ELDERLY CARE HOME

An elderly Care home by Lake Nydala. In nature that heals and with a community that brings a sense of purpose.

Target group: 65+ years
Actor: Umeå Municipality
The Soul is Evergreen

CONCEPT

+ Nature
+ Engagement
+ Community
CONCEPT

PHYSICAL EXERCISE AND MOVEMENT

SOCIAL LIFE AND RELATIONSHIPS

SPENDING TIME OUTDOORS

ACTIVITIES

HARMONY
RESEARCH

CITY

UMEÅ

- Retirement Homes

Proximity  Community
RESEARCH

Student housing development

Retirement Home, Study visit

Nature Values: Lake, Forest

Tomtebogård development: Park, school and community garden
History of Retirement Homes in Sweden
Lessons Learned

RESEARCH

Early 1900s

Fattigstugor
Poor houses was used to hide away the elderly in cabins, with no care takers. Often very little or no food available.

1918-1950s

Ålderdömenhem
The Swedish state tried to improve the situation in 1918. Often this just meant making the exterior nice, whilst letting the interior still be almost as bad as before.

1950 - 1990

Åldreboende
Here improvements can clearly be seen. This is what most of todays retirement homes look like, with some care to the interiors and also the life of the elderly.

2010-2020

Vård och Omsorgsboende
The new built retirement homes tries to create homes where health and recreation is in focus. Often times with specific spa or sport themes. They are quite big scaled.

2020-forward

Vårdhem

EVERYTHING IS WRONG
CARELESS INTERIOR
NOT A HOME
TOO BIG
PROPOSAL

PHYSICAL EXERCISE AND MOVEMENT
SLEEP
RELATIONSHIPS - SOCIAL LIFE
SPENDING TIME OUTDOORS
HELPING OTHERS
ACTIVITIES
INTELLECTUAL STIMULATION
HARMONY
Material Collection
How can wood create an atmosphere of home?

RESEARCH

Image portraying wood material, removed due to copyright
Building in the Forest

RESEARCH

Forest Bathing - Shinrin Yoku

Dr Qing Li
(Professor at Nippin Medical School in Tokyo)

Spending time in the forest helps reduce blood pressure, lower cortisol levels and improve concentration and memory. A chemical released by trees and plants, called phytoncides, was also found to boost the immune system.

- LOWER BLOOD PRESSURE
- IMPROVE IMMUNE SYSTEM
- REDUCE PAIN
The cabins, although culturally important, creates a boundary for the access to the lake.
Study Visit
Tomtebo Vård och Omsorgsboende

Apartments: 32
Floors: 2
Actor: Umeå Municipality
Values: Lake Nydala
Users: Elderly people, some suffering from dementia.

Interview subject:
Woman with 14 years of experience in Elderly Care.
Main challenges in the building Layout

RESEARCH

Commons is Disturbed by Corridor Flow and People walking to the laundry house.

Some Living Units are too far away from the common space. Causing Isolation.
CASE STUDY
RESIDENTIAL CARE HOME – AUSTRIA

- Living Units Organized around Common Space
- Windows Flooding with Natural Light
- Wood Panels: Dimensions Optimized for Transport

Image portraying the Case Study, removed due to copyright
CASE STUDY
SHARE KANAZAWA – JAPAN

• Works Like a Micro community
• Engages the Elderly through vegetable planting
• Includes Students who volunteer here
SPATIALITY AND PROGRAMME
Spatial Testing

PHASE 1 - Linearity
- Distances too long
- Inefficient use of space
- Compact but rigid

PHASE 2 - Central Core
- Organized and rational
- Boring view from commons
- Long corridor

PHASE 3 - Mixing it up
- Too cluttered. Inefficient corridors.
- Mobility issues
- Too big scale?

PHASE 4 - Central Linearity
- Sun optimized
- Central core
- Good distances
Design Parameters

SPATIALITY

PUBLIC: Elevate the Lakeside

ACCESS: Connecting element makes Lake accessible to everyone

PRIVATE: Dwellings made private through dense forest

PUBLIC: Path brings in public flow
PUBLIC:
Public Activates the Lakeside
ACCESS:
Connecting element makes Lake accessible for everyone
PRIVATE:
Dwellings made private through dense forest
PUBLIC:
Path brings in public flow
Layout
Programmatic Overview

Floor 1
- Café, meeting hub
- Living Room
- Apartments

Floor 2
- Wood workshop
- Staff Room
- Rehab
- Kitchen
- Greenhouse, Bridge
- Apartments
Rehab Area

- Rehab Area activates the people
• Overlooking the lake and greenhouse
Axonometric – Social Hotspots
Community - Creating a link

Floor 1
Harmony - Forest Bathing
Floor 1
Floor 2
Bridging the gap
Structural System
West Elevation

Top Log
For Fireplace and
Wood Workshop

Middle Log,
Window-Pillars

Bottom Log, knot free
Big structural elements

Trees Harvested from SITE

Distances optimized for
building on site
Construction Detail
Wall Roof Connection

- Thermal toughened glass
- Cavity Insulation
- Interior Wood Cladding
- Hard Insulation
- Ventilation
Structural System
Light, shadows and atmosphere
Greenhouse
Living Room