

reducing  
distance  
between the elderly and their living environment

**Research booklet**  
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Design for Care Graduation Studio  
Faculty of Architecture and  
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Reducing the distance between the elderly and  
their living environment and increasing the  
sense of belonging to the neighbourhood





Figure 1  
| A new start of inclusive living without distance between the elderly and their living environment (Hoban, 2017)

## Preface

## Preface

*Keywords: the elderly, elderly housing, inclusive environment, healthcare architecture, social distance, sense of belonging, active and passive interaction*

This research report is part of the graduation project of the master track Architecture at the Delft University of Technology. This graduation studio is called: 'Designing for Care in an Inclusive Environment', and focuses on the living environment for the elderly. This report will start with an empirical study and literal study. After this the report will show a thorough analyses of case studies an overview of design principles to gain insight into design strategies to bring older people close to their immediate environment.

During the graduation project, the studio work together with the housing corporation Habion. Thanks to Habion's collaboration we were -as students- able to experience for ourselves how life in nursing houses worked and we have personally experienced how an elderly person lives a daily life. During the fieldwork period I could stay in one of nursing homes of Habion 't Kampje in Loenen aan de Vecht.

### *Motivation*

My motivation to choose this graduation studio started after noticing that the lives of many seniors seem so distant from my daily life. I noticed in my direct living

environment many people experienced the same segregation between the elderly and themselves. I noticed the elderly sitting behind the window like the stereotype granny who is sitting behind 'the geraniums' alone. As an outsider, I have no idea what is going on inside the walls. The elderly in general caught my attention: *Who are the elderly people? And do they live their life the way that they want? What do they prefer?* In this studio, the target group of the elderly play a major role in the design of architecture. A design that is specialized for the user with his or her own preferences and limitations. What may seem obvious to me, might be a limitation for the daytime activities of the elderly. Simple things like a step to a balcony could be a reason for a senior citizen not to come outside.

The second reason for me to choose the studio was the current appearance of nursing homes and senior citizen complexes in the Netherlands. Over the last couple of years I noticed many big scaled residential buildings with a large number of elderly people living there. These buildings are usually designed in such a way that contact with the immediate environment is difficult. Designing homes for the elderly are generally not regarded as a glamorous task by architects. If anyone asks the question to me "Do you see yourself living in these current nursing homes later?" Surprisingly my answer will start with a "no".



Figure 2  
| Maternal grandparents (summer 1997)



Figure 3  
| Paternal grandparents (spring 1998)

I started questioning myself and people from my direct surrounding (the future elderly):

*"How do you want to grow old?"*

In the upcoming years, a large part of the Dutch population will be older than 65 as a result of the baby boom generation. That is why the question of a pleasant and personal quality of the living environment for this generation is even more urgent. Thereby the care policy would also change due to the growing number of elderly people because the current policy can no longer work effectively with the limited care providers in the proportion to the elderly. Therefore the elderly have to live longer independently (even they need more care support) and the risk of loneliness is greater. Therefore, in the future, new housing concepts will have to be developed to maintain social interaction and to have social control. The connection between the elderly in their immediate environment is therefore extra important for this target group due to mobility restrictions. The current and future elderly must be given just as many opportunities to participate in the immediate living environment as all other age groups.

In order to get more grip on the specific target group of the elderly, I will describe the living conditions of my own grandparents. They are my best reference after all.

My maternal grandfather was soon a widower after my grandmother passed away at a fairly young age of 68. Unfortunately, I was 1 year old when my grandmother called Riet passed away. But luckily my grandfather continued to live for another 19 years after her death. My grandfather's life changed extremely after the death of my grandmother. After 42 years of marriage, he suddenly found himself alone. My grandfather grew up and stayed living in a small village near Utrecht, which has become increasingly bigger in his life as a result of the expansion plan of the Utrecht residential areas. The green polder landscapes around his farmhouse turned into large residential areas over the years. After the death of Grandmother Riet, the farmhouse was a bit too big for him alone and he chose to live in a new apartment complex on the ground floor with his greatest requirement: a garden. Gardening was his passion and he preferred to work in the garden every day throughout his life. His new home was quite close to his old house, so he could still keep his contact with neighbours and friends. Many similar ageing people live on his street, both single parents and couples. At a certain point, the residential area also became more and more attractive to young families. The good accessibility of the city of Utrecht and the motorway made the location very attractive for these new target groups. More and more old friends and old neighbours of my grandfather died, and these empty houses became available for the new target groups. Due to the large age difference with the new neighbours, my grandfather had less contact with his surroundings. He slowly became increasingly lonely in his neighbourhood.

At the same time, I noticed the situation of my paternal grandparents. Firstly, they lived in a small village close to Eindhoven. It was a cosy village and a good house to let their children grow up and she lived happily in the same house for years afterwards. Until a certain moment, my grandparents decided to move to a new housing complex for people aged 55 and up close to Leiden and The Hague. The elderly housing complex was a new experiment to cluster senior singles and couples to be able to do different initiatives together. My grandparents were slightly older than seventy years at that time and secretly always felt homesick for the Dutch sea. My grandfather and grandmother both grew up in The Hague and had a lot of family living in the area of The Hague. It was an impulsive decision and one that drastically changed their lives of old age. Now 15 years later, my grandparents have not regretted their choice until today. They do activities with their neighbours like pottery, stone carving, sports, board game tournaments, gardening, etc. All these activities are organized by the residents of the complex, participation is voluntary but provides access to new encounters between fellow residents. The organized activities from the housing complex, connection with co-residents, and the surrounding shops and facilities within walking distance ensure that my grandparents can participate in the environment every day and still have control over their own lives. Moreover, the feeling at home in their neighbourhood. .

In short, the stories above consist of two different lives but have many in common. Both grandparents became less mobile due to aging. As a result, their social network became smaller and their direct environment became more important for the interpretation of their daily life than before. The architecture and their direct surroundings play a pivotal role in the interpretation of the daily lives of individual seniors, and the extent to which the elderly can control their own lives.

The overarching theme of my graduation project was developed noticing a certain segregation between the elderly and their living environment and vice versa. I noticed an appreciation from the elderly if they had the feeling that they still belonged in their living environment.

For this graduation project, I investigated how architecture can make a contribution to reduce the distance between the elderly and their living environment, I constantly kept asking myself critically: *how would I want to live when I am old?* .

This research aims to ensure that the elderly continue to interact passively and actively with their environment from their living situation, in his or her desired way, to increase a sense of belonging to the neighbourhood, despite the limitations associated with old age.

I wish you all a pleasant experience reading this research booklet :)

Yours sincerely,  
Joline Rimmelzwaan



Figure 4  
| Reducing distance (Demir, 2017)

## Abstract

*Keywords: the elderly, elderly housing, inclusive environment, healthcare architecture, social distance, sense of belonging, active and passive interaction*

The distance between many seniors and others in the elderly's living environment, including myself, is too large. This distance should be reduced because it could lead to social isolation and / or loneliness among the (vulnerable) elderly. According to my empirical and literature studies is this segregation between the elderly and their surroundings caused by several things:

- Firstly, the growth of this segregation is through the (physical and mental) barriers which make it increasingly difficult to meet others in their direct surrounding (due to age-related disabilities and illness)
- Secondly, most of the housing types for the elderly is now arranged so that they mainly live together with their age group and they continue living in their bubble.
- Thirdly, the "own" social network is getting smaller and the elderly becoming more dependence on help in the immediate vicinity.

These causes can be seen as a chain reaction that keeps getting bigger and therefore the distance as well. The issue of this report is to what extent architectural design

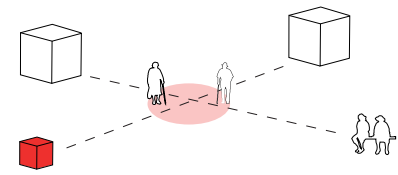
can make a contribution to reduce the growing gap between the elderly and their living environment and thus make a positive contribution to breaking through social isolation. Therefore, my research question for this thesis is:

*"To what extent does the architectural design play a role in reducing the distance between the elderly and their neighbourhood in order to encourage the social inclusiveness of them in their living environment?"*

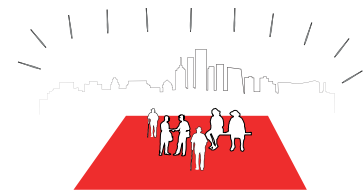
This research aims to ensure that the elderly continues to interact passively and actively with their environment from their living situation, in his or her desired way, to increase a sense of belonging to the neighbourhood, despite the limitations associated with old age. The immediate environment is especially important for this age group because they are less mobile. Reducing the distance of the elderly towards their living environment bring the elderly's mental and physical health back into their daily lives. Research has shown that a better sense of neighbourhood means better physical and mental health. It provides lower stress levels and more social support and physical activity (Young et al. 2004).

In order to reduce the distance between the elderly and the living environment and increase the sense of belonging to the neighbourhood. The places should

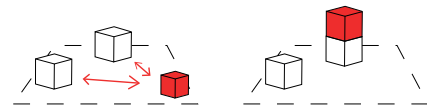




Encourage physical interaction through unplanned encounters of roads that intersects with each other on the route



Encourage physical interaction through adding activities in their immediate vicinity



Encourage physical interaction through adding facilities/ amenities close to the residential areas and / or in the residential complex



Encourage passive interaction through integration of places that connect the outside world

Figure 5 | Encourage the passive and physical interaction between the elderly and their neighbourhood through unplanned encounters, activities and adding facilities

be developed accessible as far as possible (both indoors and outdoors) to encourage seniors to interact passively and physically in their living environment.

Several studies of Gehl (2011), Blokland (2017) and VACpuntWonen (2010) have shown that by encouraging unplanned encounters along the way, adding activities and facilities to the elderly's living environment the social interaction between the neighbours will increase and the sense of belonging to the neighbourhood is enhanced. Through repeated encounters, the contacts between the neighbours are strengthened and the chance of better relationships between neighbours will increase. In other words, encouraging the physical and passive interactions in the living environment of the elderly means a decreasing distance between the elderly and their neighbourhood. The design principles according empirical and literature studies to encourage interaction and to reduce the distance the distance between the seniors and their living environment are shown in the figure on the right.

Thereby collective housing concepts like mixing different age groups in a residential building and integrating collective spaces like communal spaces, courtyards, community centre direct to the living environment of the elderly will increase the social interaction between residents and neighbours. In the next two pages, there is a overview made of design principles according

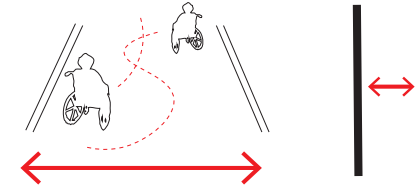
several case studies to reduce distance. The design principles of my research report can be translated into five different scales, Therefore design principles will distinguish of five topics: Urban, Architecture, Interior, Care and Social. See page 14-15. This overview provides the tools of designing to integrate all information from empirical research, literature study and case studies into my design process.

In the upcoming years, a large part of the Dutch population will be older than 65 as a result of the baby boom generation. That is why the question of a pleasant and personal quality of the living environment for this generation is even more urgent. Thereby the care policy would also change due to the growing number of elderly people because the current policy can no longer work effectively with the limited care providers in the proportion to the elderly. Therefore the elderly have to live longer independently (even they need more care support) and the risk of loneliness is greater. , Therefore, in the future, new housing concepts will have to be developed to maintain social interaction and to have social control.

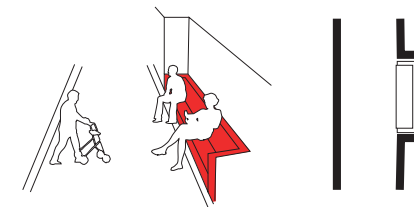
Design principles to encourage physical and passive interactions between the elderly and their living environment (indoors and outdoors):



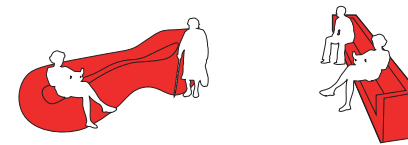
[Physical interaction]: Due to limited mobility, activities must be wheelchair accessible and within a circle of 400 meters



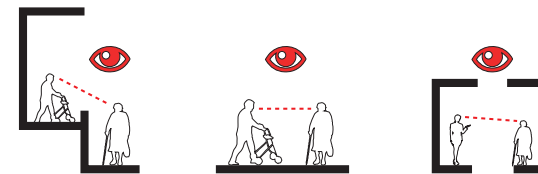
[Physical interaction]: wide corridors or walking paths



[Physical interaction]: (integrated) seatings areas around the traffic routes



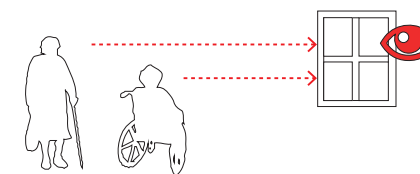
[Physical interaction]: seatings areas around the place of facilities / activity



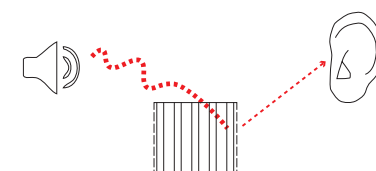
[Physical interaction]: face to face orientation



[Physical interaction]: using slow traffic areas / pedestrian-oriented neighbourhoods



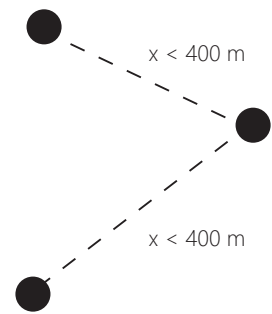
[Passive interaction]: a good eye-level view of the immediate surroundings. Both for someone who is sitting in a wheelchair and someone who is standing



[Passive interaction]: add sound absorbing materials in the collective spaces and hallways. Older people often have poor hearing and use hearing aids. This makes it difficult for the elderly to filter noise and other background noises.

# Design principles: Reducing distance

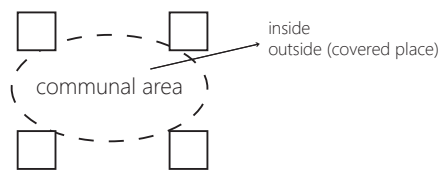
## Urban principle



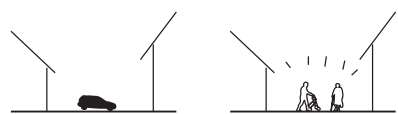
Connecting meeting areas with each other (distance should under 400 m)



Combine meeting places with a small facility or activity (Michi Nouchi principle)

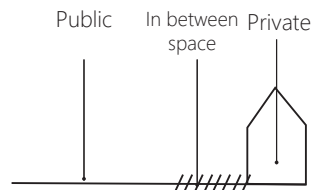


Collective area directly or close to their private home

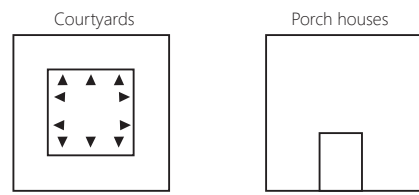


Make sure that the roads are car-free and use the streets as a meeting area

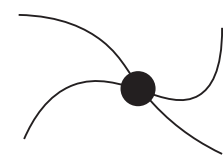
## Achitectural principle



Design of transition space is an important aspect for social interaction and privacy



Entrances facing each other or one main entrance



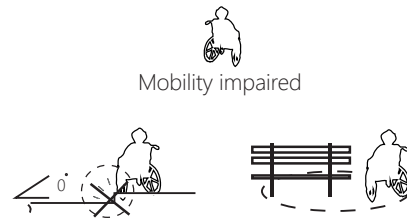
Traffic routes are meaningful of spontaneous encounters



Co house principle: little private house + extra communal space

## Interior principle

Accessibility



Mobility impaired

Threshold free, use of horizontal paths, creating wheelchair meeting places



Visual impaired



Use of guide lines, creating landmarks through smells and feeling of sunlight/wind



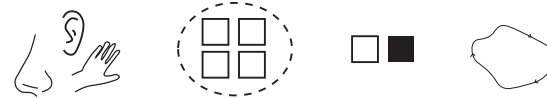
Visual impaired



Distance at least 1,5 m of paths, creating quiet (meeting) places, connection by views

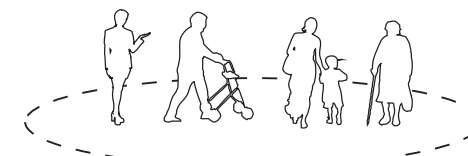


Difficulties mentally

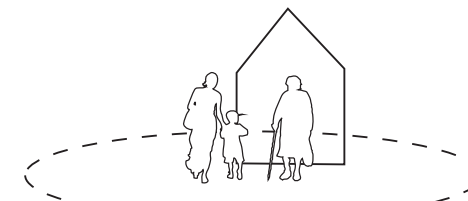


1. Touching, smelling, hearing trains the brain, 2. structure, 3. contrast of colours materials, 4. continous paths

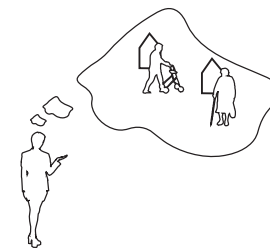
## Social principle



Inclusive living environment: mix of different ages, ethnics, income (community)

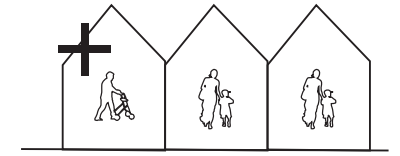


Doing communal activities with each other



Living in a 55+ 'student' house, choose your own community -> neighbours

## Care principle



Keep staying in your neighbourhood, get care assistance at your own house when you needed -> the elderly don't have to move to a nursing home and seperated from other age groups

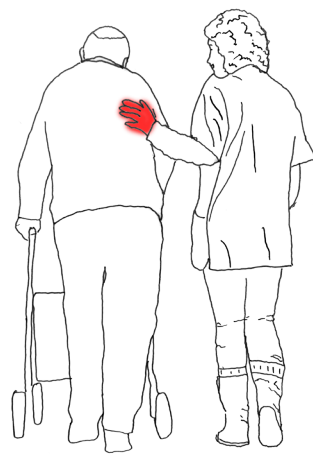


Figure 6  
| Do it together

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## Introduction

# 1. Introduction

## 1. Introduction

My graduation theme focuses on the living environment of the elderly and to what extent architecture plays a role in the social interaction in their neighbourhood. My graduation project strives for a living environment in which the physical and social distance between the elderly and the neighbours of a residential area would no longer be visible, and in which even the most vulnerable elderly will feel involved in their immediate living environment, even if it is only the view of traffic to create the feeling of belonging to the neighbourhood.

Therefore my research question:

*"To what extent does the architectural design play a role in reducing the distance between the elderly and their neighbourhood to encourage the social inclusiveness of them in their living environment?"*

The aim of my research is to create a living space that matches the qualities of living in an inclusive neighbourhood, in which every residential area is suitable and inclusive for all age groups and everyone feels involved: no distinction is made between young and old, rich and poor etc. For everyone there will be chance for unplanned encounters and increase the social relationships in their direct environment.

Especially in these corona times, everyone experiences the importance of physical encounters. Several studies confirmed that having physical encounters can prevent psychological complaints or the feeling of loneliness

The group of elderly people will continue to grow in the upcoming years due to the ageing population in the Netherlands and the new housing policy "Living Longer" means that elderly people should live at home longer. Especially for this group, the immediate environment is very important. It is difficult for them to travel long distances due to age restrictions. Besides, numbers of data confirmed that many elderly feels lonely. And in general, the social network is getting smaller and smaller over the years. The feeling of collectivity in the neighbourhood and creating spontaneous encounters in their direct surroundings would provide the opportunity to remedy the social problems of the elderly. Besides, more encounters and bustle on the street ensure better social safety and cohesion and increases the quality of living in the area.

This graduation report consists of four main parts:

- The exploration of the elderly living
- Methodology and research
- Theoretical research
- Design findings

This next chapter (the exploration of elderly living) shows the step-by-step plan for the problem statement and research question of this report. The main question is based on empirical researches and literature studies. The order of chapters is arranged chronologically with the order of time.

After that, chapter two discusses the research methodology of my process. This part critically reflects my research methods that I used this research and is discussed in a broader framework.

After this chapters four and five elaborate the main question in theoretical findings (essays) and design findings (strategies and examples of case studies) that were later incorporated into my design.

Finally, an overarching conclusion is drawn and an afterword is written.

Due to the extremely special circumstances of the Coronavirus, I wanted to check the findings of the fieldwork period are urgent and would not have been affected by the special circumstances. This is the reason why I started with essay one before formulating my main research question to gain insight into who the elderly are, about how many elderly we speak in the Netherlands and how the position of the elderly compared to the past in society. A part of the findings of essay one is found in chapter 2.3 Data (The exploration of the elderly living). The whole essay one can be found in chapter 4.1



## Exploration in elderly living

## 2. Exploration in elderly living

### 2 Introduction

The overall theme of this chapter is the awareness of the gap between the elderly and their direct surroundings. After this (half) year, I experienced how important the direct environment is for people with having old age limitations (due to less mobility). Thereby I noticed during the fieldwork period (stay at the nursing home) that the life of the elderly and their direct surroundings were very large and their interpretations of daily expenses differ a lot with another age group. At the same time, I noticed that the elderly very much appreciated the social contact with their direct surrounding, even it was only a view of a bus stop. For some elderly, there was a high demand for social contacts from different age groups.

The chapter ends with my ideal goal, how I have an ideal picture of how elderly people should live in the neighbourhood to solve much social problems related to the elderly.

This chapter is divided into 6 different parts, which are described in chronological order by time:

- 2.1 Anthropological and participatory researches
- 2.2 Fieldwork research: Distance between the elderly and their neighbourhood
- 2.3. Data: The growing amount of population and related elderly problems
- 2.4. Problem statement
- 2.5. Definitions
- 2.6. Goal

The problem statement and research question emerged from this process and elaborated in chapters 4 and 5.

## Anthropological & participatory researches

### 2.1 Anthropological and participatory researches [first weeks until fieldwork]

This paragraph consists of anthropological & participatory researches from the first weeks of my graduation studio that were decisive in formulating my research question and further research. The focus of this graduation project started with investigating the current issues of living conditions of the elderly through anthropological and participatory methods. These methods consisted of neutral observations and participant observations. The assignments of the first weeks were necessary to understand how I could observe people and the surrounding environment and draw conclusions from it. By doing participatory research myself I gained more insight into the preferences of barriers of the target group of my research; the elderly. In particular, I experienced that the immediate environment is very important due to physical limitations. Traveling is more difficult than I used to nowadays. Secondly road intersections offer the possibility of social contact / interaction between the users of the public space.

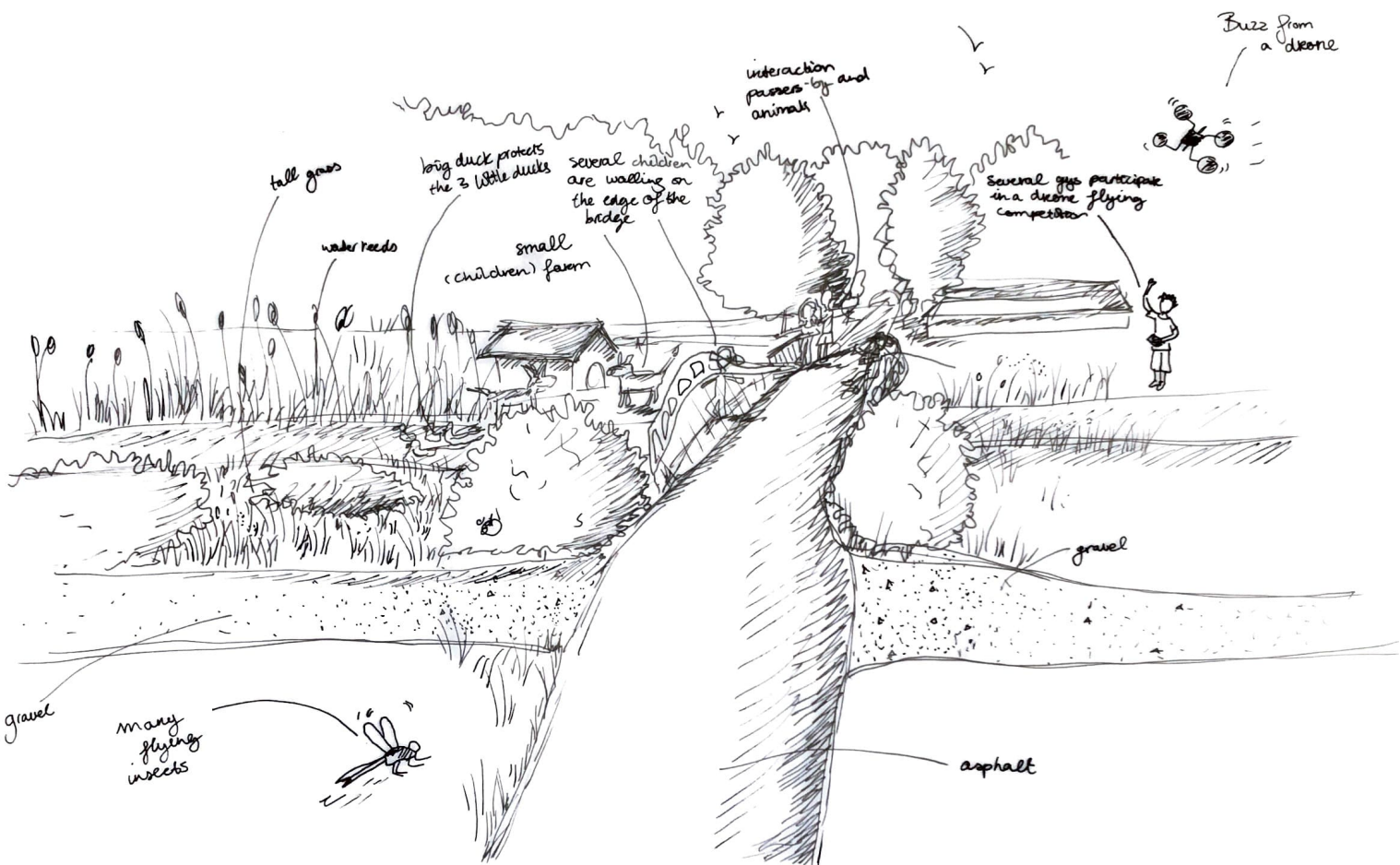


Figure 2.1.1  
| Anthropological research

Conclusion observations surroundings

The sketched environment above is a place where people do different activities or walk from A to B. Each person has their own preferences for daytime activities and obligations they do in a day. For one person this park is a place to walk the dog and for another to have his drone tested. The different roads and intersections provide an opportunity for spontaneous encounters for each people. Activities such as the children's farm ensure interaction between humans and animals, and can also be a topic of conversation for new human-to-human encounters.

This green area is frequented by young and old. The large grassy areas offer opportunities for resting places, new encounters and have attractive viewpoints.

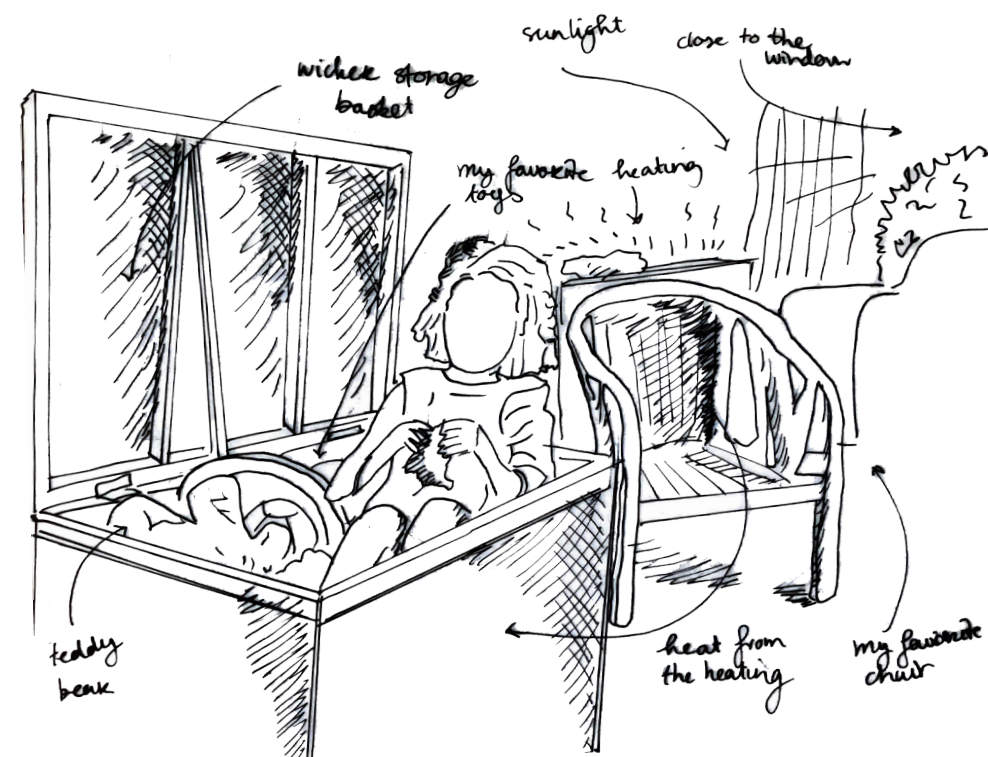


Figure 2.1.2  
| Observations eye of memory | feeling home

Conclusion observations assignment eye of memory:

At the same time the storage basket for my toys and teddy bears was the place where I could find my peace. Every day the basket was opened and I played with different stuffed animals for hours. When my toys were taken out of the basket, there was enough space to sit in the storage basket myself. When I was sitting in the basket I had the feeling that no one could see me for a moment. And I could withdraw from the environment, this place was very important for me to relax and the feeling home. Through this research I have come to realize that a place where you feel at home has become very important.



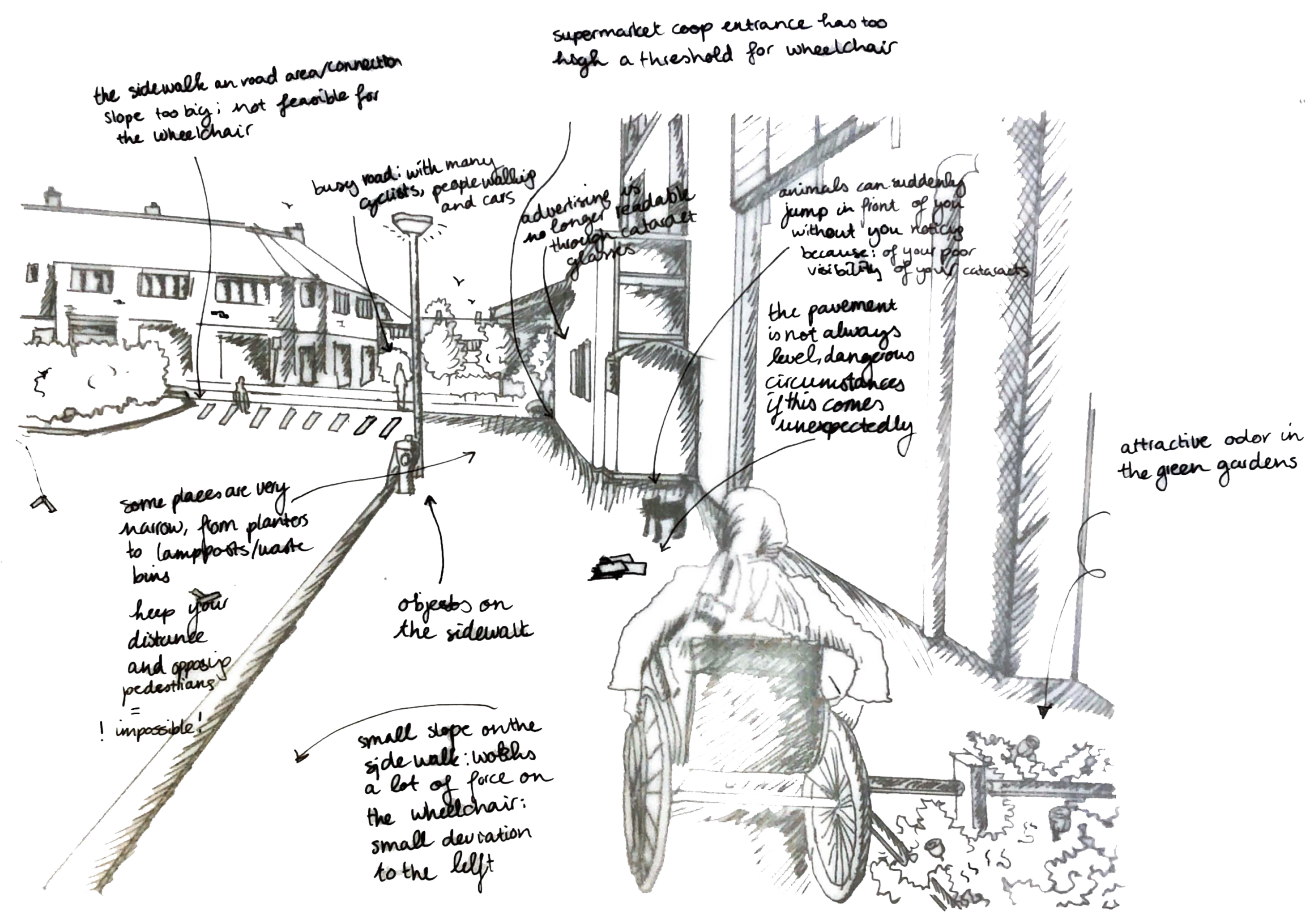


Figure 2.1.3 | Observations accesibility of the direct surroundings though rolling the wheelchairs outside

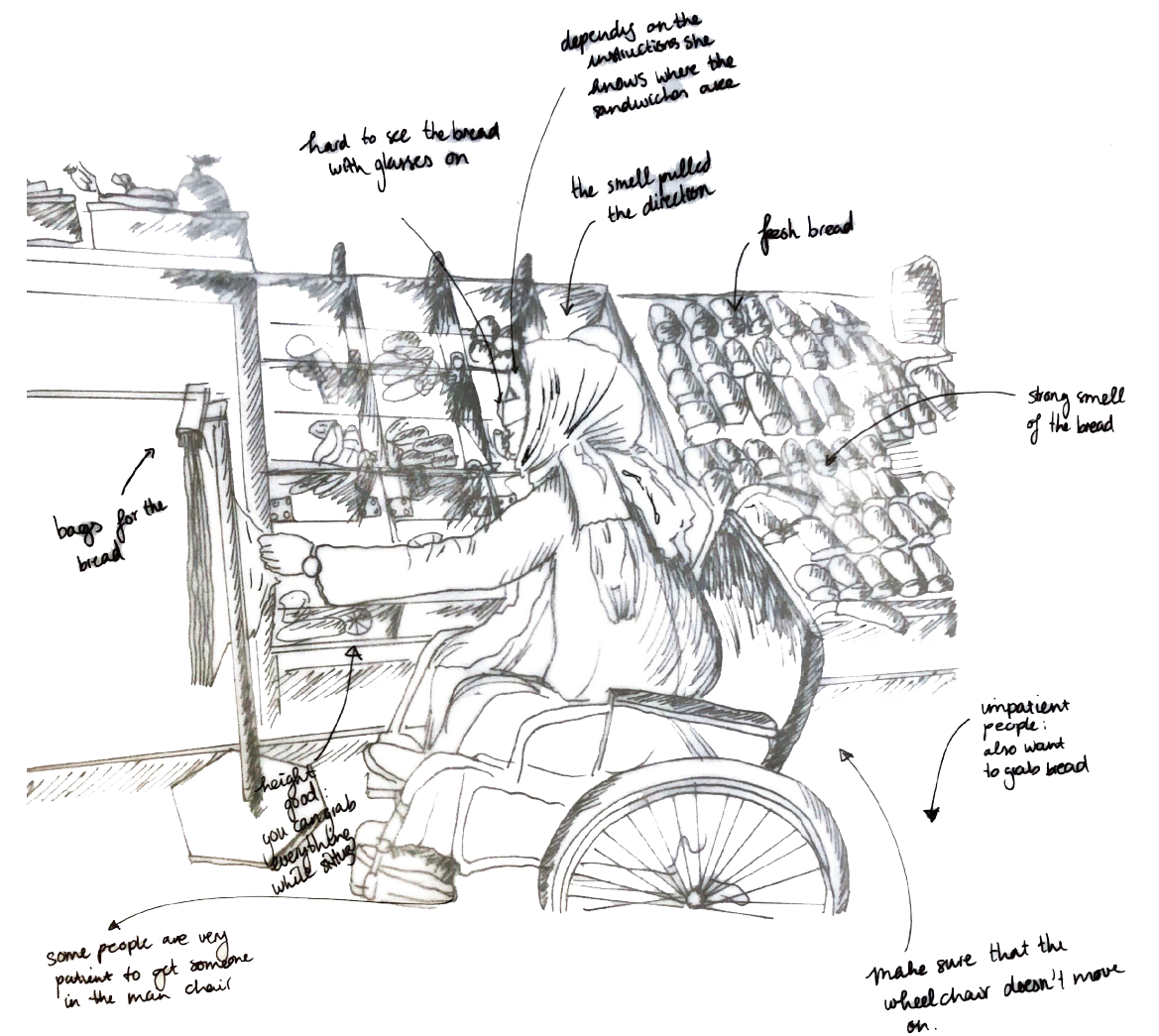


Figure 2.1.4 | Observations accesibility for people in a wheelchair

Conclusion losing your physical capacities

Due to physical limitations, traveling long distances becomes more challenging and from my own experience more exhaustive. The facilities in the immediate vicinity are extra important to still fulfill the basic needs and not be dependent on others who can help you. The roads to A to B and the places where you stay should be wheelchair accessible. Thresholds of entrances or loose stones on the sidewalks could provide resistance to easily carry out the activities. In addition, the eye level of someone sitting in a wheelchair is very lower than someone who can walk normally. Products placed in the shelving and refrigeration range in stores are often placed too high or too deep (see figure 2.4) for someone who is in a wheelchair.





Figure 2.15  
| Route with the wheelchair and stroller



Figure 2.17  
| Many roads are not accessible for wheelchairs  
  
Summary experiment with physical limitations:



Figure 2.18  
| Thresholds provide a barrier to go from A to B.



A | Route outside



B | Route inside

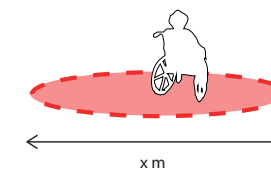


C | Route outside

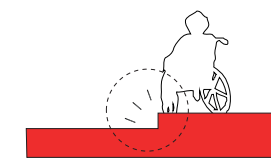


D | Route outside

Figure 2.16  
| Places with the wheelchair and stroller



The distances on foot are becoming smaller. This makes the immediate environment more important for someone with physical limitations.



The spatial design must be accessible for people with physical disabilities





Figure 2.1.9  
| Vision with cataracts



Figure 2.1.10  
| The feeling of materials and textures give you information about the immediate environment

#### Conclusion losing your sight

Walking from A to B or staying in a place with poor or no visibility has a completely different experience of space than I was normally used to. Normally I rely completely on the visual stimuli to anticipate the spatial proximity. But because of the loss of my sight, I had to rely on my other senses: sound, feeling and smell. For example, a damp indoor space has different acoustics and odour than a grassy surface.

To predict an indoor or outdoor space I had to use other techniques like hearing to prepare myself for oncoming traffic, thresholds of entrances and other barriers that would obstruct my route. To become aware of how far I was walking from other traffic, I paid attention to the sound of voices and footsteps. By the voice of those people, I could determine how far away the oncoming traffic was.

However, it was difficult to predict from which side the oncoming vehicles would be away from me. Besides sound, I became more aware of feelings such as the type of surface I walked on, the importance of textures of materials to get the direction of the route. The grassy plains felt unreliable at times because I could hardly predict thresholds or holes. The smooth floors (like asphalt roads) gave me more confidence to walk independently.

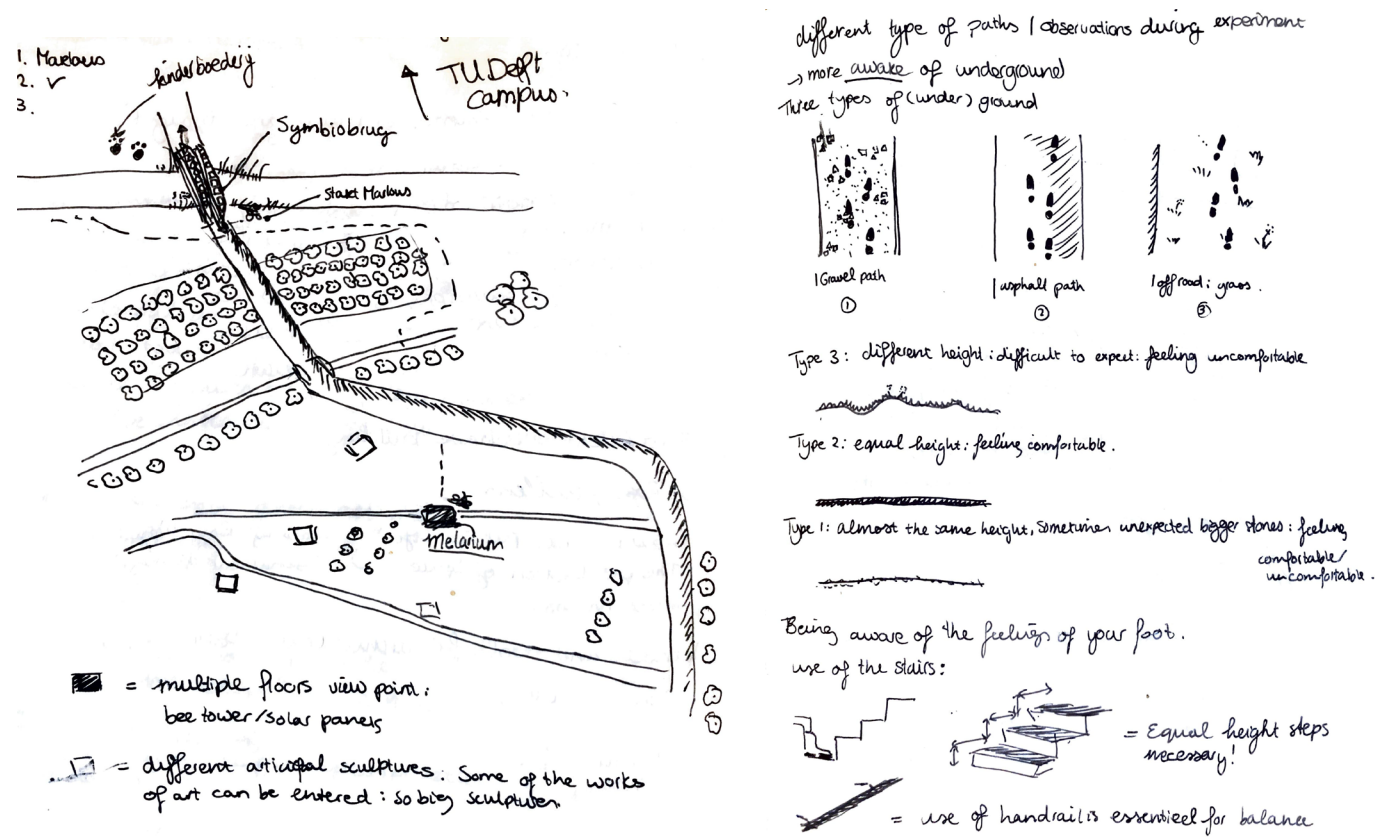
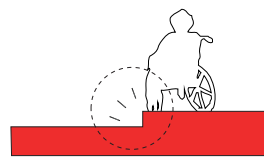


Figure 2.1.11  
| Observation notes that I made after this exercise

Summary experiment with visual limitations:



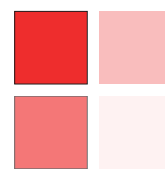
Losing one of your senses; you feel more dependent on other senses: using textures or materials for guidelines



The spatial design must be accessible for people with physical disabilities



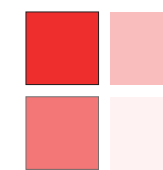
Contrast of colors indicate direction of environment and route



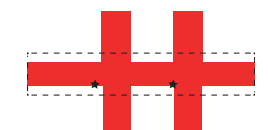
Using textures or materials for guidelines



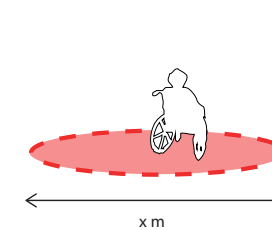
Contrast of colors indicate direction of environment and route



Using textures or materials for guidelines



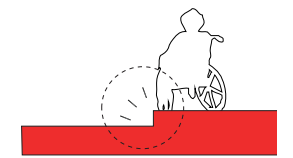
Using landmarks to orientate your location



The distances on foot are becoming smaller. This makes the immediate environment more important for someone with physical limitations.



Losing one of your senses; you feel more dependent on other senses



The spatial design must be accessible to people with physical disabilities: the thresholds becoming your enemy

## Fieldwork research

### 2.2 Fieldwork research: *distance between the elderly and the neighbourhood*

This paragraph consists findings of the current problems of the elderly according the fieldwork period of the nursing home 't Kampje in Loenen aan de Vecht and documentaries and books.

This section consists of the most important results that I found through observations and interviews during the fieldwork.

The full analysis of the nursing home can be found in my appendix A.3 which I made together with Marlous Heikamp.

Marlous and I stayed in the care home for three days during the first weeks of the second wave of the covid 19 virus. The caretakers and hostesses were very busy with all the care for the elderly. There was fear whether the nursing homes should be locked again, just like in the spring of 2020. The residents were slightly less afraid of the virus. Their only fear was whether the nursing homes could still be open for visitors



"Joline, do you hear that sound too?" Marlous asked as she woke up stretching.  
 "I also heard something but I thought it was in my dream."

**HELP! HELP!**

"I think the man in the apartment above us is screaming for help. Let's go to the hostesses of the nursing home."

Walking in our pajamas, we tell the hostess the situation. She later told us that she was glad that we, "young people", were there, because the other residents (the elderly) had not heard anything.

Quote of 13 October 2020  
 | One of the residents had fallen and called for help

This was my first observation that mixing different age groups has benefits. A good neighbour could monitor and help each other when needed.

The quote above happened on the morning of the second day of fieldwork in the nursing home. According to the caretakers, there are too many vulnerable people in comparison to the number of caretakers. Besides, the building is too large to monitor every corner of the building what is happening in the rooms. Fortunately, we stayed that day under the old man's room and we were able to help him this time. In other words: clustering of older seniors can sometimes be a limitation for the elderly. Especially if the number of elderly people increases due to demographic growth of ageing and the number of caretakers will decrease (essay one), social control of the immediate environment would be important to support the senior citizen. A mix of different ages in a complex/direct surrounding (neighbourhood) could be an addition to social control for the elderly. Both groups can benefit from each other's help.

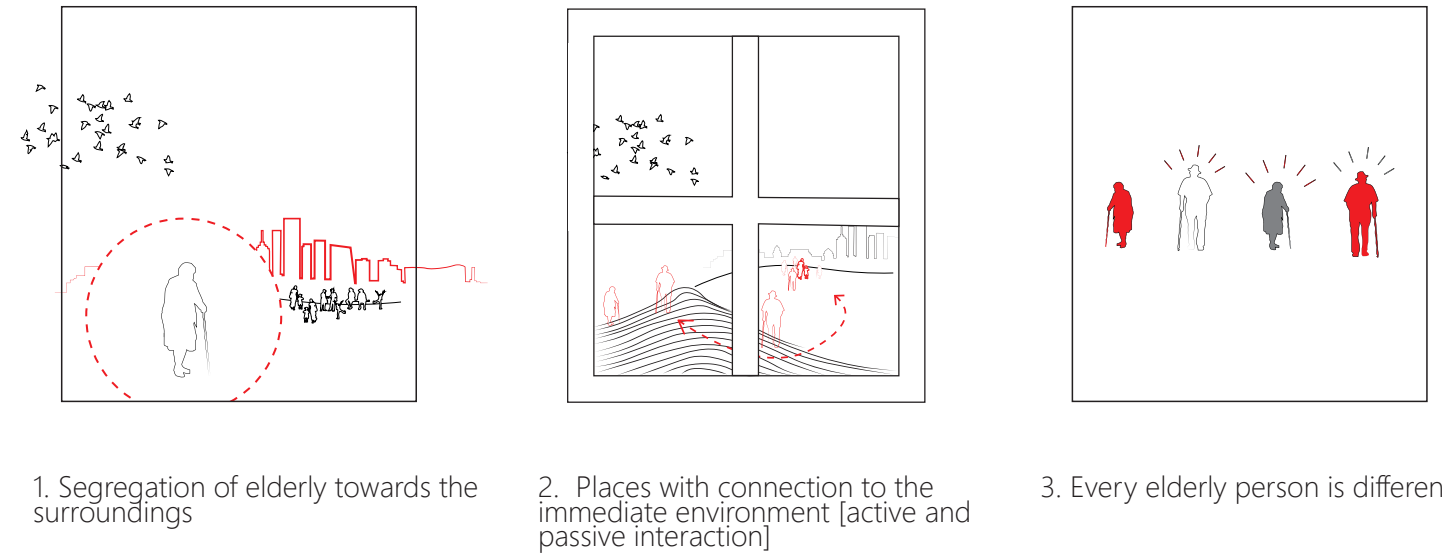


Figure 2.2.1  
 | The three most important fieldwork findings

On the following pages, the three most important observations that stood out to me most during the fieldwork period are further explained. Namely:

1. Segregation of elderly towards the surroundings; most of the residents of the nursing home live in their own bubble and they miss the connection with other age groups in their living environment
2. Places with connection to the immediate environment [active and passive interaction]; most of the residents appreciate the places with connection to the immediate environment very much
3. Every elderly person is different

These observations are part of the first principles for the problem statement and research question.

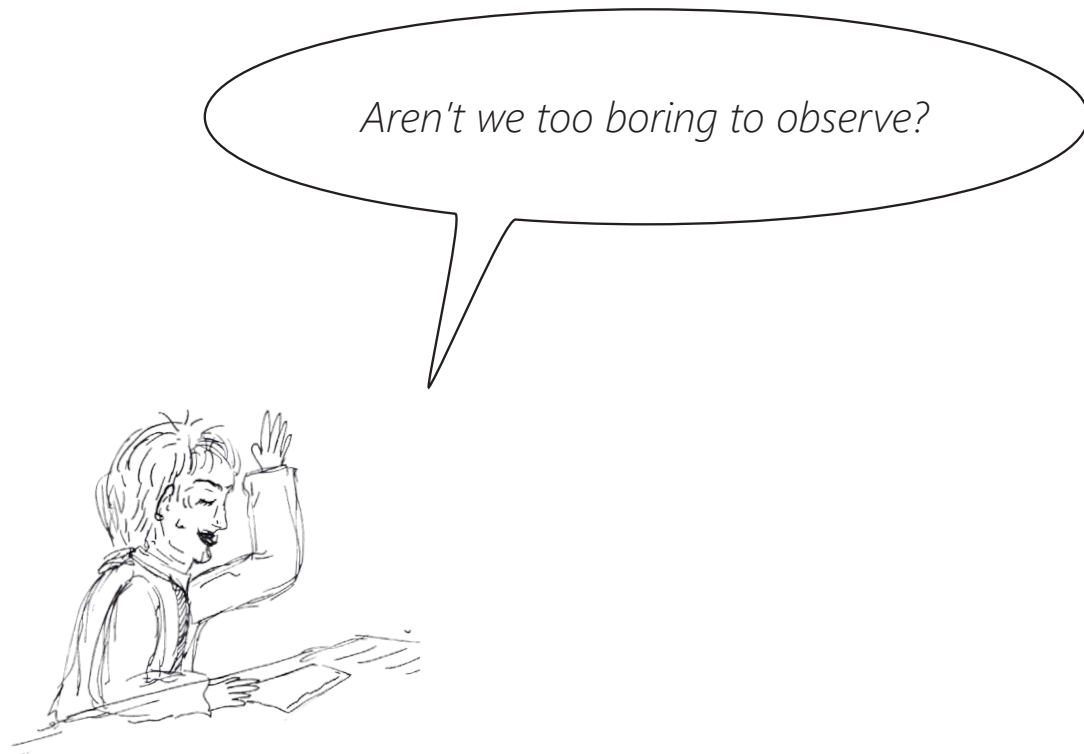


Figure 2.2.2  
| While the old woman was playing memory training she immediately wondered what our intention was for our visit here

**FIRST FINDING** | Segregation of elderly towards the surroundings

As the old lady's comment described above, "Aren't we too boring to observe?", in other words, the old lady cannot imagine that her life was still interesting enough for us, 'we are only sitting right?'

During the fieldwork period I noticed that many elderly people staying inside, the majority stayed in their private rooms and did little activities with people outside the nursing home. I experienced a big gap between the elderly and myself. In the beginning, it was a matter of searching for topics of conversations but soon I noticed that every conversation was appreciated by the elderly. When I speak for myself, everyone like to have a little chat or interests from a person. The residents like to talk to each other in the collective spaces, they like to gossip. Within half a day, almost everyone knew who we (Marlous and I) were and who we had already interviewed for our research. We kept the residents busy and curious.

The residents hinted a lot that they found it very pleasant to have extra social interaction from people outside the nursing home and they found it a pity that we leaving already after only two nights. According to the words of the residents of 't Kampje, they thought it was very special that such "new young girls" were visiting the nursing home, they were not used to that. They always only see such "old folks". The short period of 3 days in the nursing home was enough indication that the elderly sometimes live very isolated in the nursing home from the outside world. This is a shame, we had had very pleasant days with the residents too.

Of course, Covid 19 played a big role during the period that we stayed in the nursing home, we had to keep a physical distance from the residents, we wore a mouth mask and spoke to the residents at 1.5 m distance. The elderly did not wear face masks, so it sometimes felt like we were looking at "monkeys" during the observations. All covid 19 measures increased the physical distance between the visitor (us) and senior citizen, but this sometimes also led to social limitations. Older people could hardly hear us at such a great distance, which meant that conversations did not always go smoothly.

1. Segregation of elderly towards the surroundings

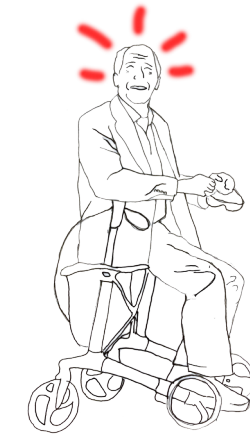


Resident of the nursing home in need of care (89 years old)

"... During the day I watch television and read books, I almost always stay indoors. I have not an activity to do outside ..."

"... Couple years ago I lived in an apartment complex for a while, I had a large and beautiful house with 5 rooms. But I missed contact with the residents. Some neighbours didn't even say hello when we passed by. I craved to a place with more interaction. My daughter knew about 't Kampje and I have now come here because of her... "

"... But because of corona there is few contact between the residents. Some residents no longer leave their room... "



Resident of the nursing home without need of care (tenant) (89 years old)



Resident of the sheltered housing in certain need of care (93 years old)

"... Sometimes I feel sometimes very alone in such a big house with few visitors ..."

"... That is why I go after the collective spaces of the nursing home to have a chat..."

"... I wouldn't mind dying now..."

*The position of the elderly towards their direct surrounding*



| Active interaction:  
Public library integrated in the nursing home 't Kampje



| Active interaction:  
Public facilities close to the elderly's houses



| Passive interaction:  
Big windows located in the collective livingrooms and private rooms.

Figure 2.2.3  
| Active and passive interaction with their direct surrounding

**SECOND FINDING** | Places with connection to the immediate environment

During the fieldwork period, I noticed several places in the nursing home that well connected with the immediate environment. I noticed that many seniors had the feeling that they were participating in the direct surroundings were very satisfied and liked to talk about it. I spoke to a woman who was almost always out of the care home because she still had so many activities outside the home, she saw every day as a new challenge, they keep meeting new people, never felt lonely and she had a good mood every day. The places of the nursing home that connected with the direct environment provided the opportunity to undertake activities and stimulate social interactions. Besides, I noticed that the view of busy intersections also gave the elderly the feeling that they were participating in society. Many elderly were still very curious why the man with the moustache was always at the bus stop at 9 o'clock and why the woman with the two children was always in such a hurry. I made a distinction between active and passive interactions. For some elderly people, their physical and mental limitations were too great to take active actions themselves.

They were therefore always in the nursing home but could still keep an eye on the direct surroundings. From the chair, they had a view of the immediate surroundings and preferred to keep an eye on everyone around the neighbourhood. Other residents found facilities in the immediate vicinity very important to be able to participate. Even if it was just a cup of coffee at the supermarket. The facilities that were integrated into the residential complex, such as the library in the 't Kampje, were added for the residents to easily do something fun with their grandchildren and to speak to local people for a short conversation. This strengthened neighbourhood participation. (see figure 2.2.3)

After the series of interviews, a distinction was made of three subjects that had a relationship with the places that connected with the immediate environment was important for the elderly: facilities and amenities, views and social encounters. All three places were important for the residents to establish a connection with the immediate surroundings and to stimulate the nursing home and the neighbourhood feeling.

2. Places with connection to the immediate environment

Quotes of the residents about their opinion of facilities, view and social encounters in their direct surrounding

| Facilities and amenities

*"My granddaughter is a member of the library. I also like to use it by myself. It is always nice to go with her, I have the feeling that the neighbours like her very much too" - A*

*"I think the library is a nice place to sit. I prefer to read my books in my private room. In the library people join us and we have a small talk" - G*

*"I do everything by myself. I cook for myself and I do my groceries by myself, here nearby at the Jumbo, it is a nice walk" - G*

*"I am "reading" and "surviving" grandmother during breaks at my granddaughter's primary school" - A*

*"In addition, I would like it more if there was a large central place where people could meet instead of small different places like here. A place where you can always drink coffee and catch up with the fellow residents or the local people" - G*

| View

*"I like to sit in the living area on my bench. I like to look outside. I have a good view of the trees and the road. I really like views with a little movement like this intersection. I see children and local residents walking from my couch. And of course I now have a green view. Green is good right? Unfortunately, I don't often go out because walking is no longer easy" - G*

*"The view from my house is beautiful. I regularly see things passing by. I know it is the old road that Napoleon passed by. The road connects Utrecht with Amsterdam. I really like the view of movement and greenery" - G*

*"The house is raised half a floor from street level, so when I sit on the sofa I only see faces that look inward. Unfortunately, the frame is in front of their face. And when I look outside I don't see much" - M*

*"The communal living room has beautiful windows, but people cannot open it yourself. I miss the fresh air and direct contact with the outside" - G*

*"I have a balcony with a view of the old city. In the morning the sun shines beautifully through my windows, there is no heat in my room. The view here is beautiful, lots of greenery and there is a lot of movement at the crossroads"- A*

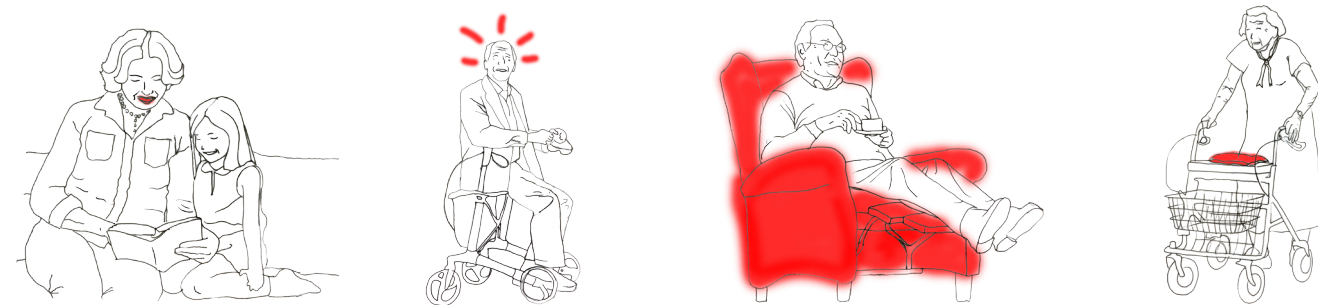
| Social encounters inside / outside

*"I mainly speak to the residents when I spontaneously pass by in the hallway" - A*

*"There is no accessible public outdoor space for the residents who live on the first floor and possibly interaction with the neighbourhood" - L*

*"In the living room you will meet the residents of 't Kampje who happen to come by and sit down for a chat. My son-in-law's mother lives nearby, every Tuesday morning we have a cup of coffee together and have a chat. You have to do something to enjoy yourself a bit" - G*





Madam A  
Active, social and caring

Sir G  
Social, enthusiastic and outgoing

Sir G  
Calm, introvert and shy

Madam M  
Calm, friendly and anxious

Figure 2.2.4  
| Every elderly has different backgrounds, personalities or preferences of day activities

**THIRD FINDING** | Every elderly person is different

The last important observation during the fieldwork period was that the residents of 't Kampje were not the same. They all have different backgrounds, personalities and hobbies. Sir Gersdorf had worked for years as a physics professor at the University of Amsterdam and nowadays he spent his days still in his books. He did not need social contacts from his neighbours, he found his neighbours too negative and he had no social connection with his neighbours. In contrast, his neighbour was a hairdresser and took great satisfaction from the social interactions of the immediate surroundings and collective spaces of the nursing home. She had visitors almost every day because she found sitting alone in the room boring.

However, the elderly did have much in common that as they became older that they had lost many family and friends, their social network became smaller. The related age-related illness can restrict meeting new contacts. Of course, not everyone needed social activities, but they did need activities that suit the person. These could be individual or collective activities. Getting out of the room is good, so the elderly moves more. But you don't have to engage in social activities immediately. A quiet

sitting area on the terrace or hallway gives the elderly the freedom to plan their day that suits the person.

3. Every elderly person is different



Madam A

Sir G

Sir G

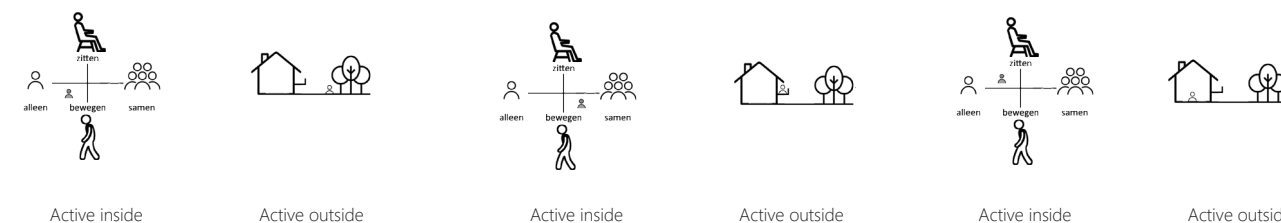


Figure 2.2.5  
| Different daytime activities

For some residents of the nursing home it was easy to maintain social contacts outside the building because they were still very physical or they had a car. Other seniors had physical limitations and were dependent on their immediate environment for social contacts. On the contrary, they often had good contact with fellow residents who had the same age-related illness. Other residents did not leave their room because they had little contact with the neighbours. They had no reason to leave their private room and often stayed at home in their spare time.

In short, every person is different. Each elderly has their own preferences for social contacts and activities. Just like my student circle; every student is different and everyone eventually finds their social network or contacts. That is why a wide range of collective and individual places is important in the immediate vicinity / nursing home.

| Quotes of residents

"I go to the collective space (het trefpunt) in the main building of 't Kampje everyday, I could talk to other residents and drink coffee with them there" - M

"At 7 am I get up and listen to the news on the radio. Then I have breakfast. Between 8 and 9 a girl (hostess) comes to chat with coffee and a biscuit. During the day I watch television and read books" - G

"I like to have social activities. I participate in everything. From jeu de boules and sports activities to flower arranging. I like everything" - G

"In 't Kampje, the residents can drink coffee together for hours and chat together. Most of the people originally come from this area and they already know each other, I have no need for contact with fellow residents" - G

"I never actually participate in collective activities because I am always so busy outside the home. I don't feel like doing anything in the evening, I want to enjoy watching television on the couch. I still do everything independently. I am relatively young compared to the others here. I would like to be in control of my own life" - A

Addition: the urgency of this theme is confirmed by several documentaries and books

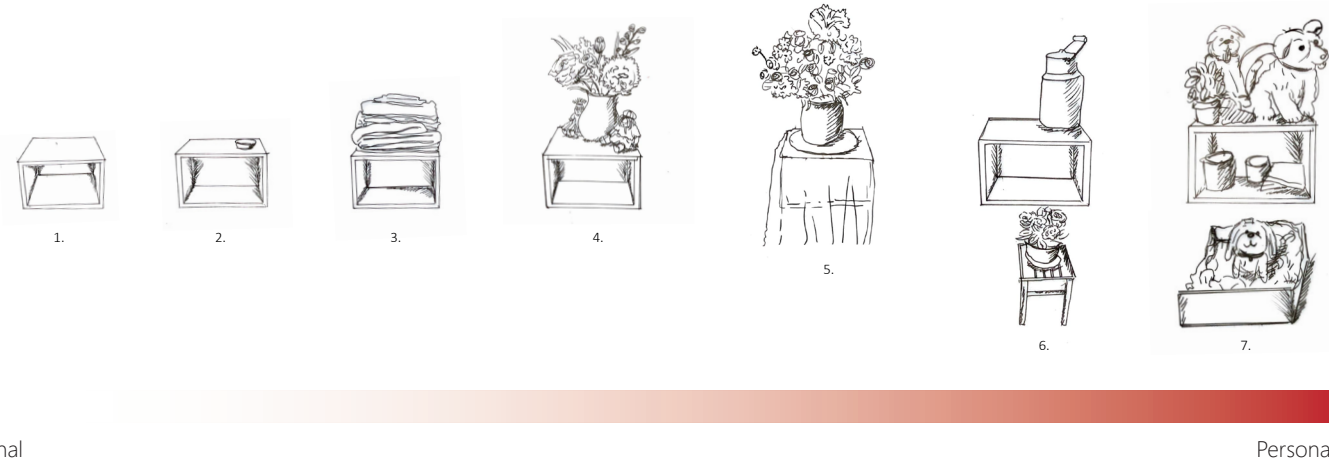


Figure 2.2.6  
| Observations anthropological research

**THIRD FINDING CONTINUED** | Every elderly person is different

In the figure above is an example that everyone has their disered wishes with brightening up their private room. Every person is different and therefore has their own preferences for the design of the box next to the front door.

For some, the content of the box is very important for their own identity, for others it is not important.



Hetty (93): Her family congratulates her on her birthday from a cherry picker outside - documentary *Uitgewoond*

Figure 2.2.7  
| Snapshot of the documentary (*Uitgewoond*, 2020)

Various documentaries and books related to nursing homes and elderly people who living independently show that the distance between the elderly and their living environment increases as they get older. Various nursing homes in the Netherlands are portrayed in the documentaries "*Uitgewoond*", "*Thuis op zuid*" or "*Anita wordt opgenomen*, the perspective of the residents is told and their lives are depicted. The documentary consists of a period before the corona virus, and the period with the corona virus.

The quotes here on the right are the ones that stayed with me the most from documentaries and books, related to the theme of distance between the elderly and their environment.

A recurring theme is the modesty of elderly people who think they are wasting someone's time if they want to do an activity with someone outside the nursing home (the interviewer from *Uitgewoond*, for example). But at the same time the elderly appreciated very much if they have the feeling that they are still participating in the direct surroundings.

| Quotes of residents

*"I don't want to waste your time playing a game with me" - resident of nursing home (Uitgewoond, 2020)*

*"The movements from below give me the feeling that I still belong" - resident of nursing home (Uitgewoond, 2020)*

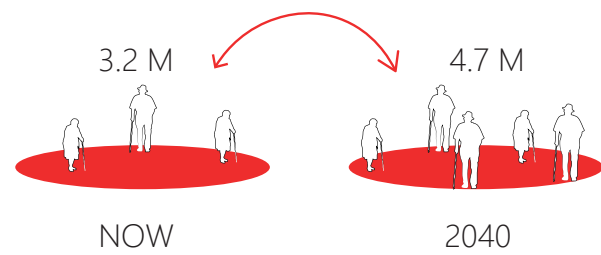
*"... but for the first time tonight I felt part from the group. I belonged somewhere and I liked it ...*

*... a pitcher full of: oldies and youngsters, satisfied and dissatisfied, sad and cheerful. And in the mixing bowl I sit with the others. I am one with the others ... " - Rinkel de Kink (Bijl, 2015)*

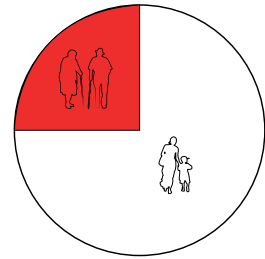
## Data

### *2.3 Data: Growing amount population and related elderly problems*

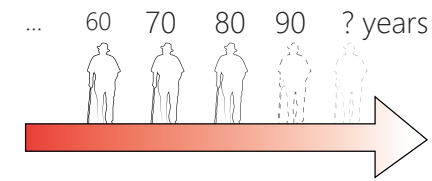
Immediately after the visit to the fieldwork, I wanted to substantiate my observations with literature. I wanted to check whether my observations of segregation between the elderly and their immediate environment were reliable and unaffected by the 1.5 m society of the corona virus. On the next page, you will briefly find my findings of data from the elderly in the Netherlands and figures for the coming years. This data comes from my first essay. In essay 1 in chapter 4, I researched how the housing task and position of the elderly changed over time and what can we learn in the future. The importance of writing this essay has given me insight into how urgent my research question was and I recognized a recurring theme about the history of the segregation of the elderly towards society.



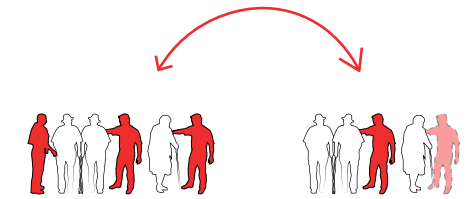
The Dutch population is aging. Because of the baby boom generation of 1950. In 2020, there were more than 3.2 million people over 65. The amount of elderly is expected to increase to 4,7 million of a total 17,8 million inhabitants of the Netherlands in 2040. (Rijksoverheid, 2019).



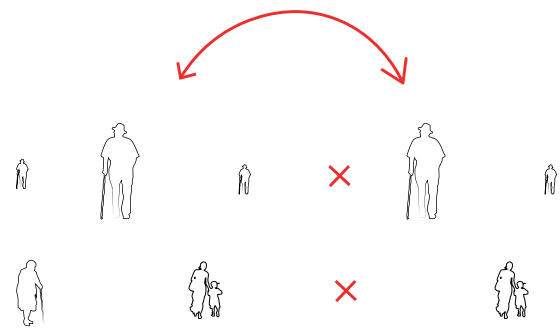
In 2040, more than a quart of the population of the Netherlands are over the 65 (SGP, 2020)



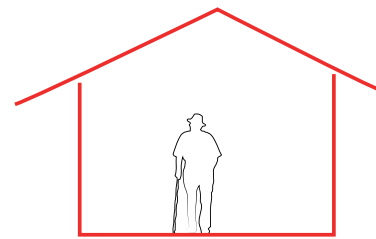
The aging expectancy of the senior citizen is extremely increasing compared to centuries ago (Schuijt-Lucassen et. Al, 1997)



There is a need for new policy that offers solutions for growing care for the elderly while the availability of informal carers decreases (SGP, 2020)



Loneliness is a growing problem in the society. Particularly with elderly single people. The network of single elderly people is shrinking over the years. Furthermore, making new contacts is more difficult for elderly people due to physical or mental limitations (Schuijt-Lucassen et Al, 1997).



Currently, 92% of the current over-75s live independently (Rijksoverheid, 2019). 38% of this group is highly vulnerable (SGP, 2020). The average Dutch person will live a healthy life for about 61 years. Thereafter people might be dealing with short-term or long-term mental or / and physical limitations. Elderly spend an average of 1 year and women 2.6 years of their life in hospitals and nursing homes. (Rijksoverheid, 2020).

### 2.3 Data: Growing amount population and related elderly problems

The population of the Netherlands is ageing and the elderly are also getting older due to better care. As a result, the pressure of elderly care is increasing and at the same time, there are also fewer caretakers in the proportion who can care for the elderly. Therefore, elderly people, have to live at home longer. In the upcoming years, there will be an increasing demand for new concepts for the elderly because the current policy has many disadvantages for the elderly. A lot of loneliness occurs in the elderly and due to the new 'Living Longer' housing policy for the elderly, loneliness is increasing.

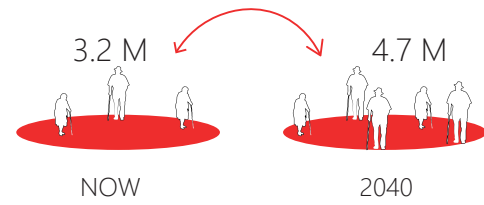
## Problem statement

### 2.4 Problem statement

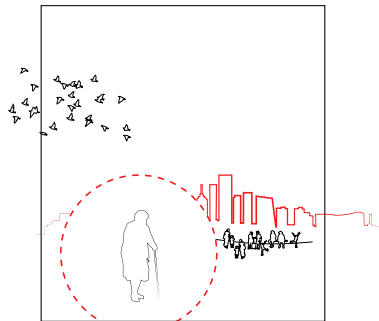
In this section, a conclusion is drawn from observations of the anthropological and participatory studies. Besides, the literature review of essay 1 confirmed that this observation was not influenced by special circumstances of the measures of the corona virus. The problem definition of the report is explained in more detail in the following pages



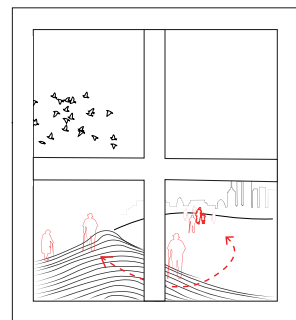
Principles of problem definition



A.  
Growing amount of elderly. Because of the baby boom generation of 1950  
[essay one]



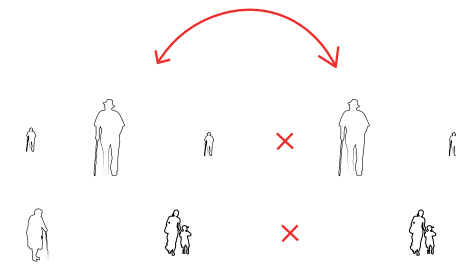
B1.  
Segregation of elderly towards their surroundings  
[fieldwork]



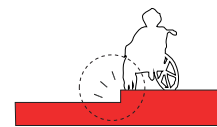
C1.  
Places with connection to the immediate environment are important (active and passive interaction)  
[fieldwork]



D.  
Every elderly person is different  
[fieldwork]



B2.  
The network of single elderly people is shrinking over the years. Furthermore, making new contacts is more difficult for elderly people due to physical or mental limitations. Loneliness is growing problem particular for the single elderly.  
[essay one] [fieldwork]



C2.  
The spatial design of the immediate environment should be accessible to people with physical disabilities  
[anthropological and participatory researches]  
[fieldwork]

Research question:

*"To what extent does the architectural design play a role in reducing the distance between the elderly and their neighbourhood in order to encourage the social inclusiveness of them in their living environment?"*

2.4 Problem statement

The distance between many seniors and others in their living environment, including myself, is too large. This distance should be reduced because it could lead to social isolation and loneliness among the (vulnerable) elderly. The current number of loneliness among the elderly and the growing amount of elderly due to ageing confirms the urgency of this problem. (SCP, 2020) According to my empirical and literature studies is this segregation between the elderly and their surroundings caused by several things.

- Firstly, the growth of this segregation is through the (physical and mental) barriers which make it increasingly difficult to meet others in their direct surrounding (due to age-related disabilities and illness)
- Secondly, the houses of the elderly are now arranged that they mainly live together with their same age group and they continue living in their bubble.
- Thirdly, the "own" social network is getting smaller and the elderly becoming more dependence on help in the immediate vicinity.

These causes can be seen as a chain reaction that keeps getting bigger and therefore the distance as well. The question is; to what extent architectural design

can contribute the growing gap between the elderly and their living environment and thus make a positive contribution to breaking through social isolation and thus enhancing the quality of life and meaning.

My research question:

*"To what extent does the architectural design play a role in reducing the distance between the elderly and their neighbourhood to encourage the social inclusiveness of them in their living environment?"*

The main question could be answered after answering the following the sub-questions:

- Which forms of distances are used in this research?
- How could these distances be reduced through architecture?
- Which benefits for social inclusivity is there for the elderly? and vice versa?

The question above will be answered through written essays, interviews and analyzing examples of typologies and project in architecture. In the last chapter of this research booklet, I make an overarching conclusion and answer the main question of this research

## Definitions

### 2.5 Definitions

This section consists of understanding the research question:

*"To what extent does the architectural design play a role in reducing the distance between the elderly and their neighbourhood in order to encourage the social inclusiveness of them in their living environment?"*

We distinguish the words: distance, neighbourhood, inclusive environment, the elderly

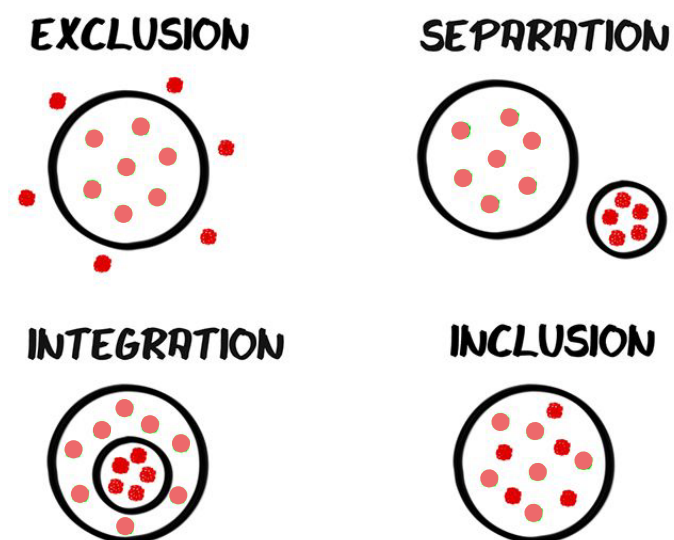


Figure 2.5.1  
| Creating an inclusive society (Classcraft, 2021)

## 2.5 Definitions

**Distance:** The concept of “distance” relating to humans is characterized by the amount of intimacy of personal and social relationships in measurable terms. For this research, the distance will be defined in terms of ‘physical’ and ‘social’ distances. This will be explained in more detail in my second essay. (Dubbeldam, 2007).

**Neighbourhood (size):** The neighbourhood will be defined as an area that surrounds someone’s living environment. Due to the mobility limitations of senior citizens in general, we maintain a radius of 400 from the neighbourhood to the elderly’s home. Research has shown that walking distances of more than 400 meters given problems for many elderly people. (Thissen, 2013).

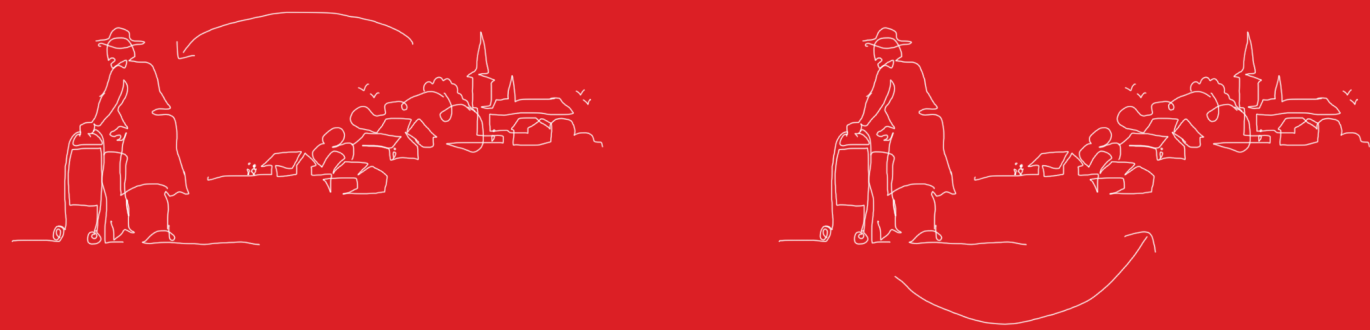
**Social inclusion:** For this research, social inclusion is understood as a process whereby certain individuals are pushed to the edge of society. Social inclusion could seen a process by which efforts are made to ensure equal opportunities for everyone: regardless of their background or age. It is a multidimensional process. (DESA, 2009). My aim is to create a inclusive environment. See figure on the left page.

**The elderly:** Elderly people will be defined as people over 65+ included the elderly with and without care due to mental and/or physical disabilities.

## Goal

### 2.6 Goal

This section explains the purpose of my research and the vision I strive for in my design graduation assignment.



*“Als de berg niet tot Mohammed komt, zal Mohammed tot de berg gaan”*

Figure 2.6.1  
| If the elderly are not able enough to access the public spaces to get social interactions in their direct surroundings, then the direct surrounding / society should go to the elderly.

## 2.6 Goal

The aim is to ensure that the elderly fellow human being continues to interact passively and physically with their environment from their living situation, in his / her desired way, to increase a sense of belonging to the neighbourhood, despite the limitations associated with old age.

Reducing the distance of the elderly towards their neighbourhood bring the elderly's mental and physical health back into their daily lives. Research has shown that a better sense of neighbourhood means better physical and mental health. It provides lower stress levels and more social support and physical activity (Young et al. 2004).

In this research report, architectural solutions are sought to reduce the distance between the elderly and their neighbourhood. Like the dutch saying: *“Als de berg niet tot Mohammed komt, zal Mohammed tot de berg gaan”*. If the elderly are not able enough to access amenities and facilities or have social interactions in their neighbourhood, then the direct surrounding/ society should go to the elderly. The architecture and their direct surrounding play a meaningful role in the interpretation of the daily lives of individual seniors due to their age-related limitations.

## Research & methods

### 3. Research & methods

#### Introduction

This chapter zooms in on the research methods that I used for my research. The process from week 1 to period 3 of MSc 4 is evaluated and critically reflected. Why are the methods I used useful and to what extent can these research tools add and change my design result. To conclude, various existing examples of housing for the elderly are reflected and compared with my own research / design process .

This paragraph shows the learning process in the context of the course Research Plan, the research methodology of this research and the organization of research and design of my graduation project in general. After that, the research methods of this project are critically examined and these methods are considered in a wider frame to compare other research and design practices for elderly and care in architecture.

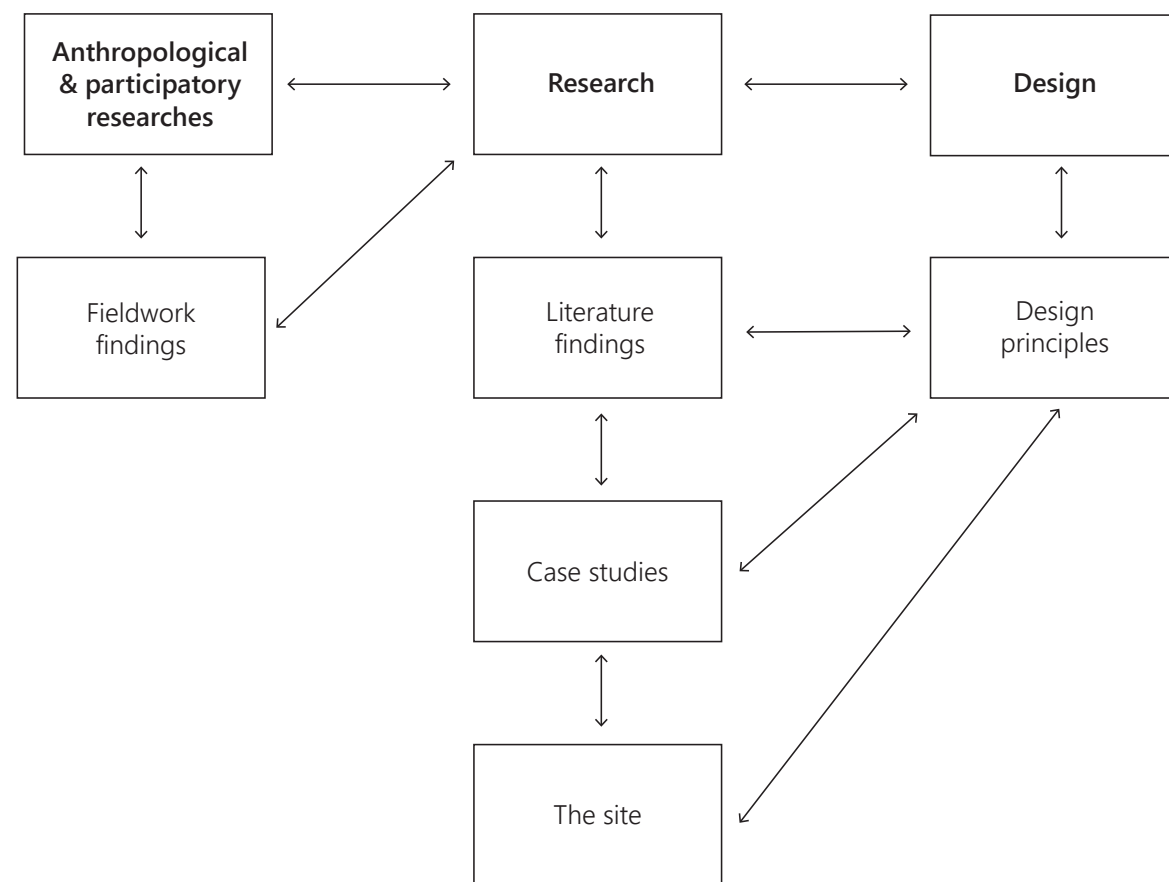


Figure 3.1.1  
| Organization research and design

### 3.1.1 Learning process and reflection

The aim of my thesis is to develop a vision for the elderly people supported by findings of my empirical and literature studies. In my case my vision is to reduce the distance between the elderly and their living environment by creating attractive meeting places in which the elderly can easily interact with their immediate living environment in her of his desired way.

The start of the graduation project focuses on investigating the current issues of living conditions of the elderly through anthropological methods. These methods consisted of neutral observations, participant observations and interviews which were crucial to get the first findings of my fieldwork research. Thanks to Habion's collaboration we were -as students- able to experience for ourselves how life in nursing houses worked. During the fieldwork period I could stay in the nursing home 't Kampje in Loenen aan de Vecht. During these observations assignments I got more knowledge of the elderly's behavior, preferences and barriers in their daily lives. The observing methods and interviews were my instruments of understanding the praxeology of the elderly.

In order to compare the results of the observations and interviews I filtered some topics and I compared these topics together in diagrams, words and drawings. The topic for instance: daytime activities, interaction with their living environment and so on. The interviews were

a part of my qualitative research to get more knowledge about the elderly's preferences and barriers.

However, the results of the observations and interviews during the fieldwork are assumptions of a small proportion of the total population group of older people. Therefore, the results are not fully reliable for use as a basis in my research. These assumptions must be supported by literature research of previous studies is this topic is urgent for the whole elderly population of the Netherlands. [The results can be found in essay 1].

Looking back at the interaction of anthropological studies and my literature research makes the subject very personal and scientific at the same time.

Secondly, the plural literature is based on quantitative researches and mainly written by social scientists. These disciplines have not a direct connection with the field of Architecture. The challenge in my research process is to succeed to bridge the gap between different disciplines from social and political disciplines to the interpretation of Architecture and environment.

My own interpretation was leading for the outworking of my design principles. My findings from literature research can be solved by different architectural ways and other problems cannot solved by architecture. Chapter five consist my own design solutions are worked out and is therefore partly subjective. In addition, I also analyzed existing elderly home typologies to gain knowledge of existing design solutions. Through several case studies



of current houses for the elderly, I increase more insight about the types of buildings and projects (typology) in Architecture.

### 3.1.2 Research methodology

Keywords: Anthropologically, praxeology, typology, phenomenology

As mentioned in paragraph 3.1.1 the first weeks of the graduation project were consisted of anthropological methods to get more know-how about the specific target group: the elderly. During the start of this project we got several assignments to work with neutral and participant observations of people and their environment. During these exercises I made drawings, notes and pictures to get my observations visual without judgement. Through observations I got an objective perspective in different situations and additionally I got some information to compare these results to formulate conclusions about elderly's behaviour (praxeology). Neutral observations were useful during the fieldwork period in the nursing house because this method can be used every moment. Besides neutral observations could also take place while watching documentaries and films and reading novels related to elderly's limitations and illnesses.

Thereby, through participated observations I was able to experience how it was dealing with aging associated diseases. These assignments were consisted of limitations of sight or physical capacities. (Luckily) it was my first time to experience the difficulties of moving myself in a wheelchair or stroller and it was really useful to understand the barriers and preferences of the elderly in their living environment (inside and outside). Besides, participating with the elderly activities like card games, memory games and coffee breaks was helpful to get more information about the praxeology of the elderly lives.

The small talks and these observations with the elderly gave me a first impression of the senior people. However, I needed longer contact moments to conduct qualitative research. An obvious qualitative research method was therefore to conduct an interview to get more knowledge on a specific topic related to the elderly. In preparations for the interviews during the fieldwork period, Marlous and I prepared questions divided over four topics: architecture, interaction, habits and emotions. As a result to compare the results of the interviews in order to find similarities about the behaviour and preferences or barriers of the elderly.

In summary, the results of the observations and interviews were my guiding line to formulate the research question in this research booklet (anthropology and praxeology researches). To prove the results above I compared the results with literature and existing elderly home typologies. The results of my literature study are the theoretical conclusions of quantitative studies by

social scientists. The literature results are reliable and provide more information on a broader spectrum. In order to translate the results of social studies into practices in architecture my own interpretation was leading. Thereby I analyze existing elderly care building through case studies to understand the typology and phenomenology in order to get more grasp about the design solutions to this particular age group. The methodology and methods I used in my research are summarized in the table on the right:

### 3.1.3 Theoretical framework

In this research I focused on new forms of living for the elderly to connect the elderly population with their direct living environment in order to decrease the social distance between the elderly in their living environment. In the upcoming years a large part of the Dutch population would be older than 65 in due to the baby boom generation, and that is why the question of a pleasant and personal quality of living environment for this generation is even more urgent. Thereby the current care policy would also change in due to the growing number of elderly people, this because the current care policy can no longer work effectively. Therefore the elderly people have to live longer independently (even they need more care support) and the risk of loneliness is becoming greater. Compared to the praxeology of other elderly nursing homes, my main theme is based from the user (the elderly) and not based from the demand of the current medical system or other interested parties. For example: 'The Kulenburg' is a the biggest elderly care complex of my childhood city, in Culemborg. The nurisng home is practically designed from a care perspective. The quality of the homes of the residents and the control over the residents' own lives is less important.

Nowadays, there is a rising demand for changing the current elderly housing system. Various examples of different typologies are coming into practice. There is interest on new forms of living for elderly in due of more personal housing (user central) and decreasing the social and physical distance of the living environment of the elderly. For instance, the so-called Knarrenhof is an self-organized party represented by elderly. This organization focused on the needs of the elderly and because this organization is organized by the target group itself and they can fulfill their own wishes and interests in their home. This is an example of personal housing based on the demands of the user. The typology of these houses are also different that the regular nursing homes. An example to increase the connection between the elderly and their neighbourhood, is the nursing house 't Kampje of Habion which integrate the public library facility directly with the elderly houses designed by Atelier Pro. By placing a public facility like the library together in a dwelling building of the elderly encourage the interaction between the fellow residents

<b>Anthropology</b>	<b>Praxeology</b>	<b>Typology</b>	<b>Phenomenology</b>
Neutral observation (direct surrounding movies, documentaries, novels)	Neutral observation (direct surrounding, movies, documentaries, novels)	Analysing case studies (types in architecture)	Analysing case studies (Genius loci of architecture)
Participant observation (experiencing disabilities)	Participant observation (joining activities (games and small talks together with the elderly)	Mapping of space (types environment)	Mapping of space (Genius loci of environment)
Interviewing the current elderly (fieldwork)	Interviewing the current elderly (fieldwork)	Literature	Literature
Interviewing the upcoming elderly (see appendix A.2)	Literature		

Figure 3.1.2 | The methodologies and methods of my research

of their living environment. The renovation project of 't Kampje started with a 8-week workshop with two architects on location, in which the dialogue with residents, the neighbourhood and the staff was mainly important to get everyone's wishes above the table. Together with students of Academie of Bouwkunst, Habion succeeded to get a new design with a view to the future (Atelier Pro, 2016).



Figure 3.1.3 | Nursing home, The Kulenburg (Google, 2020)



Figure 3.1.4 | Elderly houses, The Knarrenhof (AD, 2019)



Figure 3.1.5 | Nursing home 't Kampje (Atelier Pro, 2016)



## Theoretical findings

# 4. Theoretical findings

## 4. Introduction

During the fieldwork period, the segregation of the elderly and the environment (neighbourhood) was very large. This section presents theoretical results and architectural solutions to reduce the distance between the elderly and their immediate environment. First of all, this is done with two essays. The next paragraphs are the results of these literature studies translated into architectural and design principles and examples of case studies.

However, my main theme was developed through the observations and interviews during the period that I was staying in a nursing home and due to special circumstances of the corona measures I wanted to check whether this problem is urgent and reliable for the whole elderly population of The Netherlands.

In order to gain a broader insight of 'the elderly' and the related age limitations of this target group, Essay one describes the current Dutch elderly care system and the position and care system of the elderly over time. The main question is therefore:

*To what extent has the housing task and position of the elderly changed over time and what can we learn for in the future? "*

The second essay provides the theoretical definition of distance. And to what extent could the architectural design reduce the distance. The main question is therefore:

*Which architectural conditions are set to reduce the social and physical distance of the elderly towards society?'*

## Essay one

4.1 Essay one: Dutch elderly care system and position of the elderly over time

### *Abstract*

The population of the Netherlands is ageing and the elderly are also getting older due to better care. As a result, the pressure of elderly care is increasing and at the same time, there are also fewer caretakers in the proportion who can care for the elderly. Therefore, elderly people, have to live longer independently (even they need more support). In the coming years, there will be an increasing demand for new concepts for the elderly because the current policy has many disadvantages for the elderly. A lot of loneliness occurs in the elderly and due to the new 'Living Longer' housing policy for the elderly, loneliness will still increasing.

Essay one focus on the position and demographic development of the elderly in the Netherlands today, in the past and the future. The research question is: "*To what extent has the housing task and position of the elderly changed over time and what can we learn for in the future?*". The first paragraph discusses the demographic developments and diseases of old age, now and in the future. The second section takes a closer look at the position and housing of the elderly from the 14th century to the present day. In the last section, a conclusion is drawn about what we can learn from the developments in the past and now and say for the future. Here is also an answer to the research question.



Figure 4.1.1  
| Elderly care (SCP, 2017)

## 4.1 Dutch elderly care system and position of the elderly over time [essay one]

Keywords: *history, care system, the elderly, independent elderly housing, 'living longer' policy,*

In order to answer the research question – how architecture can make a positive contribution to the housing task of the elderly and improve the position of the elderly towards the society - this chapter describes the position, developments and policy agreements of elderly in order to understand the development over elderly housing over time.

The main question of this essay is: *'To what extent has the housing task and position of the elderly changed over time and what can we learn for in the future?'*

In the first paragraph we consider the current demographic developments and the related elderly problems in the Netherlands. The subsequent paragraph considers the development of the elderly policy from the 14th century until today compared with the position of the elderly over time. Finally, the main question of this essay will be answered and the final figure summarizes these paragraphs shortly.

4.1.1 Current life expectancy, aging and loneliness in the Netherlands

The aging expectancy is extremely increasing

compared to centuries ago. More than hundred years ago, the demographic peak for men was 46 years and for women 49 years old. Nowadays the average life expectancy is more than 30 years longer. But the big question is whether a longer life means a longer healthy life as well?

On basis of various studies, people predict that the average Dutch person will live a healthy life for about 61 years. Thereafter people might be dealing with short-term or long-term mental or / and physical limitations. According to Schuijt-Lucassen et. Al (1997) elderly spend an average of 1 year and women 2.6 years of their life in hospitals and nursing homes. In other words, in general every person will need more or less outside care in the last quarter of life. The demand for care facilities will increase due to the higher life expectancy. It turns out that this demand is relatively highest for older people who are single and / or less educated. The elderly who are alone need more help because they cannot get extra help from their partner. Various studies show that the higher educated older people are ten percent less likely to need help later than the lower educated. Several studies suspect that highly educated people can purchase more technical tools to make life easier and easier because they generally earn more (Schuijt-Lucassen et Al, 1997).





Figuur 4.1.2  
| Charity houses: courtyard of Gratie in Delft in 1554-1964 (Rijksmonument, 2020)



Figuur 4.1.3  
| Old men house in Amsterdam in 1920 (SCP, 2017)

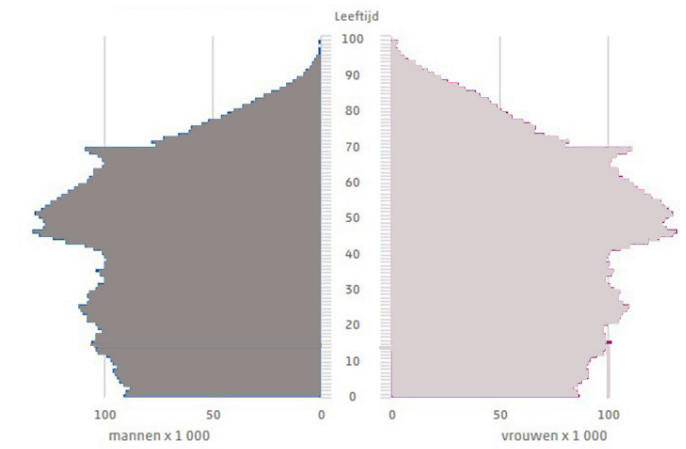
In 2019, there were more than 3.2 million people over 65. The amount of elderly is expected to increase to 4,7 million of a total 17,8 million inhabitants of the Netherlands in 2040. That 150% more elderly people than nowadays and that is more than a quart of the population of the Netherlands. In other words: The Dutch population is ageing (vergrijzen), which means that the number of elderly people in the total population is increasing. (Sociaal en Cultureel Planbureau, 2020). See figure 4.1.4.

Thereby research shows that besides -the need for growing care system from the outside- loneliness is a growing problem in the society. Particularly with elderly single people. The network of single elderly people is shrinking over the years due to the loss of partner, family and friends. This can include social as well as emotional loneliness. Social loneliness means the number of acquaintances, colleagues, neighbours that a person has in his environment. Emotional loneliness is about the quality of the realized relationship with acquaintances, colleagues or neighbours (Beijerling, J et. Al, 2013). Furthermore, making new contacts is more difficult for elderly people due to physical or mental limitations. Figures from the Social and Cultural Planning Office of the National Government (Rijksoverheid, 2020) show that the majority of the senior citizens continue living independently in their homes. More than one in seven elderly resident in an independent home receives rarely or never visitors. Thereby most elderly people do not visit others as well (Rijksoverheid, 2020). Therefore the loneliness of the elderly is a major problem in the Netherlands, all the more the people in this age group are increasingly dependent on help of others.

#### 4.1.2 Access to home care for elderly from the fourteenth century until now

To gain insight into how nursing homes and other types of elderly home establishments came into existence, we look back to the first residents of nursing and care homes in the history. Questions like: which elderly people had access to care in these homes? and how has it changed over the years? This paragraph gives a brief impression of the changes that care home care for senior citizens has undergone, thereby placing the situation of current residents of nursing and care homes in a broader perspective.

The first forms of nursing homes and care homes have been around since the fourteenth century. These houses were comparable with a shelter home accessible for pilgrims and homeless poor, and therefore these houses were not only intended to house the older part of the population. The houses consisted mainly of charity and initially belonged to guilds that set up these houses. From the fifteenth century onwards, there was a division into houses for the poor and rich elderly. There



Figuur 4.1.4  
| Ageing figure through population pyramid (CBS, 2020)



Figuur 4.1.5  
| Resident of the Doopsgezinde blok hofje in 1904 (Haarlemshofje, 2019)

were old men houses (oudemannen huizen) and old women houses (oudevrouwen huizen) where shelter was offered to the very poorest, and beguinages (for women) and proveniers houses (for men) that provided care for wealthier elderly who could afford it themselves. In the nineteenth century the old people's houses became more and more crowded. A response to that the government decided to usher a new law in the middle of the nineteenth century called the Poor Law, which means that the family was fully responsible for the upkeep of the older part of the population; the so-called maintenance obligation. This law made sure that the tax no longer had to pay everything alone. Only the elderly who had little financial and had no family to help out, they moved to old people houses. Men and women, and even married couples, were still separated in these homes. Thereby in these houses, elderly people were still found polluted, lonely and neglected.

Willem Drees, who created the Emergency Law Retirement Provision Act (Noodwet oudersdomsvoorziening) in 1947, formed the basis for the so-called AOW, the collective retirement pension



that was introduced in 1957. The Emergency Law Drees Act was a benefit for men and single women aged 65 or older without sufficient income of their own. This was the first principle of the welfare state of the Netherlands as we know it today. A state that takes responsibility for taking care of the individual, and removed the individual responsibility from the citizen. From that time, the nursing home has also been the dominant form for elderly care for over thirty years. This system arise at a time when care policy was thought of a closed circuit: a comprehensive set of standard facilities that elderly -as they needed more support in care- had to take. On the first of January in 1997, the Old Age Homes Act (Wet op de Bejaardenoorden, WBO) is repealed. On the one hand for financial reasons and on the other hand the insight that the needs of the elderly are much more personal than was thought in the '50 and '60. There was a need for more privacy in the nineties to a response in the form of private rooms and later separate houses. That a good offer is a tailor-made offer.

From the withdrawal of the Old Age Homes Act (WBO), the government has encouraged independent living. According to Willemijn Floets (2014), various authors speak of a "two column model" that was drawn up by the committee at the request of the Ministry of Welfare, Health and Culture (Ministerie van Welzijn, Volksgezondheid en Cultuur: WVC). This model means that, on the one hand independent housing for the elderly is central (included public housing), and, on the other hand, care can be provided by customized institutions. The government, the municipalities and a series of social parties have put together a 'Longer Living' program aimed at optimally improving care and the living situation for the elderly. In particular, the growing group of elderly people who live independently and need support from certain care. The program invest in homes that match with their personal needs. Currently, 92% of the current over-75s live indepently (Rijksoverheid, 2020). Earlier is in this research discussed that the demand for care will increase due to the growing group of single elderly people. According to the SCP, 38% percent of this group is highly vulnerable. This means that by 2030 approximately 1 million elderly people will be in need of care. Additionally, the number of available informal carers will decrease in the future, There is a need for new policy that offers solutions for growing care for the elderly while the availability of informal carers decreases.

The involved parties and / or organizations care providers, social district team, welfare workers, municipalities or insurers are responsible for the development of this new policy that builds on the 'Longer Living' program, which provides direction and frameworks for the new development of The Netherlands. Part of this new policy is the search for housing options for the elderly that are tailored to their personal needs. Chapter 5.2, I will investigate the

further elaboration for the new housing options.

#### 4.1.3 Conclusion

To answer the main question of this essay:  
*'To what extent has the housing task and position of the elderly changed over time and what can we learn for in the future?'*

I cut the research question into three sub-questions  
*a. Which manifestations of housing for the elderly have we known in the Netherlands?*  
*b. For what reasons did the manifestations in housing for the elderly change?*  
*c. Which instrument can be used for the future?*  
*The sub-question above will be answered below.*

4.3.a  
 Is answered through figure 4.1.6.

4.3.b  
 Firstly, the appearance and typology of elderly houses are a respond to the demographic developments and social trends which are determined by legislation and several government fundings. For example, the large scaled houses (bejaardenhuizen) in the 60's were a respond of the increasing amount of senior people in that time. Thereby, the changes in the housing types of the elderly are often a reaction to the foregoing housing task: the demand for small-scale design in the 90s was a response to the large scale design of the 60s and 70s (bejaardenhuizen) which are designed through the medical system.

4.3.c  
 It is quite uncertain to predict exactly how future developments will differ in terms of demographics and trends. However, the developments regarding the aging population and shrinkage in several places in the Netherlands to 2040 seem fairly certain. The specific design of the measures depends on the political composition of the government.

How these changes will affect the final forms of housing for the elderly is the most uncertain part. The babyboom generation of the 50s will reached its peak until 2040. In the next decade the phenomena of double aging will become more noticeable; the group of senior people over 65 in the Netherlands will increase, as will the group over 80 years. This will lead to increasing pressure on all variants for housing for the elderly and care systems, therefore, the independent living system will dominate the type of elderly housing. The sheltered housing (aanleunwoningen) would become more common instead of nursing homes. Thereby upcoming years the amount of care takers will decrease. With the availability of less care staff, the remote of use in technology and care might become more meaningful. The elderly will live longer in their own house and help of cares from family, friends and neighbours will be more important in their living environment.

period	institution	admission criteria	type of residents
14th century	workhouse, old men and ladies house (courtyards)	poor and homeless	pilgrims and homeless poor
15th century	beguinages and proveniers houses	age and income	poor old men and ladies or rich men and ladies
16th century			
17th century			
18th century			
19th century	nursing homes	health income	longterm hospital clients
60s 70s	retirements homes sheltered and nursing homes	age age and health	retirements elderly with health problems
20th century			
NOW	sheltered and nursing homes	health	elderly with serious health problems
future	to be continued..		

Figure 4.1.6  
 | Timeline of aged care in institutions, admission criteria and type of residents  
 (source: SCP, 2017)

## Essay two

### 4.2 Essay two : Social and physical distance of the elderly in their neighbourhood

#### *Abstract*

A clear segregation can be observed between the current elderly and the immediate environment. This is partly due to the design and care system for housing for the elderly in the Netherlands. The immediate environment is increasingly important for the elderly due to limited mobility and other age-related diseases. As a result, the interpretation of the design of the direct surroundings is an important topic for architects to offer possible opportunities for the elderly to easily interact with the immediate environment. This essay describes the effects of social and physical distances towards the scale of the neighbourhood and identifies the spatial and social conditions to provide accessible social encounters for the elderly.

The main question for this essay is: *"Which architectural conditions are set to reduce the social and physical distance of the elderly towards society?"*.

In the first two paragraphs, I consider the influence of social and physical distances in general. The third paragraph describes the spatial conditions for designers to reduce these distances in practical and finalize with a short conclusion and answering the essay question. In the last paragraph I applied my findings with the spatial proximity of my design location shortly. This essay concludes with an overarching conclusion and the main question will answered





Figure 4.2.1  
| Elderly behind the geraniums (NH, 2020)

## 4.2 Social and physical distance of the elderly in their neighbourhood [essay two]

*Keywords: social distance, physical distance, spatial conditions, social conditions.*

Older adults tend to rely more heavily on their local environment for day-to-day activities because they suffer from related age-related disease and older people spend more time in their own neighbourhood than younger people (Blokland, 2005). The neighbourhood makes it possible to provide social encounters in its spatial proximity. Research has shown that a better sense of neighbourhood means a better physical and mental health. It provides lower stress levels and more social support and physical activity (Young et al. 2004). However, the abundance of the current nursing homes are arranged as a medical system which has an isolated design towards their direct living environment. Thereby many senior citizens who still live at home have physical difficulties to participate easily in their neighbourhood. Lastly several studies show that mental illness like loneliness is a growing problem in the society. Reducing the gap between the elderly towards their neighbourhood improves elderly's mental and physical health into elderly's daily lives.

In order to answer the main research question – how architecture could make a positive contribution to the elderly's housing task and improve the quality of living environment of elderly by strengthening the connection between the elderly towards the environment and

increasing the sense of belonging to the neighbourhood – this essay describes the effects of social and physical distances towards the scale of the neighbourhood and identifies the spatial and social conditions to provide accessible social encounters for elderly.

The main question of this essay is:

*'Which architectural conditions are set to reduce the social and physical distance of the elderly towards society?'*

The concept of "distance" relating to humans is characterized by the amount of intimacy of personal and social relationships in measurable terms. For this research the distance will be defined in terms of 'physical' and 'social' distances.

In this essay social distance is defined in terms of feeling less involved in something and distancing yourself from something/somebody. (Dubbeldam, 2007)

Physical distance is an objective distance between physical space to person to person or person to object. (Dubbeldam, 2007).

In the first two paragraphs I consider the influence of social and physical distances in general. The third paragraph describes the spatial conditions for designers in order to reduce these distances in practical and finalize with a short conclusion and answering the essay

question. In paragraph 4.2.4 I compared my findings with the spatial proximity of my design location shortly.

#### 4.2.1 Social distance in spatial proximity

Spatial proximity and social distance often goes in harmony in the neighbourhood. Residential areas in cities often consist of a melting pot of different backgrounds and/or age groups. The question of how solidarity and involvement can develop between each target group in the spatial area is not something new for this time (if the circumstances of Covid-19 are ruled out, nowadays it is more challenging to have spontaneous social interactions). As far back as the nineteenth century, this issue was topical when the industrial revolution enabled the development of new cities. This revolution brought job seekers from different backgrounds to live together. People lived no longer in relatively closed traditional village communities but they lived in clustered neighbourhoods in which everyone has a different background (Veldboer, 2010). According to the German sociologist Simmel (1903/1969), human social behavior is influenced by spatial proximity of the surroundings. He found out that at the scale level of the neighbourhood the spatial proximity of social distances are visible and tangible. People become aware of the differences from each other. On the one hand Simmel states that the overwhelming bustle which can be experienced in these new 'cities' and streets reinforced in the need for individual mental distance.

On the other hand, the hustle and bustle and multiplicity of the city and the street made it possible to reduce social distances. Simmel compared the city as a crossroad of social spheres like a stage for all kind of confrontations and encounters that people entered into with each other. He called this phenomenon as "Kreuzung sozialer Kreise", This create new associations based on affection and / or shared interests. According to Simmel, the spatial proximity in these neighbourhood as a mentioned before increased and decreased simultaneously the social distances between the different people groups (Veldboer, 2010). The last observation of Simmel has a big connection on the level of urban planning and architecture. The challenge of spatial design is to find a balance between desired individualism and support social encounters. According to Gehl (2011) is the importance of a good urban design to encourage people to spend time outdoors This results of quality of life for the city dwellers (Gehl, 2011).

Senior citizens tend to rely more heavily on their local environment for day-to-day activities. Physical activities are extra challenging for the elderly because they have more and more difficulty walking. Walking is the most common form of physical activity among adults. Based on this, we can conclude that besides -their home situation- the immediate living environment generally plays an important role for social interaction for the

elderly, integrating activities and encouraging social encounters as mentioned above could be a solution to decrease the social distance between the elderly towards their living environment. In paragraph 4.2.3 shows more detail spatial outdoor guidelines for designers

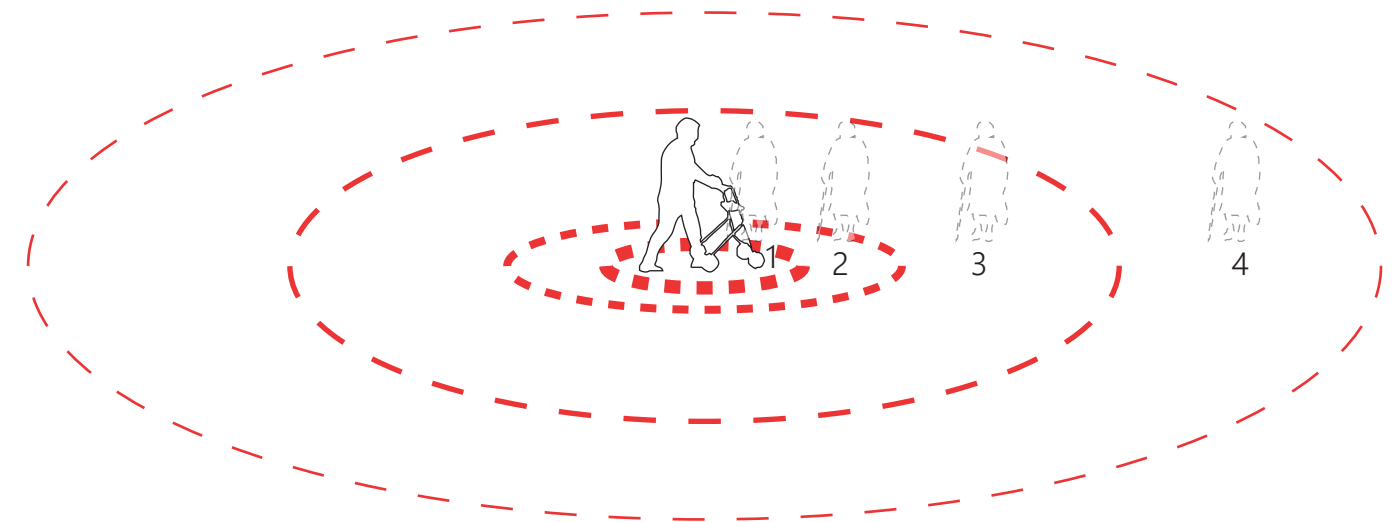
#### 4.2.2 Physical distance and privacy

Physical distance is an objective distance between physical space to person to person or person to object. This distance ensures that a certain degree of privacy is maintained (Dubbeldam, 2007).

Physical distance from person to person is partly determined by the size of the distance where people can meet. Each person keeps some distance between themselves and the other, depending on the relationship and the situation will these distances change. According to Hall (1966) can four types of zones of distances be distinguished: the intimate zone, the personal zone, the social zone and the public zone. The personal distance regulates the physical distance from person to person and ensures that one retains a certain degree of privacy. See figure 4.2.2 to see the different zones that people used in social interaction. The distance we maintain from the people we communicate with shows the relationship we have with them and the contact we wish to have with them at that moment. We constantly adjust our distance from others, depending on the situation in which we present ourselves and the extent to which we feel comfortable (Hall, 1966).

According to Gehl, the distance from recognizing things is an important factor. According to Gehl, people from 100 meters can distinguish between plants and animals. Below 25 meters, people can recognize each other's facial expressions. According to Gehl, these are important distances to take into account when you want to design spaces and feel safe. (Platform 31, 2021). As mentioned in paragraph 3.2.1, people are increasingly living closer together at the scale of cities. At the same time people try to create their own territory and its demarcation become very important. Some people used different kind of objects in order to create some physical distance. The Netherlands is one of the busiest inhabited western countries in the world and is therefore a precursor to demarcation in different ways of its own spaces in relation to high density inhabitants. The spaces between private and public are important to avoid demarcation of spaces.

According to Platform 31 (2021), the ideal transition zone size is 1 to 2 meters. This measure also yields the greatest satisfaction among residents. With this measure, you ensure that residents place a personal transition zone. A threshold zone that is too small means that there is not enough space for your personal belongings. A threshold zone that is too large will feel like a front garden so that your privacy will once again



1. the intimate zone (0-45 cm)
2. the personal zone (45-120 cm)
3. the social zone (120-360 cm)
4. the public zone (360-750 cm or more)

Figure 4.2.2  
| Different types of physical distances (Hall,1966)



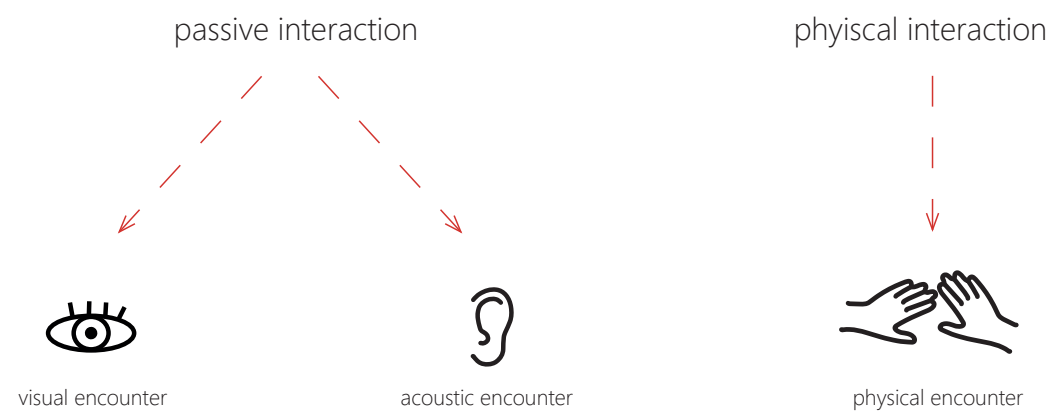


Figure 4.2.3 | Passive and physical interaction (Gehl, 2011)

be cradled. And then the threshold zone is no longer a semi-private and public space. (Platform 31, 2021). See paragraph 4.2.4 for some examples of boundaries of gardens in the design site area Driebergen.

#### 4.2.3 Spatial outdoor guidelines for designers

According to sociologist Simmel (1903), the social distance might be reduced by applying spontaneous encounters in cities. The busiest spots in cities are the 'stage' of spontaneous encounters. Besides, according to Gehl (2011), the shape and appearance of the built environment influences the amount social interactions of people. Gehl (2011) adds these day-to-day interactions in ordinary neighbourhoods determine the quality of life for most of humanity.

Moreover, according to Gehl (2011), you have different forms of contact, the passive and the physical contact, which are determined by the degree of intensity of the contact (physical and passive encounters). Passive contacts are seeing and / or hearing people and are very important for people's social satisfaction. We speak of visual encounters when a person can see other people and acoustic encounters when a person can hear other people. Visual and acoustic encounters can therefore take place simultaneously. Passive encounters inspire people and provide information / impulses. Regular eye contact with neighbours already makes a

positive contribution to have sense of belonging to the neighbourhood. You will recognize the local residents by face. This can contribute to a sense of security and feeling "at home" (Blokland, 2008). Passive encounters also make a positive contribution to people with forms of dementia because they keep receiving new stimuli. By means of passive contacts, a person can take some actions (movement) and it could also lead to a higher intensity of contact forms: physical encounters. This involves action by two or more people through physical contact. (Gehl, 2011).

Gehl (2011) distinguishes three types of outdoor activities: necessary activities, optional activities and 'resultant' activities (social activities).

*Necessary* activities include those activities which are more or less compulsory, think of doing groceries or go to your university. These activities will take place throughout the year, under nearly all conditions, and are more or less independent of the exterior environment. The physical design is less important in this form of outdoor activities because the participants have no choice.

*Optional*: according to Gehl, activities are those activities in which people participate when there is a wish and when time and place make it possible. These activities include a walk to get some fresh air or sunbathe in a city park. These activities take only place if the outside conditions are optimal, people must be seduced by

	Quality of the physical environment	
	Poor	Good
Necessary activities	●	●
Optional activities	●	●
'Resultant' activities (social activities)	●	●

Figure 4.2.4 | Three types of activities (Gehl, 2011)

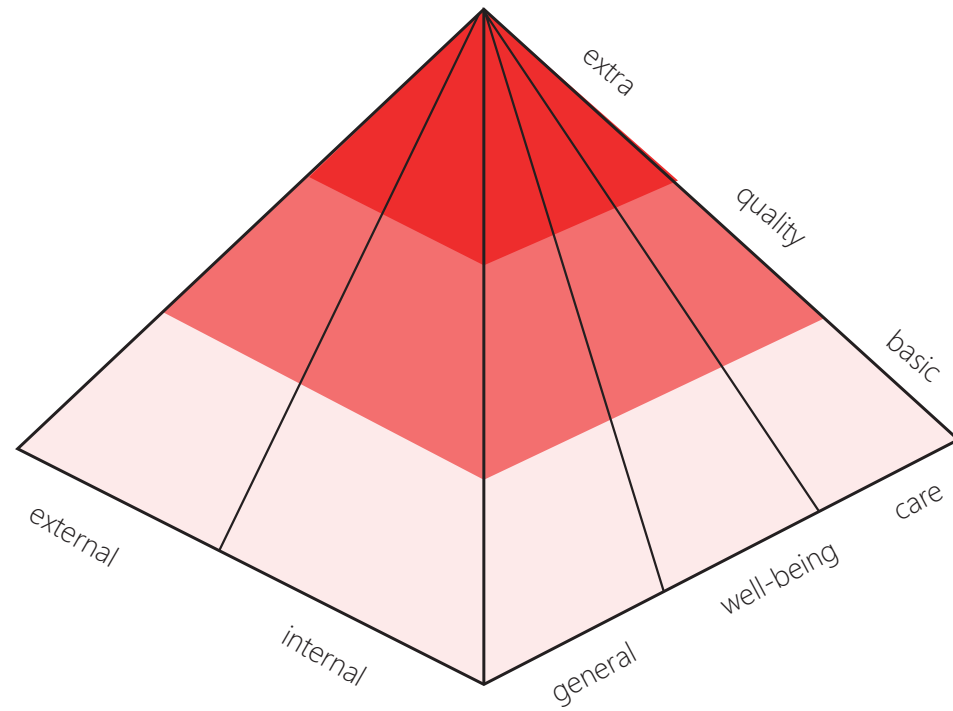


Figure 4.2.5  
| Amenities level in a need pyramid of Maslow (Spierings, 2014)

place and external influences: the weather plays an important role for optional activities. If the physical environment is attractive enough to the people, they will go outside with it; if not, they don't. According to Gehl should these places be inviting but non-committal, from very simple contacts and unplanned meetings. Just seeing and hearing people and being among other people can involve feeling emotionally and stimulating connections. The quality of the outdoor spaces determines if people want to stay there, optional activities are increasingly common. In addition, the number of social activities usually increases as the level of optional activity increases.

*Resultant* activities are related to all social activities that depend on the presence of others in spatial proximity. These activities consist of different types of activities and places: for example, the private outdoor areas, like courtyards, gallery corridors and so on. The word "resultant" means that these activities are constantly evolving from activities. The activities are interconnected because people are in the same space, meet each other, pass each other. They develop in conjunction with the other activities because people are in the same room, meet, walk past each other or are only in sight. Most of these activities are spontaneous. (Gehl, 2011)

However these activities might sound as separated categorizes, these types will overlap; and it will influence each other. According to Gehl (2011) the life between the building is not merely pedestrian traffic,

recreational traffic or social activities. Life between buildings comprises the entire spectrum of activities, which to make communal spaces in cities/villages/ neighbourhoods meaningful and attractive. Thereby, spaces should be accessible for everyone. According to Gehl (2011) could give a good design bring people in contact with one another regardless of gender, age, income, sexual orientation, occupation, nationality, immigration status, and ethnic group (mixed age groups) (Gehl, 2011).

The necessary activities is according to Gehl as a daily activity in which the quality of the physical environment has less influence on human behaviour. However according to VACpuntWonen (2020) through adding facilities to the residential areas, like mixing functions, could create commotion and stimulates conversations with the locals. According to the residential quality methods of the VACpuntWonen, functional mixing has a positive effect on the living quality as long as the functions do not adversely affect the living climate. (VACpuntwonen, 2020). According to Blokland (2008), mixing of functions also means extra social control and social safety. The design of the public space and the range of facilities, just like target groups mixing, makes a positive contribution to the environment.

In figure 4.2.5, the pyramid of Moore (2003) has divided the living quality of an elderly residents and the level of facilities into different categories: external, internal,

	General	Well-being	Care
Basic	Stores (ZGN, KB) Public transport (ZGN, KB)	Living room (KCWZ) Recreative activities (KCWZ, KB) Wellbeing elderly (KCWZ)	Immediate emergencies (KCWZ) Care support centre (KCWZ) Alarm (KCWZ)
Quality	Reception (KCWZ, ZGN) Housekeeper (ZGN) Laundry service (ZGN, KB) Atrium / winter garden (KCWZ)	Hairdresser (ZGN, KB) Wifi spaces (ZGN) Silence and prayer rooms (ZGN, KB) Mental care (KB) Cafe (ZGN, KB) Restaurant (KCWZ, ZGN) Smokers spaces (ZGN)	Sleep watch (KCWZ) Domestic help (KCWZ) Meal service (KCWZ) General practioner (KCWZ) Physiotherapy (KCWZ) Staff availability 24 hours (KCWZ, KB) Group care / day care (KCWZ) Care (KCWZ) Nursing (KCWZ) Accompaniment (KCWZ)
Extra	ATM / bank / post facility (ZGN, KB) Reception available 24 hours (ZGN)	Pedicure (ZGN, KB) Library (ZGn, KB) Fitness (ZGN, KB) Beauty salon (KB) Swimming pool (ZGN, KB)	Office of domestic help (KCWZ) Dietician Occupational therapy (KB) Speech therapist

KCWZ = Kenniscentrum Wonen - Zorg  
KB = Kies Beter  
ZGN = Zorg gids Nederland

Figure 4.2.6  
| Facilities according to the KCWZ, KB and ZGN linked to value for the environment (Spierings, 2014).

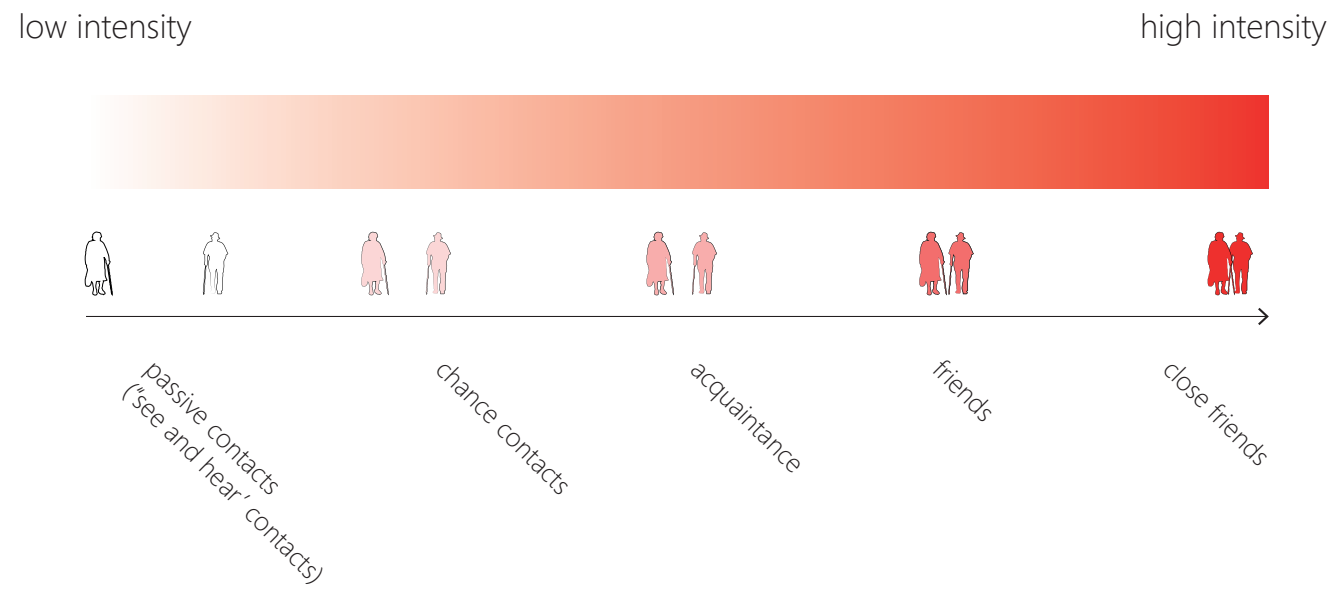


Figure 4.2.7  
| The frequency of passive contacts can grow from acquaintances to close friends (Gehl, 2011)

general, welfare and care. Like Maslow's pyramid (1943), these categories are subdivided in a hierarchical order. At the bottom of the pyramid, the basic facilities are translated and the facilities which are located higher in the pyramid, will give the residential quality of the neighbourhood better. In addition, the heading "extra" is seen more as an unnecessary extra . In figure 4.2.5 the functions of this pyramid are further explained by means of figures from the database of residential care complexes of the KCWZ, KiesBeter and the Zorggids Nederland. In figure 4.2.6 a three-way division into categories is used for general, welfare and care facilities. The internal and external elements have been translated into how far the residents' facilities are towards their homes. The database assumes that the facilities are either internal or external within a walking distance of less than 400 meters. (Spierings, 2014).

Seniors citizens often combine social activities with functional activities. The unplanned meetings will take place on the route, at an activity or in the facility (Veldacademie, 2016). The places that encourage the unplanned encounters must be recognizable, easily accessible, have enough space and must seduce people to stay there longer. If the place meets the above characteristics, it is seen as the ideal meeting place (Veldacademie, 2011). Several studies show that unplanned encounters by seniors most often occur in public spaces because that is where most encounters

occur. There is often no specific meeting space in the neighbourhood, but there are many public spaces, facilities and places where people can meet each other (public transport, bus stops, etc.). A large proportion of the elderly have too many physical limitations, which makes meeting places difficult to reach. Therefore it is really important for this target group to apply certain interventions that stimulate unplanned meetings in a residential building, and not only outside (Veldacademie, 2016).

Of course it is difficult to indicate exactly the need for contact. In the figure below represents different kind of contact. Primarily the low-intensity contacts like passive contacts should be located in the outside surroundings (Gehl, 2011). However, unplanned meetings with passive contacts indoors are also important for this agegroup. The frequency of these (unplanned) encounters stimulate recognition, a sense of neighbourhood, but can also lead to better social contacts. See figure 4.2.7. Thereby these low intensity contact offers an opportunity to be with others in a informal way. Gehl (2011) notes even looking out of the window now and then, is already enough to have the feeling of being with others. Being among others, like seeing and hearing others, receiving impulses from others, imply positive experiences, alternatives to being alone.

Thereby, according to Gehl (2011) higher residential buildings or narrower residential lots will result in



Figure 4.2.8  
| The sense of feeling belonging and being among others (NH nieuws, 2020).

more house units per linear foot of street frontage and more people walking on the street. The people who are walking along the streets with narrow lots will pass more people on the way in comparison if the houses were the same size, or built on wider, shallower lots. (Gehl, 2011) Accordingly to Gehl (2011) advocates narrow residential lots in order to assemble people and increase social contact.

It is no coincidence that almost all sidewalk cafés and restaurants are located towards the most active area nearby. The opportunity to see, hear, and meet people can also be shown to be one of the most important attractions in cities or busy places.

Gehl (2011) notes that people and human activity are the greatest object of attention and interest. Even it is only eye contact or merely seeing and hearing is apparently more rewarding and more in demand than the majority of other attractions offered (Gehl, 2011).

#### 4.2.4. Conclusion

In order to answer the main question of this essay is:

*"What architectural conditions are set to reduce the social and physical distance of the elderly from society?"*

The immediate environment must be easily accessible and attractive for the elderly. Making use of the these areas, increase the sense of familiarity in their immediate

surroundings.

Spontaneous encounters should be promoted and the chance of better relationships in the neighbourhood will increase. The elderly will feel involved with the neighbourhood and the sense of participation will be enhanced. It is therefore clear that the design of architecture in the public spaces plays a major role in interacting easily with the immediate environment. Think of seating close to areas where people cross, close to facilities and organized activities to allow the neighbourhood to get to know each other. Benches are a good solution to provide seating in the public space. But putting it together is the challenge. Sitting too close together is a deterrent, sitting too far apart does not lead to conversations. Placing benches at an angle or semi-circular benches work best. (Platform 31, 2021). The elderly often combine their walking spaces with conscious daytime activity, the walking routes to the facility would be the ideal opportunity to spontaneously bump into neighbours. Every age group should have the opportunity to get to know the neighbourhood and neighbours easily. Social security would also increase, and for most of the weaker elderly in our society, it would be only sight and hearing to feel a sense of belonging. The spaces between the private places (the home) to the public places are important zones for casual contact. It is important that people feel safe in these spaces, that the appearance is familiar, that there is room here to even stop and say goodbye.



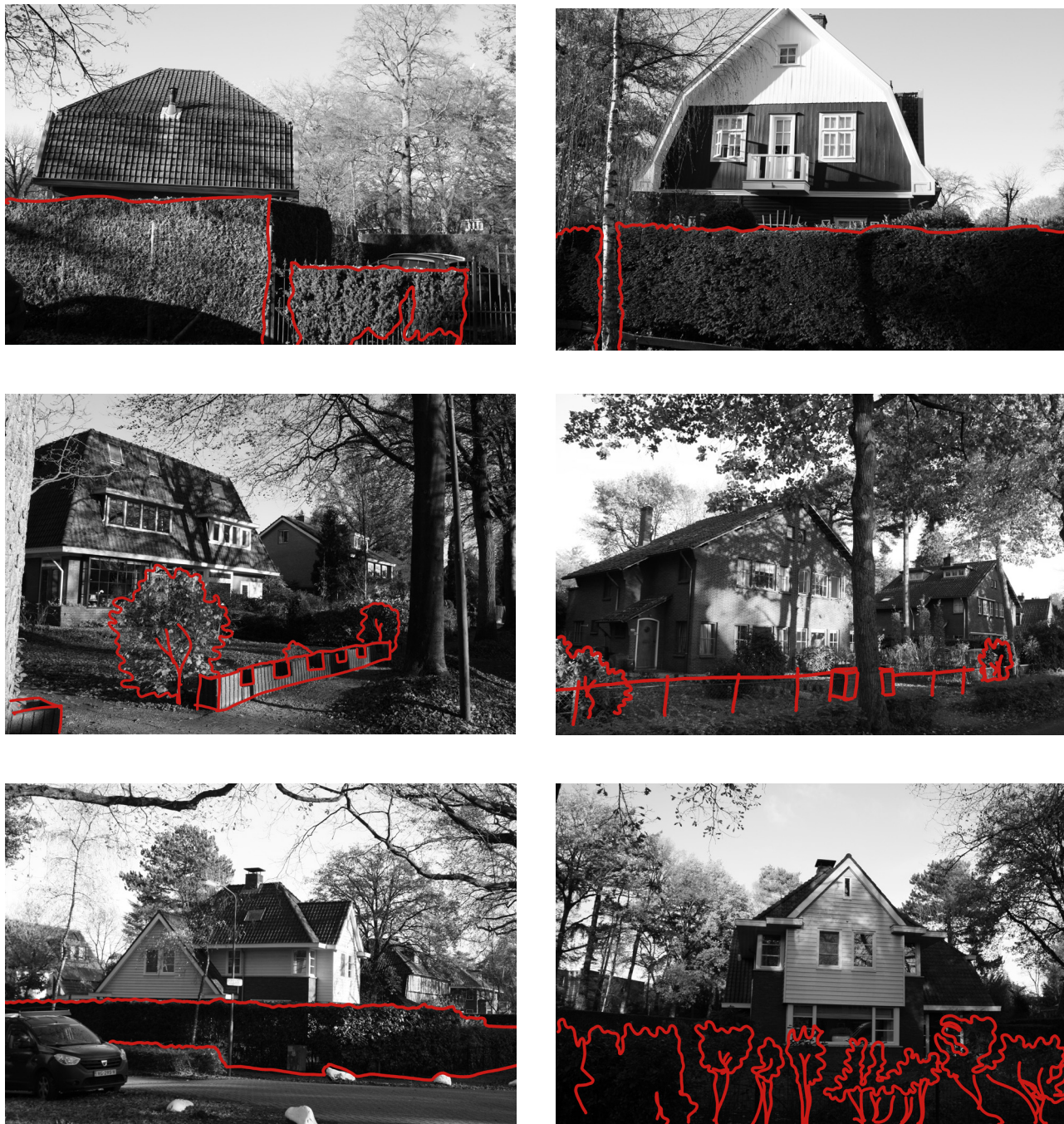


Figure 4.2.9 - 4.2.14  
| Impression of different gardens of site location Driebergen

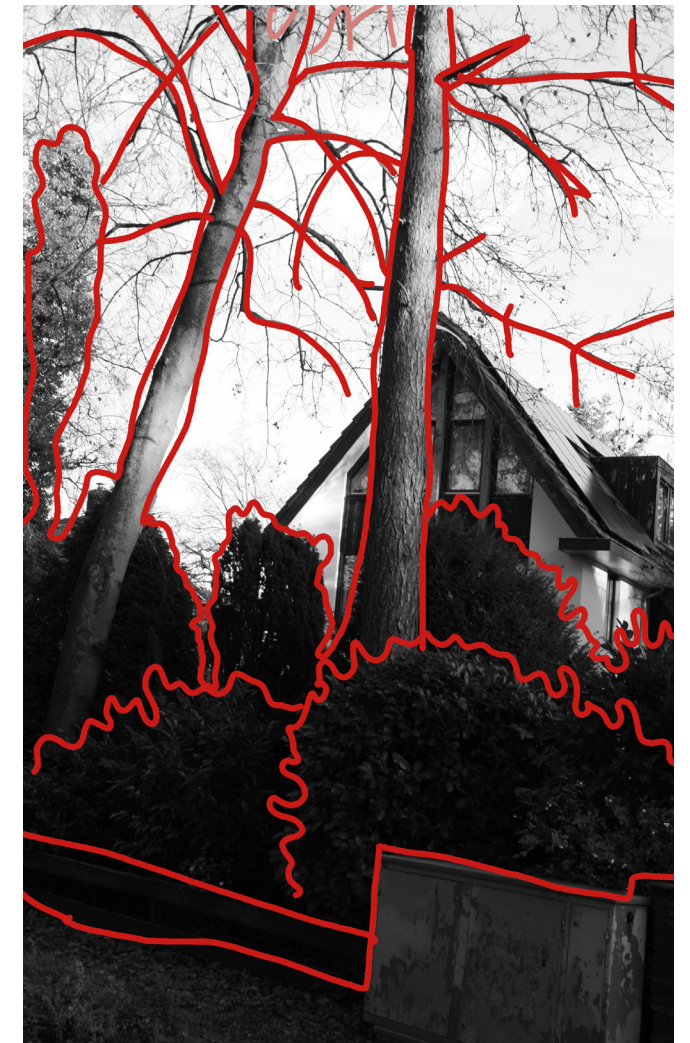


Figure 4.2.15 - 4.2.16  
| Open versus closed gardens

#### 4.2.5 Theoretical results applied in my design area

As discussed in 4.2.2., we know that for many people it is important to create their own territory and demarcate privacy. The neighbourhood next to my design area consist of semi-detached villas and independent villas which are often provided with high fences and hedges. As a result, you have little eye contact with the residents of the houses if you walk pass by, the physical distance between their neighbours is quite high. Therefore I have to give extra encouragement to unplanned meetings in the public areas that are clearly visible in my design area. In section 4.2.3. it is described that seniors often combine social activities with functional activities. Several studies show that these unplanned encounters in seniors most often occur in public spaces because that is where the most encounters occur). The places that encourage unplanned encounters must be recognizable, easily accessible, have enough space and must entice people to stay there longer.



## Conclusion theoretical findings

### 4.4 Conclusion theoretical findings

Clear segregation can be observed between the current elderly and the immediate environment. This is partly due to the design and care system for housing for the elderly in the Netherlands. The immediate environment is increasingly important for the elderly due to limited mobility and other age-related diseases. As a result, the interpretation of the design of the direct surroundings is an important topic for architects to offer possible opportunities for the elderly to easily interact with the immediate environment.

In the upcoming years, a large part of the Dutch population would be older than 65 due to the baby boom generation, and that is why the question of a pleasant and quality living environment for this generation is even more urgent. Thereby the care policy would also change due to the growing number of elderly people because the current policy can no longer work effectively with the limited care providers in the proportion of the elderly. Therefore the elderly people have to live longer independently (even they need more care support) and the risk of loneliness is greater. In the future, therefore, new housing concepts will have to be developed to maintain social interaction and to have social control.

The connection between the elderly in their direct surroundings is therefore extra important for this tar-

get group due to mobility restrictions. Several studies of Gehl (2011) and VACpuntWonen (2020) confirmed that by encouraging unplanned encounters along the way, adding activities and facilities to the elderly's living environment the social interaction between the neighbours will increase and the sense of belonging to the neighbourhood is enhanced. Through repeated encounters, the contacts between the neighbours are strengthened and the chance of better relationships between neighbours will increase. Thereby the elderly often combine their walking spaces with conscious daytime activity, the walking routes to the facility would be the ideal opportunity to spontaneously bump into neighbours.

Already since the Middle Ages (+/- 14th century), seniors will live together in social housing concepts like courtyards (Liefdadigheidshofjes). This was ideal for many seniors to maintain their social relationships. This concept is not only suitable for the elderly but also the families, couples or other age groups. People can learn from each other, take care and safety for each other. Also, social control and social safety will increase in these social housing concepts.

## Design findings

# 5. Design findings

## 5. Introduction

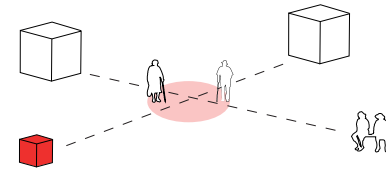
This chapter makes a major translation of the research results into the design. This chapter consist of four parts:

- 5.1 Main design principels according essay two
- 5.2 Design findings according case studies
- 5.3 Main design principels according case studies
- 5.4 Conclusion

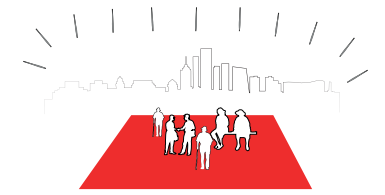
Part one describes the design principles for passive and physical interaction. The principles of these design principles are underpinned by the literature of essay two. See page 78-91.

The second paragraph zooms in on the examples of practice. Various case studies are compared side by side and summarized by different aspects. These aspects will be translated in design principles which are drawn in the third paragraph. These design principles are useful for my design proces. The last paragraph consists of an overarching conclusion of the whole chapter.

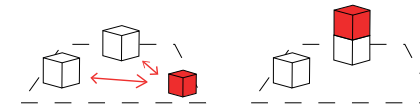
**Main design findings: *Reducing distance* according essay two**



Encourage interaction through unplanned encounters of roads that intersects with each other on the route



Encourage interaction through adding activities in their immediate vicinity



Encourage interaction through adding facilities/amenities close to the residential areas and / or in the residential complex



Encourage passive interaction through integration of places that connect the outside world

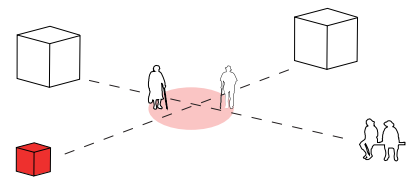
5.1 Main design findings according essay two: to encourage passive and physical interaction

Literature and empirical research has confirmed that a distance can be felt in many seniors between the senior and his immediate environment. Which can lead to social isolation and loneliness. Encouraging passive and physical interaction is important for the elderly and their neighbourhood to reduce the distance between the senior citizen and their environment. Encouraging by passive interaction means that the senior get the sense of belonging through sight and sound. Think of views of intersections and playgrounds. Encouraging by active interaction means that the elderly can participate in physical activities such as unplanned encounters, activities and facilities. Through passive and active interaction people will recognize the face of the neighbours, gets a better sense of the neighbourhood, strengthens the chance for a better contact relationship and reduces the chance of social isolation. (Gehl, 2011)

In addition, stimulating unplanned encounters also ensures social control and safety in the neighbourhood. These unplanned and planned meetings are encouraged by adding activities and facilities. (Blokland 2017).

Figure 5.1.1 | Encourage the passive and physical interaction between the elderly and their neighbourhood through unplanned encounters, activities and adding facilities

Encourage interaction through unplanned encounters of roads that intersects with each other on the route

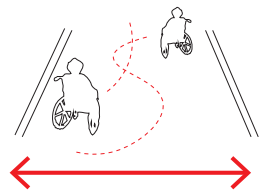


On the road of the day-to-day activities of people, like walking the dog, doing groceries etc.

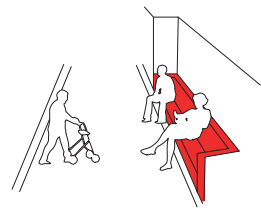


Figure 5.1.2  
| Unplanned encounters

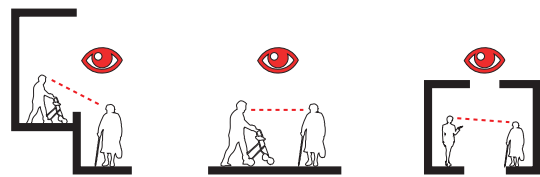
Design principles:



Wide corridors or walking paths



(Integrated) seating areas around the traffic routes

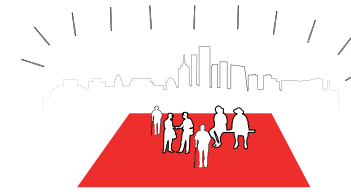


Face to face orientation



Slow traffic / pedestrian-oriented neighbourhood

Encourage interaction through adding activities in their immediate vicinity



Activities like large-scale neighbourhood parties of the figure on the right, but activities could also be a small choir club, reading book club, chess club, bridge group etc. It is very important for the elderly to keep busy and feel worthy. Small chores can contribute to this in order to encourage interaction and unplanned encounters.

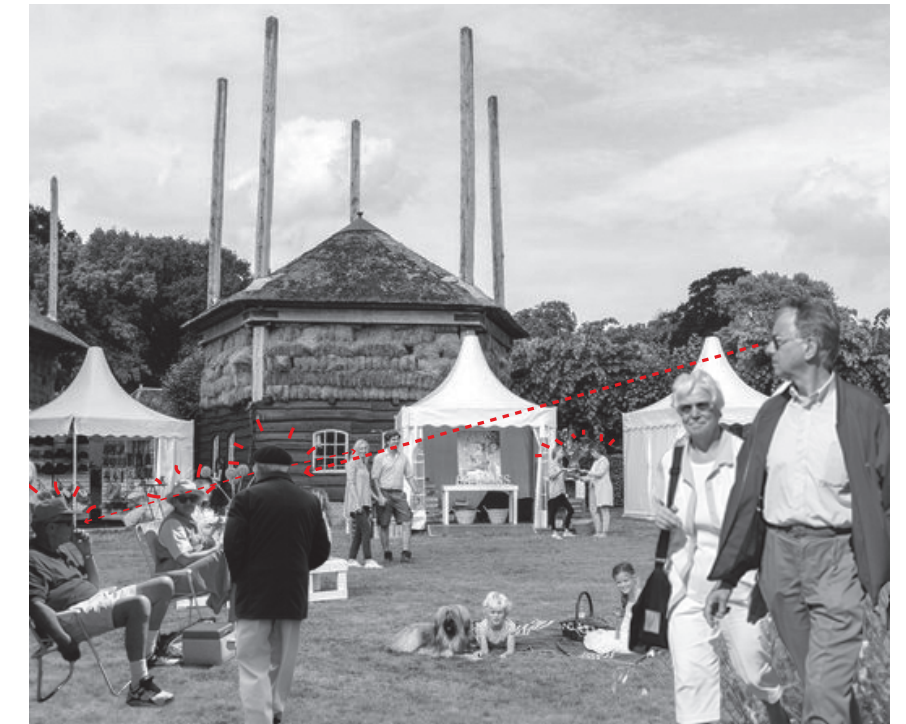


Figure 5.1.3  
| Adding activities

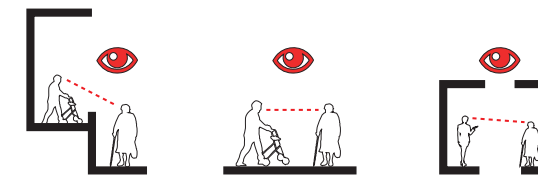
Design principles:



Due to limited mobility, activities must be wheelchair accessible and within a circle of 400 meters



(Integrated) seating areas around the place of interaction / activity



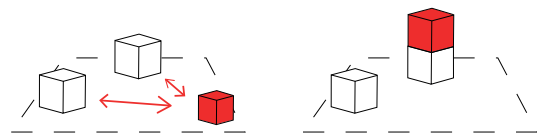
Face to face orientation



Slow traffic / pedestrian-oriented neighbourhood



Encourage interaction through adding facilities/ amenities close to the residential areas and / or in the residential complex

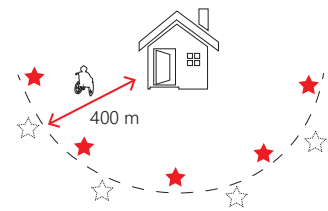


Facilities include supermarkets, shops, public libraries, theaters, cafes, restaurants etc.



Figure 5.1.4  
| Adding or / and integrating facilities

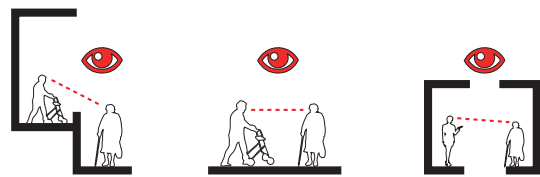
Design principles:



Due to limited mobility, facilities must be wheelchair accessible and within a circle of 400 meters



(Integrated) seating areas around the place of interaction / activity

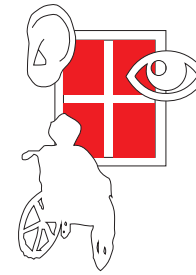


Face to face orientation



Slow traffic / pedestrian-oriented neighbourhood

Encourage passive interaction through integration of places that connect the outside world



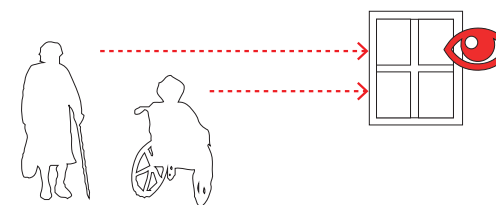
Looking out of the window and seeing people from their direct surrounding, waiting for the bus, seeing the children go to school listening to neighbours conversations etc.



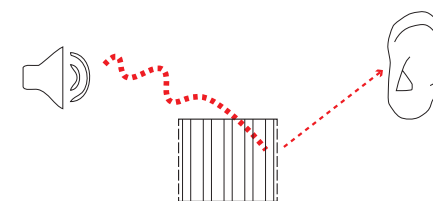
Figure 5.1.5  
| Passive interaction

Many older people have physical and mental limitations and are not always able or unwilling to participate in the immediate environment. As a result, the spatial proximity of the interior of the elderly houses is very important. Think of the windows that make a connection with the immediate environment, but also the acoustics of the collective spaces of the interior

Design principles:



A good eye-level view of the immediate surroundings. Both for someone who is sitting in a wheelchair and someone who is standing



Using sound absorbing materials in the collective spaces and hallways. Older people often have poor hearing and use hearing aids. This makes it difficult for the elderly to filter noise and other background noises. In order to optimally participate in hearing, the acoustics of the environment should be designed optimal



## Design findings: *Reducing distance* according case studies

### 5.2 Design findings: according case studies

In this chapter, various projects are discussed that have worked out the inclusiveness between the elderly and their direct environment well. The focus of these projects is on the social character of the homes.

For example: the orientation of the buildings to each other, where are the entrances located, how are the meeting spaces connected with their private homes etc. The case studies consist of three different scale levels:

1. Urban
2. Architecture
3. Interior

Some case studies overlap different scales levels.

In the next paragraph, an overarching conclusion is discussed with these results of the case studies.



Figure 5.2.1  
| The route of Michi Noeki places (VP, 2021)

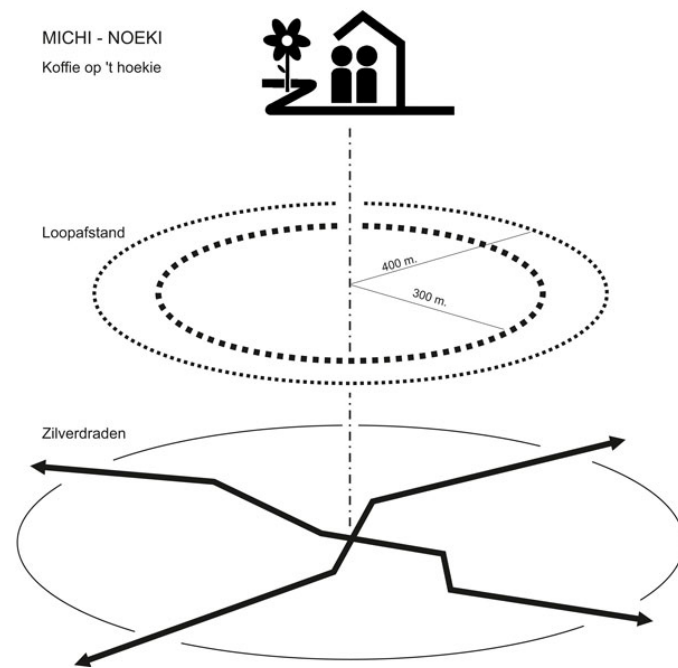


Figure 5.2.2  
| Concept of Michi Noeki (VP, 2021)



Figure 5.2.3  
| Image of Michi Noeki place (Platfrom 31, 2021)

**Urban | Case study (1):** Michi-Noeki in Groningen by Vollmer & Partners and Twynstra Groningen

Michi Noeki, is the runner up of the WHO CARES competition which creates a new concept to stimulate the social interaction in the living environment for residents.

Michi Noeki is inspired by the Japanese stopping places Michi-No-Eki. These places are accessible places for everyone where you can go to the toilet, drink a cup of coffee, places where you can ask questions. This project focuses on strengthening the slow traffic routes through the neighbourhood to promote social interaction. The Michi-Noekis are linked to each other with the so-called "Zilverdraden" (route). As a result people can meet easily eachother and it strengthen the social and physical infrastructure (VP, 2021).

The designers have taken into account to place the facilities within reach of the elderly. As a result, all facilities are within a distance of 300 - 400m. (Platfrom 31, 2021).

**Conclusion case study (1):**

- Meeting places combined with a facility: having a short walk and go to toilet, drink a cup of coffee, get informatie at a information point
- These meeting places linked with eachother
- These facilitie are placed within a distance of 300 - 400m





Figure 5.2.4  
| Impressions neighbourhood and the residents (World Habitat awards, 2021).



Figure 5.2.6  
| Image of integrating collective meeting places in the communal area (World Habitat awards, 2021).

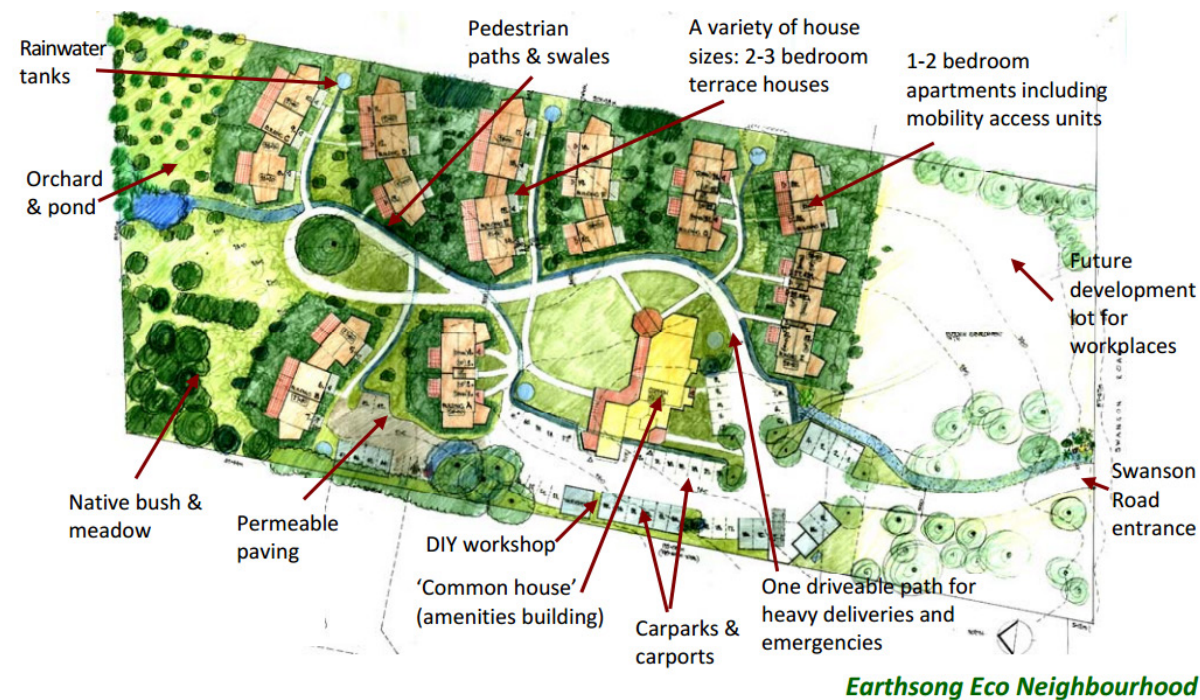


Figure 5.2.5  
| Masterplan (World Habitat awards, 2021).

**Urban & Architecture | Case study (2):** Co housing community called The Earthsong Eco-Neighbourhood in New Zealand

This is the first cohousing community in New Zealand which combines environmentally sustainable approaches to housing and lifestyle. The community consists of 32 households consisting of residents of different age and ethnic groups who have themselves taken action towards a housing plan (inclusive community). Each household owns an independent home and also own and share common facilities with the community. This group eats together twice a week (preferably from the vegetable garden), share a vegetable garden, share childcare, carpool their cars and create an atmosphere of respect and cooperation. The neighbourhood is car-free, as a result the residential area is very safe for young and old. This case study is very innovative than other examples of co-housing because the layers and transitions between private and communal spaces and the ecologically responsible design and integration of their direct environment have been seen as one entire plan. The design is inclusive for everyone, and therefore has different variants of housing types. (World Habitat awards, 2021).

Conclusion case study (2):

- Integrating environmental sustainable principles in living environment and integrating the concept of living together of co housing
- Inclusive community accessible for everyone (respect and togetherness)
- Collective daytime activities (eating together etc.)
- Car-free neighbourhood but there is possibility to use car sharing
- Different (private) houses but shared various communal spaces (outside)
- Healing environment





Figure 5.2.7  
| Masterplan de wijk als (T)huis (WHO CARES, 2021)



Figure 5.2.9  
| Image of de wijk als (T)huis (Platform 31).

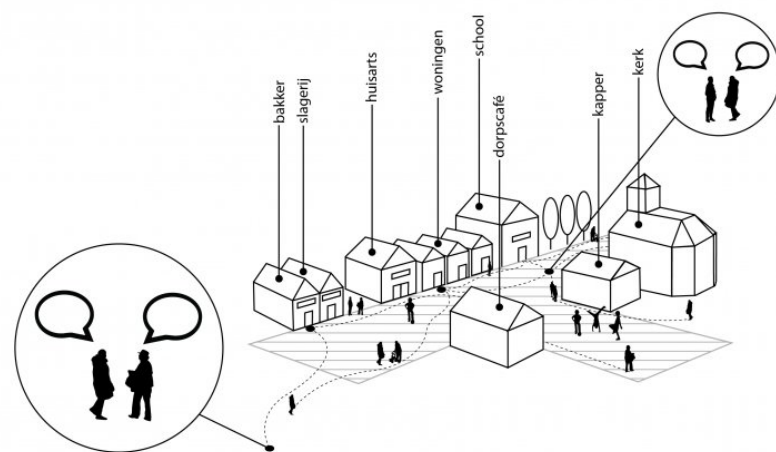


Figure 5.2.8  
| Concept of de wijk als (T)huis (WHO CARES, 2021)

**Urban & Architecture | Case study (3):** De wijk als (T)huis in Sittard-Geleen. By Houben, Verbeek and Heijmans

The connection between home, residential block and the neighbourhood with routes in the public space plays an important role for this case study De wijk als (T)huis. This masterplan is the winner of WHO CARES in Sittard in Geleen. It has several gates which made the entrance of the district. The front doors are on the court side and not on the street for a protective space. The common areas of barns and large storage rooms are distributed over the courtyard. In addition, the courtyard contains both quiet and active parts. The architect sees the streets as the meeting space between the buildings. The cars would therefore be relocated. In the concept drawing opposite, the urgency of a car-free zone at facilities is given for interaction. (Platform 31).

Conclusion case study (3):

- Little space close to the frontdoor: transition areas: the space between public and private
- Front door placed inside the courtyard
- Courtyard consists of quiet and active parts
- Encouraging slow traffic





Figure 5.2.10  
| Inter-generational living in Zurich (Fedderson & Ludtke, 2018)



Figure 5.2.11  
| Concept of Inter-generational living of Steinacker Residential complex (Regenerationstudio, 2021)



Figure 5.2.12  
| Floorplans of Steinacker (Regenerationstudio, 2021)



Figure 5.2.13  
| Image of Inter-generational living in Zurich (Fedderson & Ludtke, 2018)

**Architecture | Case study (4):** Steinacker Residential Complex in Zurich-Witikon Switzerland designed by Hasler Schlatte Partner Architekten AG

In 2000 the inter-generational living complex was built consisting of five different volumes. The so-called: urban villas suitable for all age groups. The aim was to develop high-quality housing with a good connection with the landscape. Overlooking at the Lake of Zurich that takes into account the changing structure of society. The complex consists of a column grid that can therefore be divided in different ways to suit the needs of the individual residents. Depending on the situation. This makes these homes suitable for different age groups: families with children. couples, singles and the elderly. All the houses have barrier-free access without thresholds and so thus wheelchair friendly. The lift gift accesses on each level which is ideal for people in wheelchairs or families with children. The entrance doors is more than a meter wide so that they are also available for people in wheelchairs. All the volumes consist of communal space with a kitchen in which the residents meet. These spaces are used for day-to-day activities by residents like care staff to cook, sing and doing the laundry. One of the volumes consists of a children's nursery. Another block consists of a residential care group in which elderly people who need ongoing nursing care. The Steinacker housing complex was awarded in 2005 as the most innovative projects of the inter-generational concept of "housing for the entire life cycle". (Fedderson & Ludtke, 2018)

Conclusion case study (4):

- Inter-generational living, the houses are suitable for the entire life cycles
- The project mixes 'normal' houses with (elderly) care and children's nursery
- The buildings consist of column grid in order to change easily the floorplans to the needs of the residents
- All homes are barrier-free and wheelchair friendly
- All the five consist of a big communal space to meet other residents and cook together





Figure 5.2.14  
| Picture of Tarnasen Housing and Activity centre  
(Fedderson & Ludtke, 2018)



Figure 5.2.15  
| Floorplan of Tarnasen Housing and Activity centre  
(Fedderson & Ludtke, 2018)



Figure 5.2.16  
| Masterplan of assisted living and serviced apartments  
(Fedderson & Ludtke, 2018)

**Architecture | Case study (5):** Tarnasen Housing and Activity Centre near Oslo in Norway, designed by Kvernaas Arkitekter AS.

This complex consists of 26 apartments and two one-room apartments for short-term care. These homes are suitable for people with permanent care with different levels of care and are therefore linked to the Psychiatric Health Services and Relief Efforts for Disabled People.

This residential complex is designed to encourage social interaction among the residents, visitors or people living in the neighbourhood. Therefore this complex includes a public cafe (also accessible for people from the neighbourhood), a large communal area: shared kitchen, different meeting rooms, a reading room, a gym with variable facilities and a workshop.

The architect's idea was to make a visible disconnection between public space and private space through form and materialization. Besides, this building consists of two different main entrances, so that the residents themselves can choose whether they use the collective entrance or not.  
(Fedderson & Ludtke, 2018)

Conclusion case study (5):

- Assisted living, get care at your private home
- This complex include several function, public cafe, large communal kitchen, meeting room, reading room, gym areas to encourage social interaction between residents and neighbourhood.
- Visible architecture for public and private spaces



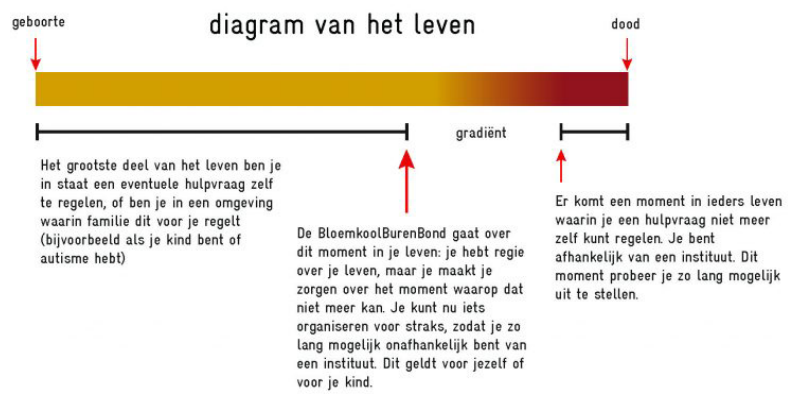
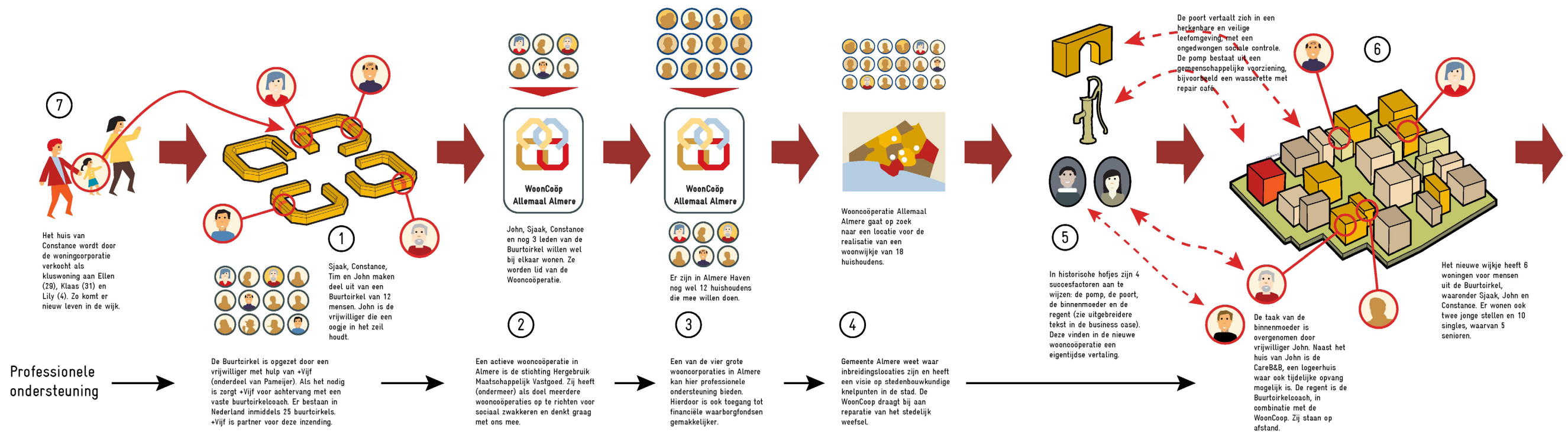


Figure 5.2.17 | Concept de BinnenHaven (Sla, 2021)

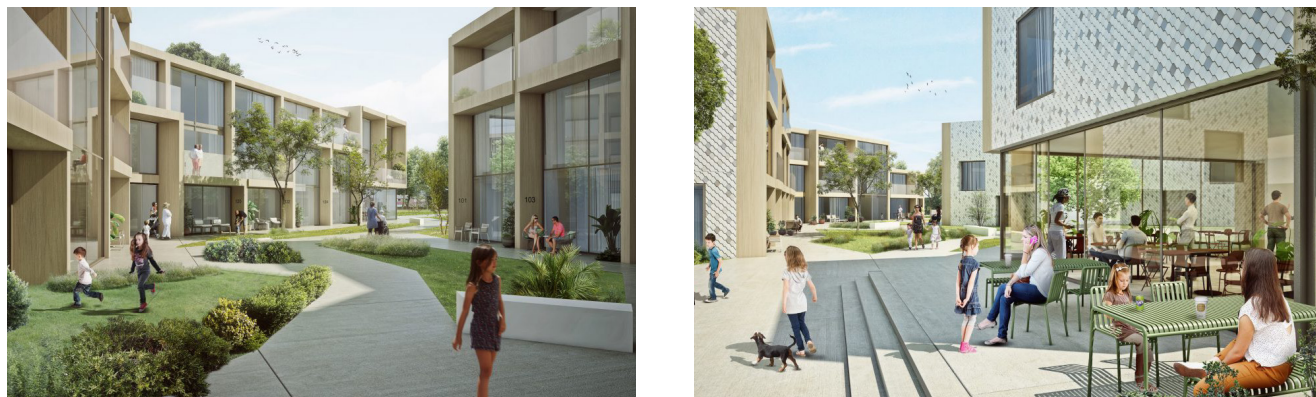


Figure 5.2.18 | Image de BinnenHaven (Bureau SLA, 2021)

**Urban & Architecture | Case study (6):** De BinnenHaven in Almere. By Peter van Assche en Bart Lammers,

The BinnenHaven is winner of the WHO CARES competition. Living in these courtyards means more than just "living". This project consists of a mix of young and old people. The residents want to mean to each other than usual. The project contains two living concepts: the contemporary courtyard living and the neighbours' union living. These people also come up with what they all want to be present in the courtyard. A CareB&B could be an example, a communal garden or rather a communal living room or handy shed. The future residents decide on this together. They have united themselves in a housing cooperative.

This is a transformation project where the front doors were originally facing the street. The new plan turns the right doors to the courtyard. It should be ready in the fall of 2022. (Platform 31, 2021)

Conclusion case study (6):

- Front door placed inside the courtyard
- The project mixes living and care .
- The project houses target groups that normally hardly mix: different age groups, wealthy family homes and poor elderly homes.
- Organization: the project is being developed as a housing cooperative, with and by residents themselves.
- The residential care cooperative also makes homes affordable.
- Because the real estate is in perpetual possession of the housing cooperative, the quality of the homes remains high.





Figure 5.2.19  
| Inter-generation living (Regenerationstudio, 2021)



Figure 5.2.21  
| Image of inter-generation living (Regenerationstudio, 2021)

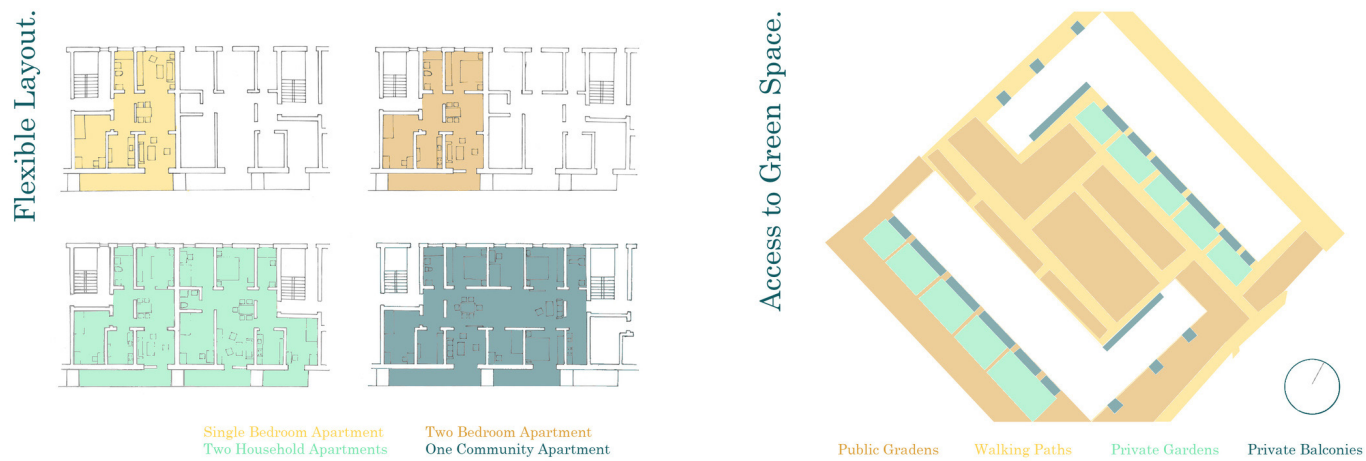


Figure 5.2.20  
| Floorplan and acces (Regenerationstudio, 2021)

**Architecture | Case study (7):** Gemeinnützige Wohnungsgesellschaft Hessen in Frankfurt designed by Dietz Joppien

This housing block is placed around a collective garden, creating a courtyard. The residential block consists of different housing typologies, making these homes extremely suitable for different people at different stages of life. Each private house has its balcony that overlooks a public garden. The entrances are provided with porch entrances that give access to 8 units, so 2 houses per floor. This reinforces the feeling of safety and security. Besides, the flexibility of uses within each unit supports the social sustainability of the residents, for example, the residents can change over the years, so can the building as well.  
(Regenerationstudio, 2021)

Conclusion case study (7):

- Inter-generation living dwelling block
- Feeling security and safety, through personal entrances
- Collective courtyard
- Little private green area



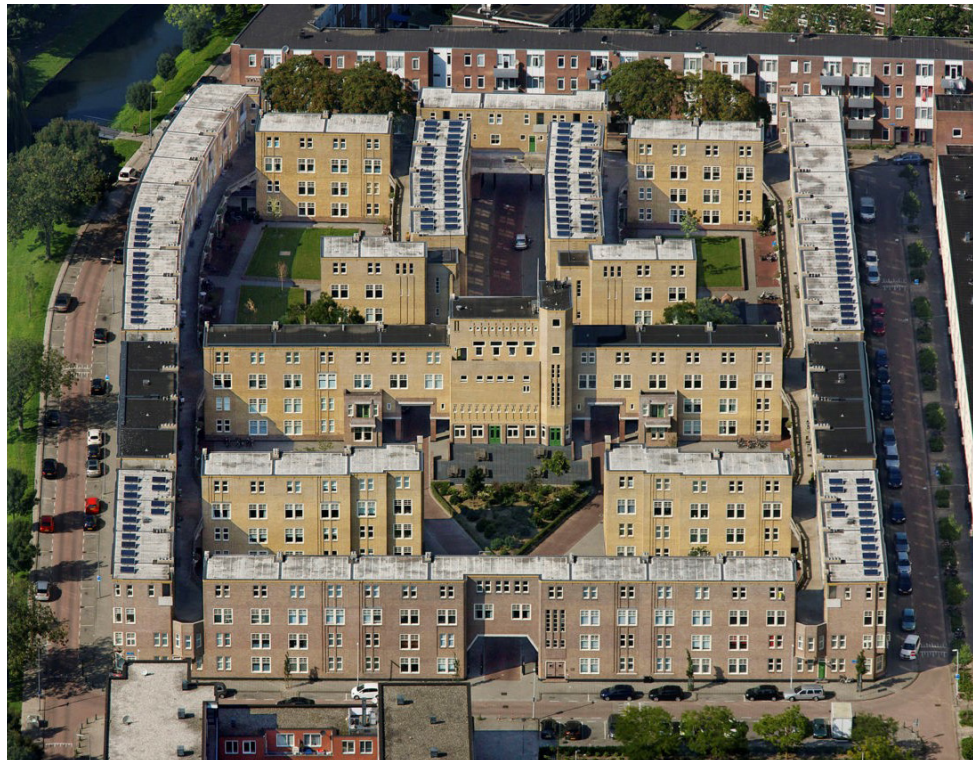


Figure 5.2.22  
| Justus van Effen (Architectuur, 2021)



Figure 5.2.23  
| Justus van Effen (Architectuur, 2021)



Figure 5.2.24  
| An image of the galleries by Justus van Effenblok (Architectuur, 2021)

**Architecture | Case study (8):** Justus van Effenblok (1922) in Rotterdam designed by: Joris Molenaar en Arjan Hebly

Interesting about this apartment complex is the social character and the transition zone from private to collective space. It is a large building block where all entrances are directed to a collective garden. The galleries are designed so broadly that they can also be compared on a street. The walking space allows for easy social interactive with neighbours and that you can easily rest in front of the door. Justus van Effenblok was built in 1922. Forty years later, the block was renovated. The original 264 small houses (on average 50m<sup>2</sup>) were merged into 164 more spacious apartments.

Conclusion case study (8):

- Front door placed inside the courtyard
- Wide gallery roads: transition areas: the space between public and private and encourage the sense of belonging with your neighbours





Figure 5.2.25  
| Impressions collective gallery and communal space  
(Archidaily, 2021)

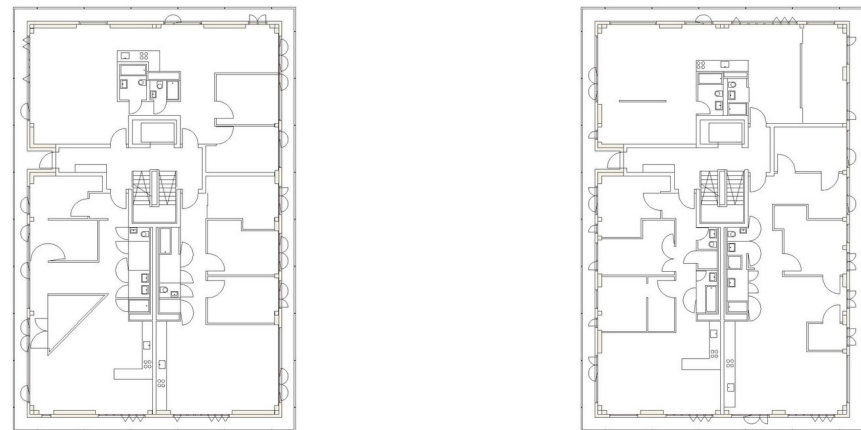


Figure 5.2.26  
| Floorplan level 6 and 8 (Archidaily, 2021)



Figure 5.2.27  
| Impression facade and gallery of Cohousing (Archidaily, 2021)

**Architecture | Case study (9):** Co-housing in Berlin designed by R50

This example of co-housing is located in Berlin, designed among other buildings built after the second world war. The architects of R50 aimed for an affordable and collective 'home'. This building is therefore equipped with private homes and collective places and the building consist of six levels. The building has several collective spaces spread across the building that are accessible to residents. Such as the washing places, workshop, roof terrace with a summer kitchen and a winter garden. Besides, the building has all-round balconies that connect the interior spaces of both private and collective. The building is equipped with a concrete boiler with 1 entrance. They opted for a wooden and steel construction that seems to float from the cores from the outside.

Conclusion case study (9):

- Collective main entrance
- Collective spaces spread over the building
- All-round balconies
- Small floor plan area are offset by the communal areas
- The transition spaces are the chance for encounters between the residents





Figure 5.2.28  
| Barrier-free design (Daalder, 2021)



Figure 5.2.29  
| Color contrasts and different types of materials (Melis-Dankers, 2012)



Figure 5.2.30  
| Seating areas accessible for people in the wheelchair (Kimbols, 2021)

**Interior | Case study (10):** Accessibility for all people with disabilities

In addition to the examples of inclusive projects on an urban and architectural scale level, the interpretation in interiors of accessibility is also very important.

The spaces such as the meeting space, transition spaces (terraces and threshold zones) and traffic routes must be accessible to young and old. In the next section, this chapter is briefly summarized with a conclusion of a design principle. We distinguish four different limitations that occur in the elderly: mobility impaired, poor vision, hearing impairment or mental limitations (dementia).

For example: a threshold-free environment provides people with reduced mobility with more access to spaces, but people who are visually impaired can lose orientation. Therefore different contrasts should be used for floor surface and pavement (Melis-Dankers, 2012)

Conclusion case study (10):

- Threshold free surface for people in a wheelchair (Mobility impaired)
- Inclusive furniture (mobility impaired)
- Plenty of sitting and resting places (mobility impaired)
- Enough space for traffic route (mobility and hearing impaired)
- Use of different materials, textures and colors (visually and mentally impaired)
- Use of sight lines (visually impaired)
- Use of landmarks (visually impaired)

**Main design principles: *Reducing distance*  
according case studies**

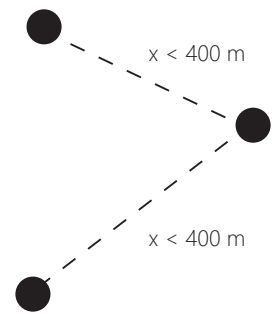
5.3 Main design principles: reducing distance  
according case studies

This chapter provides an overview of the conclusions of section 5.2. The design principles are further explained from the components, Urban planning, Architecture, Interior, Social and Care perspective. This page gives me guidelines on different scales to narrow the gap between the elderly and their immediate environment.



# Design principles: Reducing distance

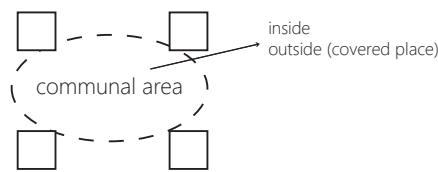
## Urban principle



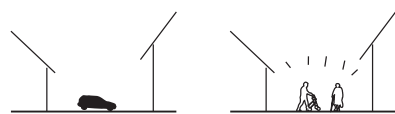
Connecting meeting areas with each other (distance should under 400 m)



Combine meeting places with a small facility or activity (Michi Nouchi principle)

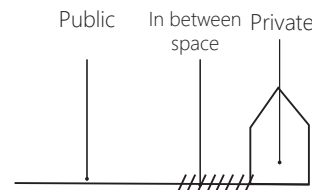


Collective area directly or close to their private home

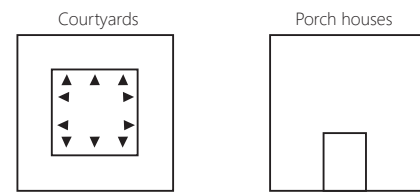


Make sure that the roads are car-free and use the streets as a meeting area

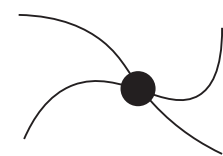
## Achitectural principle



Design of transition space is an important aspect for social interaction and privacy



Entrances facing each other or one main entrance



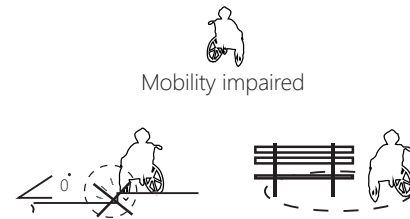
Traffic routes are meaningful of spontaneous encounters



Co house principle: little private house + extra communal space

## Interior principle

Accessibility



Mobility impaired

Threshold free, use of horizontal paths, creating wheelchair meeting places

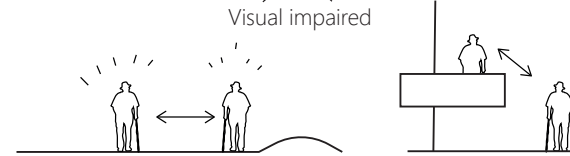


Visual impaired



Use of guide lines, creating landmarks through smells and feeling of sunlight/wind

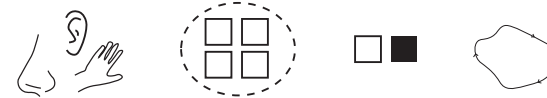
Visual impaired



Distance at least 1,5 m of paths, creating quiet (meeting) places, connection by views

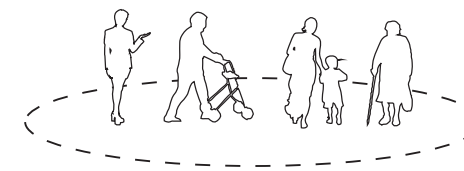


Difficulties mentally

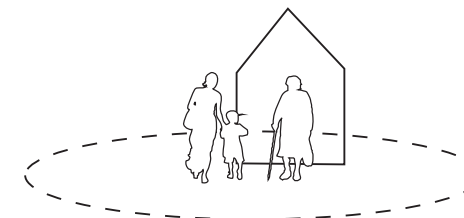


1. Touching, smelling, hearing trains the brain, 2. structure, 3. contrast of colours materials, 4. continous paths

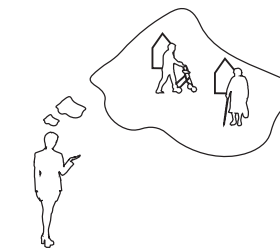
## Social principle



Inclusive living environment: mix of different ages, ethnics, income (community)

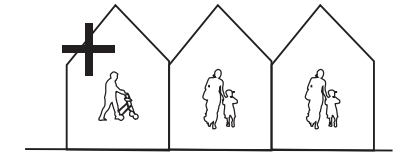


Doing communal activities with each other



Living in a 55+ 'student' house, choose your own community -> neighbours

## Care principle



Keep staying in your neighbourhood, get care assistance at your own house when you needed -> the elderly don't have to move to a nursing home and seperated from other age groups

## Conclusion design findings

### 5.4 Conclusion design findings

The design principles were formed from literature and case studies researches. These studies show that by encouraging unplanned encounters along the way, adding activities and facilities to the elderly's living environment the social interaction between the neighbours will increase and the sense of belonging to the neighbourhood is enhanced. Through repeated encounters, the contacts between the neighbours are strengthened and the chance of better relationships between neighbours will increase.

In other words, encouraging the physical and passive interactions in the living environment of the elderly means decreasing distance between the elderly and their neighbourhood.

Besides, stimulating unplanned encounters also ensure social control and safety in the neighbourhood. Thereby (new) housing concepts like mixing different age groups in a residential building and adding collective spaces (communal spaces, courtyards, community centre etc) direct or nearby in their living environment will increase the social interaction between residents and neighbours.

Some housing concepts can be found already since the Middle Ages, in which the seniors shared a collective garden, where they stay in it or maintain social rela-

tionships. Several case studies indicate that this concept idea is still ideally suited for encouraging social interactions and increasing the sense of belonging to your neighbourhood. This concept is not only suitable for the elderly but also the families, couples or other age groups. People can learn from each other, take care and safety for each other.

The design principles to reduce the distance between the elderly and their living environment can be translated into different scales. Therefore the design principles distinguished in different scale levels: Urban, Architecture, Interior, Social and Care.

## Conclusion

## 6. Conclusion

In the upcoming years will the Dutch population ageing. As a result, the pressure of elderly care will increase extremely because there are fewer caretakers available in the future. Therefore, the elderly people, have to live longer at their own house and get help in their own house when it is needed.

Nowadays, several studies show that many elderly feel alone, unconnected with their direct surroundings and missed the social interaction in their living environment. Particularly the elderly single people. The network of single elderly people is shrinking over the years. Furthermore, making new contacts is more difficult for elderly people due to physical or mental limitations. Thereby the elderly are very dependent on the design and appearance of the direct surrounding for their interpretation of their daytime activities because they are less mobile.

In the upcoming years, the elderly will be more dependent on their direct living environment (Living Longer policy). And there will be an increasing demand for new housing concepts for the elderly because the current housing policy has many disadvantages for the elderly.

This booklet describes several design principles based on empirical, literature and case study researches of how architecture could make a contribution to reduce the distance between the elderly and their living

environment. Therefore, my research question for this thesis is:

*"To what extent does the architectural design play a role in reducing the distance between the elderly and their neighbourhood to encourage the social inclusiveness of them in their living environment?"*

To answer my research question: plural studies of Blokland (2017), Gehl (2011) and VACpuntWonen (2020) have shown that by encouraging unplanned encounters along the way, adding activities and facilities to the elderly's living environment the social interaction between the neighbours will increase and the sense of belonging to the neighbourhood is enhanced. Through repeated encounters, the contacts between the neighbours are strengthened and the chance of better relationships between neighbours will increase. In other words, encouraging the physical and passive interactions in the living environment of the elderly means a decreasing distance between the elderly and their neighbourhood. According to Blokland (2017) even if it is only a regular eye contact with your neighbours makes already a positive contribution to have sense of belonging to the neighbourhood. You will recognize the local residents by face. This can contribute to a sense of security and feeling "at home". Besides, stimulating unplanned encounters also ensure social control and safety in the neighbourhood.

Thereby (new) housing concepts like mixing different age groups in a residential building and adding collective spaces (communal spaces, courtyards, community centre etc) direct or nearby in their living environment will increase the social interaction between residents and neighbours.

Some housing concepts can be found already since the Middle Ages, in which the seniors shared a collective garden, where they stay in it or maintain social relationships (Liefdadigheid hofjes). Several case studies indicate that this concept idea is still ideally suited for encouraging social interactions and increasing the sense of belonging to your neighbourhood. This concept is not only suitable for the elderly but also the families, couples or other age groups. People can learn from each other, take care and safety for each other. Humans remain "social animals" who sometimes need small talk to live a pleasant life.

Research has shown that a better sense of neighbourhood means better physical and mental health. It provides a lower stress level, more social support, social control and physical activity.

This research aims to ensure that the elderly fellow human being continues to interact passively and physically with their environment from their living situation, in his or her desired way, to increase a sense of belonging to the neighbourhood, despite the limitations associated with old age.





Figure 4.6  
| vision according to my research

## Epilogue

Keywords: Research and design, the elderly, architecture, human studies, future

The theme of the graduation project has made me think about how I, as a future senior, would prefer to end up later. Due to the great urgency of the theme and examples of current senior housing that sometimes the perspective of the elderly seem to lose, I saw many challenges in this theme. The examples of the current nursing homes suggest that there are still many opportunities to give the elderly people a better chance to interact more with the direct environment: a living environment that is accessible and inviting for the elderly but also for the rest of the residents of the neighbourhood. A melting pot of different cultures, ages and perhaps most importantly: involvement, safety and lots of fun and in which no one feels lonely anymore. I enjoyed deepening the target group (the elderly) and the research a lot. Through this research, I met many sweet and positive elderly people. It was helpful to experience their daily routines with my own eyes and to hear their opinions on various topics related to improving their living environment. Many seniors were positive about their own life who proudly said to me that they still did their groceries shopping independently at the age of 89 and they appreciated the social encounters a lot between the residents during the coffee breaks. On the other hand, I also met

some seniors who see their life no longer on the bright sight due to their age-related illnesses/limitations and they wanted to die. It was sometimes very confronting to experience. But every elderly, like us, come in all shapes and sizes and their living environment should be arranged in different types how far that is possible.

I hope that in the upcoming years there will be variation in different house types and living concepts for the elderly people. For every senior a specific home. Where he or she could enjoy his last part of life in his or her desired way In which the most important requirement: ***the distance between the elderly and his living environment should be reduced as much as possible***, in which I researched that many social problems for the elderly will be solved. Houses which are suitable for the elderly but mixed with other age groups, close to public areas or facilities in order to meet more people. To cluster the elderly and separate them from the rest of the neighbourhood is no longer an option in my opinion. The pursuit of an inclusive environment where a new healthcare system is integrated into it. If people have to live at home longer due to current policy. Then let the care come to them (if necessary) so that the elderly can maintain their social circles and limit the loneliness of the elderly.

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## Appendix

### A. Appendix

This chapter provides four part.

- A.1. Interviews: *"How do you want to grow old?"*
- A.2. Research plan
- A.2. Fieldwork: Nursing home 't Kampje
- A.3. Site analysis booklet Driebergen

## Appendix

### A.1 interviews: *“How do you really want to grow old?”*

Om een breder beeld te krijgen hoe naast de huidige ouderen ook de toekomstige ouderen oud willen worden, heb ik in mijn directe omgeving mensen uit verschillende leeftijdscategorieën ondervraagd hoe zijzelf oud wilde worden. Deze interviews waren informeel en voor mijzelf verhelderend om overzicht te krijgen welke onderwerpen die samengaan met ouder worden en leefomgeving belangrijk waren.

Er wordt een onderscheid gemaakt tussen de leeftijdscategorieën:

20-30 jaren oud  
30-40 jaren oud  
40-50 jaren oud  
50-60 jaren oud  
60+ jaren oud

De vragen:

- I. Naam:
- II. Geslacht:
- III. Nationaliteit
- IV. Leeftijd:

*1. Wat voor ideale woning heb je later in gedachte als je later rond de 70 bent? (met partner)*

(denk aan: huistype, locatie, welke voorzieningen, gemeenschappelijke ruimte, soort burens etc.)

*2. Wat voor ideale woning heb je later in gedachte als je later rond de 70 bent? (zonder partner)*

(denk aan: huistype, locatie, welke voorzieningen, gemeenschappelijke ruimte, soort burens etc.)

*3. Mocht er nieuwe technische uitvindingen plaatsvinden in de toekomst en in hoeverre zou dit uw bovenstaande vragen kunnen beïnvloeden?*

(denk aan: beter digitaal bellen, transport sneller, etc. ect. )

## 20-30 jaren oud

I. Naam: Marike Blanken  
II. Geslacht: Vrouw  
III. Nationaliteit: Nederlands  
IV. Leeftijd: 23 jaar

1. Een zelfstandige woning omdat ik op dat moment waarschijnlijk daaraan gewend bent. Maar daarnaast zou ik altijd mensen om mij heen willen. Waardoor het makkelijk is om spontaan naar je burens te gaan. Een gemeenschappelijk ruimte/plek waar je buurtgenoten tegen kan komen lijkt mij fijn. Netzoals mijn oma die naar de locale kringloop gaat om een kort praatje te maken.

Idealiter zou ik een klein stad of buurtje wonen waar je iedereen kent. Dat je bekende mensen tegen komt als je op de straat of markt loopt. Een woning boven een winkelcentrum of op loopafstand. En het liefst dichtbij mijn (klein)kinderen.

2. Vergelijkbare woning als ik net boven heb beschreven. Nog steeds een zelfstandige woningen met een eigen keuken en woonkamer. Met een toegankelijke plek waar je huisgenoten/woongenoten kan tegen kan komen. Liever geen groot appartementen complex en maar kleinschalig. Dichtbij de bebouwde wereld maar ook natuur/groen op loopafstand.

3. Nu met corona is het duidelijk dat bijna alles digitaal kan: werken, onderwijs en zelf sociale evenementen. Maar deze tijd heb ik voor mezelf gemerkt dat ik juist erg veel voldoening van menselijk contact krijg. Daarom denk ik dat ik als ik ouder ben nog steeds het erg belangrijk zou vinden om tussen de mensen zou wonen (mocht er heel veel robots zijn dus dan de thuiszorg doen) toch een kop koffie kan drinken met de buurvrouw.

I. Naam: Sonia Yaqin  
II. Geslacht: Vrouw  
III. Nationaliteit: Afghaans/Nederlands  
IV. Leeftijd: 23 jaar

1. Als ik later oud ben zou ik graag wonen in een hoekhuis wonen. Ik zou dan uitzicht op de weg belangrijk vinden. En ik zou niet in een alleenstaand huis willen wonen. Ik wil een huis dichtbij ziekenhuis (het liefst 5 km), ik wil niet centrum-centrum wonen, maar een dorp dichtbij een grote stad; een omgeving die erg bewoond is, voor mij is natuur niet vereist. Een plek dat goed toegankelijk is voor mijn kinderen dat mijn kleinkinderen kunnen langs komen.

2. Ik zou dan een appartementen complex fijner vinden. Het zou mij een veiliger gevoel geven; mensen om mij heen. Een grondgebonden woning geeft mij als ik alleen woon een onveiliger gevoel.

3. Naar mate de tijd vordert in het leven wordt technologie steeds belangrijker in ons dagelijks leven. Een ontmoeting zou dan technologische vooruitgang kunnen 2D-> 3D. Dat zou wellicht voor mij al veel voldoening geven.

I. Naam: Robin Koelmans  
II. Geslacht: Man  
III. Nationaliteit: Nederlands  
IV. Leeftijd: 24 jaar

1. Een zelfstandige woning met een tuin zou mijn voorkeur hebben. Het liefst met een (kleine) privé tuin. Het liefst een grond gebonden woning tot zolang ik mobiel ben. Vooral goed bereikbaar voor mijn kinderen/kleinkinderen en andersom. Idealiter dichtbij mijn kinderen, maar je weet nooit hoe dat in loop van tijd is. Dus ik denk dat mijn voorkeur is in het midden van land. Het liefst combinatie van natuur en dichtbij winkelcentrum op loopafstand. Ik zou in beide situaties het belangrijkste vinden om iets te doen op een dag, een dagelijks praatje of een specifieke activiteit zou belangrijk vinden. Tuin onderhouden, spelletjes spelen en commissie achtig opdracht. Sociale activiteiten organiseren. Het is leuk om iets te doen om actief te blijven en midden in omgeving te zijn.

2. Als ik alleen ben, zou ik open staan voor ouderenhuisvesting met een groepje. Voorkeur naar een gemixte woongroep, niet zo'n oude bende. Dat ik soms kan helpen met helpen met oppassen en dan kan ik daarna met die mensen uit. Als ik in een kleine en besloten senioren complex zou wonen is het belangrijk om toezicht te houden naar de nieuwe bewoners. Inspraak lijkt mij dan een pre, een soort hospiteren - studenten kamer systeem.

3. Videobellen is voor mij genoeg. Het blijft nep. Maar ik haal er heel veel voldoening met een telefoon gesprek. Je moet het doen wat je kan krijgen.

## 30 - 40 jaar oud

I. Naam: Lianne Rimmelzwaan  
II. Geslacht: Vrouw  
III. Nationaliteit: Nederlands  
IV. Leeftijd: 32 jaar

1. Als ik later oud ben zou ik graag wonen nog in een grote stad wonen. Het liefst in een grond gebonden woning met een kleine tuin waar ik en mijn partner later oud kan worden. Ik zou het belangrijk vinden om later naar het theater, opera en museum te kunnen gaan. Faciliteiten op loopafstand zou erg handig zijn.

2. Als ik alleen zou komen te wonen zou dat geen invloed hebben op mijn eerste vraag.

3. Ik denk dat in de stad alles nog redelijk dichtbij is, ik denk dat faciliteiten op loopafstand erg belangrijk is, maar stel er zouden meer zelf rijdende auto's rijden zou dat geen invloed hebben open mijn invullen van mijn dagen. Ik denk dat door technologie wel het makkelijker wordt om ouder te worden.



## 40 - 50 jaar oud

I.	Naam:	Martijn Grefte
II.	Geslacht:	Man
III.	Nationaliteit	Nederlands
IV.	Leeftijd:	45 jaar

1. Als ik met een partner zou zijn en in goede gezondheid zou ik graag nog in een eengezinswoning willen wonen. Ik zou het dan fijn vinden om de ruimte te hebben om kinderen en kleinkinderen te ontvangen. Ook zou ik het leuk vinden om wel tijd te besteden aan huishouden en het onderhouden van een kleine tuin. Ik zou wel dicht bij een stad of in een dorp willen wonen zodat de mogelijkheid er is om samen naar een restaurant, winkel enz. te gaan. Het zou leuk zijn om in de buurt ook wat mensen te hebben van dezelfde leeftijd zodat er wat contact kan zijn.

2. Mijn ideale woning zou in die situatie een appartement zijn in een complex waar zowel ouderen als jongeren wonen. Daar heb ik gewoond en heb dat als heel prettig ervaren. Een appartement is dan niet te groot om alleen te onderhouden en er is meer contact met mensen in het complex. Ik zou dan wel in de stad willen wonen om dan dicht bij alle voorzieningen te zijn en daar makkelijk even naar toe te lopen.

3. De technische vernieuwingen hebben niet zo veel invloed op de bovenstaande wensen. Het zal misschien sommige dingen (contact, reizen enz.) wat makkelijker maken maar het zal geen wezenlijke veranderingen teweeg kunnen brengen.

## 50 - 60 jaar oud

I.	Naam:	Soreya Yaqin
II.	Geslacht:	Vrouw
III.	Nationaliteit	Afghaans / Nederlands
IV.	Leeftijd:	51 jaar

1. Vrijstaande huis, die hoeft niet heel groot te zijn in verband met het schoonmaken. Gelijkvloers op de begane grond. Zowel de natuur als voorzieningen op loopafstand. Ik vind reuring en een levendige omgeving belangrijk. Daarom zou ik graag dichtbij een cafe en of restaurant wonen. Genoeg ruimte voor bezoek, familie in de omgeving wonen.

2. Heeft geen invloed op de vragen

3. Lastig te beantwoorden, maar ik denk dat dit geen invloed zou hebben op mijn vragen. Ik blijf sociale contacten in persoon erg belangrijk vinden.

## 60 - 70 jaar oud

I.	Naam:	Ans van Diepen
II.	Geslacht:	Vrouw
III.	Nationaliteit	Nederlands
IV.	Leeftijd:	60 jaar

1. Als ik 70 ben hoop ik een appartement te wonen tussen de leeftijdsgenoten (55+-90). Een leeftijd waarin de ouderen alle kinderen uit huis zijn en weer tijd hebben om andere dingen te doen. Een soort aanleunwoningen. Een gemeenschappelijke voorzieningen en organisaties dat je dingen met elkaar kan doen. Het liefst een hofje structuur, ik ben echte een mensen mens. Dichtbij winkels en buurthuis. Zo lang mogelijk niet in een verzorgingshuis wonen.

2. Dezelfde kenmerken als het vorige antwoord, ik zou niet te groot willen wonen en dichtbij leeftijdgenoten.

3. Ondanks digitaal contact, blijft voor mij fysiek contact het belangrijkste. Een goede buur waar je soms een kop koffie willen drinken.

I.	Naam:	Jeroen Rimmelzwaan
II.	Geslacht:	man
III.	Nationaliteit:	Nederlands
IV.	Leeftijd:	63 jaar

1. Buiten de stad in een kleiner dorpje, met uitzicht op natuur. De woning het liefst op de begrane grond, met een groot terras/tuin. Met een ruimte voor een schuur, waarin ik mijn eigen men cave kan maken waarin mijn vleugel instaat en mijn computer. Eigen oprit alles Niet te ver van de openbaar vervoer, voorkeur aan treinstation. Medische zorg dichtbij, (huisarts, tandarts, apotheek). Niet meer in een straat met jonge gezinnen maar met 55, dat je niet de enige 70er bent mar wel in een gemixt wijk. Onmoetingsplekken denk ik aan een soort buurthuis waar ik leeftijdsgenoten heb. Niet te ver van de golfbaan en tennisbaan. Het liefst familie in de buurt.

2. Ik hoop dat ik dan in de bovengenoemde woning kan blijven wonen. Dan zou ik denk ik actiever zijn bij de sociale ontmoetingsplekken en voorzieningen.

3. Ik denk dat de bovenstaande antwoorden niet zullen beïnvloed worden als er meer technische uitvindingen zullen plaatsvinden

- I. Naam: Wil Tibben
- II. Geslacht: Vrouw
- III. Nationaliteit: Nederlands
- IV. Leeftijd: 66 jaar

1. Het liefst een bungalow, nieuwbouw, aan het water, alles gelijkvloers, makkelijk te onderhouden en waar ik me ook veilig voel als ik alleen over zou blijven. Gemeenschappelijke besloten tuin of binnenplaats lijkt me ook fijn.

2. Als ik zonder partner zou zijn, dan toch een appartement dat goed afgesloten is en waar ook eventueel zorg bij zit en ik me veilig voel. Graag in een omgeving met natuur en winkels op loopafstand, vrij uitzicht en een royaal balkon. Ook nieuwbouw, zo min mogelijk onderhoud. Liefst ook een ontmoetingscentrum in de buurt waar men activiteiten organiseert voor iedereen.

3. De vraag over eventuele technische uitvindingen vind ik moeilijk te beantwoorden. Maar ik denk aan alle ontwikkelingen die het leven van mensen boven de 70 jaar makkelijker maken. Bijvoorbeeld hulpmiddelen voor het bijhouden van medicijn gebruik, eenvoudigere communicatie middelen e.d.

#### A.1. Conclusie

Er zijn paar terugkomende aspecten uit dit onderzoek

1.

*Omgeving:*

- Faciliteiten en winkels dichtbij
- Medisch personeel dichtbij
- Familie en vrienden dichtbij
- Natuur dichtbij
- Gemixte buurt, niet alleen ouderen

*Architectuur:*

- Collectieve tuin
- Grond gebonden woning
- Gelijkvloers (appartement / hofje)

2.

*Omgeving:*

- Faciliteiten en winkels dichtbij
- Medisch personeel dichtbij
- Familie en vrienden dichtbij
- Natuur dichtbij
- Gemixte buurt, niet alleen ouderen

*Architectuur:*

- Collectieve tuin
- Grond gebonden woning
- Gelijkvloers (appartement / hofje)
- Collectieve ruimte en tuin**
- Gemixte woonblok**
- Co-housing**

3.

- Weinig of geen invloed op de twee boven genoemde vragen
- Fysiek contact en loopafstand van voorzieningen tot huis blijft belangrijk.
- Technologie weinig invloed op.

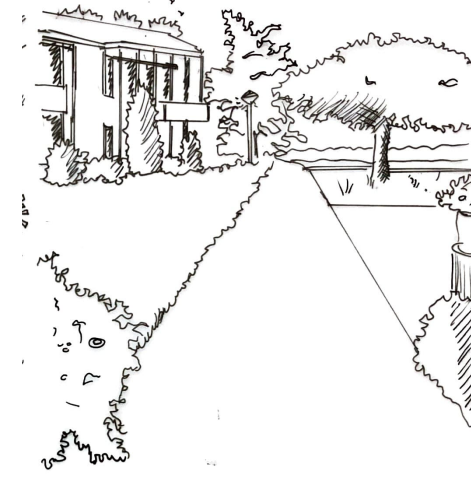
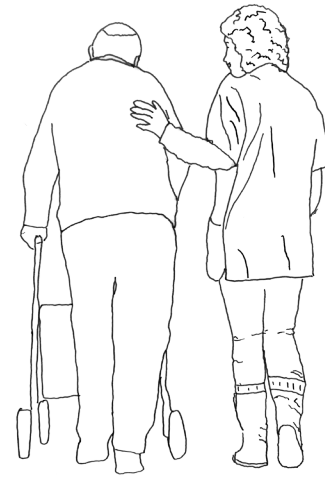
Research plan



## A.2 Research Plan



Fieldwork Booklet  
*A stay at a care home*



A.3 Fieldwork booklet



# Inhoudsopgave

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Fieldwork Booklet  
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## 0. Introductie

Op jonge leeftijd loop je de trap op naar je studentenkamer, kook je avondeten en ga je zo naar je vrienden toe. Je staat er nauwelijks bij stil dat dit niet voor iedereen, met name voor ouderen, de normale gang van zaken is. De levensfase van ouderen is iets wat ver weg voelt voor de meesten, zo ook voor ons als 23 jarige studenten. Waarbij studentenwoningen, scholen en bijvoorbeeld musea bekend voor ons zijn, weten wij eigenlijk totaal niet hoe een verzorgingstehuis in elkaar zit. Voor ons simpele dingen zoals een opstapje naar een balkon toe, kan voor een ouder een reden zijn om niet meer buiten te komen. Hoe ontwerp je een levensomgeving voor een levensfase waar je (hopelijk) nog vele jaren van verwijderd bent?

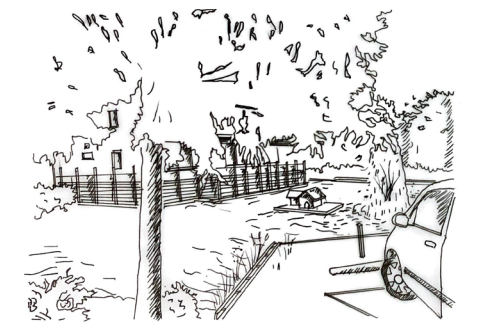
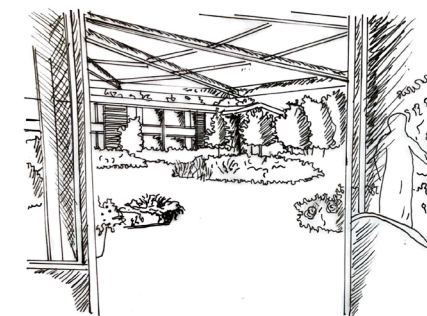
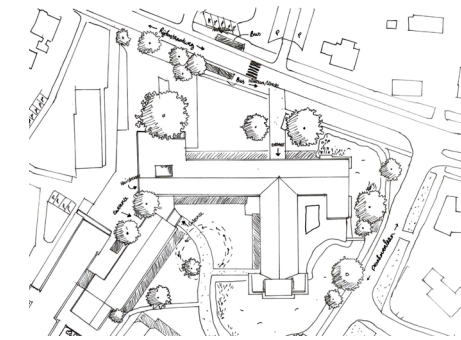
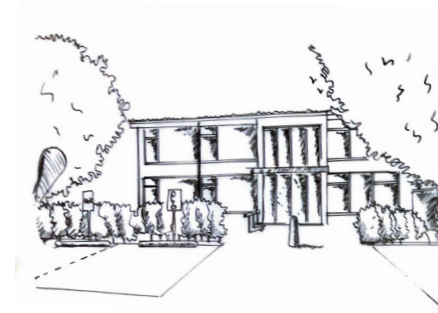
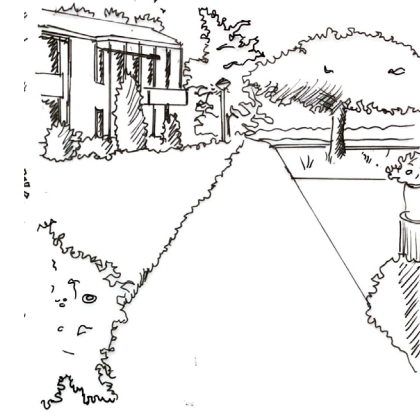
Om ons te kunnen verdiepen in de leefomgeving van ouderen hebben wij drie dagen meegedraaid in een verzorgingstehuis. We hebben er overnacht, gegeten, gekookt, gelezen en meegedaan aan de bewonersactiviteiten. Het verzorgingstehuis waar wij verbleven was 't Kampje in Loenen. 't Kampje bestaat uit ongeveer 40 zorgappartementen waarvan er 28 zich bevinden op de psychogeriatrische afdeling. Ook beschikt 't Kampje over aanleunwoningen.

In dit boekwerk staan observaties, analyses, schetsen en interviews van ons driedaags veldwerk in het tehuis. Het boekwerk is opgedeeld in vier hoofdstukken: *omgeving, het tehuis, collectieve binnenruimtes en de mensen van 't Kampje*.

We hopen met deze bundeling van ons veldwerk in een verzorgingstehuis een goed beeld te kunnen schetsen van ervaringen van bewoners en werknemers van 't Kampje en van architectonische tot sociale problemen in de zorg. Vermeld moet worden dat een verblijf van drie dagen in een verzorgingstehuis nooit een compleet beeld kan schetsen van hoe het is om te wonen of te werken in een verzorgingstehuis. Wel geeft het een goed beeld van de verschillende karakters en uitdagingen in een verzorgingstehuis.



01.  
Omgeving

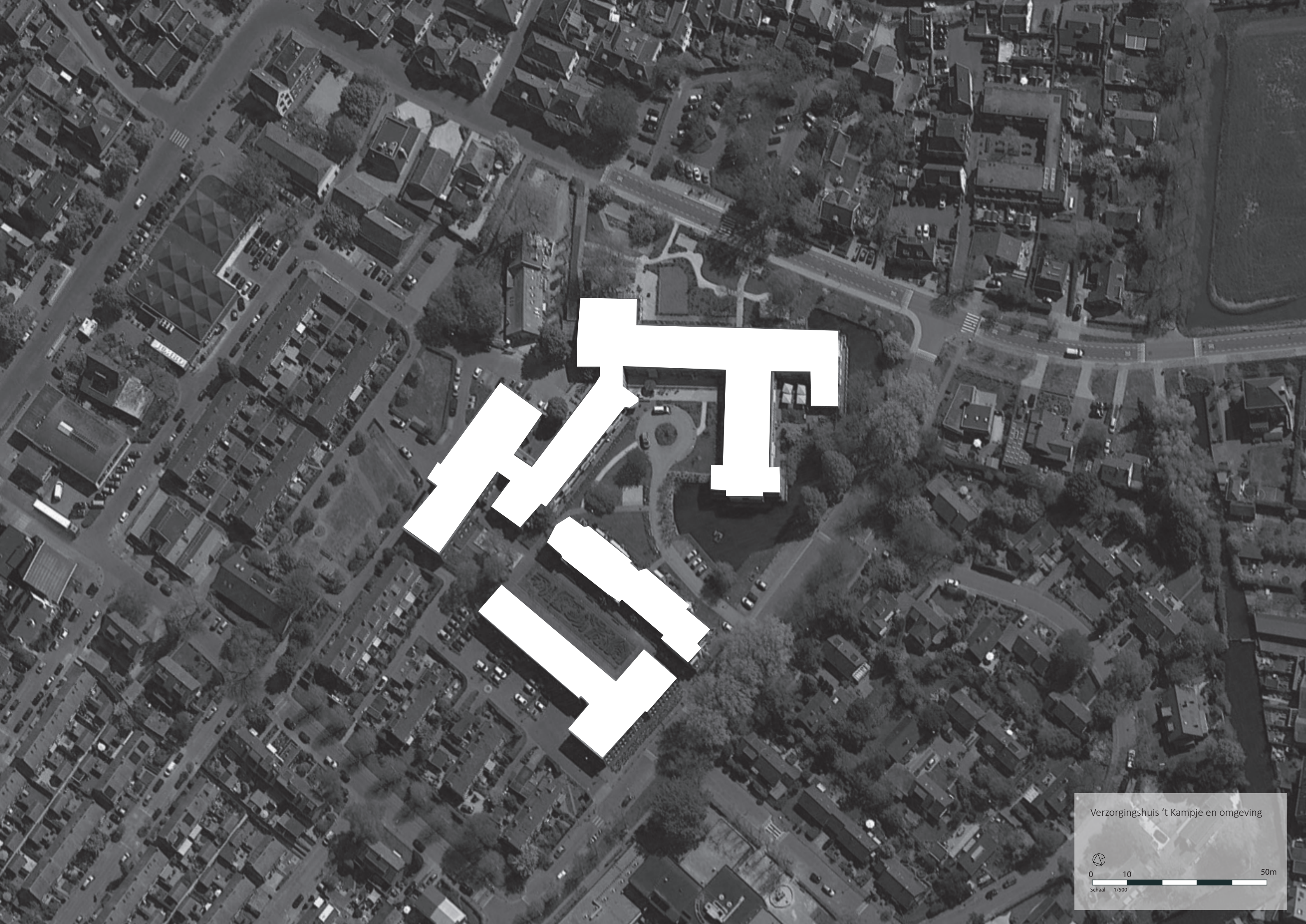


## Inleiding

Het verzorgingshuis 't Kampje is een ruim opgezet wooncentrum in het landelijk gelegen Loenen aan de Vecht. De verzorgingshuis is gelegen aan de rand van het oude stadcentrum en oogt uitnodigend en biedt een veilige woonomgeving voor ouderen. In deze paragraaf zoomen we in in het stedelijk weefsel van 't Kampje en kijken we naar het uiterlijk in de directe omgeving.

Allereerst wordt het belangrijke wegennetwerk, publieke groen en het centrum in kaart gebracht om een relatie te onderzoeken met het verzorgingshuis en de directe omgeving. Hierna wordt ingezoomd op verschillende kwaliteiten en voorzieningen in de omgeving die een grote rol spelen voor ouderen. Hierin worden verschillende perspectieven van de omgeving rondom het verzorgingshuis gebruikt om belangrijke elementen eruit te filteren. Tot slot wordt er een vergelijking gemaakt tussen de kwaliteit en voorzieningen van de directe omgeving en collectieve tuin en een overkoepelde conclusie genoemd.





Verzorgingshuis 't Kampje en omgeving




0 10 50m

Schaal 1/500



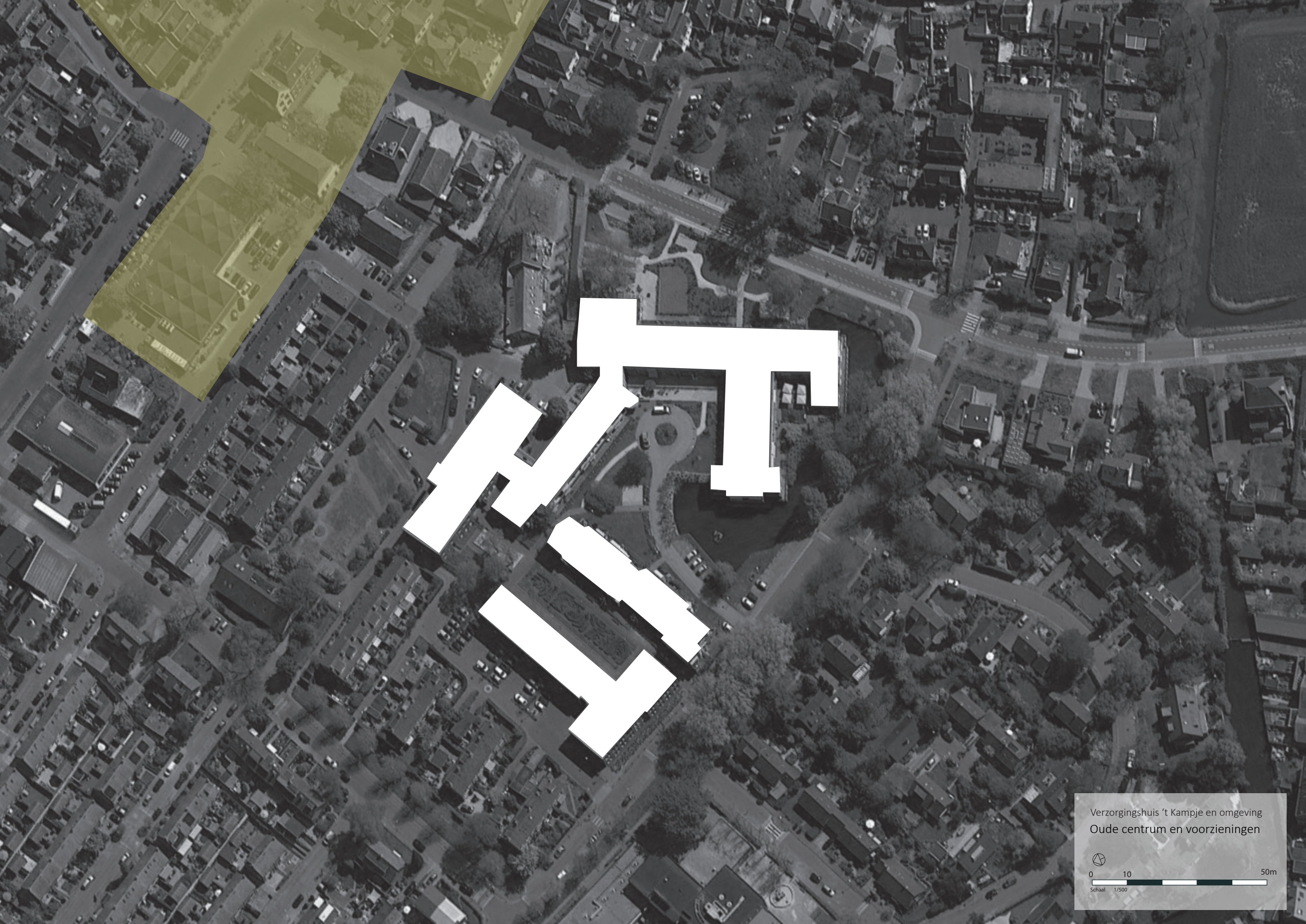


Verzorgingshuis 't Kampje en omgeving  
Belangrijk wegen netwerk



0 10 50m  
Schaal 1/500





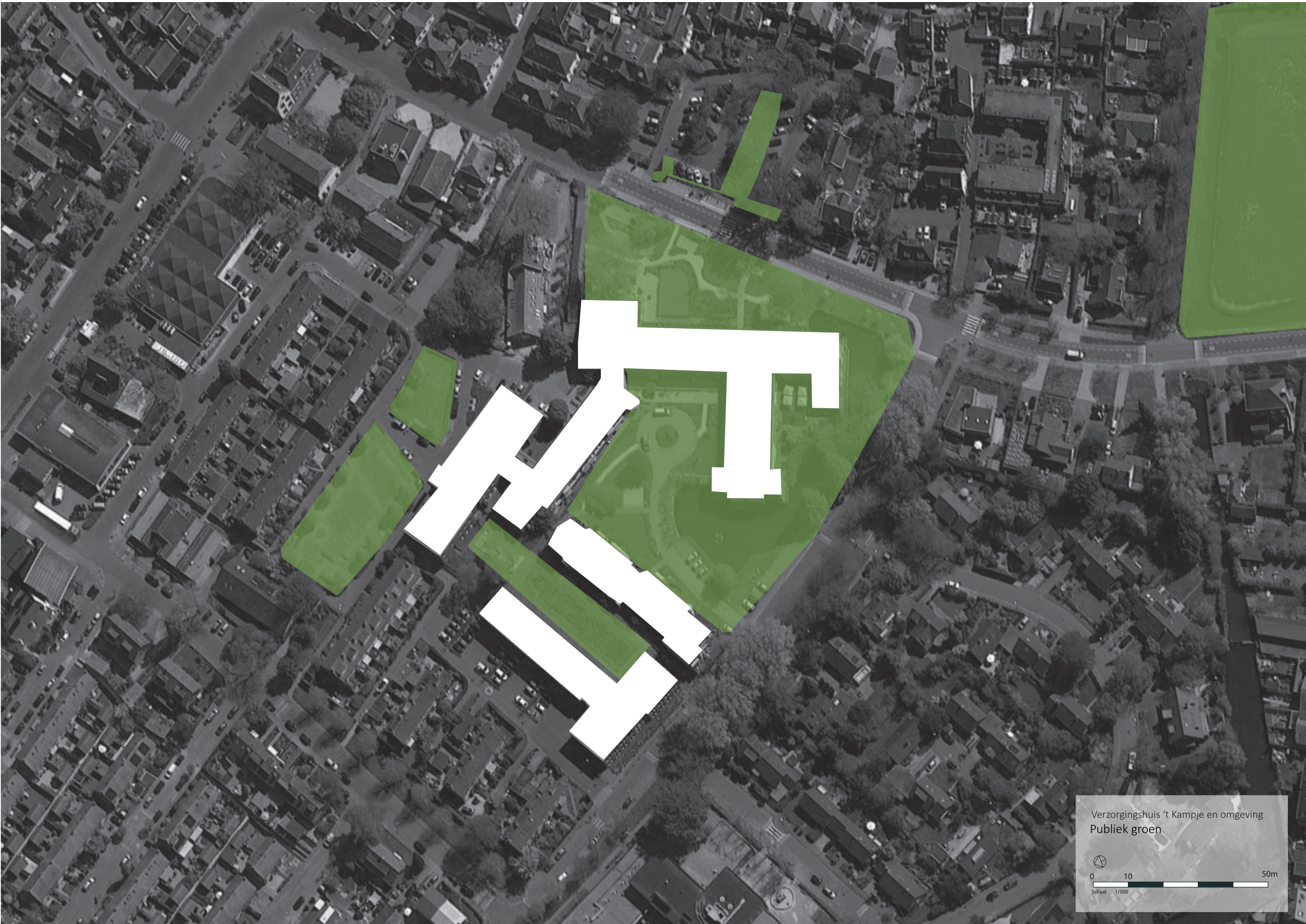
Verzorgingshuis 't Kampje en omgeving  
Oude centrum en voorzieningen



0 10 50m

Schaal 1/500





Verzorgingshuis 't Kampje en omgeving  
Publiek groen



0 10 50m  
Schaal 1/500

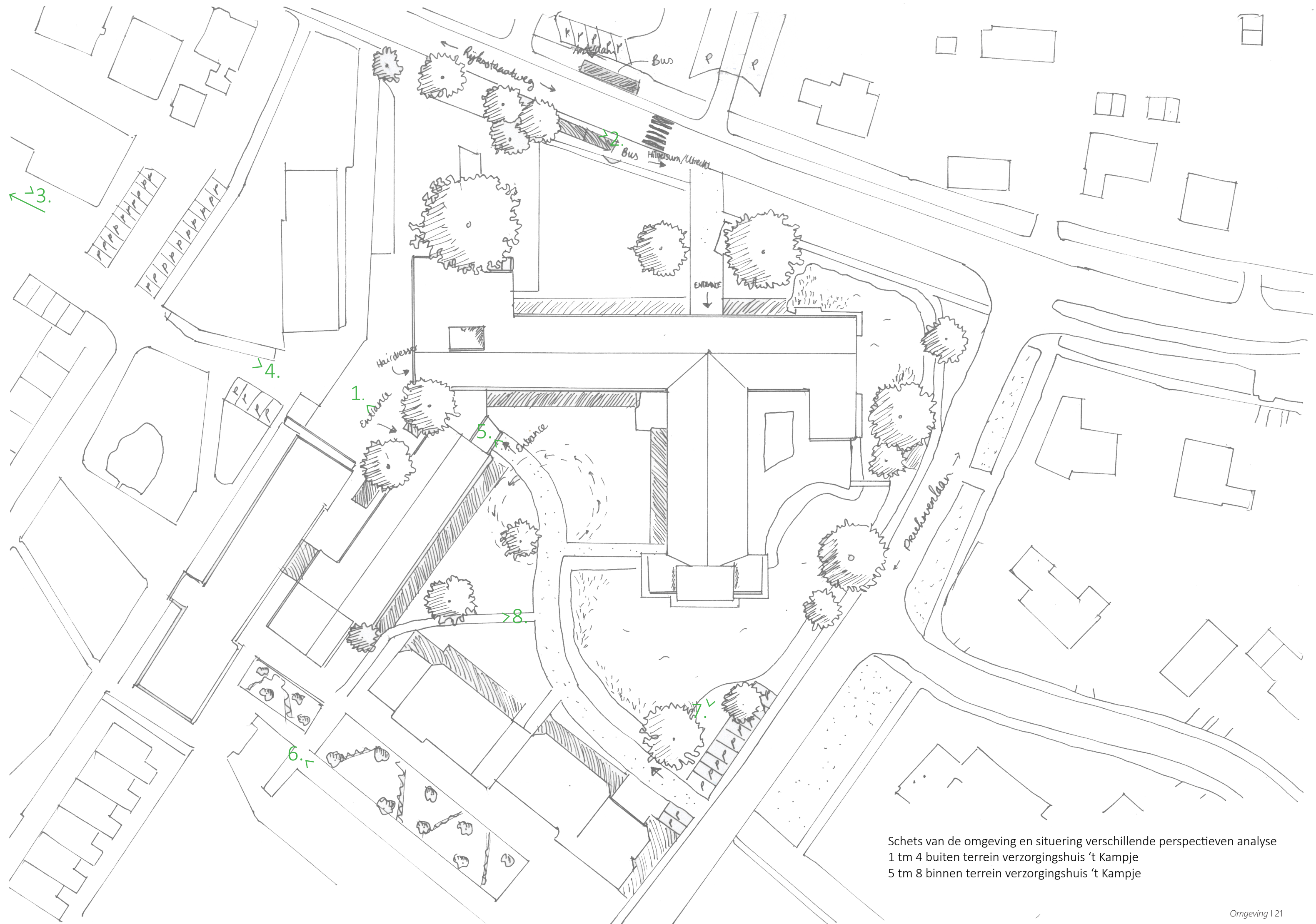




Verzorgingshuis 't Kampje en omgeving  
Relatie wegennetwerk, centrum en  
publiek groen

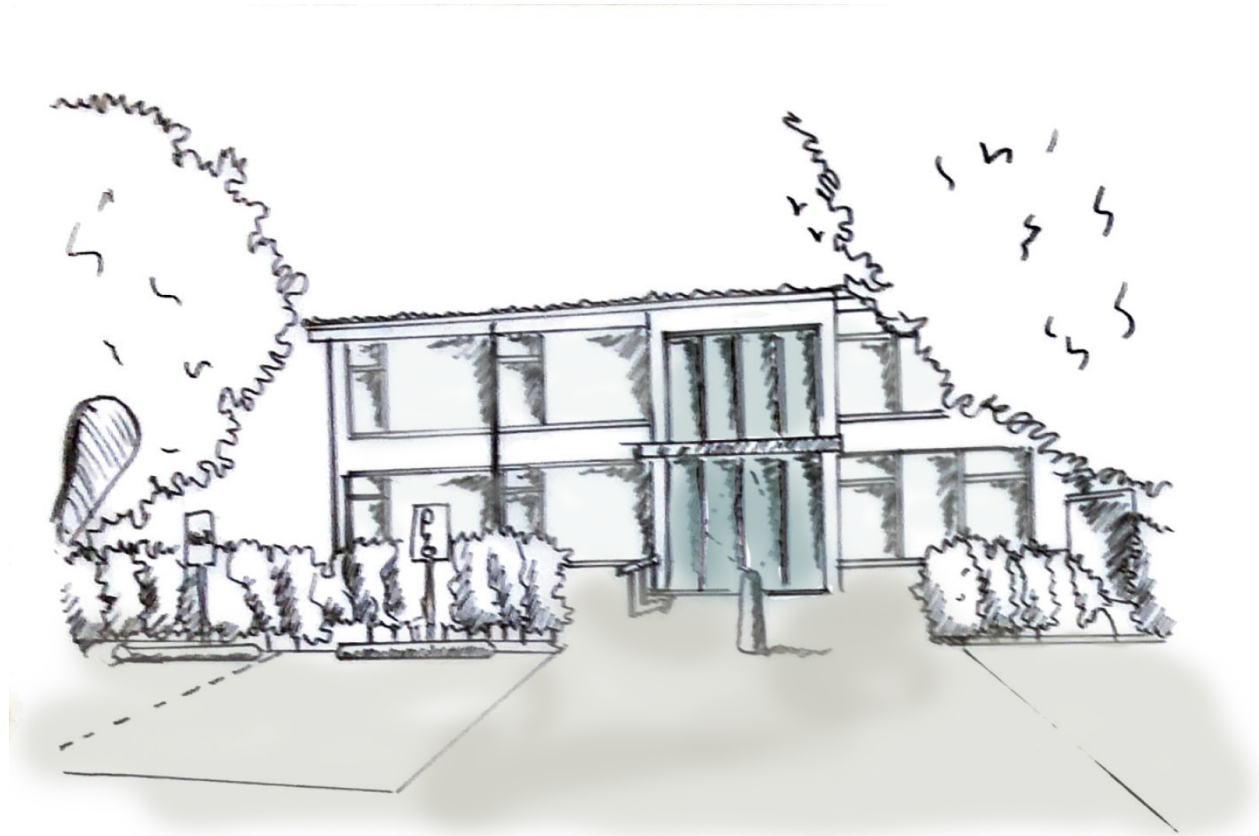
0 10 50m  
Schaal 1/500





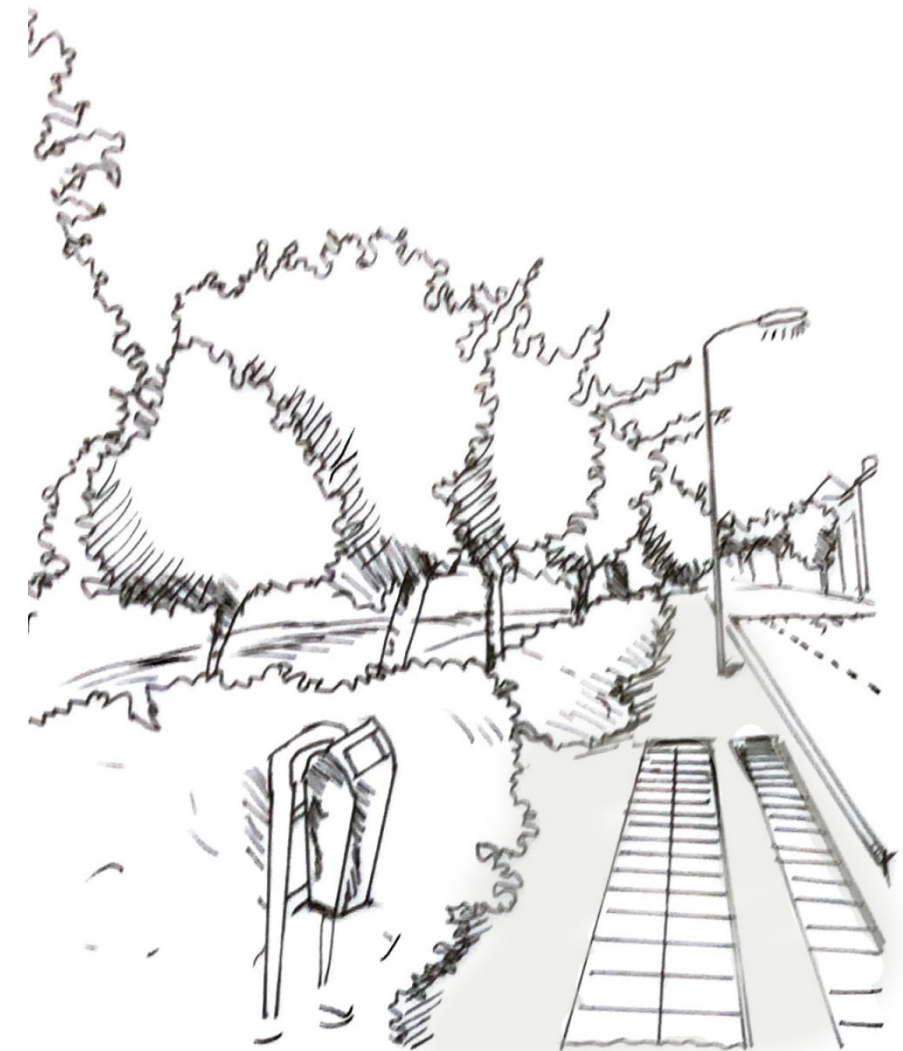
Schets van de omgeving en situering verschillende perspectieven analyse  
1 tm 4 buiten terrein verzorgingshuis 't Kampje  
5 tm 8 binnen terrein verzorgingshuis 't Kampje





- Toegankelijke (openbare) entree verzorgingshuis en bibliotheek -

*Perspectief een*



- Openbaar vervoer goed bereikbaar -

*Perspectief twee*



- Winkels en supermarkten op loopafstand -

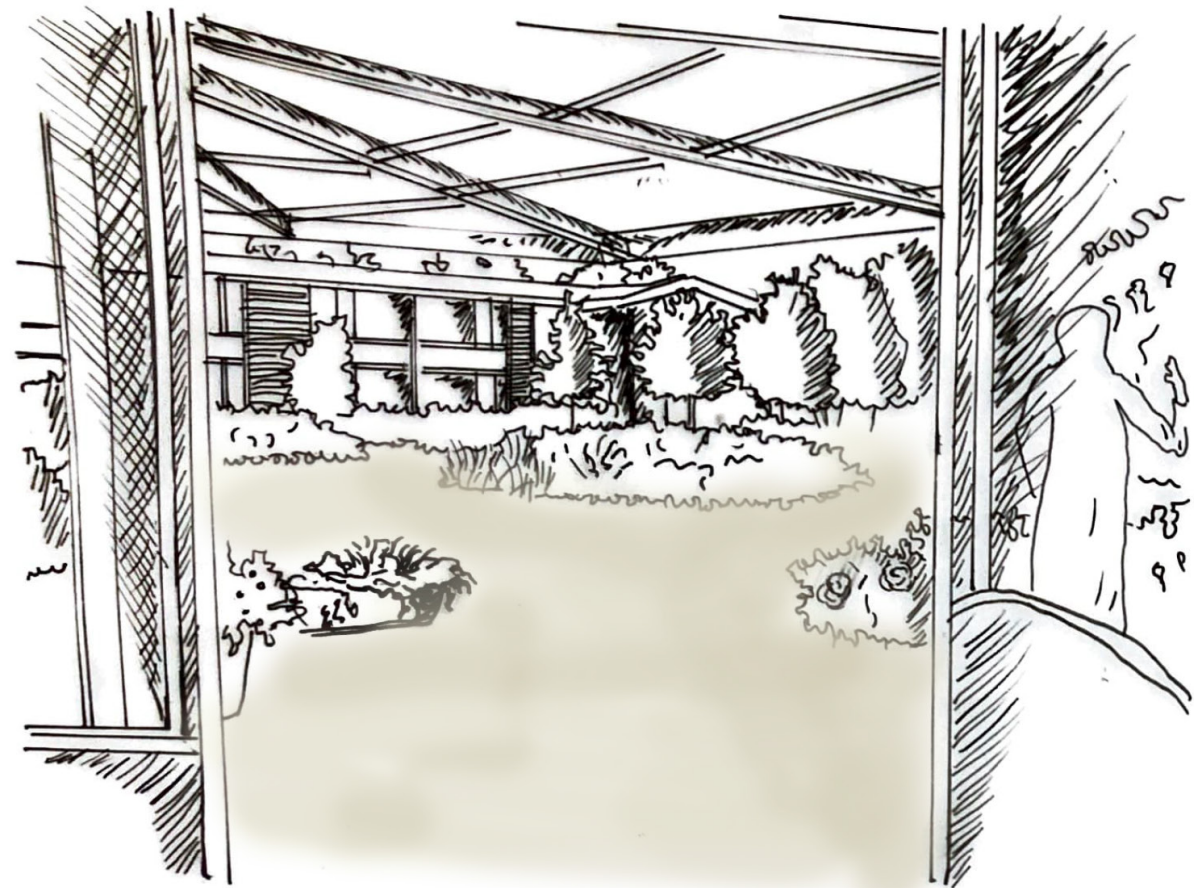
*Perspectief drie*



- Rollator/rolstoel toegankelijke drempels -

*Perspectief vier*





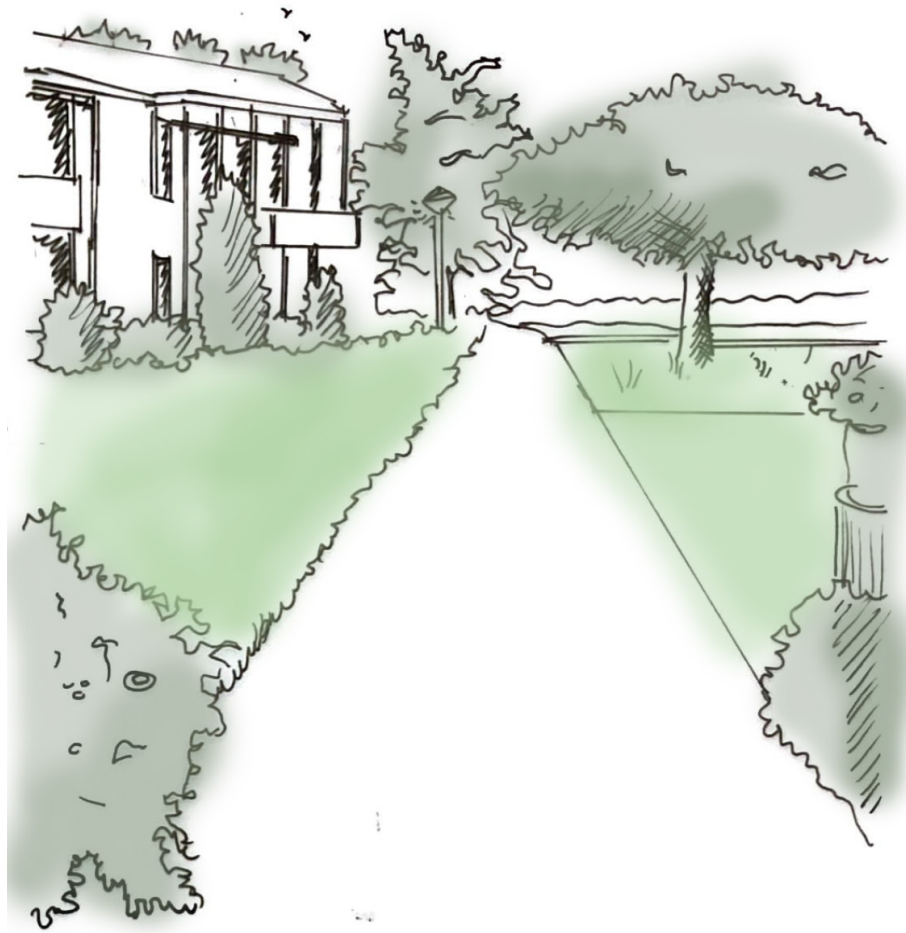
- Toegankelijk entree voor kiss and ride -

*Perspectief vijf*



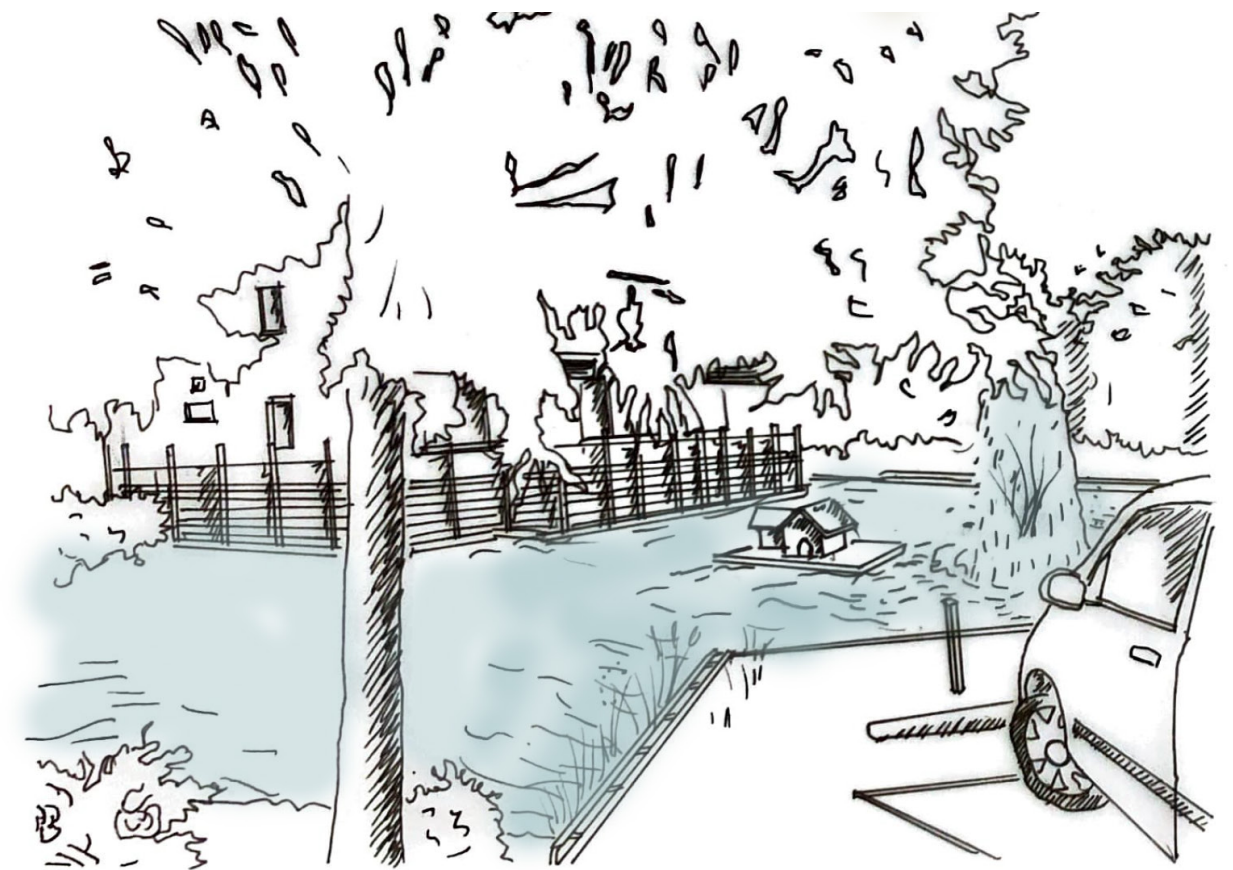
- Groene hart en hofjes structuur-

*Perspectief zes*



- Groen uitzicht van alle kanten & rollator/rolstoel toegankelijke drempels -

*Perspectief acht*



- Relaxe sfeer door waterelement in tuin -

*Perspectief zeven*

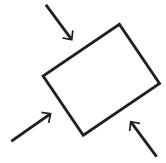


## Conclusie

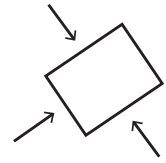
*De omgeving biedt verschillende voorzieningen en kwaliteiten in omgeving. Een vergelijking van voorzieningen met de directe omgeving en de tuim van het verzorgingshuis 't Kampje*

Omgeving:

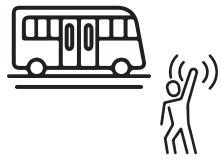
Tuin van verzorgingshuis 't Kampje:



Toegankelijke entree vanuit de buurt, zowel de bibliotheek als het verzorgingshuis



Toegankelijke entree vanuit de tuin, zowel de bibliotheek als het verzorgingshuis



Goede publieke transport voorziening

N.v.t.



Winkels en supermarkten op loopafstand

N.v.t.



Rolstoel/rollator vriendelijke stoepen en wegen



Rolstoel/rollator vriendelijke stoepen en wegen



Toegankelijke parkeerplaatsen en ophaalplekken voor de auto



Toegankelijke parkeerplaatsen en ophaalplekken (rotonde) voor de auto



Groene parken en veel bomen in het straat beeld



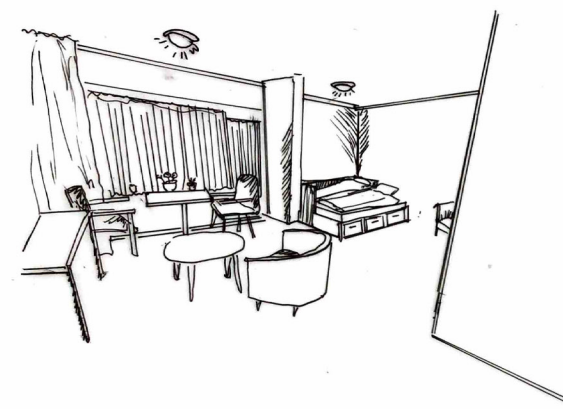
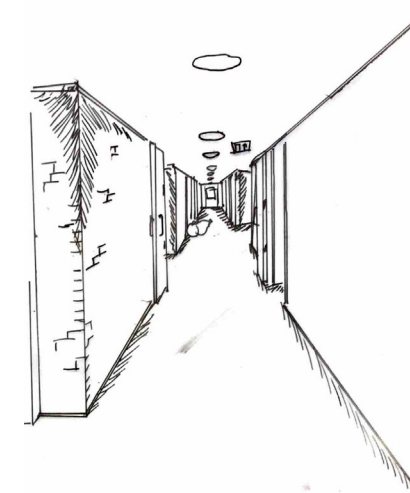
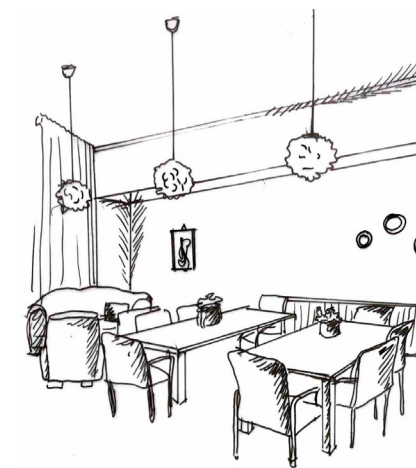
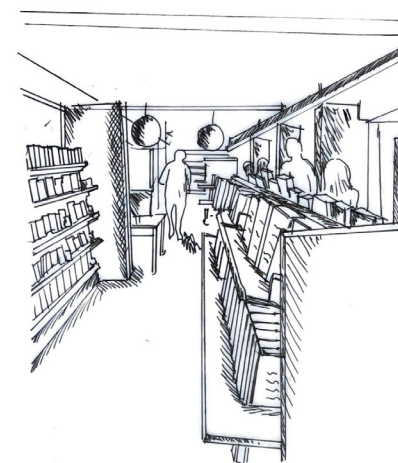
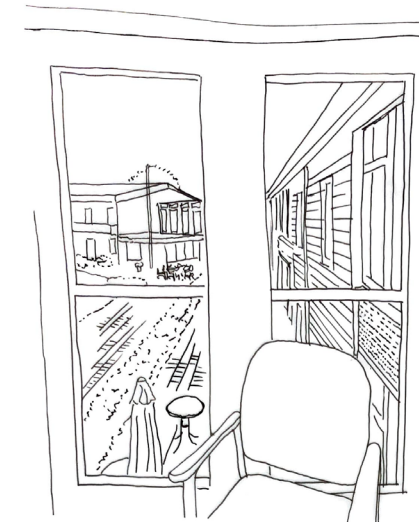
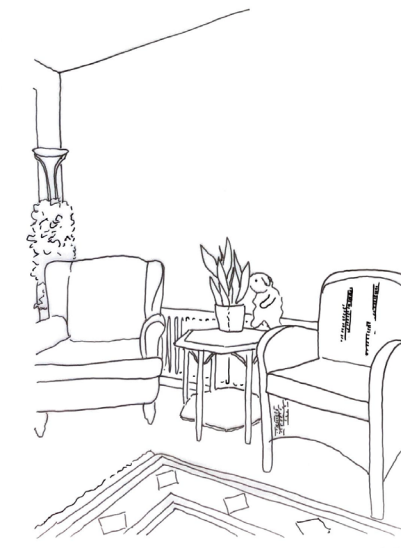
Groene uitzicht vanuit woningen bewoners, toegankelijke en groene tuin.

N.v.t.



Uitzicht op een vijfer vanaf tuin en/of woning

02.  
Collectieve binnenruimtes



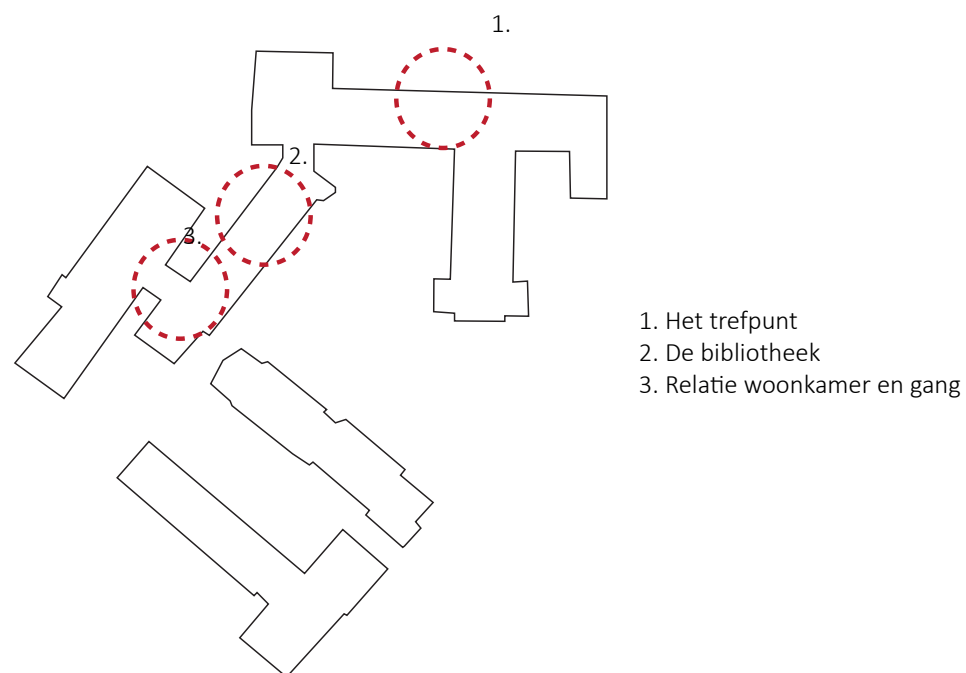


# Inleiding

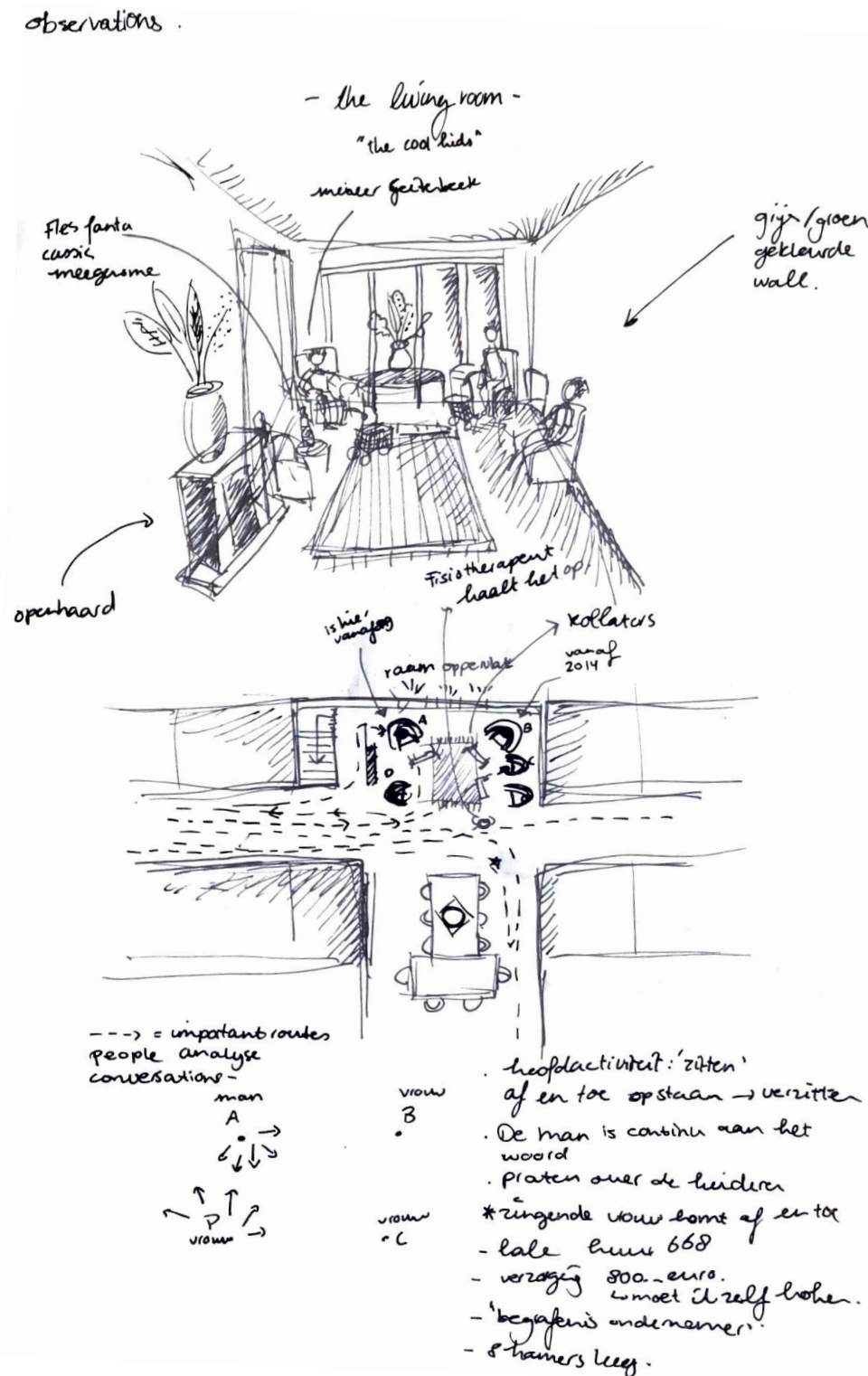
De interactie tussen de bewoners van 't Kampje speelden voornamelijk binnen de muren van het verzorgingshuis af. De collectieve ruimtes van het gebouw spelen een grote rol voor contact tussen de medebewoners. In deze paragraaf zoomen we in op het gebruik en de architectuur van de collectieve ruimte in het verzorgingshuis 't Kampje.

Het verzorgingshuis bestaat uit verschillende intieme collectieve ruimtes, de zogenoemde woonkamers, die verspreid zijn over twee verdiepingen. Uitgezonderd van de gesloten afdeling bestaat het verzorgingshuis uit drie collectieve woonkamers, een grote ruimte beheerd door 'Studio Idee' en een openbare bibliotheek. Deze ruimtes spelen alledrie een grote rol voor de interactie van de bewoners en buurtbewoners. Op de begane grond bevindt zich een grote woonkamer die verbinding maakt met de verzorgingshuizen en de aanleunwoningen. In deze ruimte kan worden gekookt, ontmoet en gechillt. Een stabiele basis voor de bewoners om elkaar gemakkelijk te leren kennen. Op de eerste verdieping bevinden zich twee woonkamers gelegen tussen de woningen van de bewoners. In deze ruimtes worden activiteiten gedaan zoals: gezamenlijk eten, samen koken met vrijwilliger Ans en/of spelletjes gespeeld.

In dit hoofdstuk wordt gekeken naar drie belangrijke gezamenlijke binnenruimtes die volgens ons een grote rol spelen in het gebruik van het verzorgingshuis. Allereerst zoomen we in op de zogenoemde 'trefpunt'-woonkamer. Deze ruimte wordt gebruikt als ontmoetingsplek en locatie voor vele activiteiten. Onze eerste gesprekken met de bewoners vonden ook plaats in deze ruimte. Vanuit de resultaten van onze observaties van onze fieldwork proberen wij de ruimte te analyseren en maken een overzicht om de goede/negatieve punten met elkaar te vergelijken om een conclusie te vormen. Daarna wordt ingezoomd op het gebruik en de architectuur van de bibliotheek. Deze ruimte is zowel goed toegankelijk voor buurtbewoners als bewoners van het verzorgingshuis. Opnieuw kijken we naar de resultaten van onze observaties om de ruimte te analyseren en zullen we dit onderdeel afsluiten met een conclusie. Tot slot kijken we naar de gangen netwerk en de verbinding met de andere twee woonkamers. De resultaten van onze observaties worden geanalyseerd en dit onderdeel wordt afgeloten door een overkoepelende conclusie.



Het 'trefpunt' is een van de populairste ontmoetingsplekken voor de bewoners van 't Kampje. Veel dagactiviteiten spelen zich af in dit gedeelte van het gebouw. Het trefpunt is gelegen op de eerste verdieping aan de oostelijke zijde van het verzorgingscentrum. Het gehele gebouw bestaat uit 3 (kleinere) publieke woonkamers en 1 grote centrale ruimte die door Studio Idee wordt beheerd. Alle woonkamers zijn openbaar voor de bewoners en bezoekers van het 't Kampje. De ruimte van Studio Idee is alleen toegankelijk voor de bewoners als er activiteiten worden plaatsgevonden. Bijvoorbeeld: de wekelijkse koffie ronde op de woensdagochtend, lezingen van lokale buurtbewoners en modeshows voor de dames.



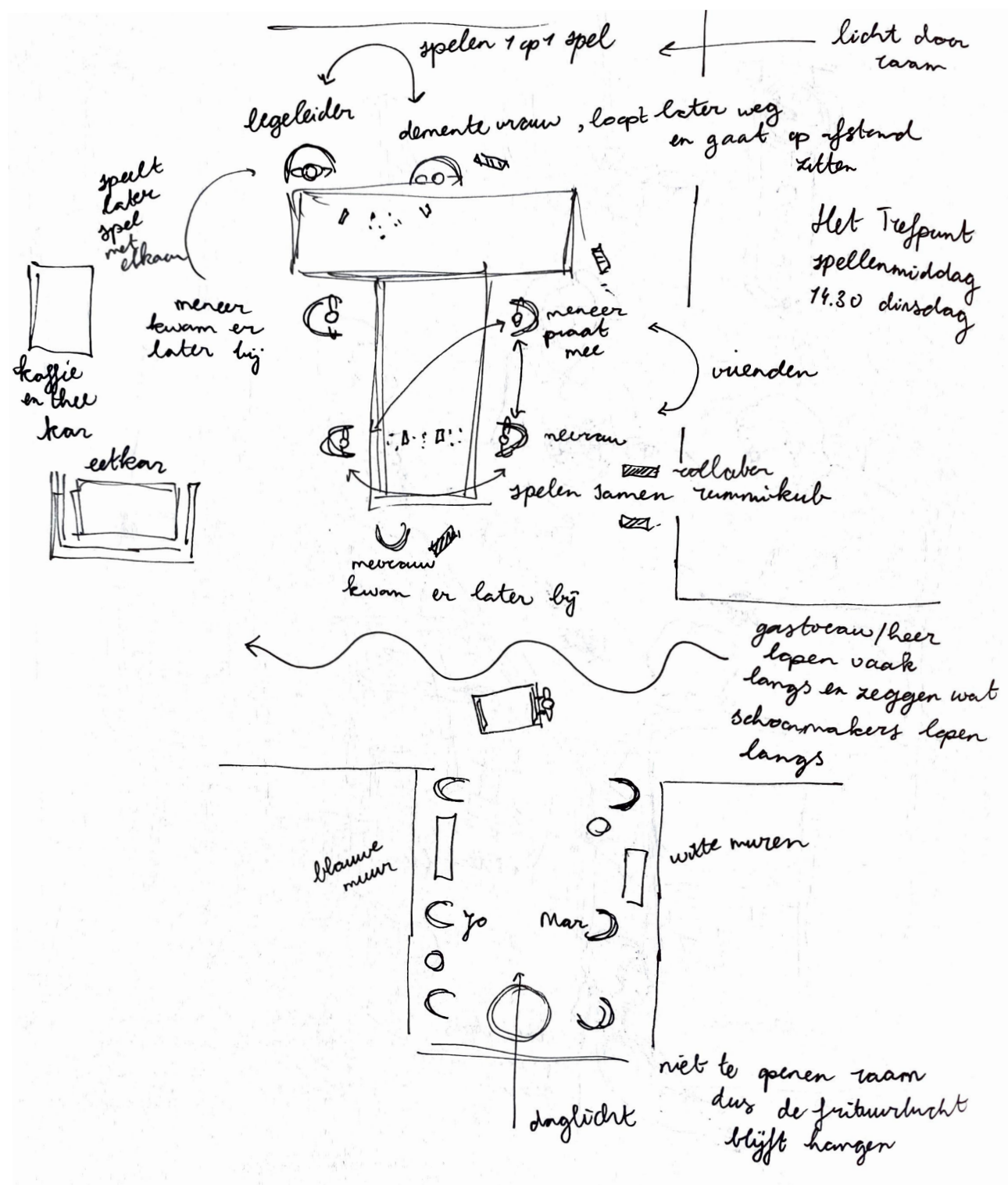
Observaties van schetsboek Joline tijdens fieldwork



Observaties van schetsboek Marlou tijdens fieldwork

Het 'trefpunt' kan verdeeld worden uit twee delen die gescheiden wordt door de gang. Het ene deel kan gezien worden als het relaxte deel, waar de bewoners gemakkelijk elkaar kunnen opzoeken. Deze ruimte wordt voorzien van verschillende comfortabele stoelen. Het andere deel wordt gebruikt als eetplek en bestaat uit een twee grote tafels omringd door verschillende stoelen. De grote raampartij maakt het mogelijk dat de ochtendzon naar binnen kan schijnen, deze ruimte is daarom relatief licht, maar het raam kan niet zelf door de bewoners open worden gemaakt voor frisse lucht. De eetplek is in vergelijking met de zitkamer iets donkerder. De deur in de hoek van de eetkamer maakt het mogelijk om frisse lucht te reguleren.





Observaties van schetsboek Marlous tijdens fieldwork



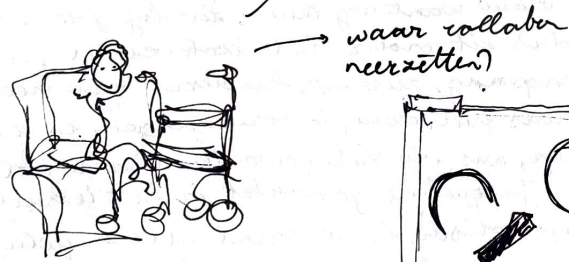
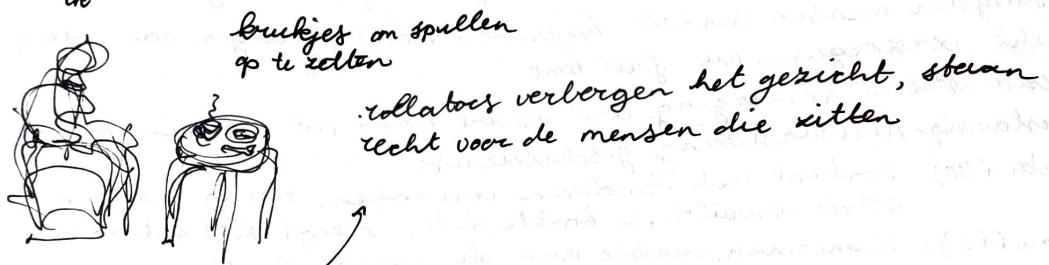
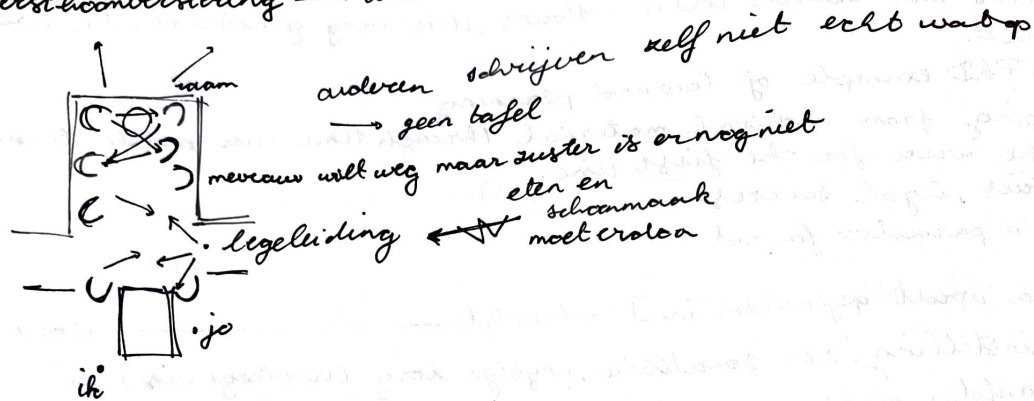
- playing memory games

Observaties van schetsboek Joline tijdens fieldwork

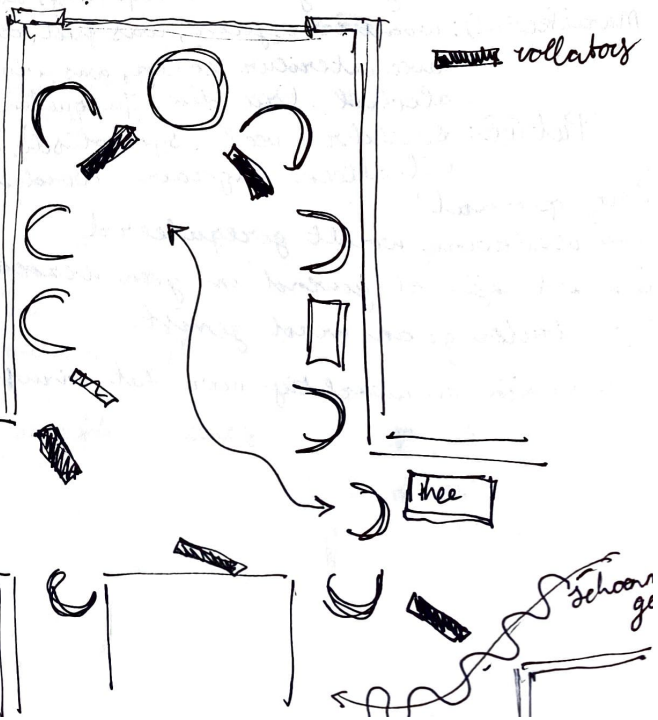
Bijna iedere dag kunnen de bewoners van 't Kampje meedoen aan verschillende dagactiviteiten. De deelname is vrijwillig en door de toegankelijke sfeer kan iedere bewoner deelnemen aan deze activiteiten. De activiteiten worden begeleid door de 'dagactiviteiten'-leidster. Deze leidster is geduldig en vriendelijk van aard en geeft iedere bewoner een kans om mee te doen met de activiteiten. Op de eerste dag deden enkele bewoners mee aan de geheugentraining spel. Dit is een leerzaam spel om de geestelijke capaciteiten van de ouderen te trainen. De bewoners kregen een lang woord waarvan ze nieuwe woorden moesten maken met dezelfde letters. Het woord van de week was:

## KERSTBOOMVERSIERING

Ochtend activiteit: geheugen training 10.00  
 kerstboomversiering → verschillende woorden

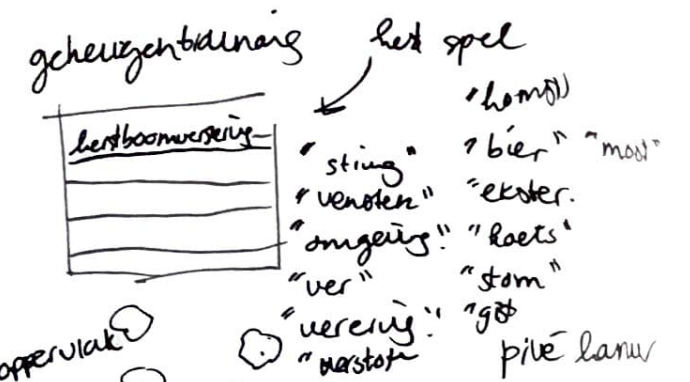


algemene sfeer:  
 rustig, iedereen erg  
 geconcentreerd  
 rustig dus verstaanbaar  
 zo geconcentreerd dat ze weinig  
 aandacht hebben voor af

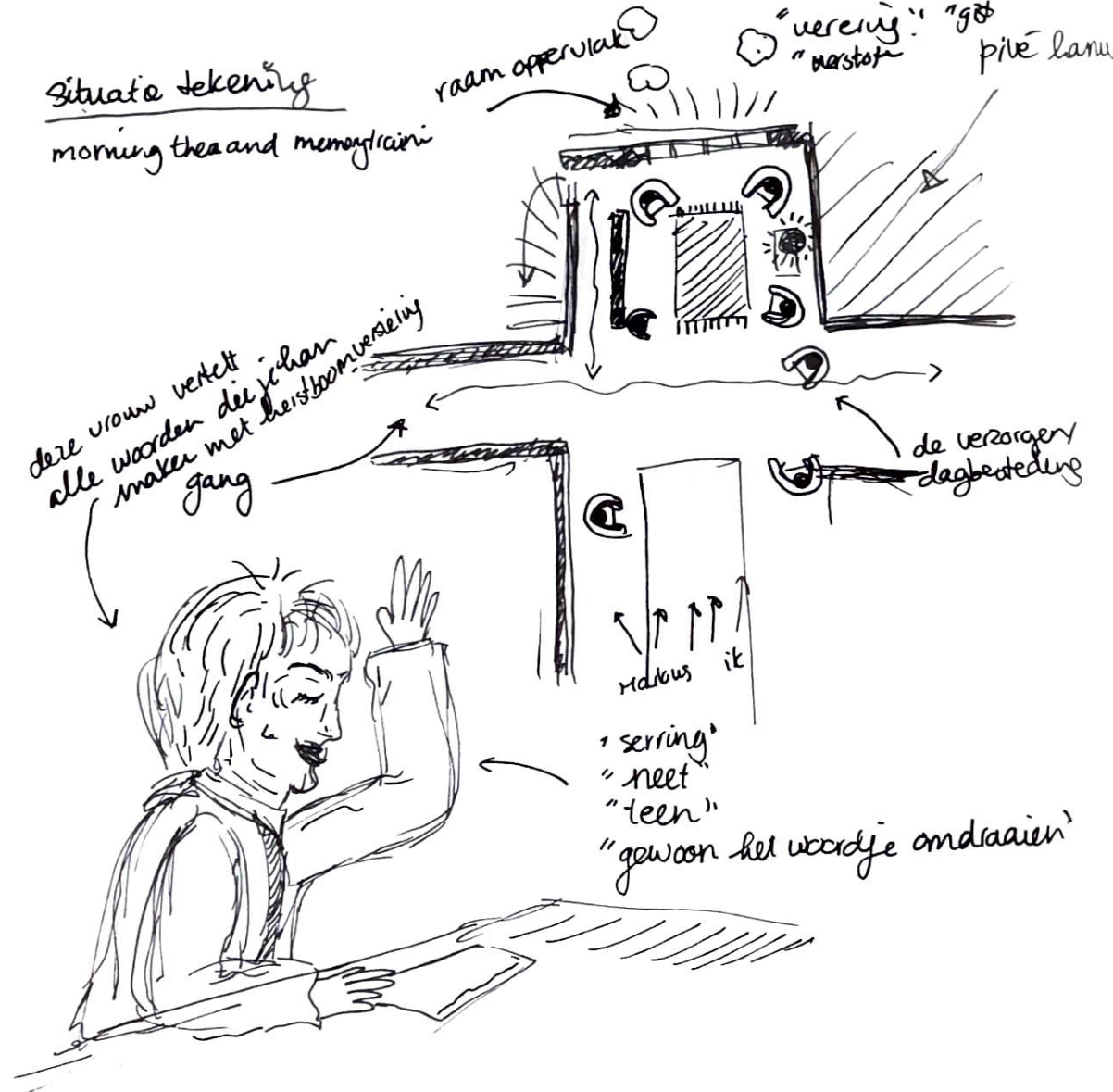


Observaties van schetsboek Marlous tijdens fieldwork

28 september observatie  
 Boudier  
 1 verzorger



Situatie tekening  
 morning tea and memory training



Observaties van schetsboek Joline tijdens fieldwork





het trefpunt om 10 uur in de ochtend

mevrouw doet mee met de geheugen training en schrijft alles zelf op, elk woord. Het papier ligt op haar schoot en de rollator verbergt haar armen en benen. Omdat dat ze verweg zit kan ze alles nog goed horen en doet ze mee. Ze draagt dezelfde kleuren kleding als de stoel waar ze op zit, rood / bruin. Loopt uiteindelijk naar voren om de woorden te vertellen en loopt weer terug.

mevrouw komt met veel woorden

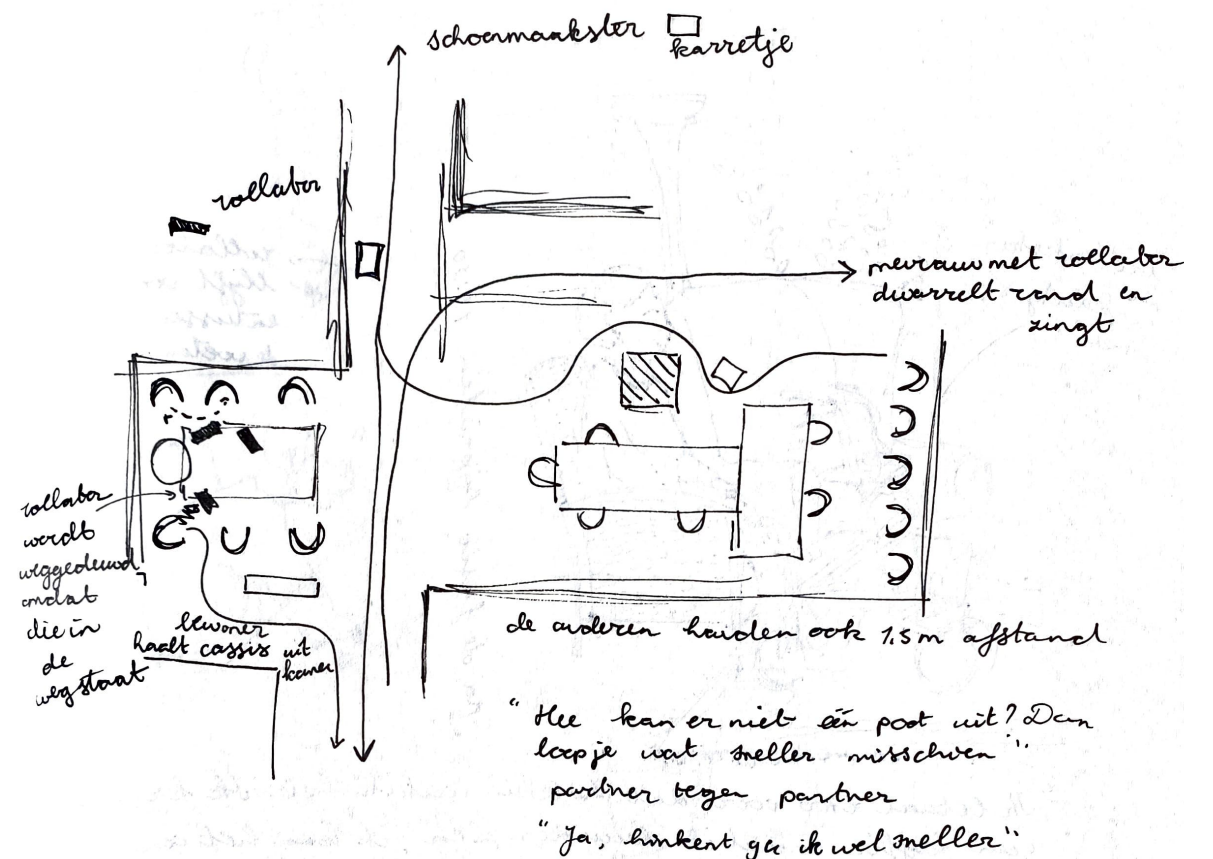
geheugen training spel



actief in het spel

rollator aan tafel

gebak en thee



schoonmaakster karretje

rollator

mevrouw met rollator dwerfelt rond en zingt

rollator wordt weggeoluid omdat die in de weg staat

kluswerf haalt cassis uit kamer

de andere kanten ook 1,5 m afstand

"Hee kan er niet een pot uit? Dan loopje wat sneller misschien"  
partner tegen partner  
"Ja, hinkent ge ik wel sneller"

Ze praten over hoe lang ze er al wonen.

Stoelen staan uit elkaar voor afstand → anderen lijken elkaar nog goed te horen

mevrouw woont er al bijna

mevrouw woont er ruim 7,5 jaar, 2019



het trefpunt maandagmiddag

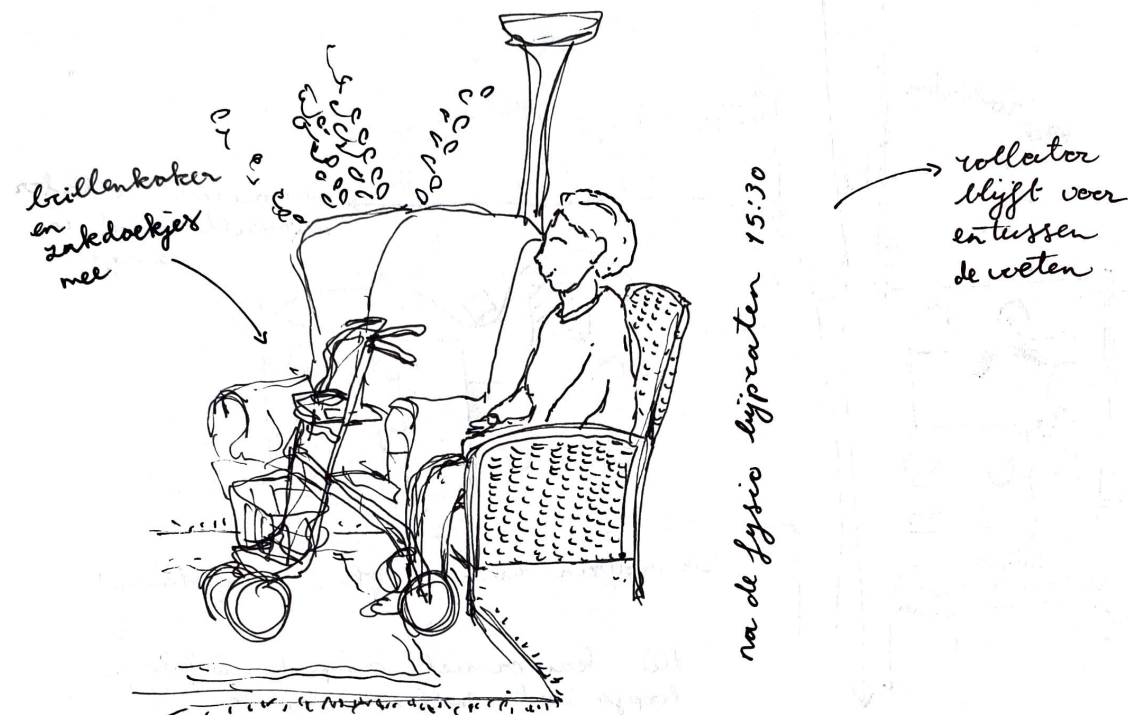
er komen en gaan mensen constant. soms komen ze erbij zitten

geluid van huilen baby op de achtergrond

Handig dat er veel ruimte in het midden is waar de rollators neerzet kunnen worden

Praten over angeltukken die gebeurt zijn en over kinderen, hoe snel de tijd gaat, het weer buiten





"Ik betaal €700 voor dat hakkie wat ik heb. Ik kreeg geen koffie omdat ik huurder ben, ik kan het ook nergens kopen."

Ze praten over dat ze er niet van begrijpen hoe duur het kan zijn. "Waarom is hier geen lift?"

Ze beginnen een gesprek met ons en vragen wat wij doen.

Ze wonen allemaal op de begane grond maar gaan naar de 1<sup>ste</sup> verdieping voor de woonkamer. Die misst ze.

Mevrouw wilt meer liften en gelijkvloers wonen. Ze heeft heel haar leven al in deze omgeving gewoond.

tips: meneer carbo, overijn, mevrouw muller  
meneer von geitenbeek 13:00 dinsdag  
luisdolf, wmi 11:00-12:00  
ingrid. de maat @ planet.nl 16:00

Observaties van schetsboek Marlous tijdens fieldwork

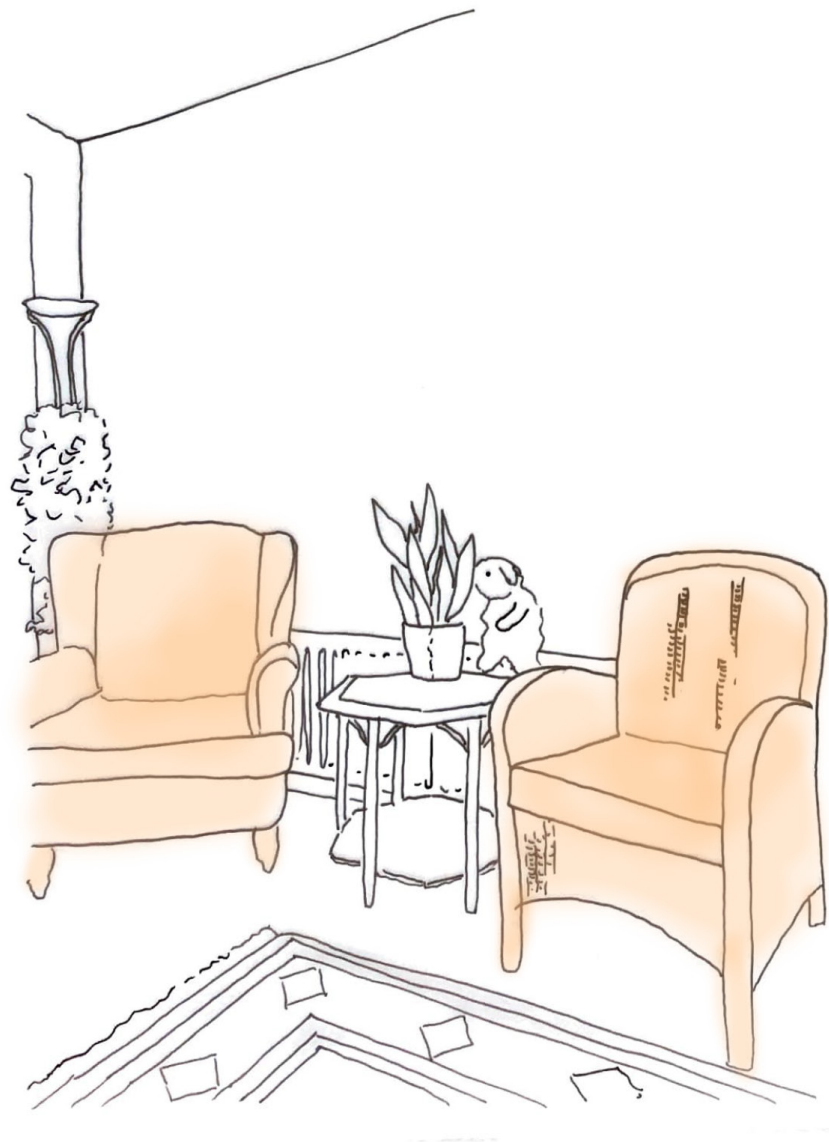


- Natuurlijk licht door groot raampartij -

Voordeel: veel licht, uitzicht op groene tuin straatkant

Nadeel: geen frisse lucht, raam kan niet open, gekke geurtjes van keukens van gesloten afdelingen zweven door de ruimte





- Uitnodigende meubilair -

*Voordeel: toegankelijke en gezellige plek om medebewoners elkaar te leren kennen  
Nadeel: krappe indeling zorgt voor een rollator file*

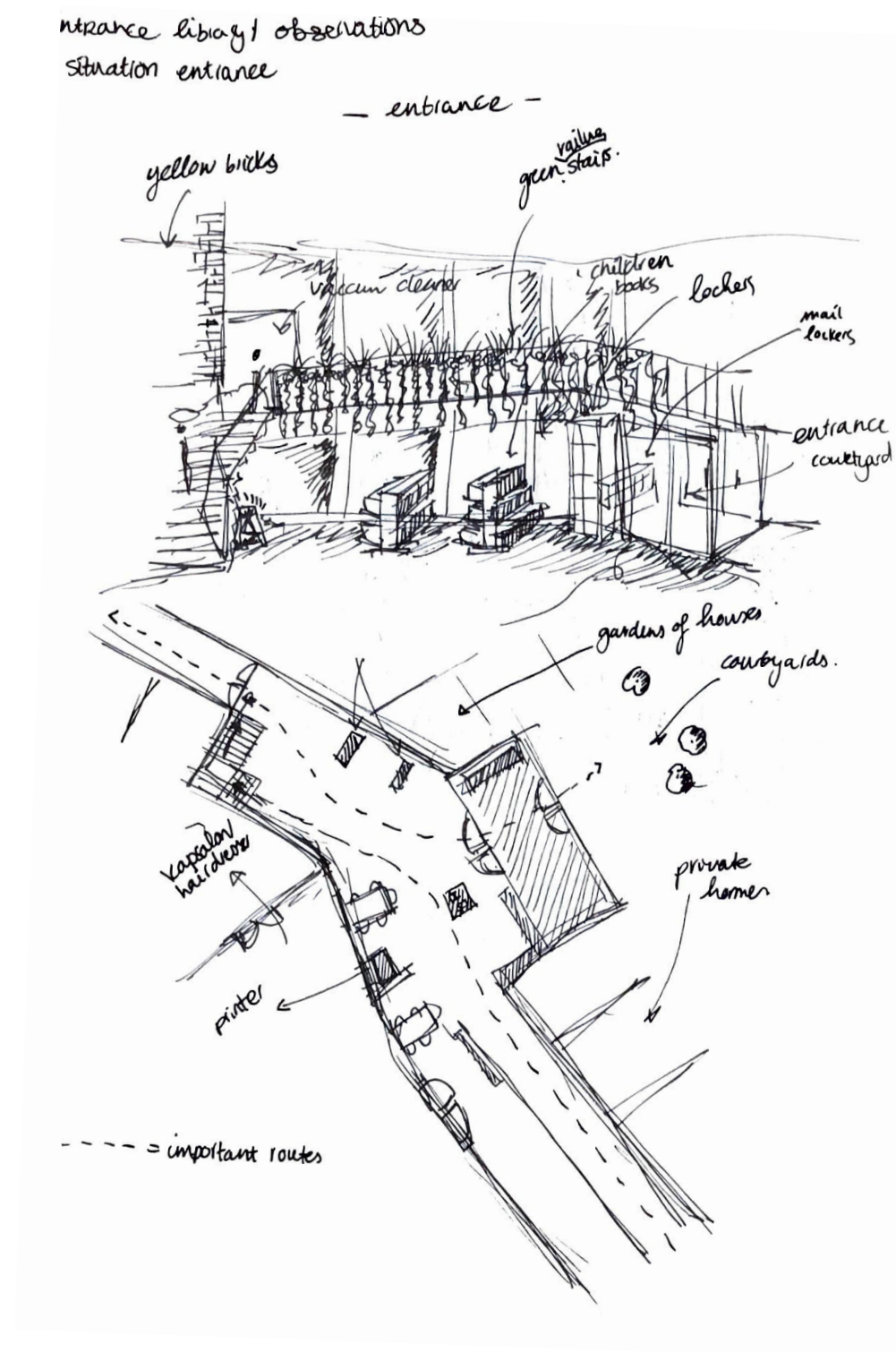


- Natuurlijk licht door groot raampartij -

*Voordeel: veel licht, uitzicht op groene binnentuin, natuurlijke ventilatie, raam deur kan open  
Nadeel: n.v.t.*

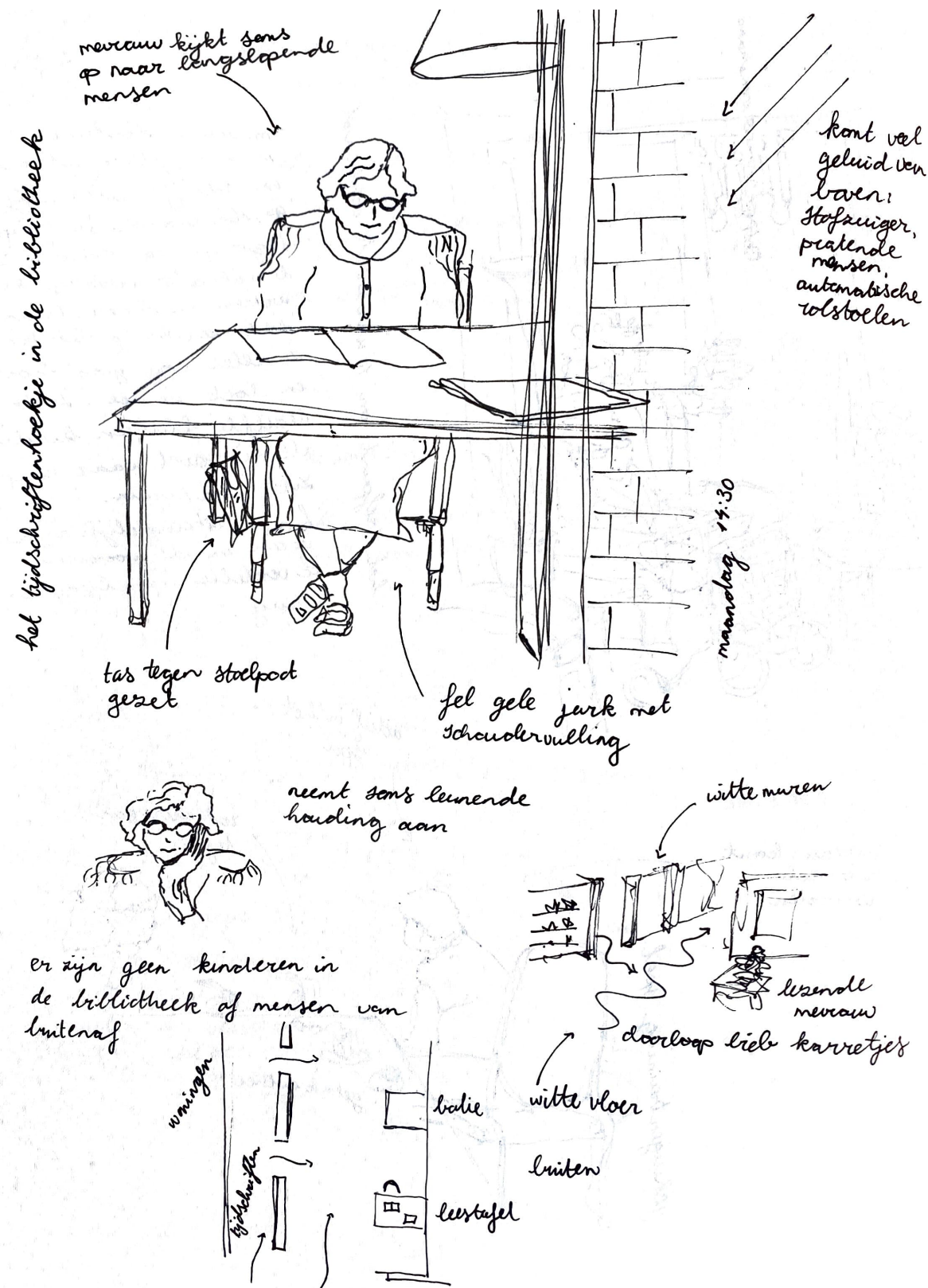
Zoals eerder genoemd in de inleiding vindt de interactie tussen de bewoners van 't Kampje voornamelijk plaats binnen de muren van het verzorgingshuis. De collectieve binnenruimtes van het gebouw spelen een grote rol voor contact tussen de medebewoners. Het trefpunt is een populaire plek voor de bewoners om onder de mensen te zijn. De sociale kring van de bewoners wordt na mate de tijd steeds kleiner waardoor het fijn is om nieuwe vrienden in de buurt te hebben. De activiteiten maken het toegankelijk voor de bewoners om elkaar te leren kennen en contacten te onderhouden. Deze collectieve ruimte werd het vaakst gebruikt door de bewoners van het verzorgingshuis. Het trefpunt heeft daarom veel kwalitatieve punten zoals het natuurlijk licht, groot raampartij met uitzicht van buiten en speelt een grote rol voor interactie tussen de medebewoners. Echter zijn er ook enkele nadelen in de ruimte opgevallen. De ruimte wordt opgedeeld in twee delen door de gang. Door de circulatie van de gang en de trapgat circuleren er etensluchten makkelijk door de ruimte en door de grote raampartij die geen openen ramen bevatten kunnen deze ruimtes soms extra lang hangen. Omdat de gangen geen extra ondersteunende ballustrade bevatten moeten de bewoners altijd de rollator meenemen. Er is geen ruimte om goed de rollator te parkeren in het trefpunt, waardoor er soms een opstopping van rollators in de loopruimtes staan.

De openbare bibliotheek is gelegen aan de Noord-Oost en Zuid-West entree van het verzorgingshuis. Het kampje heeft drie verschillende hoofdingangen waardoor het goed bereikbaar is van verschillende kanten. De bibliotheek is geschikt om de de bewoners van 't Kampje in contact te laten komen met buurt bewoners. De bibliotheek is bestaat uit twee verdiepingen: de volwassenen- en tienerboeken op de begane grond en de kinderboeken op de eerste verdieping.



Observaties van schetsboek Joline tijdens fieldwork





Observaties van schetsboek Marloes tijdens fieldwork

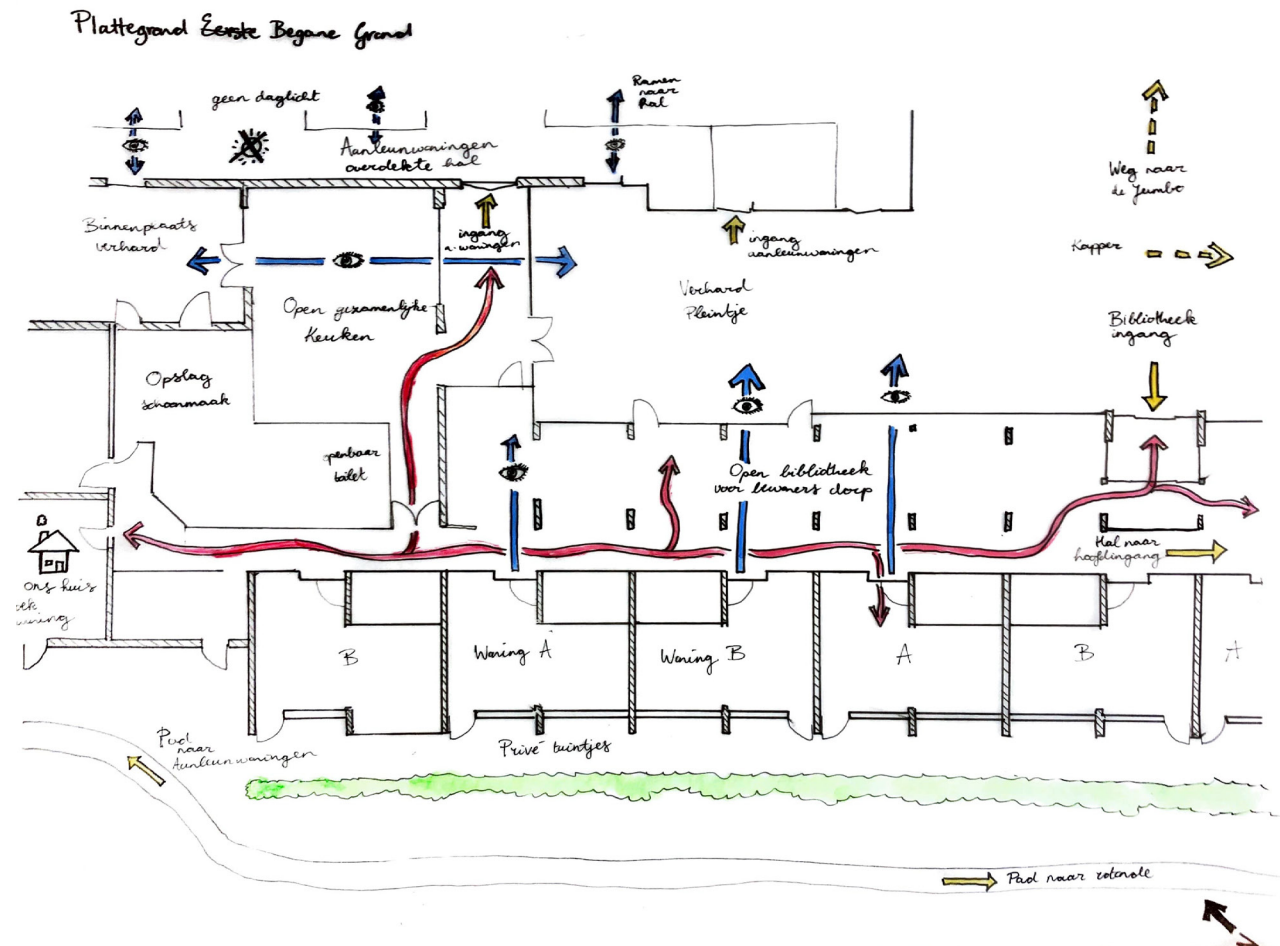


- Horizontale boekenkasten geven looprichting bezoeker -

Voordeel: veel boekenvoorraad in beperkte oppervlak  
 Nadeel: minder vrijheid van loopruimte

De verschillende individuele leesplekjes bieden de mogelijkheid dat zowel de ouderen als bezoekers rustig het ochtendkrantje of boekje kunnen lezen. De bewoners van het verzorgingshuis zien daardoor buurtbewoners die ze eventueel kunnen aanspreken tot gesprek. De bewoners kunnen op loopafstand makkelijk voor zichzelf of kleinkinderen samen een gezellige activiteit ondernemen binnen de muren van het verzorgingshuis.

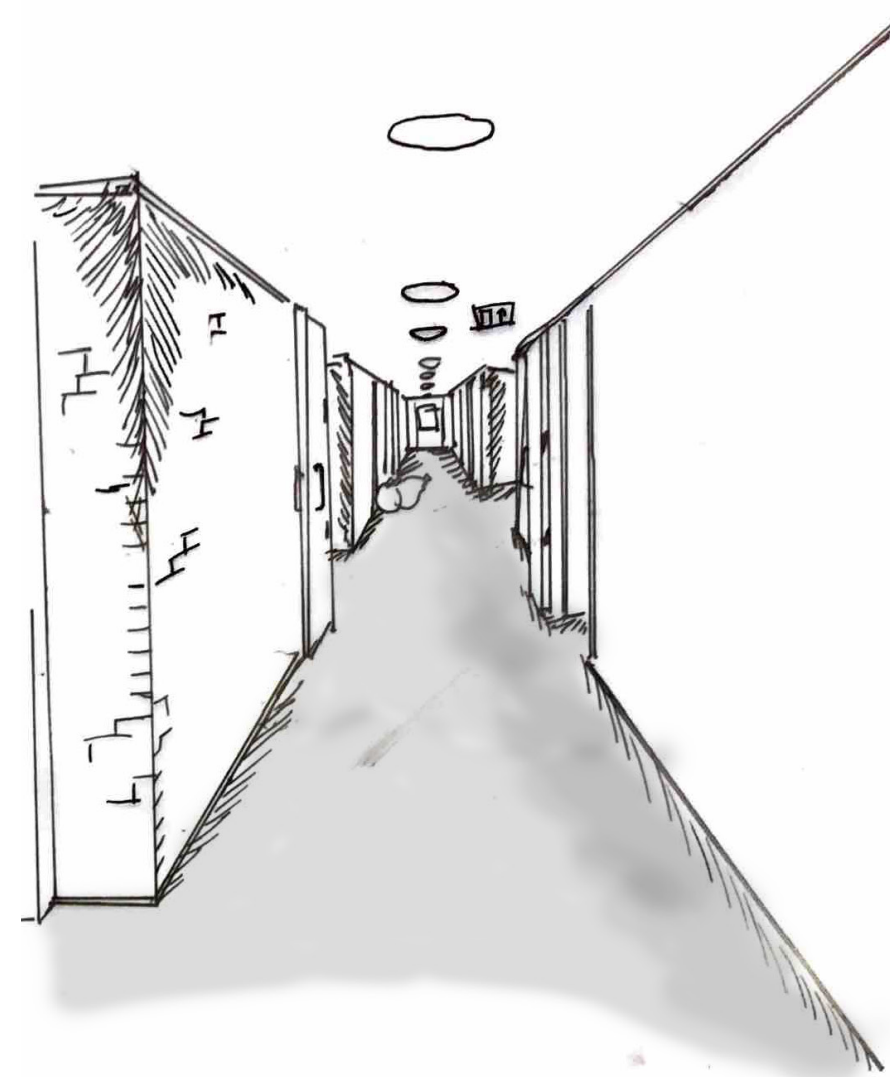
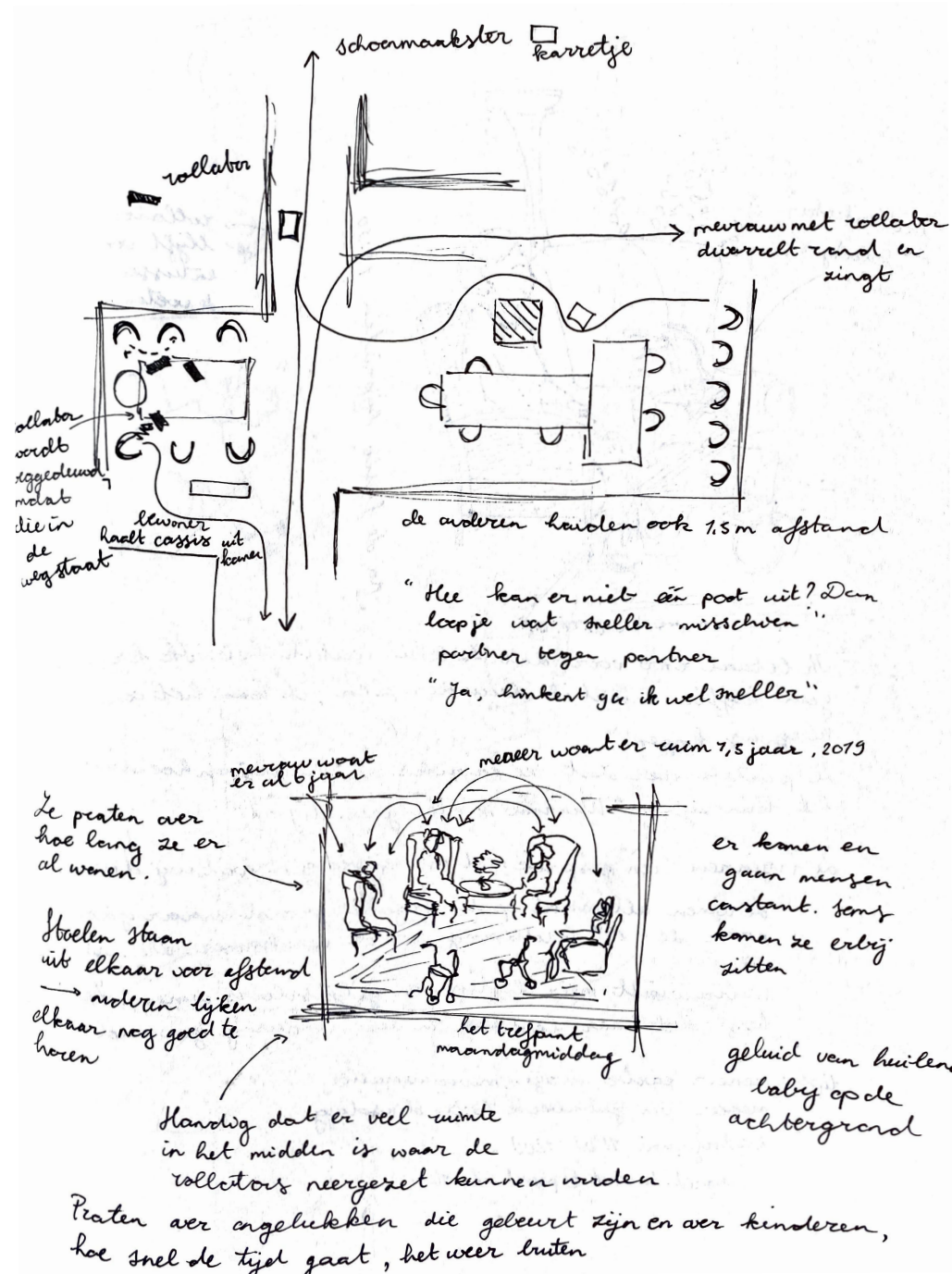
De bibliotheek maakt een brug tussen interactie met bewoners en buurtbewoners. De extra voorziening in het verzorgingshuis maakt het wonen aantrekkelijk en brengt de ouderen meer tussen de mensen. De ruimte is licht en overzichtelijk. De verbinding tussen bibliotheek en kamers van bewoners wordt licht door de kijklijnen. De bewoners stappen nu direct de bibliotheek in en kunnen een nieuwe boek lenen of terugbrengen. De ruimte is krap van indeling en er is weinig vrijheid hierdoor van looproutes.



In de analyse tekening hierboven is de ruimtelijke kwaliteit van de bibliotheek zichtbaar. De onderbrekingen van de muren maakt de relatief smalle lange ruimte open en licht. De zichtlijnen hebben nu uitzicht op de de bibliotheek en raampartij. De openheid van de gang is hierdoor overzichtelijk en licht.

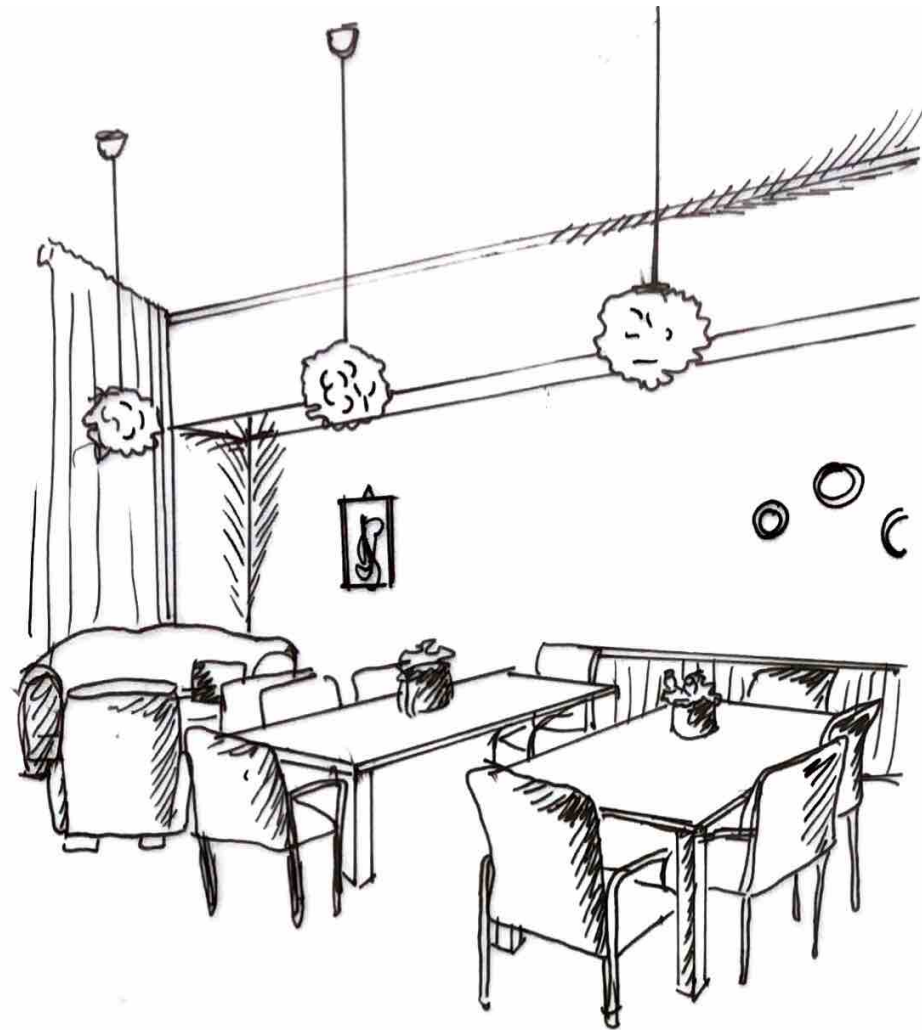


Zoals eerder besproken in de inleiding bestaat het verzorgingshuis uit verschillende woonkamers. De woonkamers maken een onderbreking van de donkere gangen netwerk. Het netwerk van de gangen hebben een corridor-gangenstructuur waardoor ze op sommige plekken unheimisch aanvoelen. De kleurige huislankjes en deuren maken de gangen persoonlijker maar of het dag of nacht is moeilijk waar te nemen.



- Gangen aan twee zijdes gesloten-

Voordeel: praktisch in gebruik, optimaal gebruik van gang  
Nadeel: oriëntatie van gebouw onoverzichtelijk, de woonkamers zijn soms verstopt



- Uitnodigende meubilair wordt alleen gebruikt door werknemer en niet door bewoners -

*Voordeel: ruimte erg uitnodigend en gebruiksvriendelijk*

*Nadeel: collectieve ruimte wordt gebruikt door werknemer in plaats van bewoners. (Notitieblok werknemer ligt nog op tafel)*



- Collectieve keuken -

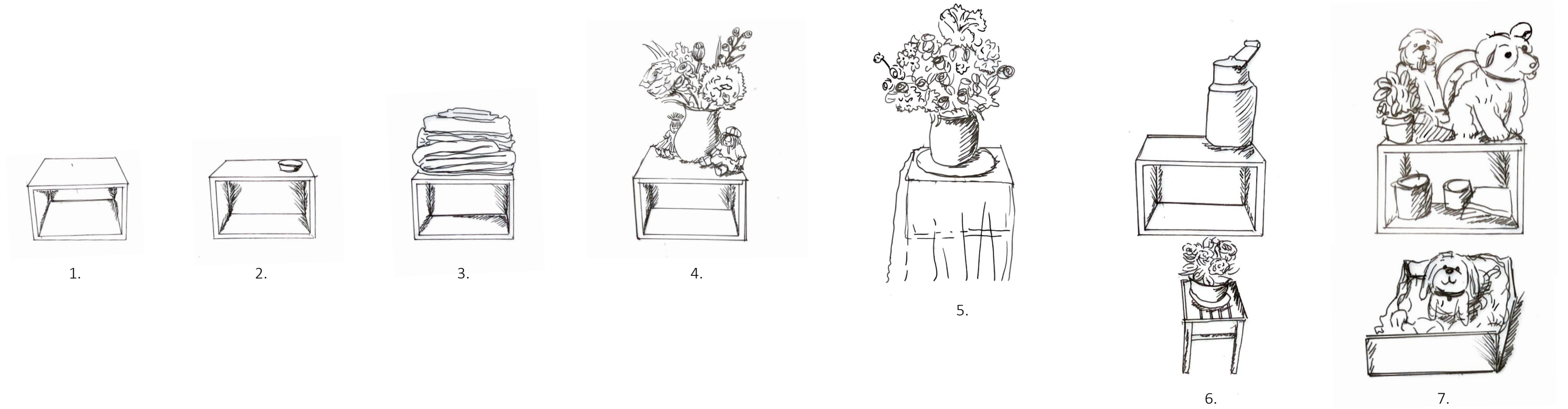
*Voordeel: collectieve keuken maakt verbinding met zorgcentrum 't Kampje en aanleunwoningen door gang*

*Nadeel: ruimte staat vaak leeg en ongebruikt door bewoners van het zorgcentrum als het kampje*



# | Huisplankjes en personificatie

Gebruik en belang van persoonlijke objecten in het verzorgingshuis



## Onpersoonlijk

Toelichting:

**Huisplankje een:** Bewoner gebruik huisplankje niet. Zie interview meneer Gersdorf.

**Huisplankje twee:** Bewoner gebruik huisplankje niet, maar verzorger gebruikt het huisplankje voor het voedsel van de bewoner te serveren.

**Huisplankje drie:** Bewoners gebruikt huisplankje niet, maar verzorger gebruikt het om de persoonlijke was van bewoner er op neer te leggen

**Huisplankje vier:** Bewoner gebruikt huisplankje door een boeket erop te presenteren.

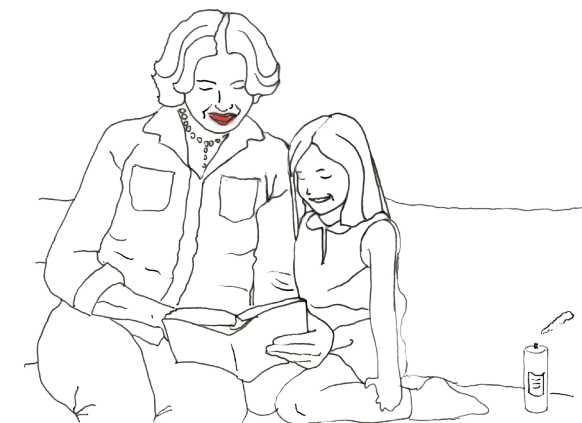
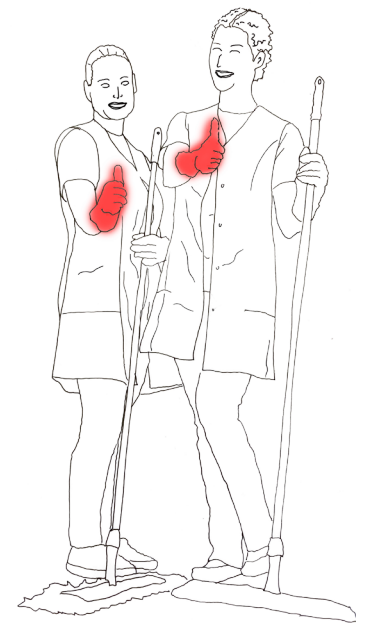
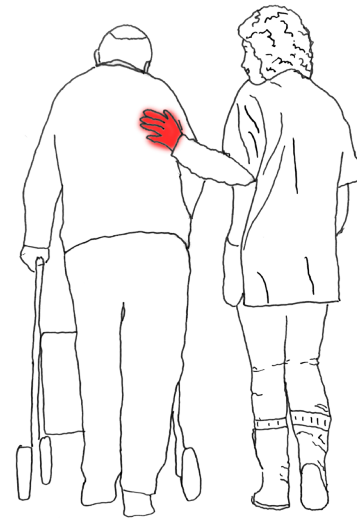
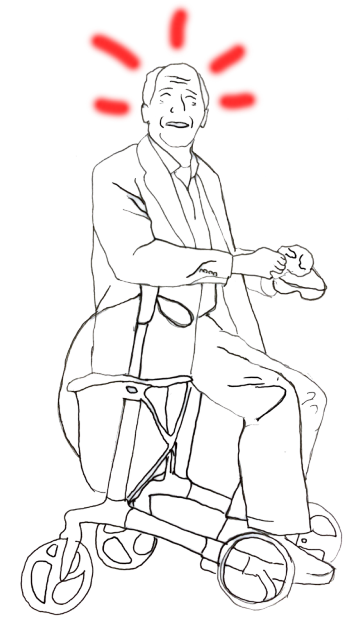
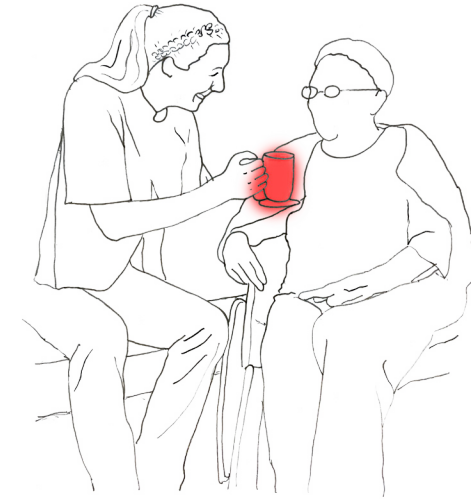
**Huisplankje vijf:** Bewoner gebruikt huisplankje door een boeket erop te presenteren en een eigen kleedje.

**Huisplankje zes:** Bewoner gebruikt huisplankje door een persoonlijk object erop te presenteren en een eigen krukje toe te voegen.

**Huisplankje zeven:** Bewoner gebruikt huisplankje door een boeket/knuffel/kaarsjes erop te presenteren en eigen krukje toe te voegen.

## Persoonlijk

03.  
Mensen





## Werkwijze interviews

Korte gesprekjes op de hal en snelle contactmomentjes tijdens activiteiten gaven ons een eerste impressie van de mensen van 't Kampje. Om echter kwalitatief onderzoek te doen hadden we langere contactmomenten nodig. Een voordehand liggende kwalitatieve onderzoeksmethode was dan ook het afnemen van interviews. Dit zijn gesprekken waarbij wij meer diepgaande vragen konden stellen, emoties bijbehorend bij de antwoorden konden waarnemen en persoonlijk gerichte vragen konden vormen op een gegeven antwoord.

Om een zo compleet mogelijk beeld te krijgen van 't Kampje hebben we niet alleen zo veel mogelijk verschillende soorten ouderen met verschillende karakters en levensverhalen geïnterviewd, maar ook de mensen op 't Kampje die er met een andere reden waren, namelijk werk. Het Kampje is namelijk niet alleen de levensomgeving van de ouderen die er wonen, het is ook de werkplek van verzorgsters, schoonmaaksters, managers en noem zo maar op die zich dag in dag uit inzetten voor de ouderen.

Ter voorbereiding van de interviews hebben we vragen opgesteld verdeeld over vier onderwerpen: *architectuur, interactie, gewoontes en emoties*. De verwachting was dat we één vraag per onderwerp konden stellen per interview van 15-20 minuten. Echter bleek in de realiteit dat we in de meeste interviews (met de bewoners) meer vragen konden stellen en dat de interviews al snel een uur duurden. Tijdens de interviews stelde één iemand de vragen en de ander was de notulist. Dit om te zorgen dat er altijd één persoon was die volledig aanwezig kon zijn in het gesprek.

In dit hoofdstuk zijn alle verwerkte interviews te lezen en de bijbehorende observaties over de geïnterviewde persoon. Ter afronding van de interviews heeft elk interview een conclusie gekregen. Afsluitend worden de conclusies van de interviews met de bewoners met elkaar vergeleken per onderwerp.

## Onderwerpen interviews

### **A. Architectuur**

#### **Gebruik (barrières)**

*Kunt u zich fijn bewegen in uw woning?*

*Heeft u een wens die uw woning zou verbeteren in gebruik?*

*Heeft u een wens die de gezamenlijke ruimte zou verbeteren in gebruik?*

*Zijn er onhandige/vervelende plekken in uw woning?*

#### **Uiterlijk**

*Wat is uw favoriete plek in een uw woning en of gezamenlijke ruimte (mag ook een meubel zijn)?*

*Zijn er onhandige/vervelende plekken in uw woning?*

### **B. Interactie**

*Wat voor contact heeft u met uw medebewoners?*

*Doet u vaak mee aan de gezamenlijke activiteiten?*

*Bent u ondernemend in deze woningcomplex; wat is uw rol?*

*Ziet u uw familie/vrienden regelmatig?*

### **C. Gewoontes**

*Wat is uw ochtendroutine? Wat is uw middag routine? Wat is uw avondroutine?*

*Heeft u vaste eettijden?*

### **D. Emoties**

*Hoe voelt u zich in deze ruimte?*

*Bent u gelukkig?*

*Heeft u het hier naar het zin?*

Start interview 16:00, maandag 28 september 2020

Aanleunwoning begane grond



Interview met Mevrouw

Bewoner van een aanleunwoning 't Kampje

28 september 2020

**Waarom bent u bij 't Kampje komen wonen?** "Mijn man werd dement. Uiteindelijk zakte ik in elkaar van vermoeidheid van het verzorgen van hem. Toen is mijn man in 't Kampje komen wonen op de pg (psychogeriatrische afdeling) afdeling. Het duurde 9 maanden voordat het tehuis mijn vraag serieus nam om ook in 't Kampje te kunnen wonen, dichtbij mijn man. Na die 9 maanden kon ik eindelijk terecht in een aanleunwoning van 't Kampje. Dit was erg fijn omdat ik makkelijk mijn man kon bezoeken. Mijn man is inmiddels overleden. Ik heb er veel verdriet van gehad."

**Heeft u erover nagedacht om na het overlijden van uw man weg te gaan uit 't Kampje?** "Ik woon nu nog steeds in 't Kampje. Verhuizen op mijn leeftijd is geen pretje dus ik ben in de aanleunwoning blijven wonen. Mijn dochter heeft geregeld dat als ik zorgbehoevend word, ik in de eenkamerwoning in 't Kampje mag komen te wonen. Dan hoef ik niet weg te verhuizen van 't Kampje. Echter hoop ik een eventuele verhuizen niet mee te maken, ik zou het prima vinden om nu te komen overlijden."

**Vindt u uw aanleunwoning fijn?** "Ik heb veel ruimte in mijn aanleunwoning. Dat is fijn want ik kan zo al mijn spullen kwijt. Echter heb ik wel wat opmerkingen over de woning. Ten eerste is de afstand tussen de keuken en woonkamer 11 meter."

**Oh, wat fijn. Dat is mooi ruimtelijk.** "Nee, juist niet! Het betekent dat ik als ik thee wil ik 11 meter naar de keuken moet lopen en vervolgens weer 11 meter terug, met een rollator en een slecht been betekent dit dat ik de hele dag bezig ben met lopen!"

**Vanuit uw perspectief is dat inderdaad onhandig en vervelend. Vindt u uw woning dan niet te groot?** "Ik vind het niet persé te groot, ik vind het fijn om een logeerkamer te hebben zodat mijn kinderen kunnen blijven slapen."

**Heeft u nog meer opmerkingen over de woning?** "De woning is vanaf straatniveau een halve verdieping verhoogd waardoor ik als ik op de bank zit alleen maar gezichten voorbij zie komen die naar binnen kijken. Vaak zit het kozijn ook nog eens voor hun gezicht. En als ik staand naar buiten kijk zie ik ook niet veel. Ik vind het ontzettend vervelend dat er geen daglicht in de keuken is, het is er erg donker. Ze hebben aan de kant van de voordeuren een overdekte hal gemaakt waardoor er geen daglicht door het keukenraam komt en ik geen uitzicht naar buiten heb.

Ook heb ik een opmerking over de slaapkamer. Voor de slaapkamer zit een serre waardoor ik geen direct daglicht in mijn slaapkamer heb en ik geen raampje open kan zetten in mijn slaapkamer. Mijn zoon heeft voor de ventilatie maar een raam tussen mijn slaapkamer en de serre eruit gehaald voor ventilatie."

**Heeft u veel contact met de medebewoners?** "Ik ga dagelijks naar het Trefpunt in het hoofdgebouw van 't Kampje waar ik dagelijks spreek met andere bewoners en koffie met hen drink. Ook doe ik weleens mee met de geheugentrainer activiteiten op het Trefpunt."

**Kookt u zelf?** "Ik krijg elke dag de warme maaltijd geleverd. Die warm ik dan zelf op wanneer ik wil eten."

**Krijgt u weleens bezoek?** "Ja, mijn kinderen bezoeken mij. Ik heb zelfs een bed staan in de kamer naast de keuken waar soms mijn zoon slaapt. Laatst liet mijn dochter mijn pasgeboren kleindochter zien via het raam. Helaas mocht ik haar niet aanraken."

**Bedankt dat we u mochten interviewen en een kijkje mochten nemen in uw woning.** "Natuurlijk!"

Einde interview



Observatie

geïnteresseerd

neemt altijd en overal een kussen mee



spraakzaam

bewegelijk

Conclusie van interview en observatie

Reden van komst



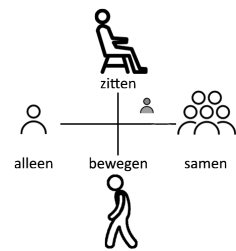
*mantelzorg partner te zwaar*

Contact bewoners



*contact op het Trefpunt*

Activiteiten



*bewoners activiteiten zoals geheugentraining*

Buiten



*komt niet meer buiten*



Minpunten woning



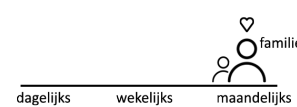
*weinig daglicht, slecht uitzicht door hoogte kozijn en straat, afstand keuken tot woonkamer te lang*

Pluspunten woning



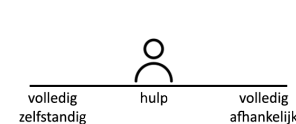
*grote woning (ruim)*

Bezoek



*maandelijks bezoek van haar kinderen*

Zelfstandigheid



*warmt zelf eten op*

Interview met Meneer Gersdorf

Bewoner van een tweekamerwoning in 't Kampje

28 september 2020

Start interview 11:00, dinsdag 29 september 2020

Tweekamerwoning op de eerste verdieping (verzorging)

**Hoe lang woont u al in 't Kampje?** “Ik ben 1 september 2015 komen te wonen in 't Kampje. Ik woon er nu 5 jaar. Ik woonde met mijn vrouw in Bussum in een appartement toen mijn vrouw ziek werd. Mijn vrouw was overleden en ik wilde niet alleen komen te wonen, vandaar dat ik hier nu woon.”

**Vind u het fijn in 't Kampje?** “Ik was liever met mijn vrouw thuis gebleven. De meisjes (de verzorgsters) zijn lief, ze doen extra dingen voor je als je ernaar vraagt. Het is een goed verzorgingstehuis. Andere mensen zijn soms afgetakeld, meer dan ik. Zij zijn vaak eigenwijs en ik zeg maar ‘ja, ja ja’.”

**Heeft u veel contact met medebewoners van 't Kampje?** “Niet veel. Vroeger in 't oude Kampje konden de medebewoners uren koffie drinken met elkaar, dan kwam iedereen bij elkaar en gingen ze samen kletsen. De meeste mensen komen hier uit de buurt en die kennen elkaar al.”

**Doet u mee aan de gezamenlijke activiteiten in 't Kampje?** “De gezamenlijke activiteit is meestal koffie drinken en gebak eten, en daar doe ik niet aan. Meestal in de ochtend drink ik even koffie, de andere bewoners drinken erg veel koffie. Soms wel 6 koppen koffie per dag.”

**Wat vindt u van uw eigen woning?** “Ik heb een twee kamer woning als één van de weinige. Dat is ontzettend fijn. De woning was bedoeld als een tweepersoonskamer maar ze konden het toentertijd niet verhuren aan een stel.”

**Heeft u onhandigheden in de woning?** “Nee, soms is er een rimpel in de vloer maar die is afgedekt. Daar kom ik met de rollator makkelijk overheen.”

**We hebben uw dochter gisteren ontmoet. Komt uw dochter vaak langs?** “Ik heb twee dochters, mijn jongste dochter woont in Breukelen en mijn oudste dochter in Zeewolde. Ik zie ze 1 keer in de week. Ik heb zelfs al achterkleinkinderen.”

**Het viel ons op dat u uw plankje bij de deur niet gebruikt. Wat vindt u van dat plankje?** “Ik gebruik het plankje bij de deur niet. Mijn woning is op het einde van de hal, alleen ik gebruik dat stukje van de hal. Niemand komt langs dit deel van de hal.”

**Wat vindt u van uw uitzicht?** “Ik kom uit Amsterdam en ben bekend in 't Gooi. Ik heb gestudeerd in Amsterdam en daar ook les gegeven op de universiteit. Het uitzicht is mooi. Ik zie regelmatig dingen voorbij komen. Ik weet dat het de oude weg is waar Napoleon is langsgestrokken. De weg verbindt met Amsterdam. Ik vind het uitzicht op beweging en groen erg fijn.”

**Komt u vaak buiten?** “Ik kom veel minder buiten. Soms ga ik samen met mijn dochter naar buiten. Het balkon gebruik ik niet veel, in de zomer soms. Ik kan ook niet teveel in de zon zitten in verband met huiduitslag van de zon.”

**Hoe is het klimaat in uw woning in de zomer?** “Het wordt hier erg warm in de zomer. Ik heb meteen toen ik hier kwam te wonen airconditioning laten installeren in de slaapkamer. Ik zet de deur van de slaapkamer naar de woonkamer open om de koele lucht ook naar de woonkamer te laten gaan. Airconditioning is nodig in de zomer.”

**Wat is uw dagroutine?** “Om 7 uur sta ik op en luister ik naar het nieuws op de radio. Daarna sta ik op en ontbijt ik. Tussen 8 en 9 komt er een meisje met koffie en een koekje een praatje maken. Overdag kijk ik televisie en lees boeken.”

**Gaat u weleens naar de bibliotheek in 't Kampje?** “Ik ga niet naar de bibliotheek hier. Ik raak snel in de war bij het lezen van nieuwe boeken. Ik herlees boeken. Van boeken die ik al gelezen heb weet ik vaak nog de hoofdpersonen en wat er ongeveer gebeurt. Ik vind de bibliotheek wel een fijne plek om te zitten. Ik lees liever in mijn woonkamer. In de bieb komen mensen erbij zitten.”

**Heeft u zelf de inrichting mogen bepalen van uw woning?** “Ik heb het tapijt en gordijnen zelf bepaalt. Althans, mijn dochter heeft ze uitgekozen en opgehangen.”

**Als u één ding zou mogen veranderen aan uw woning, wat zou dat dan zijn?** “De airconditioning, zoals ik dat zelf al heb gedaan.”

**Bent u tevreden met de zorg hier?** “Als cliënt heb je het niet te zeggen. Je moet blij zijn met wat je krijgt vind ik. Andere bewoners denken het te weten.”

**Wij gaan een verzorgingstehuis ontwerpen aankomend jaar, heeft uw tips voor ons?** “De balustrade in de hal had niet weg moeten, die mis ik.”

**Denkt u dat verschillende generaties samen kunnen wonen?** “Ze willen hier een gemengde bevolking

Vervolg interview

hebben, dat lukt niet erg. De jonge mensen vertrekken in de ochtend als de ouderen nog in bed liggen.

**Wordt de zaal op de begane grond gebruikt?** “Studio Idee staat leeg, nu mag er geen activiteit meer plaatsvinden met meer dan 5 mensen. Voordat corona er was waren er wel eens vergaderingen.”

**Wat merkt u van corona aan de dagbesteding?** “Ik merk zeker wat van corona. Ik zie veel minder mensen op de gang lopen. Veel vervelen zich. Ik verveel mij niet door mijn boeken en de televisie. Anderen zitten liever samen.”

**Waar eet u?** “Ontbijten en avondeten doe in mijn kamer. Dat maak ik zelf. Warm eten was normaal op het Trefpunt maar met corona verschilt het tussen het Trefpunt en thuis.”

**Wat vindt u van het eten?** “Het eten is erg lekker. Er is keuze uit twee maaltijden. De verzorgers willen de mensen helpen en zijn flexibel in het aanpassen van eten.”

**Heeft u verder nog tips voor ons tijdens het ontwerpen van een verzorgingstehuis?** “Mijn dochter had wat punten opgeschreven. Die staan op mijn computer, ik ben ze zelf vergeten. Even nadenken. De balustrade op de hal mist. Het douchegordijn in de badkamer is weg waardoor het water bij het putje enorm vlak afloopt. Zonder douchegordijn komt het water ook buiten het aflopende stuk. Dat is jammer. De drempel naar het balkon is ook onhandig.”

**Bedankt voor het interview.** “Graag gedaan, mijn dochter stuurt jullie nog een architectonische punten toe via de mail”

**Graag!**

Einde interview



Observatie

boekenwurm

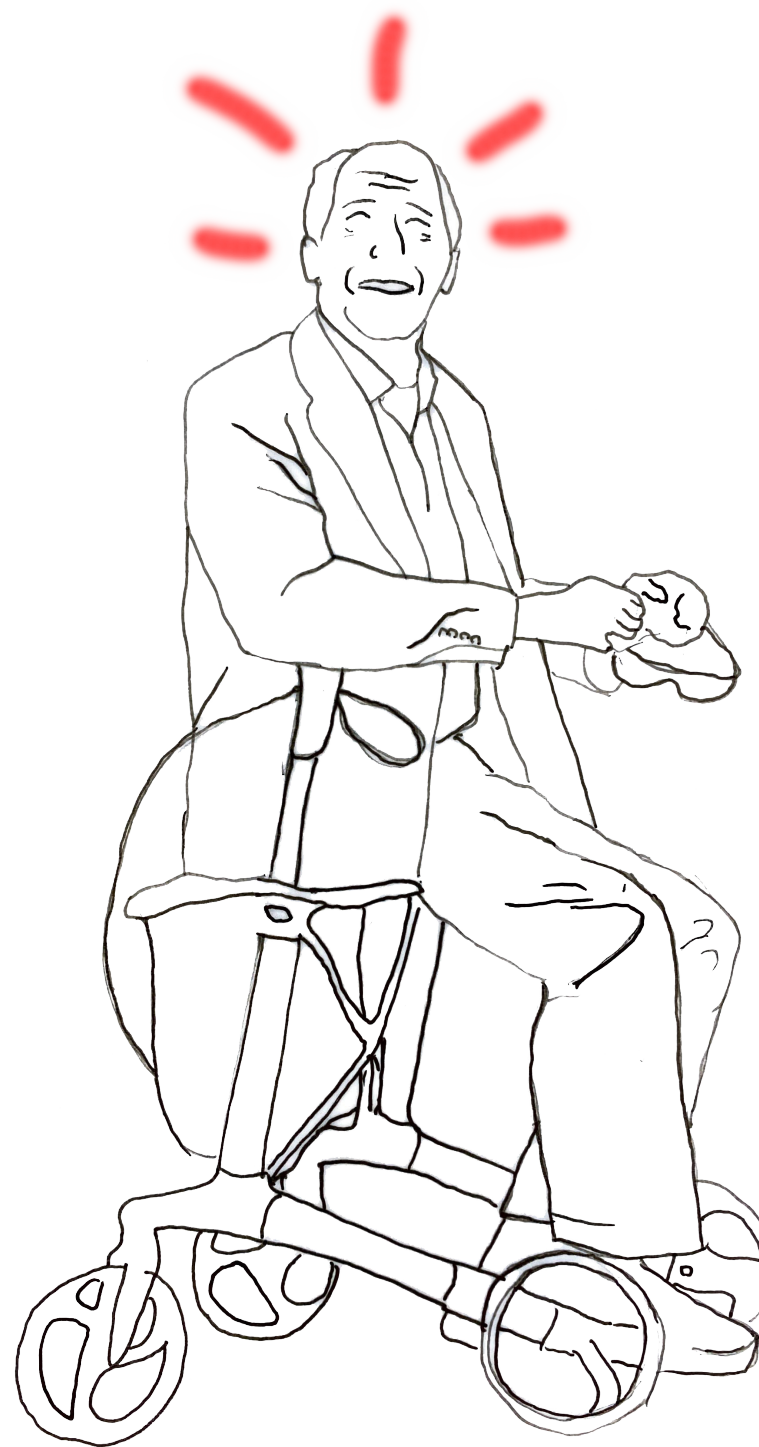
zit veel

kat uit de boom  
kijken



introvert, rustig

is graag alleen in  
zijn woning



Conclusie van interview en observatie

Reden van komst



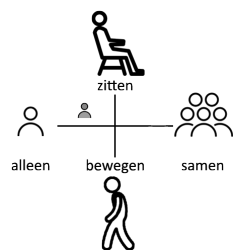
na dood echtgenote  
te groot appartement

Contact bewoners



geen (behoefte aan)  
contact

Activiteiten



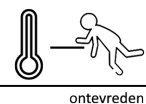
herlezen van boeken  
in woning

Buiten



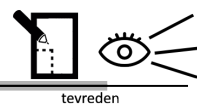
Komt nauwelijks  
buiten, soms met  
dochter

Minpunten  
woning



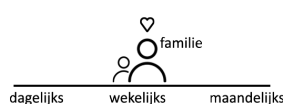
te warm (airco nodig),  
balustrade mist,  
douchegordijn mist

Pluspunten  
woning



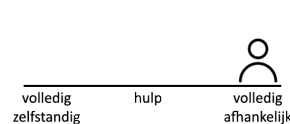
uitzicht op  
(historische) weg,  
twee kamers

Bezoek



Eén keer per week van  
twee dochters

Zelfstandigheid



ontvangt zorg en  
maaltijden, bereidt zelf  
ontbijt/avondeten

Interview met Meneer Geitenbeek

Bewoner van een éénkamerwoning in 't Kampje

29 september 2020

Start interview 13:00, dinsdag 29 september 2020

Eénkamerwoning op de eerste verdieping (verhuurder)

Meneer Geitenbeek kwamen wij regelmatig tegen in het Trempunt (gezamenlijke ruimte) en bij bewonersactiviteiten. Tijdens een geheugentraining vroegen wij meneer of wij hem mochten interviewen de dag erna.

**Wat is uw leeftijd?** “Ik ben geboren op 3 augustus 1931, ik ben vorige maand 89 jaar geworden.”

**Hoelang woont u al in t Kampje?** “Ik woon in dit verzorgingshuis al anderhalf jaar. Ik ben helaas al 27 jaar weduwnaar, mijn vrouw was direct overleden nadat ik gepensioneerd was. Mijn vorige woning was te groot voor mij alleen.”

**Woonde u altijd al hier in de omgeving?** “Ik ben opgegroeid in Hilversum. Daarna heb ik mijn grootste deel van mijn leven in Breda gewoond. Ik werkte in een groothandel in onderdelen van verwarmingen en installatiesystemen. Later ben ik weer terugkomen in Hilversum in een appartementencomplex.”

**Wat was uw reden om hier te wonen?** “Ik woonde hiervoor een tijd in een flat, een grote en mooie woning met maar liefst 5 kamers. Maar ik miste het contact met de medebewoners. Sommige burens zeiden niet eens gedag. Ik hunkerde naar een plek met meer gezelligheid. Mijn dochter wist van het bestaan van 't Kampje en ik ben door haar nu hierheen gekomen.”

**Leeft u zelfstandig of krijgt u hulp van buitenaf?** “Mijn dochter komt elke week een keer langs. Verder doe ik alles zelf. Ik kook voor mijzelf en ik doe zelf boodschappen hier bij de Jumbo. Ik krijg wel hulp bij het schoonmaken. De periode voor corona ging ik wekelijks naar mijn dochter. Dat doe ik nu niet meer.”

**Wat voor contact heeft u met uw medebewoners?** “Ik heb redelijk veel contact met de medebewoners. Ik zit graag in de woonkamer met bijvoorbeeld mevrouw Muller. We hebben allebei een goede babbel, en ik vind een beetje humor op zijn tijd ook belangrijk. In de woonkamer ontmoet je dus de medebewoners die toevallig langskomen en gezellig erbij komen zitten voor een praatje. De moeder van mijn schoonzoon woont hier ook, iedere dinsdagochtend doen we samen een kop koffie en kletsen we even. Je moet je toch iets doen om jezelf een beetje te vermaken.”

**Doet u vaak mee aan de gezamenlijke activiteiten?** “Ik doe graag mee aan de activiteiten. Ik huur een kamer in dit verzorgingshuis dus eerste instantie kon ik niet direct meedoen met de activiteiten, daarvoor moet ik apart voor betalen. Er waren wat communicatieproblemen met de organisatie waardoor ik de eerste weken niet mee mocht doen met het koffierondje en/of andere dagactiviteiten. Maar dat is gelukkig allemaal goed geregeld. Ik houd zelf niet erg van dit gierige gedoe want iedereen is alleen maar gericht of ik al heb betaald en zo, bijvoorbeeld bij de koffieronde op woensdagochtend. “

“Door corona zijn de dagactiviteiten heel anders geworden, iedere ochtend om tien uur was het eerste instantie samenkomen en koffie drinken met de medebewoners. Maar door corona is er veel minder contact tussen de bewoners. Sommige bewoners komen nu niet meer de deur uit.”

**Heeft u voorkeur van activiteiten?** “Ik doe met alles mee. Van jeu de boulen en sportieve activiteiten tot bloemschikken. Ik vind alles leuk. Dit bloemstuk heb ik laatst nog gemaakt (meneer Geitenbeek wijst naar een bloemstuk op zijn tafel).”

**Komt u vaak naar het balkon?** “Mijn balkondeur staat dag en nacht open. Ik vind frisse lucht altijd erg belangrijk. De drempel van mijn balkon is een grote barrière. Een moestuin is voor mijn leeftijd te veel moeite maar vroeger vond ik het wel super fijn om in de tuin te werken. Nu heb ik een paar bloempotten op het balkon en dat is goed genoeg voor mij. Dan ga ik samen met mijn dochter naar het tuincentrum om nieuwe planten te kopen.”

**Kunt u goed bewegen in uw woning?** “Ik kan goed bewegen in mijn kamer. Het is zeker niet groot, maar prima in mijn eentje. Ik zei al eerder tegen jullie met mijn armen gestrekt en ik raak de muren (meneer Geitenbeek strekt zijn armen en demonstreert zijn uitspraak). Ik heb zelf een rollator maar ik probeer in mijn kamer veel te lopen. Ik loop graag ook op het balkon.”

**Heeft u een wens die uw woning zou verbeteren?** “De drempel van het balkon is soms moeilijk om te gebruiken. Verder ben ik zeer tevreden.”

**Wat is uw fijnste plek in uw woning?** “Ik zit graag in de zitruimte bij mijn bank. Ik kijk graag naar buiten. Goed uitzicht op de bomen en de weg. Ik vind uitzicht met een beetje beweging erg fijn zoals dit kruispunt. Ik zie vanaf mijn bank kinderen en buurtbewoners lopen. En ik heb natuurlijk nu groen uitzicht. Groen is

Vervolg interview

goed toch? meissie? Ik kom graag naar buiten, maar ik kan niet heel veel lopen.”

“Het interieur heb ik allemaal zelf ingericht. Ik rommel goed aan. Twee pitjes tijdens het koken is voor mij goed genoeg. Ik krijg verse groente van mijn schoonzoon.”

**Wat is uw dagroutine?** “Ik sta de dag op met een kopje thee, ik slik dan gelijk mijn pillen die ik elke dag moet innemen. Sommige pillen zijn ook oplosbaar. Dan daarna eet ik een beschuitje en kan ik de dag goed beginnen. De middag en avond besteding verschilt per dag.”

**Heeft u een wens die de gemeenschappelijke ruimte zou verbeteren?**

“De gemeenschappelijke woonkamer heeft een prachtige raampartij maar je kan hem zelf niet openen. Ik mis de frisse lucht en directe contact met buiten. Daarbij zou ik het leuker hebben gevonden als er een grote centrale plek was waar mensen elkaar konden ontmoeten in plaats van kleine verschillende plekken zoals hier. Een plek waar je altijd koffie kan drinken en bijpraten met de medebewoners.”

**Bent u zelf ook ondernemend in activiteiten, zo ja? Wat is uw rol?** “Nee, ik kan niet zeggen dat ik ondernemend ben. Ik ben bijna 90 dus ik heb energie meer om overal mee te bemoeien. Ik moet rustig aan doen want ik heb vaak last van mijn schouder en knie.”

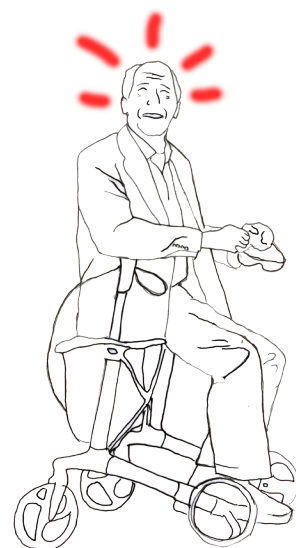
**Wat is uw levensmotto?** “Ik heb geen behoefte meer aan gerommel in het ziekenhuis, als er iets mis is met mij, wil ik geen gerommel meer en laat maar gaan. Ik leef met de dag, leef in het moment en ik geniet van elk moment.”

Einde interview

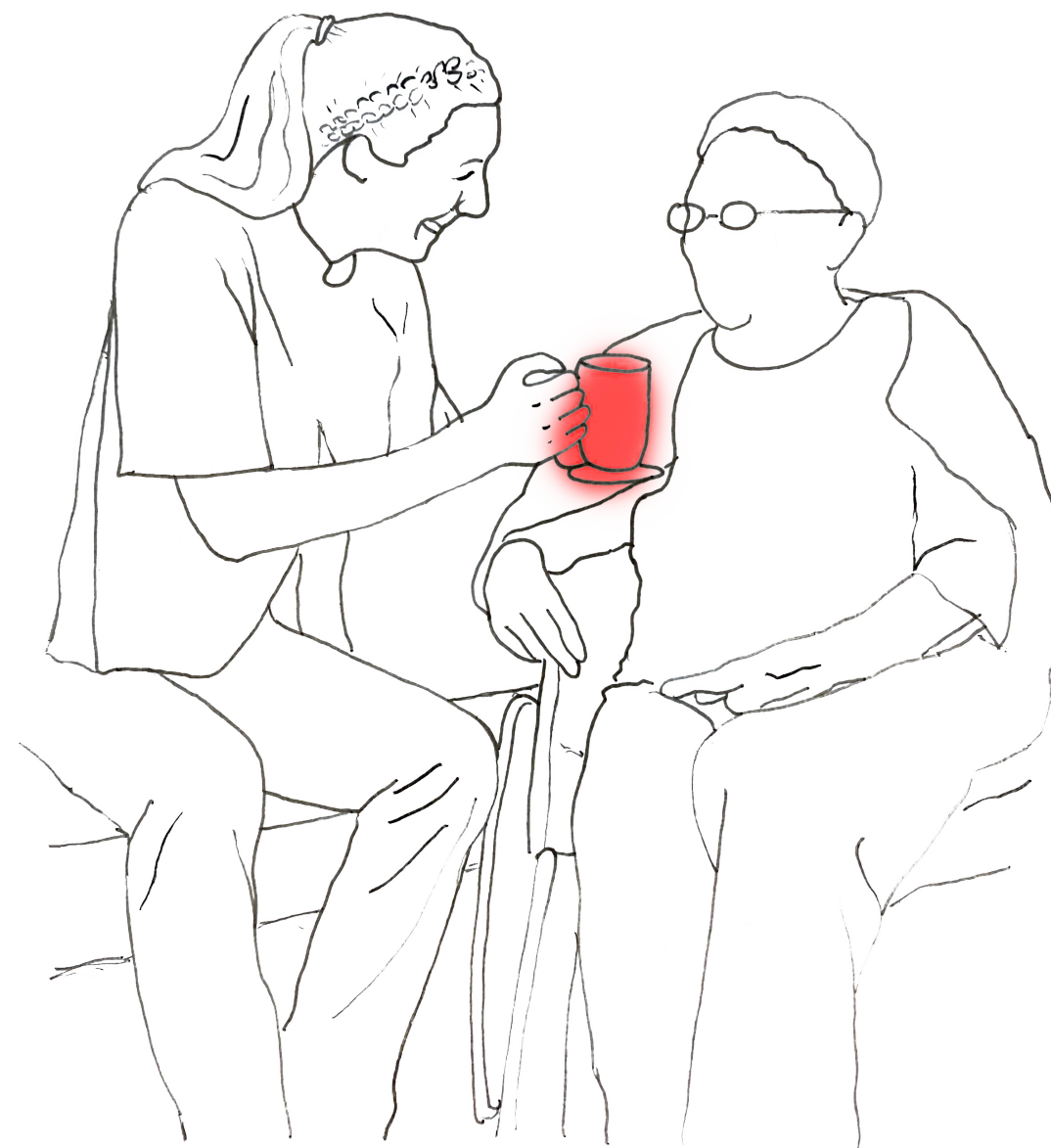


Observatie

vaak in de openbare ruimtes te vinden  
 altijd onder de mensen  
 mensenmens



enthousiast  
 de enige man in een groep vrouwen  
 actief in de weer met rollator



Conclusie van interview en observatie

Reden van komst	Contact bewoners	Activiteiten	Buiten
<p>partner contact gezondheid</p>	<p>Hoe gaat het?</p>	<p>zitten alleen bewegen samen</p>	
<p>vorige woning te groot en gemis van contact</p>	<p>dagelijks en veel contact, in woning en erbuiten</p>	<p>doet mee aan alle bewoners activiteiten</p>	<p>komt graag buiten maar kan niet goed lopen</p>
Minpunten woning	Pluspunten woning	Bezoek	Zelfstandigheid
<p>ontevreden</p>	<p>tevreden</p>	<p>mede bewoner familie dagelijks wekelijks maandelijks</p>	<p>volledig zelfstandig hulp volledig afhankelijk</p>
<p>te hoge balkondrempel</p>	<p>uitzicht op beweging en bomen, balkon</p>	<p>wekelijks medebewoners en dochter</p>	<p>volledig zelfstandig, doet eigen boodschappen</p>

Interview met oa Mevrouw Louise

Gastvrouwen op 't Kampje

29 september 2020

Start informeel interview, dinsdag 29 september 2020

De Tuinkeuken (open keuken voor bewoners en werknemers)

Gastvrouw Louise ontving ons op de eerste dag met veel interesse naar ons onderzoek. Al snel vertelde ze ons haar persoonlijke motivatie om op 't Kampje te werken en onstonden er verschillende gesprekken wat leidde tot een informeel interview.

**[vraag aan Louise] Waarom bent u komen werken op 't Kampje?** "Vroeger was ik muziekdocente. Ik heb spasmes gekregen waardoor ik niet meer kon praten en zingen. Gelukkig kan ik sinds mijn revalidatie weer praten. Ik zocht een baan die ik nu kon doen en waar ik iets terug kon geven aan de samenleving. Ik wilde iets betekenen voor anderen. Zo ben ik bij 't Kampje gekomen. Ik zit nog in mijn proeftijd."

**Wat vinden jullie van het gebouw van 't Kampje?** "Er mist een toegankelijke openbare buitenruimte voor de bewoners die op de eerste verdieping wonen. Op het trefpunt kan geen raam open. Aan de 'tuinkeuken' is het heel fijn dat het open is en dat het enorm licht is. Een frans balkon is misschien een idee, dan is er geen drempel nodig."

**Waar pauzeren jullie?** "Wij pauzeren in de 'open keuken'. We vinden het geen probleem dat de verpleging ergens anders luncht dan de gastvrouwen. Wij vinden de flamingo ruimte donker en klein. De verplegers vinden het een leuke ruimte. Soms moet de verpleging ook persoonlijke informatie bespreken over patiënten, dan staat er op de deur dat er een privé vergadering is. Dat begrijpen wij."

**Werken jullie al lang op 't Kampje?** "Beide werken wij pas vanaf 1 juni 2020 op 't Kampje. Onze taak is anders dan de taak van een activiteitenbegeleidster. Wij gaan langs de woningen van de bewoners en brengen koffie en een gebakje. De activiteitenbegeleidster onderneemt activiteiten met de bewoners."

**Kent u de bewoners goed na een half jaar werkzaam te zijn in 't Kampje?** "Het leuke is dat er veel verschillende soorten typen mensen wonen op 't Kampje, van professoren tot kappers, van introverte mensen tot extroverte mensen. Ondanks de verschillende soorten mensen denk ik iedereen wel te kennen en vindt elke bewoner het leuk om een praatje te maken."

"Wij gaan nu beginnen met de koffie en thee ronde. Elke week hoort daar een gebakje bij van de beste bakker van Loenen. Willen jullie ook een gebakje?"

**Lekker! Tot morgen!**

Einde interview

Observatie

verwelkomend  
naar ons toe  
(nieuwe mensen)

enthousiast  
tijdens het werk



uniek

zorgzaam

Conclusie van interview en observatie

Reden van komst	Contactmoment bewoners	Band met bewoners	Activiteiten
betekenisvol werk, gezondheids - beperking	contact tijdens de koffie ronde en in de keuken/gang	kent elke bewoner en haar/zijn eigenschappen	koffie en thee ronde, praatje maken met bewoners
Pluspunten gebouw	Minpunten gebouw	Pauze plek	Zelfstandigheid
werkplek (tuinkeuken) is open en licht	toegankelijke openbare buitenruimte mist op de eerste verdieping	de 'open keuken' op de begane grond, los van de verzorgers	vaste routine maar op eigen ritme, halve werkdag



Start informeel interview, dinsdag 29 september 2020

De gang op de eerste verdieping

Onderweg naar onze woning komen we een verpleegster tegen. Zij vraagt ons naar onze bezigheden en zo vormde er zich een spontaan interview.

**Hoelang werkt u al in 't Kampje?** "Ik heb hier al 14 jaar gewerkt"

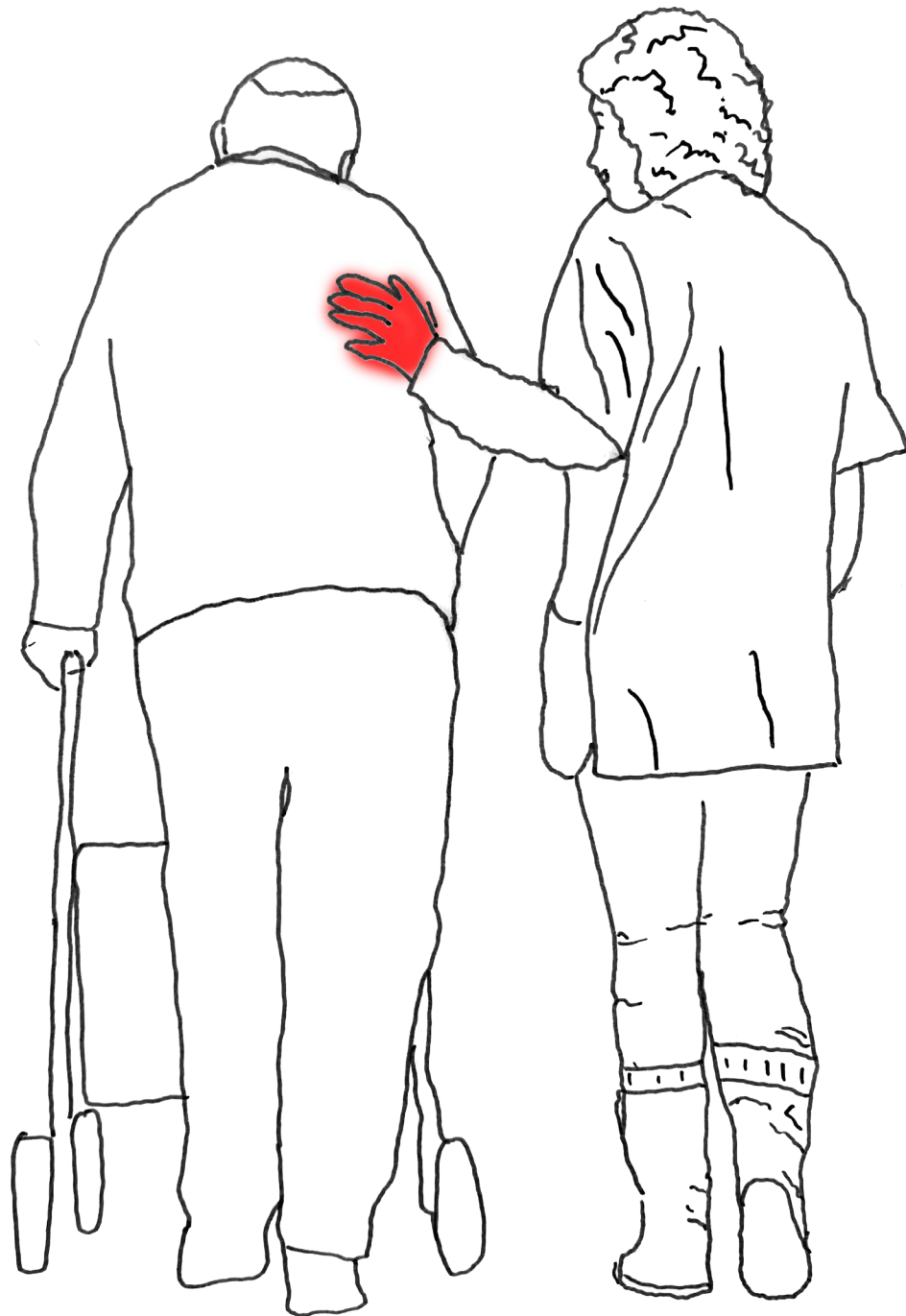
**Hoort u verbeterpunten van de bewoners hoe zij het op 't Kampje hebben?** "De bewoners van t Kampje missen de centrale ruimte zoals voor de ruimte voor de verbouwing er wel was. De bewoners klagen dat ze niet meer gezamenlijk eten en door de gescheiden kleine keukens/woonkamers zien ze niet elke bewoner van de het kampje. De bewoners zien nu vaker dezelfde groepje in een bepaalde ruimte, hierdoor circuleert de verschillende contacten minder dan voor de verbouwing."

"De gangen waren ontworpen uit het idee dat de gangen werden gezien als "een straat". Ieder woning is te betreden via een eigen voordeur die niet zoals ieder geopend kan worden buitenaf met een deurbel maar met een sleutel. Iedere verzorgster/activiteitenleidster/gastvrouw kan toegang krijgen tot de woning van de bewoners. Het ontwerp van een 'straat' veroorzaakte ook dat de huidige balustrade werd verwijderd uit de gangen. Er is veel kritiek van de bewoners omdat ze het fijn vinden als zij soms extra ondersteuning nodig hebben als een "derde" been."

**Zou u wat willen delen over uw eigen ervaring in 't Kampje?** "Een deel van de woningen in t Kampje zijn zorgbehoevende woningen en andere deel zijn huurwoningen. De zorgbehoevende woningen wordt zorg geleverd aan deur door ons en de huurwoningen kunnen soms ondersteund worden met thuiszorg en soms door mantelzorg van familie/vriend. Daarbij hoeft u niet oud te zijn om hier in te wonen, sommige bewoners zijn rond de 30 en hebben hier ook even gewoond. Sommige huurwoningen waren bedoeld om jongere mensen hier ook te trekken waardoor de woongemeenschap gemengd zou zijn. Maar de jongere huurders vertrekken snel weer naar een grotere woning en zien deze woningen in 't Kampje meer als een 'tussenwoning'. Er is veel leegstand in de woningen van 't Kampje in het verzorgingshuis en aanleunwoningen. Ik denk dat er veel meer geld kunnen verloren als een betere doorstroom zou zijn in deze woningen."

**Zou die leegstand veroorzaakt zijn door corona?** "Deze leegstand was al sinds de verbouwing. Sinds deze woningen gemengd zijn met 'oude' huurders en zorgbehoevende bewoners is de organisatie anders geworden. Voor ons vanuit de zorg is het minder werk en iets minder werkstress, de oudere verzorgingshuis woonde wel heel veel bewoners voor ons als personeel. Maar ik vind het zonde om te zien dat er zoveel woningen leegstaan. Een voorbeeld zorginstelling in Zwolle is een voorbeeld waarin ouderenzorg woningen gecombineerd waren met studenten. Daar is de woning circulatie minder dan hier."

Einde interview



Interview met verpleegster

Verpleegster op 't Kampje

29 september 2020

Start interview 14:00, woensdag 30 september 2020

Eénkamerwoning op de eerste verdieping (verhuurder)

Gisteren zagen we een opvallend vitale en blij mevrouw druk haar kamer en voordeur bespuiten met luchtverfrisser. Vandaag belden we spontaan aan bij mevrouw. Voordat we het wisten zaten we op de bank en begon het spontane interview met veel plezier. Ook al stond mevrouw eigenlijk op het punt naar haar dochter te gaan.

**Wat is uw leeftijd?** “Ik ben nu 70 jaar oud.”

**Hoelang woont u al in ‘t Kampje?** “Ik woon hier nu 2,5 jaar. Ik woon hier met erg veel plezier. Aardige buurtbewoners maar ik ben nog veel te actief buitenshuis. Ik zie mijn burens af en toe, het zijn allemaal schatten maar de samenstelling verandert ook keer op keer, ze gaan toch snel dood. De ooievaar zie ik hier nooit, als je begrijpt wat ik bedoel.”

**Woonde u altijd al hier in de omgeving?** “Ik ben geboren en getogen in Loenen. Ik heb mijn hele leven hier gewoond en ik ken alle plekken. Mijn kamer heeft prachtig uitzicht op de oude binnenstad.”

**Wat was uw reden om hier te wonen?** “Dat is een erg lang verhaal. Maar in het kort komt het erop neer dat mijn man na 40 jaar huwelijk uit de kast kwam. Toen hebben we besloten om uit elkaar te gaan en heb ik deze woning gevonden via mijn dochter. ‘t Kampje, deze bejaardencentrum, daar wonen veel oude bekenden van vroeger. Ik heb vroeger in een tandartspraktijk gewerkt. Dus ik heb een breed netwerk op dat gebied. Ik herken paar mensen hier met wie ik vroeger achterop op de brommer heb gezeten, soms na een avond met een drankje, -willen jullie echt niks drinken meiden?- Mijn ex man en ik zijn nog vrienden maar ik ben blij dat ik nu op mijzelf woon na alle omstandigheden. Ik vind het fijn dat ik ook in een woongemeenschap woon.”

**Leeft u zelfstandig of krijgt u hulp van buitenaf?** “Ik doe alles nog zelfstandig. Ik ben relatief nog jong in vergelijking met de anderen hier.

**Wat voor contact heeft u met uw medebewoners?** “Ik spreek de medebewoners voornamelijk als ik spontaan langs loop door de gang. Ik heb het gewoon veel te druk met allerlei andere dingen en als ik thuis ben wil ik graag gewoon even alleen in mijn kamer zitten. Ik ben voorleesoma, oppas oma en noem het maar op. Ik doe allerlei dingen hier in de buurt dus ik verveel mij nooit! Als ik thuis ben laat ik nooit mijn voordeur open staan voor open contact. Sommige buurtbewoners doen dat wel, maar ik houd wel een beetje van privacy.”

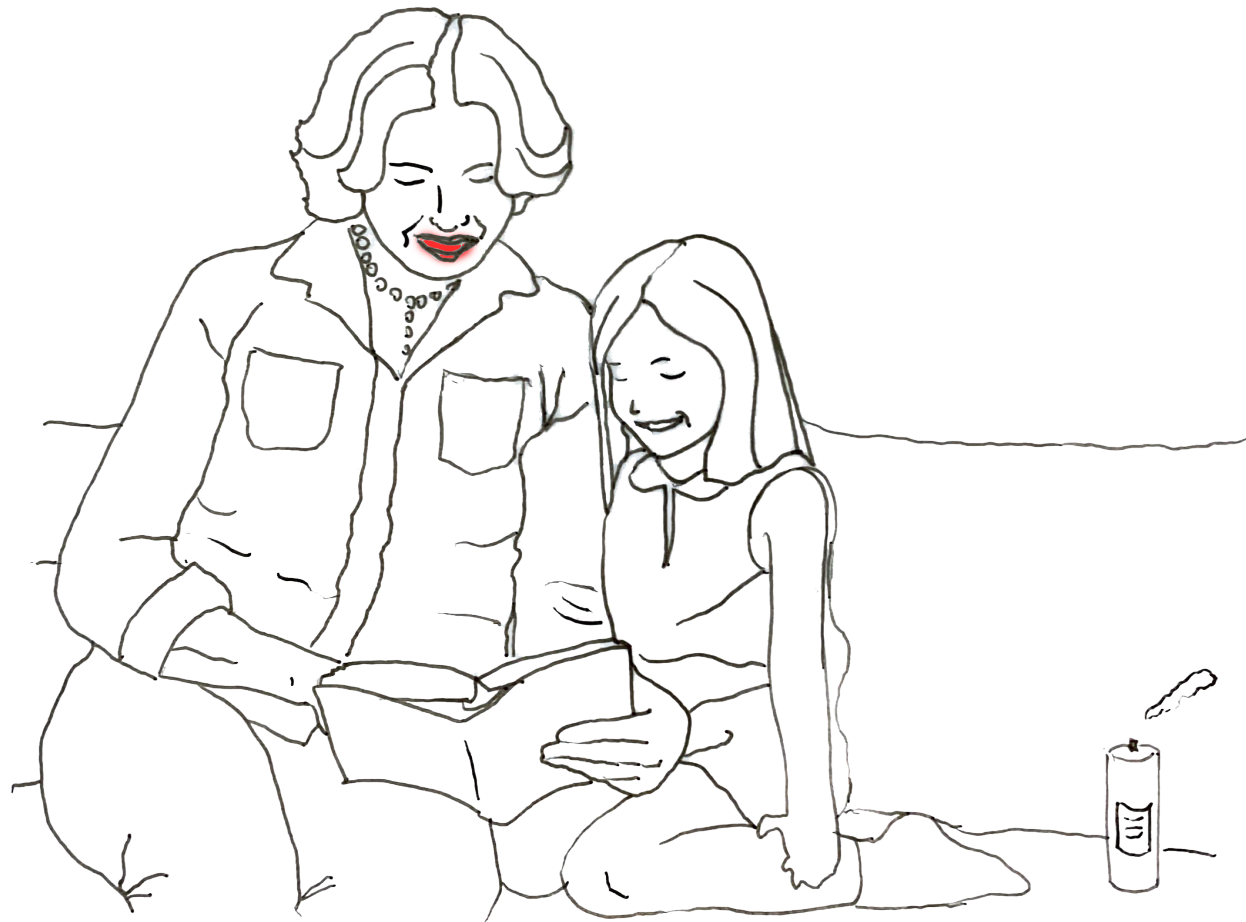
“Ik doe eigenlijk ook nooit mee aan gezamenlijke activiteiten omdat ik altijd zo druk ben. Ik heb ‘s avonds geen zin om iets te doen, ik wil dan lekker op de bank televisie kijken.”

**Hoe vind u het wonen hier?** “Ik heb het erg naar mijn zin hier. Maar er zijn wel wat verbeterpunten. Ik ruik continu gekke geurtjes in mijn kamer. Voornamelijk komen de geuren van de begane grond van de gesloten afdeling, hier beneden. De trapgat maakt verbinding tussen de gesloten afdeling en de gang waar ik woon en ik ruik altijd dat de geur van beneden komt. Gisteren rook de hutspot en vanmiddag rond een uur of 4 rook ik weer de vieze frituurlucht. Daarbij is het geluid akoestiek ook erg slecht. Ik hoor iedereen praten hiernaast bij de gemeenschappelijke ruimte en de stoelen hoor ik af en toe bewegen hieronder. Soms komen er gekke geurtjes vanaf de afzuigerisolatie. Ik ben er soms helemaal klaar mee.”

“Afgelopen maandag kwam mijn klein dochter langs. En toen ze nog niet eens een stap in de kamer had gezet vroeg ze al of ik aan de poeperij was geweest. Er hangt soms een enorme dominante rioollucht in mijn kamer, het is echt verschrikkelijk. De huismeester Ed kwam kijken of dat door de afzuiger komt, maar we hebben nog geen idee hoe de geur steeds in mijn kamer verspreid.”

“Verder ben ik erg tevreden hoor! Ik ben een van de weinige met een keuken met vier pitjes. Ik heb een balkon met uitzicht op de oude binnenstad. ‘s Ochtend schijnt de zon prachtig door mijn ramen, heb geen hitte in mijn kamer. Het uitzicht is hier mooi, veel groen en er is veel beweging op het kruispunt - mevrouw oma Anja wijst naar buiten-.”

**Zijn er onhandige/vervelende plekken in uw woning?** “Het zou fijner zijn geweest als mijn woonkamer en slaapkamer van elkaar zijn afgesloten. We woonde vroeger in een giga groot appartement. Maar ik heb niks meegenomen van het huis. De meubilair die je nu ziet zijn allemaal van de Ikea. Ik heb veel spullen moeten weggooien omdat ik nu zoveel kleiner woon dan eerst. Maar ik mis het ook niet. Ik heb zelf de ruimte ingedeeld. Ik ben super blij met de keuken. Ik vind het erg fijn dat deze ruimte zo open is, dat is voor mij



Interview met Mevrouw ‘Oma’ Anja

Bewoner van een éénkamerwoning in ‘t Kampje

30 september 2020



## Vervolg interview

erg belangrijk. Daarbij houd ik erg van kijken naar buiten. Ik laat graag de gordijnen open. Maar als ik wat problemen moet opnoemen die mijn kamer zou verbeteren zou de drempel zijn op het balkon. Natuurlijk de akoestiek en vervelende geuren. Misschien met behulp van bepaalde isolatie. Op het begin moest ik erg wennen dat ik geen gesloten halletje had, de ruimte overviel mij direct omdat de kamer gelijk in zicht was. De hokje naast de deur heb ik hier niet. En toch mist ik dat wel een beetje. Want het lijkt me inderdaad gezellig om wat leuke dingetjes erop zetten net zoals de anders bewoners hier. Zelfs de luchtverfrisser moet ik nu op de grond zetten."

**Wat is uw favoriete plek in uw woning?** "Ik ben super blij met het balkon. Ik vind een buitenruimte wel erg belangrijk. De deur staat vaak open. De badkamer is perfect. Ik zit nu af en toe graag op het stoeltje bij de douche. Het is heel ruim, dus mocht ik later met een rollator/rolstoel zitten, dan kan ik de badkamer nog steeds erg goed gebruiken."

**Gaat u vaak de bibliotheek?** "Mijn kleindochter is lid van de bieb. Ik maak er zelf ook graag gebruik van. Het is altijd leuk om samen met haar te gaan, ik heb het gevoel dat de buurtbewoners haar ook heel erg leuk en aardig vinden."

**U bent nog erg actief en jong, hoezo heeft uw gekozen voor deze woning?** "Jong, haha. Ik ben relatief wat jonger dan de andere bewoners maar er hebben ook jongere meiden hier gewoond, ongeveer even oud als jullie. En mijn vraag was steeds: "Wat moeten zij hier doen?". De meiden waren ook zo snel weer weg. De organisatie wilt iedereen hier mengen, dat er verschillende leeftijden hebben gewoon Maar laten we even eerlijk zijn, het is niet leuk voor jonge meiden, het blijft een bejaardencentrum. Ik had ook geen contact met de meiden. Op gegeven moment kreeg een van die meiden een vriend, en dan weet je het wel. Ze waren in no time vertrokken."

**Ziet u uw familie/vrienden regelmatig?** "Ik zie mijn kleindochter, twee ochtenden in de week. Dan ga ik of mijn dochter en mijn schoonzoon komen elke week langs. Ze wonen hier in de omgeving. Ze zijn hun huis aan het verbouwen, wat oorspronkelijk ons huis was toen mijn dochter nog klein was. Maar door de verbouwing kwam mijn dochter tijdens corona ook hier werken. Dan merk je opeens dat de ruimte toch wel te klein is voor ons tweeën. Ze moest ook soms bellen en dan zat ik opeens in beeld, was even een gekke tijd."

"Tijdens de coronatijd merkte ik dat er wel minder aanspraak was hier en daar. Iedereen bleef in hun kamer zitten. Gelukkig heb hier wel een auto, dus ik kan gewoon gaan waar en wat ik wil. De andere buurtbewoners mochten soms niet de deur uit, ik had nog alle vrijheid. Ik heb er geen problemen gehad. Ik heb geen behoefte om een bewoners samen te koken, ik wil graag de regie over mijn eigen leven. Tijdens de corona epidemie, mocht ik thuis wel bezoek ontvangen, ik ben huurder en dus onafhankelijk, maar ik deed het niet. We gingen voornamelijk buiten afgesproken, solidair voor de andere bewoners."

**Wat is uw rol hier?** "Ik geef graag de planten in de overloop water. De plantentaak heb ik gekregen door Toos, elke plantenbak krijgt een gieter. En wij doen het elk weekend. En dan wisselen we af. Verder doe ik graag af en toe een kop koffie hier en daar. Maar probeer ik nog de meeste tijd mijn eigen leven in te vullen."

"Er is geen wasmachine aansluiting in de kamer, dus je hebt een gemeenschappelijke wasruimte hier beneden. En dan moet je met je waszak naar beneden brengen, heel onhandig allemaal. En toen heb ik met 5 andere medebewoners een wasmachine en droger gekocht. We hebben zelf een lijst gemaakt met daarop een schema voor het wassen. Het gaat tot nu toe goed, soms reparaties, maar dat houd je altijd. Nu heb ik wasruimtes op de zelfde vloer. En dat gaat super goed."

**- Telefoon van Oma Anja gaat af -** "Oh, ik word gebeld door mijn dochter waar ik blijf denk ik! Ze denkt vast dat ik in slaap ben gevallen"

**Geen probleem, ontzettend bedankt voor het interview.** "Komen jullie vanavond wijn drinken bij mij?"

## Einde interview

## Observatie

verwelkomend

praat veel en graag

staat bekend onder dorp als 'oma anja'



rode lippenstift

ondernemend

zelfstandig

## Conclusie van interview en observatie

Reden van komst



echtscheiding

Minpunten woning



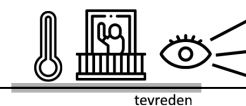
vieze frituur lucht, heel gehorig, vieze rioollucht, afsluiting woon-slaap gedeelte en hal missen

Contact bewoners



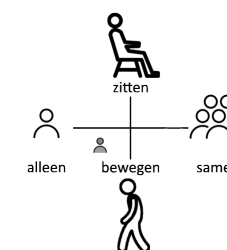
nauwelijks: alleen een groet op de gang

Pluspunten woning



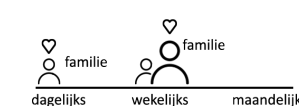
uitzicht op binnenstad, beweging en groen, binnenklimaat, eigen balkon, functionele badkamer

Activiteiten



voorleesoma, oppas, geeft planten in de overloop water

Bezoek



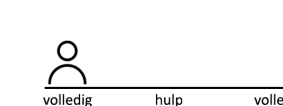
van dochter en twee keer per week van kleindochter

Buiten



veel afspraken waardoor ze buiten komt

Zelfstandigheid

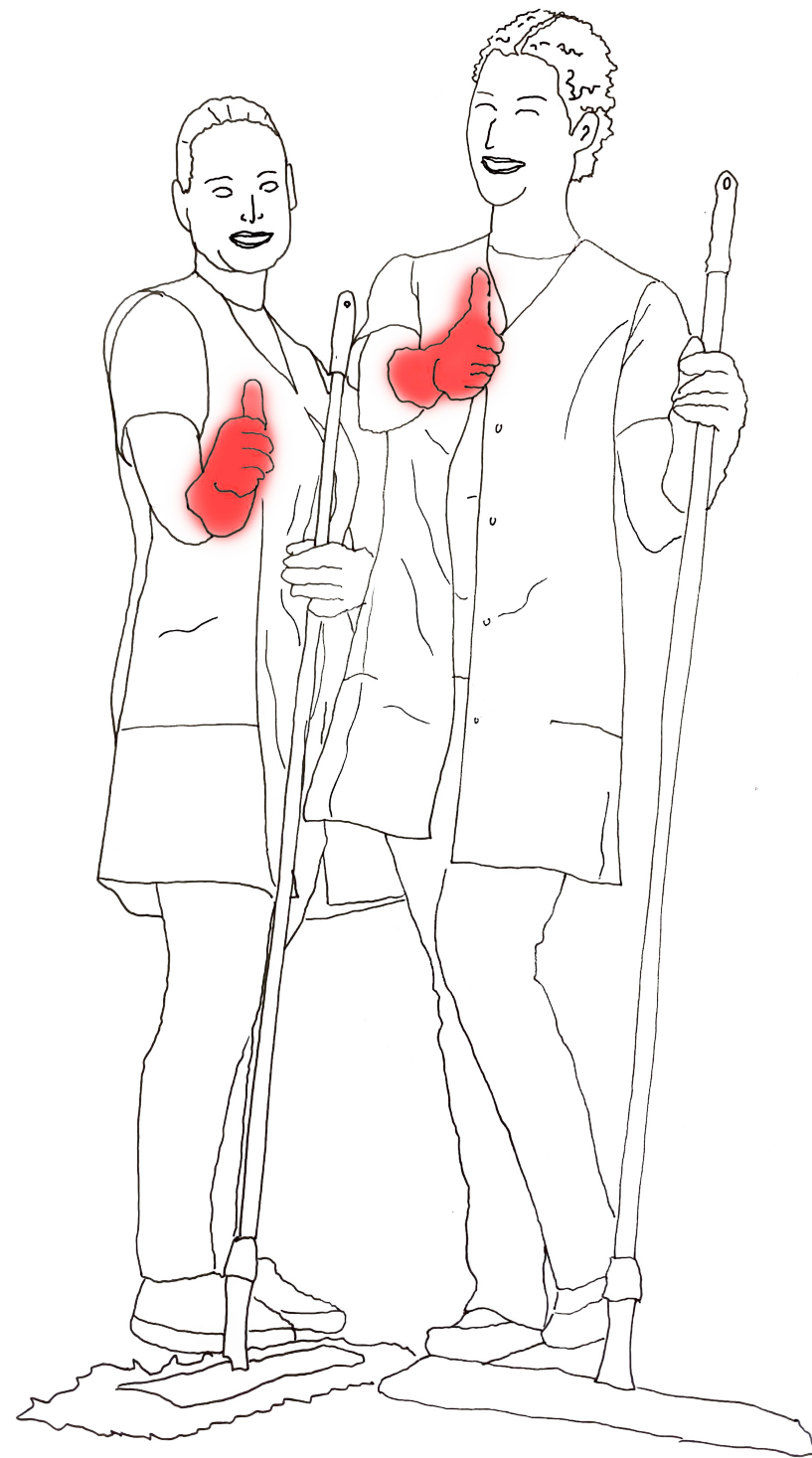


puur huurder van woning, heeft auto

Start interview 12:00, woensdag 30 september 2020

De Tuinkeuken (open keuken voor bewoners en werknemers)

Al snel viel ons op dat de schoonmaaksters populair waren onder de ouderen. Ze groetten elkaar regelmatig op de gangen en maakten contact door middel van high fives, praatjes en gelach. Wij vroegen deze op eerste zicht populaire schoonmaaksters om een interview.



Interview met vrouwen van de schoonmaak

De schoonmaaksters van 't Kampje

30 september 2020

**Hoe lang werken jullie al op 't Kampje?** "We werken hier al 22 en 36 jaar. Na de verbouwing van 't Kampje zijn we samen gaan werken."

**Wonen jullie in de buurt van 't Kampje?** "Ik woon in Vrijland. En ik woon in Breukelen."

**Wat zijn jullie werkzaamheden op 't Kampje?** "We maken de kamers schoon van de huurders van 't Kampje en van de somatiek mensen. Ook maken we een woning via de gemeente en twee aanleunwoningen schoon. We werken allebei niet op pg-afdeling (psychogeriatric afdeling), dat doen andere schoonmakers. Het schoonmaken duurt ongeveer een half uur per woning. De bewoner hoeft tijdens het schoonmaken niet uit de kamer."

**Hebben jullie contact met de bewoners van 't Kampje?** "Tijdens het schoonmaken maken we een praatje met de bewoners. Het is fijn om met hen een praatje te maken."

**Merken jullie verbeteringen aan 't Kampje ten opzichte van jaren voor de verbouwing van 't Kampje?**

"De woningen zijn verbeterd. Vroeger waren de woningen kleiner, de helft van de woningen nu, en was er alleen een openbare douche. Nu heeft iedereen een eigen douche. De woningen zijn nu makkelijker om schoon te maken omdat ze minder propvol zitten."

**Waar laten jullie de schoonmaakspullen tijdens het schoonmaken?** "De schoonmaakkar blijft op de gang staan en de emmer gaat mee de kamer in."

**Wat is de werkdruk op 't Kampje?** "We hebben tijd genoeg om schoon te maken. Het is niet te druk. Soms is er een periode dat er eentje (een bewoonde woning) mist. Dan hebben we meer tijd."

**Waar lunchen jullie?** "We lunchen meestal in de 'open keuken' (ruimte op de begane grond die het tehuis met de aanleunwoningen verbindt) omdat we de koelkast die daar staat gebruiken. We drinken koffie en thee in de Tuinkeuken (open keuken op de eerste verdieping van het tehuis)."

**Pauseren jullie weleens in de ruimte waar de verplegers pauzeren?** "We komen nooit in de 'Flamingo ruimte' (afgesloten ruimte op de eerste verdieping van het tehuis). Het mag wel maar het is een gesloten hok. Ze vergaderen ook vaak in de open keuken dus dan kunnen we daar niet zitten. We verplaatsen ons veel."

**Hebben jullie vaste uren dat jullie schoonmaken bij de bewoners?** "Ja."

**Hebben jullie verbeteringen voor het gebouw?** "Nee, niet echt. Alleen alles rammelt in de lift als je met de schoonmaakkar erin staat. De badkamervloer is makkelijk schoon te maken. Vroeger hadden de badkamers tegels, dat was lastiger om schoon te maken."

**Wat vinden jullie leuk aan jullie werk?** "Het contact met de bewoners."

**Zijn de bewoners van 't Kampje anders dan vroeger?** "De generatie mensen zijn erg anders dan tien jaar geleden. Vroeger waren er meer mensen die erg gaven om het aanbieden van koffie. Ze zijn nu meer op zichzelf. Vroeger waren de bewoners vooral oud huisvrouwen, nu zijn de bewoners vooral oud werkende vrouwen. We merken dat het minder belangrijk is nu dat het spik en span moet zijn."

**Is er iets anders aan 't Kampje sinds de verbouwing?** "Vroeger was 't Kampje een heel gezellig tehuis. Na de verbouwing is het hart eruit gegaan. Nu is het koel en steriel, minder persoonlijk."

**Wat vervelend om te horen. Zouden jullie hier meer over kunnen vertellen?** "Vroeger was het hele huis van de stichting. Hierboven (de eerste verdieping) zijn maar twee kamers van de stichting. De rest zijn huurders. Vroeger maakten we openbare ruimtes schoon. Nu doet een schoonmaakbedrijf dat omdat het niet meer bij de stichting hoort. De tuin is ten goede veranderd. Veel plantenbakken zijn nu weg. We komen om het werk te doen, we komen voor de bewoners zelf, niet meer voor de gezelligheid. Er is ook minder personeel, vroeger veel meer schoonmaaksters."

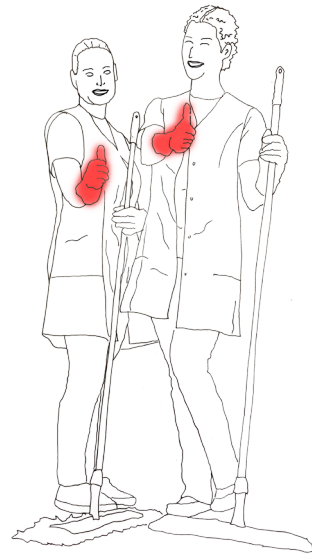
Einde interview



Observatie

lunchen met z'n tweeën

schoonmaakkarren blijven in de hal



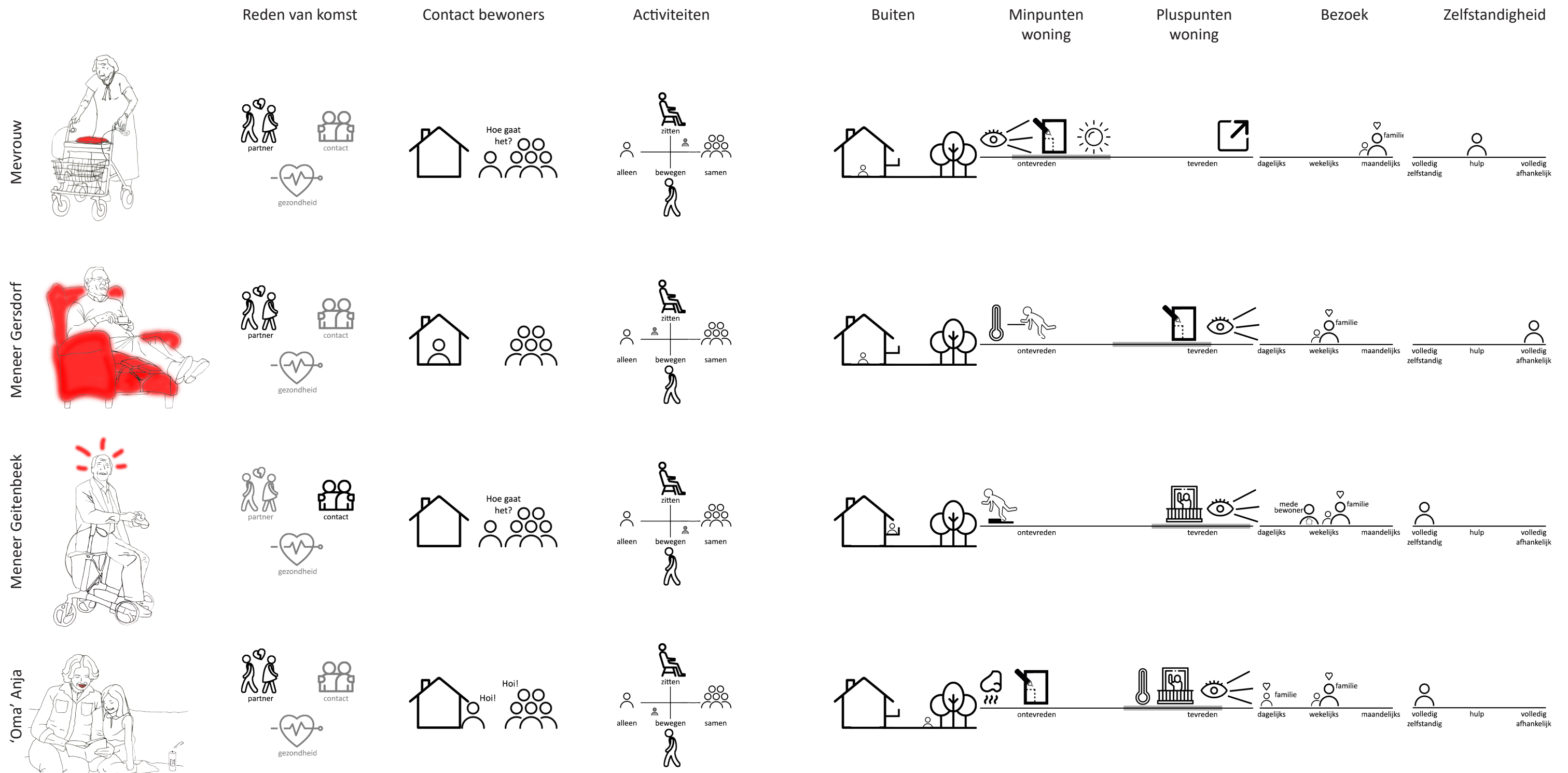
hecht duo

sociaal met bewoners

Conclusie van interview en observatie

Reden van komst	Contactmoment bewoners	Band met bewoners	Activiteiten
<i>contact met bewoners, werken er al jaren</i>	<i>tijdens woningschoonmaak en in de gangen</i>	<i>maken praatjes, geven high fives en lachen samen</i>	<i>schoonmaken van woningen (per woning 30 min)</i>
Pluspunten gebouw	Minpunten gebouw	Pauze plek	Zelfstandigheid
<i>woning en badkamers zijn makkelijk schoon te maken, de tuin bij hoofdentree</i>	<i>niet meer gezellig, steriele sfeer</i>	<i>elke keer anders, passen zich aan aan de pauze plek van andere werknemers</i>	<i>vaste routine en tijden</i>

## Samenvatting bewoners



## Conclusie interviews

Door middel van bovenstaande vergelijking is goed te zien dat elke ouder uniek is en andere eisen heeft aan haar of zijn leefomgeving. Zo zijn er grote verschillen in behoefte aan contact met medebewoners en in het soort activiteiten die de ouderen doen. Hierbij speelt ook de mate van zelfstandigheid mee. Uit de vergelijking kan gehaald worden dat de ouderen die (volledig) afhankelijk zijn niet buiten komen terwijl de volledig zelfstandige ouderen wel buiten komen, al is dit soms alleen op het balkon en niet vaak.

Opvallend is dat het uitzicht vaak positief wordt benoemd wanneer er gevraagd wordt naar de woning. Ook het hebben van een privé buitenruimte (balkon) wordt als positief ervaren. Vaak voorkomend zijn opmerkingen over onhandigheden in de woning voor niet goed te pas ouderen, zoals een te hoge balkondrempel en het missen van een balustrade. Over het algemeen waren de ouderen vrij tevreden over hun woning.