

GRADUATION PLAN

Designing for care in an inclusive environment

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'REDUCE DISTANCE TO CREATE A SENSE
OF BELONGING AND GET FAMILIAR WITH
ONE ANOTHER'

Design where you get more familiar with one another with the higher goal that
you would do more for one another.

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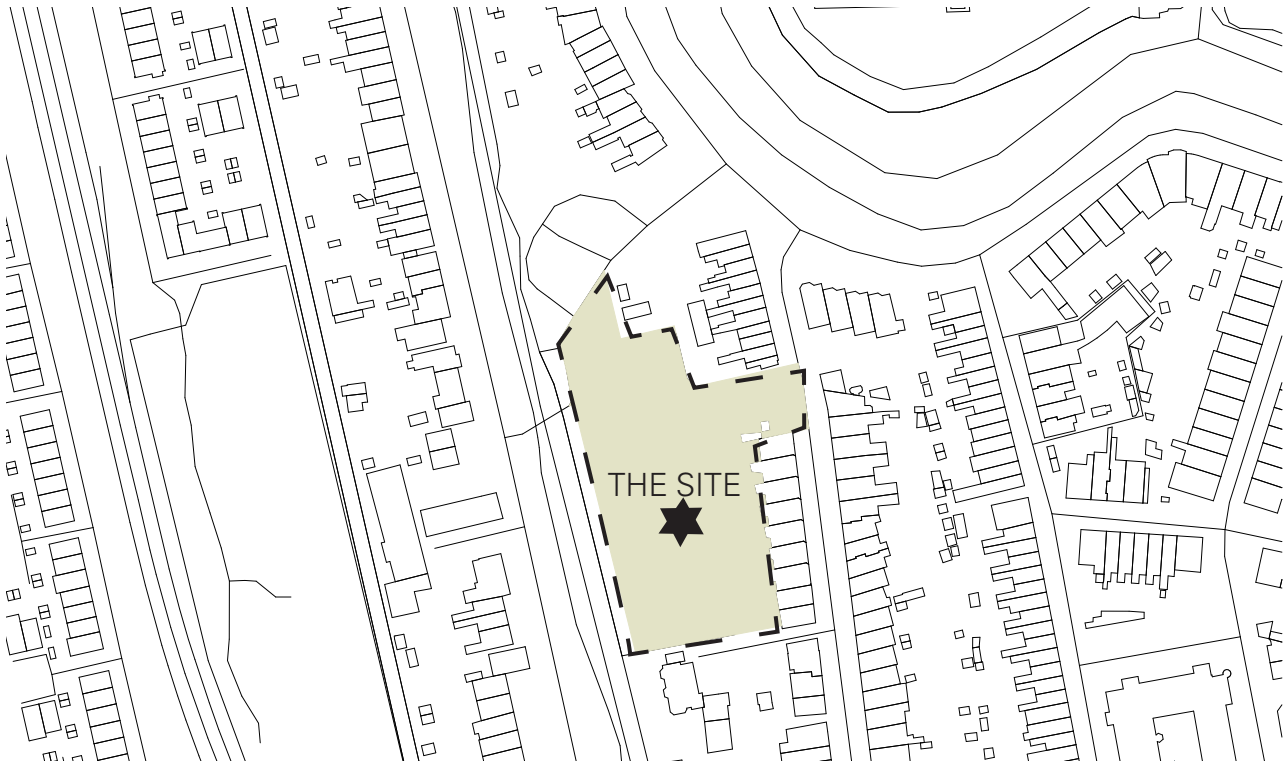
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ARGUMENTATION OF CHOICE

Older people are often in the news nowadays. Research has shown that his group is growing rapetly. People are getting older, so the group of older people is growing and this will become more and more in the coming years. ¹ People stay longer at home but with this there is also a lot of loneliness among the elderly. How are we going to take care of this large group? Where can they live and what does their life look like? These are all subjects that are discussed a lot, not only in the Netherlands but the group of elderly people grew around the world. Due to this fact as architects, we have to think about what our environment should look like for our ageing society. To change on how people want to live in the future and what are wishes an anthropological approach is needed. This studio works with anthropological research. This is also something that I want to use further on in my professional career.

¹ Stoeldraijer, L., Van Duin, C., & Huisman, C. (2017). CBS- Bevolkingsprognose 2017–2060: 18,4 miljoen inwoners in 2060. CBS - Statistische Trends, (December), 19. pp. 5-6.

LOCATION



During the graduation we work with Habion. Habion is a housing corporation in the Netherlands. We have had several options for locations to choose from. We also got three options from Habion to choose from where we can create our vision on housing for elderly. I have chosen one of these sites, this site is located in Leiden. I have chosen this site because it has a lot of potential because it is located in a urban environment. There can be also some improvements because it is more a less sort of hidden behind buildings and on the other side cut of from the other neighbourhood by water. Making an connection between these different area's will fit my vision of what I think is needed.

PROBLEM

Out of my ethnographic research came a couple conclusions. The distance between the elderly and others, including myself, is very large. This means that you have less to do with each other, know less about each other and this means that the distance is getting bigger all the time. The institutional buildings have a kind of imaginary “boundary” around their building, difficult to get in and to get in touch with the elderly. In the book “most people are good,” Rutger Bregman argues that the threshold that people would do more for each other has to do with distance between people. If you are farther away from someone you are less attempt to do something for the other. (Bregman, 2019). And with this distance comes fear of the ignorant “ignorance frightens the unknown.” Because the group of elderly people is growing the care can not handle it all. The moments of contact is getting smaller and smaller. And because of this problem and the fact that elderly are not getting in touch with others there a is a lot of loneliness.

POINTS OF IMPROVEMENT

The observation of ethnographic research has lead to several points of improvement:

1. The **distance should be reduced** between elderly but also all the users of space. We need to go “from forced to being alone to chosen to be alone”

2. **Creating a sense of belonging**

If you would create space that stimulate that people are being seen and heard people feel appreciated. By creating a sense of belonging you would get more familiar with one another.

3. **Get more familiar** with one another

By getting more familiar with one another you would do more for one another. If we take care for echater less care is needed.

RESEARCH / DESIGN QUESTIONS & GOAL

The goal is that by reducing the distance you create a sense of belonging and familiarity with each other. And this means that you would rather help someone, which means that the care would be partially relieved. The goal is to create an environment in Leiden where connection is stimulated. Distances are reduced. Spaces are designed to stimulate the spontaneous encounter. In my opinion we should design housing that is not only suitable for elderly but for several target groups. Making a distinction between elderly housing and others immediately creates distances between elderly and other users of space. So creating an environment where several target groups live together where they can take care of one another.

So my research questions is: **To what extent could reducing distances between users of space trigger a form of spatial design that create a sense of belonging and familiarity among people through the lens of elderly?** In this research question I mean with Distance: Physical, mental and social distance. By Belonging I mean that you feel that you are seen, heard and feel appreciated. And By Familiarity I mean that you get familiar with one another, with the higher goal that by getting familiar you would do more for one another.

With this question and with these three themes that needs further investigate come several sub-questions:

Distance:

What is the current distance between elderly and other people?

How much time do you spend with an elderly?

To know how to reduce the distance I need to know how much the current distance is. Between people but also between the site and different facilities. Also research on what creates distances is necessary. (Jan Gehl) So I asked the question How much time do you spend with an elderly. Out of this research came that 60% almost never or get not much in contact with elderly.

Belonging:

When do you feel that you belong?

What means belonging for Architecture?

What would you do for your neighbour?

Out of my research came that what belonging means is that you feel that you are seen, heard and feel appreciated.

When you feel that you are heard and seen It is interesting to know what you would do for a neighbour.

Familiarity:

What is Familiarity?

What means Familiarity for Architecture?

Would you do more for someone if you know them better?

What is familiarity and what does that mean for architecture. And if you know your neighbour Jan, would you do more for him because the distance between yourself and neighbour Jan is reduced?

METHODS & REFLECTION

Research is during my whole graduation needed and is intertwined with one another. The first sub-question gives an answer but rises a question for another topic. That is why there is an overview of the process in the appendix with the methods that are needed, first conclusions and the literature that has been used to give answers.

PLANNING

In overview of the planning with the products. ¹

P1

Design and research studio

- thematic research
- site analyses
- situational research
- draft research

P2

Design and research studio

- graduation plan based on template
- urban draft / master plan (on an appropriate scale)
- programme of requirement
- draft design (plans, sections, elevations) 1:500 / 1:200 1/1000

P3

- draft reflection
- plans, facades, cross-cuts, 1:200
- part of the building, plan and cross-cut (on an appropriate scale)
- façade fragment with hor. and vert. cross-cut (on an appropriate scale)
- set up details 1:5

P4

- theoretic and thematic support of research and design
- final reflection on architectonic and social relevance (see appendix 3)
- site 1:5000 / 1:1000
- plan ground level 1:500
- plans elevations, sections 1:200 / 1:100
- part of the building, plan and drawings 1:50
- façade fragment with hor. and vert. cross-cut (on an appropriate scale)
- details 1:5

P5

Same as for P4

¹ Faculty of Architecture and The Built Environment.

Graduation Manual Master of Science Architecture , Urbanism & Building Sciences Academic Year 2019 – 2020. pp. 18

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LOCATION:

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BLUE ZONE

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Jansen, M. (2017). *The Development of Blue Zones in the Netherlands Using Positive Health on the journey to a happier and healthier Netherlands*, (September).

Buettner, D., & Skemp, S. (2016). *Blue Zones: Lessons From the World's Longest Lived*. *American Journal of Lifestyle Medicine*, 10(5), 318–321. <https://doi.org/10.1177/1559827616637066>

Van Steekelenburg, E., Kersten, I., & Huber, M. (2016). *Positieve gezondheid in Nederland. Wie, wat, waarom en hoe?* Institute for Positive Health, 89. Retrieved from [www. ipositivehealth.com](http://www.ipositivehealth.com)

"To what extent could reducing distances between users of space trigger a form of spatial design that create a sense of belonging and familiarity among people through the lens of elderly?"

ETHNOGRAPHIC RESEARCH

How do you know how to design for elderly if you don't know them. To get more grip on how there life looks like fieldwork and observations are needed to get answers. The conclusions and improvements out of this fieldwork lead to a starting point for further research.

Keywords Body, house, building, neighbourhood

Question **What does the daily life of the residents of Huis Assendorp in Zwolle look like and how is their living environment designed?**

Methods During this week I did observations, The methods that I used to document human, house, building and neighbourhood scale activities are having talks with residents, making notes and interviewing several people.

Conclusion Out of my ethnographic research came a couple of conclusions. The distance between the elderly and others, including myself, is very large. This means that you have less to do with each other, know less about each other and this means that the distance is getting bigger all the time. The institutional buildings have a kind of imaginary "boundary" around their building, difficult to get in and to get in touch with the elderly.

Literature Lucas, R. (2016). Research Methods for Architecture. London: Laurence King Published Ltd.
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POINTS OF IMPROVEMENT

- The **distance should be reduced** between elderly but also between all the users of space.
- Creating a sense of belonging** If you would create space that stimulate that people are being seen and heard and that people feel appreciated.
- Get more familiar** with one another.

GOALS

- We need to go "from forced to being alone to chosen to be alone" If we reduce the distance we could create a sense of belonging and familiarity.
- If you would create space that stimulate that people are being seen and heard people feel appreciated. By creating a sense of belonging you would get more familiar with one another.
- By getting more familiar with one another you would do more for one another. If we take care for each other less care is needed.

RESEARCH QUESTION

"TO WHAT EXTEND COULD REDUCING DISTANCES BETWEEN USERS OF SPACE TRIGGER A FORM OF SPATIAL DESIGN THAT CREATE A SENSE OF BELONGING AND FAMILIARITY AMONG PEOPLE THROUGH THE LENS OF ELDERLY?"

DISTANCE RESEARCH

To get more grip on what distance means in architecture research is needed. What is distance? What does it mean in architecture and what is the current distance between users of space and how can we reduce this distance?

Keywords physical distance, mental distance, social distance

Question **What does Distance mean for architecture? What is your distance towards elderly? How much time do you spend with an elderly?**

Methods To get to know what distance means for architecture I used literature research. To get to know what the current distance is between users of space I did a survey and I did a location research to get to know what the distances are between facilities and the site. Rutger Bregman argues that the threshold that people would do more for each other has to do with distance between people. If you are farther away from someone you are less attempt to do something for the other.

Conclusion If we talk about distances we can subcategorise this in mental distance, physical distance and social distance.

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Sennet, Richard. n.d. "The Open City."
Bregman, R. (2019). Meeste

BELONGING RESEARCH

What means belonging for architecture? What is belonging?

Keywords seen, heard and appreciated

Question **What is belonging? What does Belonging mean for architecture? What would you do for your neighbour?**

Methods To get to know what belonging means for architecture I did literature research. Next to that I did a survey to get to know what you would do for a neighbour.

Conclusion Out of the research came that belonging means that you feel seen, heard and appreciated.

Literature Gehl, J. (2011). Life between buildings.

FAMILIARITY RESEARCH

What means familiarity for Architecture and would you do more for someone if you know them better?

Keywords Familiarity, Transition zone, reconize

Question **What does Familiarity mean for achitecture? Would you do more for someone if you know them better?**

Methods To get to know what familiarity means for architecture I did literature research. Next to that I did a survey to get to know if you would do more for someone if you are more familiar with one another.

Conclusion Research has shown that to get more familiar with one another transition zones are important. Stream of consciousness creates that you get more familiar.

Literature Sennet, R. (2018). Building and dwelling, pp. 171-204.

SUPPLY AND DEMAND

I did research on supply and demand to get to know what the current situation is in Leiden en wat is needed on that location.

Keywords neighbourhood, residents, housing

Question **What is the current situation in Leiden and what is needed?**

Methods To get to know what the current situation is and what is needed I looked at the research that has been done by the municipality and I did a survey in the neighbourhood to get to know how there ideal neighbourhood looks like?

Conclusion Housing for elderly is needed, 60% should be apartments, 40% ground-bound housing, supermarket close by is needed, it should be green and mixed users.

Literature Leiden, G. (2018). Verstedelijingsnotitie Leiden.
Leiden, G. (2019). Uitvoeringsagenda Wonen Leiden.

TUTORIAL BLUE ZONE

For the tutorial we had to choose a subject where you want to know more about. I did my paper on the blue zone.

Keywords blue zone, green, transportation, natural movement.

Question **Wat zijn de blue zone thema's welke van invloed zijn op de gebouwde- en leefomgeving voor ouderen en wat zijn aanbevelingen voor de Nederlandse situatie?**

Methods To get answers I did a literature research.

Conclusion Green area is important, good walk, cycle paths, good transportation, good acces to vegetables, meeting places and parking should be different arranged.

Literature Huber, M., & Jung, H. P. (2015). Persoonsgerichte zorg is gebaat bij kennis van ziekte en van gezondheid. *Bijlijven*, 31(8), 589-597. <https://doi.org/10.1007/s12414-015-0072-7>
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LOCATION RESEARCH

The location is in Leiden. To make a design, location research is needed.

Keywords Boundary, border, distance

Question **How does the site look like? How can the design empower the site? How can the site empower the design? What are the current distances? What are the borders and boundary's? Where are the current meeting places?**

Methods To get answers location research is needed and an survey on what is needed in the neighbourhood will give information that is needed.

Conclusion Out of the research came that an supermarket, meetingplace and neighbourcafe/restaurant is needed because the distance need to be reduced. The buildings next to the site and the water creates a boundary. The playground next to the site creates a border. To make a connection and reduced distance the boundary's should be broken.

Literature Leiden, G. (2018). Verstedelijingsnotitie Leiden.
Leiden, G. (2019). Uitvoeringsagenda Wonen Leiden.
Sennet, Richard. n.d. "The Open City."

PROGRAM OF REQUIEREMENTS

Out of supply and demand, the tutorial blue zone and the location research came my program of requirements.

Keywords XS, S, M.L. XL, PUBLIC, PRIVATE, SEMI PUBLIC, COLLECTIVE.

Question **What program will reduce distance, create a sense of belonging and stimulate to get more familiar?**

Methods literature research on how much surface is needed for the program and what the differents is between private, public, semi public and collective space. Out of supply and demand, blue zone tutorial and the location research came the needed information to create the program of requirements.

Conclusion Out of the location research and supply and demand research came that a supermarket, meeting place and horeca is needed. Also the boundary's should be broken. Out of the blue zone tutorial came the demand of creating a lot of green space. So the meetingplace and the greenery can be combined in a public greenery with vegetable garden. Good pedestrian and cycle paths are needed. The parking should be located on for example one place so that there not seen in the streets and stimulate the natural movement of walking to your car. Research has shown that the combination of elderly and children are a good match. So to stimulate these encounter a daycare included in the program. And because I want to reduce the distance I want to create as well program that different target groups would benefit. So a culture program like music, dance and arts (atelier) would benefit different target groups were they can meet one another. Next to that semi public spaces where spontaneous encounter can take place is needed threw the entire program.

Literature Gehl, J. (2011). Life between buildings.
Van de wal, H., Van Dorst, M., Leuenerger, T., & Vonk, E. (2015). Privacyscript.

CONCEPTUAL RESEARCH

Program of requirements, the goal and different conclusions have all let to the concept.

Keywords stream of requirements, public, private, semi-public, collective

Question **Which concept will help by reducing distance, create a sense of belonging and get familiar?**

Methods literature research on what belonging, distance an familiarity means have let to the concept.

Conclusion To get familiar Richard Sennet says that a stream of consciousness will stimulate to get more familiar. Jan Gehl in his book; Life between buildings explains that it is good to have a transition zone from private to semi public to public space. The location research have shown me the different boundaries that need to be broken and to reduce the distance incorporate the neighbourhood.

Literature Gehl, J. (2011). Life between buildings. pp. 58-61
Van de wal, H., Van Dorst, M., Leuenerger, T., & Vonk, E. (2015). Privacyscript.
Sennet, R. (2018). Building and dwelling, pp. 171-204.

CONCEPT

Out of all my research came my design concept. location research, literature research, program of requirements, concept have lead my to my design concept.

REDUCING DISTANCES

- Boundary/Repel → Invite
- Single mass → Multiple mass
- No connection → Connection
- Program together → Transition zones

Neighbourhood → Neighbourhood → Neighbourhood

FORM STUDY

The form will be formed by looking at the surrounding, the lay out, concept and program.

Keywords

Question **Which form will stimulate reducing distance, create a sense of belonging and get familiar?**

Methods Making scetces and doing mass studies. Looking at hight and the surroundings. The translation from concept to form and first references are being found.

Work in process

Looking at Urban lay out.

No connection on level. → Reduce distance on level. (Circulation)