder dat ze het door had en hij zei dat hij last had van zijn maag. Mevr Egels had thee voor hem gemaakt en toen werd **ze gebeld door de onderbuurvrouw**. Ze was even weg en kwam terug en zag haar man onderuitgezakt bij de bank en toen was het al te laat.
- Wou haar zonen bellen, de oudste zat in Berlijn. Via haar alarm (ketting) belde zij naar haar zoon die erna terug belde. Marcel de jongste zoon was onderweg met schoondochter.
- Het gaat nog goed met me want ik ben altijd een zakenvrouw geweest, **altijd met mensen bezig geweest**. We hadden een bezine station in Fleuten in Utrecht.
- 40 jaar gewerkt in Fleuten, ze woonde eerst in Utrecht en erna in Fleuten.
- **17 jaar geleden in Hilversum gaan wonen. Een van de eerste bewoners met Gerrie die kent ze ook.**
- Pand is een koopwoning, **CASCO opgeleverd en zelf gestoffeerd en aanpassingen gemaakt in de woning zoals:**
 - o Wand naar slaapkamer dicht
 - o Geen wc in de badkamer
 - o Speciale ventilatie roosters tegen geluid
 - o Speciale ventilatie roosters voor frisse lucht
 - o Luxe tegels
 - o Graniet aanrecht
 - o Parket vloer
 - o Vensterbank
 - o Zwevende verwarming
- Eetkamer was naast de voordeur maar omdat ze **nu alleen is eet ze op haar fauteuil**, daar aten ze samen maar nu is het een administratie tafel geworden. Bankzaken, giros uitschrijven
- Dagplanning:
 - o 9:15 uit de badkamer, **douchen 1-2x in de week kost veel energie en bang om te vallen maar ik was me wel iederedag**
 - o Kleren aantrekken en opmaken. Ik heb heel makkelijk haar, krullend haar van haarzelf
 - o Mr. Van baelen kwam langs, ze kent hem van de kerk en hij is een nieuwe bewoner
 - o Er komt iemand bij jullie wonen van abse koor. Maar **ik zag gister dus mensen naar binnen gaan met de auto daar**. Dus dat moet dan wel dat koorlid zijn. Dus **ik heb een notitieblaadje gepakt en heb erop geschreven** "Leuk dat jullie hier komen wonen in bergstaete van harte welkom. Lenie Egels appartement nr 101 en telefoonnummer"
 - o Nou en vanochtend stond hij alweer voor de deur en toen zei hij leuk je briefje "Ja en dan ben je al binnen gehaald he, dat is leuk. **Dan heb je even contact"**

- o **Ik hielp altijd al nieuwe bewoonsters als ze hier kwamen** met hun verhuis wagens, dan ging ik een rood wit lint ophangen voor ze. En ja zo heb je tenminste een inkom.
- o Mijn doel was altijd om lieve dingen voor andere te doen. Mensen die alleen zijn of af en toe bezoek krijgen voor hun zoon of dochter. Daar ga ik dan heen
- **"Voor anderen zorgen. Dat vind ik leuk"**
- Naar buiten gaan met de scootmobiel. Vroeger hadden ze fietsen maar toen werd dat op en afstappen moeilijk. Fietsen weg gedaan. Auto gekocht een grote landcruiser en erna nog een kleine auto een rode suzuki. Dat ging nog prima maar dan komt je man te overlijden en dan zit je daar alleen en dan denk je wat moet ik nou zonder navigatie. **"Ik werd onzeker op de weg en ik dacht ik moet zelfstandig zijn en verstandig"** auto ingeruild voor scootmobiel. Met de scootmobiel kan je overal in hilversum komen en met de auto niet. Met een rollator lopen gaat niet dat is te vermoeiend.
- **Ik ging wel eens met de trein met mijn man maar nu niet meer. Het wordt veel te vermoeiend met al dat overstappen.**
- Mocht u kiezen in welk appartement u wou wonen? Nee, maar ik gaf dit wel op
 - o **een appartement op het zuiden**
 - o **reuring op de weg (de man)**
 - o **een wijksuitzicht**
- 20 jaar in een vrijstaande woning in Feuten gewoond en verhuisd naar hilversum omdat die woning te groot werd. Het werd teveel.
- **Ik eet alleen omdat ik moet eten want ander ga ik dood maar het hoeft niet, al helemaal niet te culinair** (±10 euro per maaltijd) ik heb alleen AOW geen pensioen

APPENDIX C // Interview Josef

o **Ik ben trouwens ook vrij vandaag want morgen werk ik dan ben ik heel druk**

o Corrie woont hier maar ohnee die is weg want de fiets zie ik hier niet staan

o Marga die woont hier, Rob die woont hier en Cosimo die is er niet die is op vakantie en boven daar woont Annet.

o Zijn de mensen die overdag aan het werk? **Nou ik bemoei me niet zo veel met hun hoor maar ik zie ze wel vaak want ik heb daar mijn tuintje en dan komt er wel zo wat een en ander langs.**

o Mensen van boven ken ik niet zo veel, ja Tini woont daar boven en die zijn niet thuis en daar woont Josephine

o Hij is ook wel heel aardig maar ik weet zijn naam niet "belt aan" hij heeft een klein hondje.

o Hij heeft altijd radio en tv gedaan bij een platen maatschappij met veel artiesten voor 35 jaar en erna heeft hij het gehad en erna in de zorg gaan werken. Een vriend zei je bent zo goed met mensen je moet in de zorg gaan werken en de dag erna zat ik een dametje van 88 eten te geven bij de leger des heils. Ik zat daar bij de voedingscommissie bij de leger des heils.

o Toen is hij in Maastricht gaan wonen bij zijn vriendin voor 4,5-5 jaar (2011-2016). Zij is 68 en werd dement en kreeg rare buien, bipolair en heel onevenwichtig en dat werkte niet. Toen is hij terug naar Hilversum verhuisd naar een te gek leuk huis waar hij een kamer had en gemeenschappelijke ruimte deelde met 5 andere.

o Erna schreef hij zich in voor de boomberg omdat hij toe was aan wat meer privacy waarnaar hij heel snel een woning had gekregen. Hij had eigenlijk iets groters willen hebben maar aan de andere kant heb je alleen zo'n klein rot balkonnetje en je hebt daar heel weinig zon. Tot maar half 3 en hier heb ik tenminste mijn eigen tuintje waar ik kan tuinieren en daarom zit ik ook in de tuincommissie.

o **De tijd van de platen was een tegikke tijd maar dat is nu verleden tijd**

o De meeste mensen die hier wonen zitten allemaal alleen thuis, het is heel eenzaam voor hun. **Het is leuk het liv inn concept voor mensen die wat toenadering zoeken, maar ik bemoei me er eigenlijk niet mee want ik voel me nog veel te jong daarvoor.**

o De soos vond hij heel leuk en een geweldig goed restaurant waar je goed kon eten en dan kon je nog een beetje mensen zien.

o **Mensen kennen hier elkaar van zien maar om met elkaar om te gaan dat is ook nog een uh ... over de vloer nee dat bijna niet.**

o Gerard die zie ik vaker, die werkt ook op de dinsdag en donderdag middag bij de wereldwinkel

152 Iedereen is hier nog wel aan het werken? **Ja nja Veronique**

ik moet wat te doen hebben wat moet ik nou hier de heledag thuis zitten? Ja nja ik heb wel vrienden en kennissen maar die zijn ook allemaal bezig met zichzelf en dit is een afleiding wat gewoon op mijn pad is gekomen.

o **Senioren woningen: het is voor 60+ ik ben 68 en ik voel me nogsteeds een paar jaar jonger.**

o De tuin slang werd weggehaald voor de verbouwing en daardoor ging de tuin verpauperen en daar werd hij boos over want hij kijkt daar op uit. Cosimo heeft met **de vrijwilligers vereniging, met heel veel jonge vrouwen die geen werk hebben en uitkering krijgen en toch iets moeten doen die verzorgen de tuin. Hierboven woont Josephine en die weet alles van tuinieren en die houdt dat allemaal bij.**

o **Het is een hele andere tijd geworden en ik kan niet meer in de avond zeggen hee biertje!**

o Kaarten:

o De wijk en buurt: vind ik heel belangrijk, het is een rustige leuke wijk.

o Woonruimte: Je moet je er lekker in voelen

o Mensen: Wilt u nog kaarten onder elkaar zetten? De mensen nja.. **ik kom altijd wel mensen tegen, op werk ook ik werk daar met 25 mensen. Met de mensen hier heb ik het niet zo, het zijn wel aardige lieve mensen maar ik heb er niet zo een feel mee.**

o Stad: dit is ook belangrijk alhoewel is dit een dorp

o Gebouw: **vind ik het minste, ik zit niet te wachten op zo'n groot complex**

o Hoeveel tijd spendeer je buiten? Thuis?: **ik werk 3 dagen en dan 10 uur per dag van 11:00 tot 22:00 en ik doe dat om afleiding te hebben ik wil niet te lang en teveel thuis zijn. Ik ben ook vaak weg naar vrienden en kennissen. Ik wil gewoon afleiding, ookal was het groter hier dan bleef ik ook niet vaak thuis. Dit is groot genoeg voor mij, ik ben al blij dat ik een dak heb**

o Dat mis ik wel in dat gemeenschappelijke huis waar ik 1 jaar heb gewoond, ik deelde een woning met 5 andere en ieder had een kamer, grote keuken en washok en die zocht die op. Maar toen kreeg ik dit en ja je wilt toch wel een beetje op jezelf zitten waar je meer privacy hebt.

o **De bewoners zelf komen niet veel in de tuin.** Het werd wel gebruikt door een tuin therapeute die werkte met demente en ging dan kruiden maken. De jeu de boule baan is maar 1x op gespeeld dus die gaat weg.

o Faciliteiten in de Liv inn, gemeente loket (dat is heel goed), kapper, soos, huisarts, winkeltje maar de meeste laten het hier bezorgen en iedere zaterdag komt er hier een SSV wagen een rijdende winkel en genoeg mensen doen daar boodschappen. Ik

APPENDIX C // Interview Josef

zelf niet want ik heb eerst 3 maanden laten bezorgen maar ik wou weer tussen de mensen komen dus doe ik het nu zelf.

o Hier wonen redelijk veel ouderen hoor, ik ben de jongste eigenlijk. Met ouderen bedoel ik boven de 70+ en daar wilt Habion een beetje van af.

o Fav. Plek: in de tuin of in zijn stoel voor de tv. Als het lekker weer is zit ik buiten.

o De denktank daar kom ik niet zo, dat is zo'n gelul daarzo. Daar hou ik mij niet mee bezig.

o Voel je je thuis? Ik voel me nu wel een beetje thuis hier. Nou vroeger had ik een bungalow in een woonpark en dat was echt een heel fijn thuiskomen. Het waren heel veel jonge stelletjes en dat was heel gezellig maar op een gegeven moment ging ik samen wonen. Daar voelde ik me wel meer thuis. Als je meer routine hebt en afleiding daardoor voel ik me meer thuis.

o Echt over de vloer komen dan doen we hier niet maar daar is ook die ruimte voor bij de liv inn. Dat hopen ze dan dat mensen over die drempel willen stappen om daar gebruik van te maken. Vroeger zat daar dus een verpleeg tehuis met een restaurant en mensen gingen voor de koffie daar zitten en het bezoek. Nu wordt het een beetje omgedraaid en nu moeten wij zelf iets proberen te creëren en hoe? Tja?

APPENDIX C // Harry & Tiela

Tiela & Harry Neeskens 79 jaar

o **Een oude boom moet je niet verplaatsen/verpoten**
o **We zijn hierheen verhuisd omdat meneer een TIA heeft gehad en mevrouw is dement. De zoon woont in Hilversum en als er wat gebeurt kan hij niet naar Heerlen komen dus zijn ze binnen 1 week verhuisd naar Hilversum.**

o Dit is de degeneratie van de mensen (laat een foto zien van mevr. Neeskens)

o De kapper zit in de Liv inn en daar gaat mevrouw iedere vrijdag heen

o Om de 14 dagen gaat ze naar de kapper

o Het is heel moeilijk om gesprekken te voeren voor haar maar ook voor anderen

o **Ze wilt niet naar de dagopvang in Hilversum en dat ga ik haar niet verplichten**

o In Heerlen ging ze een paar keer naar de dagopvang maar toen verhuisde ze meteen naar Hilversum. In Hilversum gaat ze niet meer naar de dagopvang maar dat gaat hij haar niet verplichten. **Daar waren allemaal oudere mensen om die bezig te houden "Die zijn daar te oud hahaha"**

o Vaak om 9:00 kwamen ze al, dan gingen ze meteen zitten en praatjes maken en smiddags kan je daar blijven zitten en eten en rond een uur of 16:00 brachten ze haar weer terug naar huis. Hier wilt ze niet en dan houdt het op

o Hier heeft ze iedere ochtend hulp en dan rijden ze binnen 10 minuten hier door de tent heen. Het is verschrikkelijk. **Kijk je kan meer hulp krijgen maar dan ben je heeeeelemaal je privacy kwijt en dat wil je niet! Dus wat doe ik, ik doe zelf zoveel ik nog kan maar hoelang dat nog is?**

o De boodschappen doen we nog iederedag, mijn zoon zegt nee dat hoeft je niet te doen dat doen wij wel voor je maar dat hoeft helemaal niet. Nee want **ja dan ga je ons helemaal opsluiten**

o We gaan hier naar Kerkelanden daar is de Lidl en aan de andere kant is de Jumbo 3km die kant uit. Dan gaan we met de auto. Naar de stad lopen is te moeilijk voor haar en wat heb je daar dan.. de aldi. Voor mevrouw gaat dat veel te vlug allemaal al die auto's om je heen

o **Wandelen gaat ook niet meer, alleen een stukje een heel klein stukje.** Wij zijn net naar de action gelopen en dat was dan net genoeg want je moet ook weer terug. **Maar die trottoirs hier staan helemaal schuin dat is echt verschrikkelijk.**

o Restaurant in de Jumbo dat liep wel

o Wij waren geen uitgaanders, we voelde ons altijd bestolen. Het was geen financiële kwestie

o Kijk mij nu ik ben nu een huisman geworden. Ik ben nu alles geworden, manicure, pedicure, visagist, strijken, koken, wassen ik doe het allemaal. Tja wat wil ik? Ze legt gelukkig geen

claim op me maar ik doe het wel vrijwillig verplicht.

o **Het is moeilijk maar hoelang dit nog zo aanhoudt dat weet ik niet**

o **Mijn zoon die woont een paar 100 meter verderop maar door de dag heen heeft hij ook zijn werk en zijn vrouw ook. Daar kan je natuurlijk ook geen claim op doen.**

o We redden het wel met z'n tweetjes, maarja je moet wel he en meer hulp willen we ook niet want dan hebben we helemaal geen privacy. Ze doen het toch niet zoals ik wil want als ik zie hoe ze haar wassen in de ochtend binnen 10 min erin en eruit. Maar in die 10 minuten maak ik dan wel haar ontbijt klaar.

o **Het is leuk dat we elkaar NOG wel hebben, we zijn maar met zn tweetjes. Het is gezellig en we houden ooknog van elkaar.**

o Ik heb de mensen van hiernaast ook gezegd ik ga niet naar beneden en met haar daar zitten. Dat doe ik haar niet aan dan gaat ze daar zitten en zeggen ja en uh dinges

o 1. Mensen : **familie is belangrijk en de buren zijn belangrijk en vrienden en vriendinnen.** Voordat ik een TIA kreeg deed ik altijd aan dansen, line dansen want dan heb je geen partners nodig. Na de TIA kon ik niet eens ademen. Medicijnen slik ik de hele dag ervoor, vitamine etc.

Wat vind u belangrijk aan uw buren?: **dat ik contact heb met ze.** Bijvoorbeeld mijn buurvrouw, zij kan niet goed zien en niet goed horen en epileptisch. Ik wist niet dat er koffiemeeting zou zijn anders zou ik haar meevragen en met haar erheen lopen want dat kan ze niet meer alleen. Zij is ondanks van medicijnen veranderd en ik zei tegen haar als het mooi weer is dan neem ik je een keer mee om te wandelen samen. **Jammer dat ik geen auto meer heb want anders zou ik met haar ook boodschappen gaan doen.** Maar zij heeft nu iemand die boodschappen voor haar doet. **Zij heeft ook dochters maar die moeten ook allemaal werken. Je kan ze niets vragen en ze hebben het allemaal druk.**

Kent u veel mensen in het gebouw? : nee alleen mijn 2 burens links en rechts en Wil van hierboven

o 2. De woonruimte: Ik kan mijn kleren niet kwijt

Wat bedoelt u daarmee? Vriendinnen die langskwamen die zeiden van dit is groot genoeg toch. Maar als je veel spullen hebt is dit te klein. Voor mijn kinderen is het makkelijk die gooien mijn spullen weg of geven het weg. Het is de emotionele waarde wat ik jammer vind.

Heeft u er zelf voor gekozen om hier te wonen? : **Nee dat heeft mijn dochter voor mij bepaald maar we kwamen eerst niet voor hier maar voor de Boomborg.**

Ondertussen kwam Leni langs om te vertellen over het dinner en de 4 euro. Kwart voor 6 gaan we lopen naar de boomborg? Leni: ja en coby komt ook meelopen en harrie. Wil die komt ook meelopen.

Het is fijn dat de voordeur overdekt is want ja zij loopt moeilijk en zij ook en ik natuurlijk ook.

Het is heel donker bij de keuken want ik heb mijn ramen altijd dicht. **Ik vind het niet zo prettig als mensen naar binnen kunnen kijken, maar daardoor is het heel donker en zie ik niet veel.**

Mijn kok staat in de keuken zodat ik altijd het gevoel heb dat er iemand thuis is.

Ik hoor niets van de burens of buiten want ik ben toch doof. Ik heb nergens last van.

Is dit uw favoriete stoel waar u zit? Ja ik doe hier alles op en ook eten, daarvoor heb ik een speciaal dienblad. Graag zou ik een tafel willen met wielen die ik over mijn stoel kan schuiven.

Mijn belangrijkste spullen staan op het tafeltje naast mijn fav. Stoel. Mijn medicijnen zijn het belangrijkste.

Ik kijk nooit echt naar buiten, eigenlijk kijk ik altijd tv. **Maar het is hier wel fijn op de 1e etage want zo heb ik een beetje contact met de buitenwereld.** Als ik toevallig op het balkon ben en dan zie ik mensen dan zeg ik gewoon hallo enzo. Zondag was ik toevallig op het balkon om de was op te hangen en toen reed Wil langs. Toen zei ik hey wil je een kopje koffie drinken en dat gebeurde niet toen ik op de 7e etage woonde. Dan woon je zo hoog dat je de mensen niet meer ziet/herkent en kan je niet helemaal naar onder schreeuwen.

De boomborg zou ze niet wonen omdat het daar te klein is voor haar.

o Badkamer heeft wasmachine, douche, droger en toilet

o 3. Stad: Ik zou eigenlijk naar Laren gaan, maar toen zei mijn dochter jij gaat daarheen als er iets is kan ik niet helemaal naar Laren gaan. En hier is het dichtbij. Ik hoefde niet perse naar Laren maar de stad is voor mij belangrijk, contact met mijn familie.

Ik hoef niet op het platteland te wonen ik hou meer van de stad

Dichtbij de stad wonen en alle benodigde faciliteiten om je heen. Trein en bus station. De bus neemt Linda naar het ziekenhuis want de taxi was nooit optijd.

o 3. Wijk

o 4. Gebouw: Het is niet belangrijk maar **ik zou niet op de 4e verdieping willen wonen want als de lift kapot is dan kan ik niet naar boven lopen.** Ik woonde op de 7e etage en als de lift stuk was kon ik niet naar boven lopen. Niet eens 2 etages lopen.

"Gebouw is een gebouw, tja als je erin woont dan zie je het toch niet"

o Uitzicht:

Ik kijk het liefst naar auto's buiten, die gaan parkeren en langsrijden en overzicht hebben naar het zien van die komt voor die en die komt voor die

Ze zou ook graag een tuin willen zien met bloemen een beetje bomen maar niet te hoge bomen want die blokkeren het licht. Bloemen bij de vensterbank en een pondje met vissen erin en verschillende kleuren bloemen.

Een bankje erbij om op te zitten, als er ruimte is dan kan er wel nog een bankje bij.

Erachter een klein huisje voor de dieren, katten en konijnen geen wilde dieren en vlinders. In de verte kan een autoweg zijn en lopende mensen. Ze zou blij worden van dit uitzicht als ze dit iedere ochtend zou zien.

o Mensen die bij bergstaete wonen weten vaak niet hoe de andere kant van het gebouw eruit ziet. Ze weten niet dat er een tuin is aan de andere zijde. Het is een kwestie van ownership per gebouw

THE STORY OF // Tiela & Harry

Age: 79

Marital status: Married

Living in boomberg: 2 months

Walking support/
transport: car

Daily occupation: Going to the supermarket
everyday

THE STORY OF // miss. Linda

Age: 80+

Marital status: Single

Living in boomberg: 5 months

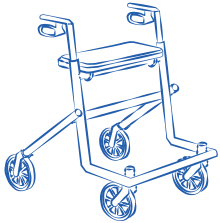
**Walking support/
transport:** Walker, scootmobile & bus

Daily occupation: Watching tv

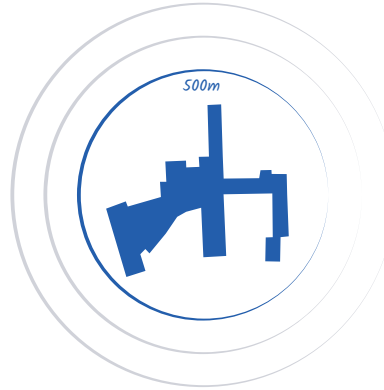


THE STORY OF // Linda

Transport

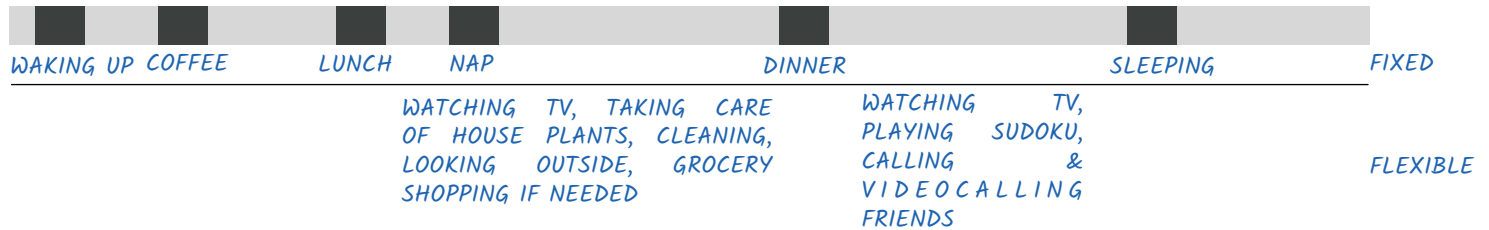


Mobility



Daily activities

7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00 00:00 1:00



LOCATED

HOUSE/PRIVATE

BUILDING

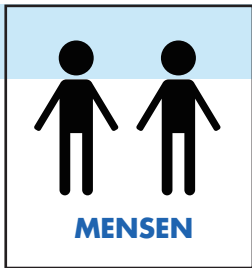
OUTSIDE/PUBLIC

Preferred view from window

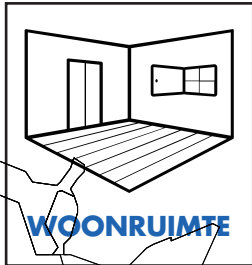
☒ Reuring

□ Rust

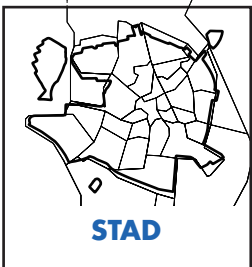




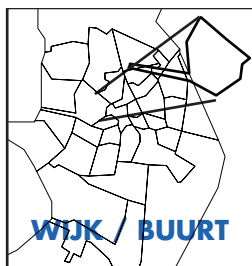
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Ik kan mijn kleren niet kwijt



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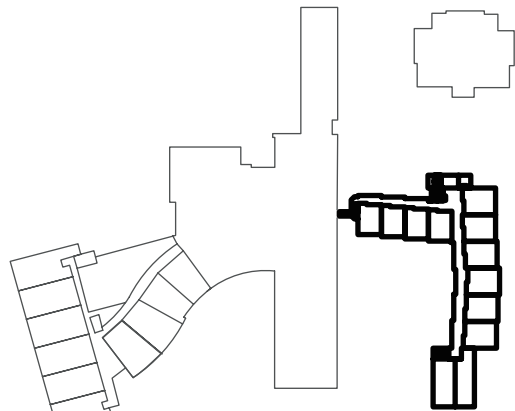


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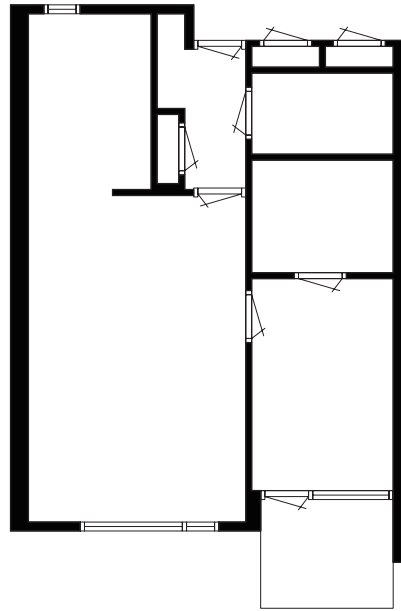


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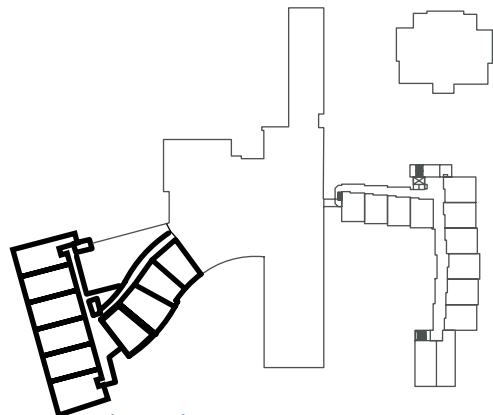
Flank 1 / Habion



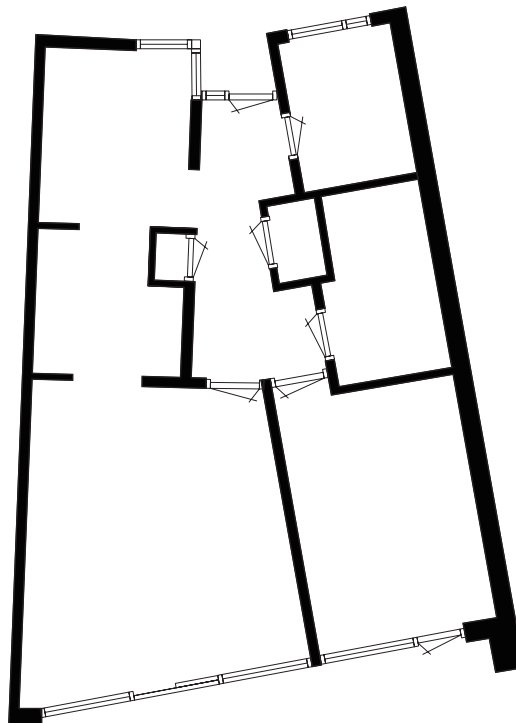
42 apartments
every apartment $\pm 50\text{m}^2$



Bergstaete



32 apartments
every apartment $\pm 80\text{m}^2$



Question:

1. Wat is uw favoriete plek en waarom?

2. Wat mist u hier en waarom?

3. Teken/schijf/schets 3 belangrijk dingen uit uw woonomgeving

Table 1:

Rienis Meyaar

1. Hilversum, De plaats in het Gooi. Een plaats in de wereld of gebied van radio, televisie, bos, heide en natuur!. Loosdreren met veel water, bos en hei daarmee zijn wij blij. Sinds ons Hilversum niet, goede voorzieningen en solide ondertrouwing, Wat zou een mensen nog meer moeten hebben. Ook voor ouderen is er een plek net spa opvang voor anderen waarden, Boomborg een eenie plaats in een en wij maken daar peilk van uit vanuit. Er is niet beter en wij hopen dat die mening met elkaar Delen. GA ZO DOOR MET ZO'N accommodatie. Neem je een voor ... detoekan. In alles veel ... verzeker. ... gast.

2.

3. VRAGEN!! – verzorging – presentatie – verzorging

Antwoord: Geweldig!! Bedankt voor alles!

Toos Waarle

1. De Buslaan, ons voormalig huis. Spanderswoud, deze omgeving, het dorp is dichtbij. Tegenwoordig is het een kroegendorp. Wat is mooi: Oude Raadshuis, Kerkbrink, Vituskerk, Kastanjelaan, raadshuis Dudok.

2. Wat mist u hier en waarom? Antwoord: niets.

3. Geen idee familie

Toos Husband

Tulp, worm, vlo.

Van Asselt

1. Gebouw gemeentehuis Dudok, Vituskerk, SPanderwoud, oude raadshuis, Kerkbrink.

2. Ik mis hier niets

3.

Table 2:

Cor de Heus

1. Als geboren Hilversummer ben ik gek op de hei. Nu nog meer dan vroeger. Tsja, het is hier een prachtige omgeving. Mooier dan Zeeland en Ghana, waar ik ook gewoond heb en veel andere plaatsen. Er is een hele goede rugbyclub in Hilversum.

2. Ik mis hier nog jongeren die enorm welkom zijn. Ook benieuwd hoe, welke en wanneer de oudjes die hier boven en in de Liv Inn Hilversum komen wonen, hier terecht kunnen.

3. Positief: 1. Ouderen Baas in eigen huis. 2. Bezoek van studenten. 3. Lekker eten.

'Tijdens zijn afsluitspeech vertelde hij, als hij voor iedereen mocht spreken, dat wij hen niet moesten bedanken maar zij ons. De 3 belangrijkste dingen waren. 1. Jullie 2. Het lekkere eten. 3. Hoe wij met hen omgaan, wij kijken niet neer.'

Albert Bultjes

Soms: Benauwd, Open haard, wordt (atrium). Bedankt voor de heerlijke maaltijd en voor herhaling vatbaar. Veel groen en bloemen vanuit ons balkon.

Annidil Bultjes

Alles is perfect wij missen niets alleen de opgang hier naar toe is voor rollators heel moeilijk. Maar dat wordt straks beter!

Onze voorkeur gaat uit naar de plorren van loosdrecht en om te wandelen natuurlijk

Het koorvers bos

Prachtig natuur schoon Ook de dorpjes in de omgeving worden veel bezocht door ons o.a. spokenburg.

Muiden, Breuken, prachtig langs de vecht. Ook vinden we het om centrum van hilversum erg gezellig, veel terrasjes en bankjes. Af en toe een muziekje bij de kerk bij het plein Bultjes-dil sinds bijna 4 jaar bewoners op bergstaete

Gerrit Dokter

Mijn hobbies: gitaar spelen, lezen, puzzelen en mijn kleinkinderen.

De leukste plekken in de buurt van hilversum zijn de loosdrechtse plassen de heide spanderswoud de lage vuursche

Dames (meiden) bedankt voor jullie aanwezigheid. Graag wat jongere bewoners voor de Broodnodige Variatie Dirk, Lidl, Vue

Table 3

Ina

In mijn huis: balkon aan de keukentafel.

In de omgeving lage vuursche 't bluk

Langs de vecht fietsen

Ik mis mensen die even gezellig kletsen in de openbare ruimte je ziet bijna geen mensen in de gangen

Balkon fiets kan ik niet zonder

Rietje Mulder

Ik kom uit delft fietsen langs de schie en via het westland terug

Corrie Fokker

Plassentocht ijsselmeer route rondje soest rond vreeland - loenen - breukelen alles op de fiets in de zomer dat het niet meer gaat vanwege mijn reuma ik mis het wel

Als je gaat wandelen mis ik in de omgeving een bankje dat je gezellig even kan zitten en uitrusten

Gerard

Hei

Gemakkelijk vers eten (halen / kopen)

Komt misschien wel

Loop afstand centrum bomen (veel) supermarkt

Gerry

Ik woon hier 17 jaar en ik heb een kater

We hebben fijn in bedrecht

Wil

Op mijn balkon in de zon. Op de heide en in het bos. De zee / strand

Een zwembad (met openlucht)

Bos (met 3 bomen getekend)

Cobi van de Broek

Terras met planten. Als het mooi weer is. In voor de tv. In mijn gemakstoel. en in de kerk.

Zwemmen in Bussen met de boomberg bus

Een boek

She is one of the youngest living in bergstaete. Only one person that is younger but she didn't mind that living with older people.

B) Gerry (74 y/o):

Volunteer here and also at Carolus, also because she lives here at bergstaete. She likes it a lot and it is gezellig.

She has a cat, she lives on the ground floor. She has a terrace and loves taking care of her cat. She lived in Hilversum and her parents died. They left the house for her and her brother. The brother went to Drenthe and she needed to move because the place was too big.

B) Harrie:

I'm living in the bergstaete and I do voluntary work for the FFW? Further more I don't have so many special hobbies I like to puzzle and helping others. "dan doe je toch genoeg?"

He is pescatarian. He can't eat too much sugar. He lost his wife and more people in his surrounding. He seems to be afraid to lose more people. He has a new girlfriend she was at the coffee at bergstaete. He is her care giver because she was sick?. But now it is going better she doesn't need anymore help. He has to get use to the fact that she doesn't need his care anymore. He has a long distance relationship

B) Rietje Mulder (89 y/o) [W]:

I have been living here for 1 year. What I did before is already the past and I do what I can right now. "Ja zo is het"

B) Coby van den Broek (81 y/o):

Voluntary work, has children and grand children. My man has passed away 5 months ago so that's still very fresh and weak. I work at de leger des heils so I still do a lot of work and helping a lot of people. Hobbies is organizing activities and reading, puzzle and watching tv. Next to that taking care of her grandchildren.

B) Wil Wiltsgut:

I live at bergstaete for 7 years. 3 years ago my husband passed away from Alzheimer. I was a teacher till my 40ies and then I made a career switch to owning a restaurant.

Hobbies: not so much anymore because I loved cycling but I can't do that anymore. And the television because when it breaks down oh no no

Leni Egels
Weggescheurd

B) Toos & husband (y/o):
Has been living here for 5 years
Hobbies: singing, piano and collecting postcards and cobi "Toos je bridged toch"

B) Hanna en Ton Van Asselt (y/o):
Has been living here for 7 years with a lot of joy
She was a baker and did that with love till her 67
Hobbies: eating, cooking, walking and cycling and grandchildren

F) Gerard (65+ y/o):
11 augustus he got the key and since 15 aug he has been living here.
Hobbies: He does a lot with theater and he volunteers in de wereldwinkel

F) Cor de Heus (75 y/o):
I'm born here but I have been away for a long time and since 4 years I have been living back in Hilversum again.
I was a journalist and I've made tv programs and right now I'm making the magazine de Reuring.
My hobbies are rugby

F) Corrie Fokke (y/o):
I live in Flank 1 and I try to think along with many things that are happening right now in the Boomborg. I've been living here for 9 years and furthermore I'm alone here (widow). "Just like the most of us"

She doesn't has any children left anymore, they all passed away. She doesn't has anyone to take care of her. She likes having sound around her and looking outside (reuring). She likes biking

B) Ina (63 y/o):
she has been living here for 3 years / 3,5 years she's into biking a lot and a widow. I have a granddaughter which I take care for. She has been working in the care department at home (thuiszorg) and her husband has passed away for 9 years, but she lives here with a lot of joy.

Her husband has Alzheimer she used to have a restaurant/catering for funerals. She used to bike a lot but she can't do that anymore because of her back.

B) Linda:

has been living here from the 3rd June.

Hobbies: are line dancing but she can't do dancing anymore. She has a TIA and has problems with speaking. "Je bent er gelukkig goed vanaf gekomen! Nou ja ik leef nog laten we dat zo zeggen, meer kan ik niet doen"

B) Leni Egels (84 y/o) [W]:

She has been living here for 17 years ever since the building was built. In 2018 her husband died it was a big loss. I've had a gas station for 40 years. We loved to live here, we had to get used to it the whole idea of living together.

B) Annadil [W] & Albert Bultjes:

They have been living here for 4 years and we like to live here and we have nice neighbors. He is very caring of his wife. Her napkin fell down and he stood up to pick it up

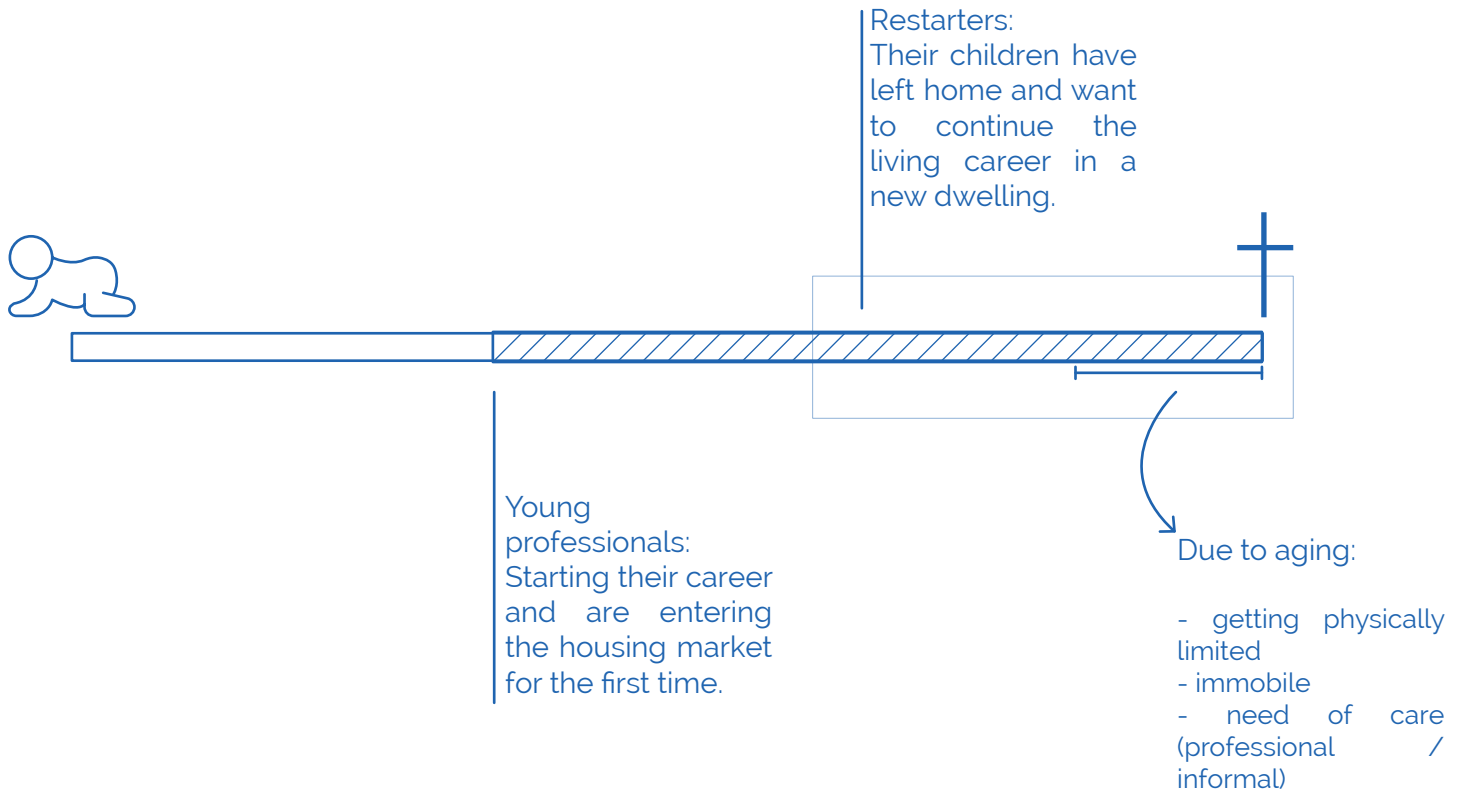
F) Gerrit (77 y/o):

I have been living here for 1,5 years. I like all the people here every one is nice. He has 8 grandchildren and that is his biggest hobby.

He volunteered for the soccer team in Amstelveen, his son and grandson play there. Sporting is important. He watches them play a lot. He was really lonely the first year but the Denktank took that away from him. His wife passed away with her he had 2 kids. Afterwards he has a girlfriend and she has 2 children and he considers them as his own as well. He doesn't feel like repairing his flat tire because the shop is too far away.

v

TARGET GROUP // For who am I designing?



TITLE // Generations

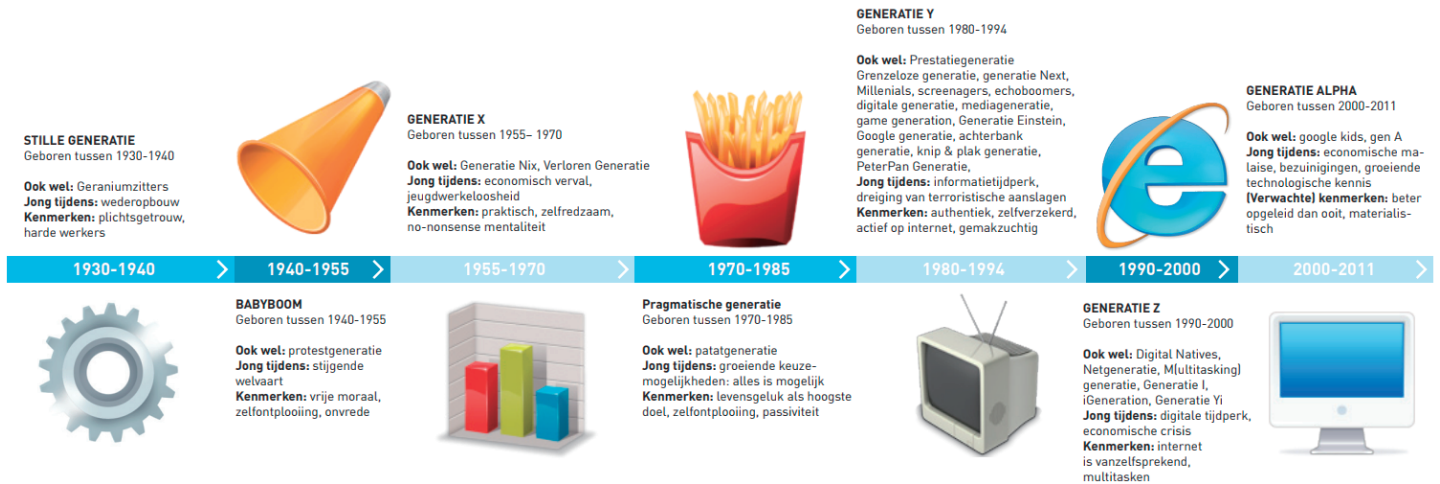


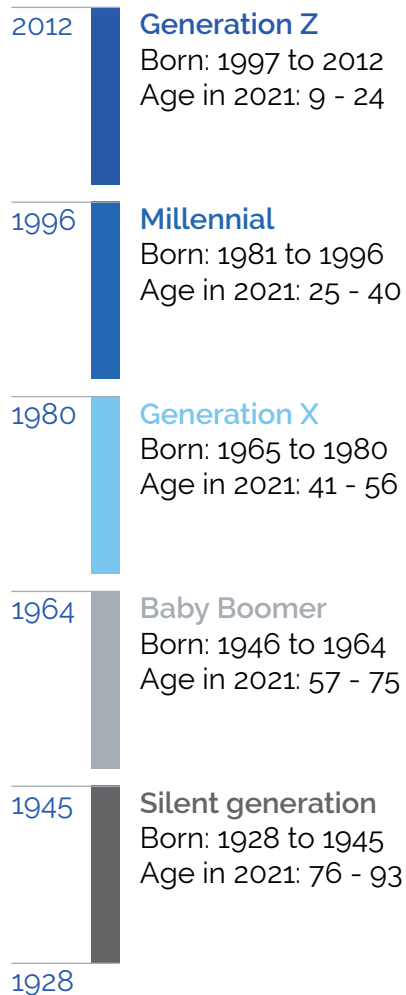
Foto: Youngworks

<https://www.businessinsider.nl/babyboomer-generatie-x-millennial-iets-ertussenin-waar-hoor-jij-bij-en-wat-zegt-dat/>

Every generation is different from its previous one and hence there are a lot of differences. The development of modern technology, widespread of the internet, easy communication and access are few of the major factors that have caused a great difference.

Youth is an experience that may shape an individual's level of dependency, which can be marked in various ways according to different cultural perspectives. Personal experience is marked by an individual's cultural norms or traditions, while a youth's level of dependency means the extent to which they still rely on their family emotionally and economically.

To get better understanding for who am I designing. What are the characteristics of each generation. How does generational characteristics result in different lifestyles and what are the necessities of generation "baby boomer"



De stille generatie is geboren tussen 1925 en 1940. Deze generatie heeft de tweede wereld oorlog tijdens hun jeugd meegemaakt. Ze zijn opgegroeid met de mentaliteit van niet klagen en hard werken. Zij worden ook wel de stille generatie genoemd.

De benaming stille generatie komt voort vanuit het contrast met de generatie erna. De protest generatie.

Verder kenmerkt deze generatie zich als traditioneel en nog veel volgens het christelijke geloof. Ze kende geen welvaart, omdat ze opgroeide tijdens de weder opbouw. Er werd vaak zuinig geleefd en er was nauwelijks geld voor vrije tijds besteding.

De protestgeneratie is geboren tussen 1940 en 1955.

Deze generatie heeft tijdens hun jeugd de rijkere jaren van de wederopbouw gekend. In tegenstelling tot de generatie ervoor kwamen zij uit voor meningsuiting en hebben ze gezorgd voor onder andere de seksuele revolutie.

Tijdens de tweede wereldoorlog werden er in vergelijking met de jaren ervoor minder kinderen geboren. Richting het einde van de oorlog begonnen gezinnen hier verandering in te brengen en steeg geboortecijfer in Nederland, maar ook heel Europa, enorm. De babies van 1940-1995 beginnen nu een leeftijd van 65+ te passeren en dat brengt meerdere problemen met zich mee.

De baby boomers zijn opgegroeid in een periode met stijgende welvaart. Woningen worden in een grote snelheid gebouwd en dit bracht ook een economische groei met zich mee.

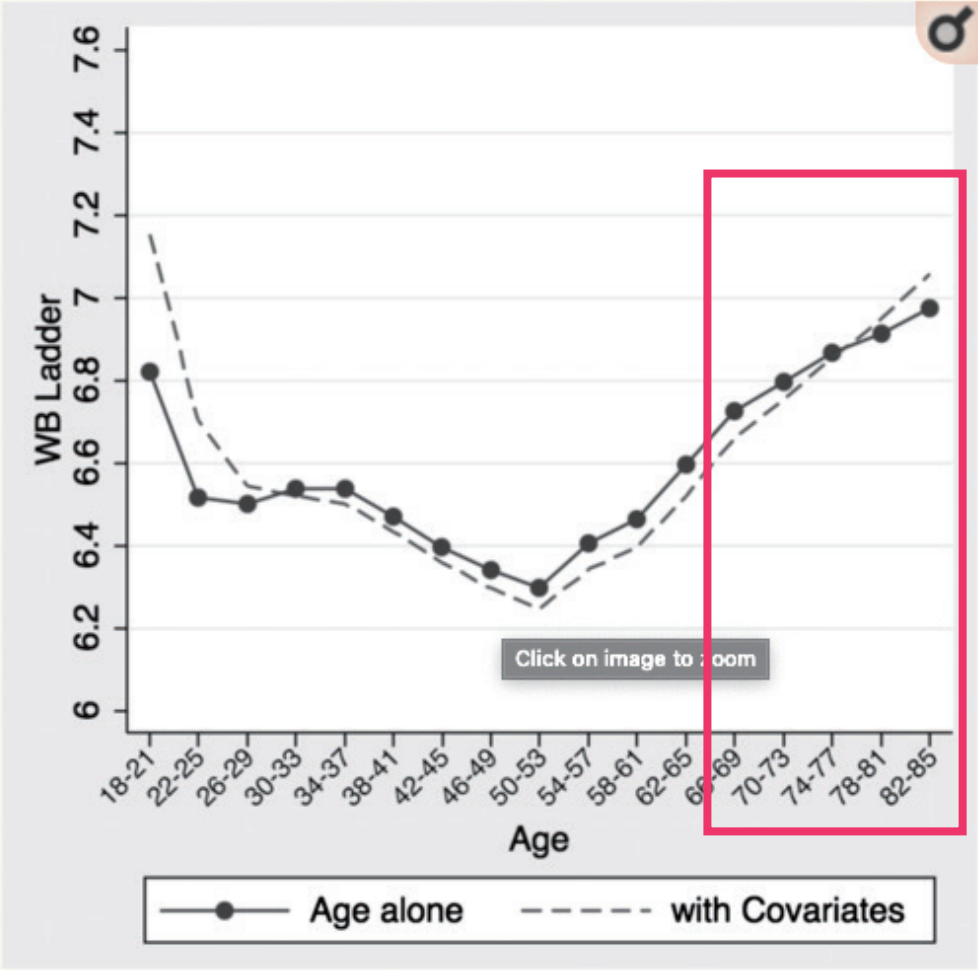
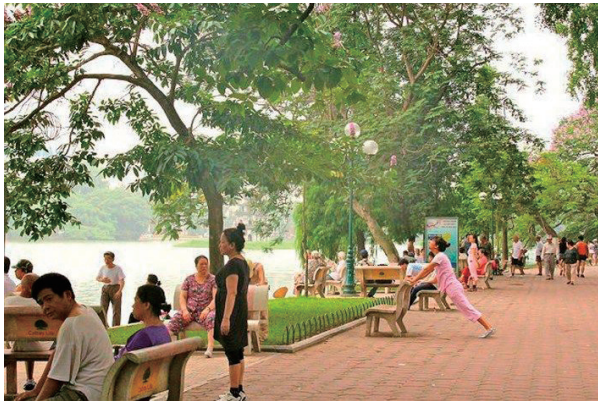


Fig. 1.
Global WB: ladder. Mean (unadjusted and adjusted) plotted by 4-year age groups, where the connected line represents unadjusted data and dashed lines represent data adjusted for four covariates.



1



EXCERCISE // Week 2, walk around the neighbourhood



EXERCISE // Week 2, walk around the neighbourhood

