GRADUATION PRESENTATION RESEARCH AND DESIGN

ARCHITECTURE & LONELINESS DESIGNING AGAINST LONELINESS AMONG THE ELDERLY

NAME AMBER DE VREDE STUDENT# 4065646 DATE 30.06.2017 GRADUATION STUDIO EXPLORE LAB 22

Why loneliness?

Why focussed on **elderly**?

- POLITICAL

- ECONOMICAL

- DEMOGRAPHICAL

- SOCIOLOGICAL

otterdam gaat eenzame uderen helpen 17-12-2014, 17:01 BINNENLAND

Bijna een half miljoen Nederlanders voelen zich enzaam

jna een half miljoen mensen in Nederland voelen zich eenzaam. Dat blijkt uit fers van het CBS. Mannen zijn vaker eenzaam dan vrouwen.

it onderzoek van het CBS is gehouden in het kader van de Week tegen nzaamheid, die gisteren is begonnen.



thuiszorg en tegelijk verpleeghuizen sluiten © 13-04-2015, 14:41 BINNENLAND

Ouderen vragen vaker hul

familie dan vorig jaar

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^D MA 4 JANUARI, 12:32 **BINNENLAND**

n beroep op familie of buren a quête van de

> ten opzichte van een jaar len en daar is de

zen op ondersteuning ANBO-directeur

mensen geen hulr

otterdam gaat eenzame uderen helpen

- POLITICAL

Elderly people in the Netherlands need to keep living at home as long as possible > Housing needs to be adjusted to this

- ECONOMICAL

- DEMOGRAPHICAL

- SOCIOLOGICAL and an anomaly and another anomaly anomaly and anomaly anomaly



- POLITICAL

ij**na** een half miljoen Iederlanders voelen zio

- ECONOMICAL Less money available for the Dutch elderly health- and homecare > Elderly still need to be able to receive enough care

- DEMOGRAPHICAL

- SOCIOLOGICAL

"...the increasing greying and the economical crisis with the financial cuts related to that, strengthen the need of a change in the way living, well-being and care are organised." (Doekhie et al., 2014, p. 14)

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> en opzichte van een jaa ¹kelen en daar is de

- POLITICAL

- ECONOMICAL

- DEMOGRAPHICAL

Ageing population: both amount and percentage > A bigger amount of elderly-suited housing is needed

- SOCIOLOGICAL

Jderen vragen vaker

ilie dan vorig jaar

'...the number of people aged over 65 years will increase from 2,2 million in 2000 via 3 million around 2020 to about 4 million in 2040. The percentage of people aged over 65 years will therewith increase from almost 14 to 23 percent" (Alders & Tas, 2001, p. 7



- POLITICAL

- ECONOMICAL

- DEMOGRAPHICAL

- SOCIOLOGICAL The elderly are a vulnerable group when it comes to loneliness > Elderly people should be able to feel part of the society

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"Of the elderly people in the Netherlands, 68% is not, 28% moderate and 4% strongly lonely." (Van Tilburg & De Jong-Gierveld, 1999, p. 158)

> Bijna een half miljoen Nederlanders voelen zicl eenzaam

"...at advanced ages, the prevalence of loneliness increases. Of those aged 80 and over, 40–50% say they are 'often' lonely" (Dykstra, 2009, pp. 92-93)

"The reported level of social loneliness differed by age, with the oldest[80+years old] having significantly lower scores than the younger[65-80 years old]." (Heylen, 2010, p. 1184)

What is **loneliness** actually?

- PHENOMENON

- EMOTIONAL VERSUS SOCIAL

- QUALITY VERSUS QUANTITY



- PHENOMENON

A subjective, negative feeling > Every person experiences loneliness in a different way, to a different extend

- EMOTIONAL VERSUS SOCIAL

- QUALITY VERSUS QUANTITY

"[Loneliness is] the unpleasant experience that occurs when a person's network of social relations is deficient in some important way, either quantitatively or qualitatively". (Perlman & Peplau, 1981, pp. 31-32)

"[Loneliness is] an indicator of social well-being". (de Jong-Gierveld., 2006, p. 582) "Anyone, regardless of his or her personality, is liable to suffer loneliness in situations that are appropriately defective" (Weiss, 1973, pp. 71-72)

> "[Loneliness is] the social equivalent of physical pain, hunger, and thirst" (Hawkley & Cacioppo, 2010, p. 218)

- PHENOMENON

- EMOTIONAL VERSUS SOCIAL

Loneliness can be divided into social and emotional loneliness

- > Emotional refers to an individual (e.g. partner)
- > Social refers to a group (e.g. colleagues)

- QUALITY VERSUS QUANTITY

"Emotional loneliness is missing an intimate attachment, [...]. Social loneliness is lacking a wider circle of friends and acquaintances that can provide a sense of belonging, of companionship and of being a member of a community." (Weiss, 1973)

- PHENOMENON

- EMOTIONAL VERSUS SOCIAL

"Loneliness is synonymous with perceived social isolation, not with objective social isolation. People can live relatively solitary lives and not feel lonely, and conversely, they can live an ostensibly rich social life and feel lonely nevertheless." (Hawkley & Cacioppo, 2010, p. 218)

- QUALITY VERSUS QUANTITY

Loneliness can occur due to a lack of quality or quantity within one's social relationships > The amount of social contacts says nothing about the real quality of these friendships and can therefore still result in loneliness > Loneliness is not the same as being alone

RESEARCH MAIN QUESTION

How could **collective living** decrease the amount of **loneliness** among the **elderly** in **the Netherlands**?



Elderly are generally only willing to share the more **public facilities** within their living environment. A **high privacy level** is very much appreciated.

but...

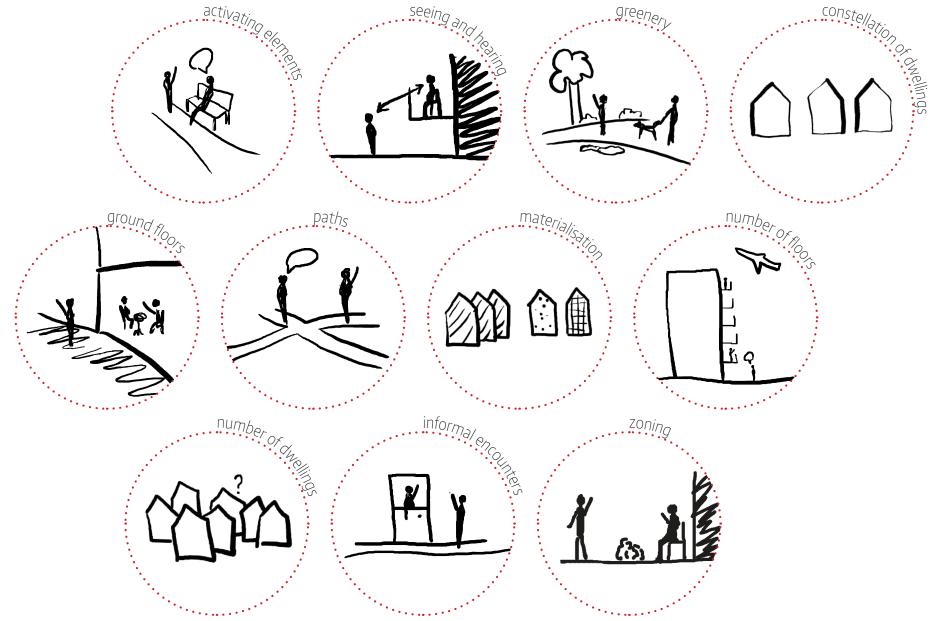
Social interaction with neighbours is an important part in preventing elderly from becoming lonely.

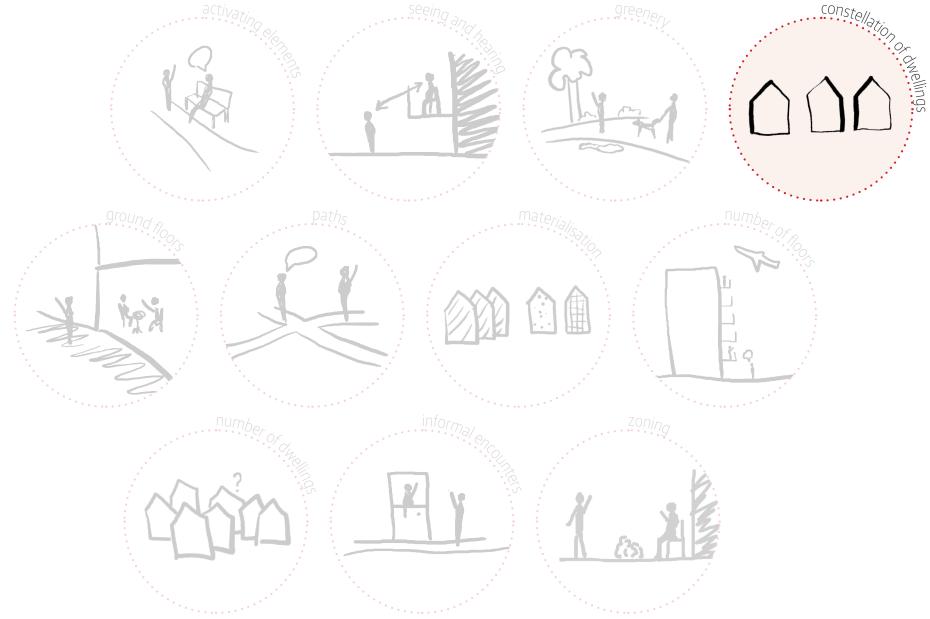
What **to do** now?

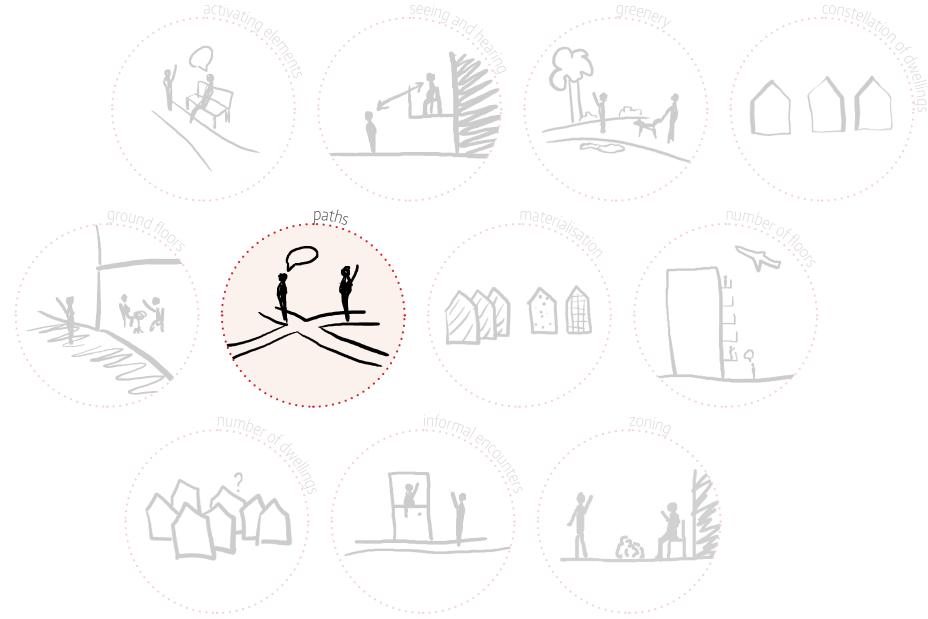
RESEARCH CONCLUSION

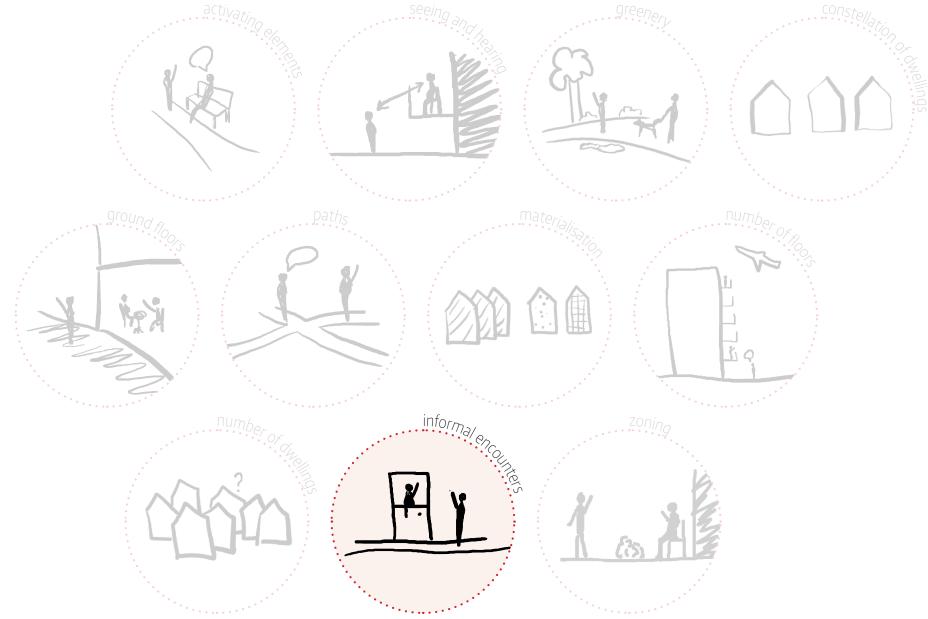
Respect the high privacy level of elderly people and **create possibilities** for establishing social interaction **in the more public areas** of the living environment.

How?







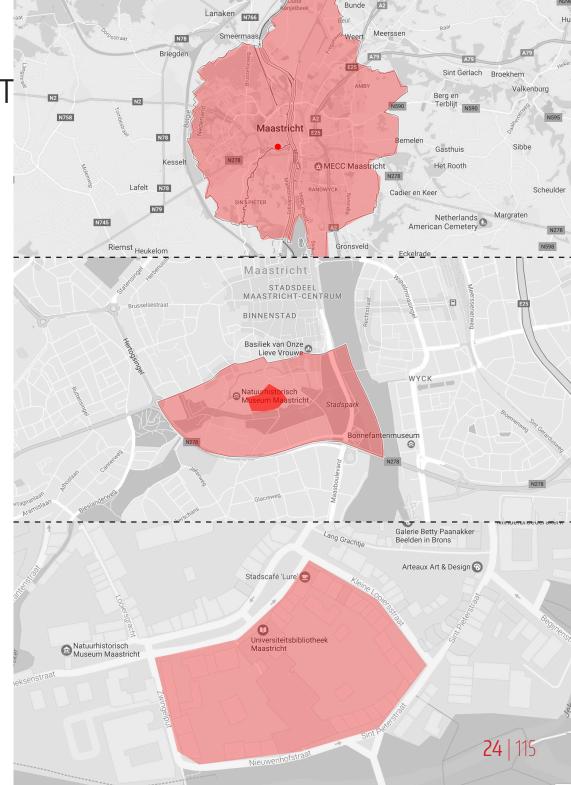


Where to design?

- CENTRAL AREA

- EDGE OLD CITY CENTRE

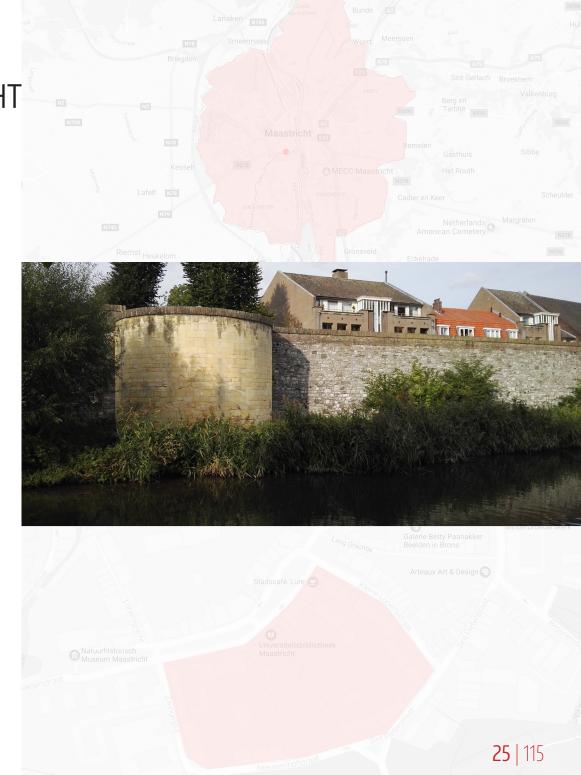
- NEXT TO CITY PARK



- CENTRALAREA

- EDGE OLD CITY CENTRE

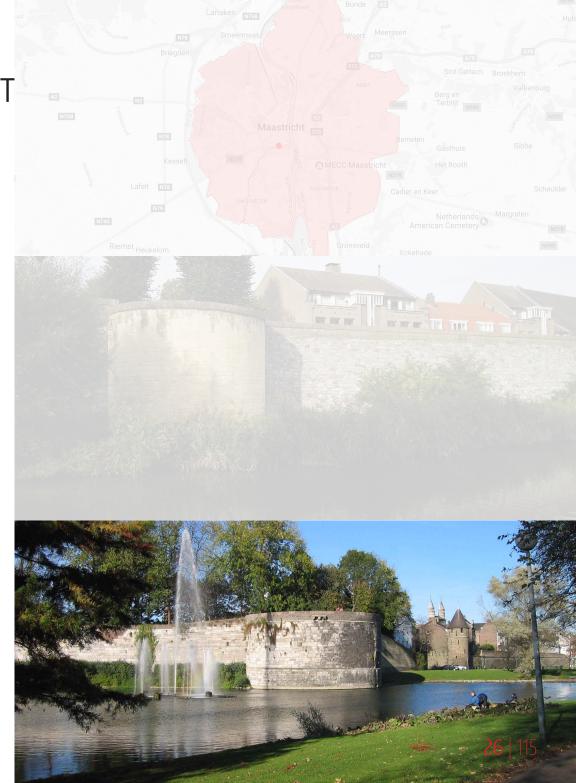
- NEXT TO CITY PARK



- CENTRAL AREA

- EDGE OLD CITY CENTRE

- NEXT TO CITY PARK



- BUILDING BLOCK

- MONUMENTAL BUILDINGS

- LOT OF OPPORTUNITIES

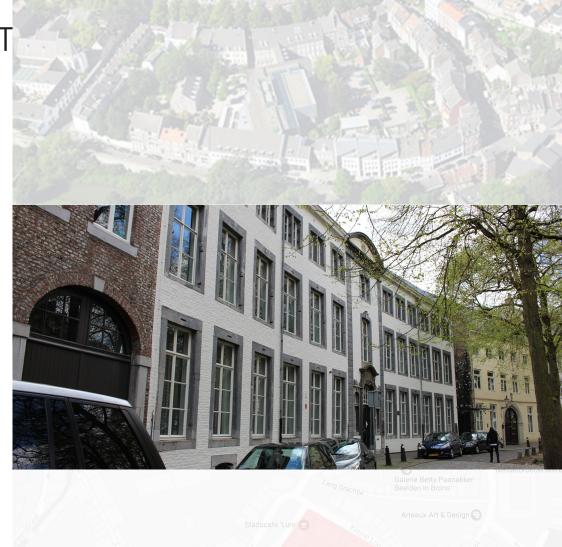


Universiteitsbibliothe Maastricht

- BUILDING BLOCK

- MONUMENTAL BUILDINGS

- LOT OF OPPORTUNITIES



Natuurhistorisch Museum Maastricht Universiteitsbibliothe



- BUILDING BLOCK

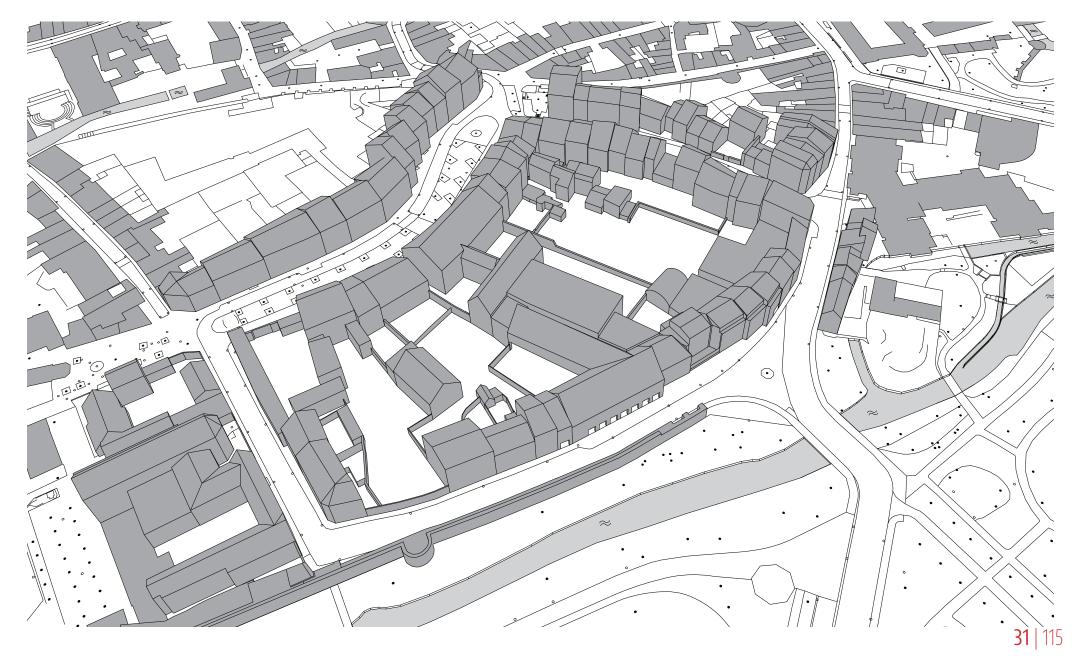
- MONUMENTAL BUILDINGS

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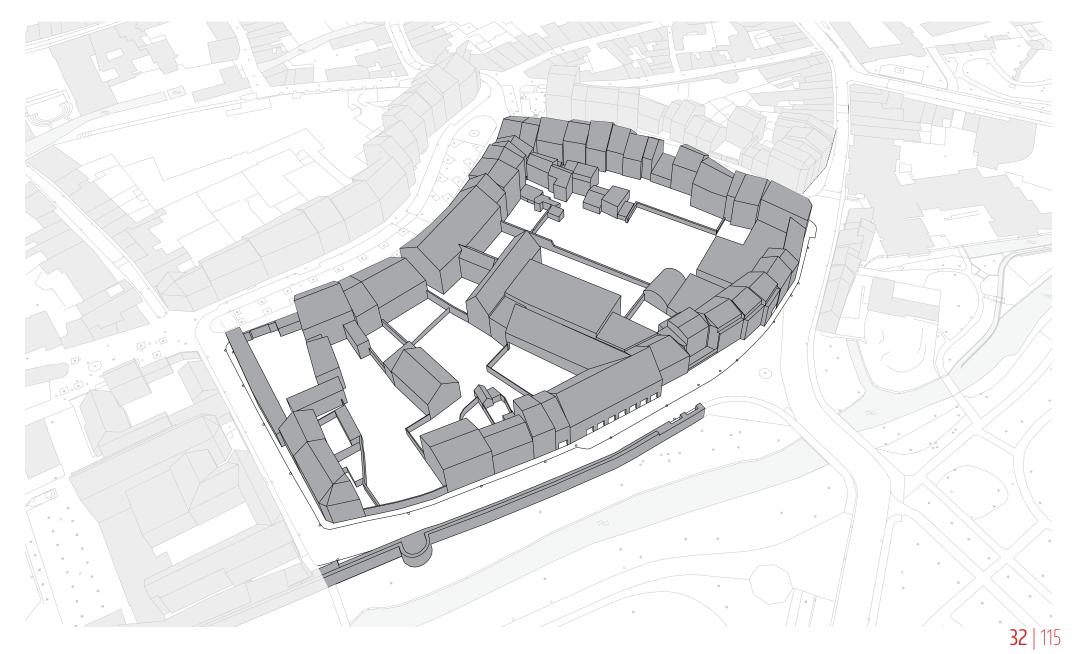


How to **transform** this location?

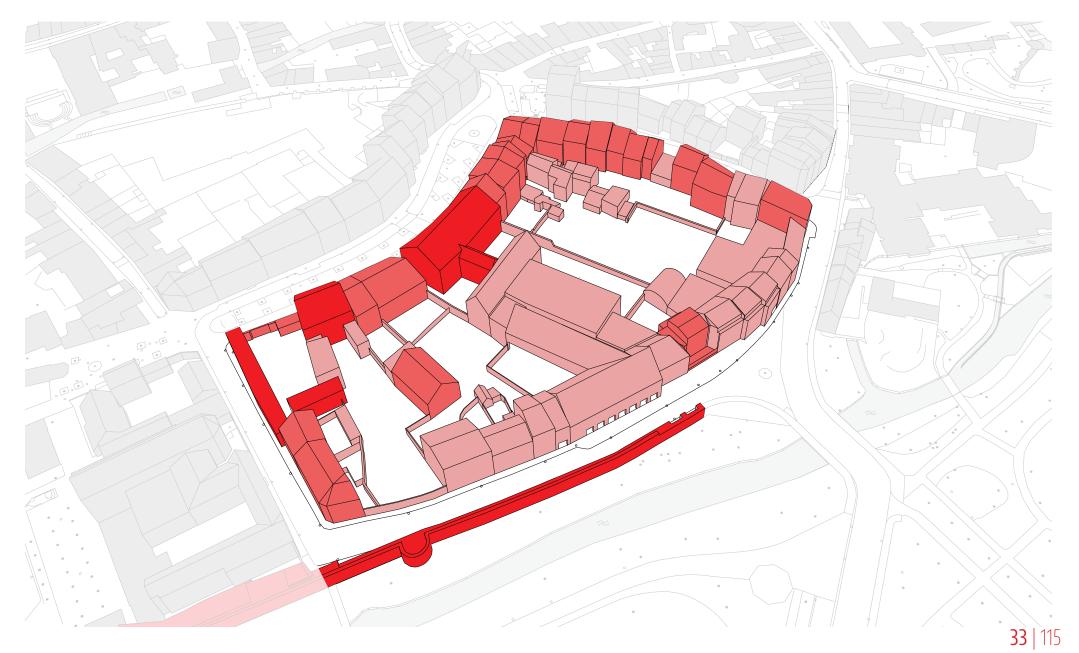
URBAN CONFIGURATION



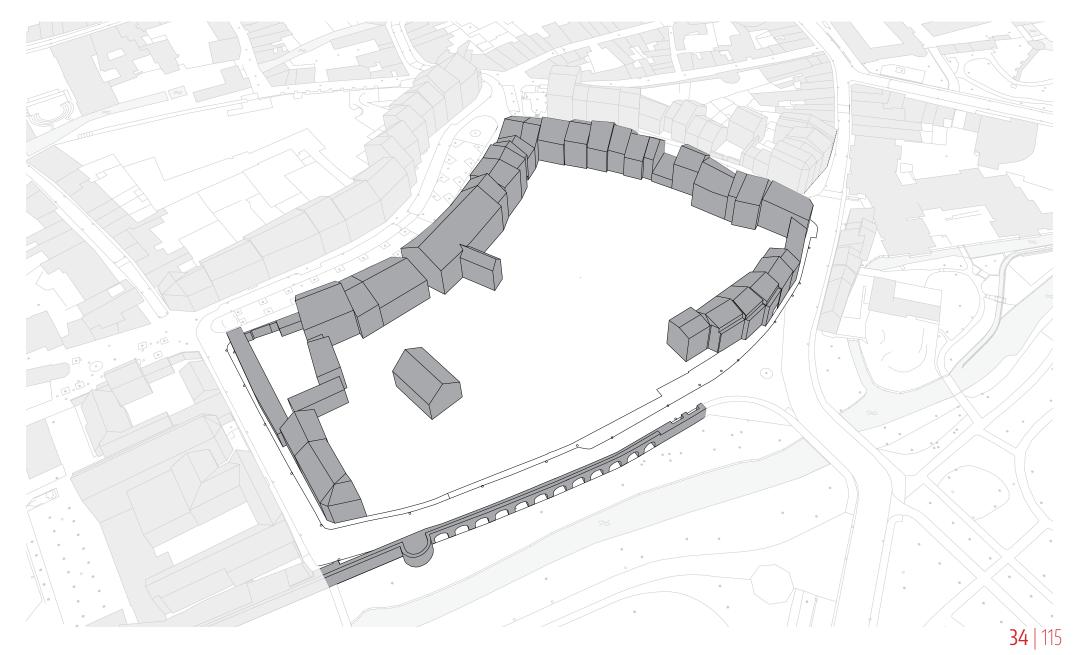
URBAN CONFIGURATION - STEP 01 - CURRENT STATE



URBAN CONFIGURATION - STEP 02 - DEFINING MONUMENTALITY

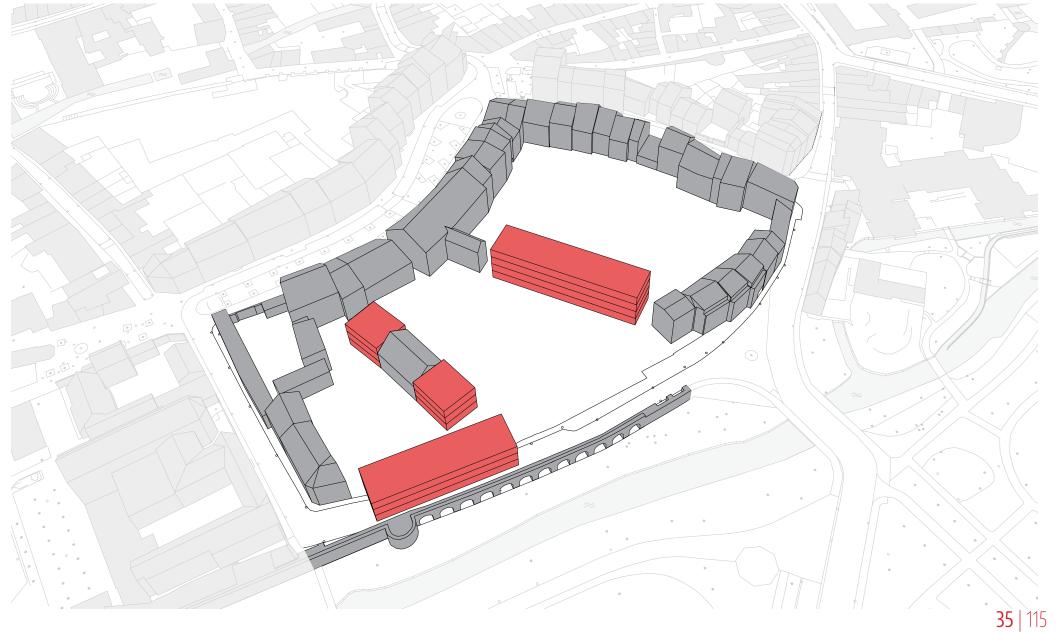


URBAN CONFIGURATION - STEP 03 - A NEW START



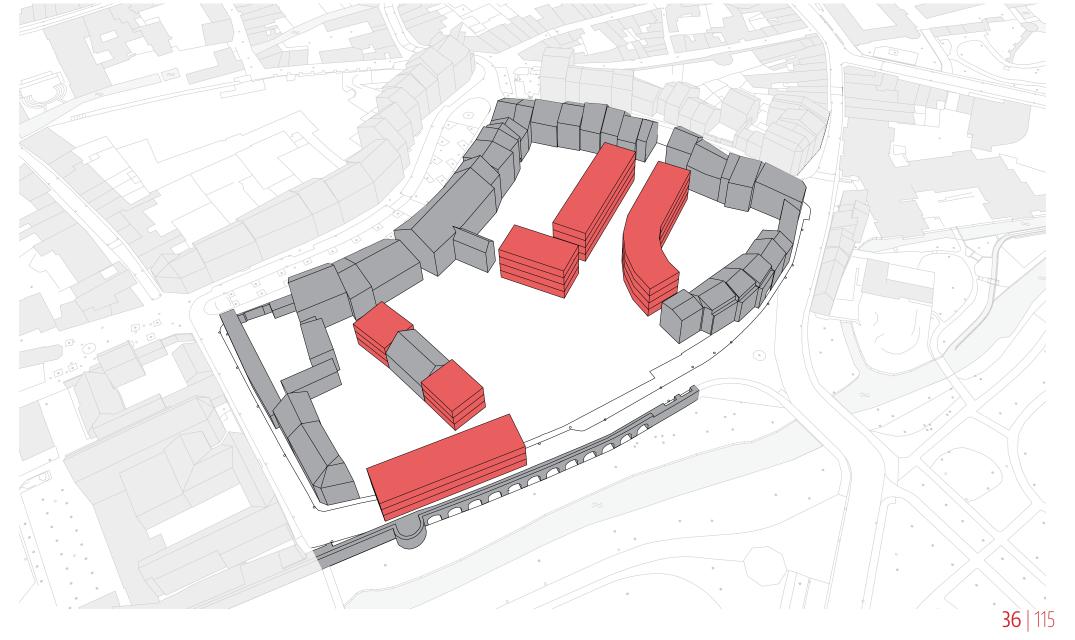
URBAN CONFIGURATION - STEP 04 - DIVIDING IN TWO



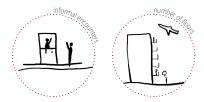


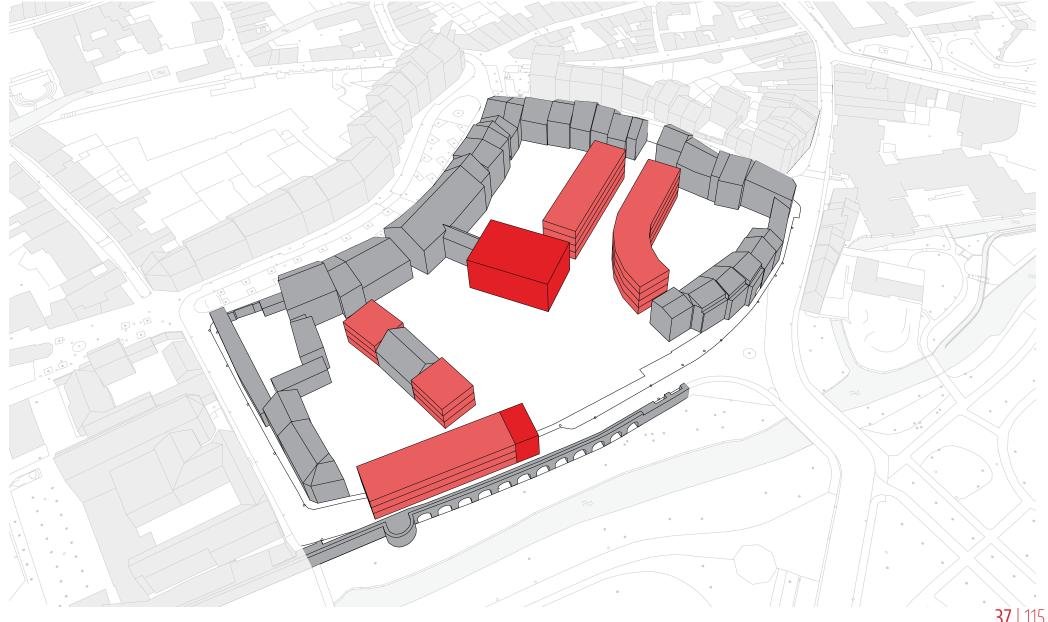
URBAN CONFIGURATION - STEP 05 - SUBDIVIDING





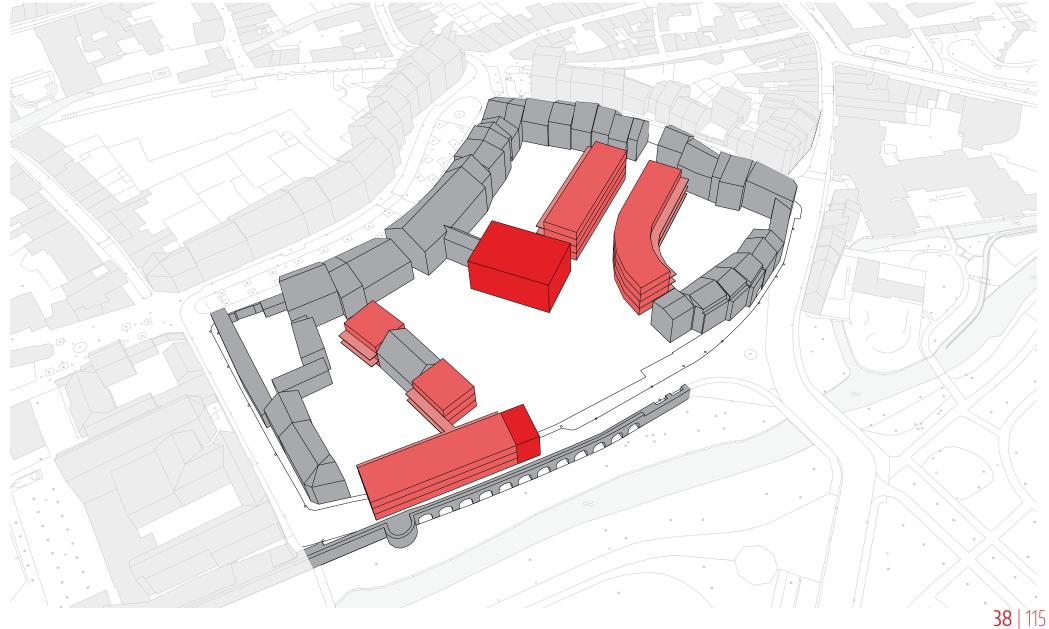
URBAN CONFIGURATION - STEP 06 - ADDING PUBLIC FACILITIES



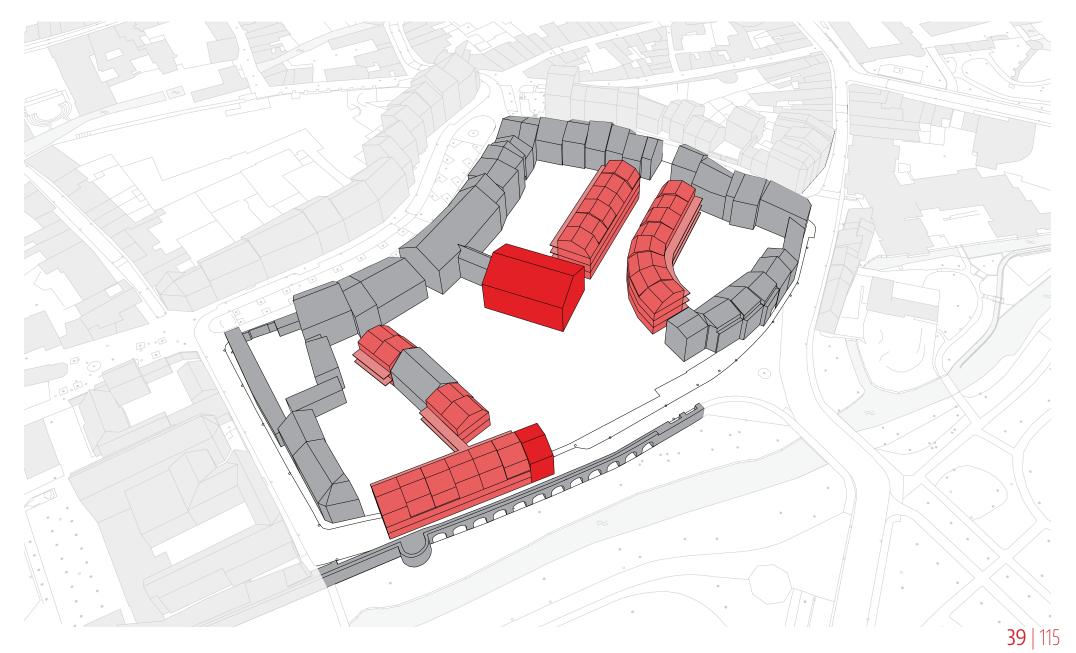


URBAN CONFIGURATION - STEP 07 - ROUTING VIA GALLERY

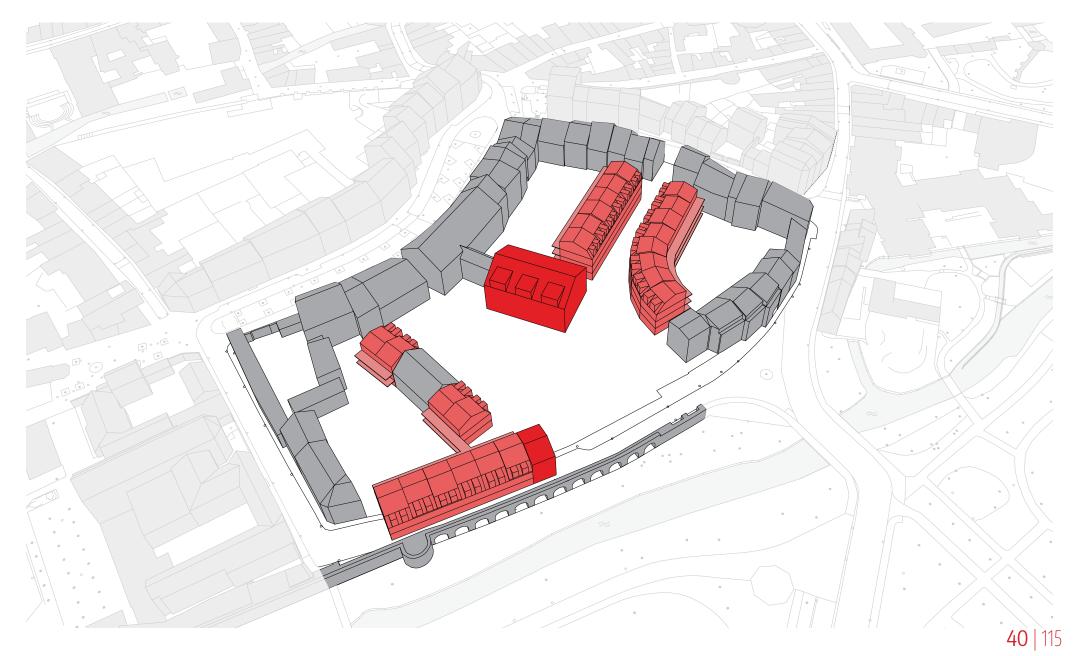




URBAN CONFIGURATION - STEP 08 - ADJUST ROOF FORMS

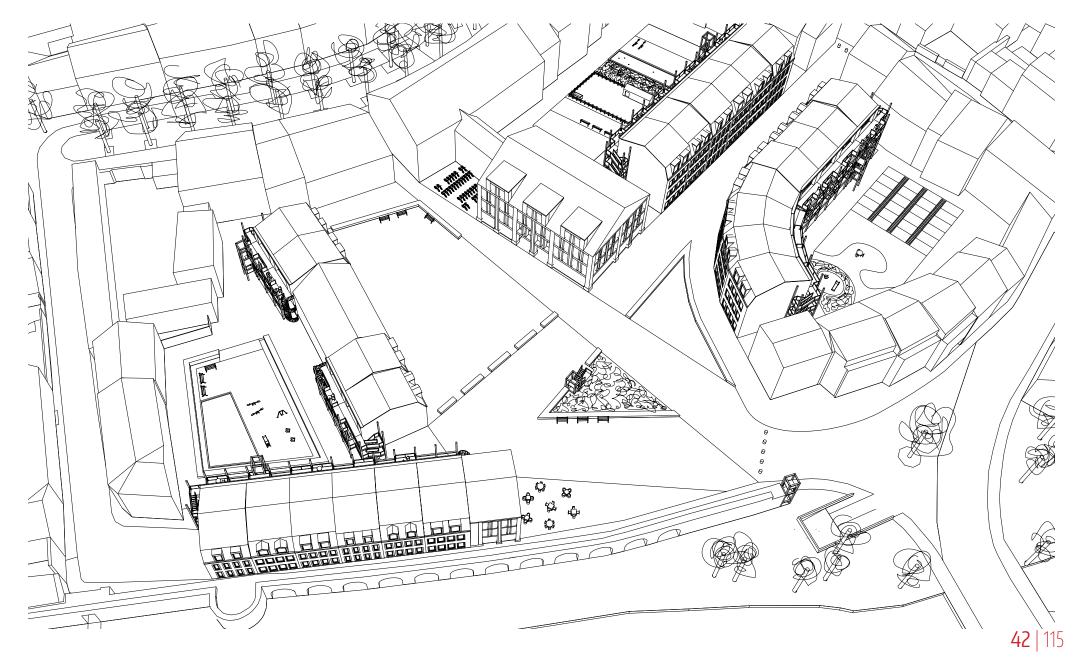


URBAN CONFIGURATION - STEP 09 - ADD DORMERS



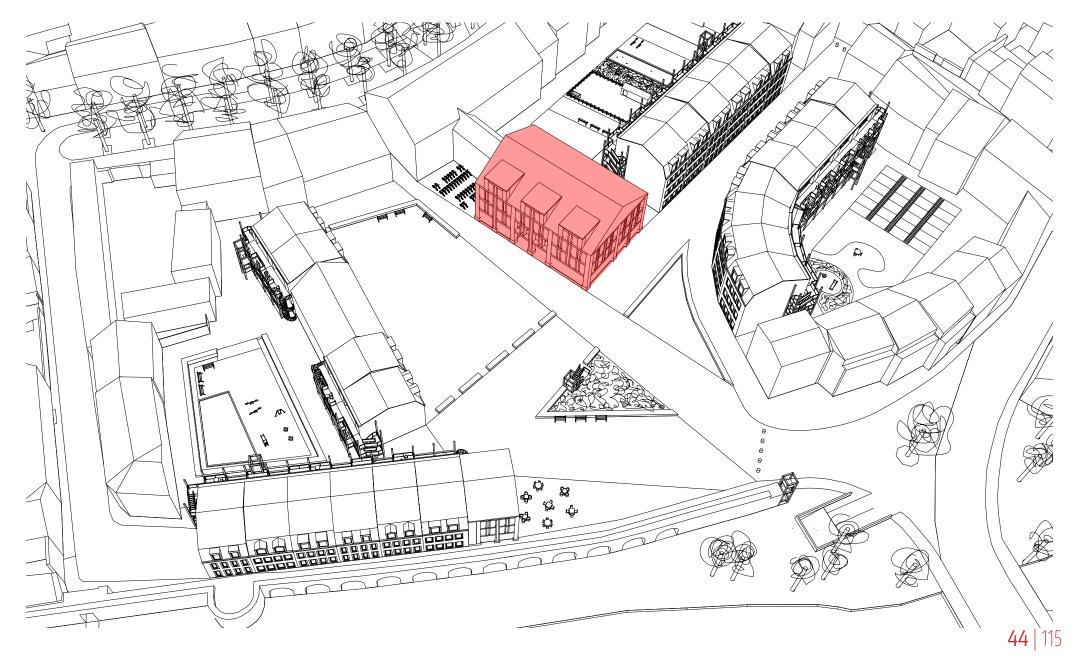
What will this **urban plan** look like?

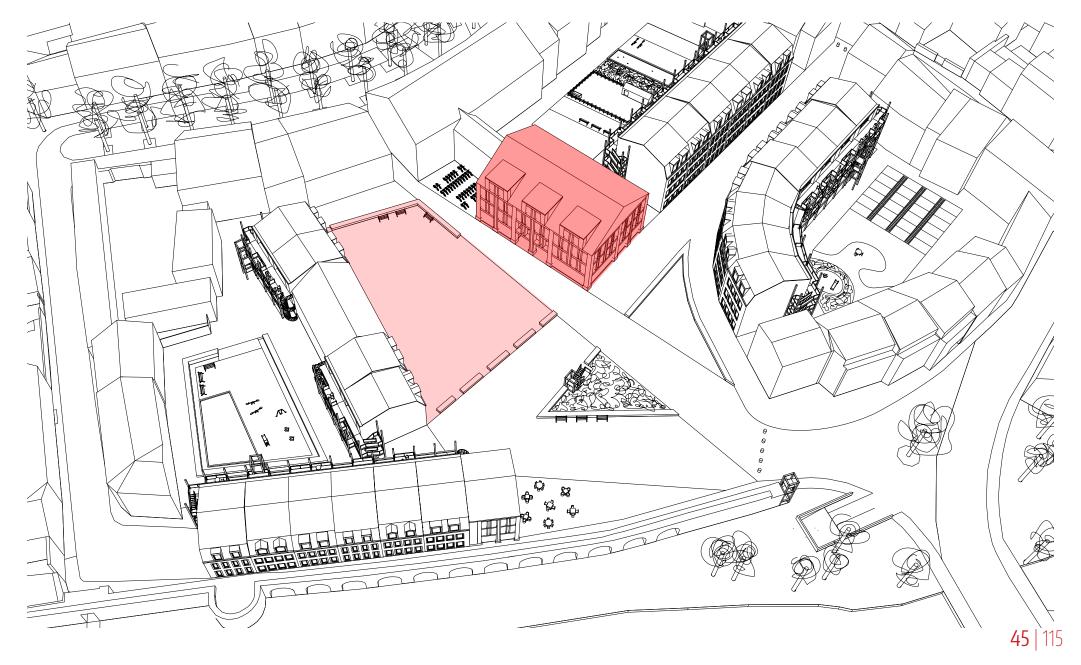
URBAN PLAN - OVERVIEW

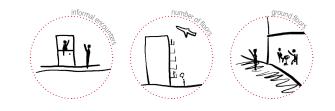


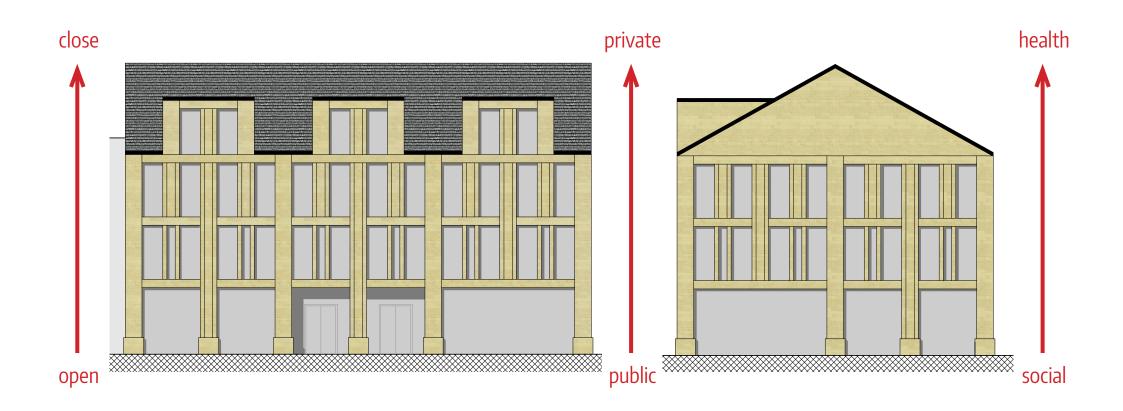
URBAN PLAN - OVERVIEW

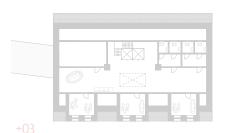










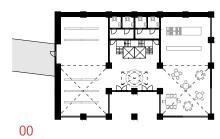




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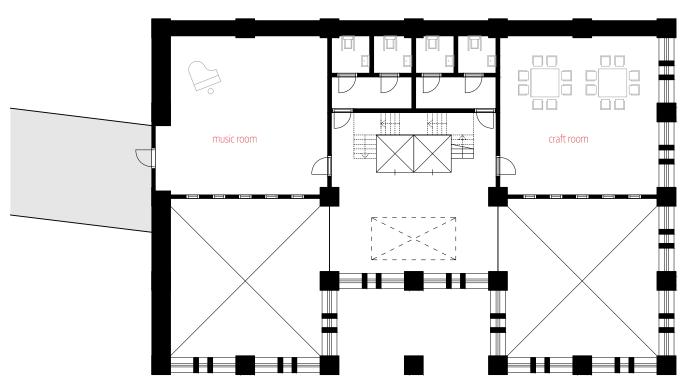
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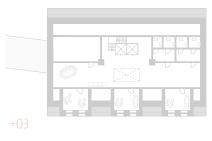


+01 - ARTS & CRAFTS

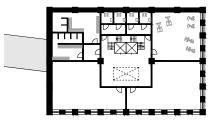


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+02 - SPORTS & HEALTH

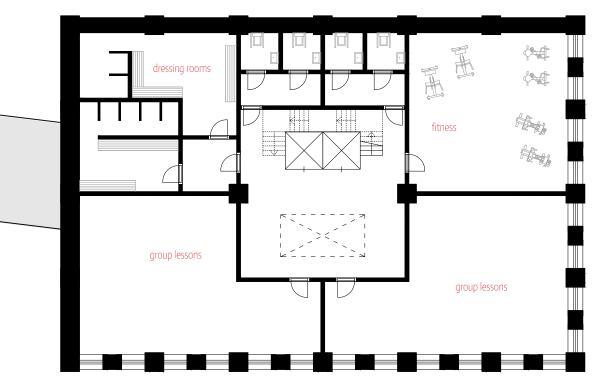


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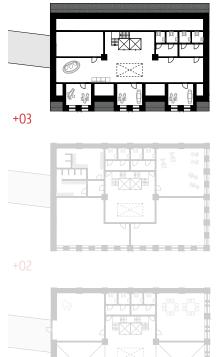


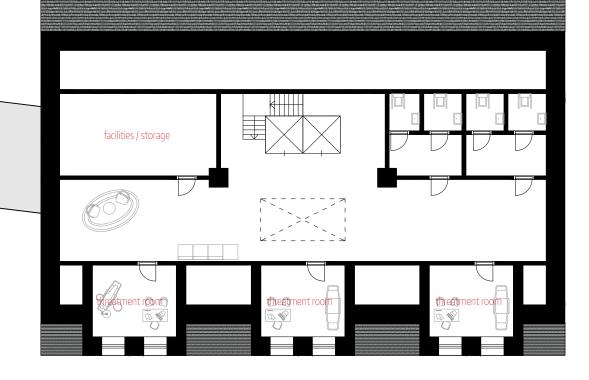
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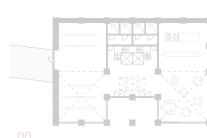


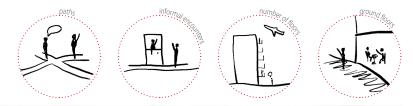
+03 - HEALTH & CARE





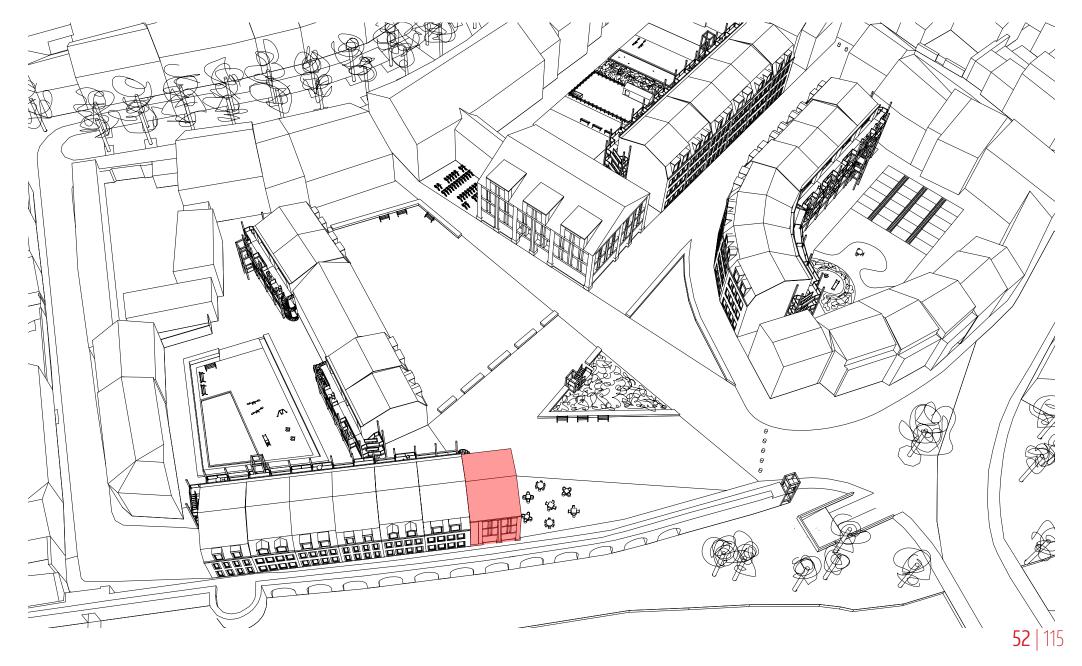
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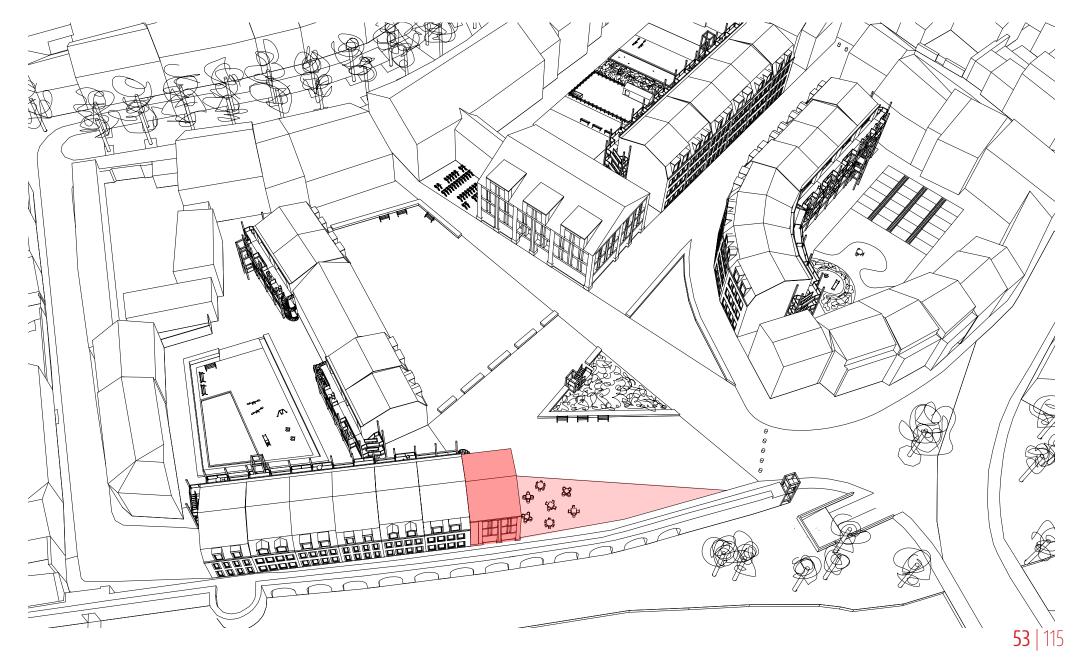




URBAN PLAN - PUBLIC SUB BUILDING

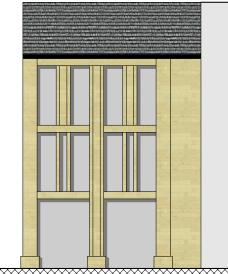


URBAN PLAN - PUBLIC SUB BUILDING

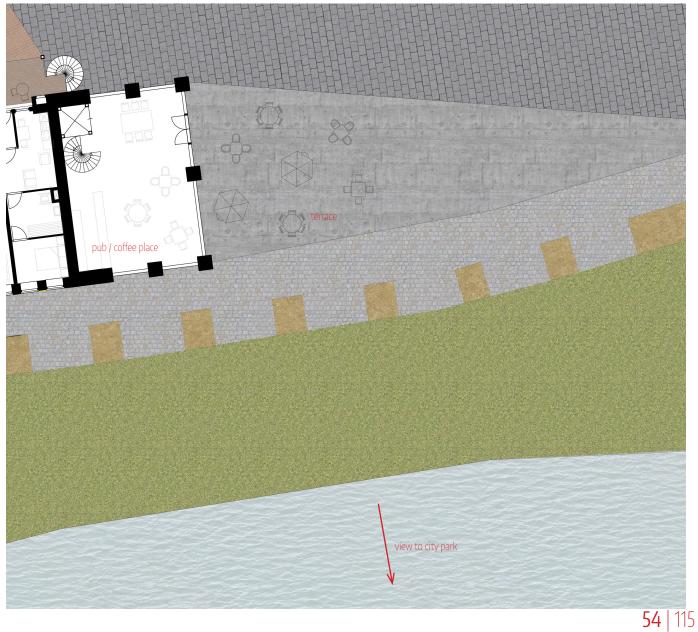


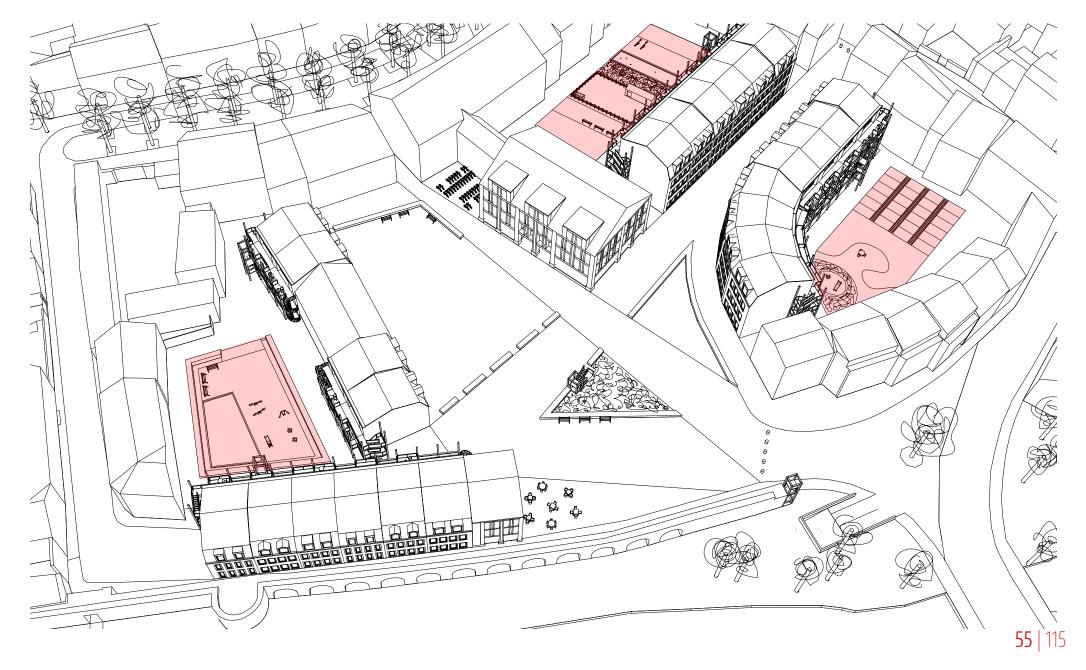
URBAN PLAN - PUBLIC SUB BUILDING

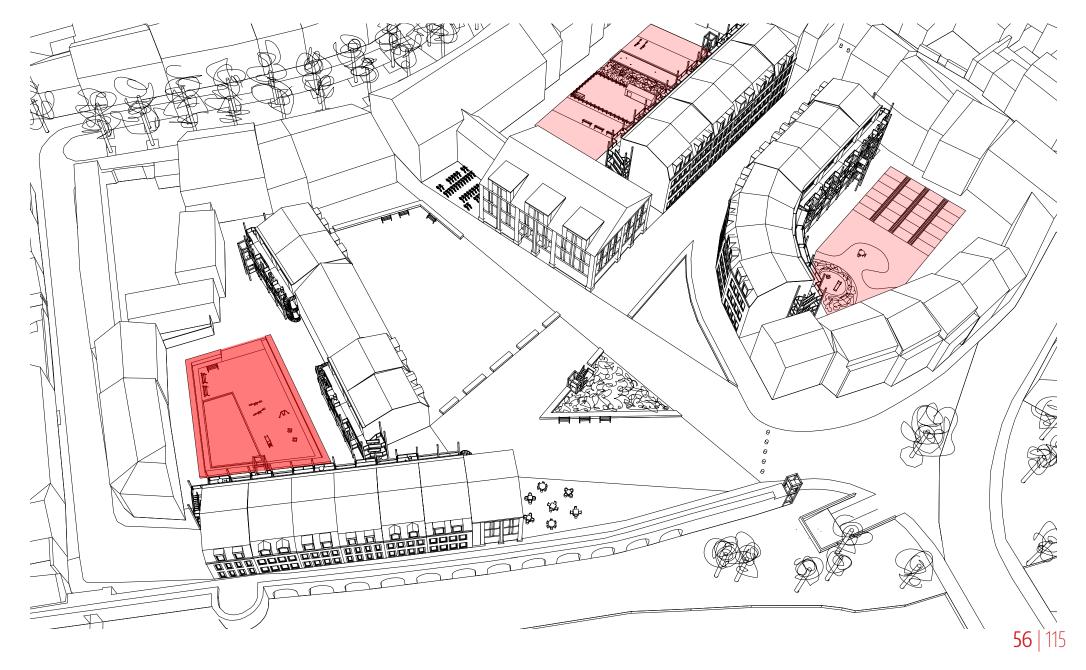


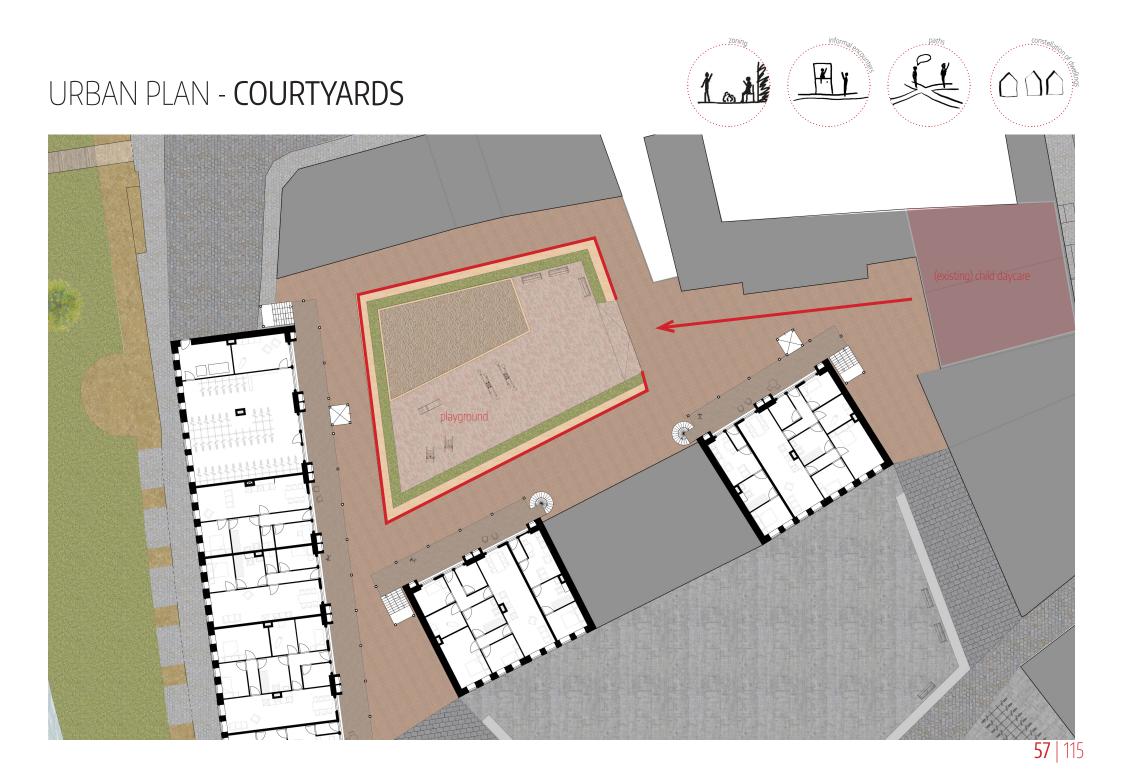


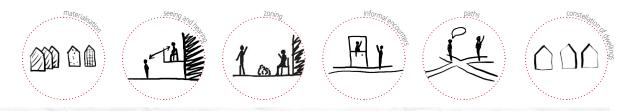


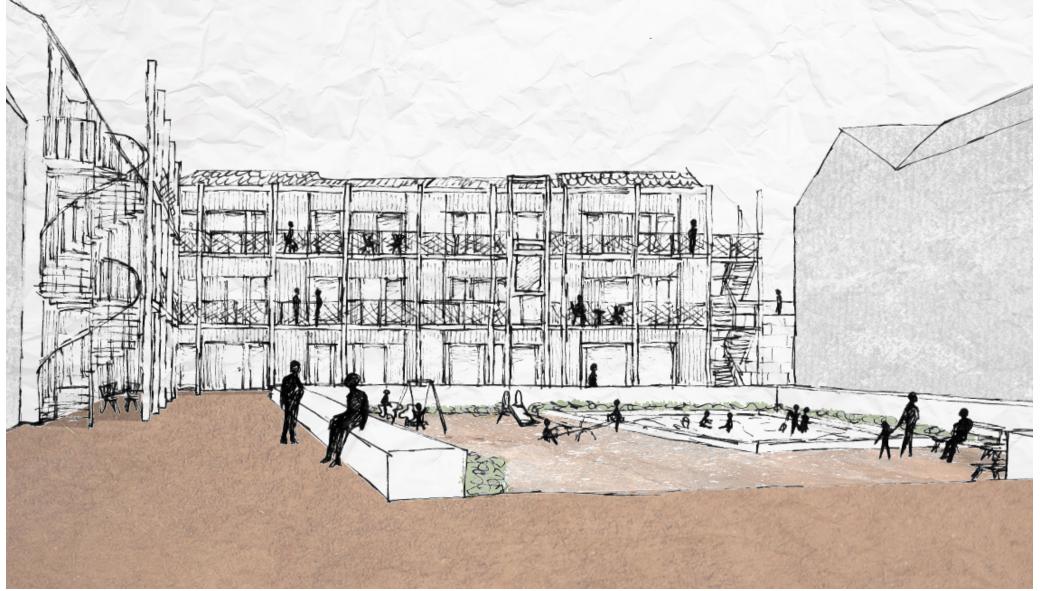


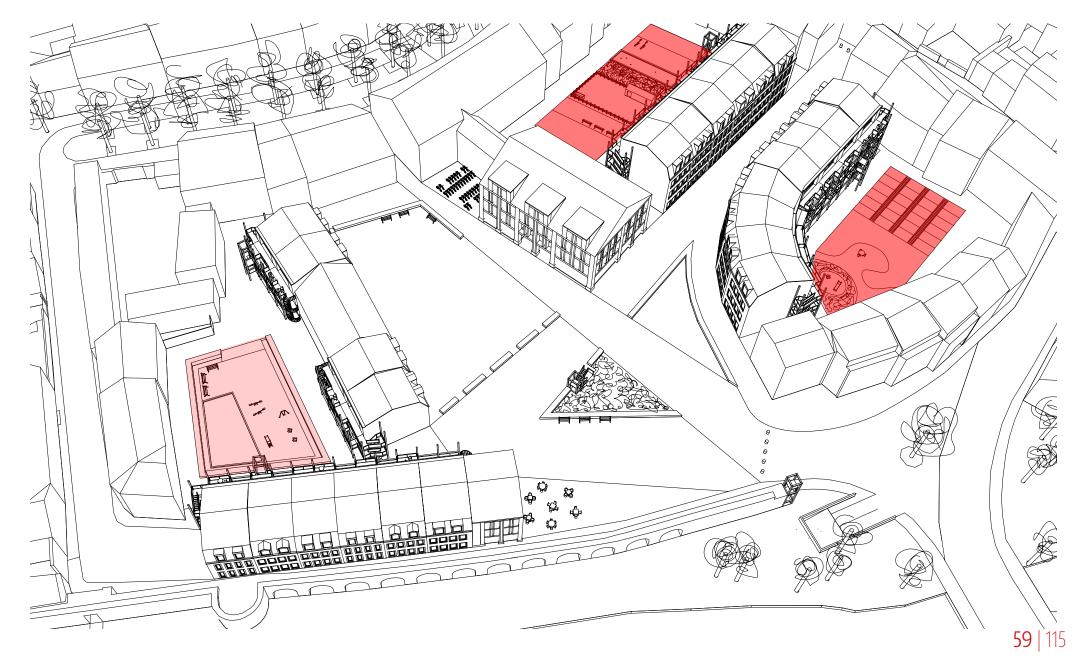


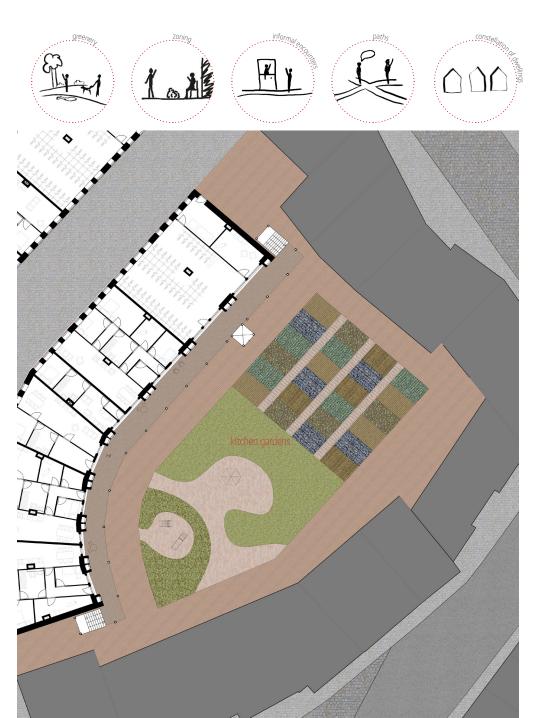






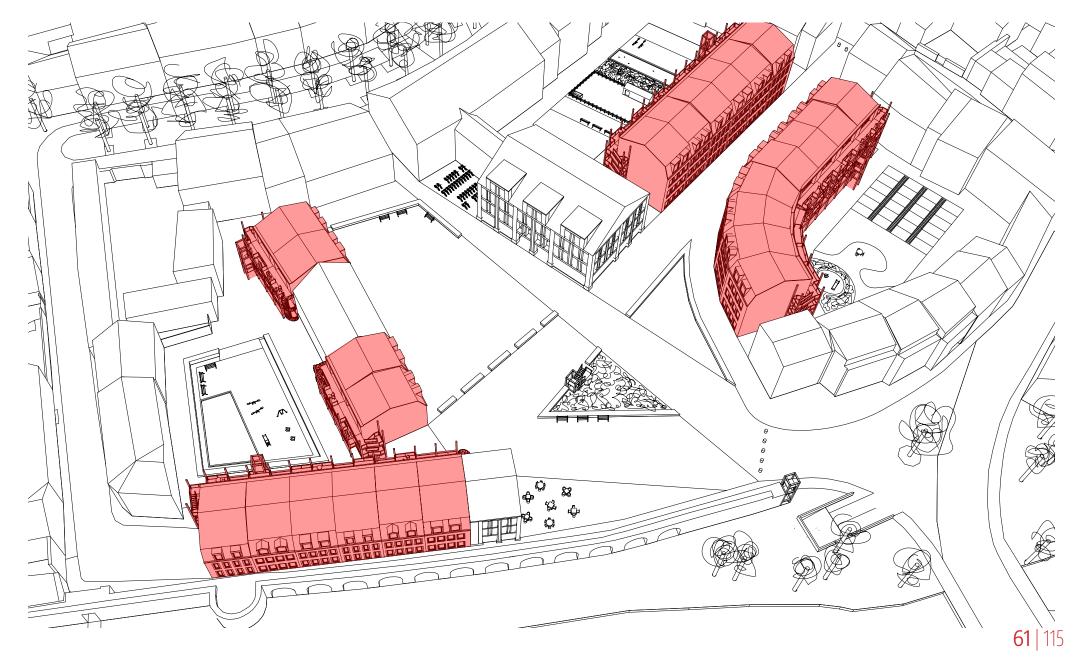


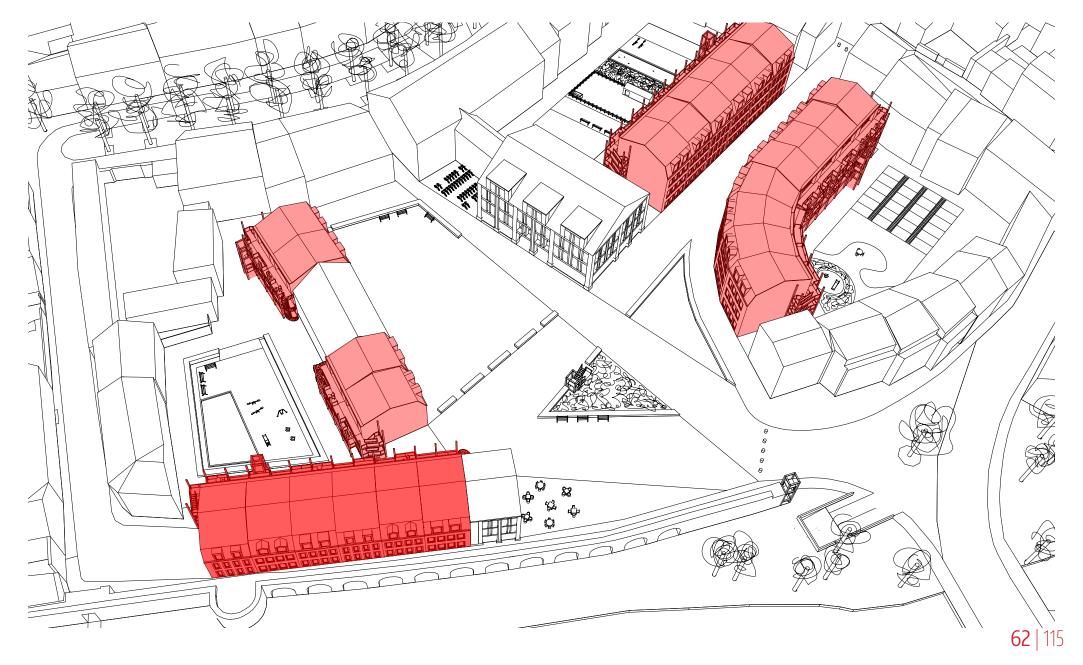


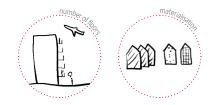


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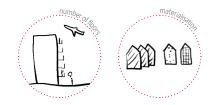








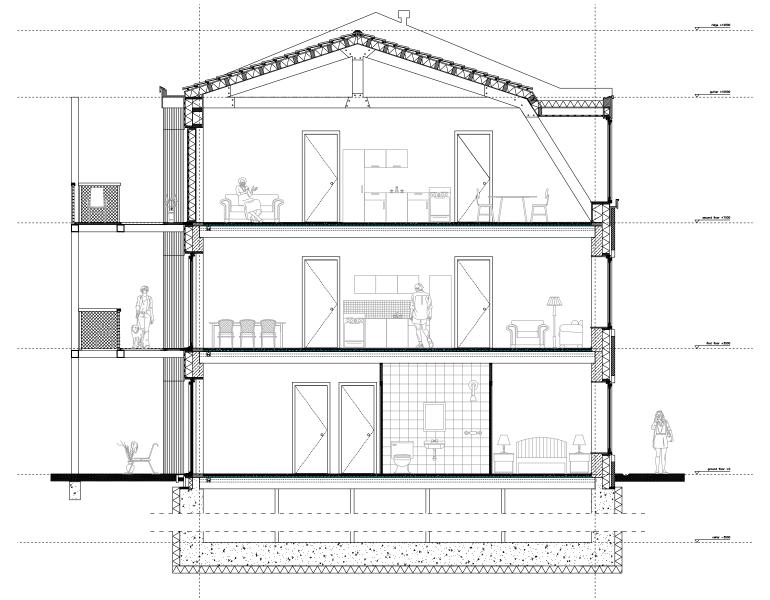










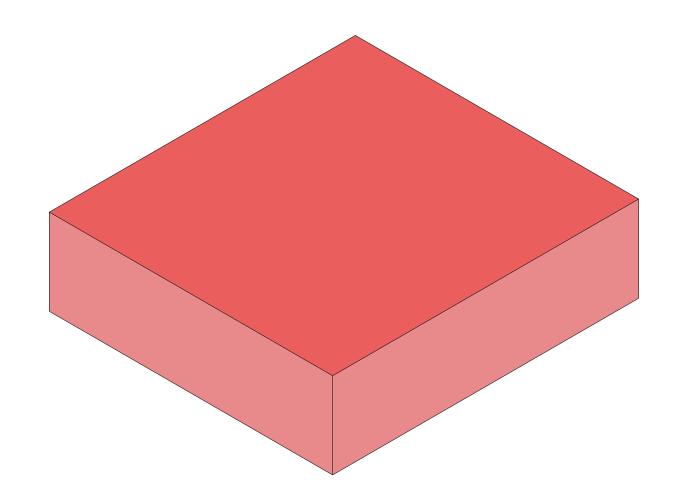


How to **dwell** within this urban plan?

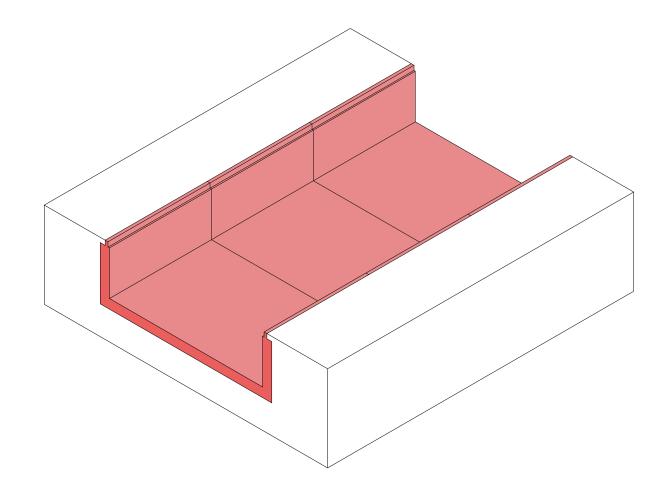
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DWELLING UNITS - CONCEPT
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Suitable for every **age**, every type of **household**, with the opportunity to **adjust** to the dwellers needs **over time**.

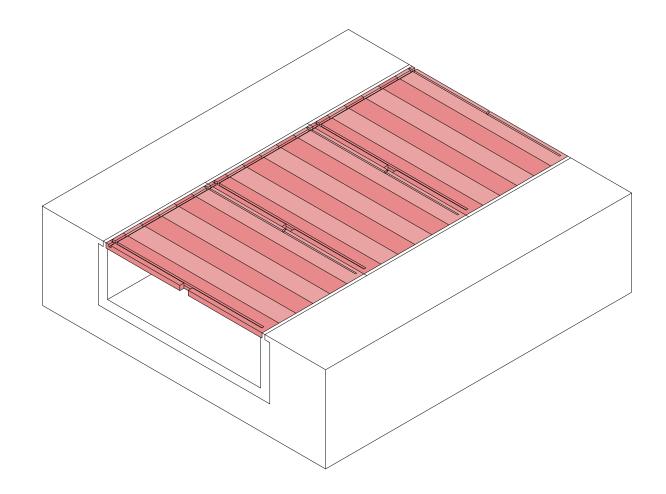
DWELLING UNITS - PLOT



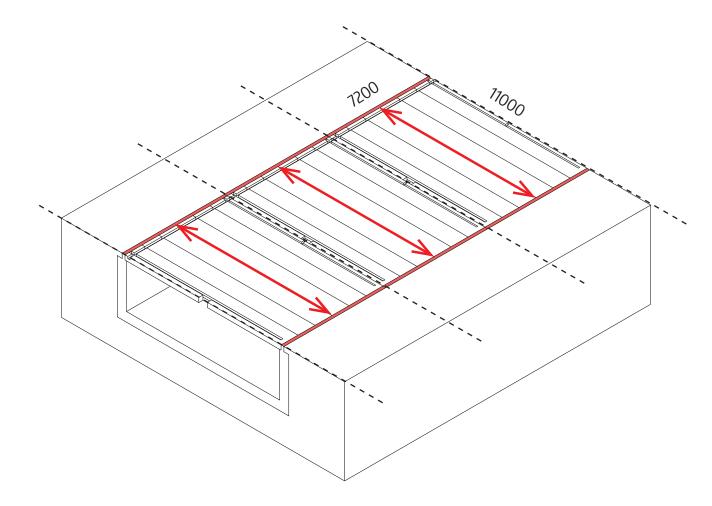
DWELLING UNITS - CELLAR



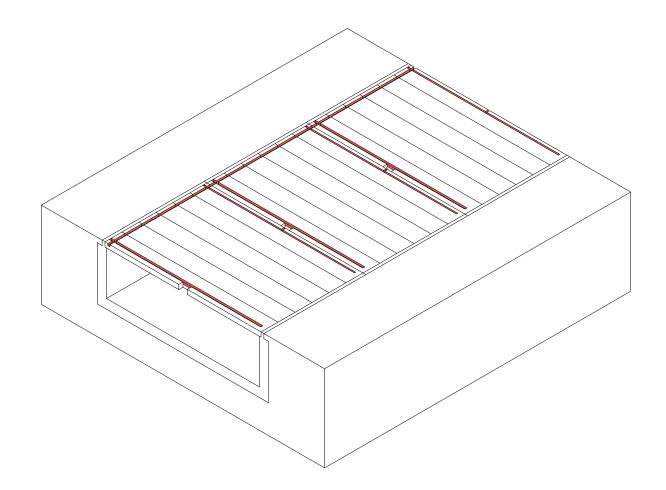
DWELLING UNITS - FLOOR



DWELLING UNITS - FACADE TO FACADE

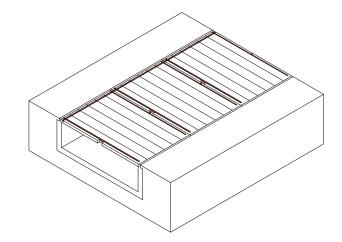


DWELLING UNITS - FLEXIBLE TUBE SYSTEM

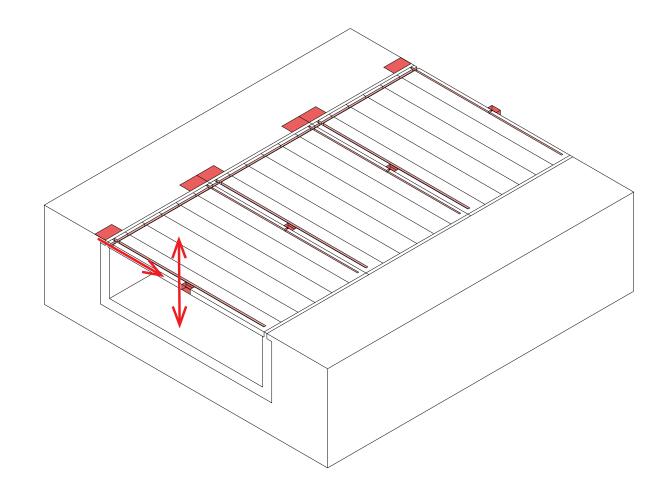


DWELLING UNITS - FLEXIBLE TUBE SYSTEM

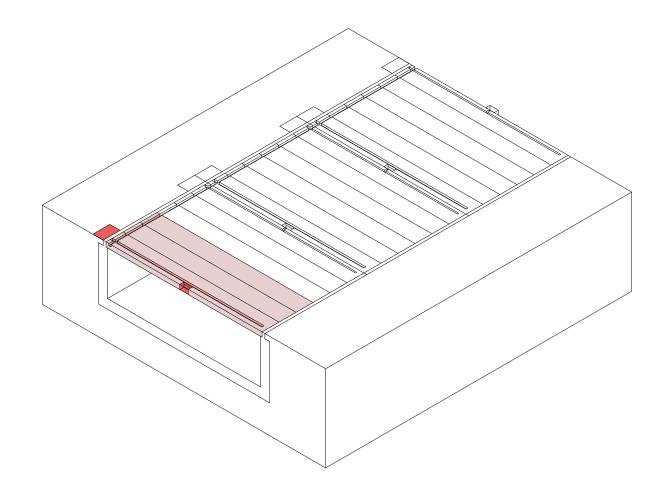




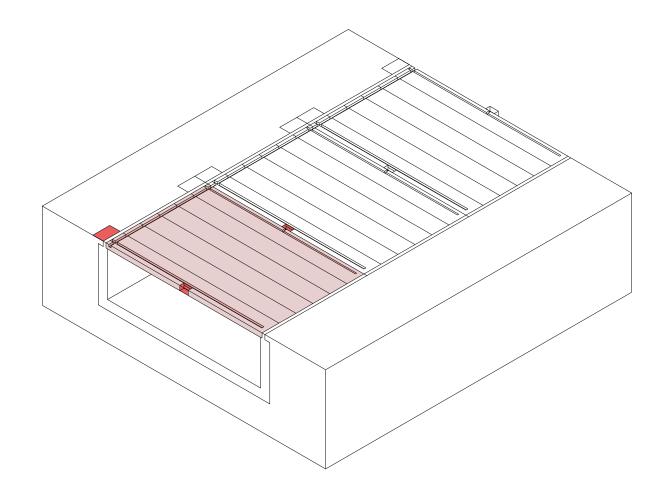
DWELLING UNITS - FLEXIBLE TUBE SYSTEM



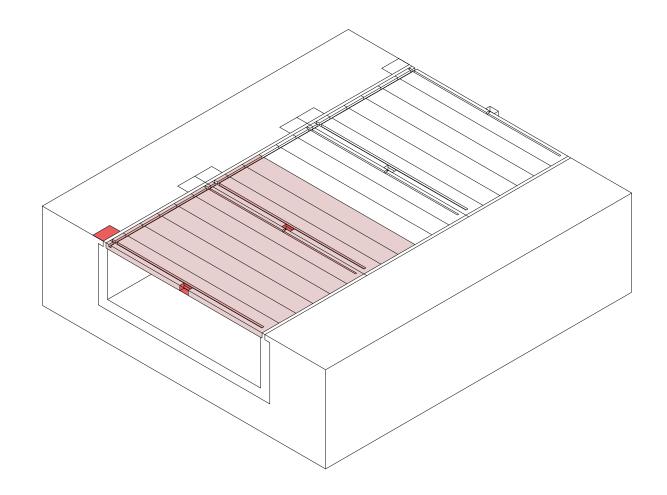
DWELLING UNITS - 0.5 GRID



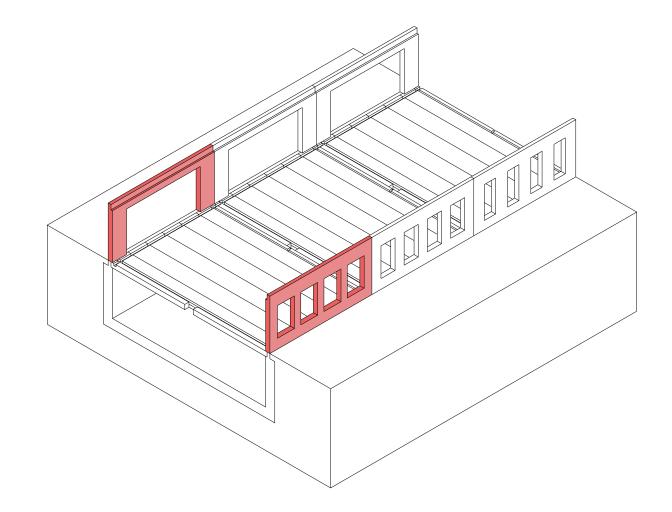
DWELLING UNITS - 1.0 GRID



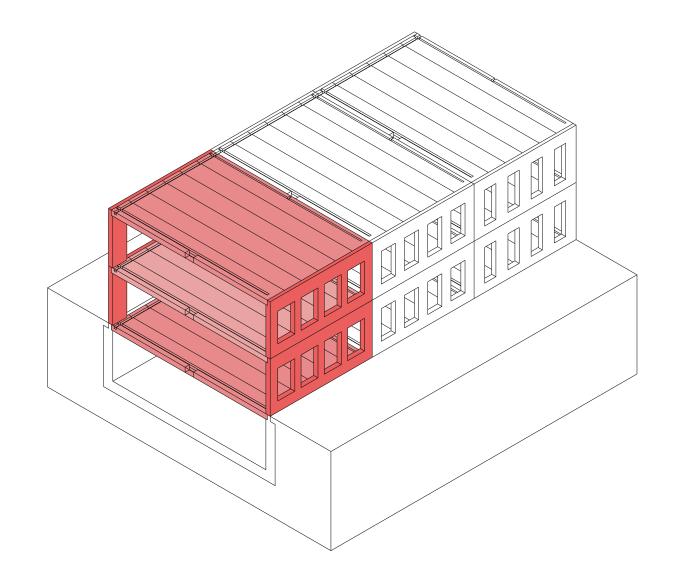
DWELLING UNITS - 1.5 GRID



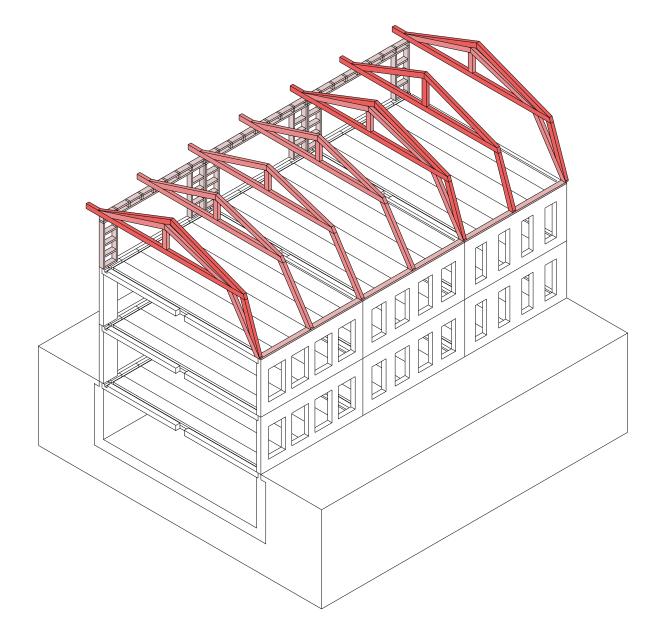
DWELLING UNITS - PREFAB FACADE PANELS



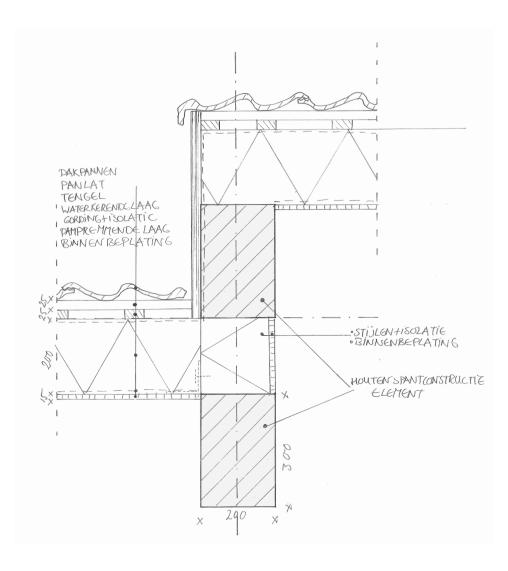
DWELLING UNITS - PREFAB CONCRETE

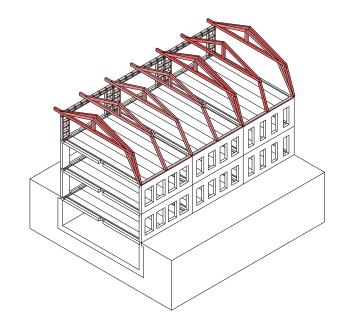


DWELLING UNITS - WOODEN STRUCTURE

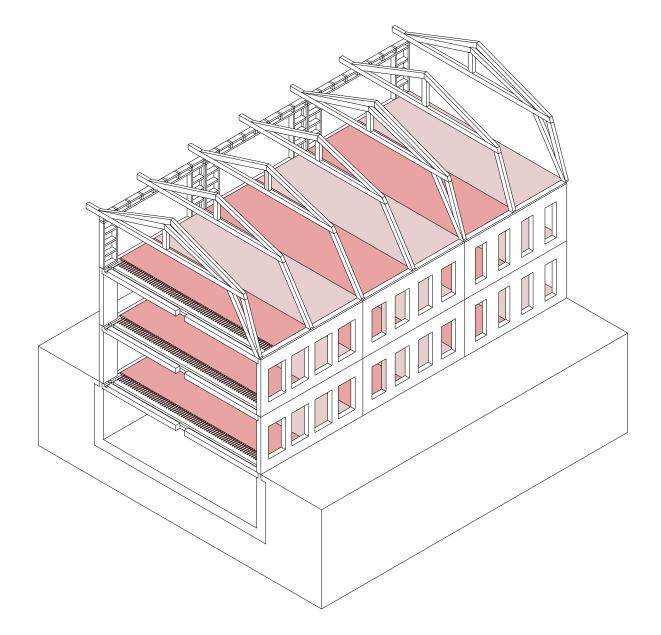


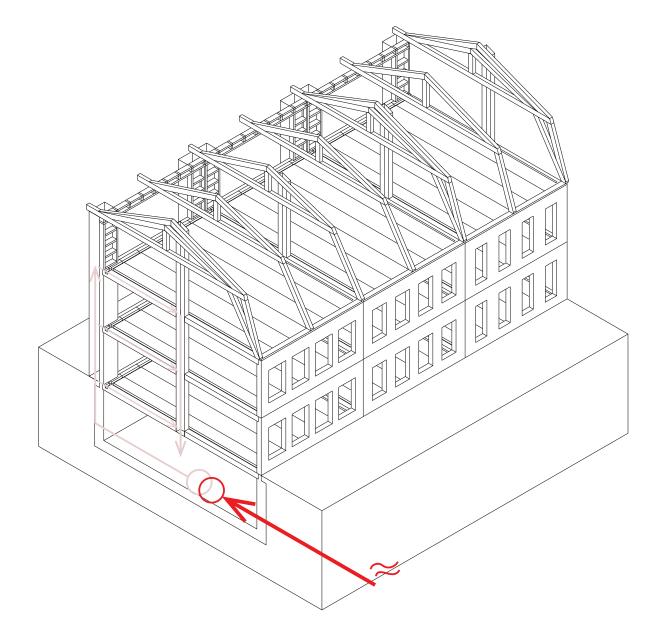
DWELLING UNITS - WOODEN STRUCTURE

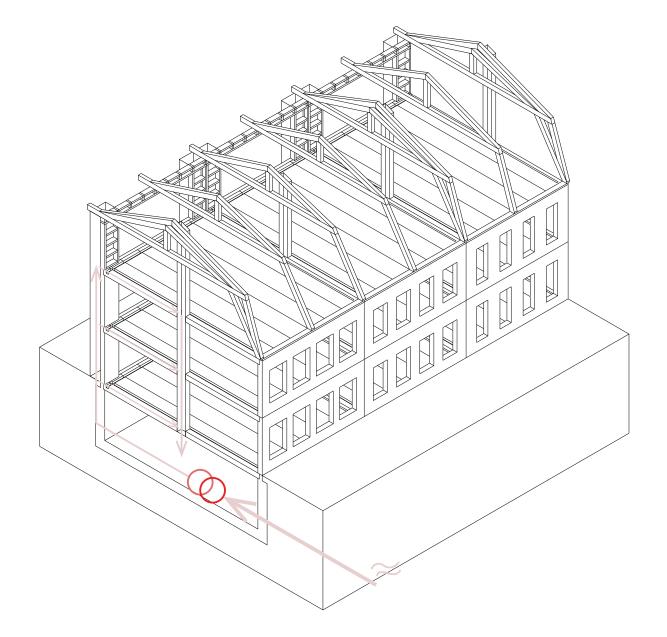


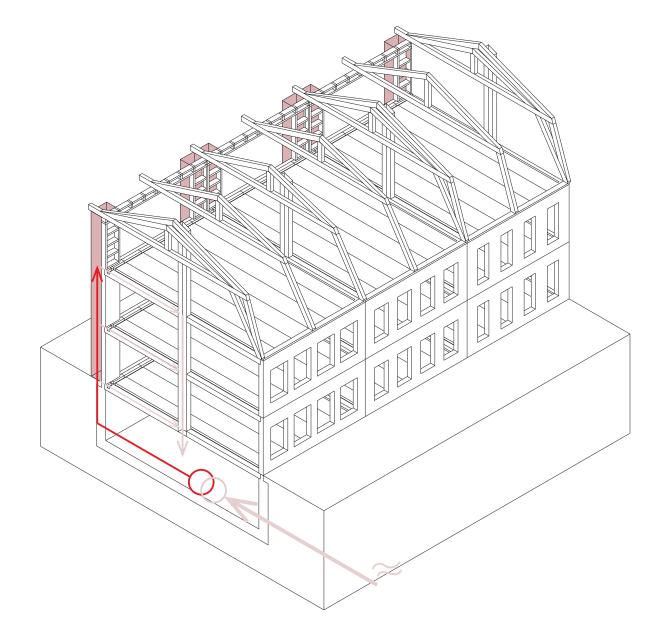


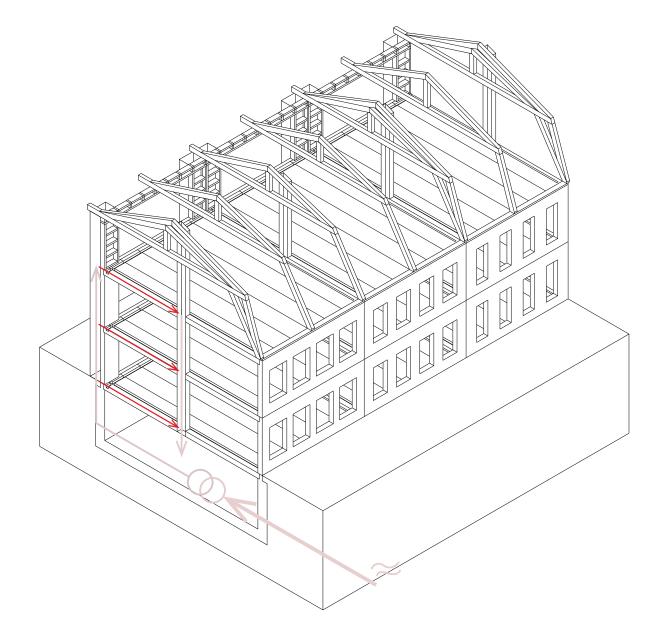
DWELLING UNITS - FLOOR HEATING

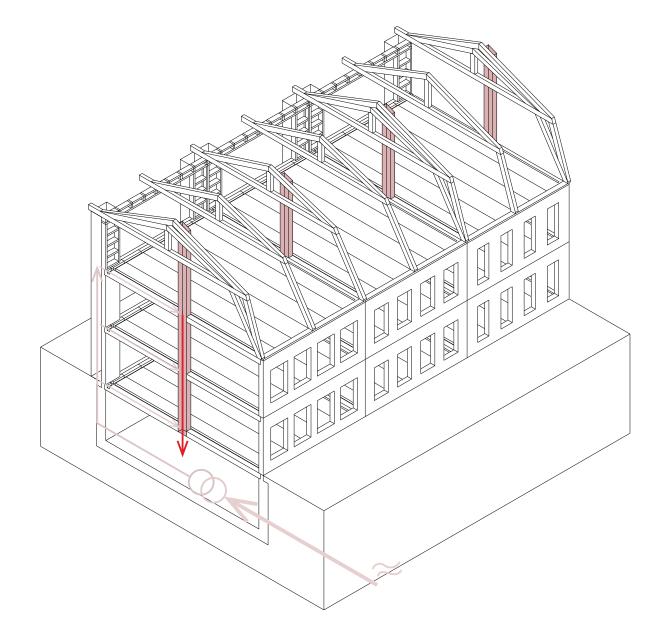




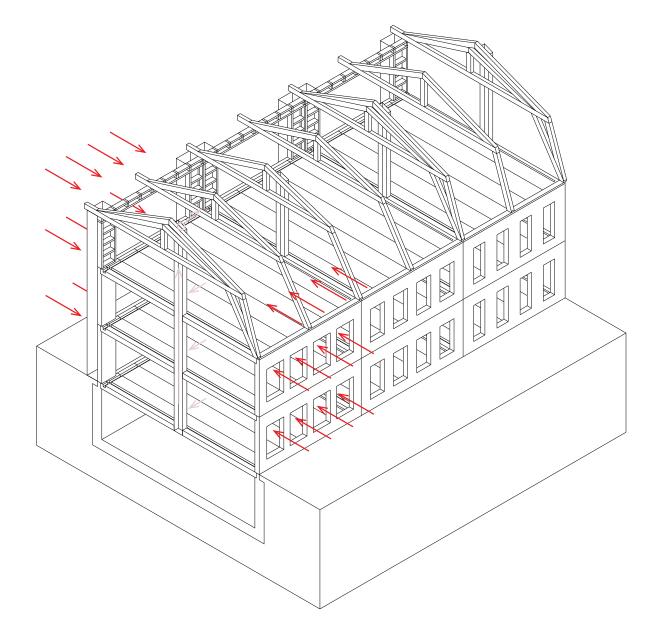


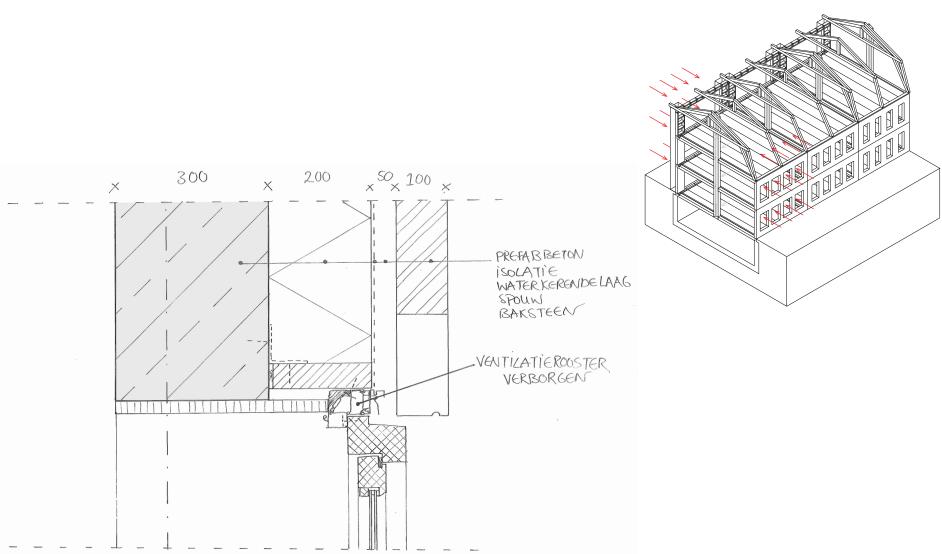






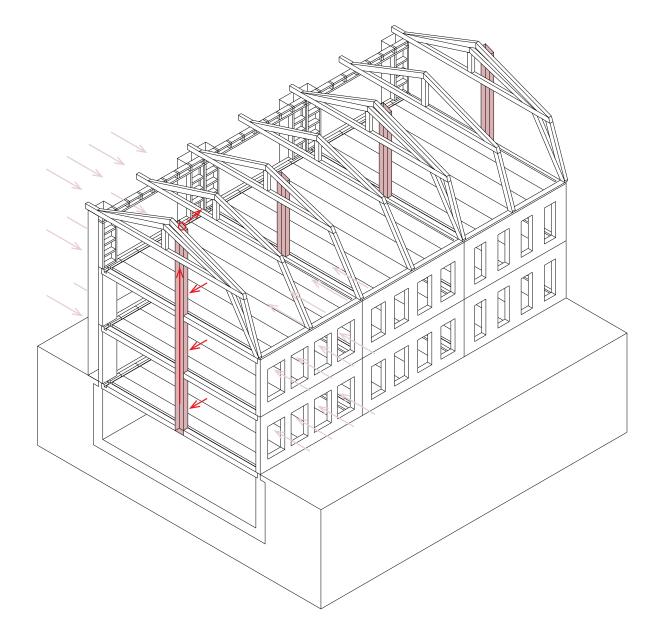
DWELLING UNITS - VENTILATION SYSTEM





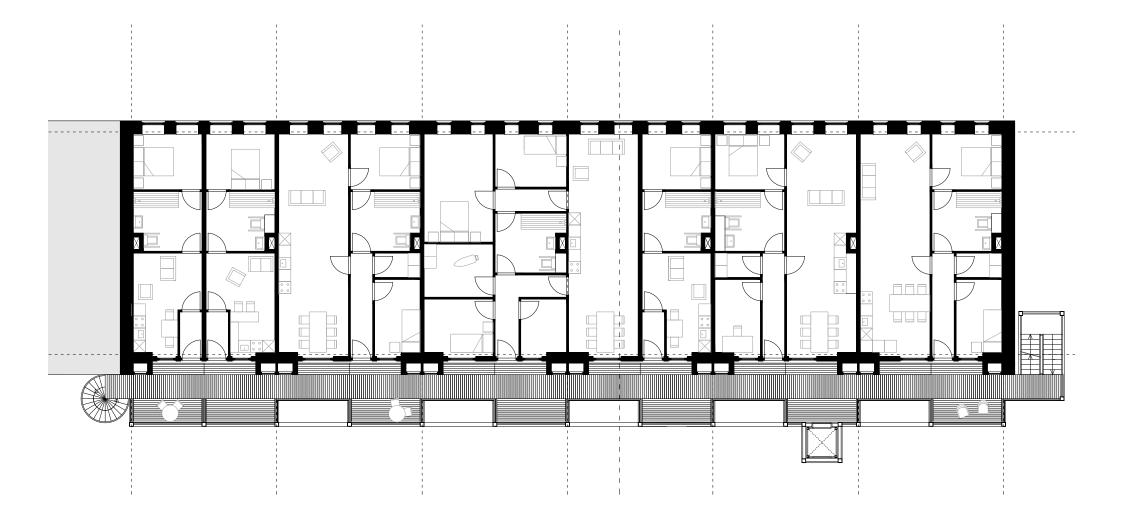
DWELLING UNITS - VENTILATION SYSTEM

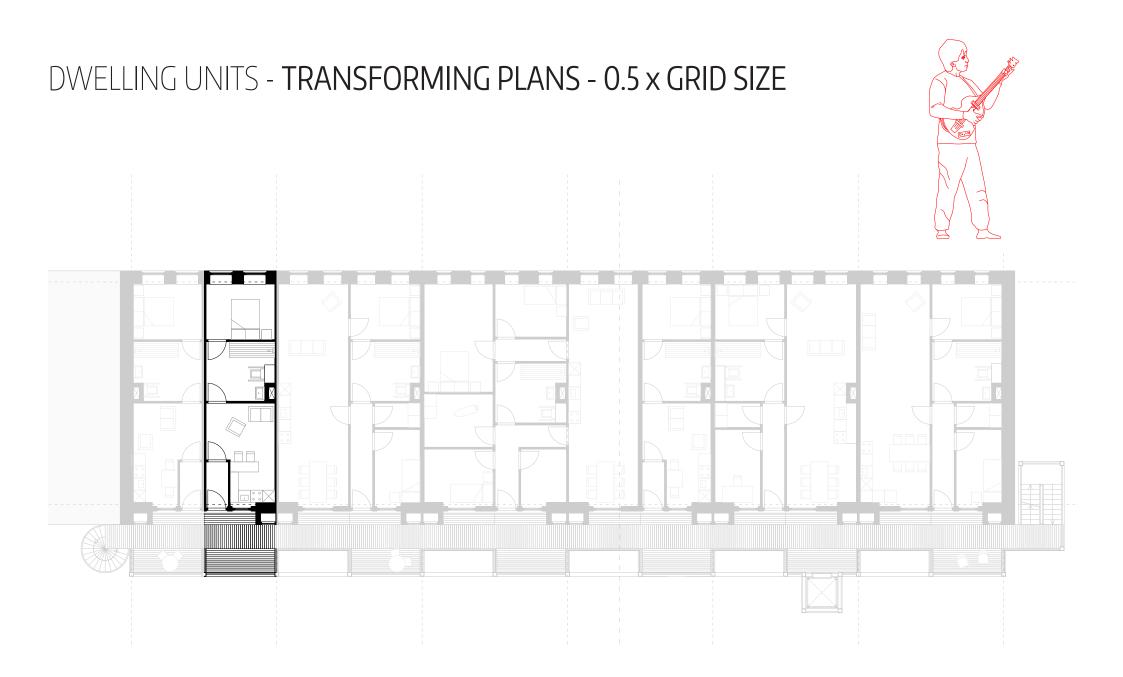
DWELLING UNITS - VENTILATION SYSTEM

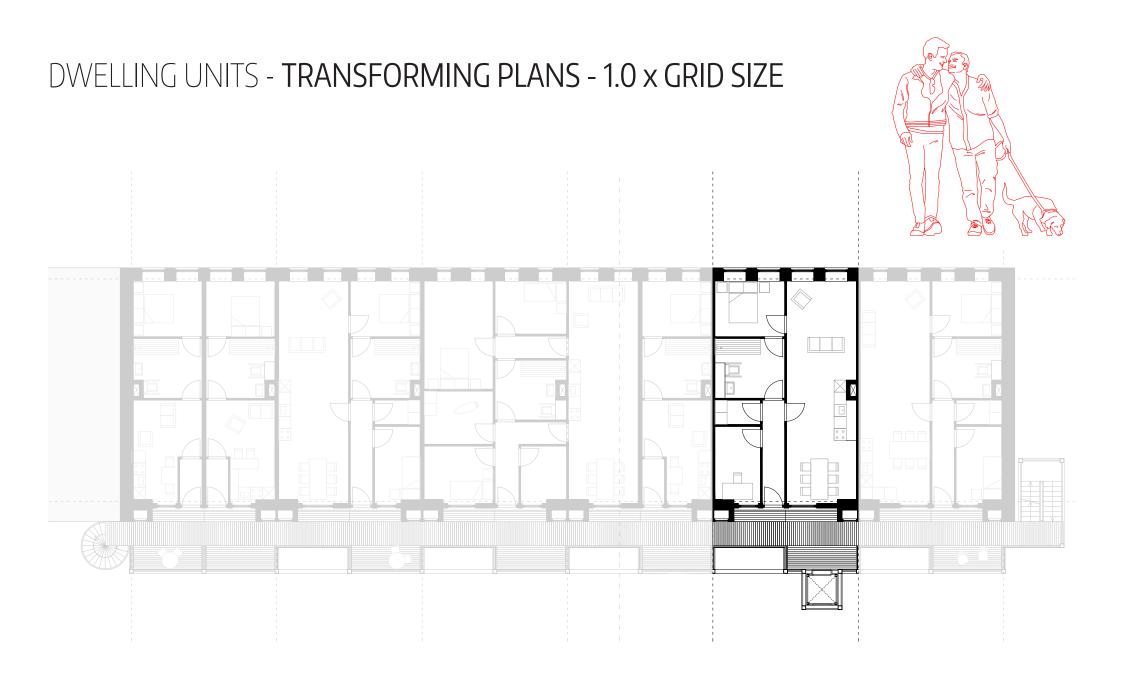


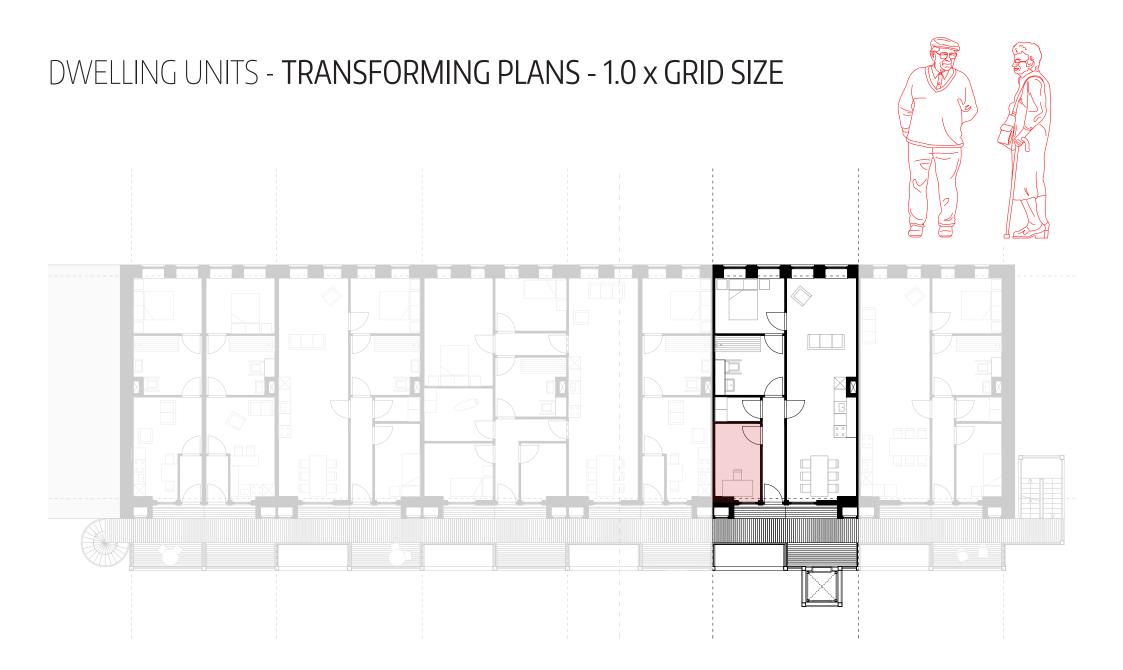
How to **inhabit** this structure?

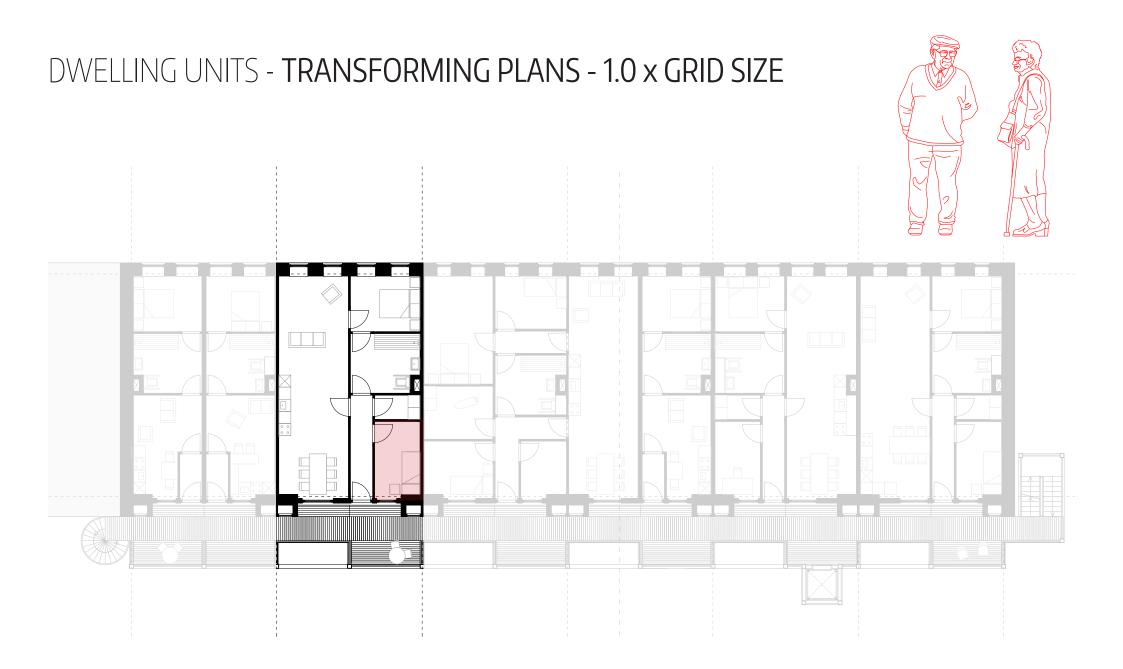
DWELLING UNITS - TRANSFORMING PLANS - OVERVIEW +01



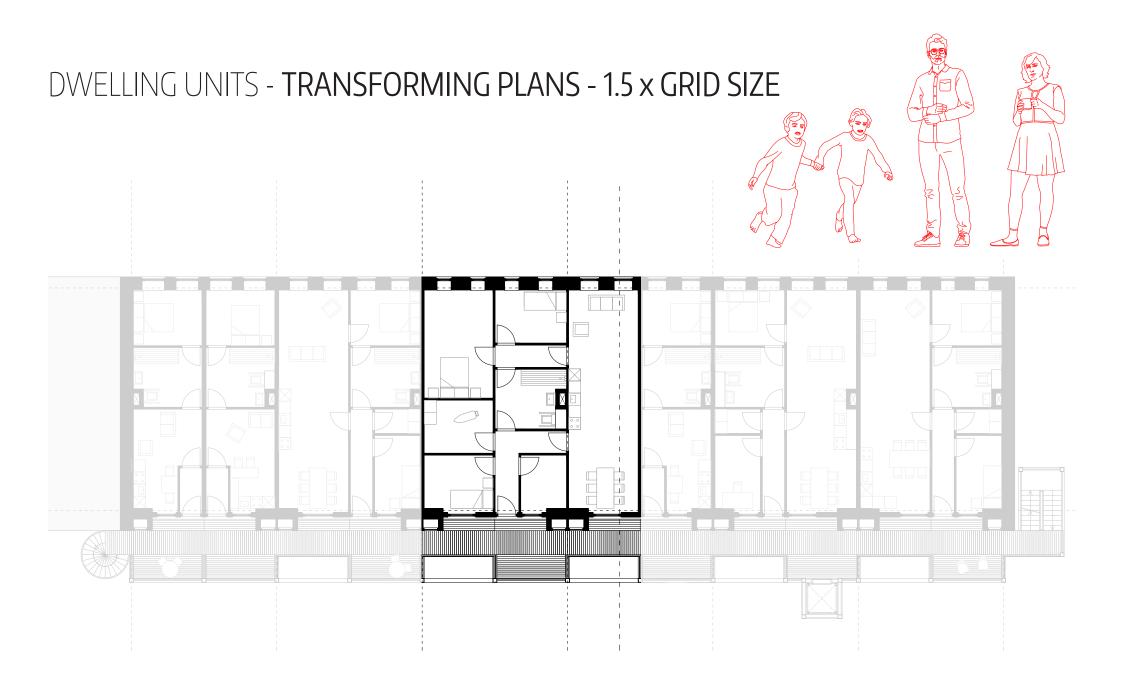




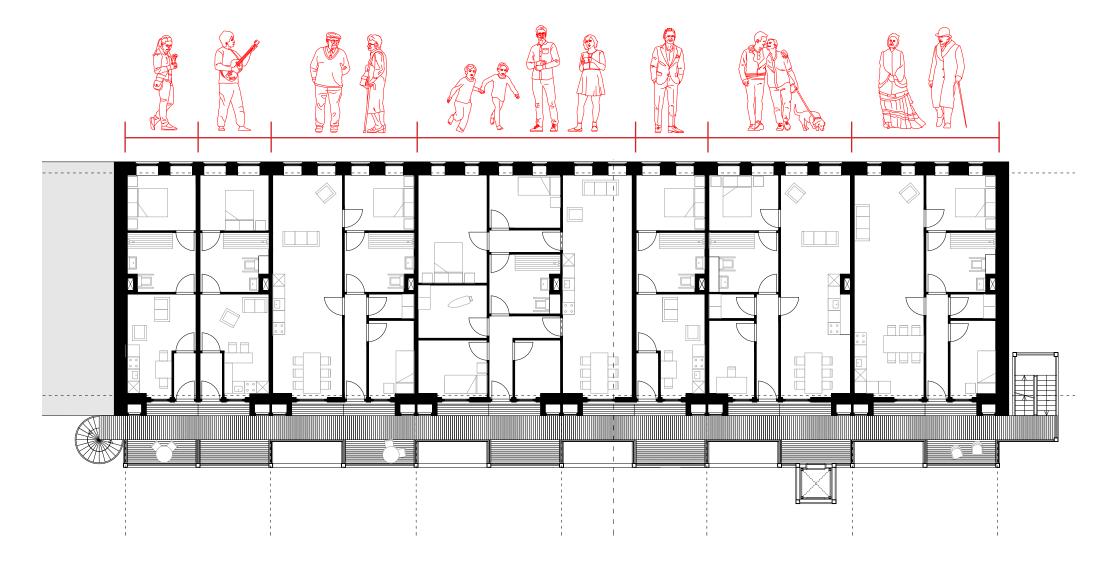




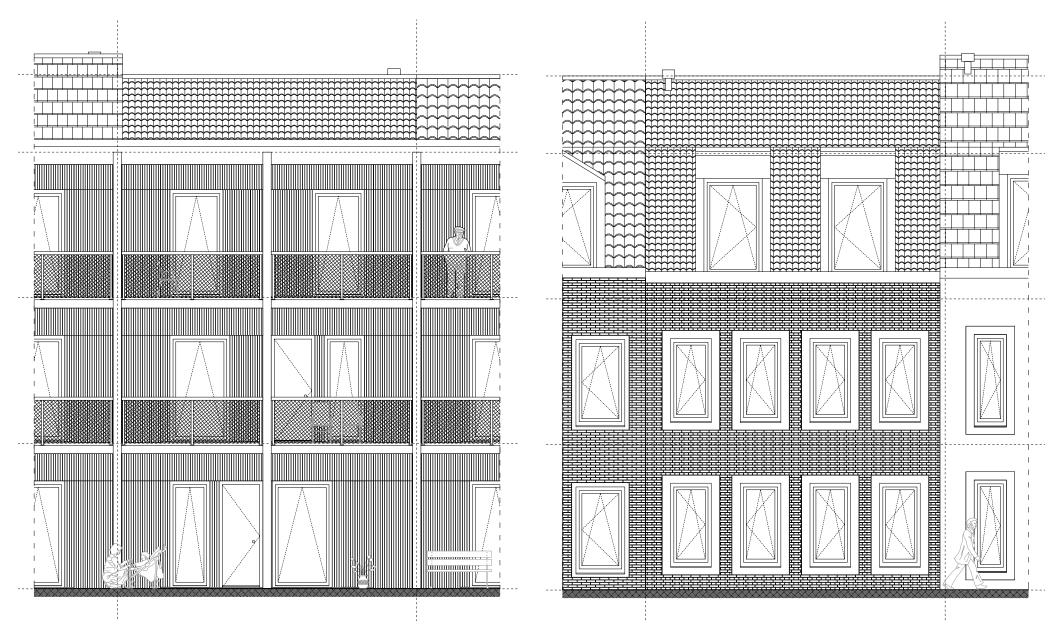
| 115



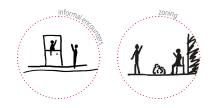
DWELLING UNITS - TRANSFORMING PLANS - 1.5 x GRID SIZE

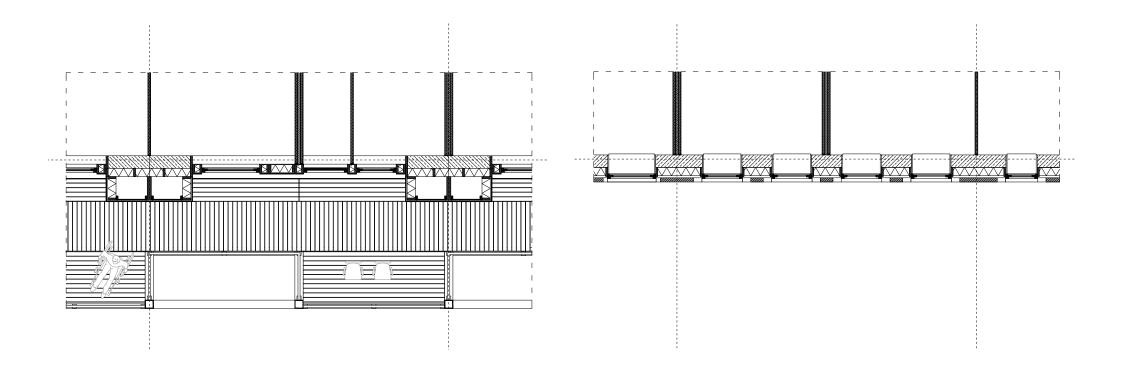


DWELLING UNITS - TRANSFORMING FACADE

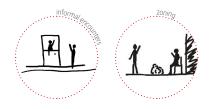


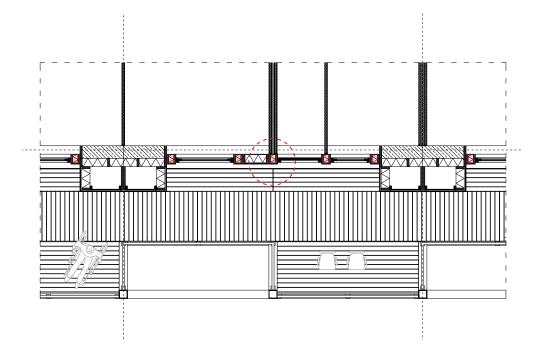
DWELLING UNITS - TRANSFORMING FACADE

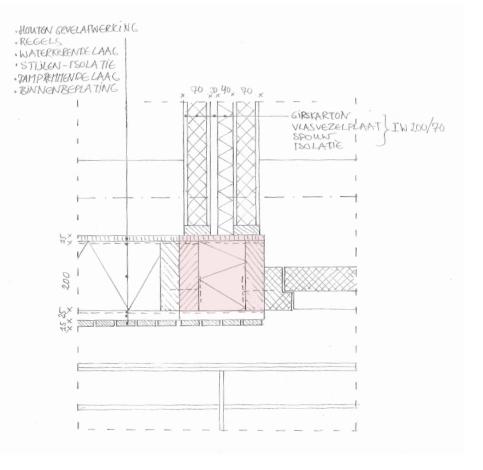




DWELLING UNITS - TRANSFORMING FACADE

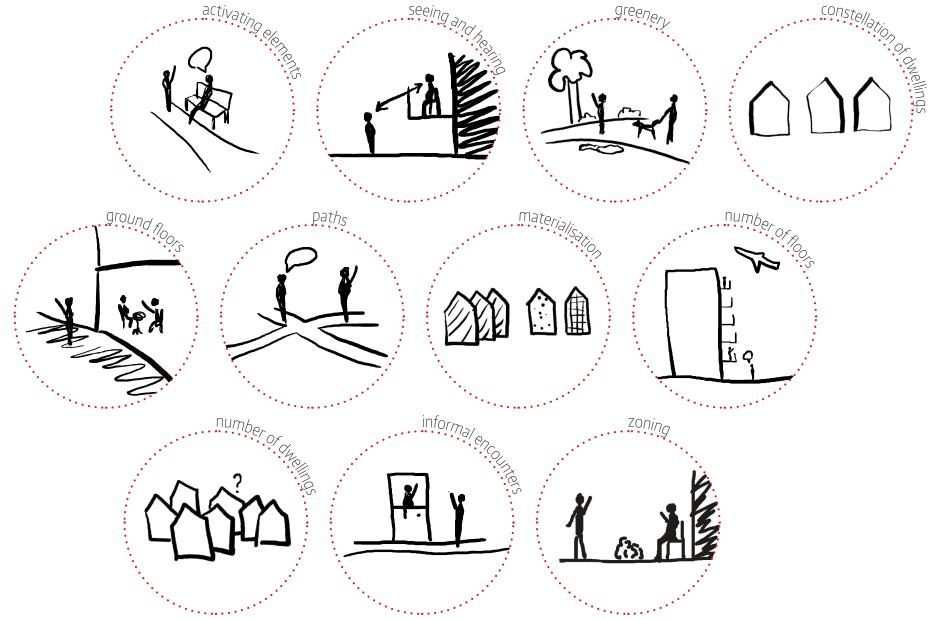






How does the **architecture** being created, help in **reducing loneliness**?

ARCHITECTURAL ELEMENTS SUPPORTING SOCIAL INTERACTIONS



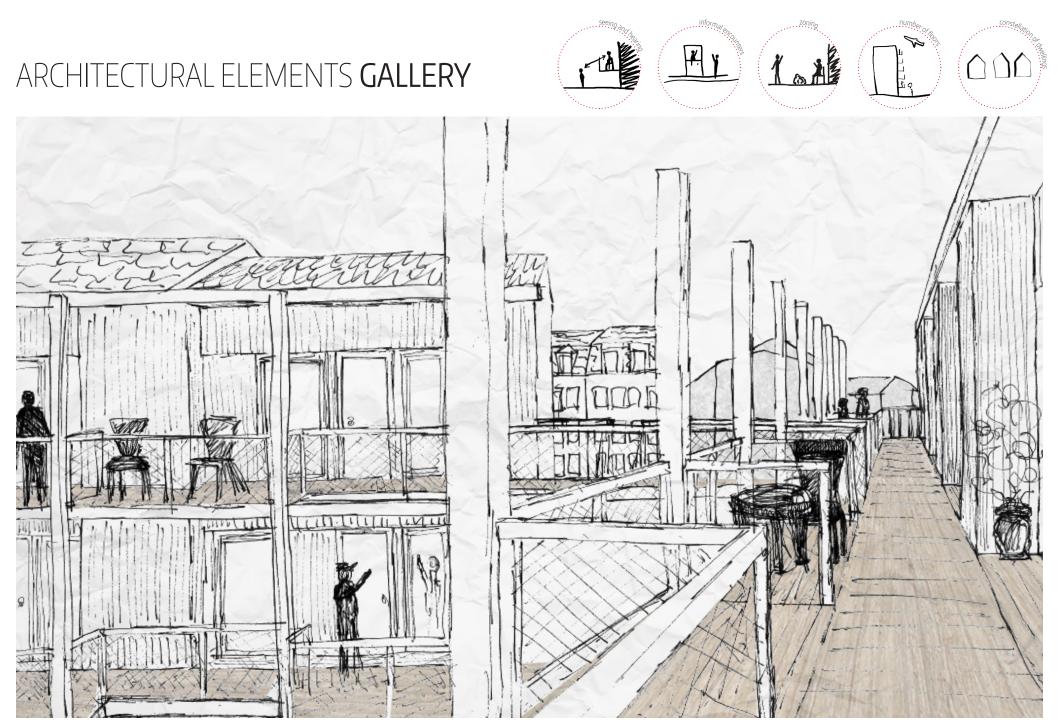
ARCHITECTURAL ELEMENTS **DWELLING**



3

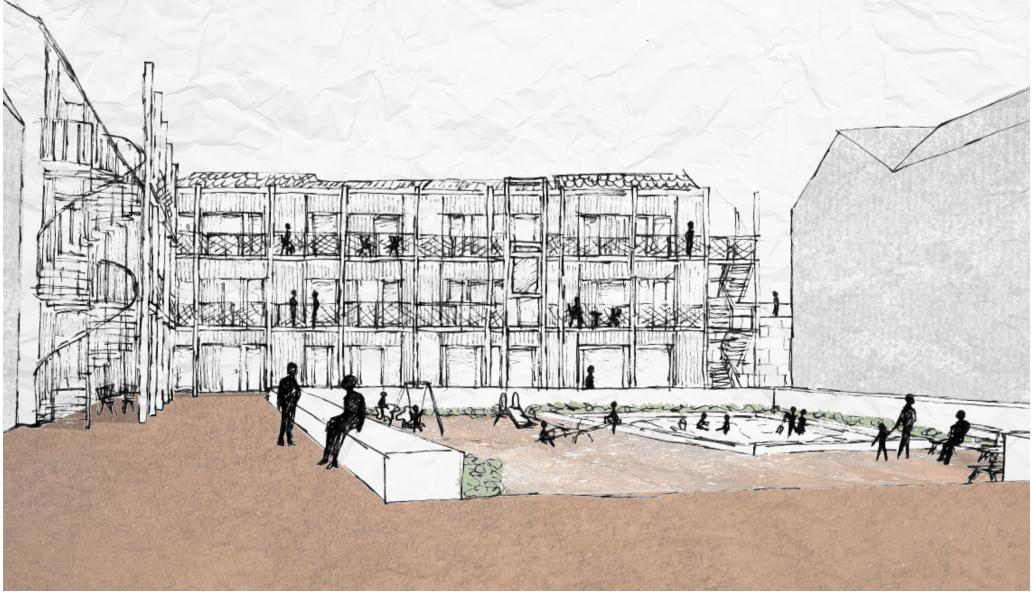
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1 .



ARCHITECTURAL ELEMENTS COURTYARD





ARCHITECTURAL ELEMENTS **PUBLIC SQUARE**





What has been **achieved** within this design?



CONCLUSION - ROOM FOR...

...all household types.

CONCLUSION - ROOM FOR ...

...choosing privacy or the public.



CONCLUSION - ROOM FOR...

...both local residents and visitors.

CONCLUSION - ESTABLISHMENT

The creation of a **living environment** which suits to the **needs** and **wishes** of elderly, providing opportunities for establishing **social interactions**, which support decreasing the chance of experiencing **loneliness**.

GRADUATION PRESENTATION RESEARCH AND DESIGN

ARCHITECTURE & LONELINESS DESIGNING AGAINST LONELINESS AMONG THE ELDERLY

NAME AMBER DE VREDE STUDENT# 4065646 DATE 30.06.2017 GRADUATION STUDIO EXPLORE LAB 22