

Fieldwork at Liv Inn Hilversum

Fieldwork Report
AR3AD110 Dwelling Graduation Studio:
Designing for Care in an Inclusive
Environment (2024/25 Q2)

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01 Traditional Care vs. Liv Inn Model

Insights into the comparison between traditional care models and the Liv Inn model are derived from an interview with Peter Boerenfijn, the director of the Dutch housing cooperative Habion. The traditional approach to elderly care is characterized by a phased progression, beginning with individuals aging in their own homes. This is followed by relocation to a centralized institutional care facility, often transitioning through stages such as elderly care homes, specialized care facilities, and ultimately, hospice care.

Independent Living at Home:

- Independent living with minimal or no care needs
- Care is brought in as needed but often leads to isolation due to a lack of community support.

Elderly Care Home:

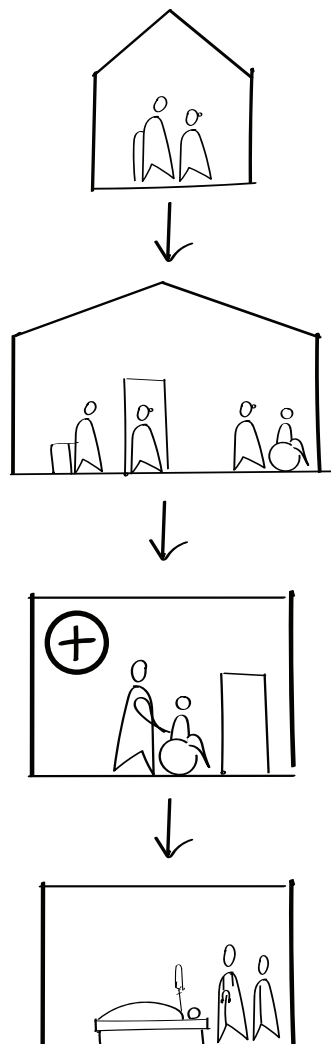
- When living alone becomes difficult, people move to an elderly home.
- Basic care and assistance are provided, but the transition can feel disruptive and disempowering for many.

Specialized Care Facility:

- Individuals requiring intensive medical or dementia care move to highly specialized facilities.
- Social connections and personal environments are often left behind.
- Long waiting lists and shortage of staff makes it not scalable for the future

Hospice:

- In the final stages of life, individuals are moved to a hospice for end-of-life care.
- This can mean another significant transition for the individual and their family.



The Liv Inn model brings care to residents through three pillars: Apartment Living, with adaptable, independent apartments designed for aging in place; Community Spaces, fostering social interaction and active ageing, and a resident-driven community; and Care on Demand, offering seamless, comprehensive care within the same community, ensuring continuity, dignity, and stability without relocations.

Pillar 1: Apartment Living

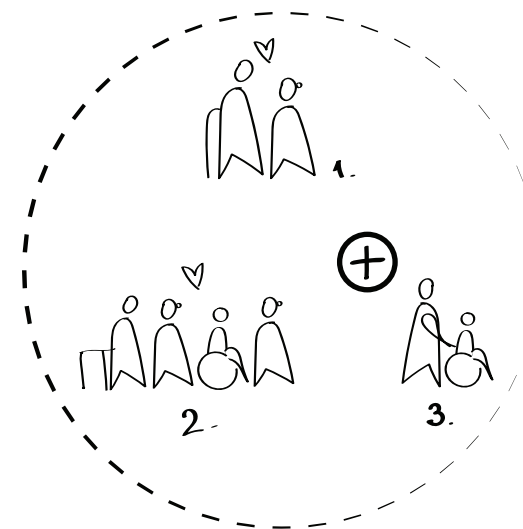
- Residents at the complex live independently in apartments designed for aging in place.
- Apartments are adaptable to evolving care needs, eliminating the need for relocation.
- Encourages ownership, autonomy, and personalization of living spaces.

Pillar 2: Community/Communal Spaces

- Shared spaces foster social interaction, reducing isolation and building a sense of belonging.
- Activities, events, and shared meals create a vibrant, active community.
- Residents actively shape the community, contributing to its development and purpose.

Pillar 3: Care on Demand

- A full spectrum of care is available, from minimal support to specialized end-of-life care, all within the same building.
- Care providers work seamlessly within the community, supporting residents' independence and dignity.
- No disruptive moves between facilities, ensuring continuity and emotional stability.



02

Integration & Interview Process

Liv Inn Hilversum was created through the residents' ideas on how they wanted to age, according to the developer that created the Liv Inn in Hilversum. Moreover, over a hundred future-oriented social housing units are realized with interactive communal living spaces, where elderly can receive care if necessary and where residents are both central and in charge over how you (actively) age.

Entering the Liv Inn

The policy for all Liv Inn locations is that residents have to be motivated to live there. Yet, it differs per location how people can apply for a room. Sometimes they can do it directly and other times it has to be done through "WoningNet", a room application website. Everyone must meet income requirements for rental housing set by the government per room type or Van Der Linden. Additionally, a check is done for their age. If they meet all of these requirements, they are invited to preliminary talks, are interviewed and get a tour through the Liv Inn. Although the Liv Inn has "care rooms", it is an important part of the interview and the contract that they sign where the elderly state that they are allowed to live at the Liv Inn as long as they are not a threat to themselves or to others, hinting that the Liv Inn accommodates a limited level of (professional) care. For the students that are allowed to live in the studio's in the building, the agreement is that they have to study something related to the topic of elderly people.

Becoming a Member of the Liv Inn Association

The association is set up by and for the residents of the Liv Inn. Through this, residents are able to exercise their hobbies, participate in many social events (e.g. communal dinner, happy hour at the communal bar) or writing in the Reuring magazine of the building. Residents are able to become members of various groups that actively organize activities within the Liv Inn and their always able to communicate and propose their own initiatives or ideas that they have for the community (e.g. creative club, finance commission and cooking team). The membership is €20 per year and €40 for residents that do not live in the Liv Inn itself.

03

Interaction Between Age Groups



Research of student living in the Liv Inn Hilversum

The research of the student explores the dynamics of multigenerational interaction within a communal living environment, focusing on its impact on resident well-being, inclusion, and the effectiveness of communal spaces. The findings highlight both positive outcomes and significant challenges, offering valuable insights into how these spaces can foster relationships across age groups. The research is motivated by an interest in understanding how shared living environments like Liv Inn can reduce isolation and promote meaningful connections. Its problem statement emphasizes the difficulty of designing communal spaces that meet diverse needs while fostering supportive, intergenerational relationships.

Positives

Interactions between age groups at Liv Inn contribute significantly to building a sense of community and mutual support. Many residents reported reduced feelings of isolation due to opportunities for interaction created by the presence of other older individuals and (occasionally) younger residents, such as students. These intergenerational exchanges often include assistance with daily tasks, participation in activities, and shared learning experiences, fostering a sense of purpose and belonging. Communal spaces are essential in facilitating these connections. Areas such as the "binnentuin", lounges, and kitchen-dining rooms serve as meeting points for informal interactions and structured activities, including communal meals and celebrations. These spaces allow for spontaneous exchanges and provide a framework for organized events, enhancing the overall social fabric of the community. Residents who actively participate in these activities often report an improved quality of life, as the interactions provide emotional support and meaningful engagement.

Negatives

Despite the strengths of Liv Inn's multigenerational setup, several challenges remain. Social dynamics within the community sometimes lead to exclusion, particularly for newcomers or quieter residents. Tight-knit groups among long-term residents occasionally create barriers to inclusion, leaving some individuals

feeling disconnected. Additionally, gossip and cliques can exacerbate feelings of exclusion, discouraging participation in activities and reducing the effectiveness of communal spaces in fostering inclusion.

The lack of volunteers to support community events limits opportunities for interaction. This challenge is particularly evident among residents with limited mobility, who may find it difficult to access or fully utilize communal spaces. Design shortcomings, such as inadequate seating or unwelcoming corridors, further restrict engagement for less active individuals. While many residents benefit from the communal setup, those unable to participate due to physical or social barriers often experience continued isolation. Additionally, in an interview with the student it became evident that there is limited interaction between the students and the elderly due to varying schedules and interests. The student further explains that most activities are focused on the elderly, which makes it less appealing for the younger audience to join. Besides that, constant negative comments about their attendance and lack in support by the elderly further demotivate them to participate in the communal activities. Even piloted activities initiated by a studentbased commision struggled to launch after having minimal elderly attendees.

Behavioral issues during social gatherings, such as excessive alcohol consumption during the “happy hour” at the communal bar, have disrupted community harmony on occasion (e.g. fight and medical incidents that required police and/or medical interventions). Such incidents detract from the sense of comfort and inclusivity that these spaces are designed to promote.

Recommendations to use in Tarwewijk

- **Boost Volunteer Participation:** Actively engage more residents, especially younger and mid-aged individuals, to support and organize activities, reducing reliance on a few individuals
- **Promote Inclusion:** Develop programs and small-group activities to ensure quieter or less mobile residents feel involved and valued within the community.
- **Improve Accessibility:** Adjust communal spaces to accommodate mobility limitations, ensuring they are welcoming and usable for all residents.
- **Establish Behavioral Guidelines:** Introduce clear rulesto address issues like gossip, exclusion, and disruptive behaviors, fostering a more inclusive and respectful environment. The student mentioned in an interview that this might be outsourced so the role does not fall on the residents

04 Buddy System



The buddy system was introduced to the residents of the Liv Inn as a way to provide mutual support between the elderly and the students. The idea is that each student (e.g. a newcomer) is assigned to several elderly people and helps them with their daily tasks, such as doing the groceries, or digital hurdles, and participation in the social activities. In an interview with an elderly resident, she explained that a student helps with the cooking and cleaning three times a week and doing the groceries, which helps her a lot since she has limited mobility due to ageing. Another interview with a student highlighted that the students are “stand-by 24/7” and ready to call for help in case the elderly need medical attention, if they fall for example.

“Spread too thin”

Although the buddy system seems like a fitting concept to promote social interaction and mutual support between the two age groups, the student-interviewee says the system is not convenient at the moment. This is mainly due to the elderly who are becoming more dependent on the few students (11 in total) that in the Liv Inn. She mentions that it can be very unfamiliar for newcomers (students)

05

Situation in Neighborhood

that are assigned to some elderly that need more informal care such as help with the cleaning, cooking or groceries. It results in a lot of pressure for the students as they already have a busy schedule. A proposed solution is to change the ratio between students and elderly, so students can cover for each other when one is sick or not available at that moment to help the elderly for example. Additionally it can also increase the number of people the elderly resident meets and foster more meaningful relationships between the two age groups.

Neighbours as buddies

The students live mainly in the “corners” of the buildings, as this is where the studio-apartments are located. At least two students live in every corner. The student-interviewee mentions that this helps the neighbouring elderly to spontaneously meet and interact with the younger age group. Furthermore, she mentions that she prefers these spontaneous meetings in the hallway or at an elderly resident’s room more than meeting new people at the communal activities, as it is more organic. Lastly, she finds it interesting to further research how a mix student-elderly clusters in the hallways (instead of only the corners), might affect the stimulation of building meaningful relationships.



Source: Habion; Vragen, antwoorden & plattegronden Liv inn Hilversum

The Liv Inn buildings in Hilversum is designed around a central core or “heart” that organizes the surrounding space. The ensemble consists of three individual buildings set within a park-like environment. Access points are strategically placed along major streets such as Vondellaan, Vaartweg, and Boomborglaan, emphasizing its orientation towards easy navigation and fostering community interaction with the neighborhood.

06

Interviews at Liv Inn Hilversum



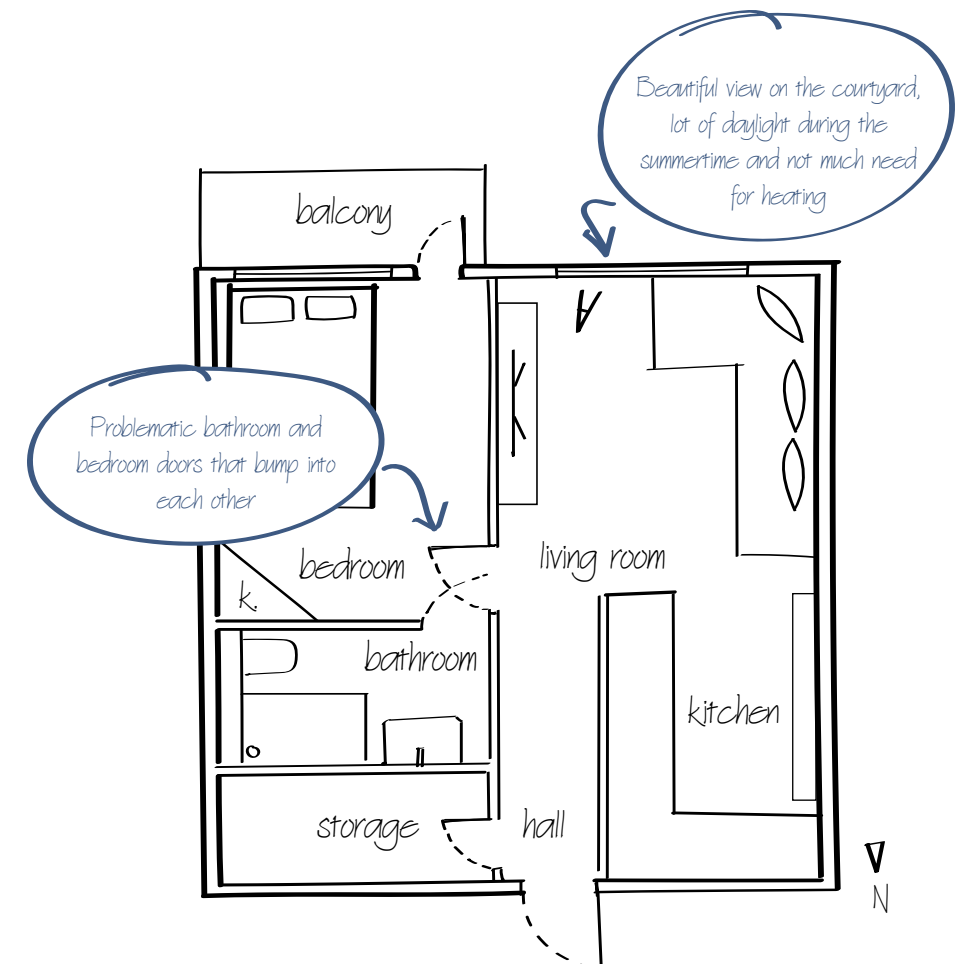
Name: P
Gender: F
Age: 70
Persona: The Volunteering Group



- P is responsible for finances, contracts, and planning activities at the Liv Inn.
- She moved to Hilversum 2-3 years ago to age in a more active way. She is one of the most **active volunteers** at the Liv Inn in planning activities and also coordinating with Habion and the Congress.
- She prefers to **take the stairs** instead of the elevator to stay active and healthy.
- She is frustrated by the lack of volunteers who are willing to help organize events and activities. There is a lack of younger, active adults (aged 50-60) who are more mobile. In her opinion, the group predominantly consists of people aged 80-90, many of whom stay in their apartments and do not interact much. Communal dinners are planned in the shared kitchen, but only about 20 people (or fewer) attend, partly due to the **lack of volunteers and willingness to participate**.
- P believes that more intensive care facilities are not well-suited for the Liv Inn and suggests that residents who need more support may need different housing arrangements. She has ongoing discussions with Habion about how to handle residents who may pose a danger to themselves or others (referring to people with dementia), as they need intensive care and are not suited to participate at Liv Inn.
- Prefers more residents from Hilversum, as most residents are from other parts of the Netherlands.
- Her apartment is 38 m² and, while compact, it is well suited for her needs. She has a beautiful **view of the central garden**. She is frustrated with the way the **bathroom door collides with the bedroom door**, says that the room must have been "designed by a man" and didn't take into account her needs
- She is dissatisfied that she does not have a say in how the garden is managed (interior policies amongst the residents as to who is in charge).
- Likes to watch tv in her free time
- She plans to travel to Spain for four months during the winter. Habion (management) does not accept new residents who plan to be away for extended periods, as they want **active participants**.
- Pauline mentions that Habion's interview process ensures that candidates are available to stay at the Liv Inn most of the year and don't spend too much time away in the summer or winter. She enjoys walking, but here not so much because there aren't walking trails/routes. She likes to run and ski.
- She is trying to smoke less



View of the central courtyard from P's room



P's apartment, located in the older part of the Liv Inn Hilversum building



Name: E
Gender: F
Age: 75
Persona: The Volunteering Group



- E is an **active participant** in **communal dinners** at the Liv Inn, where she cooks once a month.
- She enjoys cooking Surinamese food with spices and finds it relaxing.
- She used to be heavily involved in **gardening** but stepped back due to internal disputes and her **arthritis**, which makes movement difficult. The head of the gardening committee is very stubborn and insists on doing things his way.
- Her husband R assists with electrical work, lighting and other technical chores within the community. R is very active at the workshop space by the entrance, he is there most of the day.
- Both E and P commented that the Liv Inn might not be the best fit for individuals with limited mobility, as they may struggle to fully participate and contribute.
- Enjoys the happy-hour **gatherings**



Name: E
Gender: F
Age: 77
Persona: The Active Group



- L, an American resident, enjoys **playing pool** with her friend circle in the evenings.
- She has been living in the Netherlands for around 40 years due to her husband's work, and her grasp of Dutch remains limited, especially in formal **language contexts**. She therefore also struggles to fit in at the Liv Inn community at times.
- She mentions that she worked at Schiphol for a long time for multiple airlines, and that she had to wake up early, so now she tends to sleep in.
- L's apartment is small, which she likes, but she misses some of her old furniture, which she had to leave behind in her old house which was bigger and had stairs. She would like to have a bigger countertop for **cooking**.
- Sometimes, she **forgets** where she put things around her apartment due to the limited storage space.
- When asked if she likes the community, she said it has both ups and downs. She likes to stick with her friend group which periodically plays pool together.
- She mentions **walking her dog** Max in the evening, so she can wait until the late morning before walking him again.
- She also joined in the **communal yoga session**



Name: G
Gender: M
Age: 87
Persona: -



- G has been a resident at the Liv Inn for three years.
- A few years ago, a close friend of his, who was in critical health, also moved into the Liv Inn. G and his friends provided care and support during his friend's final years, highlighting the value of informal care networks and the ability to spend the last stages of life in a communal living environment rather than relying solely on a specialized care facility or hospice.
- Additionally, professional care services are available through Amaris, located on the building's second floor.



Name: M
Gender: F
Age: 75
Persona: The Volunteering Group



- M noted the lack of volunteers for cooking activities at the Liv Inn.
- She makes lunch once a month for the **communal dinner**
- She is concerned about what will happen if "X," another resident, is unable to continue volunteering because she always cleans the coffee machine. This shows that each resident is important within the community and some have specific roles
- M lives in a spacious apartment with beautiful **views on the garden**. Also a spacious balcony that is connected to the living room and the bedroom.
- She mentions that she used to live in a more expensive apartment, and her children advised her to move to the Liv Inn where she now pays a third of the **rent**



Name: B
Gender: M
Age: 70
Persona: The Volunteering Group



- B is considered the “lighting expert” of the Liv Inn. He bought a lamp as a housewarming gift and is in charge of setting up Christmas lights.
- He ensured that we knew where the light switches above the sofas we were studying at and fixed the TV. He makes rounds late at night to make sure there are no issues.
- Highly **autonomous**, he interacts well with younger people and engages with students.
- Showed us pictures of students who were here last year. Although most apartments are equipped with kitchens, many residents order **pre-packed meals** from the chef to heat up later.
- He also dines out **with students** and is invited to have dinner with them at their homes.
- He likes to go out to concerts and theaters given his fondness for **music**



B's apartment, located in the newer extension of the Liv Inn Hilversum building



Name: W
Gender: M
Age: 75
Persona: The Volunteering Group



- W is responsible for weekly **communal dinner planning** and is often seen shopping for groceries, ensuring that meals are well-prepared for the group. He cooks once a month for the communal dinner, often cooking Dutch food that the other elderly people are familiar with (e.g. Hutspot)
- He drives regularly, often times in the nearby area in his lease car, sometimes to family in Brabant (longer distance), or to do the groceries. When asked if W he would be open to a shared-car concept (deelauto's) for the Liv Inn (with other elderly or students) he replied with a no. He does not want to share his “own” car with others, he assumes that others would not keep it clean.
- He labels his food in the fridge to make sure that others don't take it by mistake.
- He mentioned that once per week the communal areas are cleaned by the cleaning staff. The rooms are cleaned by the residents themselves. If the residents want help cleaning assistance you can apply for help at the municipality, and you pay 20€ for 6h per week



W's apartment, located in the newer extension of the Liv Inn Hilversum building



Name: B
Gender: F
Age: 76
Persona: The Active Group



- B is an **active participant** at Liv Inn. She has been very busy recently, participating in a variety of activities at the Congress. At the Congress she aligns the needs of the residents and what architects can do.
- She shows us her apartment and what she likes/doesn't like. The light switch is inconveniently located behind the designated coat-hanging space, which is considered a design flaw. **A light sensor** has been installed as a practical solution to this issue.
- The bathroom is **wheelchair-friendly**, a convenient feature for future accessibility needs, even though it is not currently required for her.
- The area just outside the entrance to her apartment provides a versatile space that can be personalized and utilized as desired. She pins up her **paintings** on the magnet board.



Magnet/corkboards at the entrance to the individual apartments provides opportunity for personalization



Name: N
Gender: F
Age: 77
Persona: -



add here diagram of N's route with scoot-mobile (Mara)

- Believes that **light** can enhance the feeling of coziness and create a homey environment in the common spaces at Liv Inn. Likes lower lighting, which she feels adds ambiance to her home.
- Appreciates being able to take **walks** whenever she wants, if she's able to. She likes to go for a stroll in the evening for 20-30 min, as it is pleasant.
- She explains that the brickwork in the **corridor** to her room is darker, and that she doesn't like the long hallways because it looks like a hospital.
- Physio is painful for her
- Sometimes likes to watch people come and go from a bench near her room. There are no sufficient **sitting places** at the library, which causes her to take the books to her room, instead of being able to read it in the heart of the building.
- It's nice for her that the Liv Inn has organized lunches and dinners, which means that she does not need to do groceries herself, which is quite difficult for her.
- Although she explains that the students usually don't connect with the elderly, she does explain that there is one student who helps her with dinner, groceries and cleaning 3x a week. One other day she eats **communal dinner**, because she can't do groceries herself. She has a friend who lives on another floor, whom she met through the communal activities.
- She does have a **scoot mobile**, but mentions that it's scary to cross the streets and at intersections.
- Explains that it doesn't necessarily bother her that she can't go outside, because otherwise she has everything she needs in the building.
- There are discussions regarding residents with **dementia**, with varying opinions on how best to integrate them into communal life. Although people with dementia are not allowed to live here due to the special care they need and them being a danger to themselves and others, it's hard to legally kick them out when their health has deteriorated to the point that they've become dement.
- Explains that the Huiskamer is usually used for birthday parties, which allows family members and friends who are visiting to celebrate it with the elderly.
- Likes the size of her room and that she has everything she needs
- When she moved in there was a lot of concrete everywhere and now it's **wood** and it's nicer
- She is a bit **deaf** and doesn't like to sit in loud cafes
- They can pick which spices to plant in the garden, but she has her own balcony and she plants there as well



Name: E
Gender: F
Age: 58
Persona: The Active Group



- Romanian, but moved to NL when she was 18
- Has lived at Liv Inn for one year and is one of the **youngest residents**.
- Chose this place because it is close to where she does **Tai Chi**. Lived in Hilversum before moving at Liv Inn. Is very active: does Tai Chi outside of the Liv Inn, but also gives classes of Tai Chi and chair yoga for the residents of Liv Inn, likes to ski (she used to be a ski instructor). She walks to be more active (biking would be too easy)
- Lack of **dedicated fitness areas** at Liv Inn, need to use makeshift rooms for yoga or Tai Chi
- She sold her house and wanted to rent something small, no big house and garden to take care of alone
- She really likes the **community feeling** at Liv Inn.
- Plays **pool** with 4-5 others almost every night, and she really likes it, sometimes they bring wine and snacks
- The pool group is going to celebrate Sinterklaas together with poems and little gifts
- Lounges need to be **larger and more appealing**.
- **Corridors** should be made livelier; they currently resemble hospital hallways, especially those with brick walls.
- Sound insulation can be improved, it can be very **loud** especially if the band is playing.
- There are biweekly dinners, yoga sessions, Tai Chi classes, and a Christmas lighting ceremony for the central tree, which are well-attended by residents.



Name: F
Gender: F
Age: 77
Persona: The Elite Group



- F likes to play piano, but Liv Inn doesn't have one
- She likes the aesthetics of the other Liv inn more (white frame instead of black)
- Would like a heated swimming pool and sauna
- Used to live in Dan Haag and had a lot of stairs; in the house it was cold, so she wanted something smaller
- She lives 5 mins away from her son
- She doesn't participate in activities here because she doesn't like the organization

07

Personas at Liv Inn



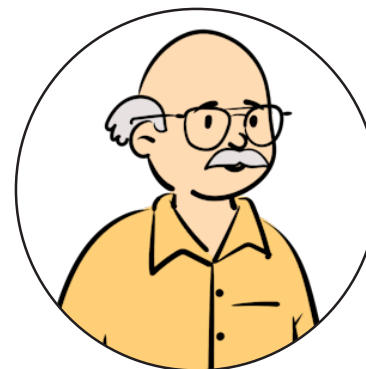
Personas are research-based representations of target group users. In most cases, they make an abstraction of individual people and describe a group formed of three or four people who share similar characteristics or personalities. There are also exceptions to the rule, in the case of individuals possessing character traits that stand out.

The personas were formed based on a combination of quantitative and qualitative research methods, such as interviews and observation conducted at the Liv Inn and it concluded in eight personas:

- the active group
- the elite group
- the lighting man
- the congress group
- the grumpy group
- the volunteering group
- the passive group
- the student group

The use of personas creates a clear distinction of who the user is and what the needs of the user are. It reduces the risk of designing for a general user with non-specific characteristics and ensures that the design solution resonates with the real user.

In the case of the personas formed after the Liv Inn fieldwork, the physical and social activities were of great importance for the target groups, as the main focus of this community is staying active, both mentally and physically. Understanding the different ways in which the personas stay active creates better-defined guidelines for designing. Another aspect of the created personas is the negatives and positives of living at Liv Inn, which offer an in-depth understanding of the things that work well and the things that could be improved, from a user's point of view.





“The elite group”

AGE: 75
GENDER: Female
PREVIOUS OCCUPATION: -
LIVING SITUATION: living alone

Physical Activities



Piano

She enjoys playing piano, and would like to have a real one in the building, but it was not allowed.



Walking

She enjoys walks around the building and neighborhood.



Drinks & snacks

A small group of people gather at a specific table from the interior garden for drinks and snacks, creating an exclusive environment.



Coffee gathering

She joins the gathering for coffee in the morning.

Frustrations

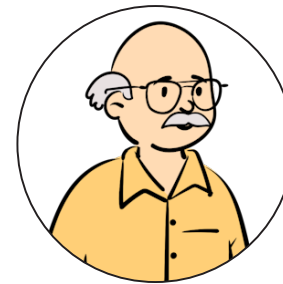
- She would like a real piano, but it was not allowed. She would also like a heated swimming pool and a sauna.

- She does not like the aesthetics of black frames of the Liv Inn, and prefers the aspect of the newer building that has them white.

Positives

- She lives five minutes away from her son.

- She can easily interact with other people her age.



“The lighting man”

AGE: 85
GENDER: male
PREVIOUS OCCUPATION: -
LIVING SITUATION: living alone

Physical Activities



Christmas tree lights

He is in charge with setting up the Christmas tree lights and ensuring proper functionality.



Music DJ

He takes over the DJ role because he enjoys to play music and creates playlists for gatherings and parties.



Walking

She enjoys walks around the building and neighborhood.



Bond with students

He has a close relation with the students living in the building, and have dinner or go out for drinks together sometimes.



Common dinner

He participates in the weekly common dinners organized in the shared kitchen.



Coffee gathering

She joins the gathering for coffee that happens every morning.

Frustrations

- -

- -

Positives

- He enjoys the interaction with the students living in the building, and has a close relationship with them.

- He likes that he has full control over costumizing his room and adapting it to his wishes.



“The congress group”

AGE: 87
GENDER: female
PREVIOUS OCCUPATION: -
LIVING SITUATION: living alone

Physical Activities



Painting

She enjoys painting, even though she is too busy to do it at the moment.



Walking

She enjoys walks around the building and neighborhood.

Social Activities



Coffee gathering

She joins the coffee gatherings almost every morning to socialize with the fellow residents.



Congress

She is enaging in multiple activities at the Congress.



Feedback on floorplans

Works with architects on providing feedback on floorplans for elderly housing.

Frustrations

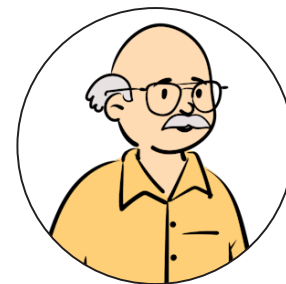
- The light switch on the hallway is hard to access behind the space appointed for hanging coats.

- The kitchen couter is too small, and there is not enough space for cooking.

Positives

- The bathroom is wheelchair friendly, even if she does not applicable to her at the moment.

- She enjoys being able to personalize the panel outside of her room.



“The grumpy group”

AGE: 80
GENDER: male
PREVIOUS OCCUPATION: -
LIVING SITUATION: living alone

Physical Activities



Walking

He enjoys walks around the building and neighborhood.



Physiotherapy

Once per week there is a gym class organized by the physiotherapy center located in the buiding.



Dog walking

Several times per day he walks around the building with the dog.

Social Activities



Coffee gatherings

He joins the coffee gatherings almost every morning to socialize with the fellow residents.



Happy hour

Once per week, the happy hour takes place and reidents meet to socialize over a drink.



Common dinner

He participates in the weekly common dinners organized in the shared kitchen.

Frustrations

- Not all activities are according to his liking.

- He does not want to volunteer to organize activities.

Positives

- He lives close to his children who live in Hilversum.

- He likes that he can be as independent as he wants, without needing permission to get put of the building.



“The volunteering group”

AGE: 70
GENDER: female
PREVIOUS OCCUPATION: -
LIVING SITUATION: living alone; part time living in Spain

Physical Activities



Walking

She enjoys walking, but she would prefer to have walking trails/routes in the proximity of the building.



Cooking

She prepares dinner once per month for the common meals.



Ski

She enjoys skiing when she has the chance.



Coffee gathering

She joins the coffee gatherings almost every morning to socialize with the fellow residents.



Congress

She is enaging in multiple activities at the Congress and is responsible with finance, contracts and planning activities at Liv Inn.



Finance and activities

She is in charge of the finance of the building and of organizing activities, so she collaborates often with other residents.

Frustrations

- She would like more residents of the Liv Inn to come from Hilversum and not other parts of the country.

- Not enough people are young and fit to volunteer for activities.

Positives

- She is content with her apartment even though it is small.

- She enjoys being part of a community and staying active.



“The passive group”

AGE: 88
GENDER: female
PREVIOUS OCCUPATION: -
LIVING SITUATION: Living alone

Physical Activities



Walking

She enjoys walking twice a day for approximately half an hour, around the building.



Motorized scooter rides

Due to limited mobility, she uses the scooter for longer distances in the neighborhood.



Gardening

She likes to plant spieces on her own balcony.



Coffee gathering

She joins the coffee gatherings almost every morning to socialize with the fellow residents.



Common dinner

She participates in the weekly common dinners organized in the shared kitchen.



Help from students

She has a strong bond with the students. She receives cooked meals three times per week from a student and help with cleaning once per week.

Frustrations

- The brickwork in the hallway where she lives makes the atmosphere too dark and it reminds her of a hospital.

- She thinks there are mixed opinions among residents, making it hard to reach a consensus on various issues, sometimes leading to disagreements.

Positives

- She appreciates that she can go out of the building whenever she wants, without restrictions.

- She feels like she has everything she needs in the buildin, so she does not mind that she cannot go outside that often due to her mobility limitations



“The active group”

AGE: 65
GENDER: Female
PREVIOUS OCCUPATION: IT developer
LIVING SITUATION: living alone

Physical Activities



Pool games

Every evening, a small group of people meet and play pool before dinner time, combining physical activity with socializing



Chair Yoga

Once a week, the chair yoga class is held, that encourages the residents to stretch, move and relax.



Tai Chi

A group of around eight people participates in the Tai Chi classes that are held once per week.



Drinks & snacks

While playing pool, the group sometimes enjoys drinks and snacks. They also organize other activities together, such as celebrating Sinterklaas.



Tea time

After the yoga class, the participating group gathers to socialize over a cup of tea.



Tai Chi

She joins a Tai Chi studio from the neighborhood, which acts both as physical and socializing activity for her.

Frustrations

- In the need of a proper sports room, big enough for the Tai Chi and Yoga classes to take place freely.

- The sounds insulation in the building is not so good, and you can hear your neighbors through the ceiling.

Positives

- She liked the community feeling which helps with not feeling alone.

- She liked that the building encourages sports and movement.



“The student group”

AGE: 20
GENDER: female
PREVIOUS OCCUPATION: -
LIVING SITUATION: living alone

Physical Activities



Going to the gym

She goes to the gym at least once per week.



Biking

She often uses the bike to move around the city



Helping the elderly

She sometimes helps the elderly with chores or volunteer for activities.



Meeting with friends

She likes to hang out with her friends in their free time.



Study

She socializes with many classmates during her studies.



Work

Through her work, she socializes with her colleagues.

Frustrations

- Sometimes the elderly complain that the students do not spend time with them.

- It can become too much to help all the elderly with their chores, so she needs to have clear boundaries.

Positives

- It is a beautiful building with many amenities.

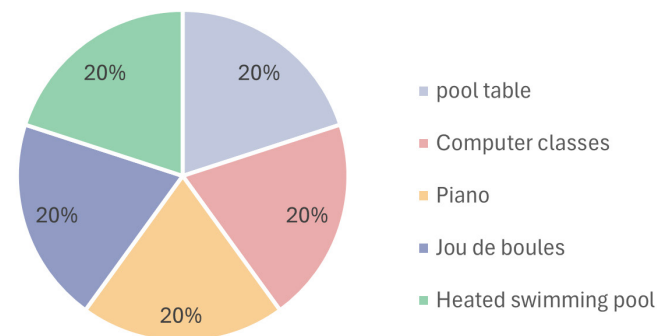
- She does not feel alone because it is a big community.

08 Quiz

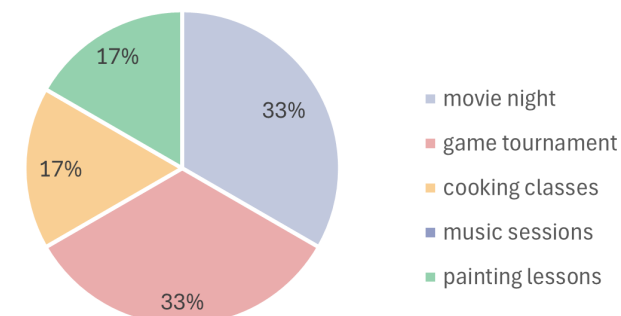
To get to know the residents better informally, a quiz was created that they could fill in. The quiz was composed of questions regarding ideal improvements from the residents' point of view, preferred outdoor and indoor activities, suggestions for room additions, and more. A few questions had an open answer, while most had multiple choice answers, with the possibility of adding another answer as well.

Valuable information was obtained by interacting with the elderly in a fun way. This information will be used as feedback from the residents of the building and will possibly be translated into further guidelines for designing for elderly. The questions will be stated below, with graphs including the answers.

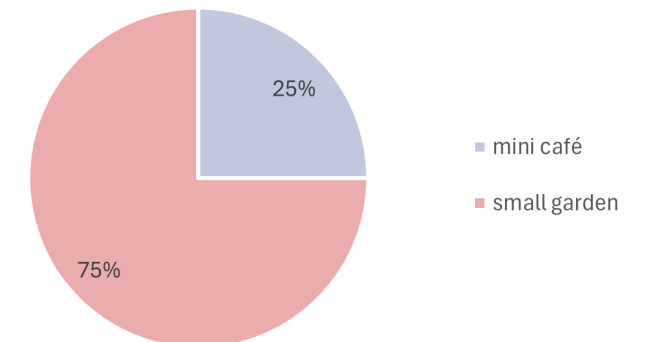
If you had won €5000, what would you want to buy for the Liv Inn?



Suppose you could create one new weekly activity. What would that be?

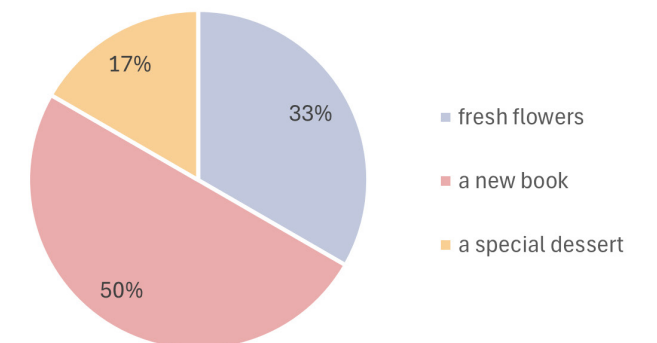


Would you rather have a mini cafe to relax in or a small garden to help maintain?

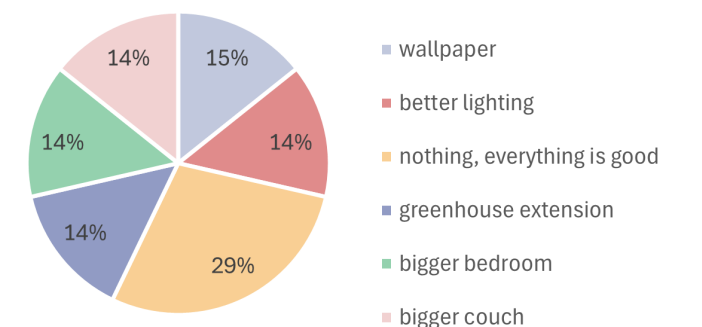


Among the residents choosing the small garden, it was mentioned that the garden should be in the sun, and a cafe would be too busy for them. Among the residents choosing the cafe, it was specified that the cafe should be open daily.

Suppose that every week you could get a personal delivery. What would you choose?



What would you change to make your apartment cozier?

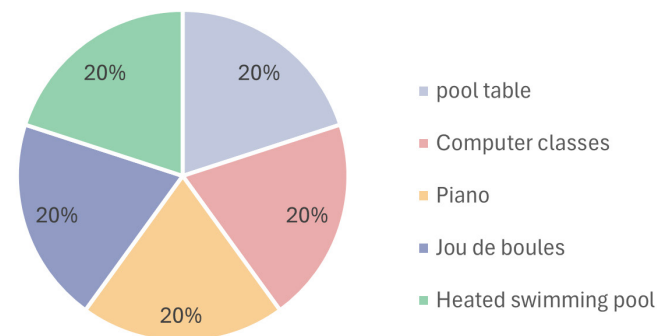


08 Quiz

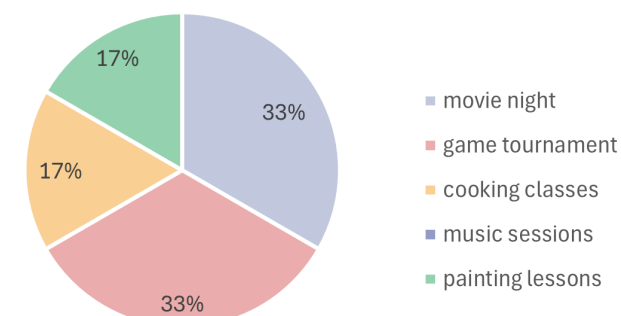
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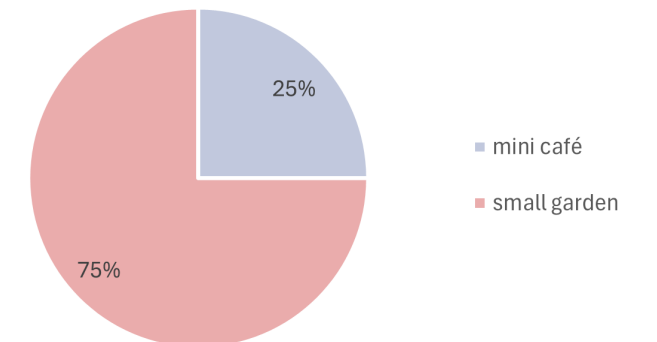
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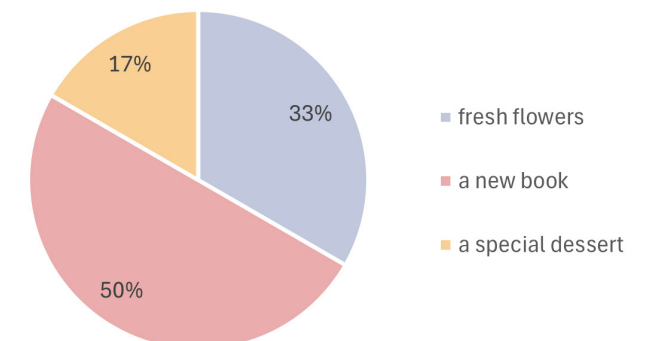


Would you rather have a mini cafe to relax in or a small garden to help maintain?

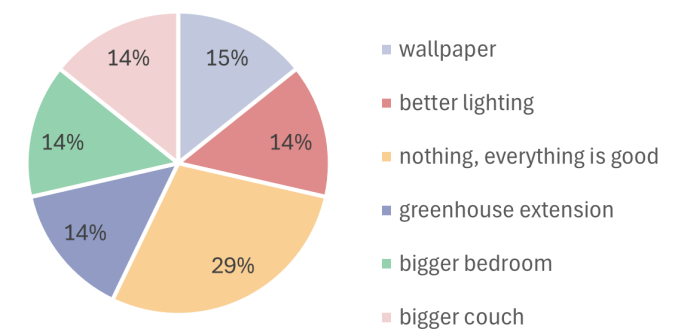


Among the residents choosing the small garden, it was mentioned that the garden should be in the sun, and a cafe would be too busy for them. Among the residents choosing the cafe, it was specified that the cafe should be open daily.

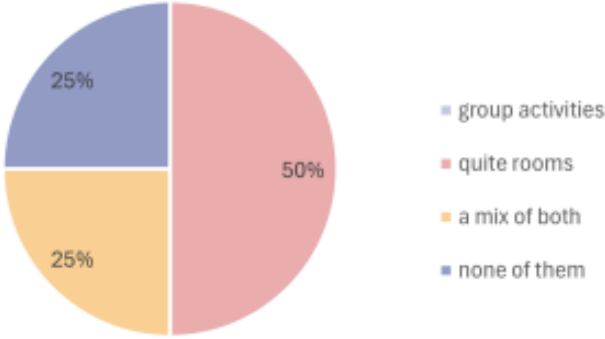
Suppose that every week you could get a personal delivery. What would you choose?



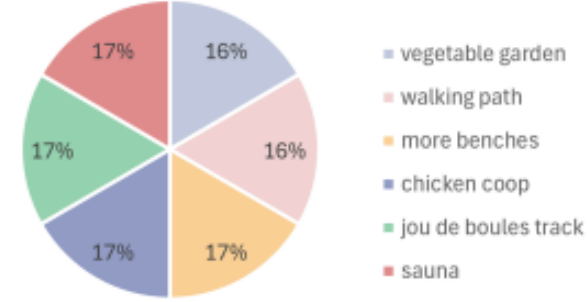
What would you change to make your apartment cozier?



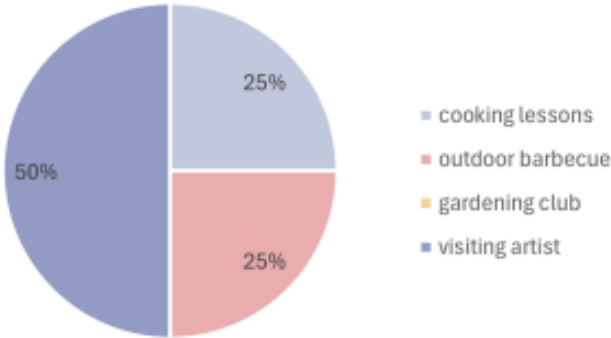
Would you rather have more group activities, more quite and relaxing rooms or a mix of both?



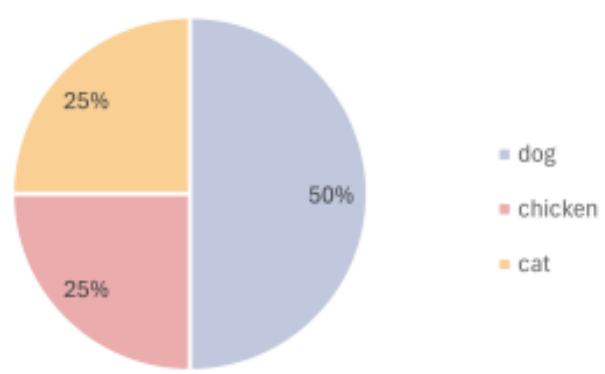
If you could have one new outdoor facility, which one would you rather have?



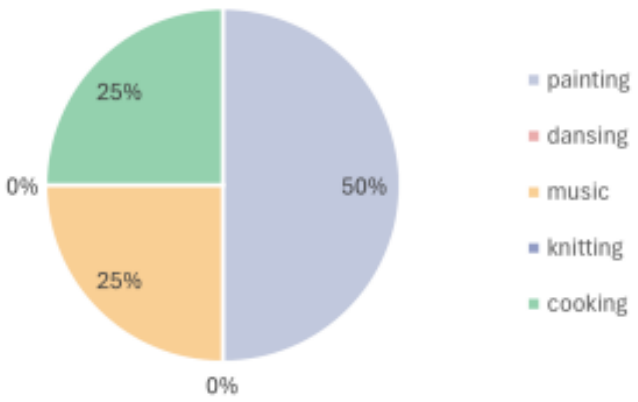
If you could organize one special monthly activity, what would that be?



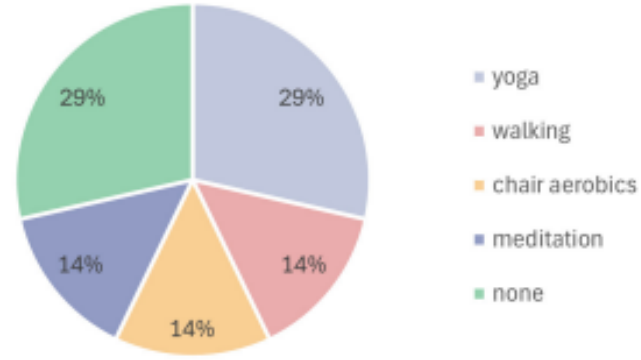
If you could have a small pet at Liv Inn (e.g. a fish, a bird, etc.), what would that be?



If you could invite a hobby instructor, what would you like to learn?



What type of exercises of wellness activities do you find nice?



09

Day in the life

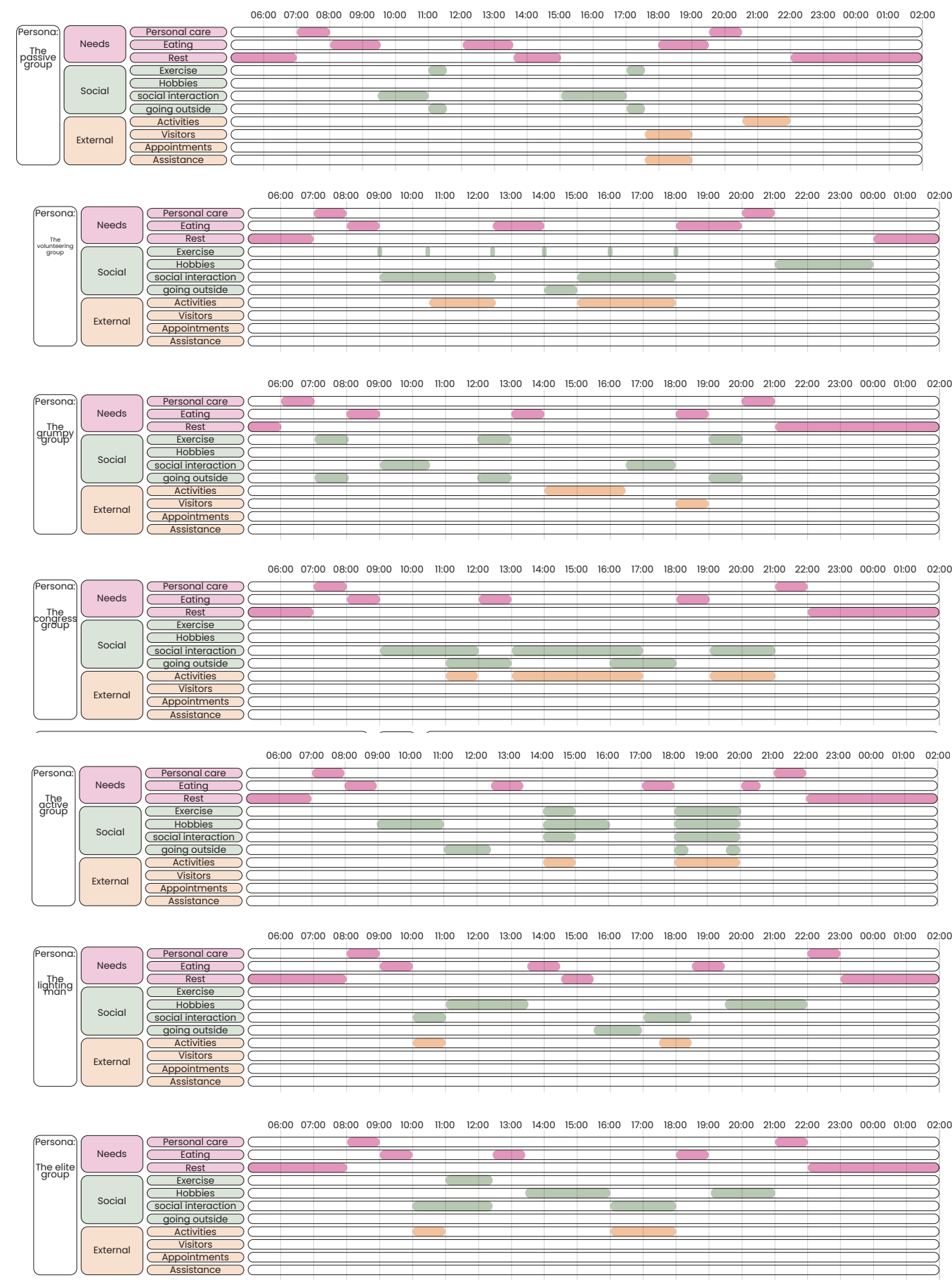
The “day in the life” timelines were created based on the personas defined in the previous chapter, but the schedule belongs to only one individual out of the persona group.

The timeline is divided into three categories: needs, social, and external. These categories are also split further into smaller actions that can be tracked and compared. Some of these actions can happen simultaneously, and overlap, for example needing external help while eating.

On one hand, this timeline has the purpose of understanding when the schedules of different groups of people overlap and when they differ from one another. The overlapping of schedules leads further to examining the activity and peak hours in the common rooms and how the flow of people moves from one area to another. The peak activity in the common rooms is further described in a later chapter.

On the other hand, this timeline looks into the different habits of the residents during a common day in their life. These habits give an insight into how much they socialize, exercise, go outside and receive help in their daily routines. This information is valuable for better understanding the target group as well as designing based on their needs and customs.

The results have been collected using interviews, discussions, and observation and have been mapped out to determine whether there are gaps in daily schedules that are challenging or face unmet needs.



10

Spatial Organization: Peak Hours & Traffic Flows

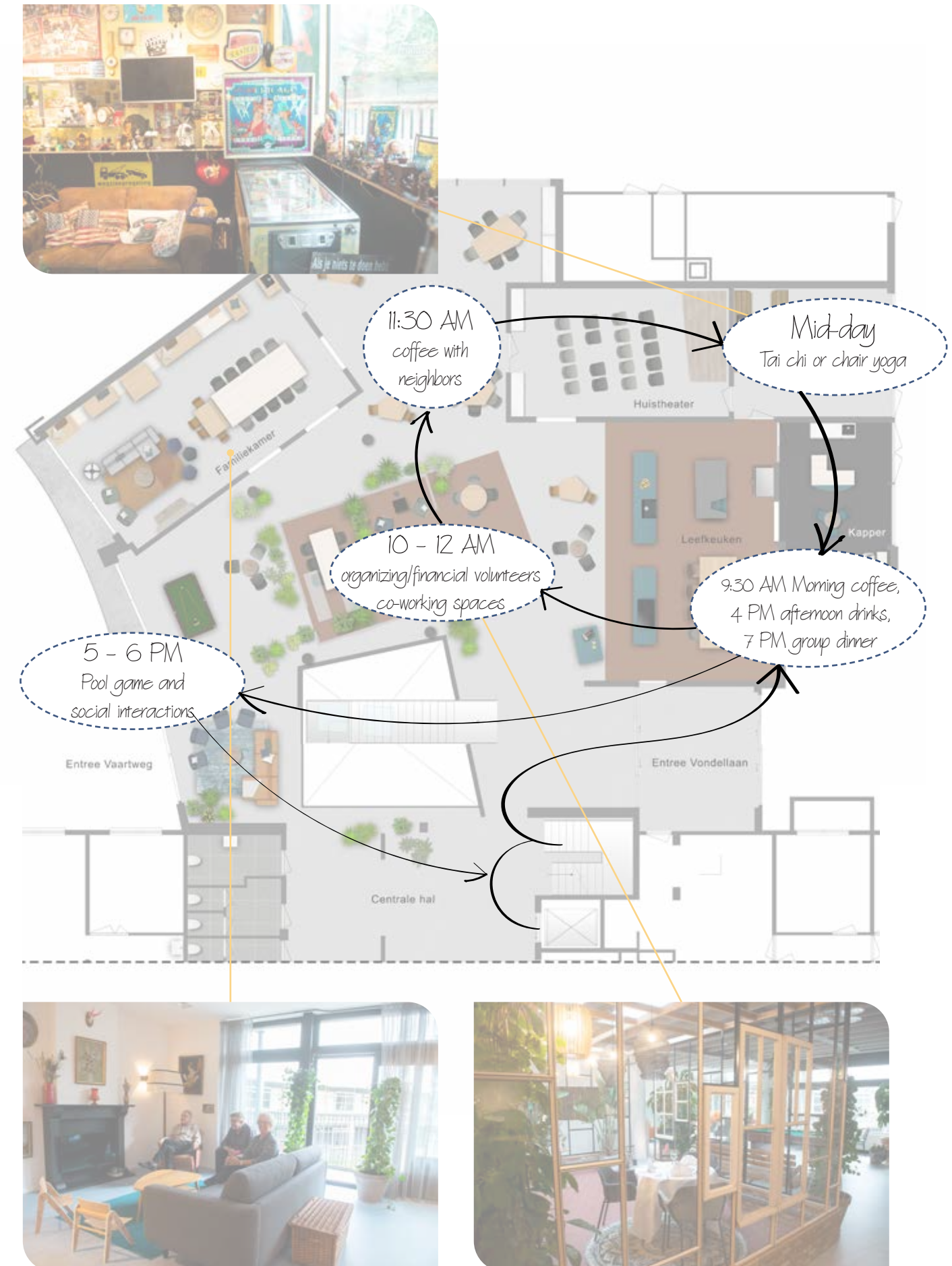
The communal areas at Liv Inn are designed as a central hub, fostering interaction through fluid, adaptable spaces. Soft separations between areas like the communal kitchen ("leefkeuken"), family room, theater, and internal courtyard ("binnentuin") are achieved using wooden frames, varying materials and lighting, curtains, and plants. This approach encourages seamless transitions and social engagement.

Throughout the week, the flow of residents and visitors across these communal spaces reveals distinct patterns of activity. The day typically begins around 9:30 AM with a coffee session in the communal kitchen, which accommodates up to 10 people. If attendance exceeds this, smaller nearby tables are utilized. By 10:30 AM, residents disperse for scheduled activities, personal errands, walks, or grocery shopping, creating a quieter period between 10:30 AM and 12:00 PM. During this time, organizing and financial volunteers often gather at tables near the binnentuin, while the hairdressing and nail art rooms see a steady flow of visitors. Around 11:00 AM, external members frequently rent tables in the binnentuin for co-working purposes.

Organized activities like Tai Chi or chair yoga take place in the theater room, an adaptable space as the building lacks a larger dedicated area for physical activities. Lunchtime varies: on days with organized lunches, the communal kitchen becomes a lively hub around 12:00 PM; otherwise, the space is quieter as residents eat privately in their apartments.

Activity picks up again around 4:00 PM, with residents gathering for drinks at the kitchen table. Between 5:00 PM and 6:00 PM, traffic shifts to the opposite end of the communal spaces near the windows, where a pool game and casual seating create a lively and vibrant atmosphere. If there is a group dinner, residents congregate in the kitchen area once more.

On Sundays, the bar opens from 4:00 PM to 8:00 PM, drawing many residents for an extended social evening, often lasting later than usual.



11

Occupancy of Communal Spaces

Communal Kitchen

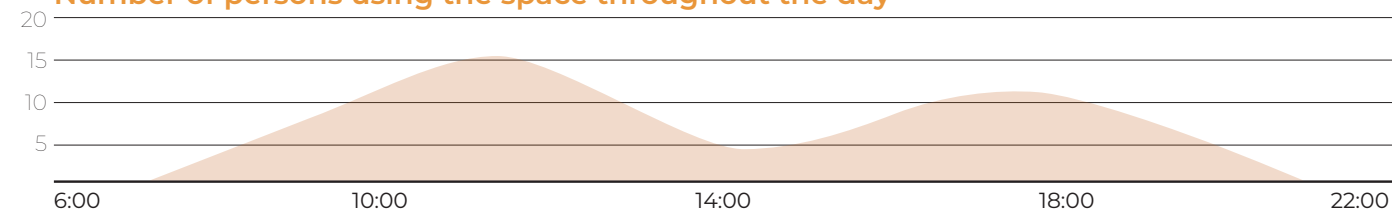
Space Use

One of the most frequently used spaces by the elderly residents is the large open kitchen. The daily coffee break at 10:00 AM serves as the peak moment of the day in this space, with a group of around 20 elderly individuals gathering each morning to start their day together. After about an hour to an hour and a half, the group disperses, and the kitchen becomes quieter. However, there are always a few residents who remain in the kitchen, as they prefer not to be alone in their rooms and enjoy being among others. On Tuesdays, a lunch is organized by one of the residents, and on Wednesdays, a communal dinner takes place. These events also attract many people to the shared kitchen space. Overall, it is evident that the communal kitchen is a highly valued place for the residents, who consider it a pleasant space to spend time in. However, the kitchen is located quite deep within the building, which results in limited natural daylight and a lack of views to the outside.

Applying to Tawrwewijk

The Tarwewijk area primarily consists of family homes, many of which come equipped with their own kitchens. Therefore, an additional shared kitchen for the elderly would likely be redundant for most Tarwewijk residents. However, if people are interested in communal dining experiences, the regular lunches and dinners could serve as an opportunity to invite local residents to join and participate, thus fostering a sense of community and making them aware that they are welcome to share a meal together.

Number of persons using the space throughout the day



Evaluation

Daylight / view	● ● ○ ○ ○	Used by Elderly	● ● ● ● ●
Location in the building	● ● ● ● ○	Combine with Children	● ● ● ● ●
Atmosphere	● ● ● ● ●	Add to Neighbourhood	● ● ● ○ ○
Design score	● ● ● ● ○	Add to Design in Tarwewijk	● ● ● ● ●

Pool Table

Space Use

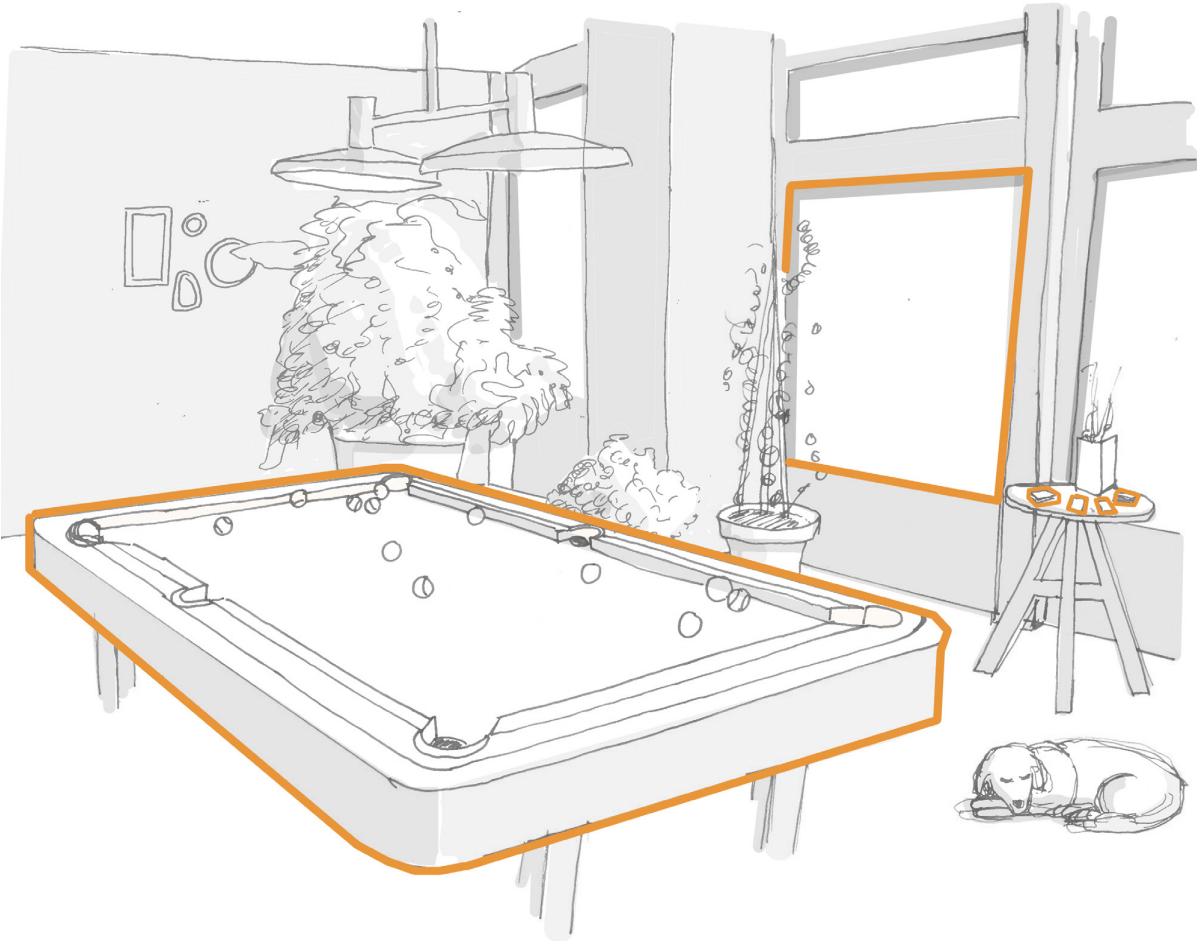
At the heart of the 'Liv Inn,' the pool table serves as a central point for social interaction, especially for the older residents. After dinner, a regular group of elderly individuals often gathers for a game of pool. It is clear that the pool table is an important space where residents can relax and simultaneously engage with one another. However, after 8:00 PM, the use of the pool table shifts to the students in the complex.

Some of the elderly residents have expressed a desire for a billiard table, indicating a need for more variety in available game options, which could make the space more appealing to the older residents. While the game cabinet offers some variety, allowing other games to be played, the desire for more options still exists.

The space around the pool table is located centrally in the building, making it an ideal spot for people who are already present in the heart of the complex to meet. The area has a cozy, homely atmosphere, with benches and chairs around it, where residents can either play other games or watch. The space is filled with greenery, and large windows provide a view of the entrance to the 'Liv Inn.' Overall, it is a pleasant place to spend time.

Applying to Tawrwewijk

The pool table could become a connecting feature for the neighborhood. However, the current space is not large enough to accommodate more people than the group of elderly residents and students already using it. Adding more pool tables would likely compromise the intimate, homely character of the space as it is now. wider community.



Evaluation

Daylight / view	● ● ● ● ●	Used by Elderly	● ● ● ● ●
Location in the building	● ● ● ● ○	Combine with Children	● ● ● ● ○
Atmosphere	● ● ● ● ○	Add to Neighbourhood	● ● ○ ○ ○
Design score	● ● ● ● ○	Add to Design in Tarwewijk	● ● ● ● ○

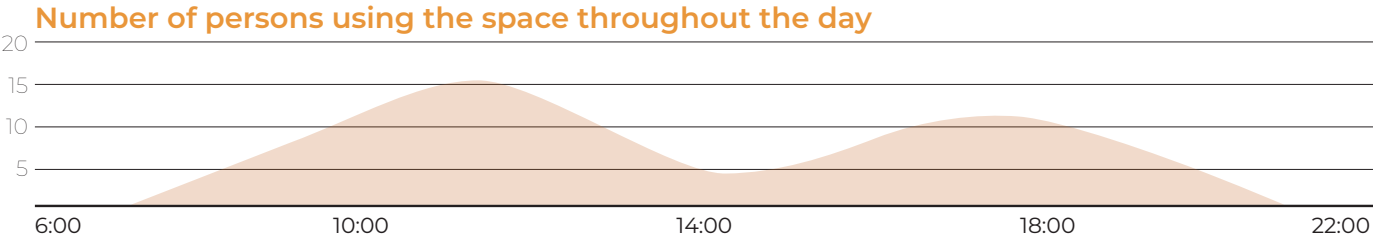
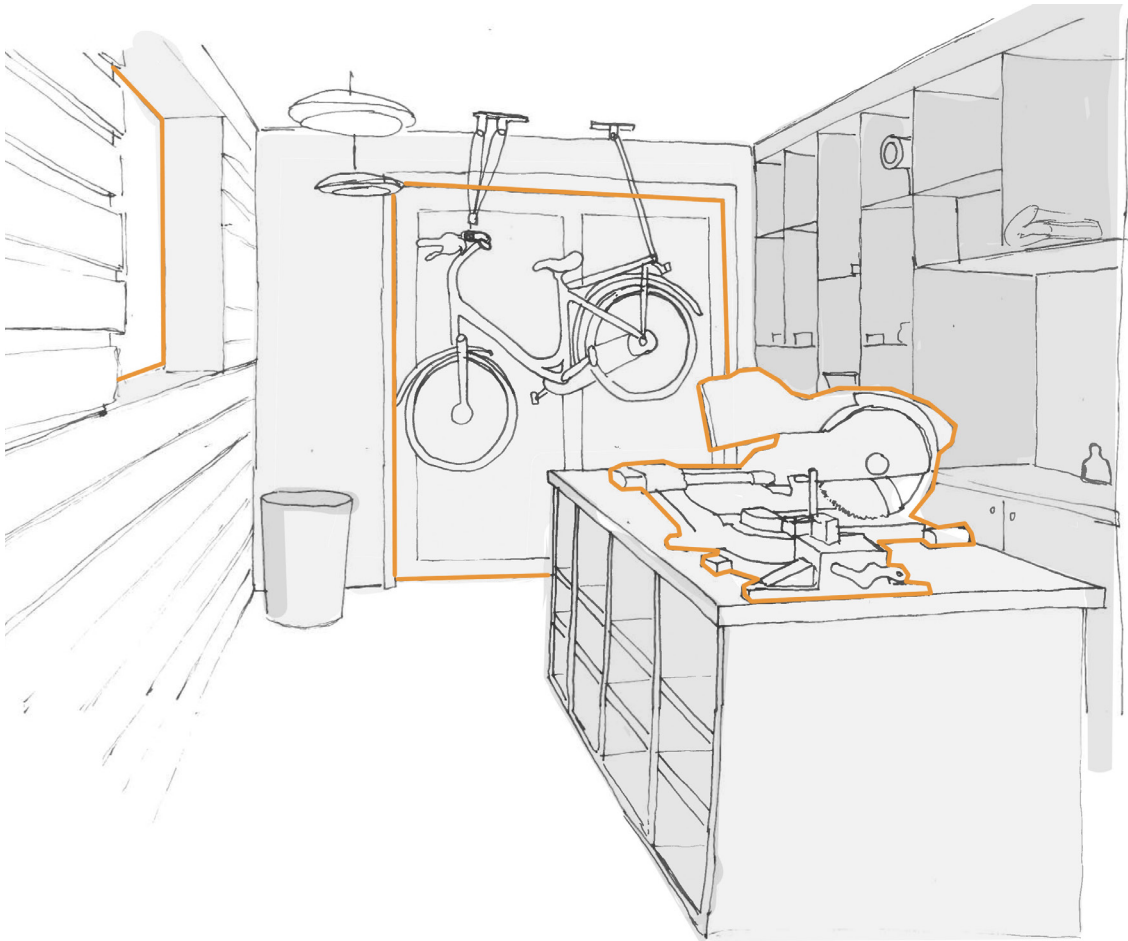
Workshop

Space Use

Observations of the workshop space reveal that it is primarily used by one man, who is often found working there. Residents approach him when things need repairing, whether it's broken lamps, kitchen utensils, or even bicycles. This makes the space a focal point for interaction across the entire community, as it brings together both the elderly and younger residents. The workshop is located next to the building's side entrance, with both an external door and a window that allows passersby, whether inside or outside, to view the space. However, observations suggest that the side entrance is not frequently used, which means few people walk past the workshop. The space itself is large enough to accommodate these repair tasks and has a distinct workshop atmosphere, with the use of raw materials like wood and metal, making it a comfortable environment to work in.

Applying to Tawrwewijk

A workshop space for the neighborhood would be a valuable addition. While the current space is sufficiently large for one person to work and to occasionally accommodate repairs for the 177 residents, if it were to be used as a workshop for the entire neighborhood, both the size of the space and the number of volunteers would need to increase. Expanding these aspects would ensure the workshop could better serve the needs of the wider community.



Evaluation

Daylight / view	● ● ● ● ●	Used by Elderly	● ● ● ○ ○
Location in the building	● ● ○ ○ ○	Combine with Children	● ● ● ● ○
Atmosphere	● ● ● ● ○	Add to Neighbourhood	● ● ● ● ●
Design score	● ● ● ○ ○	Add to Design in Tarwewijk	● ● ● ● ○

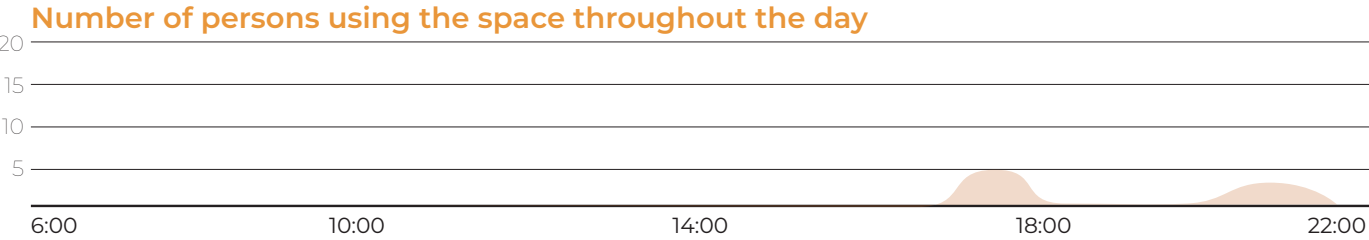
The Theater

Space Use

The theater is primarily used when an activity is organized, such as the chair yoga session on Wednesday afternoons or the Tai Chi lessons on Thursday mornings. During these activities, all tables and equipment are moved to the side to create space. The theater also has the capability to screen films on a large projector. Overall, the space is very multifunctional and can be used for various purposes. The theater is located next to the heart of the building, with large windows offering a view of this central area. However, this can sometimes be considered disruptive by participants in the activities, as noise from the heart of the building can cause sound disturbances.

Applying to Tawrwewijk

The theater already hosts regular community gatherings, such as performances and workshops by local musicians and artists. The space accommodates around 30 people, but for larger groups, the open area in the heart of the building is used. The stage in the theater is not suitable for large-scale performances where multiple people need to use the stage simultaneously.



Evaluation

Daylight / view	● ● ● ● ●
Location in the building	● ● ● ● ○
Atmosphere	● ● ● ● ○
Design score	● ● ● ● ○

Used by Elderly	● ● ● ● ●
Combine with Children	● ● ● ● ○
Add to Neighbourhood	● ● ○ ○ ○
Add to Design in Tarwewijk	● ● ● ● ○

Bar

Space Use

The bar is not regularly used by the residents. The dishwasher for the kitchen is located here, so occasionally, people pass through the bar. However, on Sunday evenings, the bar becomes quite popular during happy hour, where residents can enjoy drinks using their punch cards. Typically, between 10 and 15 people gather during this time, and it often remains a lively, social space late into the evening. The space is designed to resemble an authentic pub, with great attention to detail that contributes to a warm and cozy atmosphere. The jukebox and pinball machine are unique additions that enhance the ambiance and provide extra entertainment for visitors. These elements make the bar not only a place to enjoy a drink but also an inviting space for people to socialize and have fun together.

Applying to Tawrwewijk

A bar could be a pleasant addition to the neighborhood, offering a social space for residents. If research shows that there is a demand from the local community, it could be a valuable addition to the Tarwewijk. Since the elderly residents do not use the bar daily, it would be necessary to find a way to separate the bar from the rest of the building to ensure it doesn't disturb other areas when not in use.



Evaluation

Daylight / view	● ● ● ● ○
Location in the building	● ● ○ ○ ○
Atmosphere	● ● ● ● ○
Design score	● ● ● ○ ○

Used by Elderly	● ● ● ○ ○
Combine with Children	● ○ ○ ○ ○
Add to Neighbourhood	● ● ● ● ○
Add to Design in Tarwewijk	● ● ● ○ ○

Family Room

Space Use

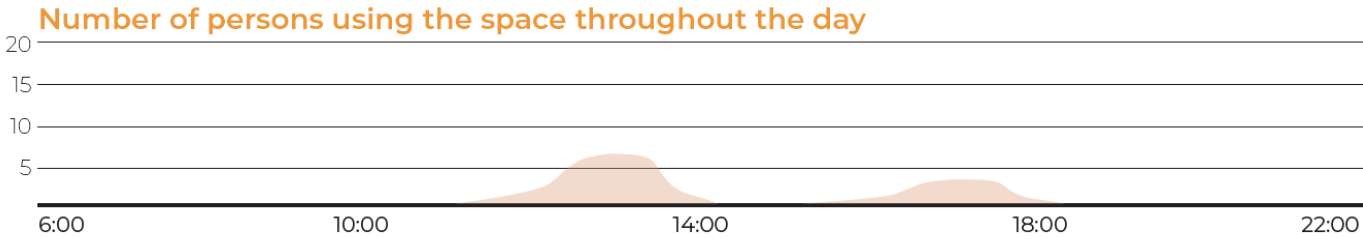
The family room is primarily used by neighborhood residents and visitors, playing a vital role when large groups of family or friends gather and cannot fit in a personal room. This space offers a warm, homely atmosphere with a large living room setup, a spacious dining table, and ample toys for children, making it an accessible and versatile location.

In addition to informal gatherings, the family room is also rented out for various activities. For example, the neighborhood team uses the space weekly for meetings, and discussions with residents and experts are frequently held here. When the room is rented, residents often provide coffee, tea, and snacks in exchange for a small fee, giving the space a personal and welcoming touch.

One notable drawback is that the room is relatively deep within the building, making it feel slightly dark around the dining table. Additionally, the family room is adjacent to the central heart of the building, which, during events in the heart, can result in noise disturbances, potentially hindering the peaceful use of the space.

Applying to Tawrwewijk

The family room is already a valuable addition to any neighborhood. Particularly in Hilversum, where a traditional community center is absent, this space fulfills a similar role. It provides a venue where local residents can come together for social activities, discussions, or simply to connect with one another. In this way, the family room contributes to strengthening the sense of community and fostering relationships among neighborhood residents.



Evaluation

Daylight / view	● ● ● ○ ○	Used by Elderly	● ● ○ ○ ○
Location in the building	● ● ● ○ ○	Combine with Children	● ● ● ○ ○
Atmosphere	● ● ● ○ ○	Add to Neighbourhood	● ● ● ● ●
Design score	● ● ● ○ ○	Add to Design in Tarwewijk	● ● ● ○ ○

12

Role of Lighting in Creating Atmosphere

Lighting is a crucial element in interior design, serving not only functional needs but also contributing significantly to the aesthetic and emotional ambiance of a space. At Liv-Inn, the emphasis is on diffused lighting, which helps create a warm and inviting environment, fostering a sense of coziness and comfort. The selection of various lighting fixtures demonstrates how thoughtful design can enhance the atmosphere.

By integrating fixtures of diverse textures, shapes, and materials, the lighting design ensures a harmonious interplay between form and function. These materials allow light to filter through in a manner that is soft and pleasant, avoiding harshness. According to an interviewee, it contributes to the coziness of the spaces and she associated the hanging lights and lanterns with the common spaces. The hanging lights, for example, provide focused yet gentle illumination, striking a balance between practicality and mood enhancement.

The arrangement of lighting in common areas, such as dining or seating spaces, reflects a careful consideration of how light interacts with furniture, decor, and the spatial layout. The combination of natural and artificial light ensures a dynamic yet consistent feel, adapting to different times of the day and the activities within the space.

Through this meticulous approach, lighting not only serves as an aesthetic feature but also becomes an active participant in shaping the experience of those inhabiting the Liv-Inn.

Designing communal spaces requires a thoughtful integration of light, sound, and environmental elements to create an atmosphere that supports well-being and influences behavior. The use of warmer lighting during dinner and softer tones afterward aligns with natural circadian rhythms, fostering comfort and relaxation. Blue-light adjustments, along with the introduction of daylight and outdoor-inspired materials such as tiles, help blur the boundaries between indoor and outdoor spaces, creating a harmonious and inviting environment. Ventilation systems that manage CO2 levels, combined with the careful manipulation of sound and reflection, enhance both comfort and health. These sensory elements, paired with intuitive wayfinding, work together seamlessly to create dynamic, engaging spaces that feel natural and effortless to navigate.



1. Common kitchen area
2. Binnentuin with rentable office spaces

13

Sensory Analysis of Communal Spaces

To decypher the physical qualities of the interior space and its relation to creating spaces of belonging, comfort, home and social wellbeing a sensory analysis is made based on the framework of Khyeun Lee (2022).

According to architect Gwendoline Schaff in *Home in Later Life* by sensorial factors directly impact emotional and social wellbeing. By balancing sensory stimuli like light, material texture, and sound, spaces can encourage both privacy and interaction. Alternatively, Keunhye Lee (2022) advocates that multi-sensory engagement (e.g., through light, shadow, texture, and smell) creates emotional connections to space, enhances social well-being and establishes identity. Such design enriches spatial experiences by fostering personal and shared cultural memories, which can mitigate loneliness and promote social interaction.

Moreover, analysing sensory design elements in the design can help generate specific acoustic parameters for the people with hearing difficulties and adequate lighting compositions for the visually-impaired (e.g. Qualidom, 2018). For example, residents of the Liv Inn also mention that focusing on making the lighting more diffused and addign measures for communal spaces, which are too loud for those with hearing disabilities at the momemnt, are important factors for the comfort, coziness or user satisfaction the communal spaces.

Analysis

The analysis focuses solely on the sensory factors of the interior communal spaces, i.e. texture, light, shadow, color, sound and smell. Temperature is left out in this scenario, as it is hard to identify and fairly similar in each room (personal opinion). The orange dot indicates that the sensory element works “good”. And the green dot indicates that the element works “very well”.

	Morphological Factor						Sensual Factor						Influential Factor		The Body			
	Volume	Scale	Rhythm	Order	Proportion	Contrast	Texture	Light	Shadow	Color	Temperature	Sound	Smell	Culture	Local	Senses	Movements	
TH							●	●	●	●		●						
B							●	●	●	●			●					
IG							●	●		●				●				
CK							●	●	●	●								
...																		
...																		
...																		
Theater (TH), Bar (B), Inner Garden (IG), Communal Kitchen (CK), ...																		

Sensory framework for analyzing interior spaces by Keunhye Lee (2022)

Sensory Analysis: The Theater

Sound

To absorb the sound emitted from the speakers or instruments in the theater, wooden panels on the side of the walls help reduce unwanted noise or distortion, contributing to the acoustic quality of the room. Additionally, the floor is carpeted which can contribute to the absorption of soundwaves due to its physical qualities and soft surface.

Light

Throughout the communal spaces of the Liv Inn, (movable) spotlights are used (see figure to the right). These spotlights, "accent lighting", emphasize important areas in the theater, such as the stage or area with the tables and chairs or the piano area. Alternatively, wall-mounted armatures are used as decorative lighting, which helps to set the mood or positively contribute to the atmosphere of the building.

Shadows

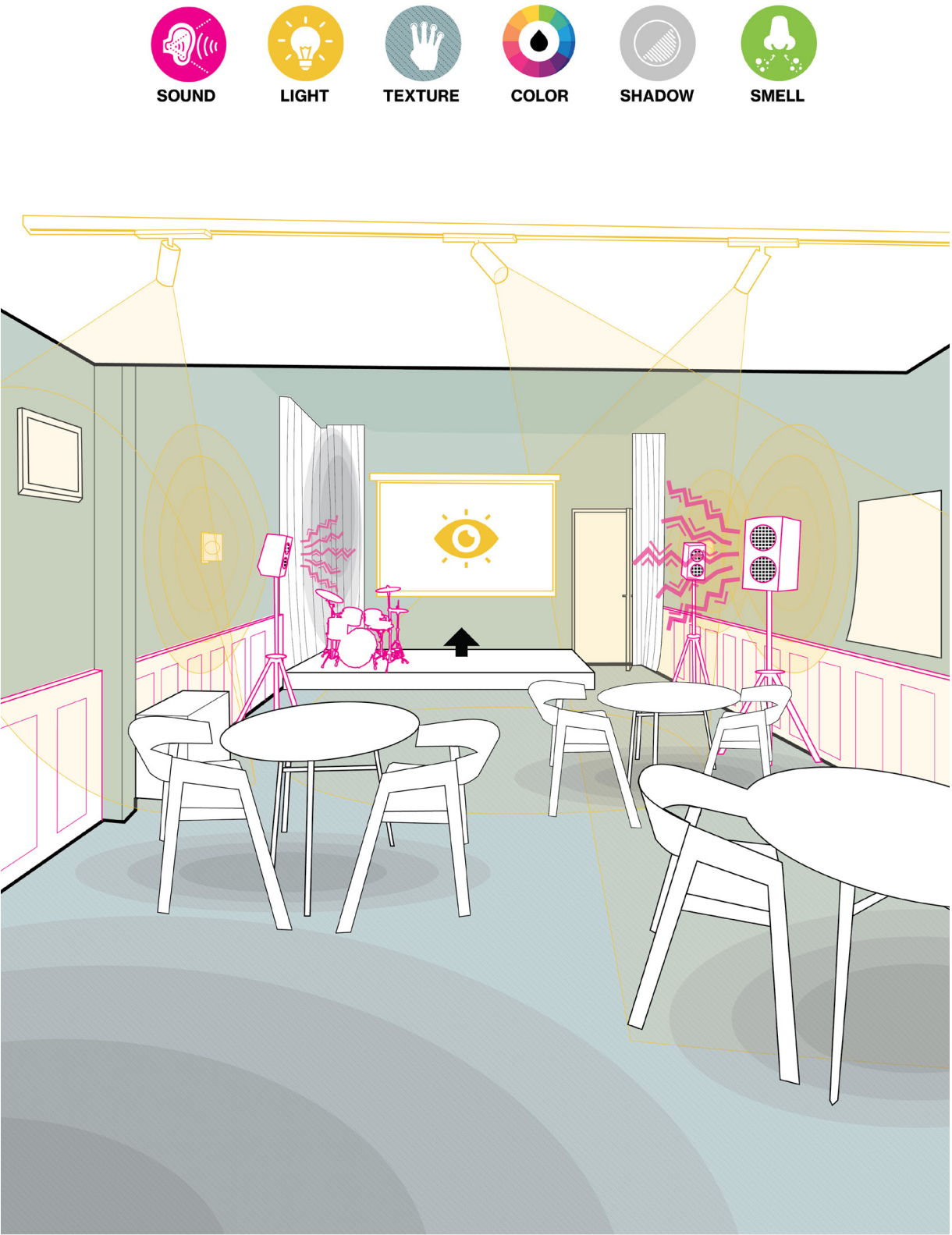
With little to no windows openings, the theater is naturally dark, which is ideal for this specific funtion. The shadows create a dramatic and contrasting play with the lighting, as the accent lighting focuses more on the stage, tables, paino area, and wall-armitures more on decorating the walls. This leaves room for the shadows dramatize shadows in the corner (located at the hanging curtains) and on the floors, especially near its entrance.

Texture

Wooden panels, the carpeted floor and plastered (colored) walls mainly make up for the play with texture in this room. Carpeted floor also increase the feel of comfort, coziness and home, next to their acoustic properties.

Color

Vibrant colors contribute to the atmosphere of the theater, as the blue curtains, carpet, walls are inviting, lively and complimentary to the wooden objects in the room (e.g. color of the tables, chairs, wooden panels).



The Theater

Sensory Analysis: The Bar

Sound

To absorb the sound emitted from the speakers or instruments in the bar, wooden panels on the side of the walls also help reduce unwanted noise or distortion, contributing to the acoustic quality of the room. Similarly, the floor is carpeted which can contribute to the absorption of soundwaves due to its physical qualities and soft surface.

Light

The bar uses decorative lighting that helps to set the mood and positively contribute to the atmosphere or look-and-feel of the space. Similar to the theater, accent lighting is used in this space, but now to emphasize the decorative posters, flyers, old vinyl covers on the wall, and “nostalgic” furniture of the elderly (e.g. cigarette dispenser or traditional wall cabinet).

Shadows

With the decorative lighting as the main lighting for the bar, shadows are a little less prominent in this space. On the other hand, the lighting makes the room less illuminated which in turn causes for a cozy and homy feel.

Texture

Similar to the theater wooden panels, the carpeted floor and plastered (colored) walls mainly make up for the play with texture in this room. Again, the carpeted floor can contribute to the acoustic performance of the room. Alternatively, various (almost random) object hanging from the walls or ceiling add a 3D texture to the space, which acts as a “Wunderkammer”, where every object you focus on is totally random but still has its own story and (nostalgic) value.

Color

Apart from the vibrant yellow color of the wall, and blue carpet, the bar also becomes interesting through the old vinyl record collection of an acquaintance of the Liv Inn residents that were used by the interior designer. The various colors of the covers and center of the vinyls make the room colorful and compliments well with the vibrant colors of the walls and floors.



The Bar

Sensory Analysis: The Kitchen

Light

The communal kitchen is also seen as the heart of the building. The kitchen uses decorative lighting above the dinner table which contributes to the atmosphere at the table when eating or drinking. Additionally, accent lighting in the form of spotlights are used to emphasize and illuminate the kitchen islands (where the cooking and the washing of dishes happens), and the shelves (to the left in the drawing) where the glasses and other kitchen equipment is stored.

Shadows

Although the presence of shadows is minimal, the play of accent lighting and the decorative lighting above the dinner table causes the shadows to separate three main areas in the communal kitchen: the shelvers or cabinets (left), dinner table (middle) and kitchen islands (right).

Texture

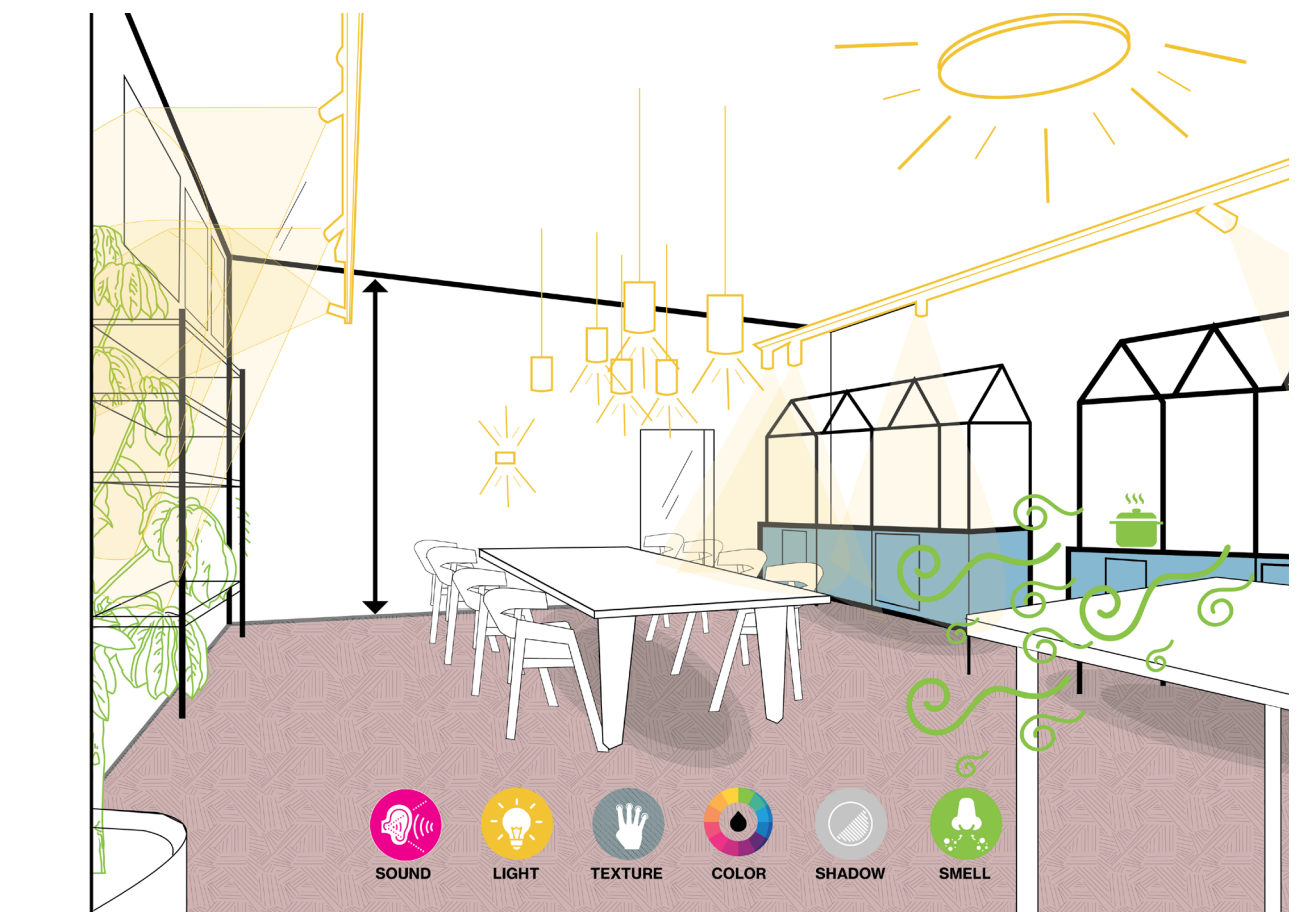
Similar to the inner garden, red hexagonal ceramic tiles are used to border the communal kitchen from the surrounding walkways and interior spaces. Other than that, the walls are white plastered.

Color

The vibrant blue color used in the theater is repeated to highlight the cabinets of the kitchen islands. This makes them both noticeable and act as borders in the open space. For example, the tiles in combination with the kitchen islands that lie in one line indicate when a person either enters or leaves the communal spaces. Decorative greenery also adds to the atmosphere and coziness of the kitchen.

Smell

Almost logically, the large kitchen is designed where the smell of cooking from the oven or induction plates, or the smell of coffee from the coffee machine can be experienced.



The Common Kitchen

Sensory Analysis: The Theater

Light

The inner garden mainly uses decorative lighting that helps to set the mood and positively contribute to the atmosphere or look-and-feel of the space. Besides that, the inner garden is adjacent to large window openings on the first floor in the Liv Inn, which allows a lot of natural daylight to come through.

Texture

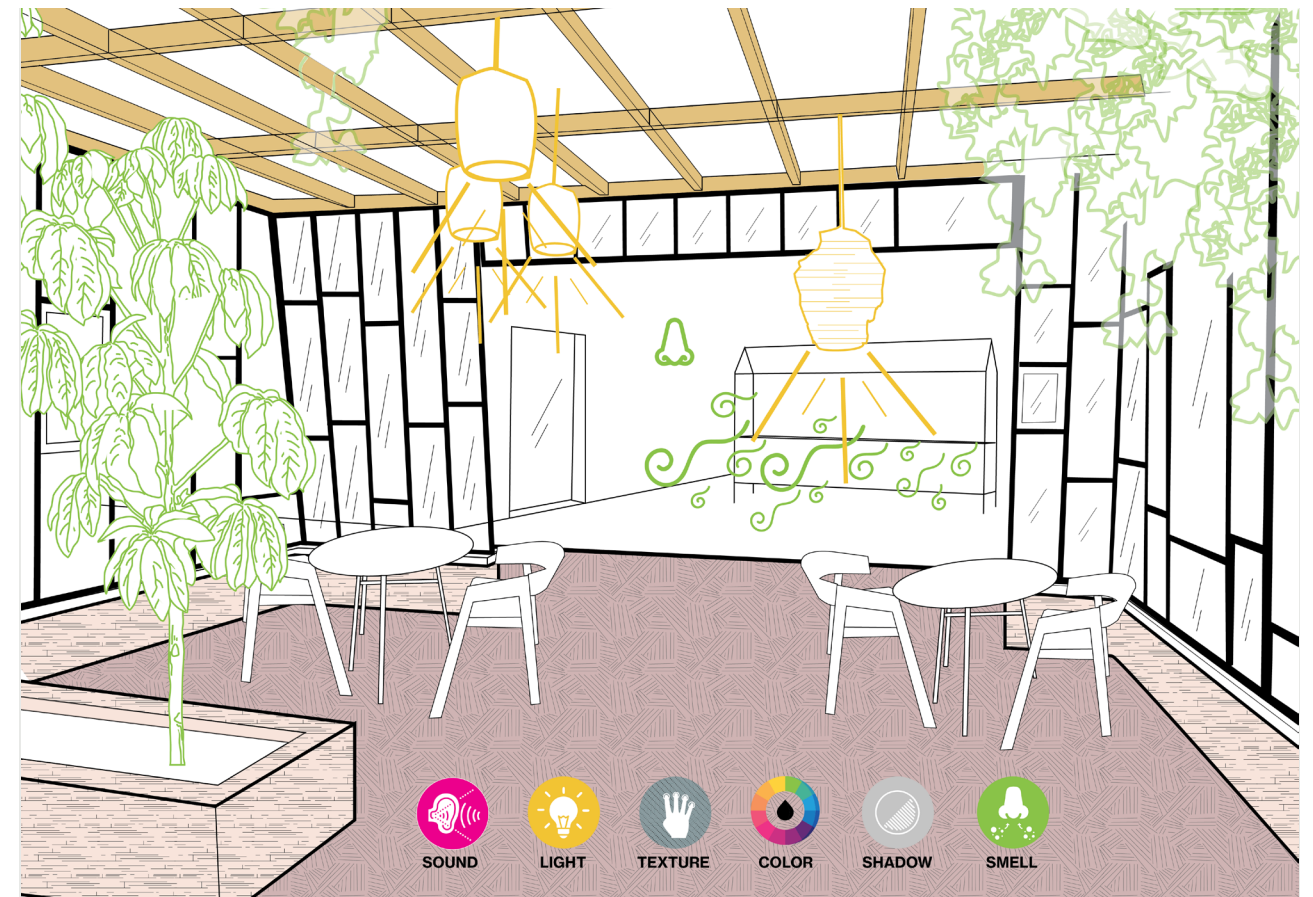
The inner garden, as the name suggests, focuses on creating a garden-like environment in the interior of the Liv Inn. By drastically bordering the floor surface texture with red hexagonal tiles of the inner garden in comparison to the walkways or other functions with a polished concrete look, a contrast and zoning of the inner garden becomes evident. Apart from that the glass partition cause for a semi-transparent wall around the space. An open wooden ceiling and refurbished wooden elements in the glass wall add to the warmth of the space. To further border the inner garden in the open, yet central interior space it finds itself in, the architect's use a plinth made of red brickwork, which also adds the the warmth and interplay of textures within the space.

Color

By using warmer colors such as wood, red brickwork, red hexagonal ceramic tiles and greenery around the ceiling and in planting beds which are integrated in the brick plinth, the inner garden certainly feels comfortable, cozy and invites lingering and provides an atmosphere that is suitable for study or work. The latter is concluded based on talks with staff, a student and elderly who confirm this success of the inner garden.

Smell

Although the garden is drastically bordered or partitioned from the surrounding interior spaces, it still has an open design. This allows for the smell from cooking or coffee from the communal kitchen to enter the space. This can residents to possibly move from the inner garden to the communal kitchen, which is often occupied by residents during certain peak hours for either drinking coffee, a drink, cooking or eating.





RELATION TO LONELY PEOPLE (IN TARWEWIJK)



LIGHT

Layered Lighting: Integrate layered lighting types such as combining accent lighting and decorative lighting to create an inviting atmosphere

Natural Light: Maximize natural daylight with large windows in communal spaces, as it enhances mood and fosters connection with the outside environment

Poor lighting prevents one's ability to "read" the space, making it feel unsafe or comfort, hinders their mobility and sense of orientation, decrease in social connectedness (Petermans, 2019)



SHADOW

Dynamic Play of Shadows: Employ lighting that produces soft, dramatic contrasts. Use shadows to evoke depth and intimacy while maintaining visibility

Soft Transitions: Prioritize diffuse and low-intensity lighting to minimize harsh shadows, creating a cozy and homelike feel

Poor contrast to the lighting (with shadows) can have the same effects as the ones stated above.



TEXTURE

Tactile Diversity: Use varied materials to provide tactile richness and visual contrast, making spaces feel warm and recognizable

Functional Textures: Use distinct textures to define zones, which can visually guide users to navigate

Poor lighting prevents one's ability to "read" the space, making it feel unsafe or comfort, hinders their mobility and sense of orientation, decrease in social connectedness.



COLOR

Warm and Vibrant Tones: Utilize warm and vibrant colors like red brick or vibrant accents to foster appeal, comfort or recognizability

Personal and Nostalgic Touches: Include personalized or nostalgic coloured elements such as vinyl records or curated artifacts to evoke emotional connections and stimulate conversation

Studies show that even simple changes in colour combined with strategic placement of certain social activiteit can drastically increase social connectedness (Petermans, 2019)

Despite being in a new environments, the sense of wellbeing among elderly can be traced back to the (nostalgic) things that recall meanings of home, which are often tied to objects of home from their past (Petermans, 2019)



SMELL

Aromatic Flow: Design open connections between areas to allow pleasant or identifiable smells, to permeate and encourage movement and socialization

Natural Scents: Incorporate natural greenery and plants into spaces like inner gardens to provide a refreshing sensory experience and enhance calmness

The smell of food or coffee might be an invitation (or rather an excuse to some) to go and socialize with others (e.g. coffee time at lunch or joining communal dinners)

Smell is directly linked to the spatial perception of people. It is a design factor that influences how people (partially) evaluate spatial cues and in turn, how they might experience social relations with others within that space (Petermans, 2019)



SOUND

Acoustic Treatment: Use sound-absorbing materials to minimize noise and echo

Purposeful Noise Control: Design spaces with clear acoustic zoning to ensure sound is contained where needed and reduced in adjacent areas to foster pleasant conversations

People with hearing impairments, that might use hearing aids, might avoid (communal) spaces that become too noisy when crowded, resulting in them potentially further isolating themselves. Designing acoustically-sound spaces might encourage these individuals to participate in social activities

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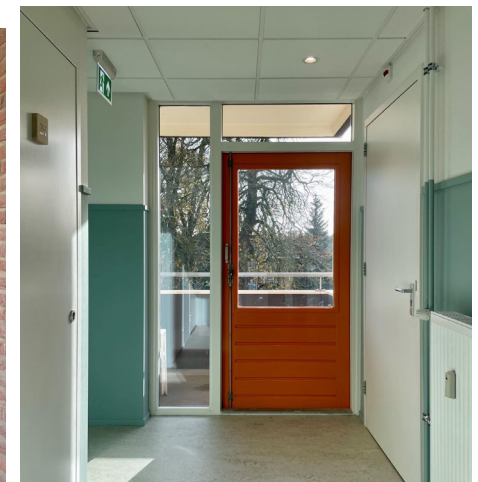
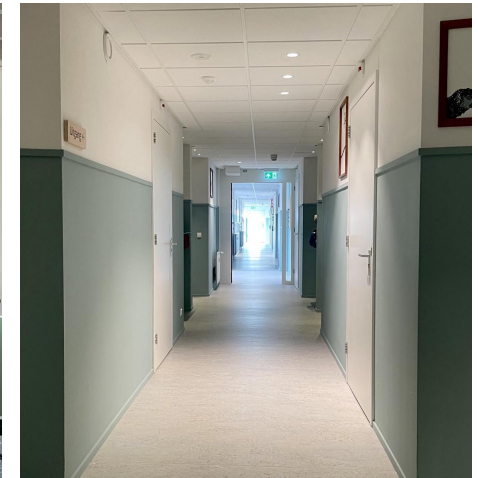
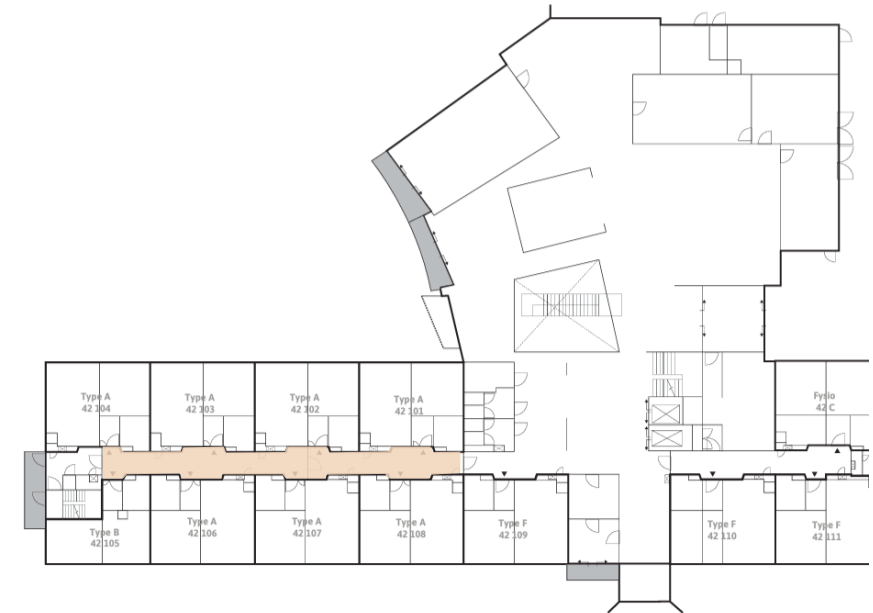
Deserted Corridors: A Study in Spatial Perception

Among the spaces we observed, the long corridors in the building stood out as the most deserted areas throughout the day. Their configuration—long, linear pathways—evoked hospital-like imagery for one of our interviewees, reinforcing a sense of sterility and disconnection. Despite their functional purpose as transitional spaces, these corridors fail to invite pause or engagement, lacking the warmth or visual interest that might encourage lingering.

The stark difference in wall materials further amplified the divergence in perception. In the newer half of the building, plastered walls, with their bright and reflective surfaces, created a sense of openness and light. By contrast, the older section featured dark, exposed brick walls, which felt heavier and less welcoming according to another interviewee. This juxtaposition of materials offered a striking commentary on how architectural finishes alone can shift the emotional tenor of a space.

The gym on the second floor presented another layer of complexity. The design of this space mimicked the elongated, corridor-like typology of the adjacent spaces: a long, curved room with daylight penetrating only through high, narrow windows. Over the course of our week-long stay, we noted that the gym remained entirely unused. Interviews and observations suggested several possible reasons: its placement in the corner of the building, on an upper floor, creates a sense of inaccessibility. The lack of inviting daylight—restricted to the upper reaches of the walls—renders the room dim and uninviting, despite its potential utility.

Additionally, the gym's elongated configuration reflects a spatial typology associated more with movement through space (like corridors) than with activities requiring presence and engagement. This subtle architectural cue might subconsciously discourage users from spending time there. The lack of direct visual or physical connection to other active spaces in the building further isolates the gym from the rhythms of daily use.

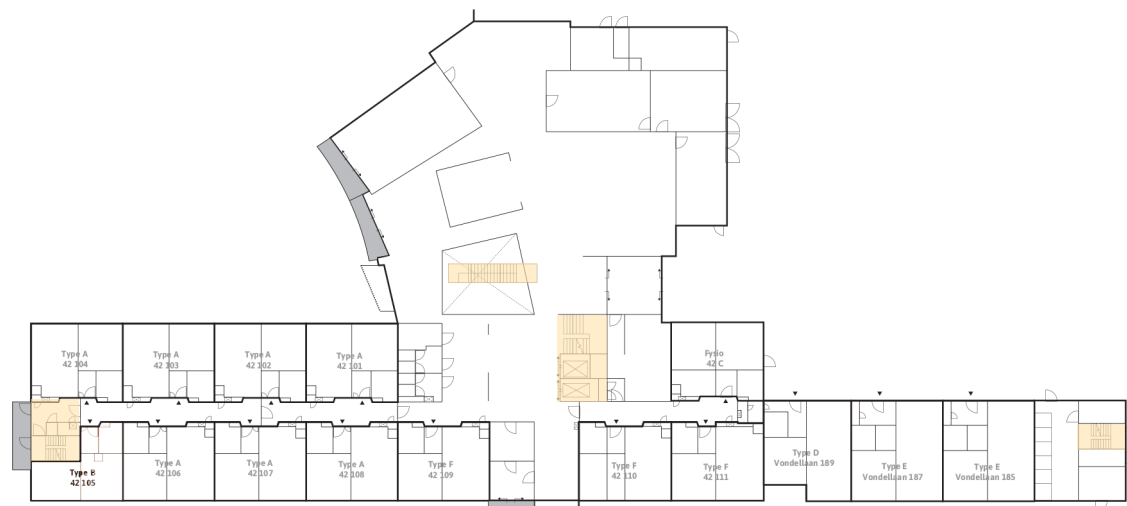


1. Gym on the second floor
2. Corridor along the first floor (newer extension)
3. Corridor along the third floor (old building)
4. Door to balcony at the end of first floor corridor (newer extension)

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Encouraging Movement through the Built Environment

The stairwells are thoughtfully designed to promote walking and physical activity. Interviews with younger, mobile residents reveal a strong preference for taking the stairs over the elevator. The spacious, well-lit main staircase, which connects directly to the communal space, sees frequent use, while the elevator is used less often.



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Fostering a Sense of Ownership in Collective Living

Spaces at Liv Inn are thoughtfully designed to encourage personal expression and active engagement. Bulletin boards and magnet strips outside individual rooms allow residents to showcase their identities and personalize their spaces. Activities like tending plants, cleaning, and maintaining the communal kitchen and facilities not only foster a sense of responsibility but also keep residents mentally and physically active. The communal garden provides a shared outdoor area for relaxation and interaction, while workshop spaces equipped with tools and equipment for rent offer opportunities for creativity and hands-on projects.



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Limitations and Discussion Fieldwork at Liv Inn Hilversum

Declining Volunteer Pool

According to our interviews, the Liv Inn is experiencing a shrinking demographic of active, younger elderly residents (aged 55–65), who are traditionally more mobile and capable of taking on volunteer roles to organize events and foster community spirit. This demographic shift leaves the community dominated by residents aged 80–90, many of whom are less mobile and prefer to stay in their apartments rather than participate in shared activities. This lack of active participation not only reduces social engagement but also places additional pressure on the few available volunteers, leading to frustration and fatigue among those willing to help.

Communal dinners in the shared kitchen, while planned, suffer from low attendance (fewer than 20 people) due to both a lack of volunteers and resident willingness to participate. The minimal turnout suggests deeper issues in the community, such as social isolation, health limitations, or a lack of appealing programming to draw residents out of their apartments.

Residents Requiring Intensive Care

The presence of residents with advanced dementia or other conditions requiring intensive care presents unique challenges. While Liv Inn fosters a communal living model, accommodating such residents can strain resources and disrupt the atmosphere. Potentially rethinking the balance between independence and care within the Liv Inn model.

Challenges in Inter-generational Engagement

While residents wish for students to play a more active and engaging role within the Liv Inn community, there is a misalignment between the schedules of elderly residents and students. The elderly are most active midday, whereas students are generally away studying during the day and socialize more in the evenings or nighttime, leaving little overlap for meaningful interaction.

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Relevance Fieldwork for Tarwewijk

Addressing lack of neighborhood volunteers

The issue of a shrinking volunteer pool is a significant challenge, as seen in areas like Tarwewijk. For instance, the lack of volunteers to manage sports fields and parks often results in closed gates, discouraging community activity and engagement. This highlights that providing physical infrastructure alone is insufficient; the issue is deeply rooted in social dynamics, such as the absence of active, younger residents willing to take initiative. There is a pressing need to coordinate efforts and implement strategies that encourage volunteerism, particularly among younger demographics.

Future of informal care in networks

Promoting ageing in place presents several challenges, especially as elderly residents may reach more critical stages of care or advanced dementia. This underscores the importance of building an inclusive safety net that supports ageing in place while fostering informal networks of care. Strengthening these networks will require community engagement, awareness campaigns, and collaboration among families, neighbors, and local organizations to ensure comprehensive support.

Monofunctional spaces prevent inter-generational interaction

Monofunctional spaces, such as parks designed exclusively as play areas for children, limit opportunities for intergenerational interaction in neighborhoods like Tarwewijk. The lack of shared, multi-use spaces hinders meaningful engagement between residents of different age groups. Addressing this issue will require rethinking urban design to create versatile spaces that encourage social integration and interactions across generations.