HOUSING FOR SENIORS SUFFERING FROM LONELINESS

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'Hi' Senior housing for elderly suffering from loneliness.

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CHALMERS

'Hi' is a project of housing for elderly struggling with a problem of loneliness. According to the current situation of ageing society and the future predictions for it the project strikes with important issues of the today's world. The project site is located along the Gibrealtargatan Street between the Chalmers Campus and the district of Johannberg.

The project commences with a preparatory research over the problem of loneliness. It indicates the existence of the problem among the elderly as well as unveils how serious and dangerous phenomenon it is. Better understanding of the problem and learning from people how are professionally committed to it helped to gather a set of strategies which has been cut out for dealing with the loneliness issue. That led to a concept of mutual help and integration which are realized on various levels. To be able to achieve this kind of supportive environment the building will be a combination of following functions: senior housing, student housing, charity shop, clinic and commercial. To each of the function there was an attention drawn to be sure that they fulfil the needs of users.

The final design was achieved by few guidelines established while designing the building should not create an institutional or overwhelming atmosphere. The living block should be divided to smaller blocks with the cosy common areas between. The spaces are supposed to give possibilities of interaction with different social groups and various intensity. The students' part should be somehow separated because of the distinction in the day cycle between seniors and students but that should not affect the common spaces. The idea of help gives the strongest expression through the charity shop which is also ranged as a part of common spaces and plays a significant role in tackling loneliness. Although the project consists of several different functions aiming different target groups the common spaces create a social and special connection unifying the parts into one whole.

2.0.0 ACKNOWLEDGEMENT

I would like to express my great thanks to

Jonas Lundberg
my supervisor and a great teacher who not
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My Family and Friends
who supported me along the way with a good
word and piece of advice.

Thank you, Anna.

The story of this project starts with a smile and with 'Hi'. Precisely speaking with many smiles and many 'Hi's that I came across in my life. I am talking about all of the adorable elderly strangers who happened to start a conversation with me. They have created a certain kind of sensitiveness and compassion in me which makes me very concerned about their well-being. As an architect we have this great power of making a change in people's life through built environment and I wished to make a change in lonely seniors life's, by trying to make a statement and discover new solutions. I was also very excited by a chance of learning from great Swedish knowledge built upon many years of experience in living solutions for the seniors. I hope that my work will help to draw more attention to the problem of lonely seniors and hopefully will bring up useful solutions for dealing with the problem.

"The Little Boy and the Old Man

Said the little boy, "Sometimes I drop my spoon."
Said the old man, "I do that too."
The little boy whispered, "I wet my pants."
I do that too," laughed the little old man.
Said the little boy, "I often cry."
The old man nodded, "So do I."
But worst of all," said the boy, "it seems
*Grown-ups don't pay attention to me."*
And he felt the warmth of a wrinkled old hand.
I know what you mean," said the little old man."

ELDERLY HOUSING IN SWEDEN

The elderly people represent the fastest growing part of the population and demographical prediction shows that this trend will continue over the next few years. By the end of 2035 one-third of European society is going to be over 65 years old. The phenomenon of an ageing society is also present issue in Sweden. According to Swedish Statistic (SCB) over the next fifty-seven years the group of 65 – 69 is predicted to grow by 18.1%, the age of 70 – 74 should increase by 57.7% and a group 75 – 79 should grow 64.9%.
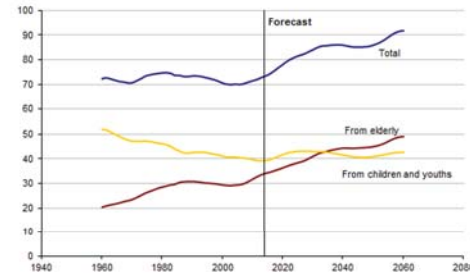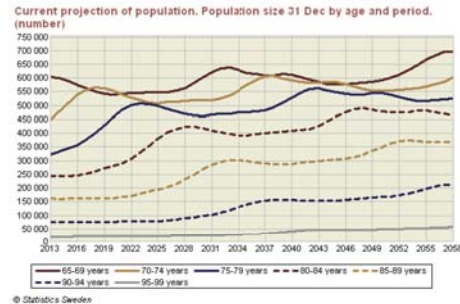
In most of the highly developed countries the structure of the family was changed through the years and elderly people are mostly living on their own. Quoting Goldenberg: "The so-called 'advanced' industrialized societies have moved so dramatically away from the large cohesive family group that today the three generation family has became a rarity among them". Therefore high demands are put on the housing market in terms of need for elderly adapted living solutions.

The old people's house in Sweden has a long and rich history whose roots date back to XIX century. The firs competition for an old peoples house was announced in Sweden in 1907, which makes it over 120 years of the research over this topic. Even though the tradition is to work on the solutions that will make, if possible for seniors, to stay in their own house as long as it is possible, many other solutions are being developed and researched.

The main goal and direction for the Swedish Elderly Policies is to provide possibilities and right conditions to live independent, high quality life. Recently on the conference in Stockholm that took place on 4th of December 2013 the Swedish minister for Children and the Elderly Maria Larson was presenting the results achieved in this field as well as presenting the future challenges. One of the raised questions was 'How to measure the quality within care of the aged?' and according to National Coordinator for Elderly Care - Eva Nilsson it depends very much on individual disposition and the best way to resolve this is to create an objective quality based on various quality registers.

The written communication presented at the conference is entitled 'A dignified life – Elderly policy review 2006-2014' describes the three main areas which the Government finds essential. The three objectives are: 'dignity and well-being, self-determination and choice, quality in health and social life'. The Swedish attitude towards the elderly care is very distinct and presents a high level of awareness and commitment. Sweden is aiming to become one of the world's leading countries when it comes to elderly care.

In architectural practice we can indeed observe a wide range of solutions for elderly dwellings which are following: living at home, senior living, secure living, nursing home and specialized care.
Most of the elderly care is founded by municipal taxes and government grants. In 2010, the total cost of elderly care in Sweden was 95.5 billion Swedish coronas (www.sweden.se) and only three percent of this sum was financed by private payments. The cost of the health care that the elderly have to pay by themselves are subsidized by government and based on a special rate schedules.
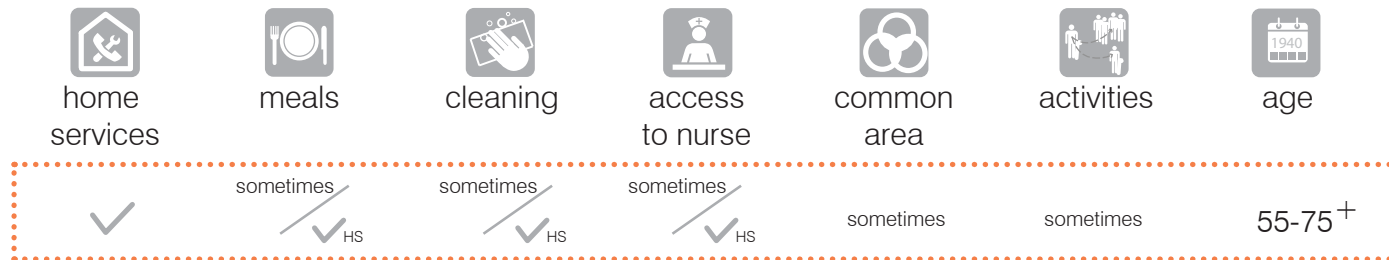
HOUSING SOLUTIONS

Elderly people who decide to continue living at home can receive various kind of support that will make their life easier. Seniors are given a choice whether they want the home help to be provided by public or private operators. The scope of the provided services is very wide and the choice of it depends from disabilities and needs of the receiver. Most of the Swedish municipalities offer ready-cooked meals that are being home delivered. Elderly also qualify for transportation services such as taxies and special assistive vehicles. When the elderly person is no longer able to deal with the everyday activities it is possible to apply to the municipality for a home-help services. The extent of such care depends on the needs of applying person but it can include services like: cleaning, laundry, aid in eating, hygiene, getting dressed, taking walks and getting the feeling of security. Each municipality declares their own rates for the elderly care. It varies mainly depending on the level and scope of provided help and on the person's income. It is also possible to invite Red Cross volunteers who are offering more of a social help like chat, walk or accompanying while visiting a doctor or a hospital. Aside from the home care services there are organisations like Swedish Institute of Assistive Technology (SIAT) who work on everyday use products to make elderlies' life easier. One of the examples is a digital social alarm - a small device easy to carry everywhere, which in case of an emergency, contacts home care or family in aim to get help or assistance. The last issue worth mentioning is that if the flat is not adapted to needs of the elderly inhabitant it is possible to apply for the adjustment contribution, which can be used to for improvements like removing the thresholds.

Despite all of the help provided in the elderlies' own houses, staying at home and taking advantage from the home care services can lead to isolation.

home services	meals	cleaning	access to nurse	common area	activities	age
✓	✓ HS	✓ HS	✓ HS	—	—	all
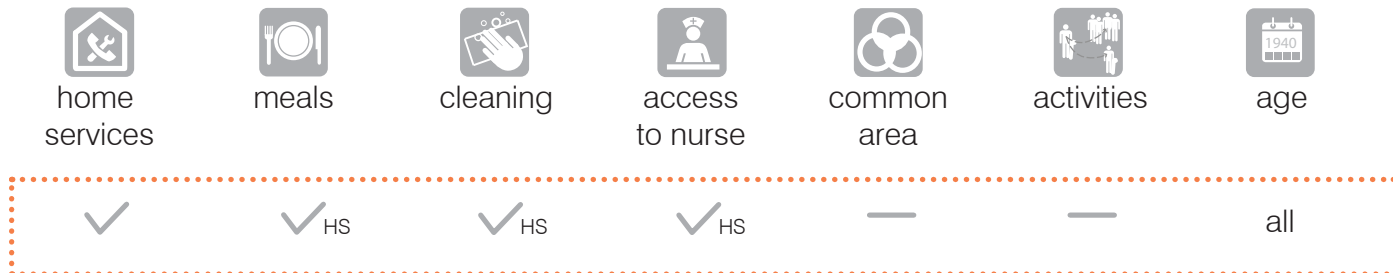
Senior housing is included in an ordinary housing market with the specification of the age over 55 years old. The tenant can either own the flat or just rent it. Inside the apartments- small differences to ordinary flats may occur like lower thresholds, more accessible bathrooms, ovens and such. In many cases the seniors apartments are not mixed with a apartments meant for representatives of other age groups or other functions to keep a tranquil and peaceful atmosphere. In the theory that type of living does not provide any services. But in practice there are various approaches towards this issue differentiating from place to place. Sometimes the home care services are ordered by municipality that the tenants decide what services they want and pay accordingly. There can be common facilities but no activities are organized by the real estate manager.

home services	meals	cleaning	access to nurse	common area	activities	age
✓	sometimes ✓ HS	sometimes ✓ HS	sometimes ✓ HS	sometimes	sometimes	55-75$^+$

Secure living is very similar to senior living, I would call it more advanced senior living. It is also meant for active seniors but with a restriction that they should be able to stay there even if problems with movability or health will occur. Therefore this kind of living is meeting high standards of accessibility. The living concept includes common areas and staff members who are organising activities and maintaining the building. The program of the common areas can be very different starting from a common dining space, through flexible area towards spa zone with sauna and swimming-pool. According to the new trends there should also be a good working space ensured for the staff. Secure living includes both kids of apartment those that can be bought and rental ones, the residents pay a fee for the apartments as well as for the common areas.

home services	meals	cleaning	access to nurse	common area	activities	age
✓	✓ HS	✓ HS	✓ HS	✓	✓	55-75^{+}

4.2.4 NURSING HOME

This type of accommodation is meant for the elderly who are severely ill and disabled and it is no longer possible to provide sufficient help for them in their own houses. The nursing homes can be very differently organised some of them are small apartments with a private kitchen as well as the common spaces with a living room and shared kitchen. Some of nursing houses have more of hospital character where the kitchen facility is very marginal.   But the major feature of those dwellings is that nurses and service personal are available around the clock. The doctors can regularly visit the patients once or twice a week or be called when it's necessary. To make life of the tenants more pleasant there are activities organised, many of them if the weather allows ran outside.

There are also short term nursing homes which support families that take care of their elderly relatives. The seniors stay in this kind of facility just for a week or even shorter depending on an individual situation in case the family needs a vacation or rest.

home services	meals	cleaning	access to nurse	common area	activities	age
—	✓	✓	✓	✓	✓	all

This living solution includes all types of specialized care. In most of the cases those dwellings are specialized in a specific illness, for example: dementia, Alzheimer or cancer. Here all of the facilities are provided – those concerning the health like nurses and doctors as well as the every-day activities help - meals, cleaning, personal hygiene. Because of the tenants health conditions the apartments are mostly minimalized to a bedroom with bathroom. Similarly the common areas and the activities are meagre. It is important to mention that the guidelines for designing those buildings meant to dwell people with a specific disease are constantly researched. For instance there are many rules and criteria designed for people with dementia to help them remain in a good condition as long as possible.

home services	meals	cleaning	access to nurse	common area	activities	age
—	✓	✓	✓	✓	—	all

CHOICE OF PROFILE

The senior housing solution that suits best the profile of my project is secure living. I believe that the common spaces will be a very important aspect of the loneliness healing process. At this stage of the project I can't judge if the final outcome will exactly fulfill the features of secure living, but there is one statement that I would like to make in my project and which turned out during my research on Secure living.

Referring to the past senior housing solution the concept of Secure living is not a brand new invention as it was already realized in the eighties. The examples of the building with the flats for people over 55 and an access to a wide range of common facilities can be Mölndalsbros Servicehus or Brogården. Basing on the experience and opinion of a director of Mölndalsbros Ms Lundberg that considered the satisfaction of the residents the development was a great success. The high quality of life was ensured by an access to different kinds of workshops, facilities and common spaces. What made the whole concept unlikely to last was the economics. The facilities as well as the staff were too expensive to keep the building maintenance costs relevance. Therefore because of financial issues workshops were being closed one by one, the amount of staff was being reduced and eventually the concept collapsed.

Taking this case as a lesson the cost of the common spaces and their maintenance should be considered in the early stages of the design process to ensure the financial relevance. One of the ways to achieve that is to design building program which provides rent-able spaces. The profit from those rents could cover the cost of the common areas. What also helps is to along with senior housing design another type of residential arrangement and provide common spaces shared between both of them. This solution would also bring a good result in fighting loneliness and ensure integration with other social groups.

STUDY VISITIS

4.3.1   VÄDURENS TRYGGHETSBOENDE

HOUSING TYPE: senior housing
ADDRESS: Roslagsgatan 20,
                              113 55 Stockholm.

Apartments
The accommodation comprises of 56 apartments and a guest apartment - 5 single apartments (about 50 m2), 24 double apartments (60-80 m2), 26 three bedroom apartments (about 90 m2) .

Building
The entrance is from Roslagsgatan. Entrance Hall serves as a meeting place and there are also mailboxes for each apartment. Newspaper holder can be found at each apartment door. From the entrance hall accessed the common laundry room and a small lounge.

Ideology
A basic idea of the accommodation is fellowship. A larger room with kitchen allows to organise communal dinners. On the top floor there is a large terrace and an adjoining smaller room with small kitchen available for tenants.

OWN OBSERVATIONS AND INVESTIGATIONS:
- Common spaces: dining area with kitchen, living room with kitchen, outside terrace, winter garden, entrance zone with a library
- Gym is not included in a programme but there is a public facility close to the building
- Tenants would prefer brighter colours in the common areas
- The tenants pay an extra charge for the common spaces, but they are satisfied with that solution.
- The vertical communication is just one elevator which is not enough

The strategies of tackling the loneliness should be considered while designing the building and should leave its trace on the building solutions.

HOUSING TYPE: assisted living
ADDRESS: Birger Jarlsgatan 91,
        113 56 Stockholm.

Apartments
The apartments of 30-50 m2 with shower, toilet and small kitchen. In addition to the residents' own homes, each floor equipped with common areas and a   pleasant dining room.

Staff and skills
The housing is staffed around the clock. Each floor has its own staff. In total there is around 50 full-time employees at Birger Jarl, including operations manager, nursing staff , nurses, activity leaders , occupational therapist and physiotherapist.   Medical efforts provided by the Stockholm County Council .

Activities
In Birger Jarl every day there is something to look forward to, that makes it worthwhile to get up. There are daily activities organised in smaller groups on each level and few times a week we offer entertainment or activities at the top of the house where we have great public space.

OWN OBSERVATIONS AND INVESTIGATIONS:
- There are a lot of activities going on the manager explains that as people get old they want to live the same way as they used to when they were young.
- There are not too much old furniture in the building the tenets like the modern equipment.
- There are a terraces accessible for tenants where they spend a lot of time during warm days.
- There are really a lot of common spaces- kitchen + living room and a big flexible space on the lest floor of the building.
- A kinder garden is located nearby the building there is no physical connections between those two function but tenants live to observe children playing.

The strategies of tackling the loneliness should be considered while designing the building and should leave its trace on the building solutions.

4.3.3   LÖJTNANTSGÅRDEN

HOUSING TYPE: assisted living
ADDRESS: Löjtnantsgatan 8,
                            115 50 Stockholm.

Apartments
The apartments are 27-34 m2 and fitted with a French balcony.

Ideology
The building is part of Immanuelskyrkans diaconal work.The older man and his/her needs is the main focus in our work . In addition, there is always time and space for conversation and questions about existence , faith, life and death. Through Immanuel Church, we have access to the deacons and pastor for conversation and support to residents and staff.

The building
The building was designed with the participation of the of Immanuelskyrkans organisations members. It has a green internal courtyard with the glaze corridor running around it. There is a big flexible common space in the basement of the building.

OWN OBSERVATIONS AND INVESTIGATIONS:
- The building has a beautiful inner courtyard
- Many public areas : library, chapel, big flexible space with kitchen, welcoming space with café, meeting room.
- There are some commercial functions embedded in a building like hairdresser
- There is one guest apartment and a storage space for each tenant
- The courtyard is surrounded by a glazed corridor with some common spaces along.

The strategies of tackling the loneliness should be considered while designing the building and should leave its trace on the building solutions.

HOUSING TYPE: display apartments
ADDRESS: Löjtnantsgatan 8,
115 50 Stockholm.

Micasa Fastigheter och Hjälpmedelsinstitutet have created a Nationell inspirationsmiljö (national inspiration environment) concerning housing for people with disabilities.
Nationell inspirationsmiljö consists of two complete display apartments, with a focus on living at one's own home and one focusing on nursing and care homes. In a third apartment we show solutions and technology developments.
Nationell inspirationsmiljö shows how the houses can be designed to offer the safe environment throughout the life. The apartments are also designed to be a good working space in cases when the staff is necessary.
Apartments
The apartments are built with use of many modern technologies that simplifies and facilitates in everyday life. All furnishings are specially selected for the residents to enjoy their life and feel good. The rooms provide a logical sense, the furniture is positioned so that they are easily visible and have the right height to ensure the comfort of use. Those flats should be easy to clean. Cleaning often causes problems for the elderly. In the bathroom technology combined with simple everyday products provide a feeling of security and makes it easier to manage all daily activities. Different lightening for different parts of the day was installed. It has two different modes one for the day and another for the night. During the night, the light is more subdued and thanks to that it doesn't aperture. Vertical strip lighting in bathroom door frame helps with spatial perception of the space and makes it easier to locate different rooms. Of course, the resident has a control over the system and can adapt all of the lightening to their own needs.
The Nationell inspirationsmiljö also offres trainings and lectures. It is possible to experiance there how it feels to have a serious sight disorder or what does it mean to be on a weel chair or forced to use the roletor. It is interesting to step into ones shoes, that makes us a s a designers more sensitive and vulnerable while designing for people with disabilities.

THE PROBLEM OF LONELINESS

"The unpleasant experience that occurs when the person's network is deficient in some important way, either quantitatively or qualitatively"

This is a definition of loneliness established in 1981 by researchers Perlman and Peplau. A later definition currently used in most of the European counties is following:

"Loneliness is a situation experienced by the individual as one where there is an unpleasant or inadmissible lack of (quality of) certain relationships. This includes situations, in which the number of exciting relationships is smaller than is considered desirable or admissible, as well as situations where the intimacy one wishes for has not been realized."
(De Jong Gierveld, 1987, p.120)

The conclusion of both definitions is that loneliness is a negative feeling caused by the difference in what we would expect our relationships to be and what they are in reality.

Types of loneliness
The loneliness can be distinguished in different ways. For example Zimmerman differentiated a positive and a negative type of loneliness. Nowadays the positive one is called solitude which is expected, voluntary situation that can be pleasant and inspiring for an individual. It is important to emphasize here that the research and the project is not cornering the situation when people are feeling good while being lonely it is about and for those who are suffering because of it.

Another division was proposed by Weiss (1973) and it categorizes two types of loneliness which are: emotional loneliness and social loneliness. The first one comes from a lack of an intimate companion which gives a close emotional attachment – like a partner or a best friend. The second one - social loneliness can also be found as social isolation and mainly is related to a weak social network, absence of good quality, engaging group of contacts such as friends, colleagues, co-workers and people from the neighbourhood.

The following researchers: De Jong Gierveld, Wenger, Pinquart and Sörensen searched for the reasons of loneliness and thank to their work the three main sets of factors were specified:
• Social network characteristics – which means the amount and the quality of the relationships that the person is involved in. Research is showing that people with small, unsupportive networks are much lonelier than those actively involved in social networks.
• Relationships standards – the expectations, requirements and wishes that one have for the personal relationship. This can actually be understood in two ways: first it can describe the specific types of the relationships that one would like to have (partner, best friend), secondly it might be about what person aims for in a relationship (the level of intimacy, the frequency of meetings). And here it is important to mention that it is possible to be lonely even while being in an intimate relationship.
• Predispositions – this factor explains why people have problems with building their social network and overcoming the loneliness. Those might be a personal characteristics such an as poor self-esteem lack of self-confidence, but also other physical and economical aspects.

In my opinion those three sets of factors are strongly related to each other. Having big deficiencies in one of them might cause incapacity in fulfilling the others and the opposite improving one of the fields can make it easier to deal with the rest.

Pirkko Rousalo and Kaisu H Pitkala in their work "Loneliness among older people" (2013) have presented a wider range of factors influencing the loneliness based on the population studies. The Finnish researchers have created a table presenting strength of association between loneliness and demographic, social and health factor among older people in a form of table:

Table 1. Strength of association between loneliness and demographic, social and health factor in older people.

Factor		Association with loneliness
Demographic factors	gender	+/-
	age	++
	martial status	+/-
	widowhood	++
	children/childlessness	+/-
	income	+
	education	+
	dissatisfaction with livinG circumstances	+
	institutional care	++
Social factors	living alone	++
	low number of social contacts	+
	lack of friends	+
Health factors	impairment of physical functioning	++
	poor health	++
	depression	++
	anxiety	++
	sensory impairment	++
	dementia	+
	morality	++

++ The association has been shown in several population based studies
+ The association has been shown in few population based studies or in studies with small sample sizes
+/- Studies have shown contradictory results on association between loneliness and the factor concerned.

Loneliness has a negative connotation therefore people who suffer from it not necessarily like to talk about it. It might be embarrassing problem to talk about because of its association with a social stigma. The research and statistics are showing that the elderly are more vulnerable and liable to a problem of loneliness. Changes in life and losses tend to concentrate in the old age. Therefore the retirement and the loss of social contacts connected with it, losses of friends and relatives as you are getting older. Going through different books and publications I happened to read an article by Stewart Dakers, who writes on the challenges of becoming older for The Guardian and which I would like to quote here:

"Of course we older people are lonelier than we were in youth and middle age. We are simply less connected; we do not have that major resource of sociality, the workplace.
We are less engaged; we lack the energy – and abilities – that are required for social activities. We are less involved (…)"

The reason why this quotation is so essential for me is that those are an honest words coming from someone who actually belongs to the group of people that this work is about. Beside all of the reasons mentioned by Dakers which I find really true and reasonable there is one more very important factor increasing the risk of the loneliness – widowhood which is a clear determinant of loneliness. Aside the great lose, pain and often a depression after the death of the life partner, it might lead to the collapse of the social network. I would like to refer to Maslow hierarchy of needs. As person get older the problem with the two top parts might occur and if in addition the person suffers from loneliness the three top needs are missing, which is a really harmful situation and should definitely be prevented.

SELF-
ACTUALIZATION — achieving indyvidual potential

ESTEEM — self - esteem
esteem from others

BELONGING — love
affection
being part of group

SAFETY — shelter
removal from
danger

PHYSIOLOGICAL — health
food
sleep
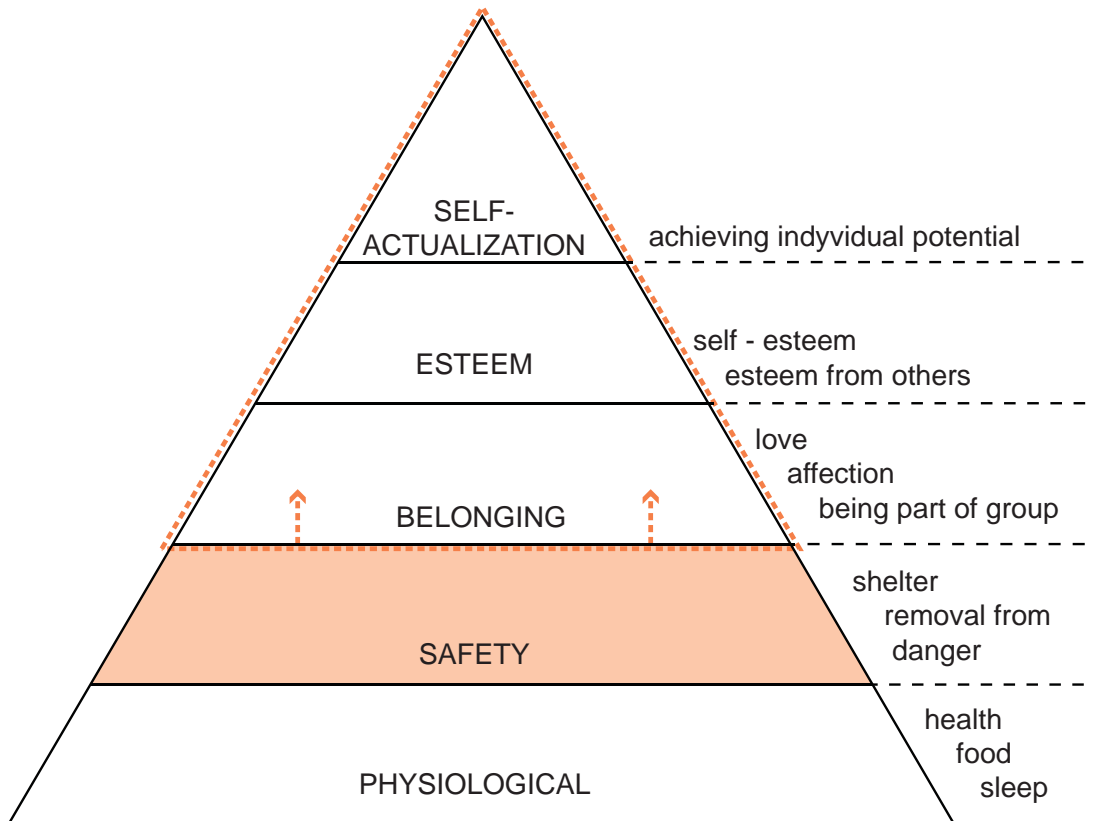
*Maslow's hierarchy of needs (source: http://changingminds.org/)

Loneliness is known to have negative effects on both physical and mental health. According to the research of Conor O´Luanaigh and Brian A. Lawlor the loneliness has a very strong impact on "higher blood pressure, worse sleep and immune stress responses and worse cognition over time in the elderly". The studies are proving that people who are lonely have less satisfaction in life, lower Health Related Quality of Life and lower capacity to perform Activities in Daily Life (Blekinge study 2013). It is also a very strong risk factor for the depression. In many cases depression and loneliness occur simultaneously, they are distinct problems. Sarvada Tiwari in her article from 2013 defines loneliness itself as a disease – quoiting:

> "(...)loneliness with its epidemiology, phenomenology, etiology, diagnostic criteria, adverse effects and management should be considered as a disease and should find its place in classification on psychiatric disorders."

Loneliness should be an important public concern and mustn't be neglected. According to many elderly care policies which are concerned about the costs and about the elderly being self-reliant not depending on the services, preventing loneliness should be seen as a sustainable solution and became one of the priorities.

According to research by a professor at the University of Chicago - John Cacioppo, extreme loneliness can increase an older person's risk of premature death by 14%. The increased mortality risk is comparable to that from smoking. And loneliness is about twice as dangerous as obesity. It is very important to find a ways to prevent this problem and if there are architectural solutions which can support the recovery they should definitely be introduced. It can be well presented with the illustration of Maslow's hierarchy of needs. The building would be designed not only to shelter the people but to reach further and help to fulfill the upper needs of the pyramid.

According to Results from the Swedish National Study on Ageing and Care – Blekinge the problem of loneliness is also appears in Sweden. The result of six years study indicates that loneliness is a common problem among older people. It also displayed that women, widows/-ers and those living alone are more often at the risk of loneliness. Basing on the results the loneliness can be characterized as a stable state which once established is very likely to become permanent. The authors also mention that for the older person it is hard to deal with the problem by themselves and highlight it as an important issue. Quoting the authors:

"The findings from this study indicate that loneliness among older people should not be ignored; it is a prevalent and important aspect of a person's life situation and healthcare providers should make efforts to increase awareness of it as a potential problem and devise possible alleviating strategies".

Table 1. Sociodemographic Variables at Baseline (2001) Including a Comparison Between Respondents Reporting Loneliness and Not

	Total sample (n=828)	Not Lonely (n=347)	Lonely (n=371)	p-Value
Factor	84.2 (4.68)	83.0 (4.18)	84.6 (4.62)	<0.001
Gender				<0.001
Female	59.4	48.1	71.2	
Male	40.6	51.9	28.8	
Martial status				<0.001
Married	34.9	53.5	19.2	
Widow/widower	52.9	36.6	67.4	
Unmarried	7.8	6.7	7.9	
Divorced	4.4	3.2	5.5	
Number of children				<0.001
0	1.4	0.7	2.3	
1-3	81.1	82.3	79.8	
>4	17.5	17.1	18.0	
Living Arrangements				<0.001
Ordinary housing	90.0	95.9	88.8	
Residential care/sheltered housing	10.0	4.1	11.2	
Living alone	61.6	40.3	79.6	<0.001
Without spouse	34.3	54.8	17.9	<0.001

TACKLING LONELINESS

6.0.0 TACKLING LONELINESS

Basing on the literature studies I am going to build a list of strategies for dealing with loneliness. There are many different approaches and methods but most of them describe a simple pattern that helps to solve the problem it states the recognition of the loneliness in the individual as a starting point. Loneliness with its stigma might be hard to admit but it is very important not to neglect it. It is just like pain and hunger it gives a clear signs of itself. The second important part is to understand what loneliness is and what it does to the human body and mind. One should be able to recognize the treats and fears coexisting with loneliness. Together with building the knowledge there are many actions and strategies that can be taken. I believe that those interventions are far more effective and help curing the loneliness much easier and faster when performed in a suitable and well designed space. Therefore all of those activities should give their touch to the common spaces of the building. Equipping the building with the right set of the spaces is the way the design can help in curing the illness and support the rehabilitation and prevent relapse of the problem. Those strategies are already functioning in many countries but often it's a case that they don't have a good space or location. The idea of creating a platform with them along the senior housing is supposed to make them easily accessible for the residents on the daily basis. At the same time the design also provides the possibilities to support loneliness sufferers from the outside.

The strategies of tackling the loneliness should be considered while designing the building and should leave its trace on the building solutions.

Social skills training and psychotherapy are very useful in the initial stage of the reconnecting loneliness sufferers. This kind of intervention can help in changing the dysfunctional interpersonal dispositions (one of them can be a fear of rejection). It is also crucial for the individuals whose demands are unrealistic, to help them to change the expectations so that they became feasible. Even though Karen S. Rook (1984) thinks that encouraging the lonely individuals to solitude activities should be an action of a last resort, she points out that those actions can relieve people from dependence on others and increase their personal control. Furthermore for many elderly the loneliness might be related to depression.

The report 'Loneliness Among Older People' which describes the results from the Swedish National Study on Ageing and Care – Blekinge states that psychosocial aspects play far more important role than physical aspects in relation to loneliness. Neglected loneliness turns into a health problem and as the health care systems are mainly focused on the physical decline and disease it would be important to raise the awareness and address loneliness in an early stage.

Nearness of the psychological and psychotherapeutic practice would be a great advantage considering the profile of the project.

6.2.0 GROUP DISCUSSIONS

The positive result of this intervention is proven by a research of Lars Andersson. People participating in group discussions got higher self-esteem, greater ability to trust other and generally felt less lonely. The study conducted by Andersson also proved the lower blood pressure in lonely individuals participating in such group meetings. It should be possible to provide participants with a choice of the group profile depending for instance on the gender. The group discussions might be conducted by an educated therapist or a psychologist. Group therapy offerings are usually divided into two larger types, either "psychoeducational" or "process oriented." Essentially, a psychoeducational group is focused on providing you with information about specific topics in order to give you additional resources or information. On the other hand, a process-oriented group focuses on the experience of being in a group as the healing opportunity. For example, the process of expressing thoughts, feelings, and experiences in the group can be the very vehicle by which you discover change. Group therapy activities are designed to encourage communication, insight, trust, and personal growth. The activities may range from conversational, sit-down interactions, such as reading and sharing stories, to physically engaging, team-oriented exercises and games.

The space for the group discussions should have a flexible character as the therapy might take different shapes and forms. As a flexible space it might also adapt other functions.

This invention was established a long time ago to fight the problem of loneliness and is proven to bring good results. According to Mentoring and Befriending Foundation (www.mandbf.org) the definition of be-friending sounds as following:

"A voluntary, mutually beneficial and purposeful relationship in which an individual gives time to support another to enable them to make changes in their life".

Excising be-friending projects are running in many different settings such an as community settings, educational settings and even business settings, in this instance that activity could easily include people from the neighborhood and outsiders who need help in dealing with loneliness. Furthermore thanks to the increasing use of technologies this invention is also applied through the internet with use of communicators such an as Skype.

Be-friending and mentoring doesn't require a particular space with a special equipment it can be arranged in different settings like public space, cafe, garden, home. Intimate atmosphere of the spaces can be conductive to it. In case of the be-friending through Skype the arrangement should ensure some privacy.

6.4.0 HELPING OTHERS

Pilsuk and Minkler state that involvement in voluntary associations and voluntary work bring people together and are a means of forming attachments which has a main importance in combating loneliness. Volunteering is opportunity to increase your personal connectedness in your own community. Participating in your community gives rise to a sense of belonging which works against loneliness at all levels. It allows making friends and socializing with the kind of caring, open, positive people who volunteer. This is a chance to make new friends and grow relationships. Gives an opportunity to reap the benefits of altruism. We have all heard that it is better to give than receive and research confirms the old adage. Studies have shown that altruism is good for your emotional well-being and can measurably enhance your peace of mind. Through volunteering you can share your own knowledge, skills and experience which naturally increases feelings of self-worth. As a mature adult with a lifetime of experience, you have much to offer. Volunteering gives you a captive audience which is often missing after children have grown and gone and once retirement has been realized. It is an opportunity to stay busy which gives you less time to be lonely and dwell on negative feelings and emotions. Considering all of the benefits listed above Helping others to combat your own loneliness is a great kind of a therapy.

The design of the building could provide the opportunities for volunteer work this space at the same time would became a common are for the residents. Charity shops are common the organisations in Sweden often ran by mixed groups of elderly and young volunteers.

The Internet training and gaining the ability to confidently use the computer have proven to be helpful to tackle loneliness. In this case the Internet becomes a tool to search for local groups of the same interests and staying up to date with the coming events. Also plays a role with reference to interactive be-friending. Researchers from Duke University Medical Center, Durham conducted a study during period of five months and presented the results in the summary "A randomized controlled trial of the psychosocial impact of providing Internet training and access to older adults". Most of the elderly who took part in this study after the training started using the computer and an internet on the weekly basis.

SeniorNetSweden is an organisation whose mission is to provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom. Thanks to them access to the digital communication and information trainings are really easy the only thing necessary to provide is a suitable environment equipped with computers.

The internet cafe for the residents should be arranged in a way to be able to conduct the training comfortably and later to be a friendly space for every day computer use.

6.6.0 EXPERIENCE MEETS VERVE

It is also important to consider social isolation of the Elderly as a group. LinkAge an organisation from Bristol (http://www.linkagebristol.org.uk/) basing on the feedback from the Elderly arranges an opportunities for the intergenerational activities. The young and the elderly should have a chance to share their skills and experiences. Hagestad and Uhlenberg in their publication 'Should we be concerned about age segregation?' argue that often the societies tend to segregate social groups where young and old are considered very distinct from each other. They believe that creating residential, recreational and work setting where elderly can integrate with young are the base for promoting the knowledge and understanding of other age groups. Creating sustained familiarity between members of those two different age groups can be a way of breaking down the prejudice and prevent from discriminatory behaviours. I strongly believe that there are many things that those two groups can learn from each other and really benefit from the cross-age relationships. Creating an environment in which those two groups can meet and integrate might be a challenging task but definitely possible.

Location of the site nearby Chalmers campus favors the idea of cross-generational integration. In this instance it would be an interesting design challenge to combine a program of senior and student housing.

The research of The European Prospective Investigation of Cancer (EPIC Norfolk) conducted over past 20 years on the sample of 25000 people has proven that loneliness and isolation has a bad influence on the elderly's diet. The study shown that the everyday meals of lonely older adults include much less vegetables. Its well known that vegetables are essential to any diet. They provide key nutrients that can reduce the risk of a wide range of health problems including type 2 diabetes and heart disease. Quoting social epidemiology researcher, Annalijn Conklin:

'People's diet is not fixed, it changes over time. Furthermore, the ability to eat healthily is influenced by a person's social environment, including factors like marriage, cohabitation, friendships and general social interacting. As people age, they are less likely to eat well -- and when older people are living alone their diet often suffers'.

Social cooking can be a chance to experience the joys of cooking and eating together with other groups of people. There are many benefits to eating together, including better nutrition, better every day activity performance, and better social adjustment for everyone involved.

In aim to make a social cooking possible there should be a common kitchen available. Considering a possibilities of bigger events including local society there should be a proper space with the kitchen appliances.

6.8.0 ART STIMULATION

The role of art in tackling loneliness has been proven in practice by many organisations. David Cutler (Director of Baring Foundation) in cooperation with the Campaign to End Loneliness are promoting artistic activities as a very helpful and effective tool in tackling loneliness. They are presenting arts as an activity that can break down the barriers, inspire and encourage taking new challenges and trying new things. They can also be helpful in creating the 'look forward' moments in the week and obviously help to establish new relationships and widen the network of contacts. There are two schemes to follow while engaging art stimulation first is being an audience for a performance of art creation and second – creating a piece of art by yourself. Both of them are beneficial and both create good opportunities because along with opening on art it is easier to open on other people. There are also scientific studies conducted by Mental Health Foundation, which in a report: `An Evidence Review of the Impact of Participatory Arts on Older People` put it in these words: 'it is evident that engaging with participatory art can improve the well-being of older people and mediate against the negative effects of becoming older'.

The space for artistic activity should not schedule just one field of art but should be able to serve different kinds of artistic events such an as: painting, knitting, sculpting, embroidery, theater, dance and so on. The space should be open and with a lot of light.

Gardening has a salutary influence on elderly in many ways. The effortless attention of gardening may even help improve depression symptoms. In a study conducted in Norway, people who had been diagnosed with depression, persistent low mood, or "bipolar II disorder" spent six hours a week growing flowers and vegetables. After three months, half of the participants had experienced a measurable improvement in their depression symptoms. What's more, their mood continued to be better three months after the gardening program ended. What is more gardening gets you out in the fresh air and sunshine -- and it also gets your blood moving. Digging, planting, weeding, and other repetitive tasks that require strength or stretching are excellent forms of low-impact exercise, especially for people who find more vigorous exercise a challenge, such as those who are older, have disabilities, or suffer from chronic pain. The sights, smells, and sounds of the garden are said to promote relaxation and reduce stress. Another advantage is that The food you grow yourself is the freshest food you can eat. Not surprisingly, several studies have shown that gardeners eat more fruits and vegetables than their peers. After all gardening can be a social activity, spending time together outside in a relaxed atmosphere can make the integration easier.

Gardening can be an activity functioning outdoor as well as indoor in a form of a green house. The outdoor gardening area should also be fitted for the persons with reduced mobility.

6.10.0 MUSIC

The thing that makes music so important in many people's lives is its ability to express emotions. These might be aggressive and energetic or they might be harmonious and peaceful, but if the music is good, it will move certain people and touch something deep with them. When that happens people have a sense that they are not the only ones with those particular feelings, which means that music can cure a sort of emotional loneliness. Music is one of the few activities that involves using the whole brain. It is intrinsic to all cultures and can have surprising benefits like reducing blood pressure, curing chronic headaches & migraine, being an effective pain therapy and much more. The Oxford Concert Party is a lively and highly entertaining group of six first-rate musicians who have many achievements in musical therapy among the elderly. They use music,poetry and art to improve lonely people's lives. They describe their work in following words: 'With passion and energy, humour and sensitivity we take our listeners on a journey which transforms, heals and humanises, especially those imprisoned by isolation, illness or walls. We deliver community music in residential homes for the elderly'.

During the study visits in two of the buildings there was a piano, quite unexpectedly one of the students from our group sat behind the piano and started playing. The expression on the elderly faces and the visible joy were just priceless. Piano cn be a great part of common space.

Fighting loneliness is proven to bring better results when it is established in wider place-based approach, thanks to bringing together local people and organizations it could be possible to make the best use of existing capacity within the community. An approach which is proven to work well is building on community assets, which requires a change in the way we look at the things, change from deficit approach when we focus on problems, needs and necessities to an approach where we consider capacity, skills knowledge and resources to build up upon that and help combating the loneliness. It is important to be able organize open access events which can help to integrate, educate and raise the awareness. There are already existing techniques for building on community assets which can be really easy to implement especially if there is a special space provided for it.

An open event space included in the building would be a great advantage for the local community as well as for the residents. At the same time it would be vital not to neglect the tenants feeling of safety and security therefore it should be possible to close off that space from the rest of the building.

6.12.0 PET THERAPY

People suffering form loneliness often tend to have a lack of confidence and a fear of rejection. Pets with their soothing presence, acceptance and unconditional love can be very useful when building one's self esteem and strength. Studies have shown that people who have pets are much less likely to experience depression and loneliness than those who do not. Cats and dogs are generally considered the best pets for fighting loneliness, as they are happy to interact with you and enjoy physical contact (for the most part). Pets provide company and a good distraction from any negative feelings that may be bogging you down. Ever day walks with a dog are perfect reasons to get out to a fresh air and do one of the easiest exercises – simple walk. Quite often it is a good excuse to talk to other animals lovers and widen the contacts network. It often happens for the dog owners that their pet finds a great play-mate in another dog, in which case the owners starts to arrange meetings for their dogs more often and eventually became friends. What is more having a pet is a responsibility which keeps people organised. Taking care of a pet also brings structure to our day. In many cases the fact of having a dog or cat gives the feeling of being needed. The healing power of touch is undisputed. It's not surprising, then, that stroking a dog or cat can lower blood pressure and heart rate and boost levels of serotonin and dopamine.

The combination of senior and student housing could also be helpful in the situations when the elderly needs help in taking care of a pet and the other way around when students would need it.

According to the 'A guide for local authorities' created by Campaign to the end loneliness one of the important factor while creating age friendly communities is the way of designing public spaces. The guide presents some technical tips for designing the elderly friendly public spaces. First of all they should be easily available, providing a lot of greenery and providing a public seating. The pavement should be designed to reduce the risk of falling down. It should also give a feeling of safety which can be improved by a good lightening and community safety initiatives. I believe all of the tips described in the guide should be respected and applied in the design but at the same time I think outdoor public spaces should be attractive also for other age groups. Public space is a perfect environment to socialize and considering the intention of the project which is supporting lonely people the spaces around the building with it's design should be universal to attract different groups of people.

Beside creating a friendly public outdoor space the residents should be given a chance to access a safe outdoor space where there would be no access for the strangers. Many of the elderly are likely to spend some time outside during evenings or even nights to enhance the feeling of sleepiness but in a regular public space it can be dangerous and give a feeling of insecure.

THE CHARITY SHOPS

7.1.0 CHARITY SHOP

Charity shops are a type of social enterprise. They usually sell mainly used goods donated by members of the public, and are often staffed by volunteers. Because the items for sale were obtained for free, and business costs are low, the items can be sold at competitive prices. After costs are paid, all remaining income from the sales is used in accord with the organization's stated charitable purpose. Costs include purchase and/or depreciation of fixtures (clothing racks, bookshelves, counters, etc.), operating costs (maintenance, municipal service fees, electricity, telephone, limited advertising) and the building lease or mortgage.

Second hand stores are common among different groups of people for many reasons. Environmentalists may prefer buying second-hand goods as this uses fewer natural resources and would usually do less damage to the environment than by buying new goods would, in part because the goods are usually collected locally. In addition, reusing second-hand items is a form of recycling, and thus reduces the amount of waste going to landfill sites. People who oppose sweat shops often purchase second-hand clothing as an alternative to supporting clothing companies with dubious ethical practices.

And most important vintage style is very fashionable these days. Young people tired of all the chain shops are searching for the alternatives and rarity. The second hand stores are giving them everything they are looking for and much more. Visiting second hand store is a pleasure in itself you never know what to expect - shopping turns to a kind of treasure hunting which makes it much more exciting and pleasing. In 2012 American hip hop duo of Macklemore & Ryan Lewis released a song under a name 'Thrift shop' (https://www.youtube.com/watch?v=QK8mJJJvaes) which relates to the fashion of buying in the second hand stores.

The market for used clothing has really exploded in Sweden over the past years, to the point that shopping second-hand has become something of a status marker for the hippest among us. It's also the part of Stockholm with the highest density of second-hand stores per block. Small vintage boutiques are constantly popping up from out of nowhere to join established chains such as Beyond Retro, Myrorna and Stadsmissionen as part of the Swedish capital's ever-expanding possibilities for shopping second-hand. Josefin Hagström, Beyond Retro's press assistant, asked about Swedes' fascination with used clothing answers in following words: 'I think the attraction lies in the possibility of finding more personal clothes second-hand than you can in regular shops'.

Why the charity shop.
As a preparatory research indicates volunteering is a great intervention while fighting a problem of loneliness. The idea of having the charity shop along with the senior housing can be very useful for the residents. The target groups of the second hand shops is basically a cross section of the society with an emphasis on young and elderly. The site location near the Chalmers campus is a perfect position for this kind of development. Volunteering in a shop is not a difficult or physically demanding and gives a great opportunity for socializing and unintentional relationships building. In this kind of setting elderly can share their knowledge, experience and even memories with the customer. The fact that the income is donated to a charity organisations gives the senior volunteers a feeling of being a part of something bigger, a filing of being valuable and needed.

7.3.1 MYRORNA

1. What is the floor area of the shop?   1320 m2
2. How many sections with different products are there? Is it possible to estimate their size?
      About 10-15 different sections, depending how you count. It's hard to estimate their size
      since we have shoes/bags/clothes etcetera on all of the floors.
3. Are there any service rooms or rooms for the stuff? (area?)   Yes, it's 300m2.
4. Do you need an extra storage space or all of the products immediately arrive in a shop?
      Yes we need an extra storage space.
5. About the transportation of the goods – do people bring them to you or the organisation is
   arranging a transport from home to the shop?
      Both. We arrange a transport service for those who want to donate furniture.
6. How many cars do you have? Are they kept in a garage?
      We don't have any cars but the transport service in Gothenburg has five trucks.
7. Are there any other rooms or necessary spaces that we haven't mentioned?   No.
8. How many people are there working? Are they divided to different sectors and working on
   different duties?
      A normal day about 10-15 people. We have a store manager, an assisting store
      manager who is also a team leader, two more team leaders and a few   salespersons.
9. What is the age of the workers?   From 20 to 64 years old.
10. Are the workers volunteers or employees?
      Both. We have employees, trainees & volunteers.
11. Who are the most common clients? Possible to estimate the age range?
      Everyone! Young and old, women and men.
12. How do you use the money earned in the shop?   We give it to charity.
13. How do you decide who should receive the charity money? Is it always the same goal that
    you support or it varies?
      The Salvation Army receives all the money we make in the store, and they use it for
      social work in Sweden, such as hostels for the homeless, summer camps for kids,
      support for poor families, etc.
14. How much does it cost to maintain the shop? Rent and personnel costs.
15. How much money do you gain for the charity?
      The whole Myrorna organisation raised about 40 millions swedish crowns in 2012,
      money that the Salvation Army then received.
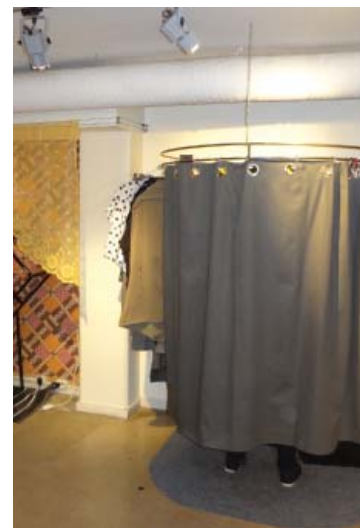
7.3.2 KFUM

1. What is the floor area of the shop?
    600 m2
2. How many sections with different products are there? Is it possible to estimate their size?
    Furniture 200 m2, clothes 80 m2, books, music, video 50 m2, home appliances 150 m2.
3. Are there any service rooms or rooms for the stuff? (area?)
    Yes, 100m2.
4. Do you need an extra storage space or all of the products immediately arrive in a shop?
    We have a back room where we store the products before them
5. About the transportation of the goods – do people bring them to you or the organisation is arranging a transport from home to the shop?
    Both.
6. How many cars do you have? Are they kept in a garage?
    One car, no garage.
7. Are there any other rooms or necessary spaces that we haven't mentioned?
    Yes, we have two offices as well.
8. How many people are there working? Are they divided to different sectors and working on different duties?
    3 people are employed (+4 in another project who work in second hand in an unemployment project). We have about 10 people in the unemployment project who work with Repris.
9. What is the age of the workers?
    Average age 20-22. The oldest is 42
10. Are the workers volunteers or employees?
    See nr 8.
11. Who are the most common clients? Possible to estimate the age range?
    Mostly students and retired people so between 9-90 .
12. How do you use the money earned in the shop?
    All the money goes to KFUM a non-profit youth organisation.
13. How do you decide who should receive the charity money? Is it always the same goal that you support or it varies?
    Always to KFUM Götegorg.
14. How much does it cost to maintain the shop?
    Monthly cost is about 100 000 sek.
15. How much money do you gain for the charity?
    Every year we make about 250-300 000 sek
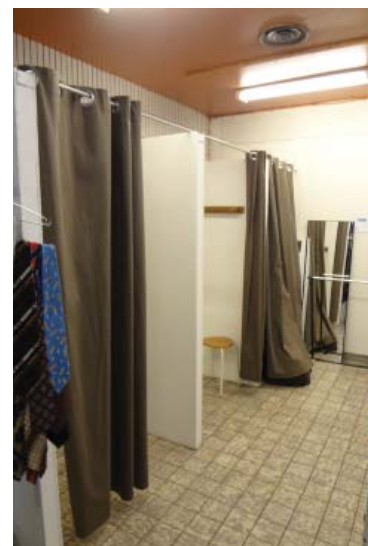
DESIGN PROPOSAL

8.0.0   LOCATION
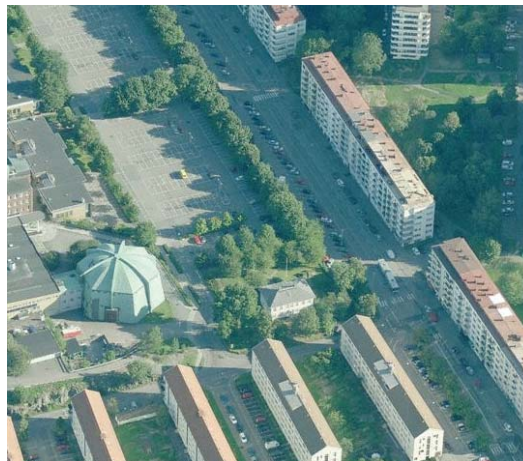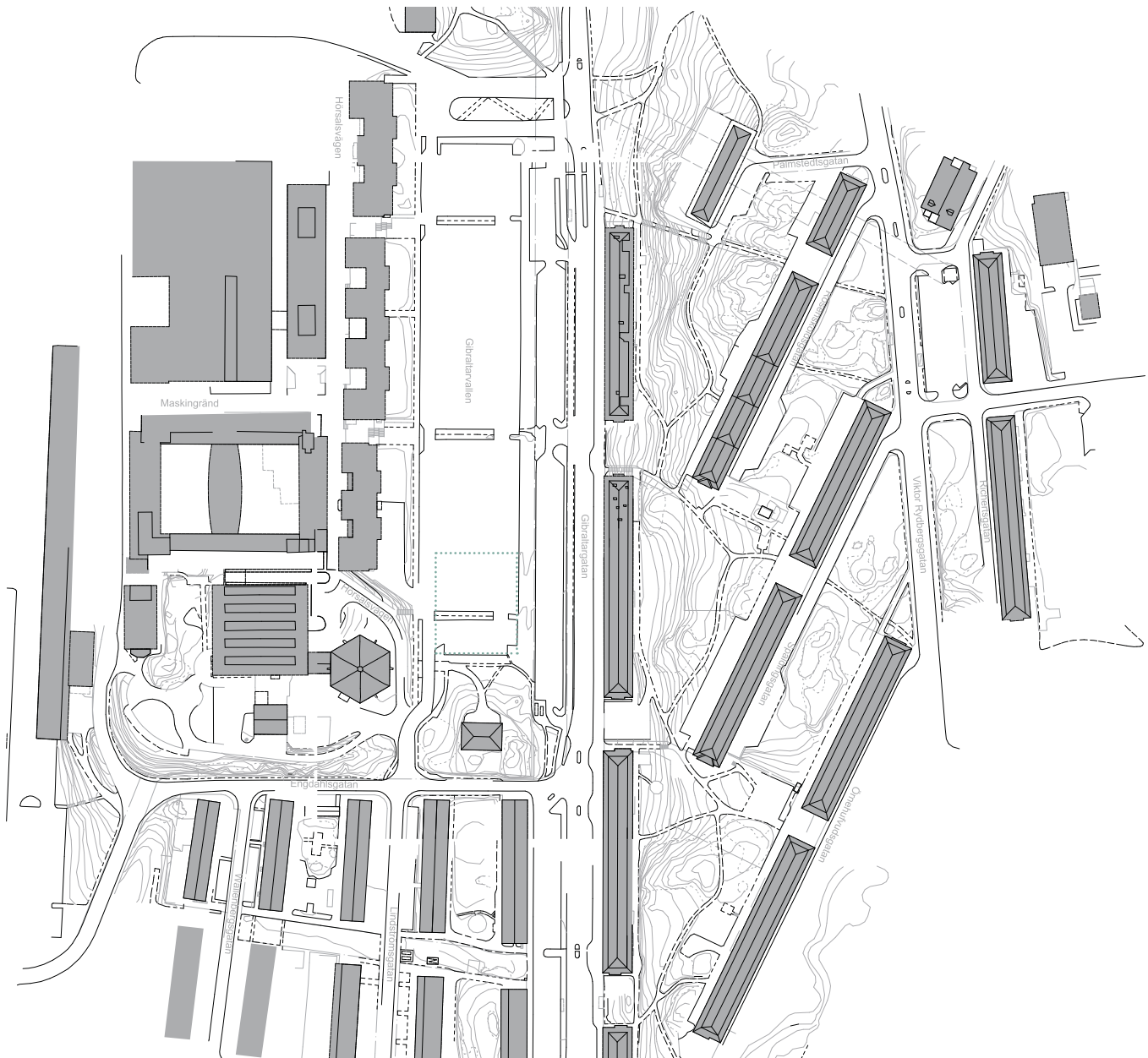
CONCEPT

HELP

&

INTEGRATION

SENIORS

students

students with
children

doctors from
the clinique

commercial
facilities

local
society
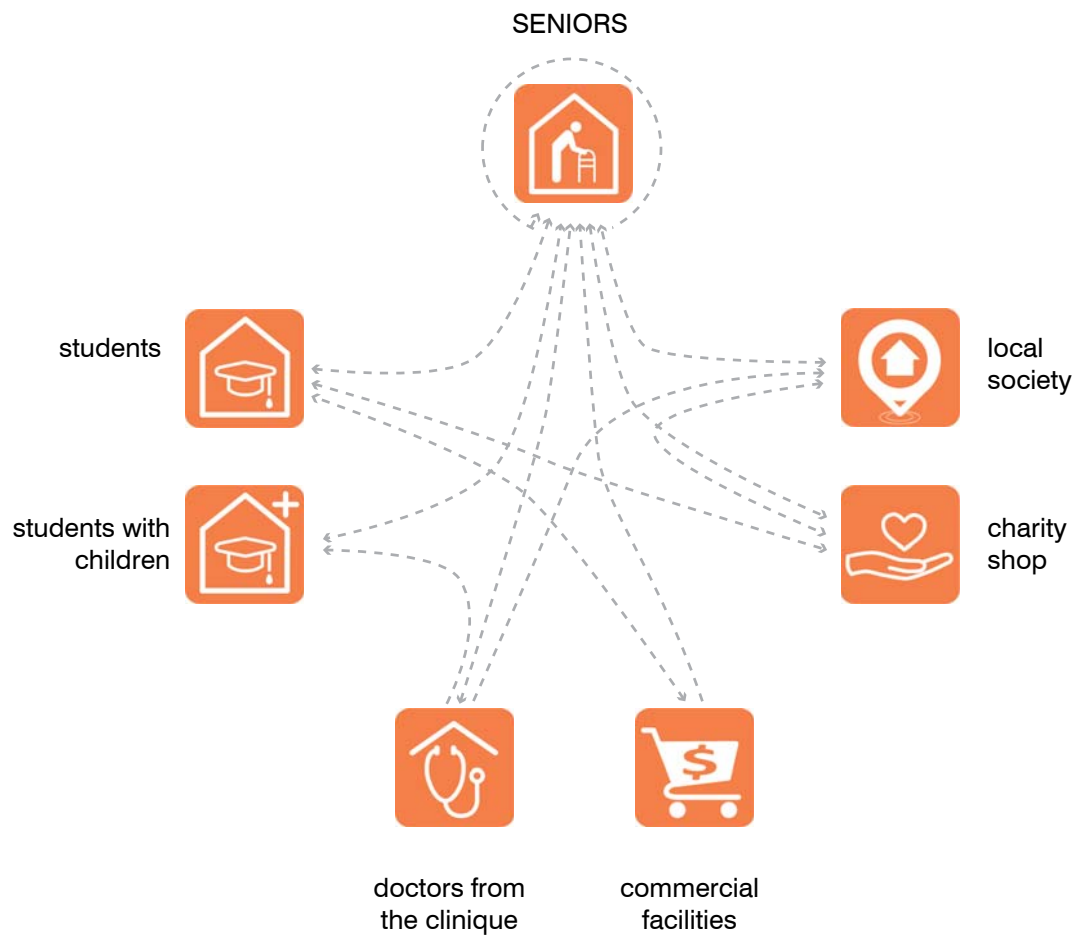
charity
shop

The seniors can help to each other, living in one building makes it easier to establish new relationships and socialize between the residents.
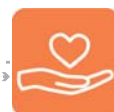
In charity organizations every volunteer is precious. For seniors the charity work has a salutary influence (detailed description on p42).

It is proven that seniors and generation in age of students go along really well. It's a great chance for seniors and the young to share their skills and experiences.

Organization of open events is a great opportunity for a local community to socialize and integrate; to seniors it gives a feeling of belonging and acceptance as well as is a chance to make new friends.

Elderly definitely profit from doctors help but at the same time considering the serious problem that the elderly are struggling with their feedback from the treatment can be very precious for the doctors.

The presence of the commercial facilities in the ground floor of the building is a great help for the seniors. It supports financially the maintenance of their common areas.
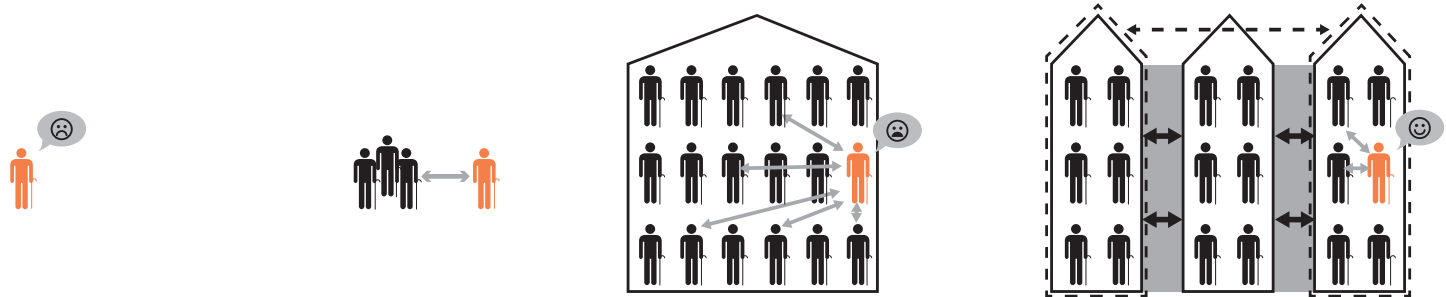
Integration between seniors

Integration between seniors should be the base for other kinds of integration. In order to enhance it and make it easier the building should be separated to smaller blocks. Big housing developments are characterized by anonymity and for someone struggling with loneliness they can be overwhelming. Division to units can gives a possibility to gradually get to know the other inhabitants starting from the closet neighbors to those from other units. Cosy common areas placed in between the blocks are perfect spaces for the interaction.

Integration with staff

Next step would be to get familiar with the members of the staff who are regularly visiting the building like postmen, cleaners etc. The fact that this type of interaction takes place in common spaces and communication roots provides the lonely seniors with the feeling of comfort that if they are not comfortable with the situation they can always withdraw to their flat. This is the case with all types and levels of integration the seniors are not forced to integrate but they are given possibilities.
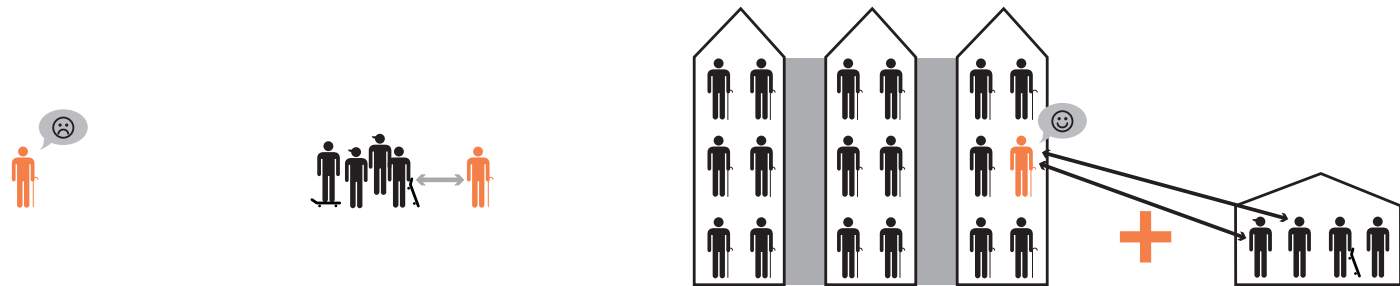
Intergenerational integration

Intergenerational integration is proven to have a beneficial influence on lonely seniors therefore arranging the student housing along with senior housing gives great possibilities for direct interaction. It also prevents isolation of a social group – seniors and warms the image of the building in the eyes of society.
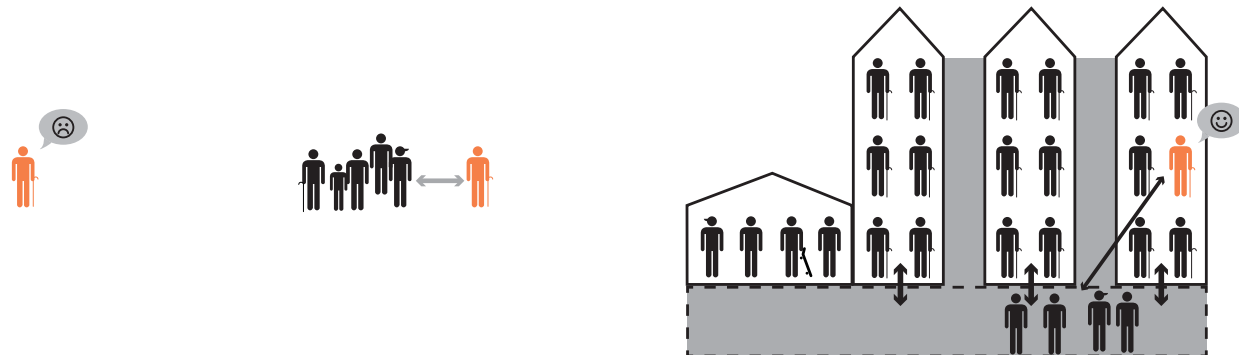
Integration in safe environment

The charity shop will give great possibilities of interaction with people of different ages, background and most important possibility of unintentional network building which is a development of friendships is a by-product or by a shared activity, not the explicit purpose.
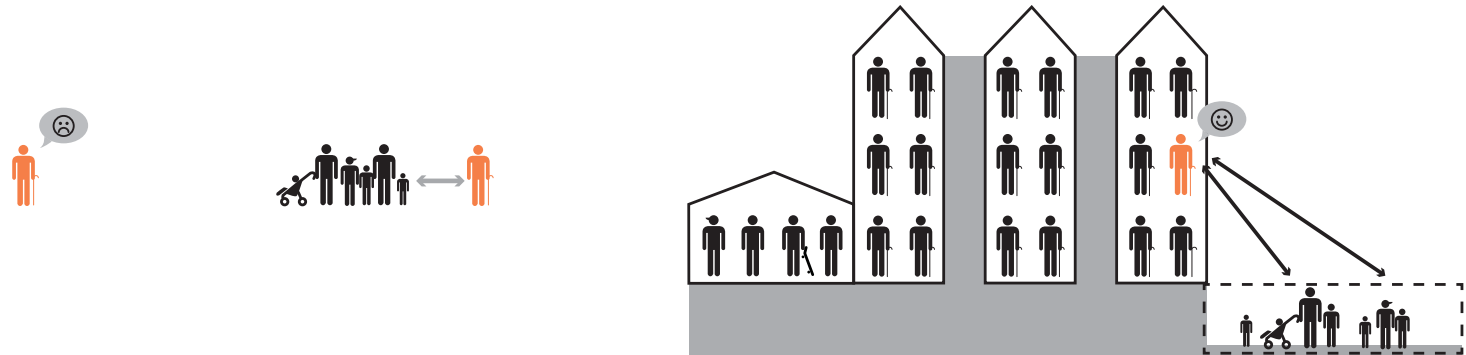
Integration in public spaces
The public space designed around the building has a lot to offer for the residents as well as for people from the neighbourhood. By the seniors the public space can be enjoyed indirectly just by observing it from the balconies and windows of the building or directly by joining the activities.
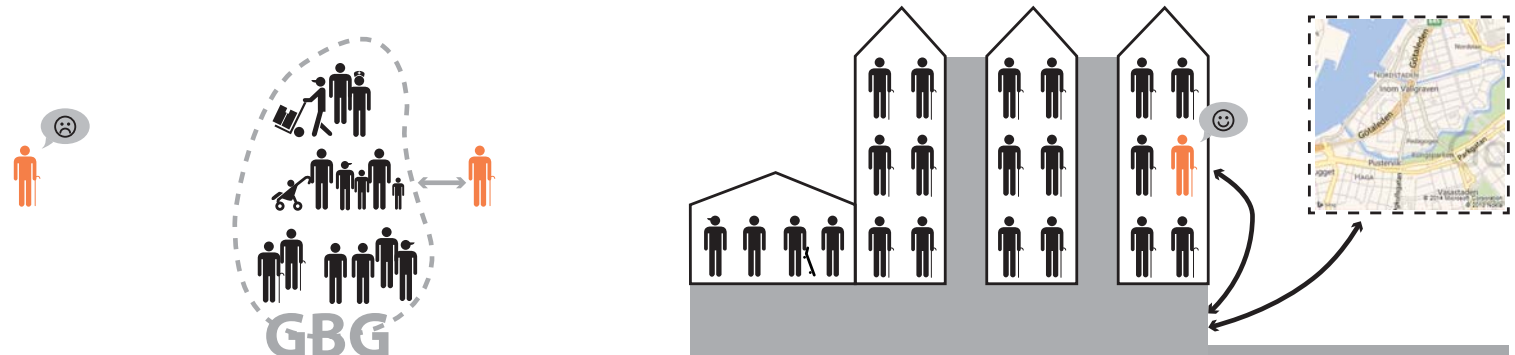
Hi and the city of Göteborg
Considering the way the building functions and the relation of the residents with the Charity shop, it gives far broader possibilities of interaction than just those around the building. Involvement in a volunteer work can enable to make connections within the city of Göteborg.

SENIORS

DAY ACTIVITIES

6:00 12:00 21:00

STUDENTS

DAY ACTIVITIES NIGHT ACTIVITIES

9:00 12:00 24:00

STUDENTS WITH CHILDREN

DAY ACTIVITIES

7:00 12:00 22:00
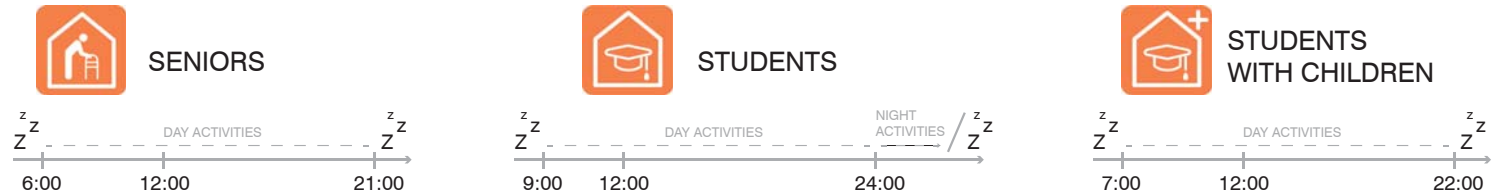
Daily timeline
Students and seniors have diverse rhythm of life and often living very close to each other is not a convenient solution. Differently with the students' who has already established their families children influence the lifestyle and make their timeline more alike seniors.
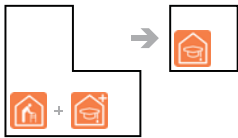
To avoid problems caused by different timetables the block of student housing will be moved away from the othe blocks.
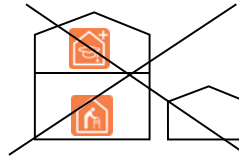
The neighbouring blocks of seniors and students' families should not have horizontal layering. The noise of children running around is annoying for seniors.

The common area between will unify and join all of the functional blocks together creating a great platform for interaction.
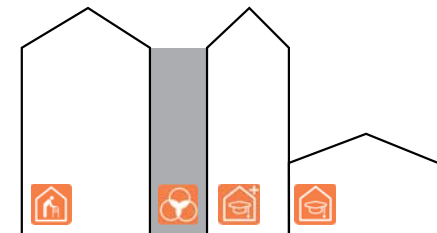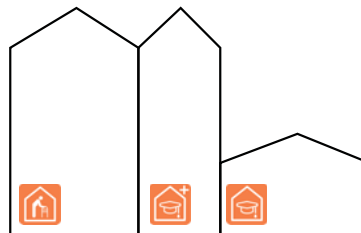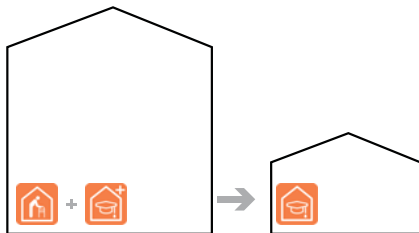
SCULPTURE

THE SITE
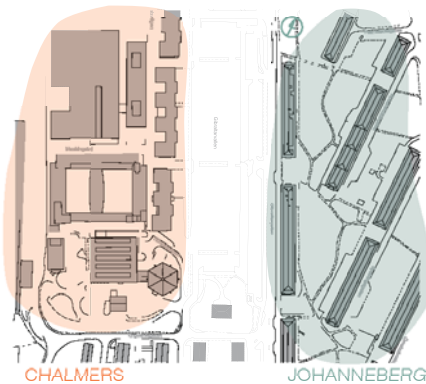
The location of the site between the Chalmers campus and Johanneberg is a perfect plot for a combination of senior housing, student housing and commercial. The nearness of the housing and the university is always highly appreciated by students.

FUTURE DEVELOPMENT
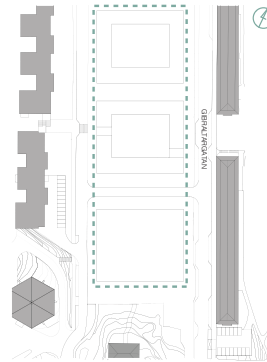
Year by year the area of the Chalmers campus is getting denser. The areas like the opened space with car parks along the Gibraltargatan Street will also be managed with new developments along the road.

ORIENTATION
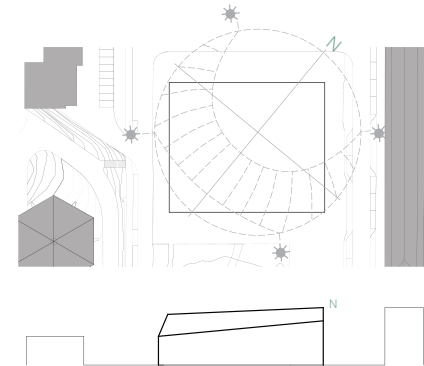
The first factor which determined the massing was the orientation. The top right tip of the site is pointing the northern direction and that is where the highest parts of the building should be located to guarantee a good sun exposition.
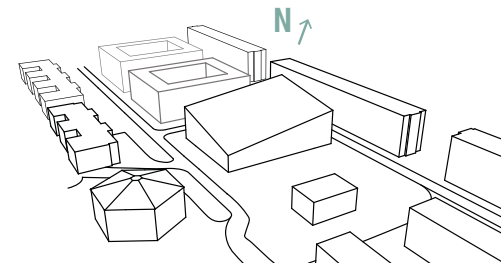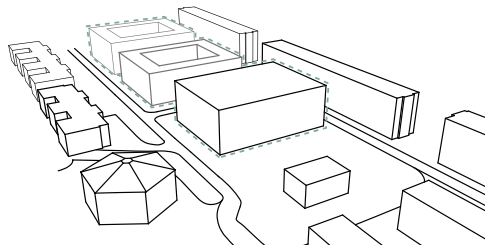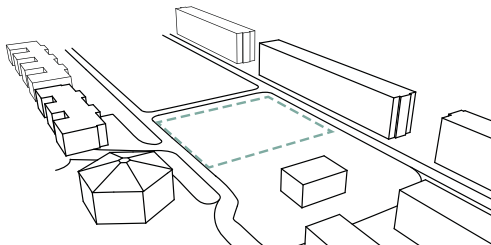
THE PROCESS OF SHAPING THE BUILDING

CONTEXT
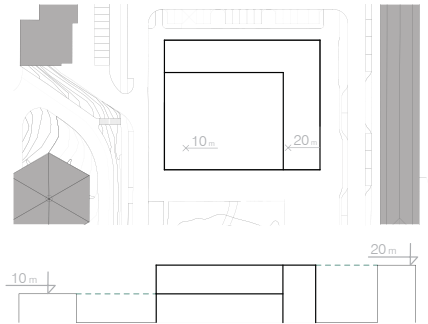
DIVISION OF FUNCTIONS
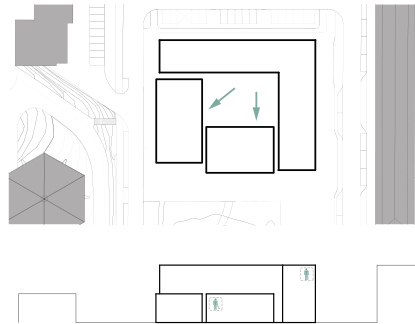
CREATING A PLATFORM
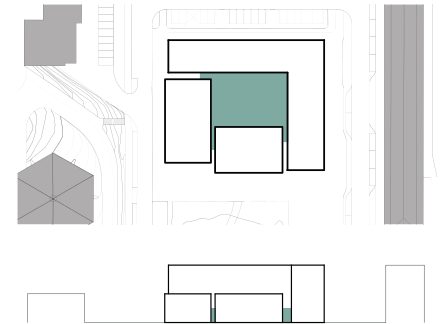
To ensure the harmony between the new building and the existing environment the heights will be adjusted to the surrounding. Lower part facing southern direction will respond to the height of neighbouring Chalmers building and the higher part will have similar height to the housing block.

According to the distinction in the daily life cycle the blocks with he regular student housing will be moved away from the main block towards south.

In aim to create a social and spacial connection between the different parts there will be a deck stretchet between the blocks. It will creat a great platform for meeting and integrazting between the different social groups.
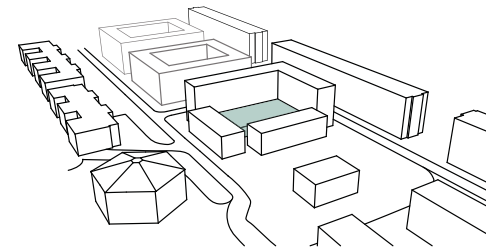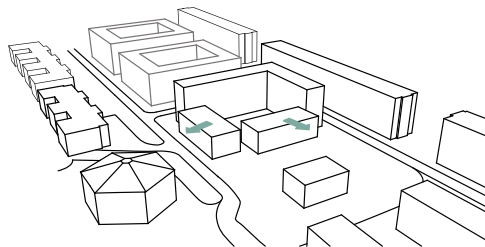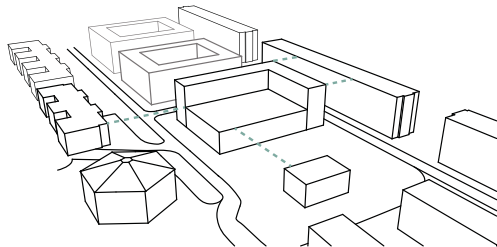
BRINGING PUBLIC SPACES BETWEEN

BRINGING GRENNERY INSIDE

NATURAL LIGHT EXPOSITION

Loops created between the student housing blocks will create a cosy public spaces with an opened access. In this way the building will bond with the public space created in front of it.

To improve the quality of the public spaces as well as the deck and the roof the greenery will be introduced. This operation will also make a connection between the mini park on the hill and the building.

Natural lightening is a very important quality, and to profit even more from the southern exposition the student housing blocks will be cracked and the deep corner of the high massing will be removed.

TRANSPARENCY
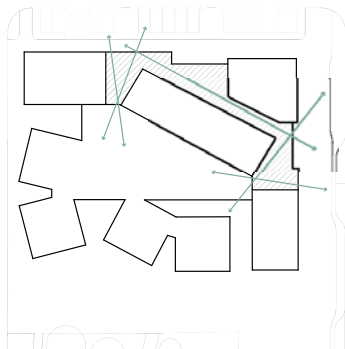
SIGHT LINE

Arranging the common spaces in between of the solid masses of different programme function gave a possibility to achieve a certain level of transparency. The glazing of those spaces will also allow bringing in a lot of day light.
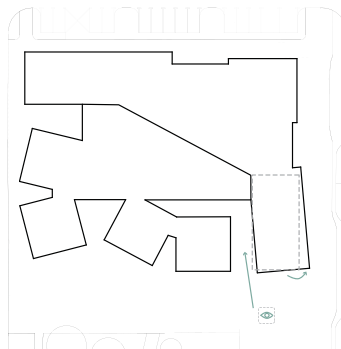
In aim to make an inviting gesture and a feeling of an opening public space the east block located along the Gibraltargatan Street will be rotated by 5 degrees. That slight gesture will give a nice sight line for the building when approaching from Hendén.
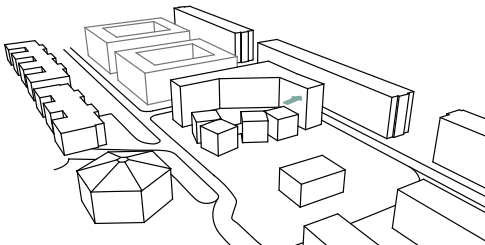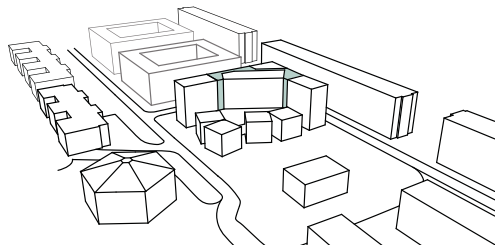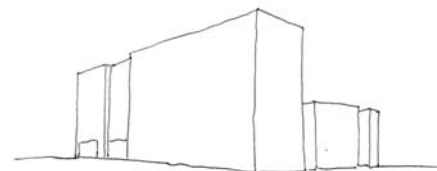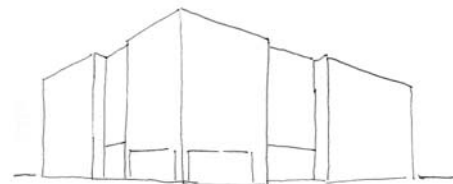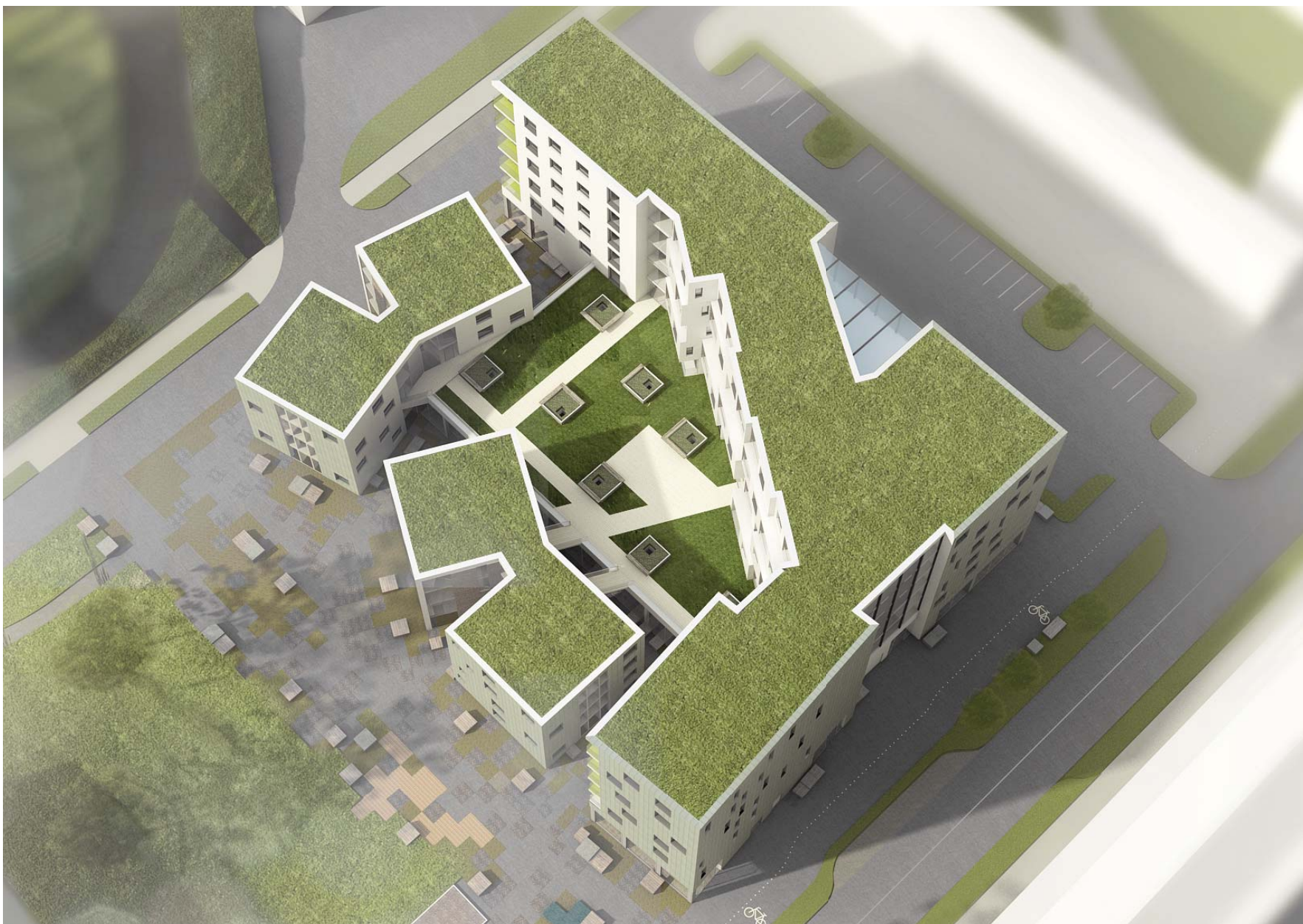
DRAWINGS

PUBLIC SPACE AROUND THE BUILDING

FOUNTAIN

BOULES FIELD

OUTDOOR CAFE SPACE

PLEYGROUND FOR CHILDREN

ENTRANCE ZONE TO CHARITY SHOP

LEISURE AREA

ENTRANCE ZONE TO THE STUDENT HOUSING

HOUSING FOR SENIORS SUFFERING FROM LONELINESS

COMMUNICATION AND COMMON SPACES

SENIOR HOUSING

HEALTH CLINIQUE

CHARITY SHOP

STUDENT HOUSING

COMMERCIAL

FAMILY STUDENT HOUSING

+ 22.4
+ 21.0
+ 21.3
+ 18.0
+ 15.0
+ 12.0
+ 8.0
+ 5.0
± 0.00

5 4 3 2 1 0

I Master Thesis of Anna Metryka   HOUSING FOR SENIORS SUFFERING FROM LONELINESS

SALAD CORNER 94 m²

STUDENT HOUSING ENTRANCE 27m²

MEDICAL STORE 96 m²

FLORIST 78m²

MASSAGE 94 m²

MEDICAL PRACTICE 100 m²

HAIR DRESSER 109 m²

SENIOR HOUSING ENTRANCE 66m²

OFFICE 25m²

BACK OF THE HOUSE 82m²

FURNITURE 110m²

HOME APPLIENCES 60m²

SECOND HAND (total area) 440 m²

CLOTHES 50m²

BOOKS 40m²

PHARMACY 136 M²

CAFE 56 M²

+ 22.4
+ 21.3
+ 21.0
+ 18.0
+ 15.0
+12.0
+ 8.0
+ 5.0
± 0.00

+ 20.4
+ 19.7
+ 16.7
+ 13.7
+ 12.1
+ 10.8
+ 10.6
+ 10.1
+ 8.6
+ 7.8
+ 5.2
+ 4.8
+ 3.3
+ 2.6
+ 0.15
± 0.00

5 4 3 2 1 0

PROGRAM

2226 m²	1730 m²	735 m²	720 m²	650 m²	440 m²
|Two types of appartments single and double, every appartment has a balkony.|	|Sixteen flats with four rooms shared kitchen and one toalet for every two rooms.|	|Double bedroom flats for students with childrem.|	|Common receprion on the groundfloor each floor accomodates different type of doctor.|	|Different types of commercial places with different floor areas.|	|Area includes offices and so called back of the house|
28 flats ca37m² 5 flats 69m²	61 rooms	5 flats 57m² 5 flats 76m²	14 consulting rooms	7 commercial places	7 commercial places

- - - - possibility of sharing - - - -

+ common area 190m²

+ common area 690m²

- - - - possibility of sharing - - - -

+ common outdoor terrace 520m²

**TOTAL FLOOR AREAS
THAT REQUIRE MONEY
FOR THE MENTAINANCE**
(that includes the common
areas and the area of the
charity shop)

**TOTAL FLOOR AREA THAT
EARNS MONEY**
(money came from the rents
paid for the commercial
places and the clinique)

1320 m^2

1370 m^2

HANNA, 67 years old

Hanna used to be passionate and hardworking journalist. Often working in delegations abroad and chasing the big cases she never managed set up a family. Everything changed when an unfortunate car accident nailed her to the wheel chair. Left to herself and unable to continue her old habits and lifestyle she became very lonely. She got to know about 'Hi' from her therapist who has a private practice there and she decided to try. It was the best choice, she came to live again. Living on the first floor with a balcony towards the terrace she discovered her passion for gardening. She also integrated very well with the student society. She agreed to share her language and writing skills with students through Chalmers Communication Centre where she became a tutor. 'Hi' living provided her with so many possibilities that she couldn't remain uninvolved she got back her hope and joy of life.
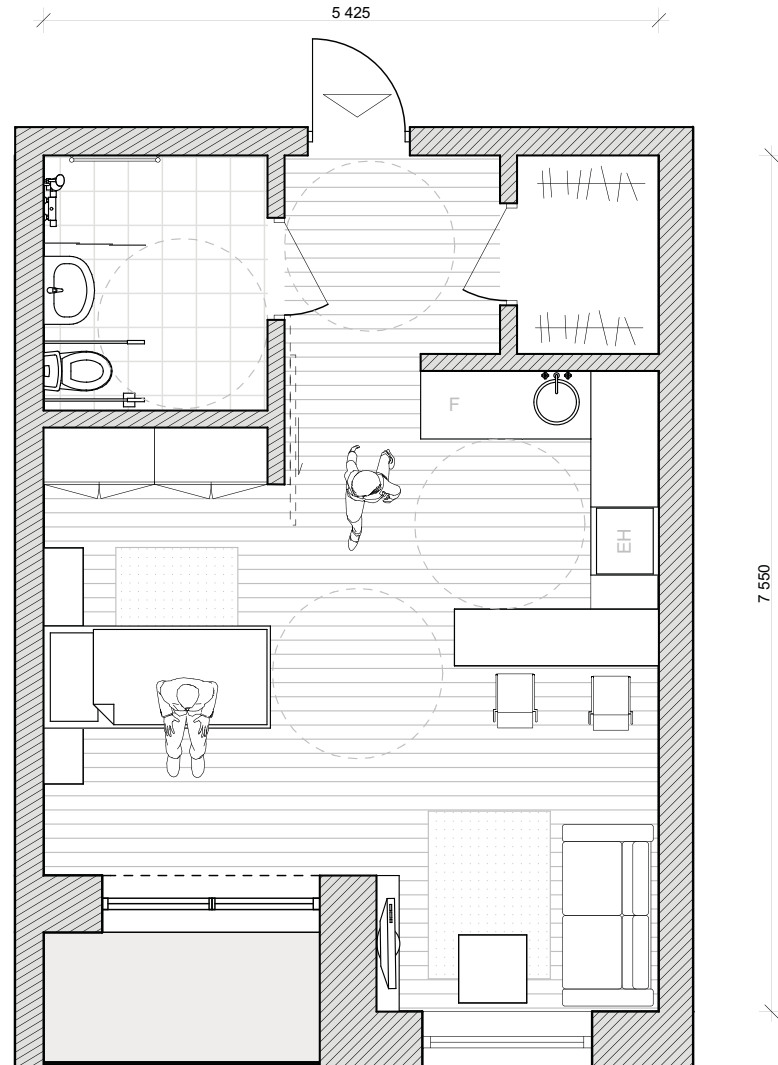
USERS PROFILE

IVAR, 70 years old

Ivar was cheerful and winsome man inseparable with his wife Annika since 45 years. When she passed away last year his world just broke. His son tried to convince father to move to his house in Canada where he lives with his family, but Ivar didn't want to hear about living Sweden. Therefore he arranged an apartment for his father in 'Hi' building. Ivar moved in recently and at the beginning it was really hard for him to accommodate but a few meetings with a psychologist helped him to get another perspective, the doctor suggested him to try volunteering. Ivar was not convinced at the beginning, it was always Annika who was into those kinds of things but he decided to give it a chance. After a few weeks of attending the charity shop a smile started to appear on his face again. Finally he understood Annika's passion for helping, the satisfaction that it gives became a new sense of life for him.

+ 20.4
+ 19.7

+ 16.7

+ 13.7

+ 10.7

+ 10.1

+ 7.5

+ 4.8

+ 2.3

+ 21.3
+ 20.4
+ 19.3

+16.3

+ 13.3

+ 10.3

+ 7.3

+ 5.0

+ 3.5

5 4 3 2 1 0

+ 20.4
+ 19.7
+ 18.1
+ 15.1
+ 12.1
+ 9.1
+ 6.1
+ 5.0
+ 3.5
+ 2.3

+ 21.3
+ 20.4
+ 19.3
+ 16.3
+ 13.3
+ 10.3
+ 7.3
+ 5.0
+ 3.5

5 4 3 2 1 0
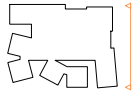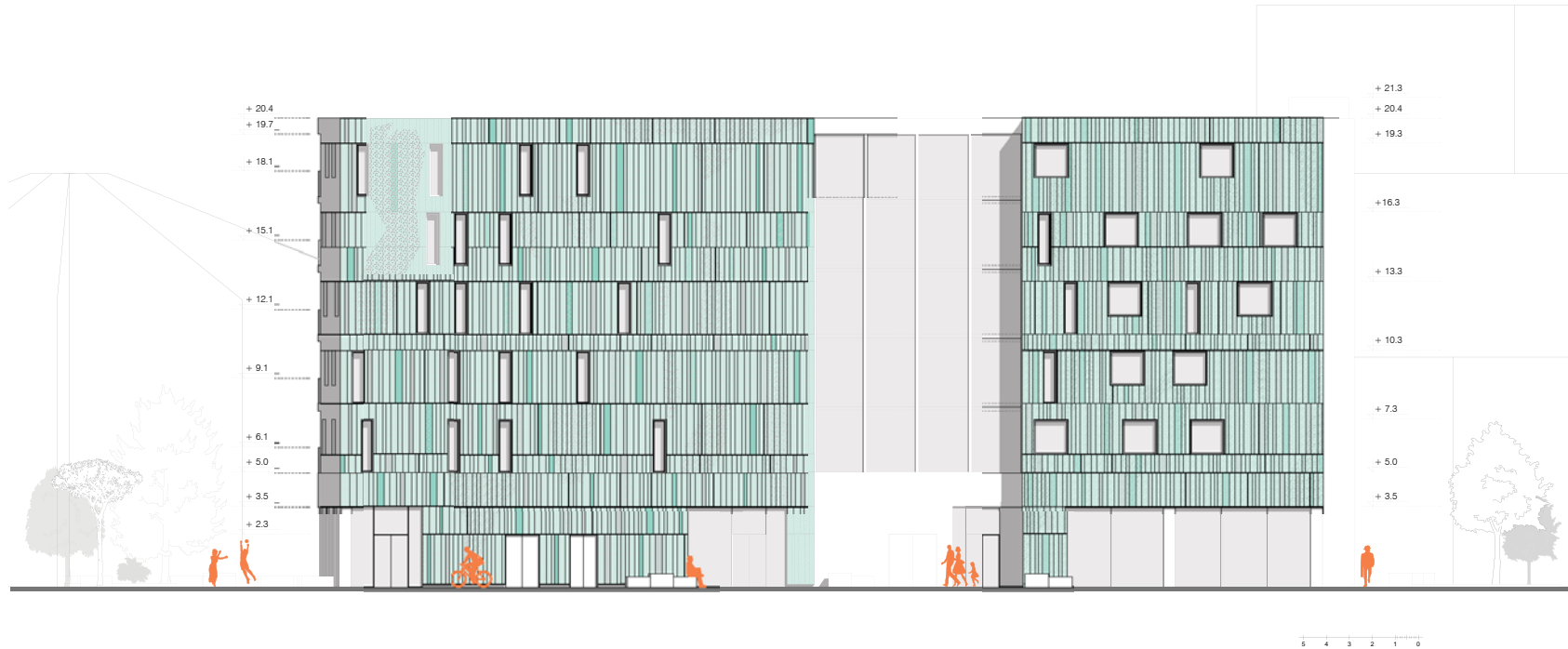
DESIGN PROCESS

WORKING METHODS

Excisting knowledge and experiance as a base.
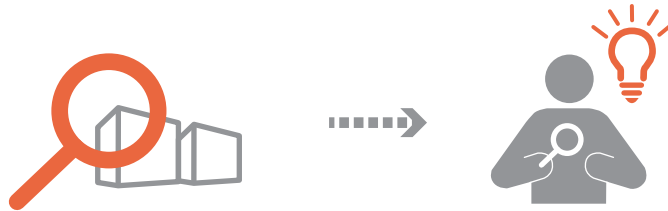
Observation and conclusion from excisting realizations.
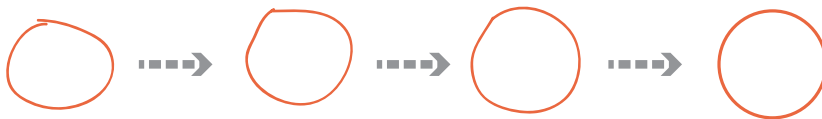
Simple shape as a starting point, developnemt of the complexity.
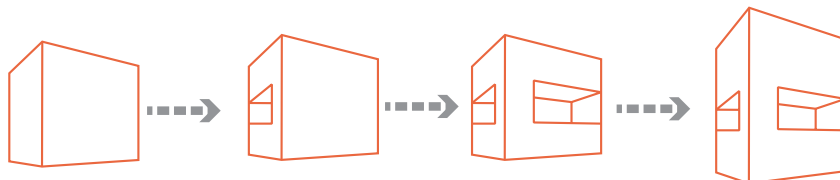
Constant improvement of the qualities by redrawing and retrying.
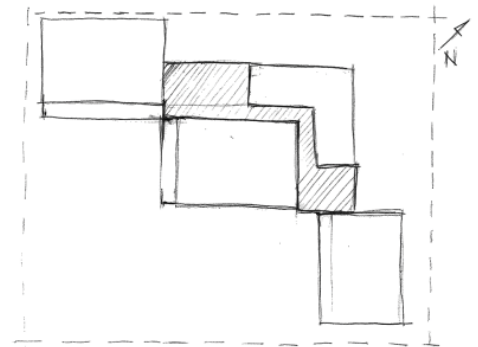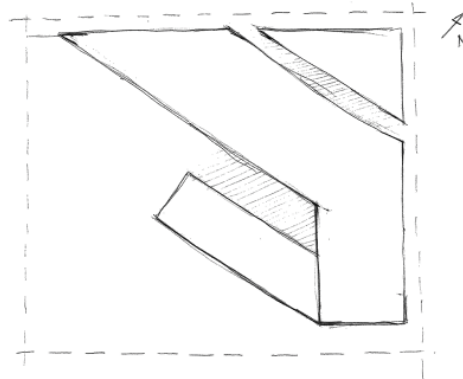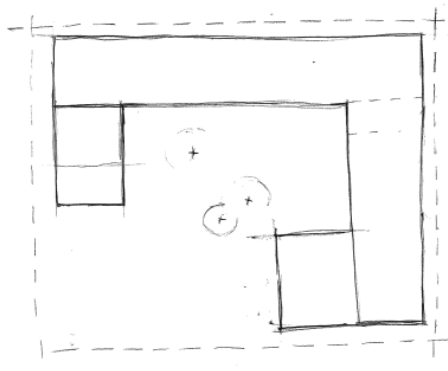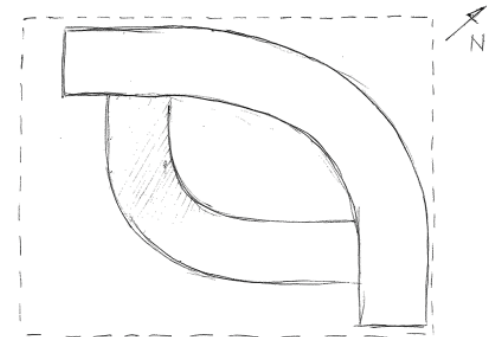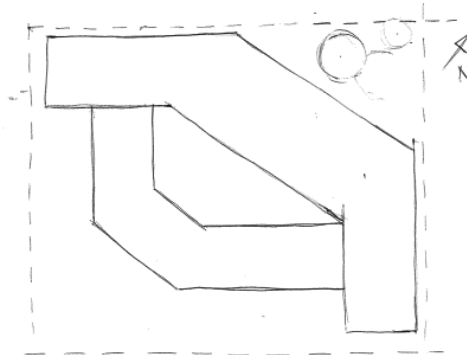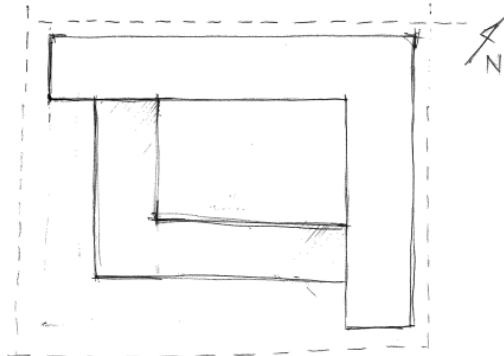
DIFFERENT OPTIONS ON DIFFERENT STAGES OF DESIGN

1.

2.

3.

4.

5.

6.

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9.

10.

11.

12.
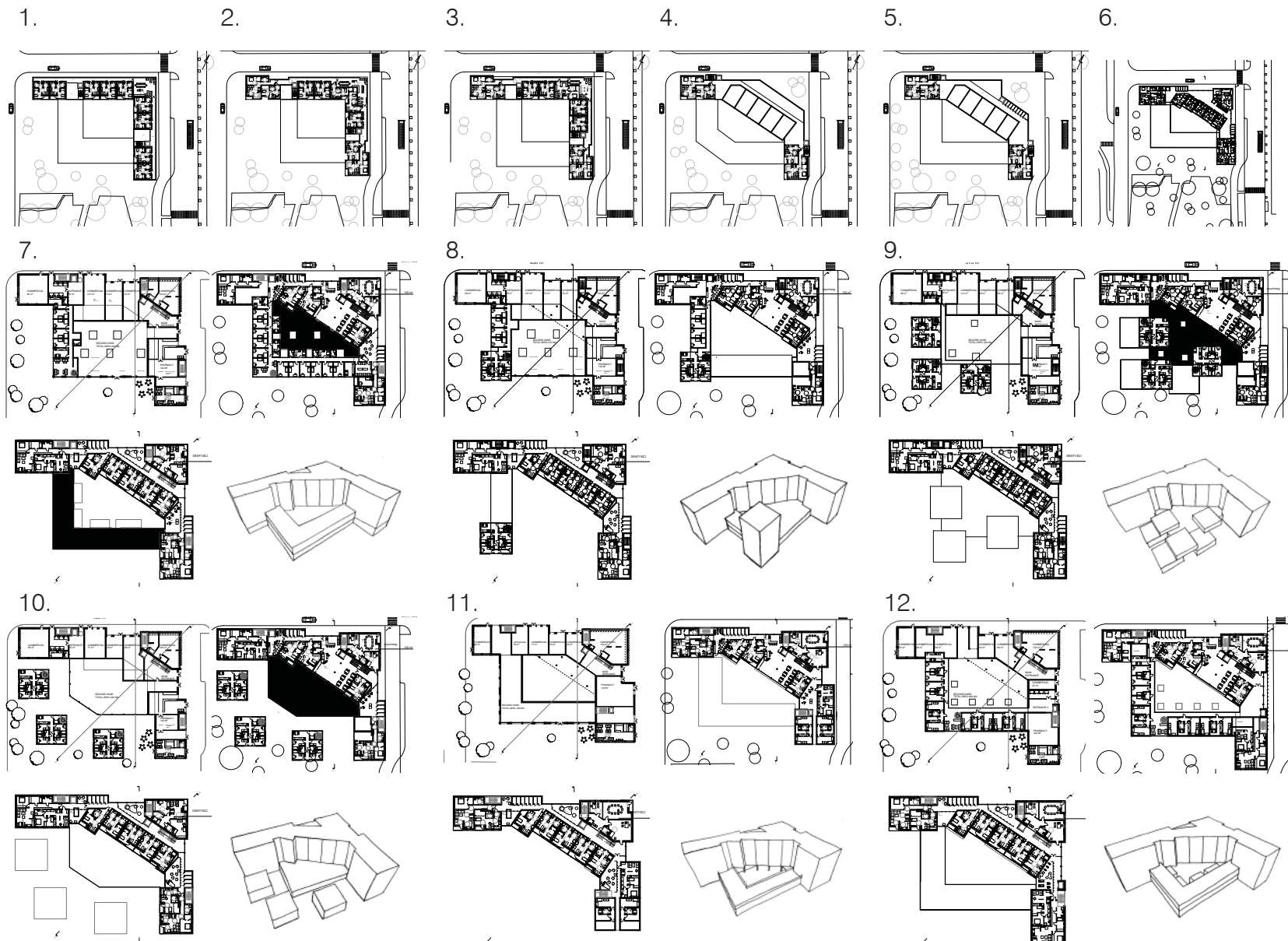
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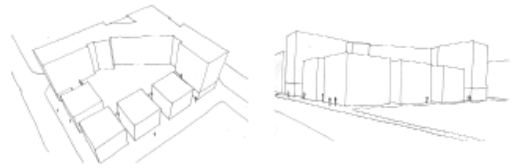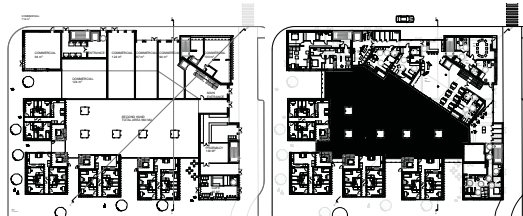
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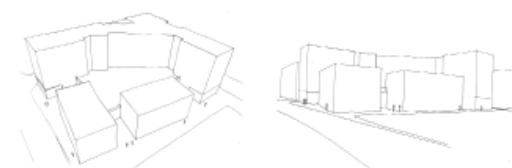
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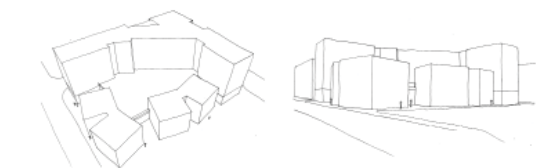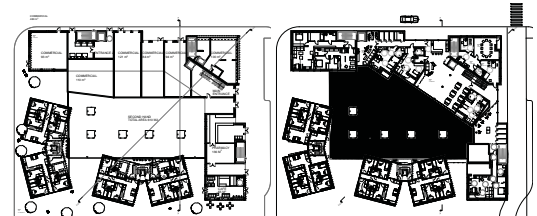
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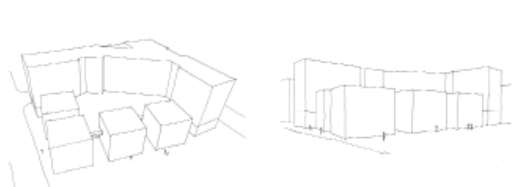
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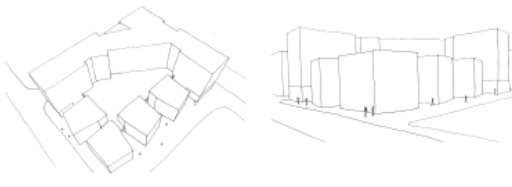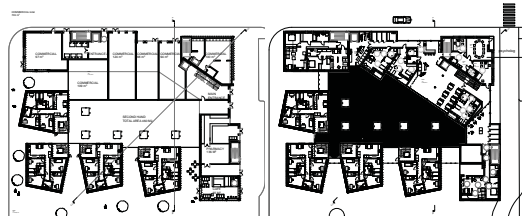
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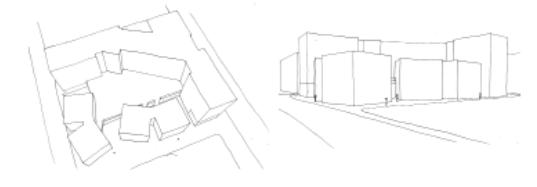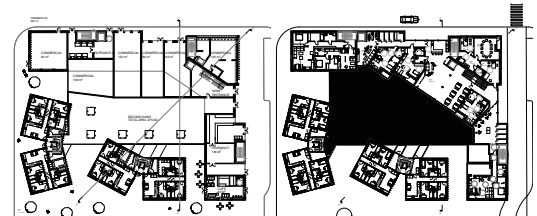
DEVELOPMENT OF THE BUILDING PLAN
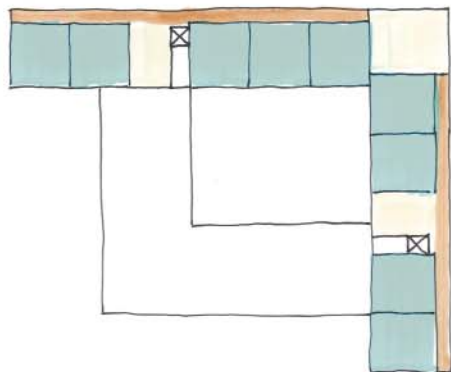
corridors: 123m^2
common areas: 138m^2
flats: 9 single
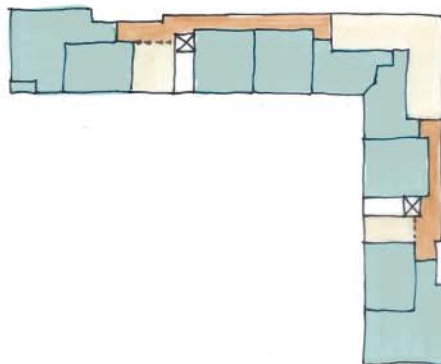
corridors: 74m^2
common areas: 130m^2
flats: 2 double   7 single
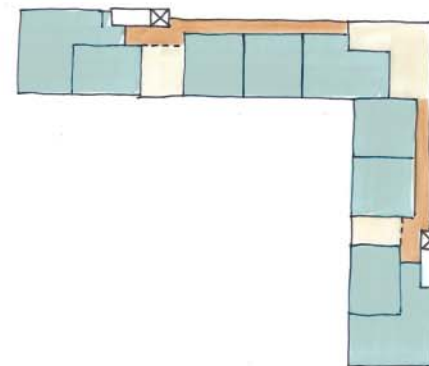
corridors: 86,5m^2
common areas: 106m^2
flats: 3 double   6 single

corridors: 108m^2
common areas: 190m^2
flats: 2 double   7 single

corridors: 108m^2
common areas: 124m^2
flats: 2 double   7 single
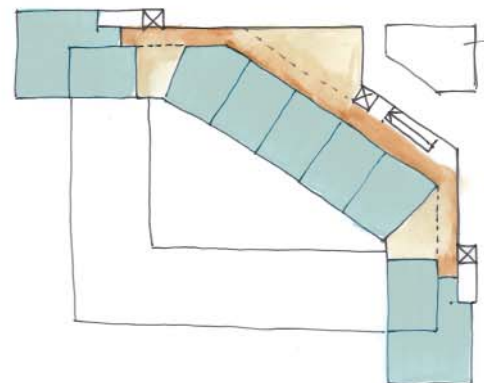
corridors: 88m^2
common areas: 140m^2
flats: 2 double   7 single

SENIOR HOUSING
    single 27   double 5   staff 1
STUDENT HOUSING
    families 5   student rooms 20
COMMERCIAL
- charity shop 425m^2
- health centre 780m^2
- commercial 495m^2
COMMON SPACES
- students+seniors 185m^2
- opened event 155m^2
- seniors 279m^2
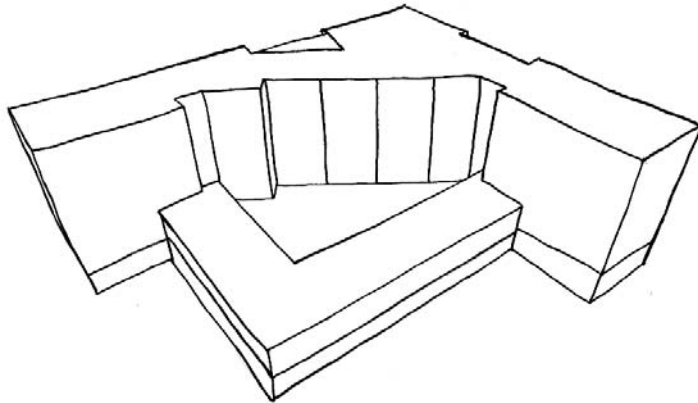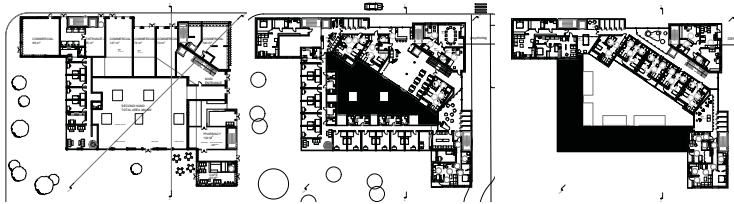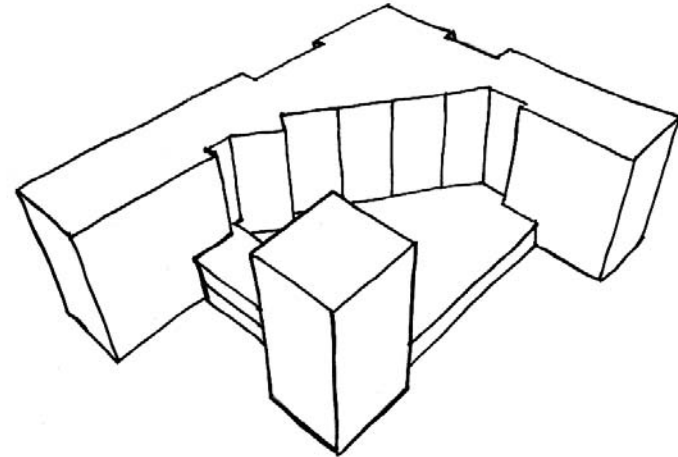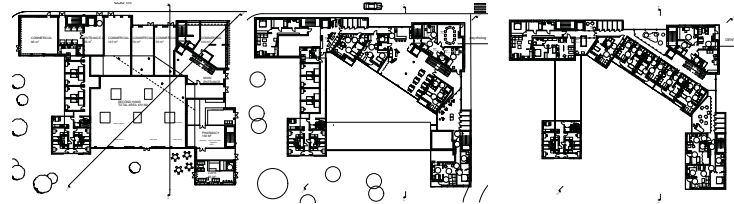
SENIOR HOUSING
    single 27   double 5
STUDENT HOUSING
    families 9   student rooms 36
COMMERCIAL
- charity shop 470m^2
- health centre 600m^2
- commercial 550m^2
COMMON SPACES
- students+seniors 140m^2
- opened event 155m^2
- seniors 328m^2
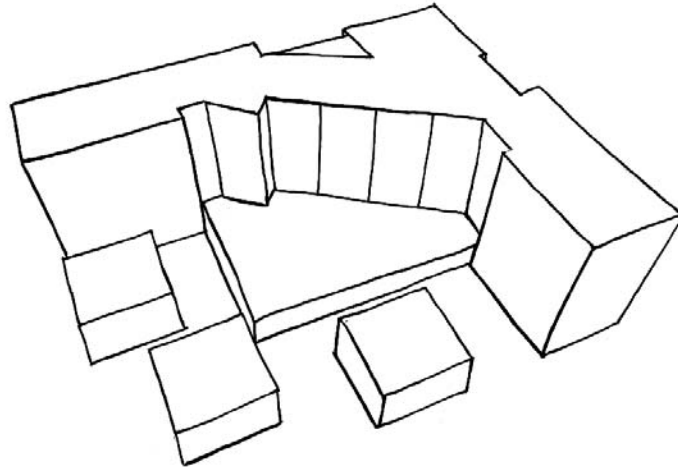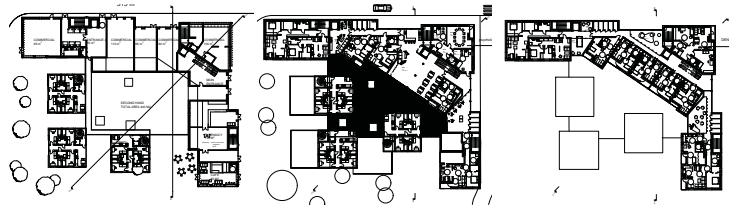
SENIOR HOUSING
        single 28   double 5
STUDENT HOUSING
        families 10   student rooms 24
COMMERCIAL
- charity shop 450m^2
- health centre 600m^2
- commercial 480m^2
COMMON SPACES
- students+seniors 140m^2
- opened event 155m^2
- seniors 328m^2
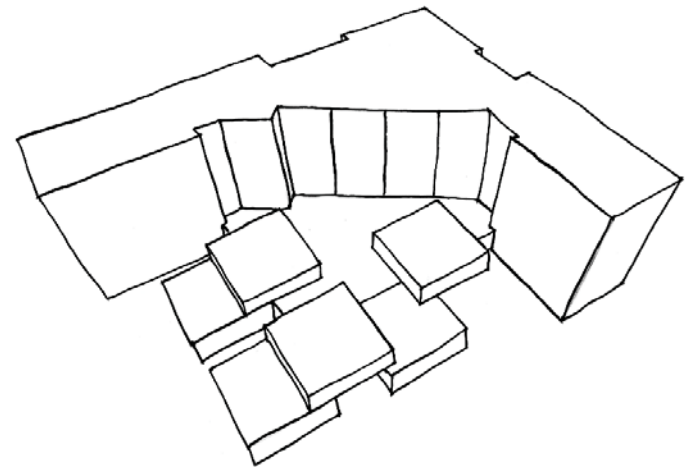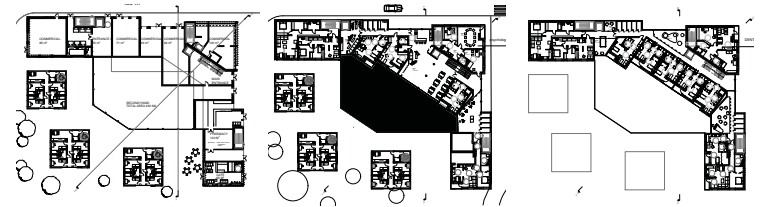
SENIOR HOUSING
        single 28   double 5
STUDENT HOUSING
        families 10   student rooms 24
COMMERCIAL
- charity shop 440m^2
- health centre 600m^2
- commercial 515m^2
COMMON SPACES
- students+seniors 140m^2
- opened event 155m^2
- seniors 328m^2
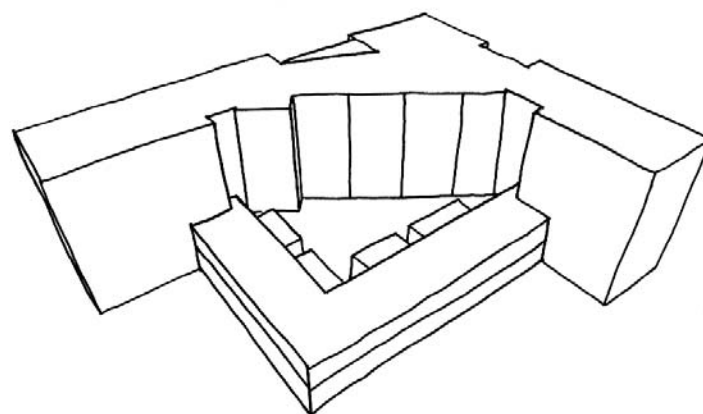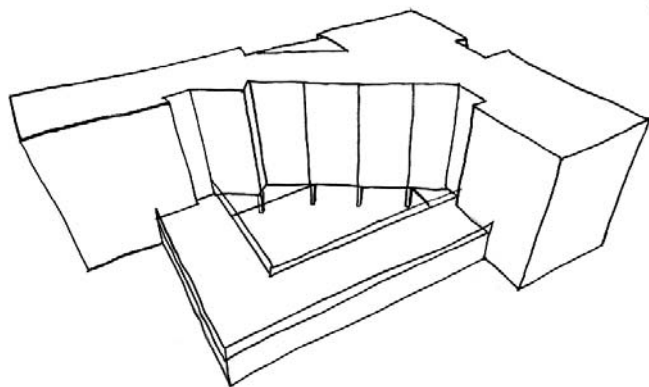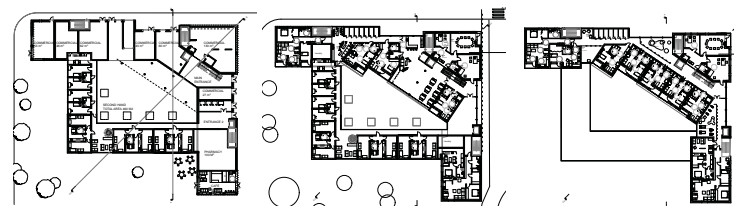
SENIOR HOUSING
     single 27   double 5   staff 1
STUDENT HOUSING
     families 5   student rooms 20
COMMERCIAL
- charity shop 425m^2
- health centre 780m^2
- commercial 495m^2
COMMON SPACES
- students+seniors 185m^2
- opened event 155m^2
- seniors 279m^2

SENIOR HOUSING
     single 27   double 5
STUDENT HOUSING
     families 9   student rooms 16
COMMERCIAL
- charity shop 480m^2
- health centre 600m^2
- commercial 550m^2
COMMON SPACES
- students+seniors 140m^2
- students 80m^2
- opened event 155m^2
- seniors 328m^2
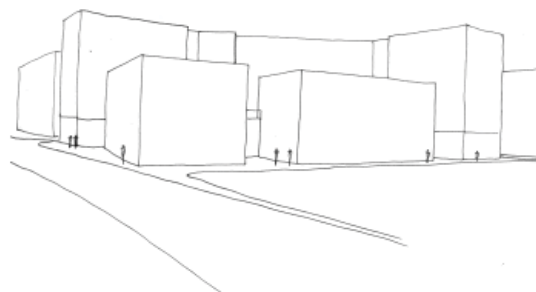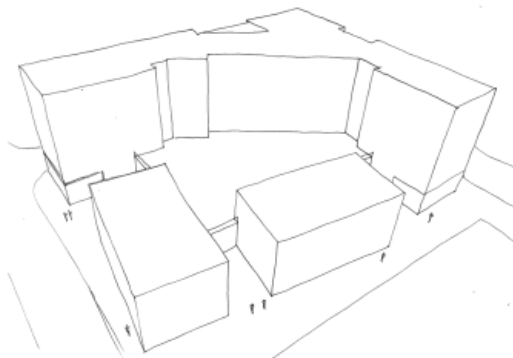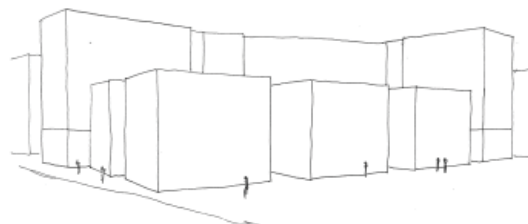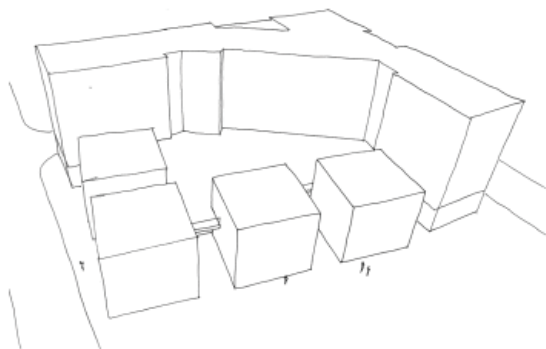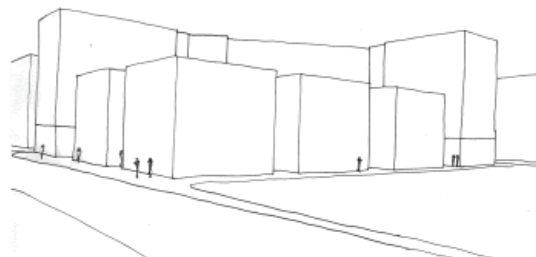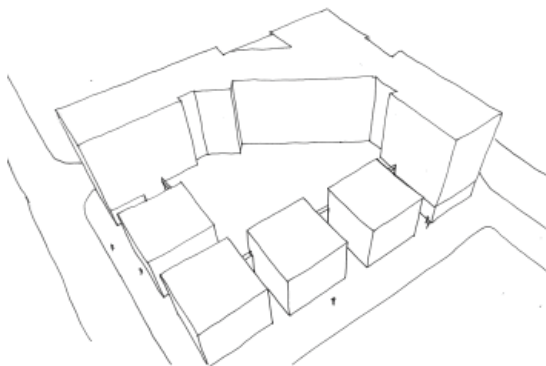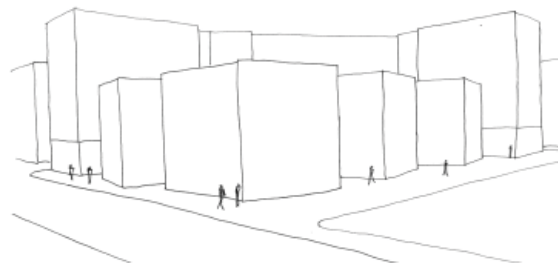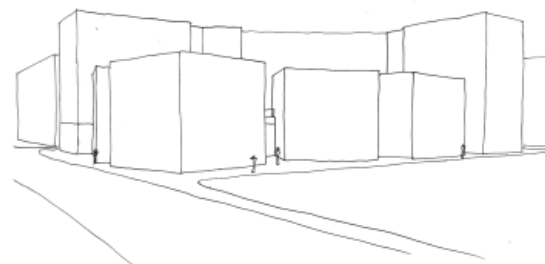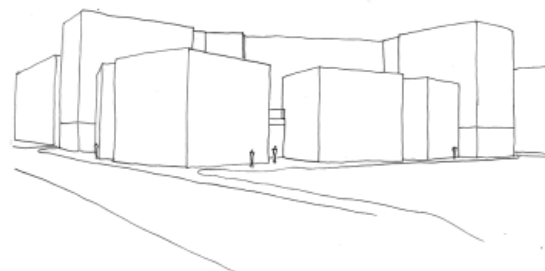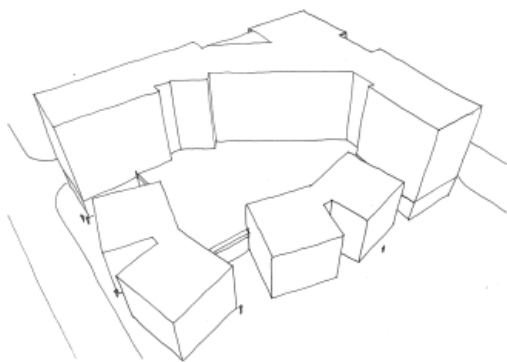
WORKING ON THE FACADE
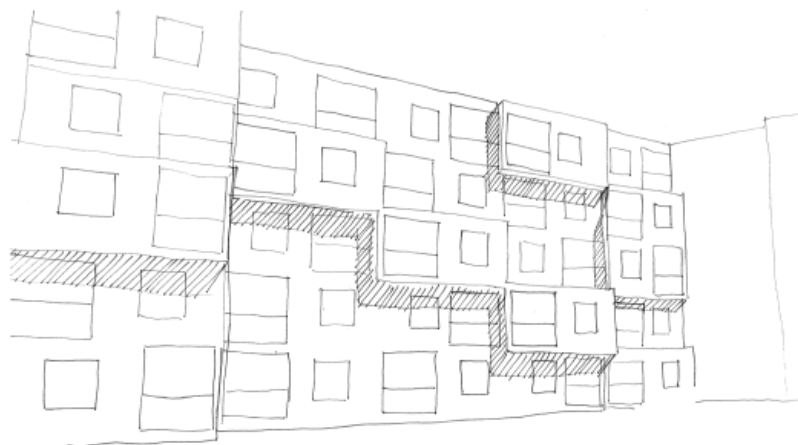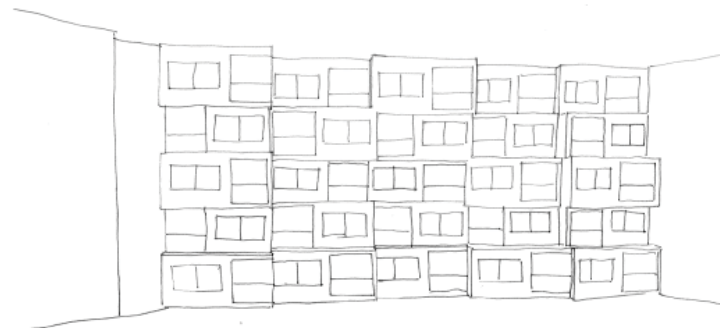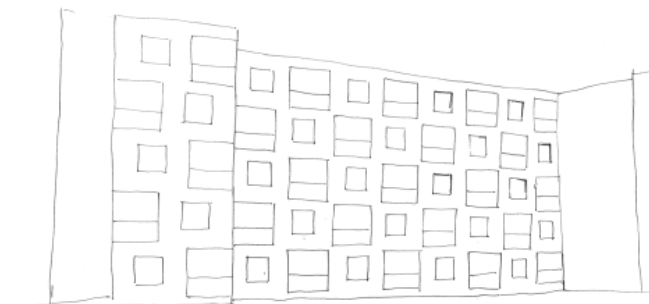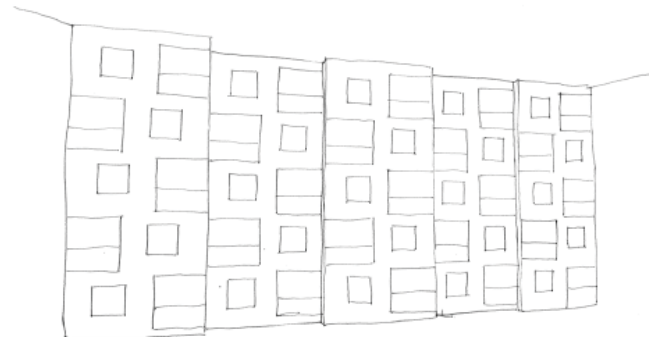
art	group discussions	group discussions
charity shop	help	music
cleaning	home services	nurse
clinique - medical group practice	institutional character	outdoor spaces
commercial facilities (shop, cafe, hairdresser..)	intergation	pet
common area	be-friending	senior housing
elderly friendly	intergenerational integration	student housing
gardening (looking after plants)	internet	housing for students with children
greenhouse	local society	exercising

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