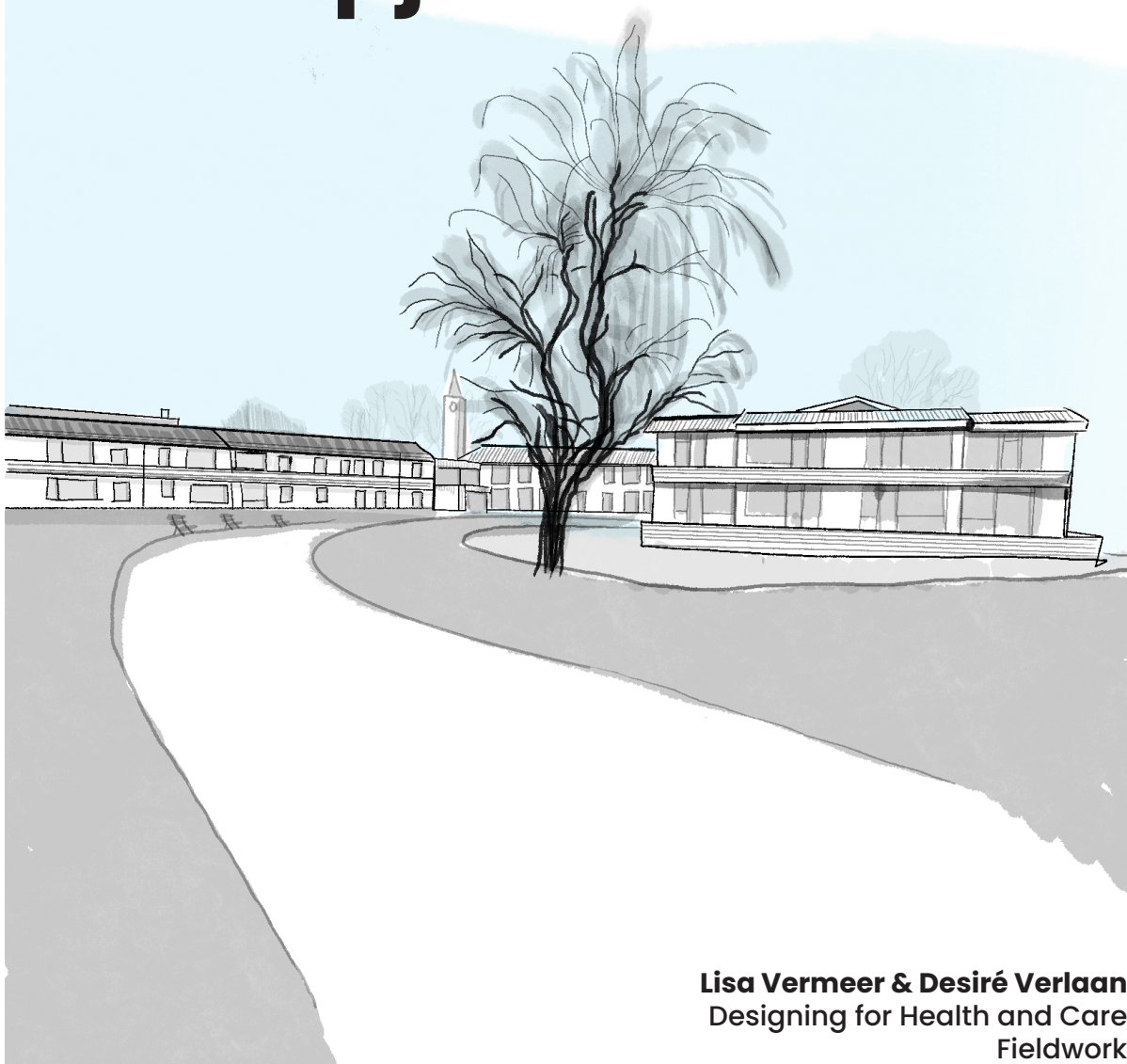


't Kampje



Lisa Vermeer & Desiré Verlaan
Designing for Health and Care
Fieldwork

Colophon

Delft University of Technology
Master Architecture, Urbanism and Building Sciences
Dwelling Graduation Studio_AR3AD110
Designing for Health and Care in an Inclusive Environment

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2024-2025

Preface

This report documents a week of fieldwork conducted by two architecture students at 't Kampje, a small residential care complex in Loenen aan de Vecht, the Netherlands. The purpose of this research was to investigate how co-living arrangements could help reduce loneliness among elderly residents, with a focus on the relationship between architectural design and social interaction.

During the fieldwork, the students observed daily life within 't Kampje, paying close attention to how communal spaces such as the shared dining areas, outdoor gardens, and activity rooms were used by the residents. They conducted informal interviews with the residents and staff to gain insights into their experiences, challenges, and perceptions of living in this co-housing environment.

The findings highlight both the successes and limitations of the design and operation of 't Kampje. The week-long stay allowed the students to identify specific design elements—such as accessible gathering spaces and privacy zones—that influence the residents' ability to connect with each other while maintaining independence.

This preface is written in gratitude to the residents and staff of 't Kampje for their hospitality and willingness to share their experiences. The knowledge gained from this immersive study aims to inform future architectural approaches that prioritize community-building and address the growing concern of loneliness among the elderly. This report is a step towards designing better spaces where aging is met with dignity, support, and social connection.

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't Kampje

Elderly housing in Loenen aan de Vecht, Netherlands.



Figure 1. Main entrance 't Kampje (by author)

Location: Loenen aan de Vecht, the Netherlands
 Renovation year: 2014–2016
 Typology: (independent) care housing
 Number of units: 71 units (main building), 18 units in Ter Beekhof (west), 15 units in Pleinzicht (north)
 Program: housing, laundry, shared kitchens and living areas, library, hairdresser, physiotherapist, offices, rentable space

'T Kampje is a two-story building recently renovated to transform its function from a traditional nursing home into a residence for active and care-dependent elderly individuals (figure 1).

The complex is divided into four components: the main building, Ter Beekhof, and Pleinzicht. The main building houses a somatic care department with 35 apartments for semi-independent elderly residents and 36 apartments in the dementia unit, known as 'De Zonnebloem'. To the west of the site is Ter Beekhof, a separate building with 18 social rental apartments, while Pleinzicht, located to the north of the site, is connected to 't Kampje and offers 15 private sector apartments (figure 2).

The residents of 't Kampje are primarily aged 80 and older, with a few younger exceptions. None of the residents are fully capable of living independently. The program of 't Kampje is diverse, including housing units, laundry facilities, shared kitchens and living areas, a library, a hairdresser, a physiotherapist, offices, and spaces available for rent.

The daily life at 't Kampje allows residents complete freedom to spend their time as they wish. They can participate in organized activities or choose to stay in their apartments with the door closed. This balance between independence and support creates a unique and flexible living environment that caters to the varied needs of its residents.

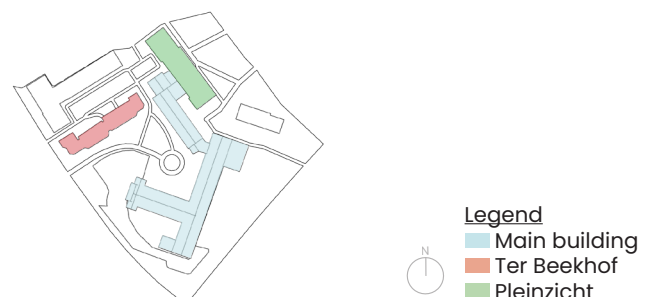
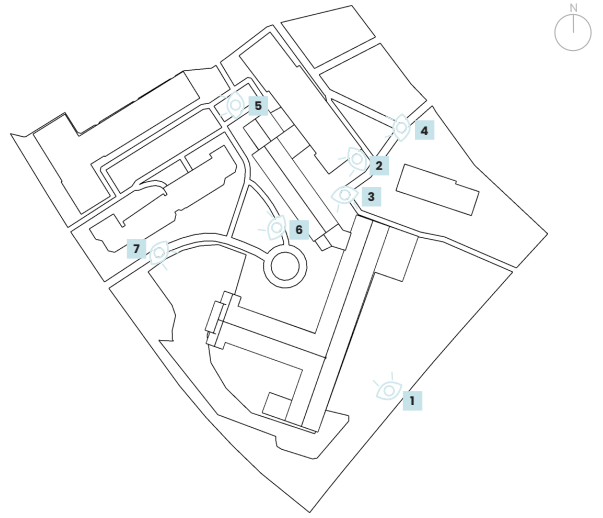


Figure 2. Complex division (by author)

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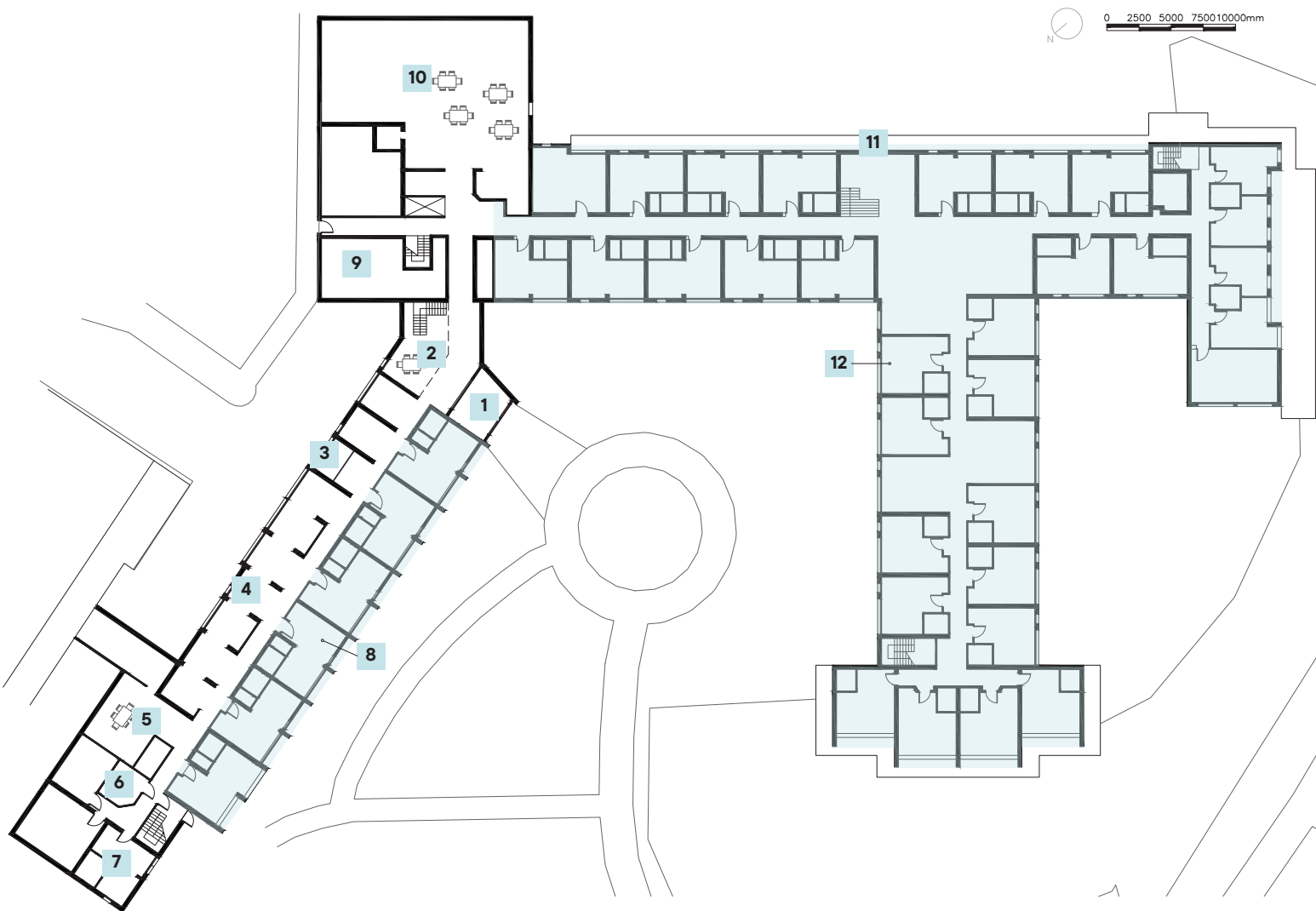


Figure 3. Ground floor (by author)
1:250 (50% scaled)

Legend

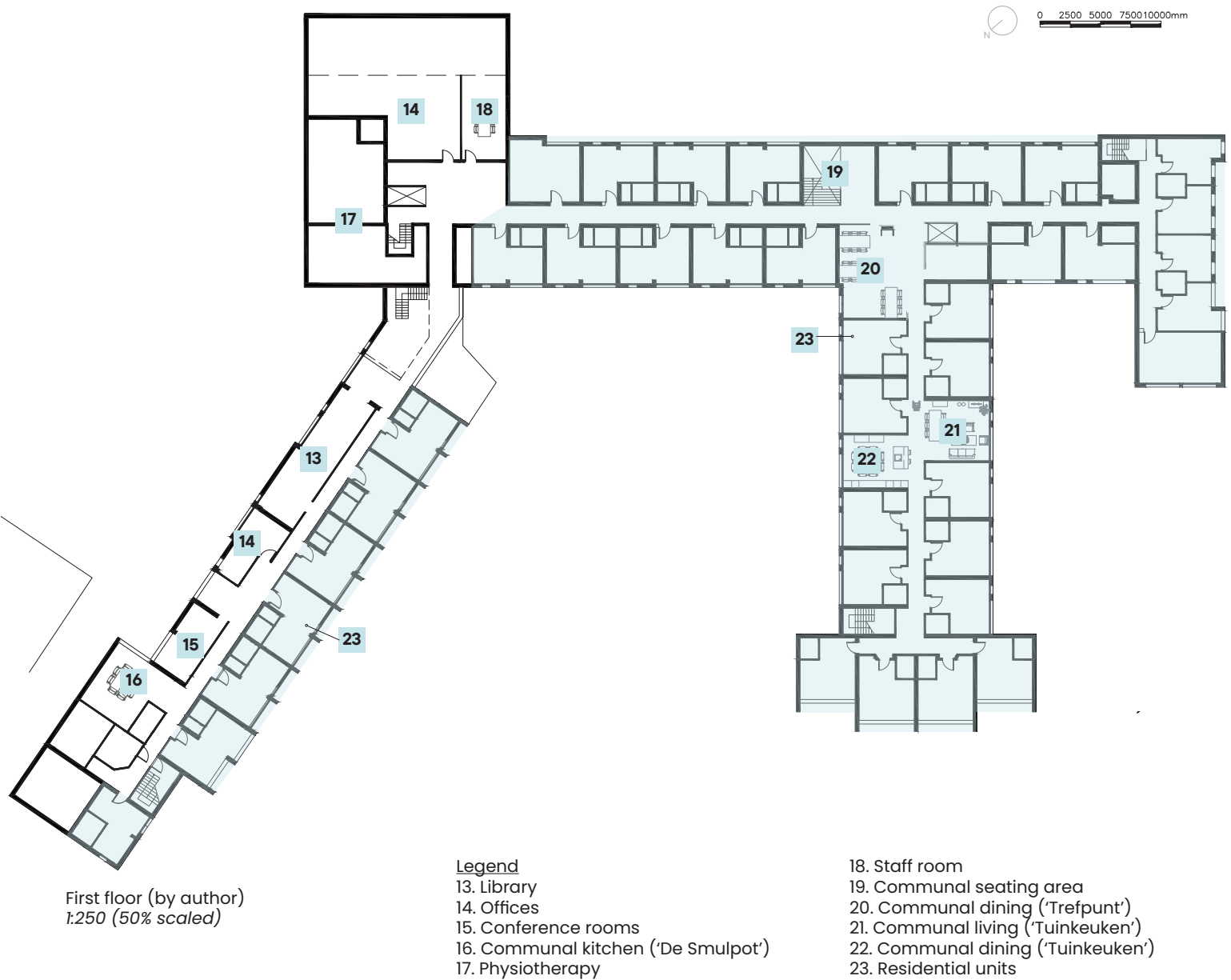
- | | |
|-------------------------------------|------------------------------------|
| 1. Main entrance with mailboxes | 7. Guest room |
| 2. Entrance hall | 8. Residential units |
| 3. Entrance library | 9. Hairdresser |
| 4. Neighbourhood library | 10. Workshop space ('Studio Idee') |
| 5. Communal kitchen ('Open Keuken') | 11. Entrance dementia care |
| 6. Laundry | 12. Dementia care 'De Zonnebloem' |

The ground floor of 't Kampje offers a range of facilities and services designed to meet the needs of its residents and the surrounding community. This level includes six residential units, a guest room, and a communal kitchen ('Open Keuken') that is fully equipped with dining facilities and access to an outdoor patio. Additional amenities on the ground floor include the neighbourhood library, a quiet space for reading and community use, laundry facilities, workshop space 'Studio Idee' (a rentable space for activities and events), the dementia care 'De Zonnebloem' (south wing), a hairdresser, communal toilets, and a bike storage area.

There are multiple entrances at 't Kampje, designed to ensure functionality and ease of access for different users.

The main entrance is situated away from the street and surrounded by housing units, fostering a sense of privacy and community. On the opposite side of the building, the library entrance provides direct access to the Neighbourhood Library, creating a welcoming space for both residents and visitors. The dementia wing features a dedicated entrance, ensuring safety for its residents.

In Ter Beekhof, each residence has its own private entrance, highlighting independence and privacy for the occupants. In contrast, Pleinzicht has a central entrance that leads to a corridor connecting the individual apartment entrances, offering a balance between convenience and a shared community feel.



The first floor of 't Kampje balances privacy and communal living, providing various spaces catering to individual and shared needs. It includes 29 residential units on three hallways, offering residents a private and comfortable living environment. Alongside these personal units, several shared areas encourage interaction.

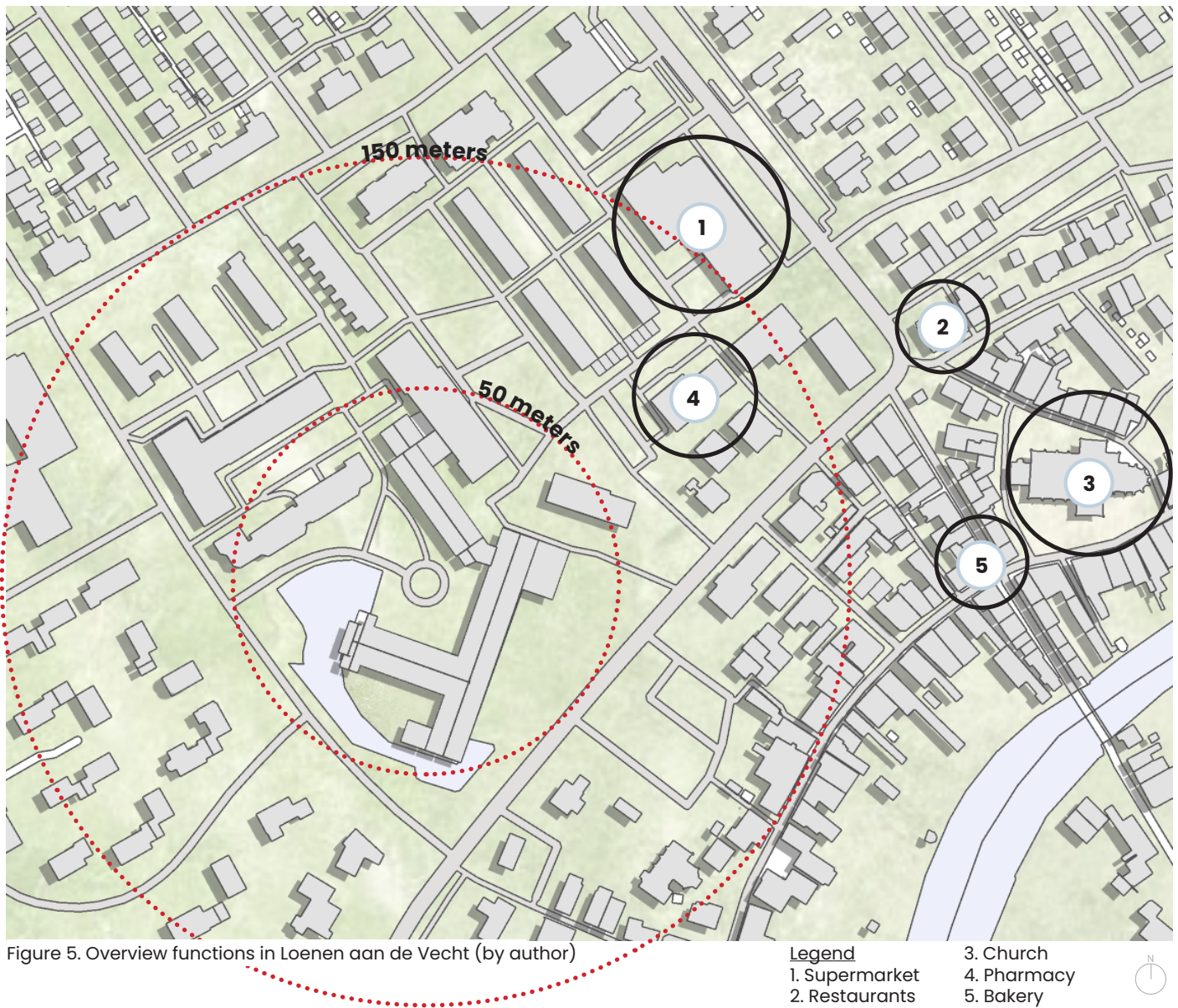
These communal facilities include 'De Smulpot', a fully equipped kitchen with dining facilities, and a small seating area that provides a cozy spot for informal gatherings. The 'Trefpunt' offers a shared space with three dining tables, for communal meals and social engagement. The 'Tuinkeuken' features a multifunctional layout with a fully equipped kitchen and dining area on one side of the corridor and a comfortable living area on the other.

In addition to these resident-focused areas, the first floor also houses practical amenities such as the physiotherapy area, communal toilets, offices for administrative work, conference rooms, and a staff room for the care workers and volunteers.

This combination of private and shared spaces creates a harmonious environment where residents can enjoy independence and a strong sense of community.

Surroundings

The environment or area around a person, place, or object, including physical, social, and cultural elements.



The surroundings of 't Kampje are well-suited to the needs of its elderly residents, offering a range of essential services within short walking distances. Located in the center of Loenen aan de Vecht, the area provides convenient access to a supermarket, restaurants, a church, a pharmacy, and a bakery. The supermarket, situated within 200 meters of the building, is the most frequently visited by residents who are still able to go out independently.

While a pharmacy is also nearby, it is not commonly visited by residents, as their medications are delivered directly to their doors through the organization of 't Kampje. This delivery service minimizes the need for trips and ensures that even those with limited mobility have access to their prescribed treatments.

The wider surroundings of 't Kampje contribute to its appeal. It is characterized by a serene, rural environment with abundant greenery. This peaceful setting creates a pleasant and relaxing atmosphere for residents, offering opportunities to enjoy nature and feel connected to the calm, small-town landscape. For those who can venture outdoors, the greenery adds to their sense of well-being and complements the supportive environment within 't Kampje itself.

Figure 5 illustrates the location of 't Kampje in relation to the other key functions in the neighbourhood. Demonstrating how 't Kampje is well-situated within the heart of Loenen aan de Vecht.

1



2



5



3



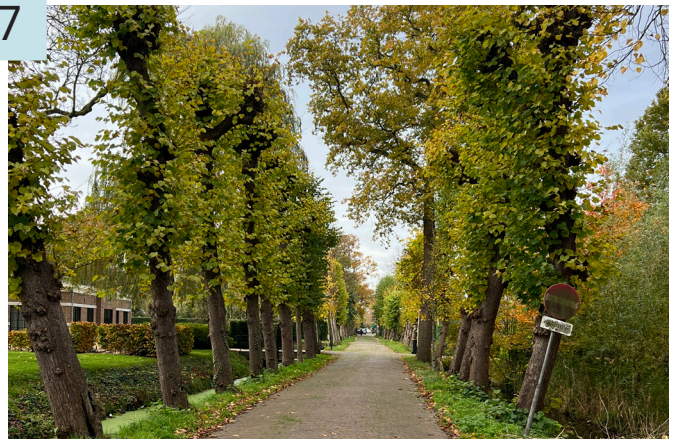
6



4



7



Wayfinding

The process of navigating and orienting oneself in a physical space to reach a desired destination, often involving the use of signs, maps, landmarks, or environmental cues for guidance.

Wayfinding within 't Kampje is characterized by long hallways, which can feel monotonous despite some artwork along the walls. While the art adds a touch of visual interest, the lack of windows and other distinctive features results in corridors that are still uniform and difficult to navigate. Orientation cues are limited, and the artificial lighting contributes to a somewhat sterile atmosphere (figure 6). Additionally, mobility scooters and care equipment are often parked in the hallways, creating physical obstructions that can make navigation challenging, especially for residents with mobility help or visual impairments.

The building employs a mix of written and symbolic signage to support navigation. Written signs are strategically placed in hallways and at intersections, indicating house numbers and practical amenities to help residents and visitors orient themselves (figure 7). Symbolic signs, meanwhile, are positioned directly next to the doors of specific functions, such as the laundry room, toilets, and lift (figure 8). These symbols provide clear and immediate identification of facilities, accommodating a variety of literacy levels and cognitive abilities.

However, wayfinding to communal spaces remains underdeveloped. The communal areas, which are essential for fostering social interaction and community building, are identified only by nameplates on the wall in the room itself (figure 9). There are no additional indicators or visual cues in the hallways to signal their location. This lack of clear wayfinding for shared spaces risks them being overlooked, potentially limiting their usage and the social connections they are meant to support.

The number plates on the housing units provide essential information but are modest in size and design. Each plate displays the house number, which consists of a number and a letter, offering a clear and simple identifier for the unit. Next to the house number, the resident's gender is indicated by a title—Mrs. or Mr.—followed by their last name (figure 10). While this format provides personalized identification, the small size of the plates can make them less noticeable, potentially posing a challenge for visitors or staff unfamiliar with the layout.



Figure 6. Monotonous hallway (by author)



Figure 7. Written wayfinding (by author)



Figure 8. Symbolic wayfinding (by author)



Figure 9. Sign in communal area (by author)

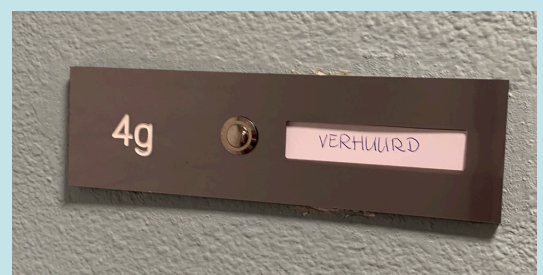


Figure 10. House number plate (by author)

The front doors of the residential units at 't Kampje are designed with both functionality and individuality in mind. Each unit has its own front door, which is slightly set back from the main hallway. This thoughtful design creates additional space, allowing residents to open their doors without obstructing hallway traffic and offering a sense of privacy. The set-back is painted in three distinct colors—red, blue, and yellow—adding visual interest and variation to the corridor (figure 11).

Next to each door is a cube, serving multiple practical purposes such as receiving food deliveries, medicine, and mail. The area around the doors and the cube provides an opportunity for personalization, with some

residents decorating the wall next to their door and/or placing decorative items in or on top of the cube. These personalized touches give a glimpse into the residents' personalities and create a more welcoming and home-like atmosphere.

Not all residents choose to personalize their space, resulting in a mix of decorated and undecorated areas. While the personalized doors contribute to a sense of individuality and warmth, the undecorated ones can feel less inviting and blend into the uniformity of the hallway. This contrast highlights the varying degrees of individual expression within the community. Figure 12 illustrates the level of personalization of the front doors, ranging from minimal to highly decorated.

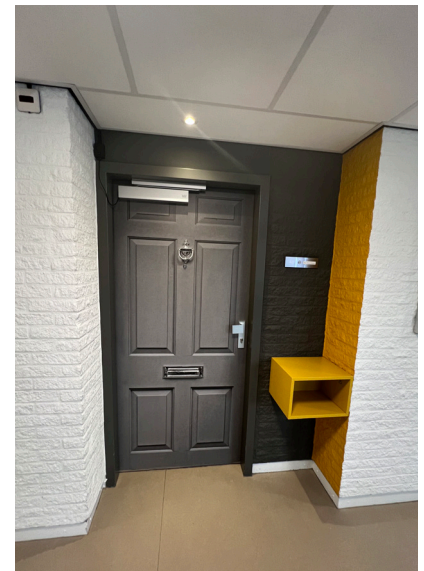
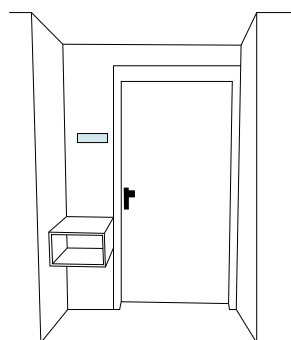
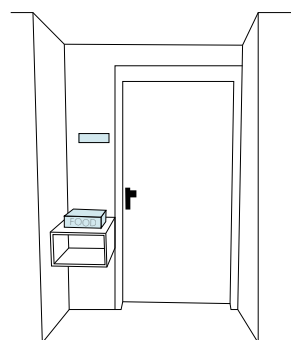


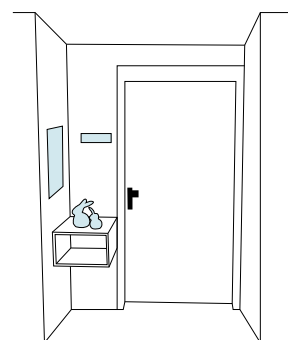
Figure 11. Three types of front door (by author)



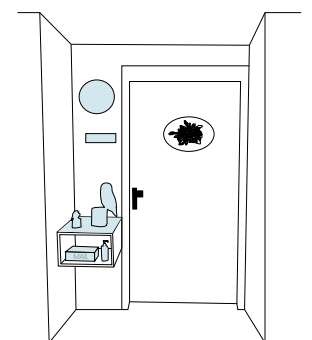
Name tag only



Cube used for deliveries

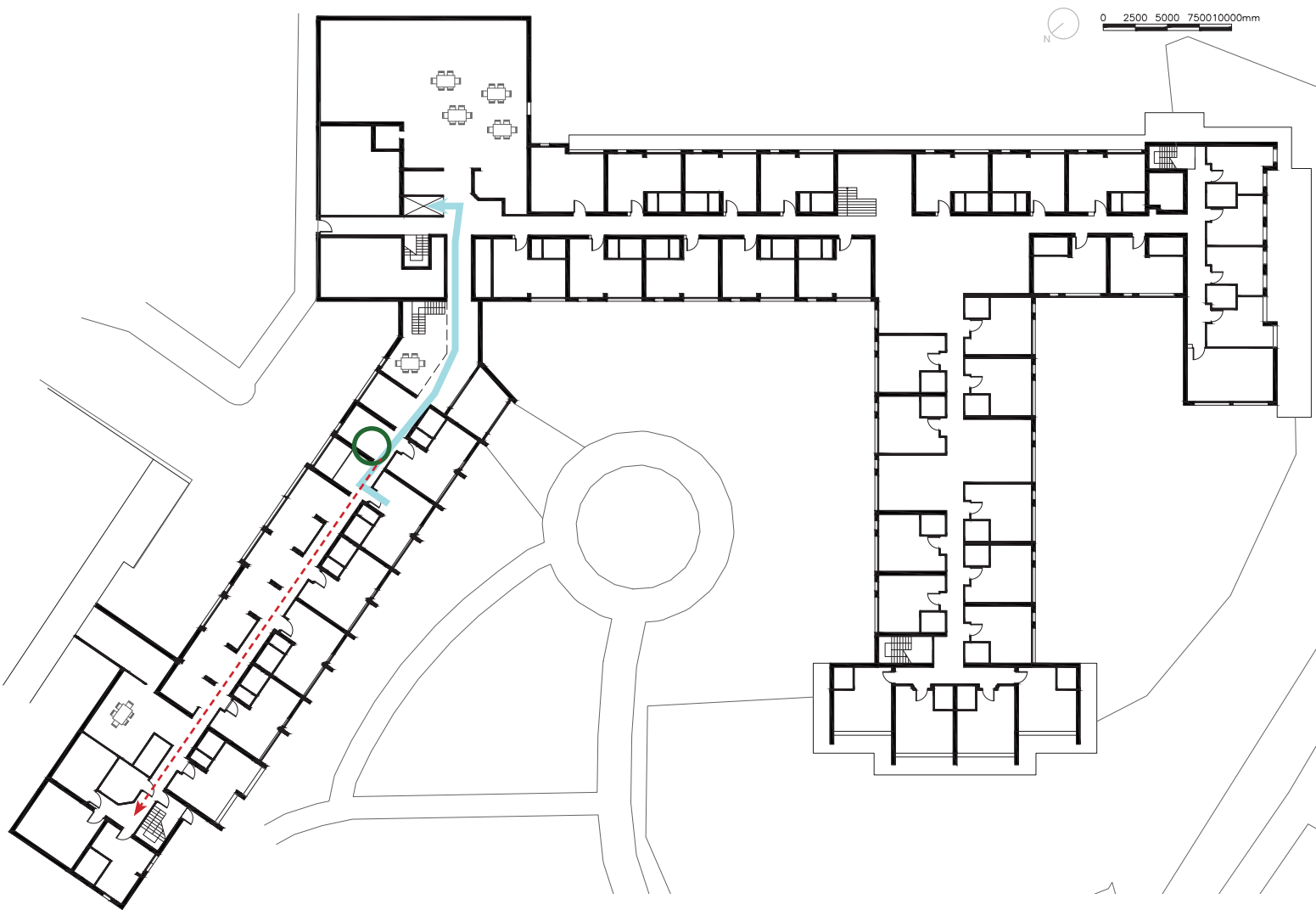


Small decor added



Fully personalized

Figure 12. Extent of personalization front door (by author)



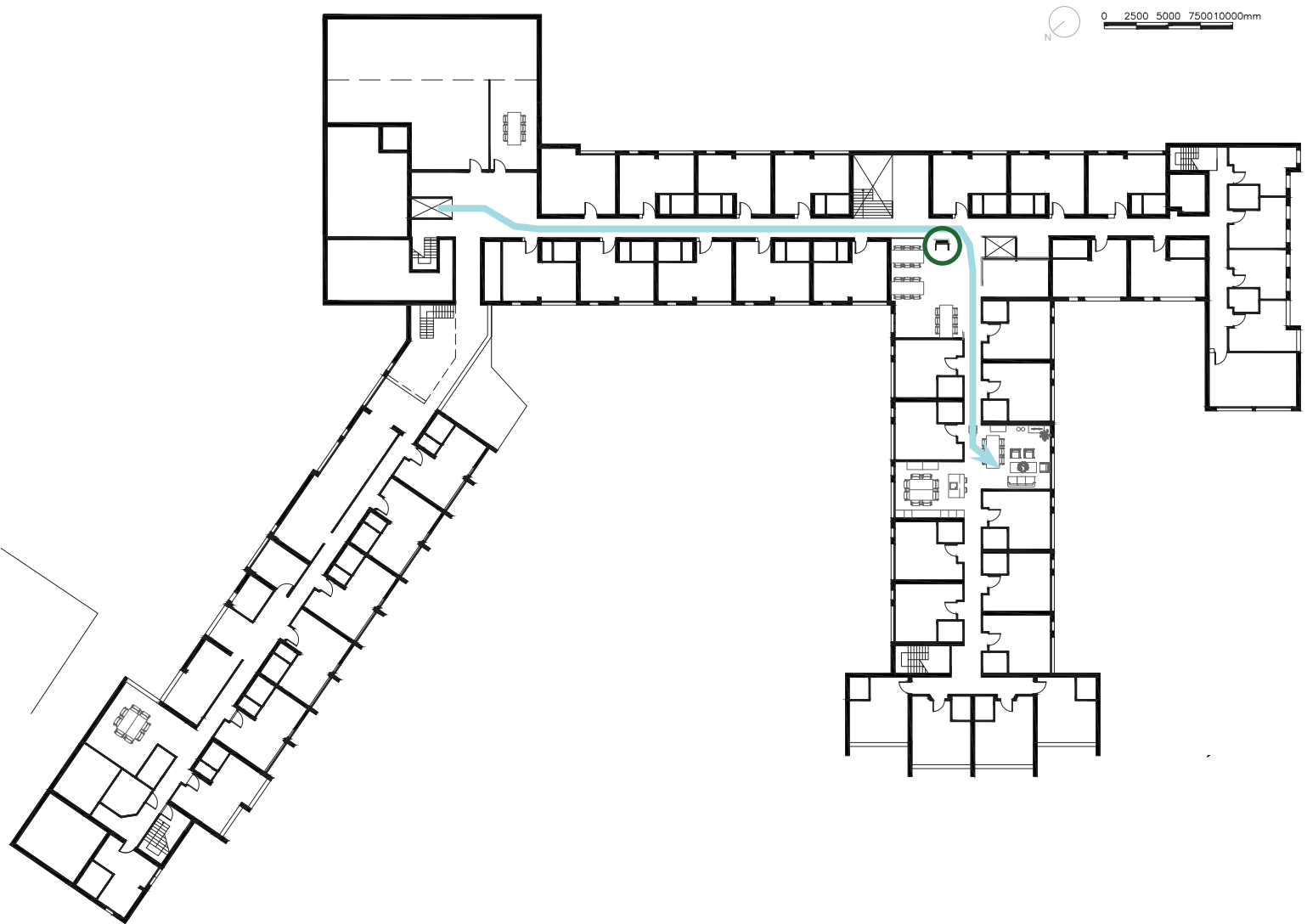
Ground floor (by author)
1:250 (50% scaled)

Mrs. B, a resident of 't Kampje living on the ground floor, relies heavily on memory and familiar "landmarks" to navigate the building, particularly due to her poor eyesight. Every morning, she makes her way to the communal space 'Tuinkeuken' to participate in the daily coffee moment with fellow residents. Despite the long corridors and various turns in the building, Mrs. B has developed a route to independently navigate her surroundings.

Her journey begins with a long walk toward the elevator, during which she passes through the entrance hall. One key landmark that guides her is a large chair in the library, which helps her know she is on the right path. The chair serves as a fixed point in her mental map of the building.

Once she reaches the elevator on the ground floor, she takes it to the first floor and proceeds straight ahead. Upon reaching the 'Trefpunt' dining area, she turns right at the large column, another important landmark. From there, she continues straight, heading towards the 'Tuinkeuken', where she always arrives in time for the first coffee round.

However, recently, a small change disrupted Mrs. B's familiar routine. The chair in the library was moved. This seemingly minor change caused her to become disoriented in the hallway and found herself unable to retrace her usual path to the 'Tuinkeuken,' demonstrating how sensitive her navigation is to even small alterations in the environment.



First floor (by author)
1:250 (50% scaled)

This incident highlights the importance of consistent, reliable landmarks in assisting residents like Mrs. B with their daily navigation. When these landmarks are altered or removed, it can cause significant challenges, revealing the fragility of such reliance in unfamiliar spaces.

In the floorplans above, the route Mrs. B takes is marked in blue, with the landmarks circled in green and the area where she got lost highlighted in red.

Communal Spaces

Areas designed for shared use by a group of people, such as residents, employees, or the public, intended to encourage interaction, collaboration, and community activities.

The communal spaces in 't Kampje are designed to foster social interaction and support various activities for residents. These include three kitchens with dining areas ('Open Keuken', 'De Smulpot', and 'Tuinkeuken'), two living areas ('Tuinkeuken' and one across from 'Trefpunt'), one dining area ('Trefpunt'), one activity space ('Studio Idee'), and an enclosed outdoor space connected to the dementia wing.

The communal areas are scattered throughout the building, with no living area located on the ground floor. Notably, the activity and kitchen spaces on the ground floor are rentable, which limits their accessibility for residents. Residents only use these spaces when specific activities are planned, even when they are not rented out.

'Studio Idee', a large rentable space, often exceeds the needs of small groups, leaving much of it unused. Typically, only two to three tables are used during these events, leaving much of the space unoccupied. As

a result, residents often perceive the space as empty rather than cozy. Additionally, its distance from the residential units makes it harder to access for those with mobility difficulties, further limiting its use.

The entrance area of 't Kampje includes the neighbourhood library, a space designed to provide residents and local residents with a quiet and inviting place to read books or newspapers. Comfortable seating is available, creating a welcoming environment for those who wish to spend time there. Despite this amenity, the library and its adjoining seating area are underutilized by residents, who primarily engage with communal spaces located closer to their homes.

Figure 13 provides an overview of the interiors of the various indoor communal spaces in 't Kampje. These spaces feature diverse layouts and designs, arranged to foster a variety of activities and meet the needs of the residents.

Kitchen area - Open Keuken



Kitchen area - De Smulpot



Small living area



Dining area - Trefpunt



Activity space - Studio Idee



Entrance - Library



Figure 13. Communal spaces (by author)

Tuinkeuken

The most frequently used communal space in 't Kampje is the 'Tuinkeuken', a combined living and kitchen area. Its convenient location near most of the residents' units makes it easily accessible, serving as a practical and welcoming hub for daily interactions. However, despite its multifunctionality, the space is mainly used during scheduled activities, such as the daily coffee morning and mealtimes, and is largely empty at other times.

The Tuinkeuken is divided by the hallway, with a large dining area on one side, featuring a table with eight chairs and a fully equipped kitchen. On the other side is the living area, which includes a table with six chairs, a couch, three armchairs, and a TV (figure 14).

Every morning at 10:00, the seating area is used for coffee with cookies, while the kitchen and dining area host daily lunch at 12:30 and dinner on Tuesdays and Thursdays at 17:30. In addition, the space is sometimes used for board games in the afternoon or tea time and other activities in the evening. Interestingly, the TV has not been used in over six months.

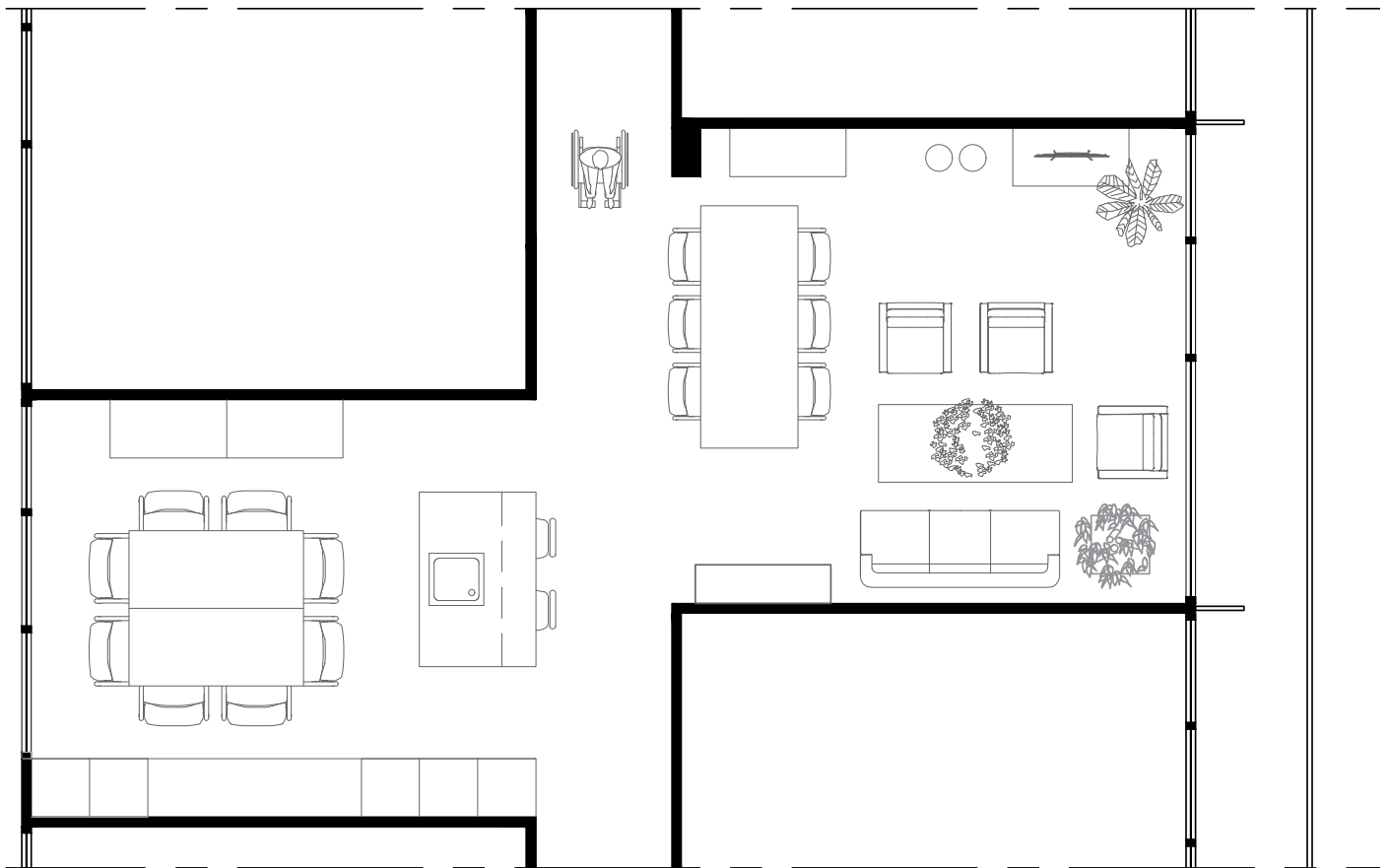
Adjustments are often necessary during the coffee morning to ensure everyone has a seat. Dining chairs are moved into the living area to provide more comfortable seating, as the armchairs are too low for elderly residents to easily get out of. Chairs at the dining table are removed to make space for residents in wheelchairs, and small stools are rearranged for volunteers and caregivers to sit and interact with different residents. Walkers are placed against the wall near the TV or in the hallway, making it difficult for residents who use them to access all the seating.

There is a noticeable seating arrangement, with men seated at the table and women on the couch and armchairs. Additionally, residents tend to have their own designated spots, creating a structured yet informal seating arrangement.

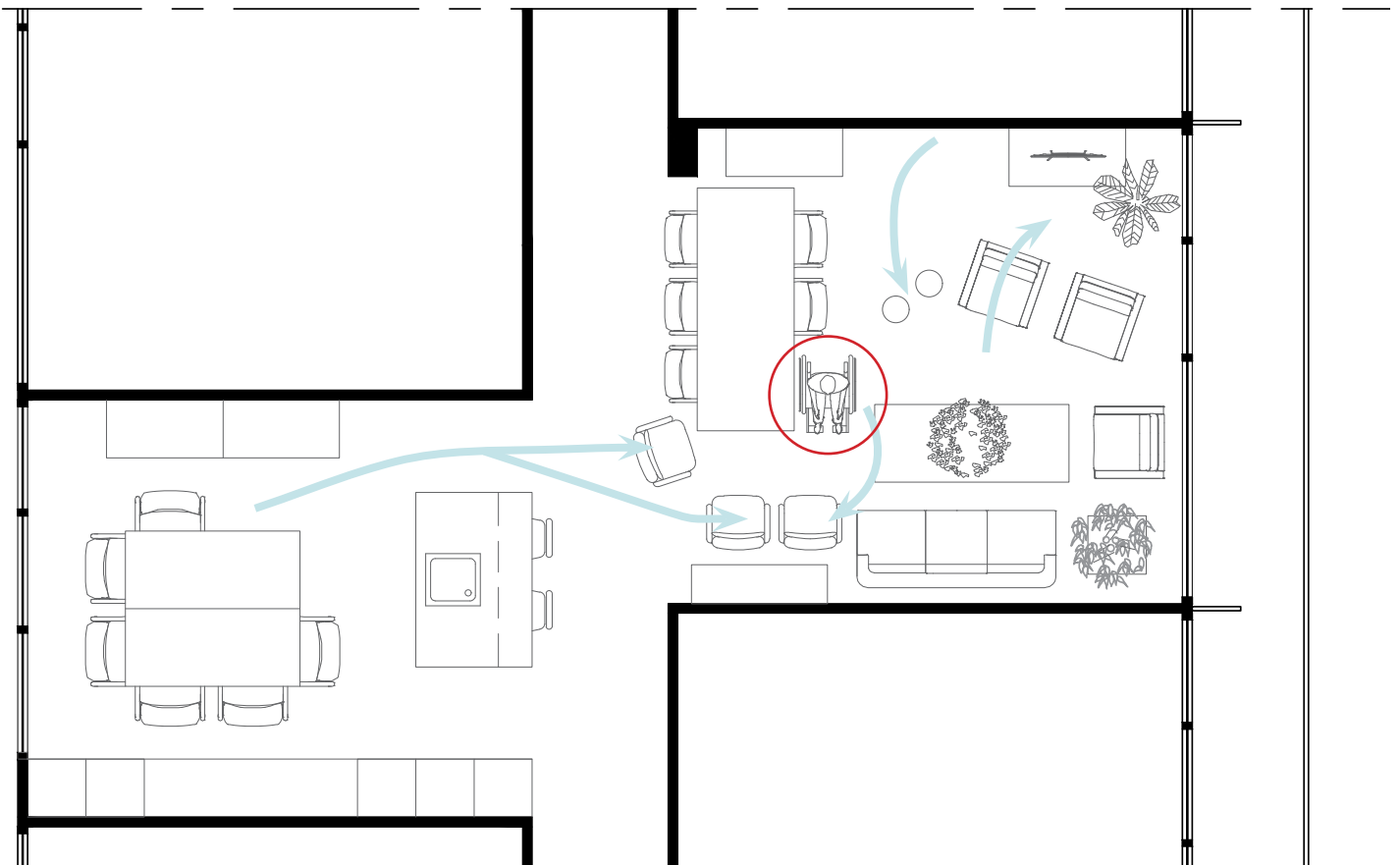


Figure 14. Multifunctional Tuinkeuken (by author)

Designed situation Tuinkeuken



Adjusted situation Tuinkeuken



Attendance

The following attendance counts reflect participation in the daily coffee moments and activities at 't Kampje, as recorded from November 11th to November 15th.

Each day begins with a coffee moment at 10:30, followed by an activity at 14:30.

The data includes both the number of residents attending and the presence of volunteers and hostesses, who play a crucial role in facilitating activities. Their support ensures smooth execution, creating a personalized, welcoming environment where residents feel engaged and supported.

Monday 11 nov

Coffee moment

10 residents – 6 female and 4 male
5 volunteers and 1 hostess

Activity – making Christmas cards

8 residents all female
3 volunteers

Tuesday 12 nov

Coffee moment

13 residents – 8 female and 5 male
5 volunteers and 1 hostess

Diner at 18:00

6 residents – 4 female and 2 male
1 hostess

Activity – playing board games

6 residents – 4 female and 2 male
2 volunteers

Wednesday 13 nov

Coffee moment

11 residents – 7 female and 4 male
3 volunteers and 1 hostess
1 family member

Thursday 14 nov

Coffee moment

9 residents – 6 female and 3 male
1 volunteer and 1 hostess

Activity – exercise

9 residents – 6 female and 3 male
3 volunteer and 1 hostess

Friday 15 nov

Coffee moment

9 residents – 5 female and 4 male
1 volunteer and 1 hostess
1 family member

Activities

Actions or tasks that people engage in, typically for enjoyment, work, or personal development, which can include physical, social, or intellectual pursuits.



Figure 15. Weekly schedule (by author)



Figure 16. Pinboard in hallway (by author)



Figure 17. Computer bike (by author)

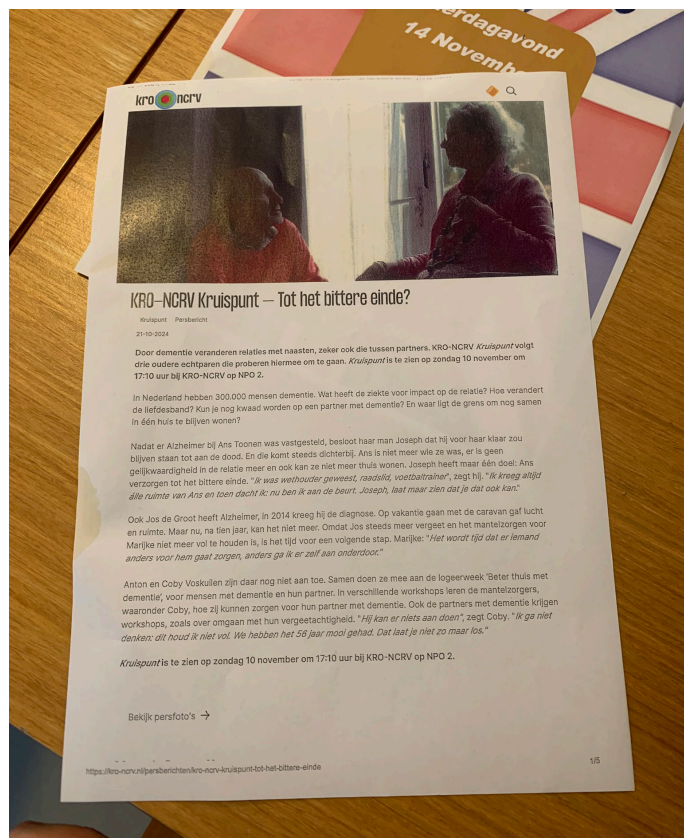


Figure 18. Feature in documentary on TV (by author)

Activities at 't Kampje are organized through a weekly program designed to offer residents opportunities for social interaction and engagement (figure 15). Every day at 10:00, residents gather for coffee in the 'Tuinkeuken', followed by different scheduled activities each afternoon at 14:30 in 'Studio Idee'. On Friday afternoons, drinks are served in either 'Studio Idee' or 'Open Keuken'. During our stay, two additional events were organized: 'Tea Time' on Thursday evening and 'Happy Ouwer' on Friday afternoon. These activities are displayed on various pinboards throughout the hallways, making it easy for residents to stay informed about the schedule and other events (figure 16).

Participation in activities requires an additional fee for the "activities package", which gives residents the option to join all activities that month. It is also possible for residents to only join when a activity interest them and pay per individual activity. However, the cost of single activities is often considered quite expensive by many residents. As a result, not all residents can afford or want to participate, and those who do not pay are not allowed to join in the activities. This policy is strictly enforced, with residents being very particular about it, which can create a sense of exclusion for those not paying.

Many residents join the activities primarily to chat with each other, especially since some, particularly women, are unable to participate in more physically demanding activities due to physical challenges. These residents often bring their own activities, like knitting, or simply engage in conversation during the sessions.

The coffee mornings at 10:00 tend to have a consistent group of nine residents attending, with an additional 3 to 4 joining based on how they feel that day. The afternoon activities at 14:30 tend to draw a larger crowd, with residents from Ter Beekhof and Pleinzicht also participating. These activities vary in type and often include crafts like making Christmas cards, flower arranging, exercise sessions, playing board games, and collective drinks.

Although exercise sessions are scheduled, most residents opt to sit and chat with each other rather than take part in the physical activities. Some residents explain that they already go to physical therapy and feel they have moved enough for the day.

One unique activity in 't Kampje is the 'Computer bike', which allows residents to virtually cycle through different regions of the Netherlands without leaving the building. However, during our stay it was only used once, indicating that it may not have yet become a popular activity (figure 17).

A flyer was also distributed, informing residents that 't Kampje had been featured in a documentary that was scheduled to air on television that week. This added visibility offered a sense of pride for the residents, as their home was showcased on a broader platform (figure 18).

Overall, the activity program offers a mix of social, creative, and physical activities aimed at enhancing residents' daily lives. However, participation varies based on personal preferences, physical ability, and the cost of activities. Some residents enjoy the social aspect, while others prefer to engage in their own hobbies or simply spend time together in a more relaxed setting.

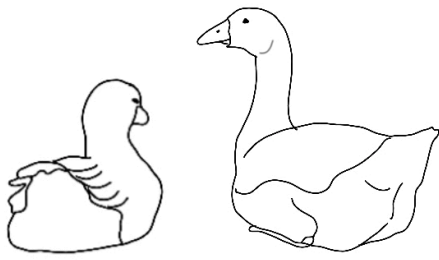
The Residents

Individuals who live in a particular place, such as a building, community, or area, often with a more permanent or long-term stay.

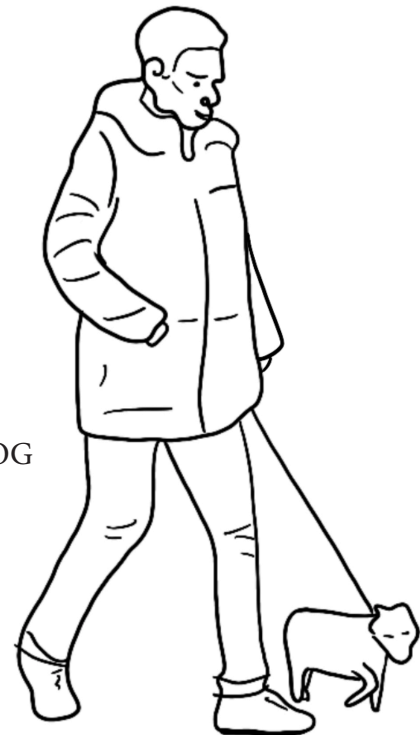
The residents of 't Kampje are primarily elderly individuals aged 80 and above who are no longer fully mobile or able to live independently. People come to live here for a variety of reasons: some had family members already residing here and were familiar with the living conditions, others initially moved in with their partners and later decided to stay, and some are long-time locals from Loenen aan de Vecht who were already acquainted with 't Kampje. Regardless of their reasons for moving in, all residents express great satisfaction with life at 't Kampje.

Each resident has their own way of spending the day, from enjoying a sunny morning coffee break at 10:00 to walking their dog—though this applies only to those living in the nearby Ter Beekhof homes, as pets aren't allowed in 't Kampje itself. The grounds are home to two well-loved geese and a pond filled with koi fish. Additionally, a neighbourhood cat named Appelsientje visits daily for snacks from the residents, despite wearing a collar with a clear message: "Don't feed me". This doesn't stop Appelsientje, who has become a delightful part of the community's charm.

The personas presented provide an overview of the most common types of residents and their daily activities, offering insight into the vibrant and diverse community life at 't Kampje.



THE GEESE WATCHING OVER
THE KOI FISH



WALKING THE DOG
EVERY MORNING



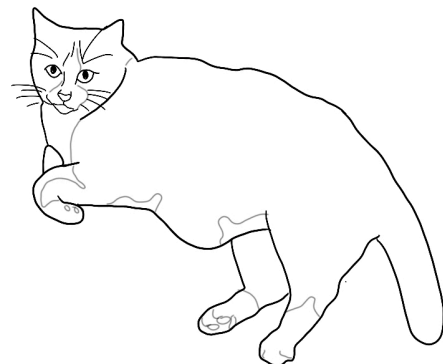
ENJOYING THE
SUN



DO NOT FEED
APPELSIENTJE



SUPERMARKET IS
CLOSE BY





“WHAT ARE YOU SAYING??”

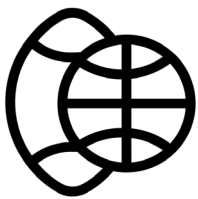
AGE: 68-97

GENDER: Female

PREVIOUS OCCUPATION: Healthcare

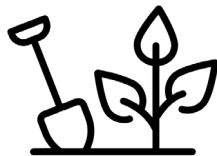
LIVING SITUATION: Living in 't Kampje

Physical Activities



I like to move around with my mobility walker in the building

I go outside for my daily walk to the nearby supermarket



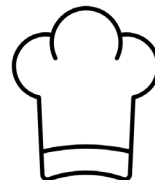
There is a indoor bike here that i could use to cycle through Maastricht

Social Activities



I join every activity organised here, just to talk to everybody, not to do anything

I love it when family visits or when they take me outside to do something



Knitting or doing needlework

Introvert



Extrovert

Frustrations

- I am getting older, i can feel it in my knees.
- The age difference here makes it challenging for me to connect with the other residents as much as I'd like.

Positives

- Everybody is super friendly and they take good care of
- I lived in Loenen before I came here so its a familiar



“I almost never watch tv”

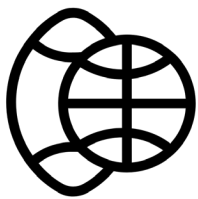
AGE: 93

GENDER: Male

PREVIOUS OCCUPATION: Teacher

LIVING SITUATION: Alone in t' kampje

Physical Activities



Walking with the walker, not really mobile anymore

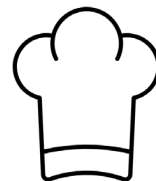


Social Activities



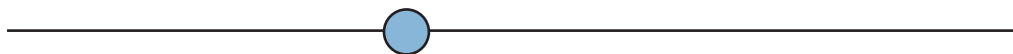
Listening to classical music

Drinking coffee at 10:00 with the rest of the residents



Drinking coffee with the neighbour

Introvert



Extrovert

Frustrations

- I didn't live in the neighbourhood so i don't always know what their talking about

- I came here with my wife, sadly she passed away

Positives

- Everybody here is lovely, amazing staff and volunteers

Quotes

I don't want to eat next to the sink where they are doing the dishes

I really like it here, everyone is very nice to me

The coffee moment at 10:00 is my favorite moment of the day

I have to do everything on my own which is nice but also tiring

Hey ladies, did you
oversleep this morning?
The coffee moment
starts at 10:00, not 10:30

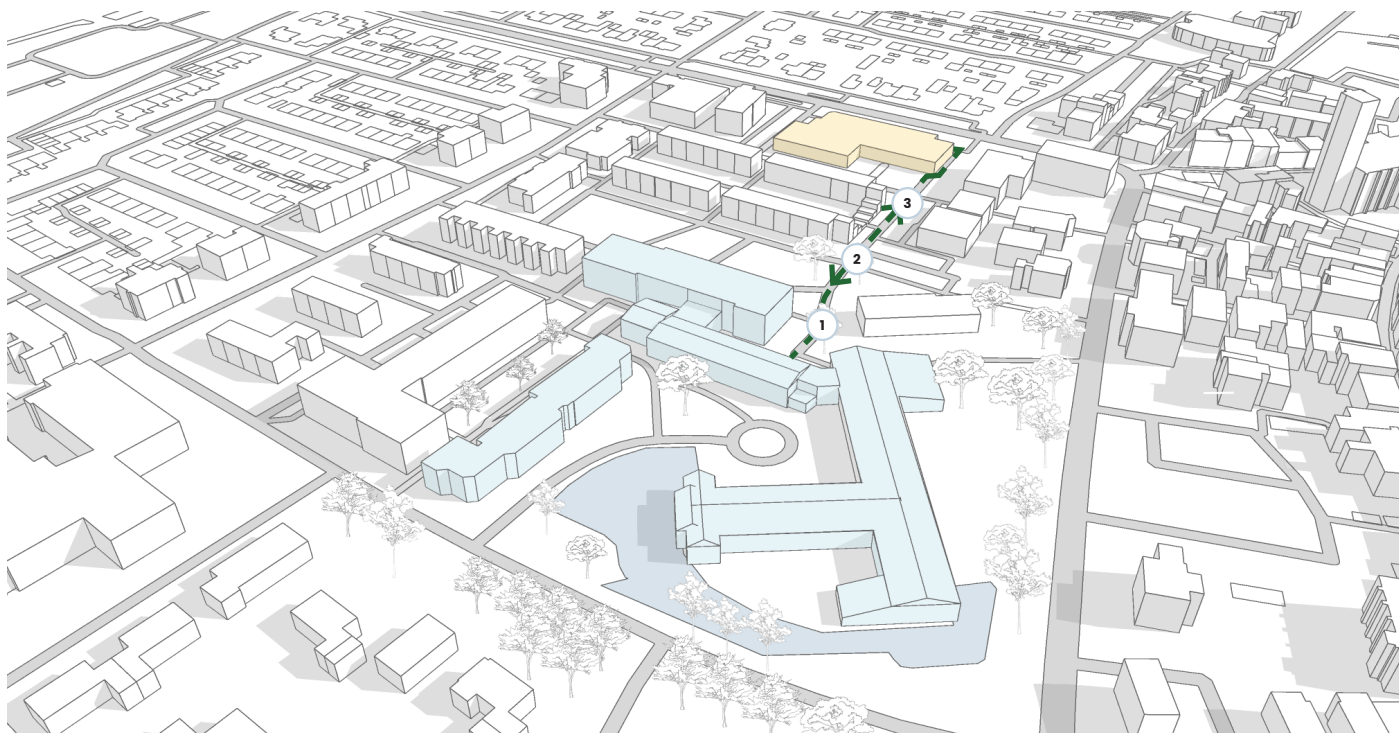
I am joining the
activities for the talking,
not to do anything

I almost never watch
TV in comparison to
others here

They relocated the chair,
and now Mrs. B. can't
find her way up anymore

Going Outside

The act of leaving an indoor space to be in an outdoor environment. It often involves moving from a sheltered or enclosed area, such as a house, office, or building, to the open air, typically for activities like walking, exercising, socializing, or enjoying nature.



Birds eye view Loenen aan de Vecht
(by author)

1 T' Kampje - Jumbo supermarket



Photos by author

1

Pleinzicht

The route to the supermarket is just a straight 200-meter walk. However, from 't Kampje, there is a small slope that needs to be descended, where the type of paving changes several times. Because of this, the resident says she always walks slowly to ensure her safety.

The building called Pleinzicht is also home to residents who may participate in activities at 't Kampje. A passage has been created on the ground floor, allowing those with a key to walk directly through to the communal spaces on the first floor or the activity room on the ground floor. These apartments are full-sized homes with two bedrooms and a spacious living room.

2

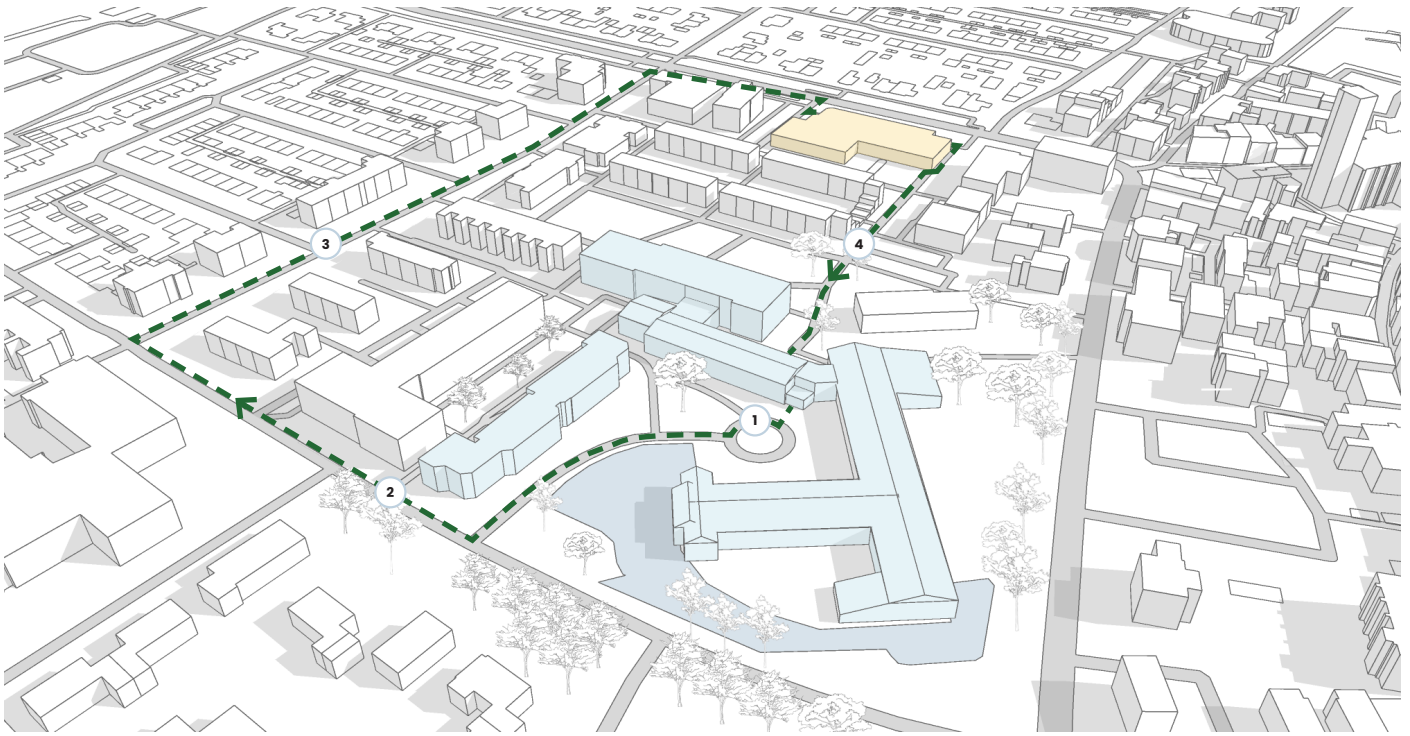
Library entrance

During the walk to the supermarket, we learned that the main entrances to both 't Kampje and the library now close earlier, at 17:00, to prevent disturbances caused by youth. Previously, these spaces were accessible until late in the evening, but young people would leave emergency doors open to re-enter after hours, causing trouble for residents. Following an incident where a resident was injured, it was decided to restrict access after 17:00 to those with keys. On this side of the building, there is also a salon and manicure room that residents can use.

3

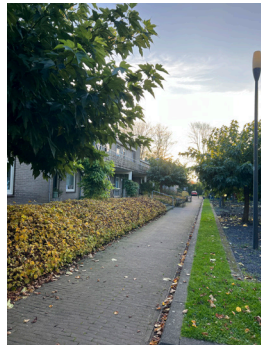
To the supermarket

Although the route to the supermarket is straight, the sidewalk is uneven and narrow, with several tilted posts and loose paving stones. To avoid tripping hazards, the resident prefers to walk on the road with her walker. Occasional cars pass by on their way to the parking lot visible to the right in the photo.



Birds eye view Loenen aan de Vecht
(by author)

2 T' Kampje – Jumbo supermarket



Photos by author

1

Benches

At the entrance of 't Kampje, a turnaround has been created for delivery services and taxis serving the residents. Next to this, there's a large tree often mentioned by several residents, who find it particularly beautiful. Nearby, several benches have been placed, providing a convenient spot for resting while enjoying the view of the pond and surrounding trees. These benches are publicly accessible and facilitate social interactions between the residents of 't Kampje and those living in Ter Beekhof.

2

Ter Beekhof

The route to the supermarket continues around Ter Beekhof. There is a view through to the patio between the houses, which serves as another communal meeting spot for the residents of Ter Beekhof. This area features a narrower street, accessible only to pedestrians and many cyclists (as noted by the authors).

3

Neighbourhood

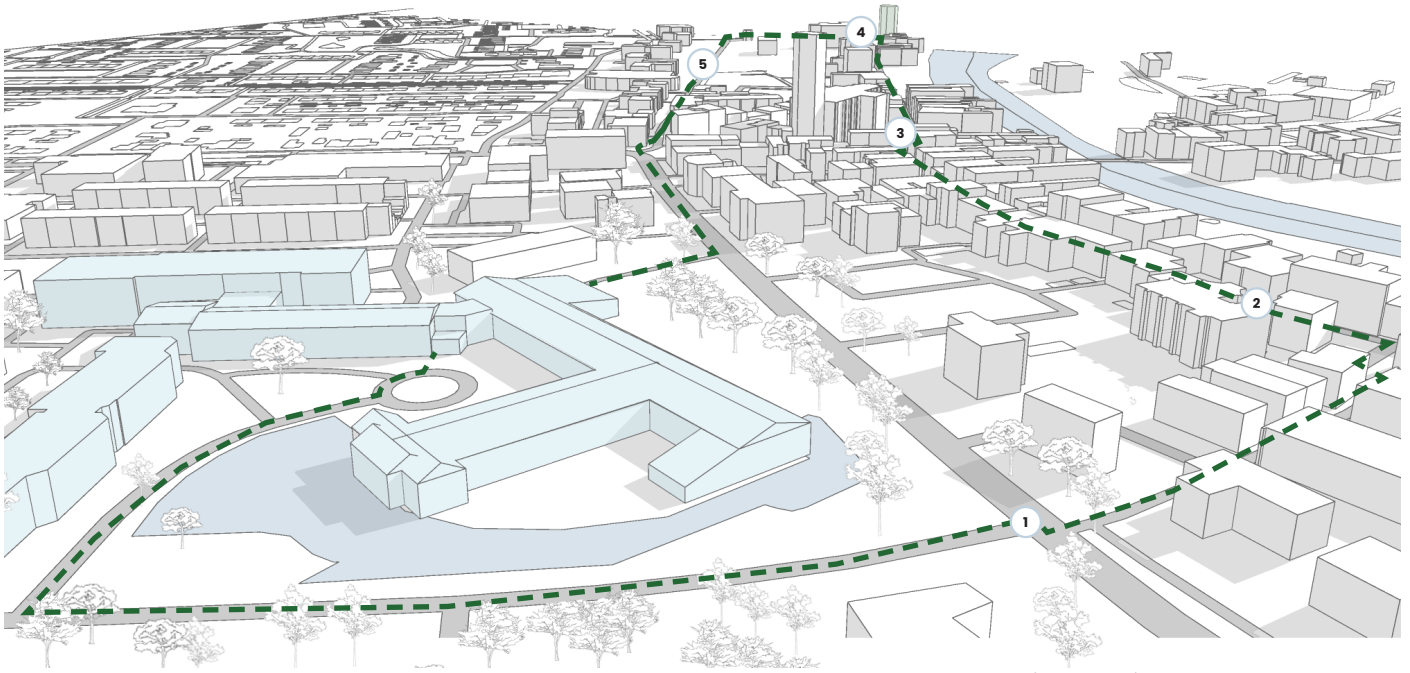
The route then transitions to the sidewalk in a nearby neighbourhood of Loenen aan de Vecht. This sidewalk is largely even and wide enough for safe use with a walker. The resident mentioned that at certain homes and intersections, she crosses the street to get a clearer view of oncoming traffic compared to other crossings further along the route.

4

Tripping hazards

In some places along the route, posts have been knocked down or replaced, leaving the pavement poorly repaired. This creates a tripping hazard, which the resident actively avoids.

Upon reaching the supermarket, the resident takes the shortest route back, passing the library entrance. This particular path is chosen primarily to add a bit of extra walking to her routine, even though it isn't the fastest way to the supermarket.



Birds eye view Loenen aan de Vecht
(by author)

3 T' Kampje - Old mill

Photos by author



Photos by author

1

Local farmlife

While walking, we came across chickens on the sidewalk. Since Loenen aan de Vecht is a very rural area, the resident mentioned that this is a common sight. The chickens always move aside when someone approaches. She finds it charming to encounter animals along the route, as it gives her a chance to stop and watch them for a moment.

2

Dorpsstraat

Once we reached the Dorpsstraat, it became apparent that the resident walks on the road instead of the sidewalk. The sidewalks are too narrow and uneven to navigate safely. Fortunately, the street isn't busy, and cars only pass through occasionally.

3

Dorpsstraat

The Dorpsstraat continues towards the old windmill, passing through the historic center of Loenen aan de Vecht. The resident pointed out that there's plenty to see along the way, such as quaint little buildings and the bakery, which always smells of freshly baked bread. Here too, the sidewalks are too narrow, so she continues walking on the road. However, she feels safe doing so, as the street is straight with only a slight bend, making her visible to drivers. She does mention that she only takes this route during daylight hours and when it's not too cold.

4

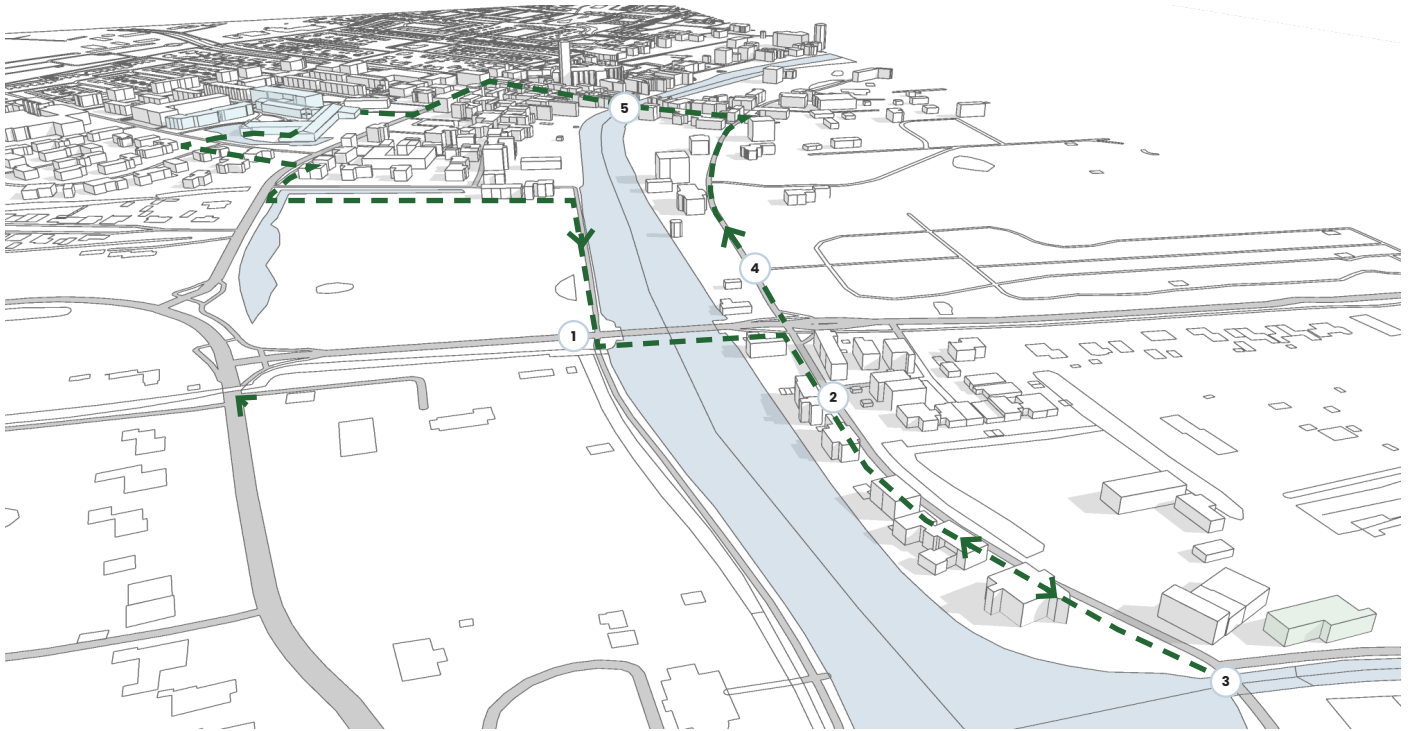
Mill 'De Hoop'

Upon reaching the windmill, there are benches where she can rest and admire the view. Renovation work has been ongoing at the windmill for some time. The bench is situated at the edge of a small grassy area that borders the Vecht River. According to the resident, this spot is lively and crowded during the summer months.

5

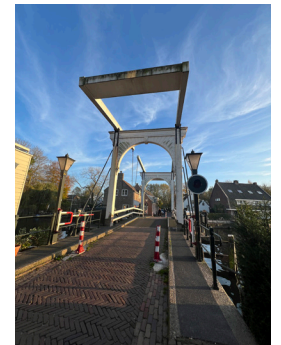
Molendijk

The route back to 't Kampje follows the Molendijk, which has a more even surface. Despite this, she remains cautious of cars, particularly those approaching from behind. The road is wide enough for drivers to pass pedestrians and cyclists safely, and like the Dorpsstraat, it is not a busy road.



Birds eye view Loenen aan de Vecht
(by author)

4 T' Kampje - Mijndense Sluis



Photos by author

1

Monument / bench

Along the route from 't Kampje, the first bench is located after approximately 450 meters. It provides a perfect spot to take a short break and is often gratefully used by walkers to rest before continuing.

The path to the bench runs along a road with a narrow sidewalk, where several tiles are misaligned. The trees bordering the sidewalk form a natural barrier between the path and the narrow road, but their roots have caused height differences in the sidewalk, making it uneven and challenging for those with limited mobility.

2

Mijndensedijk

The Mijndensedijk holds personal significance for the resident, as she used to live there with her husband. She enjoys walking along this street, but it poses several challenges for pedestrians, particularly those using mobility aids like walkers.

Mijndensedijk is officially designated as a "bicycle street", where cars are considered "guests." However, drivers do not always adhere to this rule, creating a potential safety hazard for non-motorized road users. The separation between the pedestrian path and the bike lane is marked only by color, without any raised edges or physical barriers.

3

Mijndense Sluis

The Mijndense Sluis brings back beautiful memories for the resident, and for this reason, she still regularly walks there and back when the weather is good. She does use her walker for these walks, even though she doesn't need it within 't Kampje itself. The walker provides extra stability due to the uneven road surfaces encountered along the route and the busy roadway she must cross just before reaching Mijndensedijk.

4

Oud over

The route continues via the Oude Over, a road shared by pedestrians, cyclists, and cars. This makes it the "most dangerous" part of the route. However, since it is not a big access road, it remains quiet, and traffic situations are relatively manageable. Along the road, there are several estates. At the end, you turn left to cross the bridge and head back into the center of Loenen aan de Vecht.

5

Bridge

The small incline on the bridge poses no difficulty for the resident, who remains relatively mobile. However, she notes that the bridge can become slippery during winter, which discourages her from using this route in cold weather. Once in the center of Loenen aan de Vecht, the sidewalks narrow, and the cobblestone pavement can be tricky to navigate.

Despite these challenges, the resident manages the route well with her walker, which provides added stability and helps her navigate the uneven surfaces. At the end of the Dorpsstraat, the route transitions to a wider sidewalk, offering a safer and more comfortable path back to 't Kampje.

Daily Routine

A documented approach to providing insight into how the residents spend their day and engage in activities at 't Kampje.

As shown by the timelines, the residents of 't Kampje lead a structured life. At 10, for a fee, they can join the coffee hour, which serves as the main social interaction of the day. At 14:30, there is a scheduled activity time, and there are regular meal times where residents can choose whether to eat in their own rooms or gather together in the communal area. Six residents have lunch together, while the others eat individually in their rooms. The same arrangement applies for dinner.

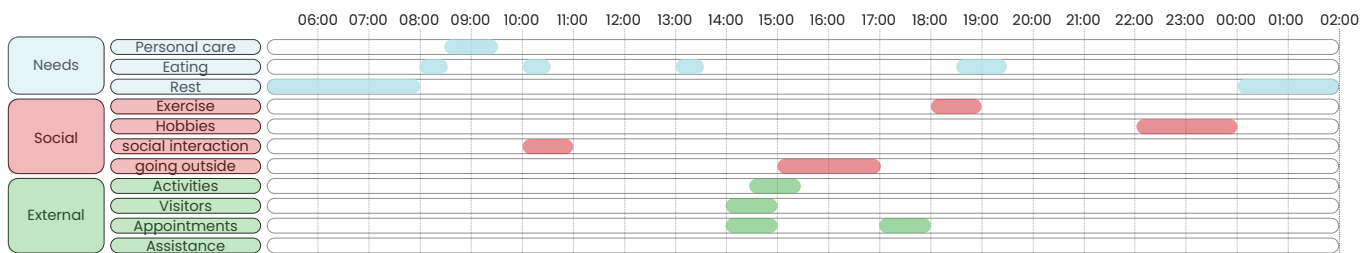
We can conclude that there needs to be a communal space where coffee can be served and meals can be eaten. These moments provide opportunities for residents to come together. In 't Kampje, the different communal spaces all have a specific use, are separated and often remain empty when not in use. Combining these areas for optimal full-day use would be the best solution.

It is also notable that residents mention having worked a lot in the past and now wish to enjoy their rest, which is why none of them have packed schedules. They primarily follow the activity schedule when desired. Additionally, the advanced age of most residents (80+) affects their mobility and energy levels throughout the day.

Day in a life

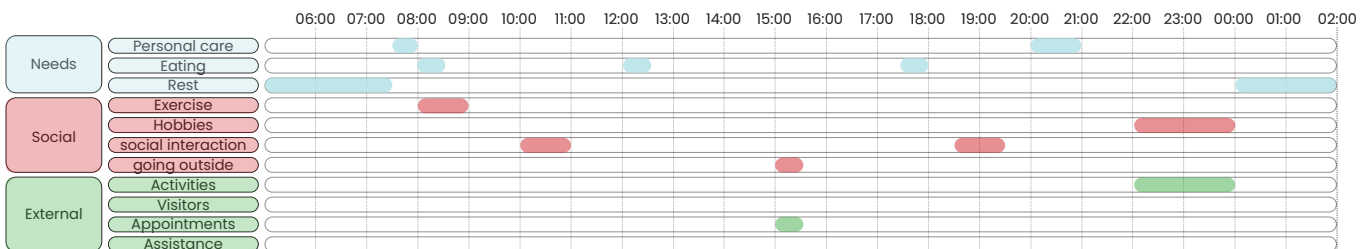
Person M 63

Going to the fysio, taxi-driver, drives car, going for a drive around the neighbourhood in his mobility scooter. Watching television.



Person M 93

Listening to music, walking outside. Visiting family outside 't Kampje. Has groceries delivered for convenience.



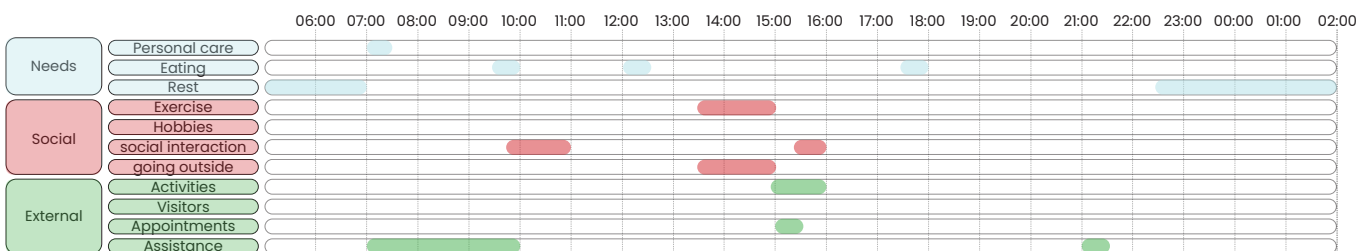
Person F 82

She leaves during the day when the help comes, she lives in Pleinzicht. She used to be a hotel owner in the next town over. claims to have no hobbies because now she can finally rest after working her whole life.



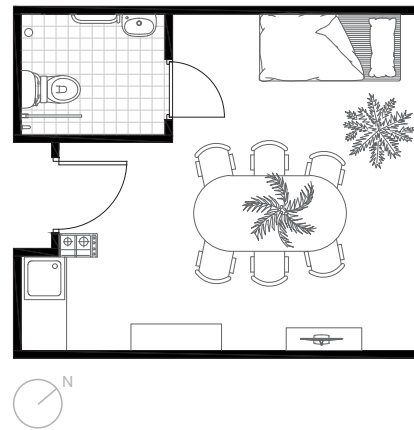
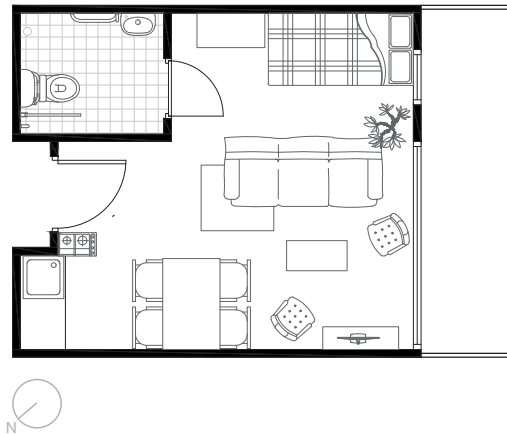
Person F 80

Likes to walk to the sluise and the mill, family visits often, she gets assistance from friends and family and the contacts she has outside that are the hairdresser and the help. Gets assistance in the morning between 7-10.



Dwellings

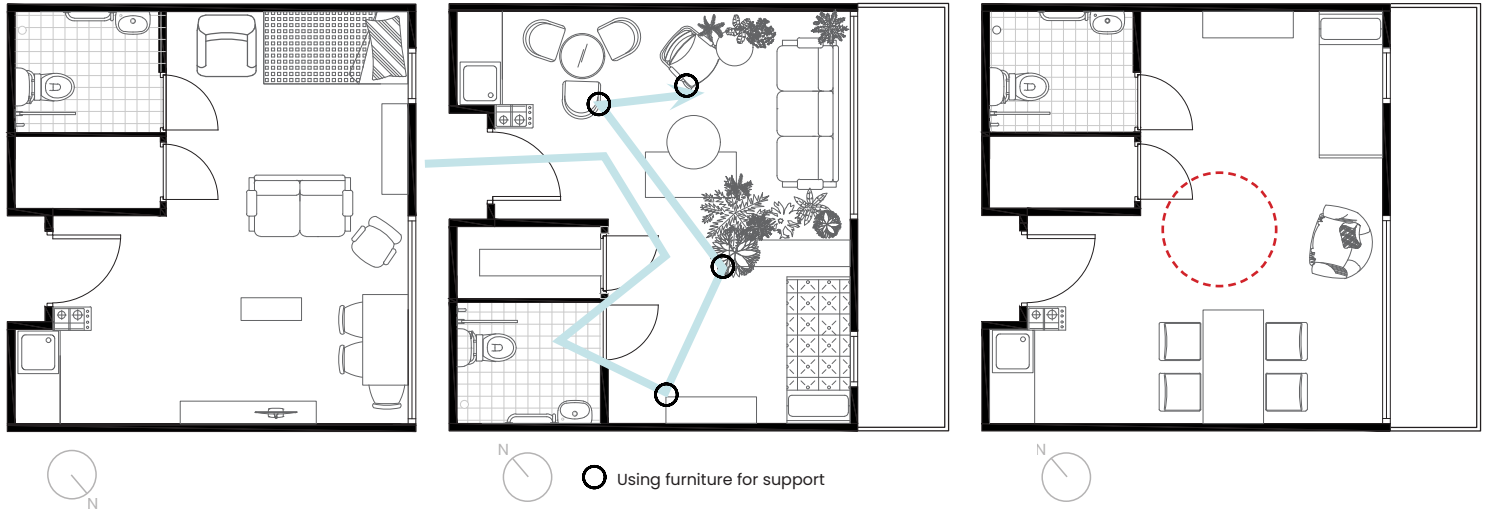
A place where people live, such as a house or apartment, designed for daily activities, rest, and social interaction. The layout of a dwelling influences how people move through space, guiding movement between private areas, shared spaces, and the outdoors, ensuring comfort and functionality in daily routines.



S – Room

+– 27 m2

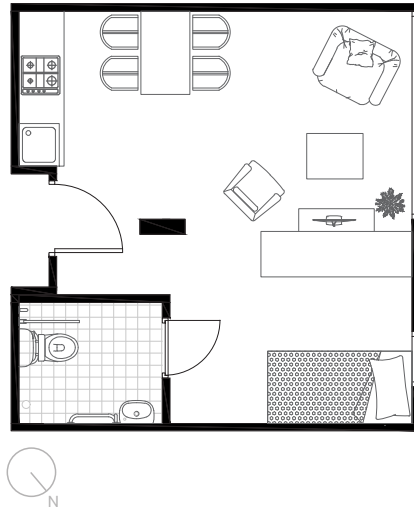
In the smallest homes at 't Kampje, there are two options that differ: the presence or absence of a balcony. The floor plans above clearly show the difference in layout. The woman in the left apartment has created a distinct separation between the sleeping area and the living space by positioning the sofa as a divider. The woman on the right has less need for a seating area and uses her larger table instead. Both women own a walker, but the woman on the right is the only one who uses it inside her home. This is evident in the layout, where there are fewer pieces of furniture to hold onto, and more space to move freely with the walker.



M – Room

+– 35 m²

In the larger rooms, which include an additional storage space, there is also variation between apartments with or without a balcony. In these homes, the separation of spaces is more pronounced due to the larger layouts. The resident of the left apartment walks independent in his home but uses a mobility scooter when leaving. The scooter is parked in the hallway next to his front door. The resident of the middle apartment, on the other hand, uses all her furniture for support after parking her walker in the bathroom. The apartment on the right belongs to a man in a wheelchair, and this is clearly reflected in the floor plan. There are no “unnecessary” pieces of furniture, and the wheelchair’s required turning radius of one and a half meters is maintained throughout.

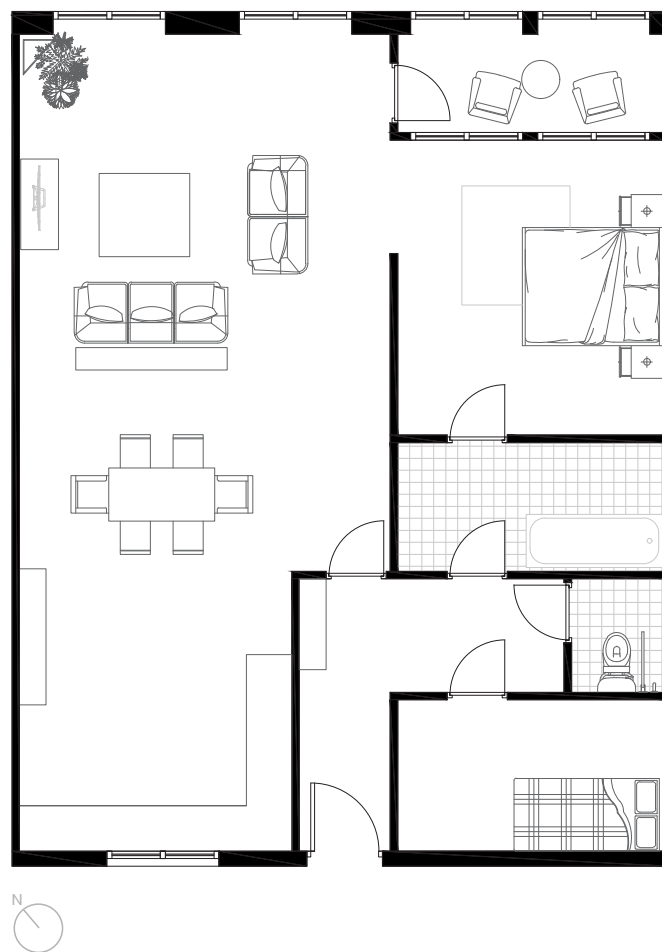


L – Room

+– 35 m2

This room is not larger than the M-Rooms, but since the entire storage area has been removed, it feels more spacious. The resident has placed a large wardrobe as a divider to create a simulated bedroom, and she is very pleased with this arrangement. Instead of a sofa, she has several individual chairs, and she uses a riser recliner chair to help her get up.

As seen in nearly all of the floor plans, tables or seating areas are positioned around the windows. Residents have expressed that they enjoy looking outside, as it helps them pass the time throughout the day.



Independant living Pleinzicht

Semi-detached to the main building of 't Kampje is Pleinzicht, a private rental option for individuals who wish to be part of the community of 't Kampje and participate in its activities. The homes are designed for families or multiple occupants. With the integrated loggia, there is also a usable outdoor space, sheltered from the weather, offering residents a comfortable area to enjoy fresh air while being protected from the elements.

Interviews

Structured or unstructured conversations between individuals, where one person (the interviewer) asks questions to gather information, insights, or opinions from another person (the interviewee). In the context of research, interviews are used to collect qualitative data, often exploring personal experiences, thoughts, and feelings. They can be conducted face-to-face, over the phone, or online, and may vary in format from informal discussions to formal, planned sessions with specific questions.

To gain deeper insights into the daily lives and experiences of the residents at 't Kampje, two in-depth interviews were conducted with one male and one female resident. These individuals were selected based on their ability to communicate effectively, ensuring they could provide detailed and reflective answers to the questions posed. Their input offers a personal perspective on how the building's design and community influence their routines and quality of life.

Given the participants' advanced age and the desire to create a comfortable environment, the interviews were conducted in a conversational format rather than adhering to a strict questionnaire. This approach encouraged open dialogue and allowed the residents to share their thoughts more freely, resulting in rich, qualitative data. The transcripts, presented on the following pages, capture the natural flow of these conversations, which occasionally include overlapping themes or repeated ideas.

In addition to these interviews, observations and informal conversations with other residents provided valuable supplementary insights. These findings have been synthesized and visualized in diagrams included after the interview conclusion, offering a broader perspective on common experiences, preferences, and challenges shared by the residents of 't Kampje.

Mrs. T, 80 years old

Housing Situation and Choice of Location

Interviewer

Could you tell me more about your current living situation and why you chose this specific location or residential group?

Resident

I've worked here since 1998, and during that time, I also took care of my mother. That's how I ended up living here. I'm originally from Loenen aan de Vecht, so I was already familiar with 't Kampje before moving in. I used to live on the Mijndensedijk with my second husband. My first husband left me for a younger woman.

Interviewer

Did you already live in this area? If not, why did you move here?

Resident

Yes, I lived nearby on the Mijndensedijk, so this place was already familiar to me.

Interviewer

Does this living arrangement meet your expectations regarding housing and social interactions?

Resident

Yes, it does. I enjoy walking, especially to the little lock on the Mijndensedijk or to the windmill, but only when it's nice and warm outside. It's too cold for that now. At 10 o'clock, I have coffee with the other residents, and during the day, I often have visits from family or friends, or I visit other residents here.

Interviewer

What does a day in your life look like? Could you describe a typical day in summer versus winter?

Resident

In summer, I go for walks more often, but in winter, I spend more time inside. I still have my coffee with the residents at 10 o'clock and fill my day with visits, chats, and small activities.

Activities and Social Interaction

Interviewer

Are there activities organized here that you can join?

Resident

Yes, I participate in almost all the activities organized here. I can't join everything because of the arthritis in my hands, which also makes it hard for me to knit, something I love to do. But I still come to chat and enjoy the company. Every day at 14:30, there's some kind of activity planned.

Interviewer

Do you interact with other residents often? How do you experience these interactions?

Resident

Yes, these activities are also when I connect with other residents. I enjoy the conversations and the friendly atmosphere.

Interviewer

Do you feel part of the community or more on your own? Why?

Resident

I feel part of the community. I've known many people here for a long time because I used to work here before living here.

Shared Spaces and Privacy

Interviewer

Do you share any spaces or facilities with other residents? How do you feel about that?

Resident

Yes, I share the common areas, and they're fine. I do wish I had more space in my home to display the things I've made, but it's a bit difficult to manage that now.

Interviewer

Do you think there's a good balance between privacy and communal living?

Resident

Yes, I can retreat to my room if I need privacy, and I do that occasionally. My room is one of the larger ones because the storage closet was removed.

Interviewer

How do you find the route from private rooms to shared spaces?

Resident

My room is close to the common areas, so it's easy for me to find my way. But further down the building, it's a bit of a maze.

Loneliness and Social Needs

Interviewer

Do you ever feel lonely in your current living situation? If so, when do you notice it most?

Resident

I miss my husband; he was a sweetheart (shows several photos). But my son visits often with my five grandchildren. Sadly, he lost his sixth child in a tragic accident. When I feel overwhelmed, I go for a walk to clear my head.

Interviewer

Do you feel you have enough opportunities to meet new people or maintain existing friendships?

Resident

Yes, though there's a high turnover of residents because people pass away. But I've known most of the people here for a long time.

Independence and Going Out

Interviewer

Do you often go outside on your own? What motivates or discourages you?

Resident

I walk a lot, especially to the lock or the windmill.

Interviewer

How often do you receive visits from friends or family? Is this enough for you?

Resident

My son and his family visit regularly, and I can also visit them. It's enough for me.

Interviewer

What kind of assistance do you currently receive? Is it enough?

Resident

I get help with putting on and taking off my compression stockings, but I do everything else myself.

Housing and Needs

Interviewer

Is there anything you feel is missing in your home?

Resident

I wish I had more space to display my things.

Interviewer

How would you describe the view from your window?

Resident

I look out onto the entrance, so I can see who comes and goes, which I enjoy. I also have a nice view of the pond.

Interviewer

What do you think is the biggest advantage of living here?

Resident

Having people around to help if needed, while still being able to go out and do things independently.

Interviewer

Are there any aspects you think could be improved?

Resident

The building is a bit too angular—too many corners. When something is moved, it can confuse some of the residents, especially those with poor eyesight.

Interviewer

Do you have any additional remarks or suggestions about your experiences here?

Resident

I'd like a bit more space in my room, but overall, I really can't complain. I'm happy with what I have here.

Mr. W, 80 years old

Housing Situation and Choice of Location

Interviewer

Could you tell me more about your current living situation and why you chose this specific location or residential group?

Resident

My grandfather lived here before, and after I had a stroke, I moved here too. Before this, I lived in Vinkeveen and stayed a few weeks in Mariaoord, but I didn't like it there. I used to live in Baambrugge. Here, I enjoy smoking a cigarette every day and having coffee with the other residents. My ex-wife used to pick me up to visit Baambrugge, but she doesn't do that anymore—it's too hard for her. I used to be a truck driver with my own transport business, and now I'm working with a physiotherapist to practice driving again. I want to transport onions again someday.

Interviewer

Did you already live in this area? If not, why did you move here?

Resident

No, I didn't live in this area before. After my stroke, I needed a place where I could get the right care and still feel comfortable.

Interviewer

Does this living arrangement meet your expectations regarding housing and social interactions?

Resident

It's okay. I have my own routines, and I've accepted that I don't have complete privacy here. The people are friendly, and I enjoy small interactions with the other residents.

Interviewer

What does a day in your life look like? Could you describe a typical day in summer versus winter?

Resident

It's mostly the same all year. I smoke, have my coffee, and spend time in my room or with the physiotherapist. My routine is quite steady, regardless of the season.

Activities and Social Interaction

Interviewer

Are there activities organized here that you can join?

Resident

Yes, there are plenty of activities, but I'm not interested. A kind lady often invites me, but I prefer to stick to my routines.

Interviewer

Do you interact with other residents often? How do you experience these interactions?

Resident

I eat with a few residents on Tuesdays and Thursdays when volunteers cook for us. Everyone here is very kind, but I'm a bit more private by nature.

Interviewer

Do you feel part of the community or more on your own? Why?

Resident

I feel more on my own, but that's my choice. The people here are friendly, but I keep to myself.

Shared Spaces and Privacy

Interviewer

Do you share any spaces or facilities with other residents? How do you feel about that?

Resident

I mostly share the living room, but no one really uses it much outside of the morning coffee times.

Interviewer

Do you think there's a good balance between privacy and communal living?

Resident

Yes, I can close my door if I need privacy. That's enough for me.

Interviewer

Have there been any changes in the shared spaces over time?

Resident

Yes, they now lock the library doors at 17:00 because young people were coming in and bothering residents. We all have keys to access it after hours. Sometimes they replace the chair downstairs in the library and then Mrs. B (one of the other residents) can't find her way up to the communal room anymore.

Loneliness and Social Needs

Interviewer

Do you ever feel lonely in your current living situation? If so, when do you notice it most?

Resident

Sometimes, but my neighbour stops by for a glass of wine, and that helps. My ex-wife also visits occasionally, and the residents here are very nice.

Interviewer

Do you feel you have enough opportunities to meet new people or maintain existing friendships?

Resident

Not really. Being in a wheelchair makes it hard to go out and meet people.

Independence and Going Out

Interviewer

Do you often go outside on your own? What motivates or discourages you?

Resident

I used to visit Baambrugge every Wednesday, but I can't do that anymore because I'm not mobile enough.

Interviewer

How often do you receive visits from friends or family? Is this enough for you?

Resident

My ex-wife comes by now and then. I appreciate it, but I wouldn't mind more visits.

Interviewer

What kind of assistance do you currently receive? Is it enough?

Resident

I get help with showering, and the staff occasionally rolls a cigarette for me. Other than that, I'm quite independent.

Housing and Needs

Interviewer

Is there anything you feel is missing in your home?

Resident

No, I have everything I need. I have an exercise bike from the physiotherapist to keep active.

Interviewer

How would you describe the view from your window?

Resident

I don't go outside much, so I don't pay attention to it. But there's a house across the street—the most expensive in Loenen aan de Vecht, I've heard.

Interviewer

What do you think is the biggest advantage of living here?

Resident

The care and the friendly atmosphere. I feel well-supported.

Interviewer

Are there any aspects you think could be improved?

Resident

Not really. For me, everything is fine as it is.

Interviewer

Do you think the layout of the building encourages social interaction?

Resident

It's fine as it is, though I mostly stick to myself.

Final Comments

Interviewer

Do you have any additional remarks or suggestions about your experiences here?

Resident

No, I'm content. I just wish I could drive a truck again one day—that's my main dream.



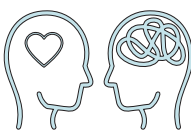








The interviews with Mrs. T and Mr. W provide valuable insights into the experiences of residents at 't Kampje, highlighting both the benefits and challenges of their living arrangements.



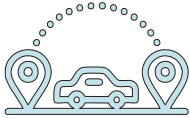
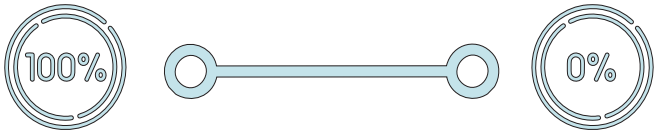
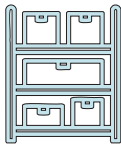
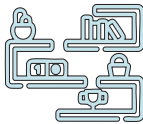




Both residents value the supportive and friendly environment provided by 't Kampje. Mr. W appreciates the care and routines that suit his needs after a stroke, while Mrs. T, a longtime member of the community, finds comfort in her familiarity with the area and the people. Social interactions, such as shared coffee times and communal meals, are essential to their daily lives, contributing to a sense of belonging despite their different levels of participation in activities.

However, individual preferences regarding privacy and social engagement differ. Mr. W prioritizes his independence and private routines, opting out of organized activities, while Mrs. T actively participates in most communal events, enjoying the connection they foster. This contrast underscores the importance of offering diverse opportunities for interaction while respecting personal boundaries.

Both residents acknowledge the practicality and accessibility of the shared spaces but identify areas for improvement. For Mr. W, mobility limitations make outings and maintaining connections challenging, while Mrs. T highlights spatial constraints in her room and the building's complex layout as minor issues.

Overall, the interviews reflect a balance between independence and community at 't Kampje, with residents feeling supported yet maintaining their individuality. Enhancing spatial design for clarity, flexibility, and personalization could further improve their living experience, ensuring that 't Kampje continues to meet the diverse needs of its residents.

| | | | | |
|-----------------------------|--|--|--|--|
| Reason for coming |  Health |  Loneliness |  Dementia partner | |
| Contact with residents |  Communal space |  Neighbours |  During activities | |
| Participation in activities |  Participate |  | |  Socialize |
| Going outside |  For a stroll around |  Specific destination |  Stay inside | |

| | | | |
|---------------------|--|--|---|
| Visitors |  <p>No one left</p> |  <p>Family visits here</p> |  <p>Going to family</p> |
| Independence |  | | |
| Missing in the home |  <p>Storage space</p> |  <p>Display homemade creations</p> |  <p>Location for mobility help</p> |
| Customizing home |  <p>Furniture</p> |  <p>Plants</p> |  <p>Picture frames</p> |

Conclusions

The final judgments, insights, or decisions drawn from the analysis of data, observations, or research findings. They summarize the key outcomes and provide clarity on the significance of the study, often linking back to the original objectives or hypotheses while highlighting implications or recommendations for future actions or research.

Key Findings

Successes

Communal Spaces

The 'Tuinkeuken' foster interaction through meals and coffee hours.

Balancing Privacy and Community

Flexible routines allow residents to choose between privacy and socializing.

Personalisation

Personal touches, such as decorated doorways, create a home-like atmosphere.

Challenges

Wayfinding

Poor signage and monotonous hallways make navigation difficult.

Underused Communal Areas: Large, distant spaces feel empty and inaccessible.

Activity Barriers

High costs and low mobility deter participation.

Seating Issues

Inflexible arrangements limit interaction and accessibility.

Recommendations

Improve Navigation

Add color-coded hallways, clear signage, and decluttered pathways.

Reconfigure Communal Spaces

Combine underused areas to create cozy, multifunctional zones.

Increase Accessibility

Ensure spaces are open for spontaneous use and near living areas.

Make Activities Inclusive

Introduce affordable or free options and offer low-energy alternatives.

Optimize Seating

Use ergonomic and flexible seating layouts to foster interaction.

Support Personalization

Encourage residents to personalize spaces with support if needed.

Overall Conclusion

't Kampje has undergone a significant transformation from a traditional nursing home into a modern residence catering to both active and care-dependent elderly individuals. The facility comprises a main building, which houses apartments, dementia care units, and communal spaces, as well as Ter Beekhof and Pleinzicht, which offer varying levels of independence for residents.

The residents, most of whom are aged 80 and older, universally require some form of care, but they greatly value the supportive and welcoming environment 't Kampje provides. The communal spaces, such as the 'Tuinkeuken' and the green surroundings, play a vital role in fostering both social interactions and opportunities for personal activities. Residents particularly appreciate the sense of community and autonomy that these shared spaces offer.

While the diversity of communal areas is a strength, their potential is not fully realized without a more comprehensive program of activities to ensure regular engagement. Additionally, the absence of a small on-site store for residents to conveniently purchase treats for visitors has been noted as a minor yet impactful limitation.

Overall, 't Kampje illustrates the effectiveness of thoughtful architectural and operational design in addressing challenges like loneliness and social isolation among the elderly. With targeted improvements to enhance navigation, accessibility, and the functionality of its communal spaces, 't Kampje has the potential to further enrich its residents' quality of life while serving as a replicable model for future elderly housing projects.