Graduation Plan

Master of Science Architecture, Urbanism & Building Sciences

Graduation Plan: All tracks

The graduation plan consists of at least the following data/segments:

Personal information	
Name	Mark Yannick Neuteboom
Student number	4984978

Studio	
Name / Theme	AR3AD110: Designing for care in an inclusive environment
Main mentor	B.M. Jurgenhake	Architecture Dwelling
Second mentor	F.M. van Andel	Architecture Dwelling
Third mentor	A.B.J van Deudekom	Architectural Engineering
Argumentation of choice of the studio	Inclusiveness is for me very important. I choose this studio as I believe everyone needs to be accepted as the person who they are no matter what age, especially as the elderly are currently overlooked and generalized.	

Graduation project	
Title of the graduation project	Stigma and the built environment, Growing old in an inclusive environment
Goal	
Location:	Sparrenheide, Driebergen-Rijsenburg
The posed problem,	Stigma limits an inclusive built environment for elderly
research questions and	"How can the built environment contribute to create a better perception about aging in society?"
design assignment in which these result.	A design strategy for a built environment (a neighborhood and architecture) to decrease the stigma of elderly

Currently the elderly is experiencing discrimination, exclusion and self-stigma, things that are the opposite of inclusiveness. The term inclusive means that people are treated fairly and equally. This feeling can be created by how spaces are arranged, for example placing stairs before a common room could give people with a disability the idea that they are not welcome in that area.
My research will try to provide an answer and, if possible, a design strategy how the built environment can decrease the stigma of growing old and ways to prevent exclusion and discrimination in a context for elderly.

Process
Method description

Literature research to answer; "how are stigmas are created in a society?". This will be the base of my study and gives basic knowledge about stigma.
Literature, interviews, and surveys to find out "how the stigma of growing old and the built environment are connected?"
By answering this a list can be made of the aspects that influence stigma, by using this list literature can be analyzed to define which elements of the built environment are able to influence stigma. If the built environment elements are defined, research can be done how these elements can be adapted to decrease the stigma of growing old. This can be done by doing case studies and analyzing literature, which will result in which methods can be applied to decrease stigma and create a more positive perception about aging in society.

Literature and general practical preference

- Bil, J. S. (2016). Stigma and architecture of mental health facilities. British Journal of Psychiatry, 208(5), 499–500. https://doi.org/10.1192/bjp.208.5.499b
- Borenstein, J. (2020, August). Stigma and Discrimination. Psychiatry.Org. Retrieved 25 October 2021, from https://www.psychiatry.org/patients-families/stigma-and-discrimination
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- Chopik, W. J., Bremner, R. H., Johnson, D. J., & Giasson, H. L. (2018). Age Differences in Age Perceptions and Developmental Transitions. Frontiers in Psychology, 9. https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00067/full
- Garcia, H., & Miralles, F. (2017). Ikigai: The Japanese secret to a long and happy life (1st ed.). Cornerstone.
- Kylén, M., von Koch, L., Pessah-Rasmussen, H., Marcheschi, E., Ytterberg, C., Heylighen, A., & Elf, M. (2019). The Importance of the Built Environment in Person-Centred Rehabilitation at Home: Study Protocol. International Journal of Environmental Research and Public Health, 16(13), 2409. https://doi.org/10.3390/ijerph16132409
- Levy, B. R., Slade, M. D., Kunkel, S. R., & Kasl, S. V. (2002). Longevity increased by positive self-perceptions of aging. Journal of Personality and Social Psychology, 83(2), 261–270. https://doi.org/10.1037/0022-3514.83.2.261
- Mackenzie, C. S., Heath, P. J., Vogel, D. L., & Chekay, R. (2019). Age differences in public stigma, self-stigma, and attitudes toward seeking help: A moderated mediation model. Journal of Clinical Psychology, 75(12), 2259–2272. https://doi.org/10.1002/jclp.22845
- Mens, N., & Wagenaar, C. (2010). Health Care Architecture in The Netherlands (1st ed.). Macmillan Publishers.

- Montgomery, C. (2021). Transforming Our Lives Through Urban Design Happy City (Paperback) - Common. Farrar, Straus and Giroux.
- Podewitz, J. (2020, July 15). Why Doesn't Anyone Want to Move to Assisted Living? Vitality Senior Living. Retrieved 17 October 2021, from https://www.vitalityseniorliving.com/resources_for_senior/why-doesnt-anyone-want-to-move-to-assisted-living/
- Reynolds, H. (2019, March 6). Why do we fear nursing homes? Missionhealthservices. Retrieved 25 October 2021, from https://www.missionhealthservices.org/why-do-we-fear-nursing-homes/
- UNECE. (2009, November). Policybrief: Integration and participation of older persons in society (No. 04). https://unece.org/DAM/pau/_docs/age/2009/Policy_briefs/4-Policybrief_Participation_Eng.pdf
- Vangelatos, G. (2019, October 21). How does architecture impact society? A High-Level look. HMC Architects. Retrieved 11 October 2021, from https://hmcarchitects.com/news/how-does-architecture-impact-society-a-high-level-look-2019-10-18/
- Zimmerman, S., Dobbs, D., Roth, E. G., Goldman, S., Peeples, A. D., & Wallace, B. (2014). Promoting and protecting against stigma in assisted living and nursing homes. The Gerontologist, 56(3), 535–547. https://doi.org/10.1093/geront/gnu058

Reflection

1. What is the relation between your graduation (project) topic, the studio topic (if applicable), your master track (A,U,BT,LA,MBE), and your master programme (MSc AUBS)?
2. What is the relevance of your graduation work in the larger social, professional and scientific framework.

1. The master track AR3AD110 Dwelling studio: Designing for Care in an Inclusive Environment (2021/22 Q1) focusses on the inclusiveness for elderly in an area. This is done by researching the influence of design, my focus will be on Architectural design as this is my master track (A) for the master program (MSc).
   During my fieldwork and pre-research, I found out that much of the care, design and perception of elderly is based on assumptions and stigma that are incorrect. This also is influenced by the context and the architecture in which the elderly resides. My topic tries to find a method to decrease the stigma of elderly using architecture and create an inclusive environment for all ages.
2. My research focusses on the social concept of Stigma, which is commonly researched in social sciences, mostly based on mental health problems.
   The connection between the built environment and stigma is rarely researched or spoken of. My graduation work will act as a new insight about stigma and hopefully create more awareness about the living environment of elderly, both socially as architectural.