

REFLECTION

Designing for care in an inclusive environment

Ellen Kieft

Name: Ellen Kieft
Student-number: 4645308
Telephone-number: 0614565323
Email adress: ellen.kieft@hotmail.com

Graduation studio: AR3AD133 - Designing for care in an inclusive environment
Delft University of Technology

Mentor Architecture: Birgit Jurgenhake
Mentor Building Technology: Paddy Tomesen
Third mentor: Mo Sedighi
Exam commission: Ype Cuperus

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

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

TABLE OF CONTENTS

INTRODUCTION	5
1. RELATION BETWEEN RESEARCH AND DESIGN	
1.1 ETHNOGRAPHIC RESEARCH AND DESIGN	6
1.2 LITERATURE RESEARCH AND DESIGN	8
1.3 TUTORIAL ON BLUE ZONE AND DESIGN	14
1.4 LOCATION RESEARCH	15
1.5 CONCEPTUAL RESEARCH	18
1.6 RELATION IN A SCHEME	20
1.7 DESIGN PROCESS	21
2. RELATION GRADUATION STUDIO AND MASTER TRACK	23
3. SCIENTIFIC RELEVANCE	24
4. SOCIAL RELEVANCE	25
5. ETHICAL ISSUES	26
6. CONCLUSION	27

INTRODUCTION

This paper further reflects on my graduation period. Besides that I learned a lot on a professional level, I also learned a lot on a personal level. I see this period as a beautiful and valuable period. A search for growth, distances and conflict. Below I will reflect on a number of themes.

- First I tell the relation between my research and my design
- I explain my design process
- The relationship between the graduation topic and the master track
- The scientific relevance
- Social relevance
- The ethical issues that I argued
- What I will do in the next couple of weeks



How can you design for a target group if you don't know your target group?

This is why research into the needs and habits of the target group is needed. The studio gave me the opportunity to sleep in a nursing home for a week. Spend a week in the building. Talk to the residents, learn their needs and habits. Then translate all conversations and observations into analysis and eventually use them to create design tools.

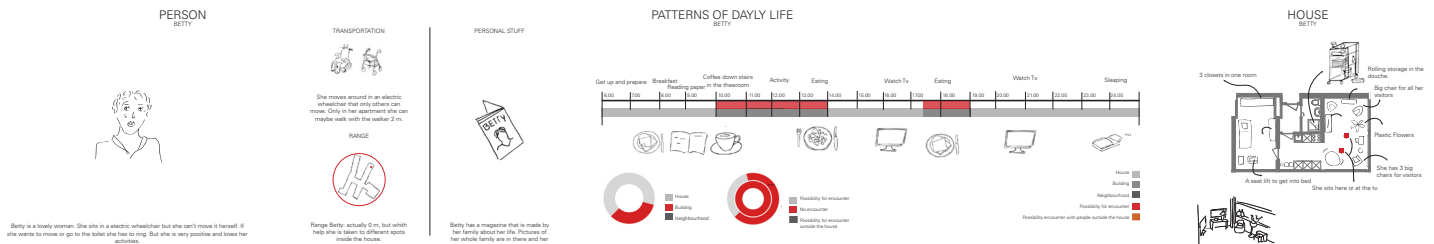
What is the role of ethnographic research in design?

My ethnographic research is very much reflected in the design. This week in the nursing home not only gave me a lot of conclusions and ultimately design tools, but also led to my research question. By also doing research in the neighbourhood and talking to not only the residents of the building but also the residents of the neighbourhood, I noticed that there was a huge distance. There seemed to be some sort of boundary around the building that made people feel unwelcome to drop by. This has ensured that my main goal for my research is the reduction of distance between the users of space.

Through the observations and ultimately the design tools, ethnographic research has not only taken care of my research question but also assisted in decisions during my design process. For example, during my sleepover week it became clear that the visibility of certain rooms is very important. If the collective spaces are not visible, they are used less often. Accessibility was also one of the themes that emerged as an important point to take into account during my ethnographic research.

How do you organize the observations that have been made?

I found it difficult to get structure in my observations. During my sleepover I documented everything with sketches and text. I found it particularly difficult to document the personal conversations and habits of the residents. In the end I chose to create profiles of the residents. Keep track of the mobility of each resident, what their favourite product is at home, what a day in the resident's life looks like and how their home is decorated. This gave me an abstract way of documenting and I was able to compare data.



Example profile of a person

How the neighbourhood and buildings were organized I documented with text, floorplans, flow-maps and sketches.





Why was further research needed?

The fieldwork finally gave me my research question. By doing ethnographic research during and after this week I came up with the necessary design tools for the design, but to really answer my main question and what this means for architecture and the target group, more research was needed. Literature research has therefore been carried out into distance, belonging and familiarity. A survey was also done to get further answers about what it means for architecture and the needs of residents.

What is the relationship between the additional research and the design?

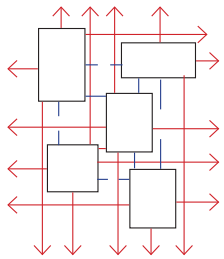
The study has drawn many different conclusions. However, there are a few themes that have turned out to be very important if we talk about reducing distance and creating a sense of belonging and familiarity and are also recurring in my design on different scales. These are the following theme's:

- visibility
- accessibility
- smooth transition from private to public
- creating meeting places

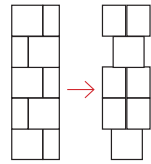
The translation of the theme's in the design has been explained on the coming pages.

VISIBILITY

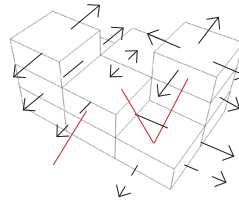
Neighbourhood level:
On masterplan scale ensured that the buildings "overlap" so that the sightlines are optimized.



Multiple Sightliness

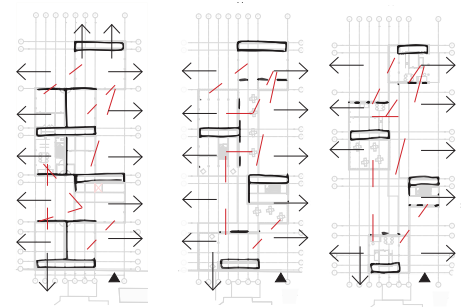


Staggered volumes

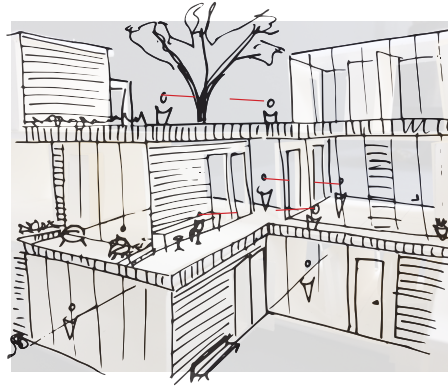
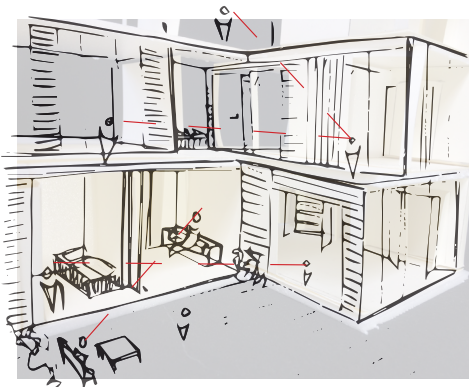


Multiple Heights

House level:
Large windows for lots of sunlight and a view of the neighbourhood and district.



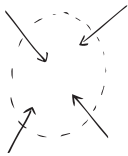
— Connection sightlines → connection inside (Reducing sightline connection outside)



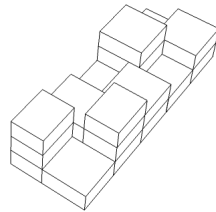
Process to reduce the distance and create visibility

ACCESSIBILITY

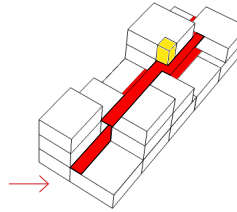
Neighbourhood level:
By designing a bridge over the water, accessibility has been improved to reduce the distance between the surrounding neighbourhoods and the plot and make a passage through the plot.



Building level:
There is a central rise point. By walking past the collective space you will eventually end up at the individual private rooms.

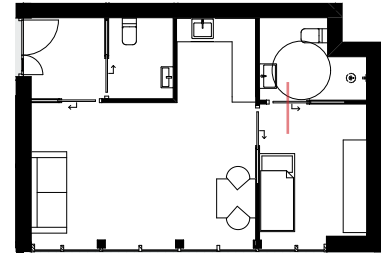


No connection on level.



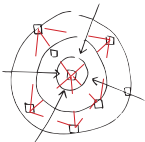
Reduce distance on level. (Circulation)

House level:
In the floor plan, attempts have been made to create a direct connection between the bathroom and the bedroom for almost all units.



TRANSITION FROM PRIVATE TO PUBLIC

Neighbourhood level:
By dividing the public program over the plot you create a gradual transition zone. So that everyone can come into contact with each other gradually. Another effect is the flow of people that arise, whereby they can easily meet each other.

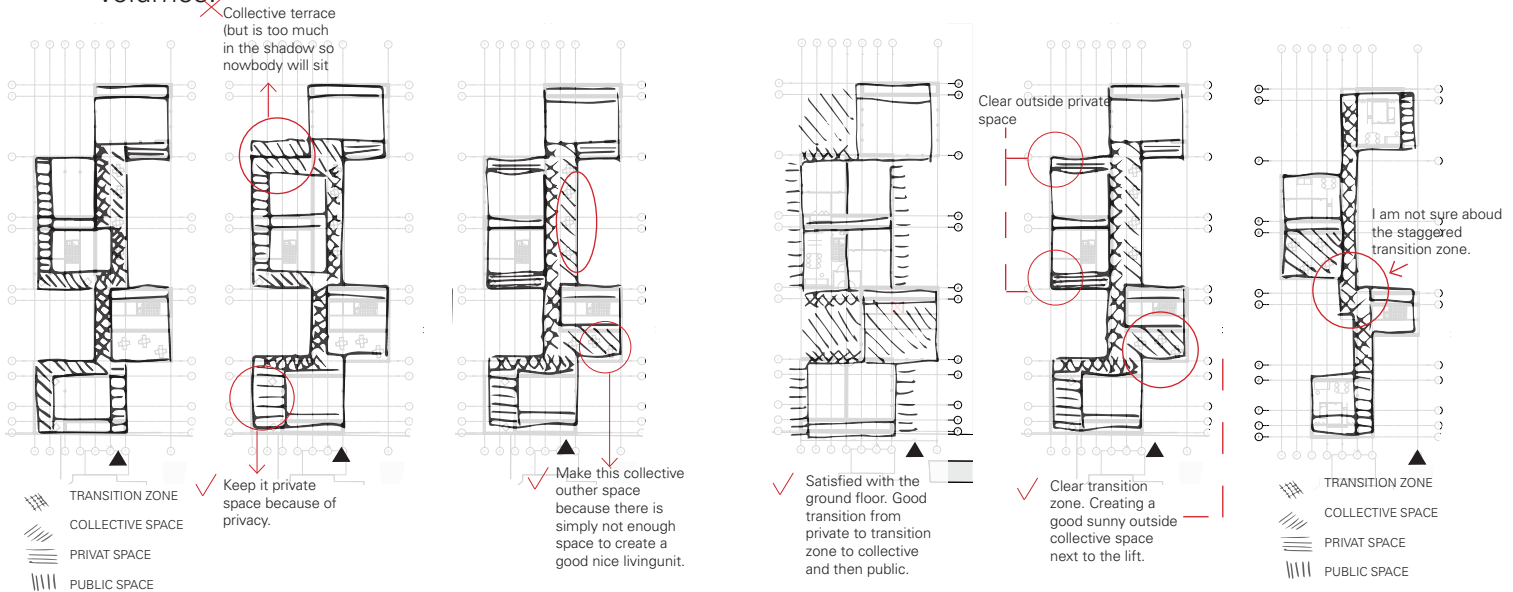


Threw transition zones and 'streams of consciousness' getting more familiar.

Transition zone of public program on the plot

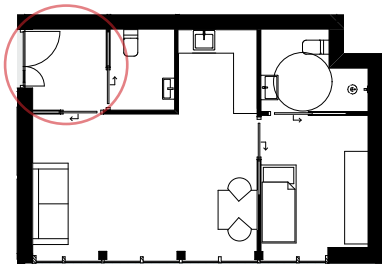
Building level:

To get a nice transition zone from private to public, research was done by shifting the volumes.



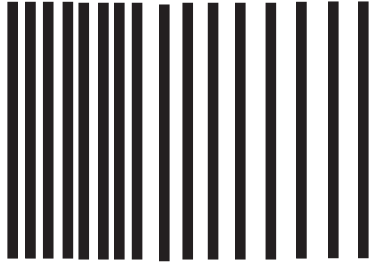
House level:

To create a good transition zone in the houses every units has his own entrance way where you can come in.



Detail level:

I wanted the transition to come back in all scales, so also in my facades. I did this by designing an open slatted facade cladding in which the more private rooms have smaller space between the slats and in the more public functions more space is left.



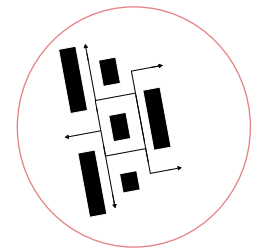
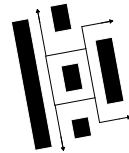
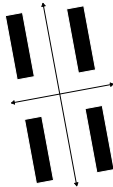
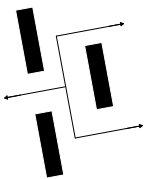
PRIVAT TRANSITION COLLECTIVE PUBLIC



CREATING MEETING PLACES

Neighbourhood level:

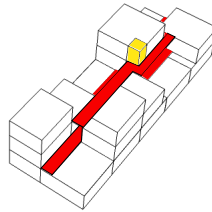
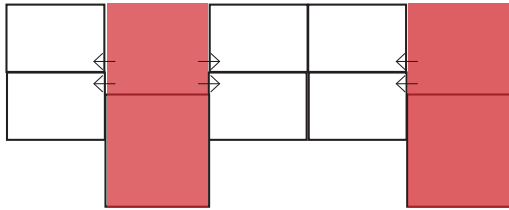
By designing public greenery, you create a meeting place. The study also found that circulation is very important. Creating a circulation with curves increases the chance of a spontaneous encounter. When designing my master plan, therefore looked at which circulation stimulates this the most.



Proces ontwerp masterplan

Building level:

Designing collective meeting places on the ground floor but also on the level create more meeting places.



Meeting places in the building



1.3 RELATION BETWEEN RESEARCH AND DESIGN

TUTORIAL BLUE ZONE

Why did you choose to write a paper about the blue zone?

I had heard of the blue zone. These are different areas of the world where it has been measured that people on average grow much older, the so-called "blue zones". I found this an interesting topic, why do these people live longer? Are there any special reasons for this? Research has been done by different scientists. I was curious about what has been discovered and whether measures could possibly be applied in architecture.

What did you get from writing this paper and what is reflected in your research?

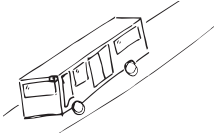
The study mainly came up with lifestyle measures, but there were also a number of conclusions that I used in my design. For example, they say that green is very important. I have also applied this by applying a lot of greenery. Good access to walking, cycling and public transport is important. I also applied access to vegetables by applying vegetable gardens and urban farming in the design. Creating many meeting places and ensuring that parking is organized centrally are conclusions that I included in the design.



WALKWAYS



CYCLE PATHS



PUBLIC
TRANSPORTATION



GREEN



VEGETABLE
GARDEN



VEGETABLES



MEETING
PLACES



NO AIR
POLLUTION

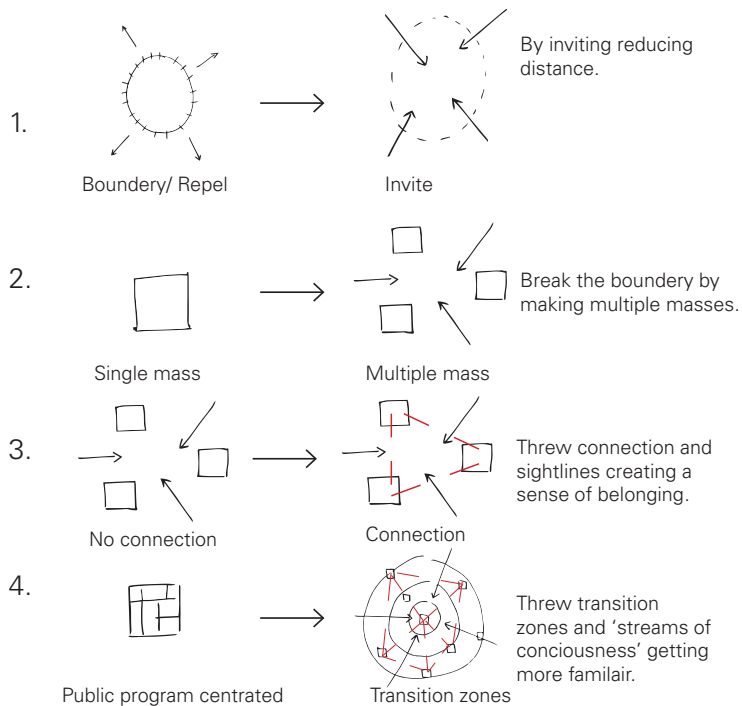


PARKING CENTRAL
SITUATED. NO PARKING
IN STREETS



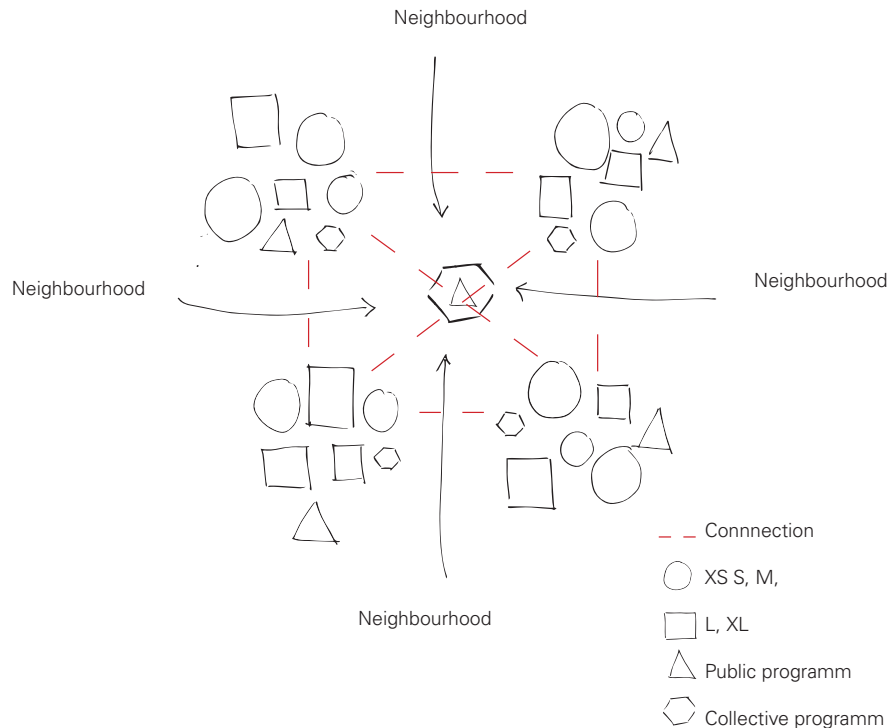
How did I arrive at the concept?

After a week in a nursing home, it was clear to me that a new concept should be created on living. My experience was that there is a kind of boundary around the building. People find it difficult to come into contact with each other and there was also a great separation within the building between the elderly who need care and the people who live independently. The will was there, but how do you get them together? This has led me to my research question and purpose. But what kind of concept helps achieve this goal? More research was needed to get a better grip on my themes. This further literature research, but also the location research and the formation of the program of requirements, ultimately led me to my ingredients of my concept. It gave me tools to clarify what my concept should be. The ingredients can be seen below.



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

Ultimately, these ingredients led to my concept. By introducing a system that uses different sizes of residential units, different target groups are attracted. This was important to my concept because it would reduce the distance between these different target groups. To not label the houses such as; “Elderly home, family home” but to introduce a system from xs to xl I hope not to create a distance but to reduce it. Reduce distance by welcoming all target groups and the surrounding neighbourhoods in the neighbourhood and attracting them by the public greenery in the middle. By designing the public and collective program across the plot, you ensure that there is a gradual transition from more private to more public and more places where spontaneous encounter can take place.



How did conceptual research influence design?

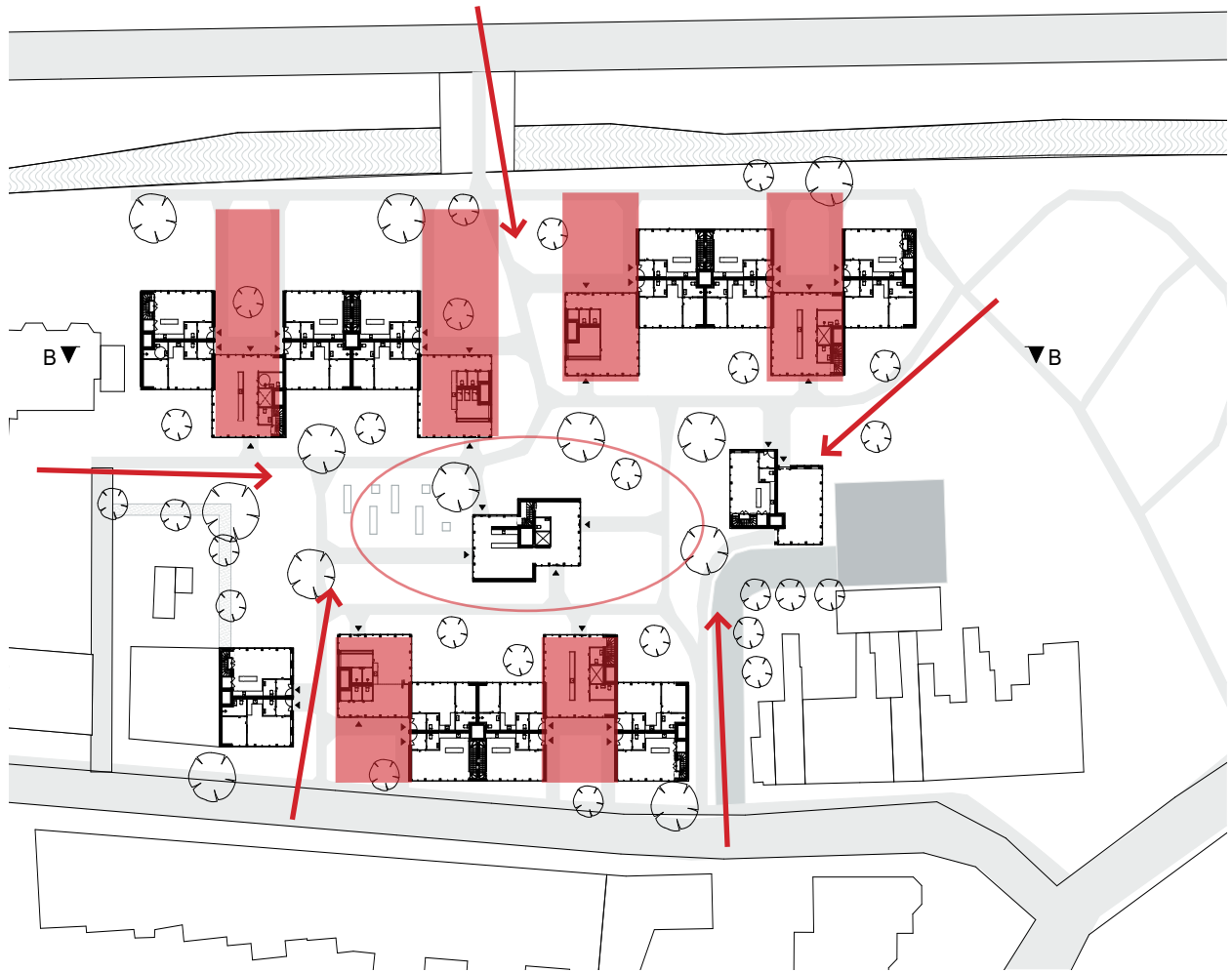
As mentioned above, it was important for my concept that different sizes of homes would be realized. This directly affected my design. The design of multiple buildings also provided multiple entrances to the plot. Also the public program not centred but distributed over the plot are direct design tools that can be seen in my design. But a theme that emerged from my research was the transition from private to public. This has been taken into account in different scales in my design. At neighbourhood level, building level and in the house itself, down to the detail. This is also further explained in chapter 1.2



What is the role of the location research in the design?

The role of the location study has influenced the design in several areas. By doing the location research, it emerged that there was a need for a small supermarket, a neighbourhood cafe and a meeting place. Since the aim of the study is to reduce the distance, the current distance of these functions was quite large. Integrating these functions into the program of requirements would reduce the distance. Literature research was also carried out during the location survey. Including the paper by Richard Sennet. Richard Sennet in his paper about the Open City explains that Boundaries are dead ends and that borders are spaces where the spontaneous encounter can take place. Because the distances has to be reduced, boundaries has to be broken. Out of the location research came that the water and the buildings surrounded the plot created a boundary and the greenery and playground created a border.

That is why it was decided to make a large bridge over the water, which would reduce the distance between the surrounding neighbourhoods next to that integrate more greenery. Design different green entry routes that all come together in public green. The design has attempted to create borders through collective and public functions and spaces where spontaneous encounters can take place.





RELATION IN SCHEME

RESEARCH

ETHNOGRAPHIC RESEARCH

LITERATURE RESEARCH

TUTORIAL BLUE ZONE

LOCATION RESEARCH

CONCEPTUAL RESEARCH

FORM STUDY

METHOD

Fieldwork
Observations
Conversations
Activities

Research on distance
Research on belonging
Research on familiarity
Survey

Literature research

Fieldwork
Survey

Literature research
Additional research

models
sketches

DESIGN

Problem & points of improvements
'reducing the distance between users of space'

Findings
Conclusions

Findings

Program of requirements

Design Concept

Masterplan building

DESIGN TOOLS

- scale
- care
- visibility
- accessibility
- greenery
- circulation
- transition from private to public



DESIGN PROCESS

My design process has seen many ups and downs. For example, it started with the search for the best compilation in my master plan. For my P1 we had to make a first draft for the master plan. At that time I spent a little time on this composition. Looked at history, location and position in relation to the sun. After the P1 I noticed that everyone was still working on their masterplan. I was quite convinced of my composition myself, but I still had to convince the teachers. They found it inconclusive. This was my first difficult moment in my design process. This feedback was important to my process. It brought me back to the drawing board and I checked all aspects on my master plan. My composition looked very much like my first inspiration, but the feedback ensured that I was able to argue my composition well and that I was completely convinced myself. There have been even more moments like this during my design process. What I admire every time is that during my entire process my teachers were able to pull out the points that I was not convinced myself, even if I had not yet realized that. This meant that I had to go back again, but in the end brought me a better-sounded design. I have experienced the guidance of the architecture tutors as teachers as very nice combination. Both could inspire me in other areas and stimulate me to achieve a better product.

During my design process I also ran into some things on a personal level. I have found out that when I am stressed and the pressure is high, it is difficult for me to get out of my words and therefore cannot convey my story. Good preparation and structure in my story is very important. I would also like to thank my tutors for giving me advice on how to deal with this.

After forming my master plan I started designing one of the buildings. Because my higher goal is to reduce the distance, I wanted to create a collective outdoor space on the floors. I started with a standard size that I could stack so that the variety of sizes would come back in my building. Then the volume shifting started. Taking sun, collective space, south-facing terrace, good transition zone and private spaces into account was quite a task. I spent a few weeks on this to finally arrive at my composition.

After this I started designing the different floorplans. In retrospect, I might have had a better process if I designed the floorplans of a residential unit first before starting to design the building. This was another point that I struggled with. I had an idea about where the entrance should be, I

wanted all units to have an entrance and so I had even more requirements for each floor plan. This has caused a lot of puzzle work in the floorplans.

At the beginning I also decided to design service areas for the units. In the beginning I had a fairly wide dimension. To eventually reduce these also helped me to come to my floor plans.

I really enjoyed designing my facade. I would like the transition from public to private to be reflected in the facade. I finally solved this by applying vertical slat cladding that indicates by distance in the slats where it is more private and where more public. Also the design of electric sliding walls and my floor height is still a small point of discussion during the meetings. The tutors rightly say that the sliding walls and floor height are very expensive. During my p4, I hope to convince them of the relevance of this facade and storey height.

The guidance from the tutor for Building Technology was very pleasant during the whole process. During the meetings there was always sparring and I was inspired every time to look at it differently. I really liked this. Implementing my concept in detail is something I have not done so many times. Sometimes I have lost myself in detail and sometimes find it difficult to see what is really important. The tutors have explained to me several times that it is about the concept and how you have translated it in detail. I sometimes found this difficult, but I also learned a lot from it.

Graduation during corona crisis.

It has been a somewhat different design process than I initially thought. During graduation, the whole world is struggling with the corona crisis. We have all gone into an "intelligent lockdown". As a result, we have all switched to online education. I find it admirable that everyone was able to switch so flexibly from physical to online education. It taught me even more to prepare for a meeting so that I knew exactly what I was going to discuss. Ironically, my higher goal during this graduation is to reduce the distance, while we now have to stay at 1.5 m. Through this crisis I have learned even more how important social and physical contact is and how important it is to reduce the distance.



2. REFLECTION

RELATION GRADUATION STUDIO AND MASTER TRACK

Older people are often in the news nowadays. Research has shown that this group is growing rapidly. People are getting older, so the group of older people is growing and this will become more and more in the coming years. People stay longer at home but with this there is also a lot of loneliness among the elderly. How are we going to take care of this large group? Where can they live and what does their life look like? These are all subjects that are discussed a lot, not only in the Netherlands but the group of elderly people grows around the world. Due to this fact as architects, we have to think about what our environment should look like for our ageing society.

New innovative ideas are needed in the Netherlands and a change is needed that is why I think it is very good that our faculty delivers education about this relevant topic. This studio stimulates students to think outside the box. All with the higher goal to come up with new innovative concepts for elderly living.

To change on how people want to live in the future and what are wishes an anthropological approach is needed. This studio works with anthropological research. This studio is about a good transition from research to design. A very humanistic approach in which behaviour of the target group is first studied, then a problem is posed where further research is added. All research conclusions are ultimately translated into design tools that are later translated into design. This approach appeals to me and I intend to use this further in my professional career.



3. REFLECTION

SCIENTIFIC RELEVANCE

The anthropological approach is something I find very interesting. I find it interesting and important to view architecture from a social point of view. This anthropological approach is nowadays used in many fields, but in architecture it can be used even more often. Viewing the problem from a human centred point of view provides additional insights that will lead to a more in-depth investigation. The combination of human centred research in combination with literature research provides a broader view of the matter.

Especially the design of a living environment for a target group that you are not familiar with requires more research into the target group. Then human centred research is a good way to find out the habits, routines and behaviour.

I have heard from several architects that unfortunately, this is not often done in the professional world. There is often too little time and money for it. That's why I find it extra valuable that I had this experience during the sleepover in the nursing home.

In addition to this human-centred study, I felt it was necessary to conduct additional literature research to check the conclusions and further deepen the research. It is precisely the combination of human centred research and literature research that ultimately brought me the necessary conclusions and design tools.



4. REFLECTION

SOCIAL RELEVANCE

Due to the cost savings in elderly care and because elderly people have to live at home for longer, many people are struggling with loneliness. A very large group of elderly people fall between 'wall en schip'. The group of elderly also grows enormously and in the future care will no longer be able to handle it all alone. So a new innovative idea is needed for elderly care.

With this in mind, I have tried to come up with a new concept.

By reducing the distance between different target groups, creating more social support for the elderly. The proposition here is that if you know someone better, you would also do more for someone. Let this encounter happen spontaneously and reduce the distance hopefully ensure that in the future people look more at each other. And perhaps help care in the future by keeping an eye on things. What I found out during my sleepover was the big difference between the elderly with care and the elderly who lived individually. I tried not to design an exclusion in my building. Everyone is equal and everyone is entitled to the same spaces, functions and needs. Since there is no separation between people here, I hope not to create distance.

Because we had to design a new innovative concept, I also started thinking outside the box. I am aware that the building might be a bit too expensive if it were to be physically built. Yet this is also something I really liked about the graduation project. I could think completely out side the box and create the most beautiful living environment possible where my higher goal is achieved.

The collaboration with Habion, a housing corporation specialized in elderly housing, gave me a lot of feedback on my project, especially at the beginning. This has also helped me to get good feedback from the work-field itself. I wonder what they will think of my final design.



ETHICAL ISSUES

The ethical issues that arose during my graduation mainly have to do with that anthropological research. For one week I completely researched elderly, their needs and habits. I collected all this information and then analysed it. What I found most difficult was in regard with privacy.

It struck me during my research that it is sometimes quite difficult to find a balance between asking interesting questions and observing. You enter their living environment anyway and you have to guarantee their privacy. I tried to be as open as possible about my observations and the conversations I had, but sometimes I found it difficult. Translating these observations into profiles gave me a bit more abstraction and I liked the way of documentation.



CONCLUSION

What if there is more time?

If I had more time I would like to elaborate all buildings in my plot to final level. I would also like to go back to Huis Assendorp in Zwolle and show the outcome to the house and see what they think of it. And I also look forward to seeing Betty again.

What did you learn?

I learned a lot from the research. Through this research I learned a lot about the elderly and their needs. I also learned a lot more about the healthcare system in the Netherlands. I learned to work on several scales and quickly switch from scale to scale. Also learned a lot in the personal field. I am an enthusiastic person and therefore want to tackle everything, but can sometimes also be very stressed. During my graduation this sometimes came up extra. Taking rest and going back to the essence has helped me. I would also like to thank my teachers in particular for the necessary support, all feedback and motivation. I would like to include the things I have learned in my professional career. By coming into contact with the elderly I have come to appreciate the small things in life more and my distance from the elderly has also reduced.

What's next?

In the coming weeks until my P5 I will finish all my drawings. Normally we would make a model, but due to the circumstances surrounding corona it is a bit more complicated, so I want to look further into how I can give a good picture of the overall 3D image and the necessary renderings of the exterior and interior. Also finishing the design booklet.