

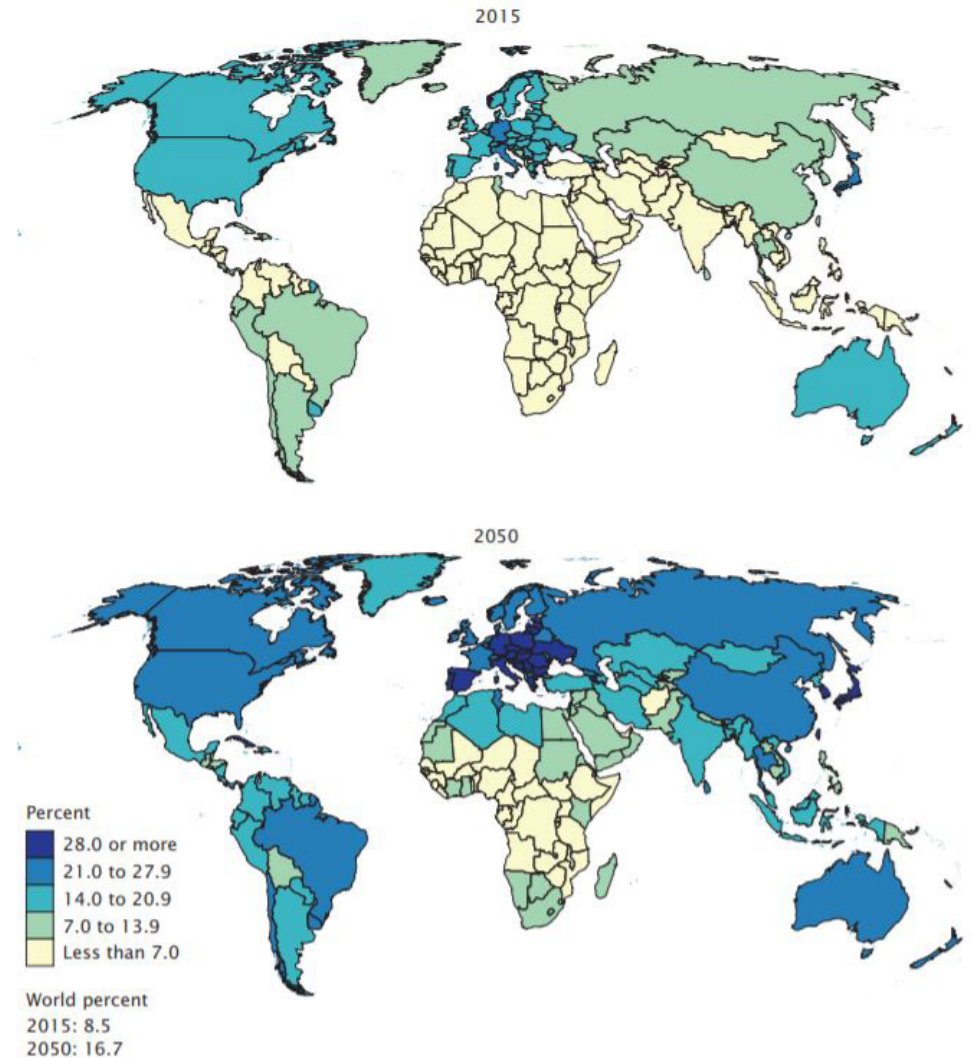
THE NEIGHBOURHOOD MEDICINE

Realizing a dementia friendly Ommoord

Lisanne Marit Baak

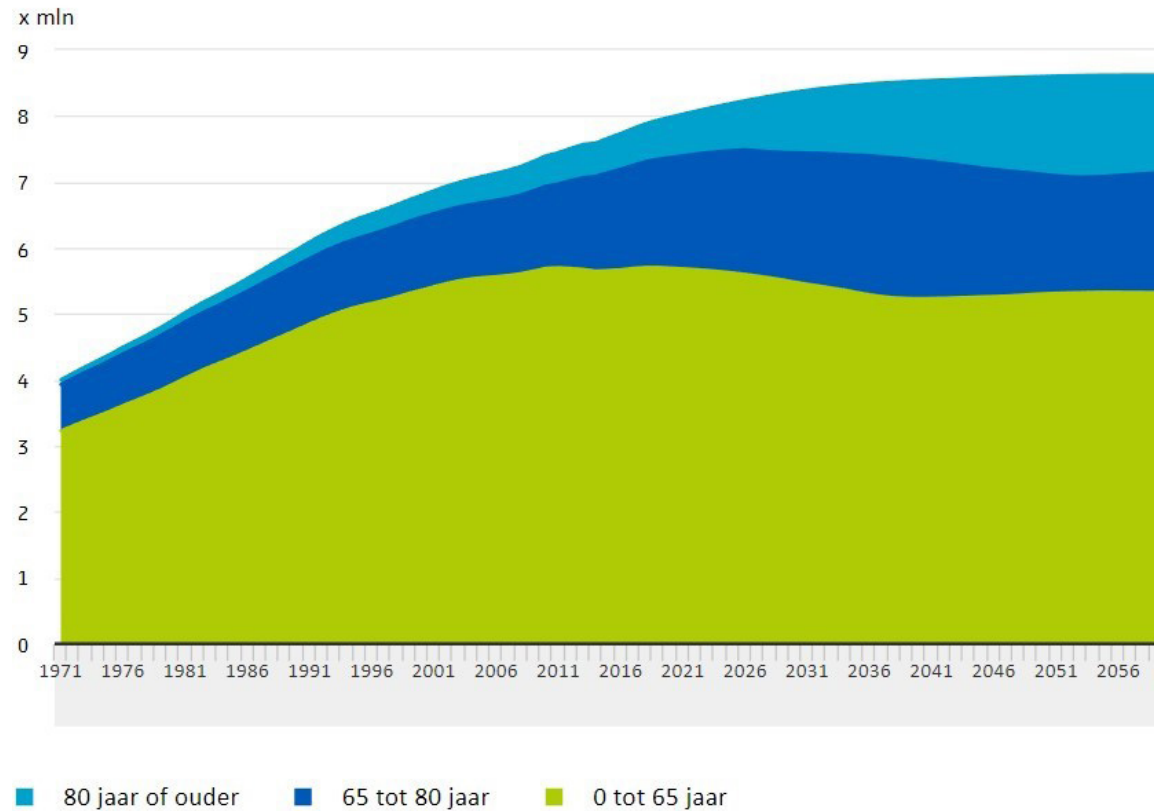
The world's population is aging

Percentage of Population Aged 65 and Over: 2015 and 2050

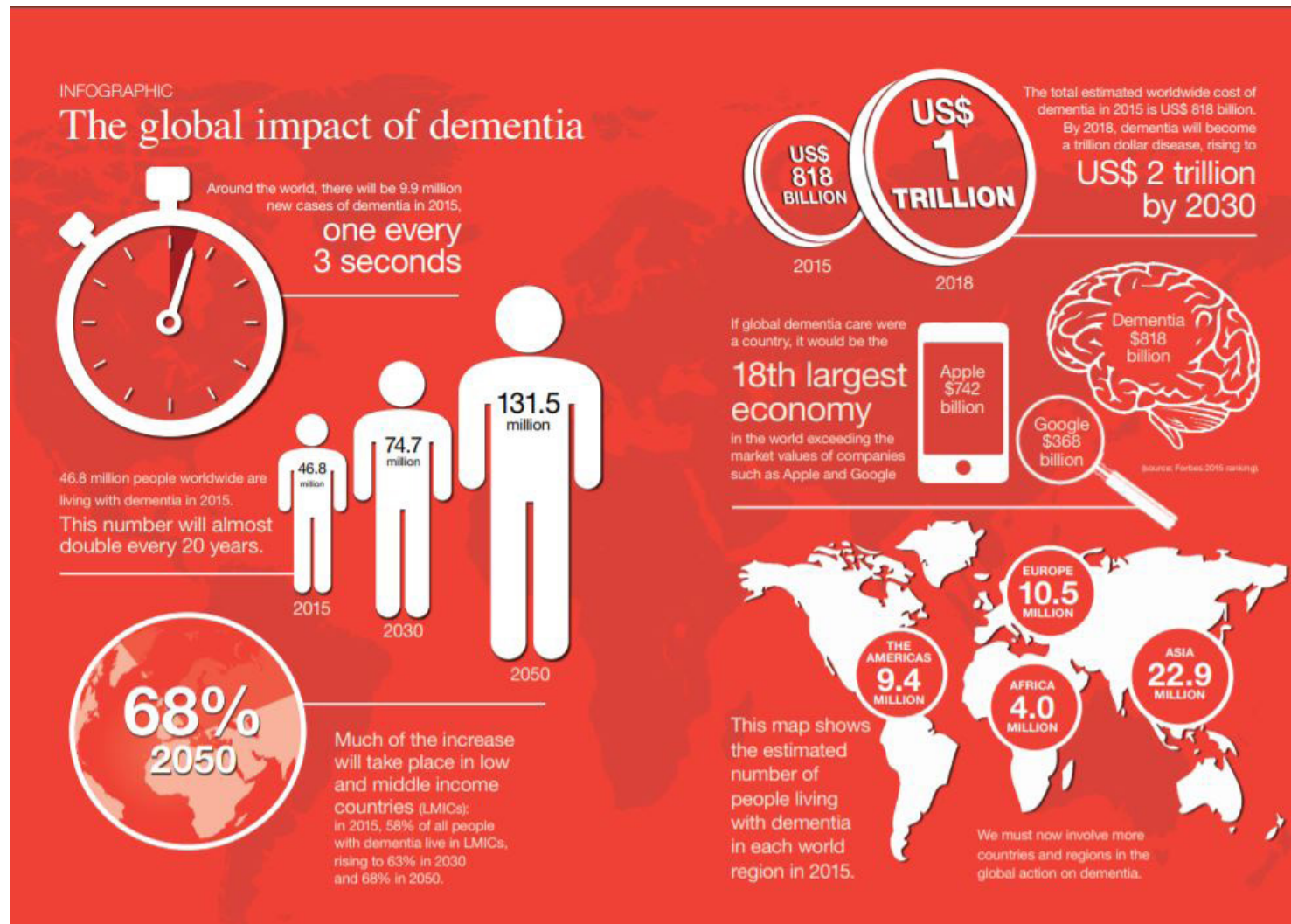


(He, Goodkind, & Kowal, 2016)

Elderly in the Netherlands

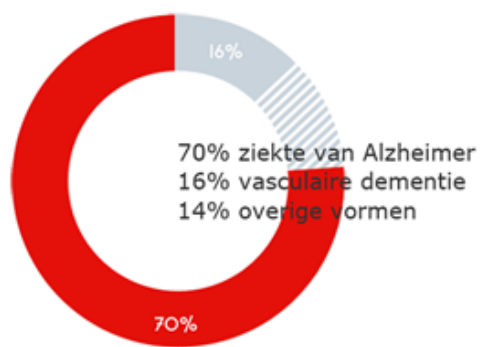


Chronic illness will become more widespread



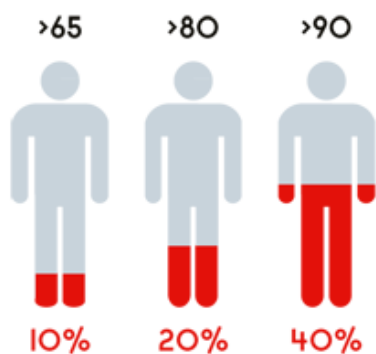
(Prince, Wimo, Guerchet, Ali, Wu & Prina, 2015)

Facts & Figures



8
jaar

1. Dementie
2. Longkanker
3. Hartinfarct



5
mensen/uur

Highest healthcare costs



4,8 miljard

In 2015 bedroegen de zorgkosten 4,8 miljard, 5% van de totale gezondheidszorgkosten.



De zorgkosten van dementie stijgen met 2,9% per jaar.

Elderly with dementia will live in their own houses

Menu

nrc.nl

abonnementen

Tachtigduizend dementerenden wonen thuis alleen

Joke Mat 5 oktober 2013



Foto ANP / Rick Nederstigt



Ruim 40 procent van alle thuiswonende dementerenden in Nederland woont alleen. Dat blijkt uit cijfers die TNO opstelde voor Alzheimer Nederland. Het gaat om ongeveer 80.000 mensen. Het is niet duidelijk wie moet ingrijpen als zij niet langer voor zichzelf kunnen zorgen.

(J. Mat, 2013)



(Russel, 2017)

Neighbourhood medicine

1. The short-term memory
2. Adapting to new circumstances
3. Orientation
4. Finding the right words
5. Learning new things
6. Keeping emotions under control
7. Making decisions



Phases of Dementia

Phase 1: I feel threatened

Phase 2: I am lost

Phase 3: I am hidden

Phase 4: I am sunk

Problem statement

The population in the Netherlands is ageing and subsequently more elderly people will experience a form of dementia. Elderly people with dementia have to stay in their own neighbourhood for as long as possible and this group needs extra help and support to keep making good use of the neighbourhood. At the moment our neighbourhoods are not ready for serving people with dementia, so the chance that people with dementia will be housebound is very realistic.

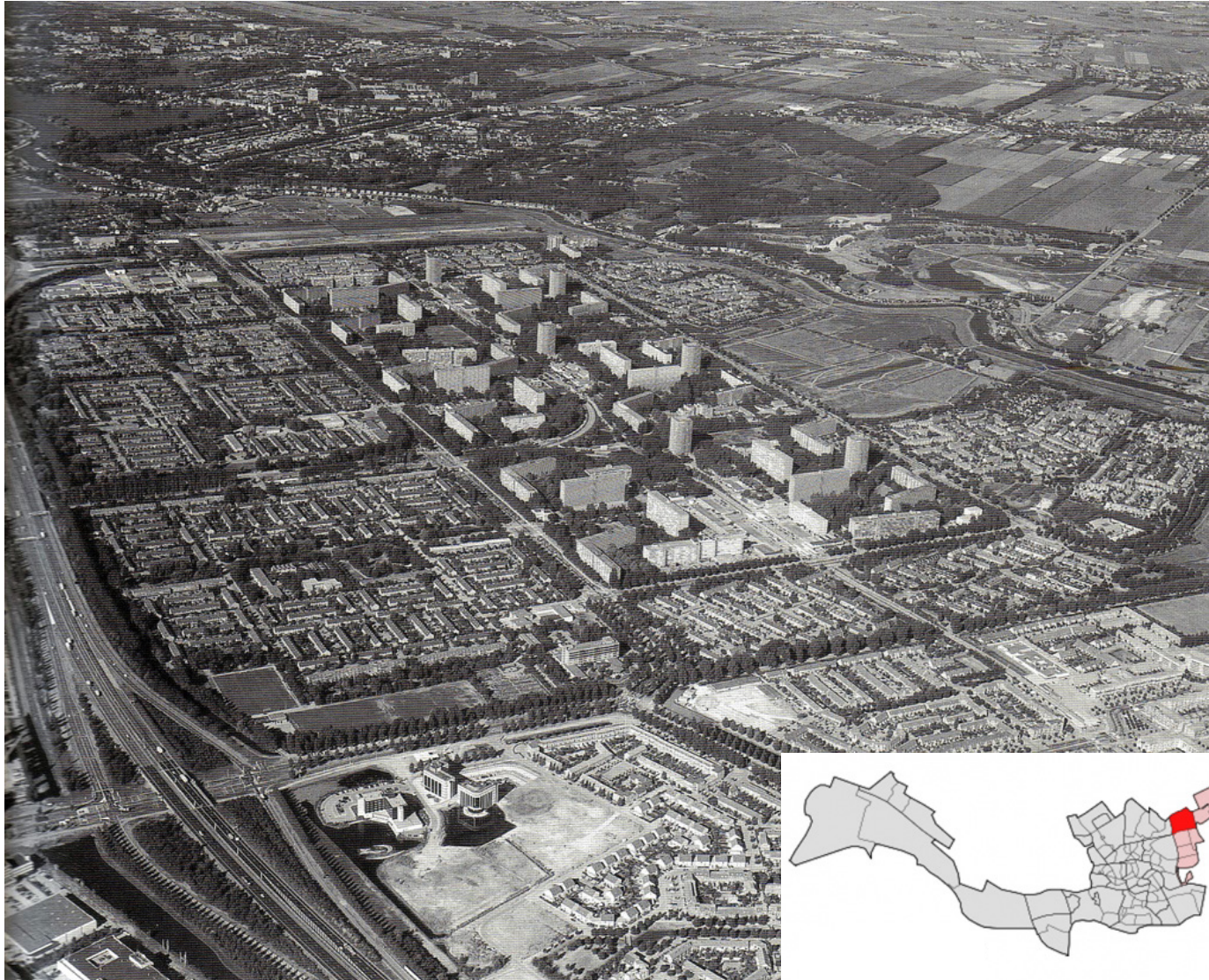
Rotterdam in the lead



15.000 people with dementia

(Open Rotterdam, 2015)

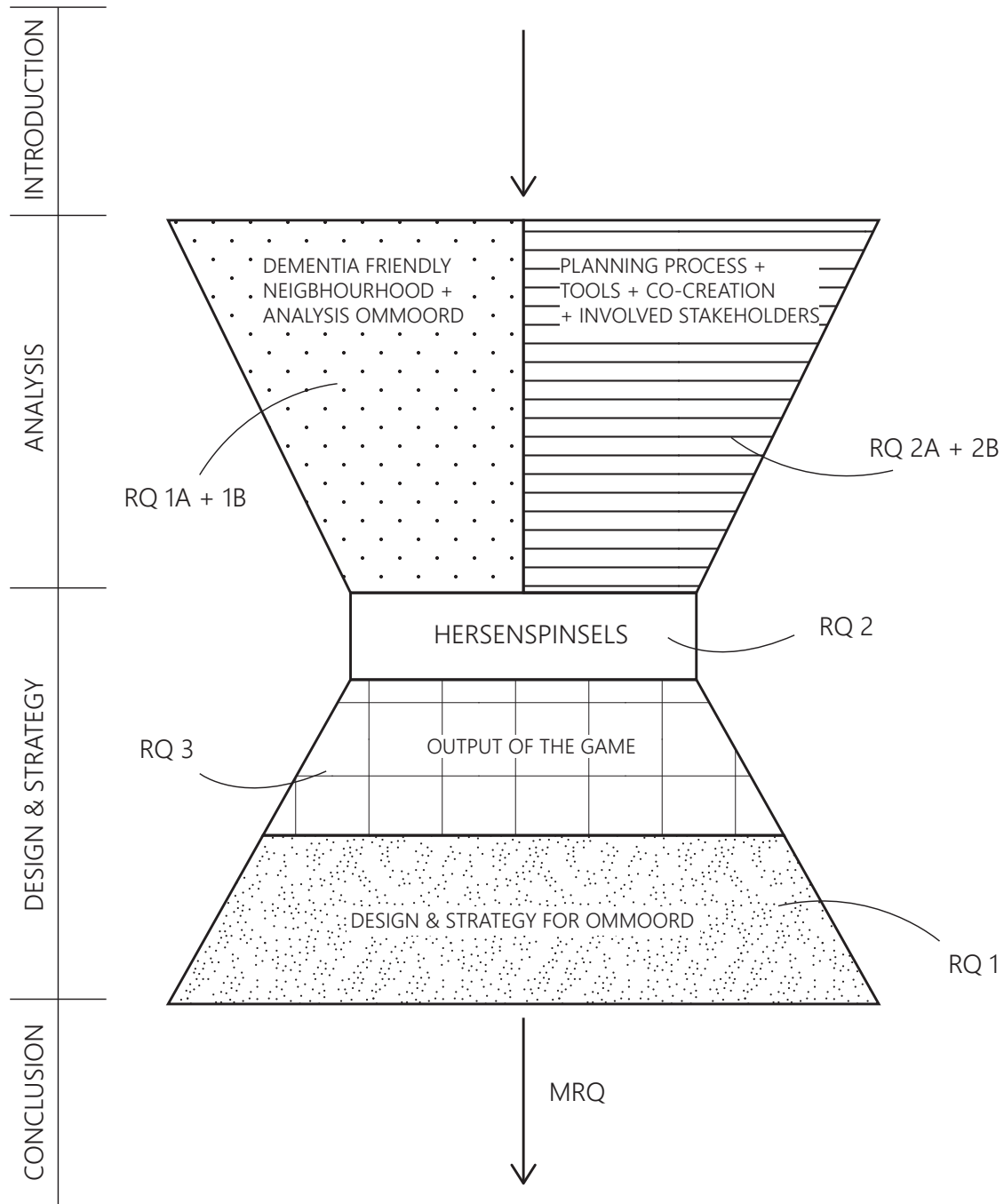
Rotterdam has to house the most people with dementia

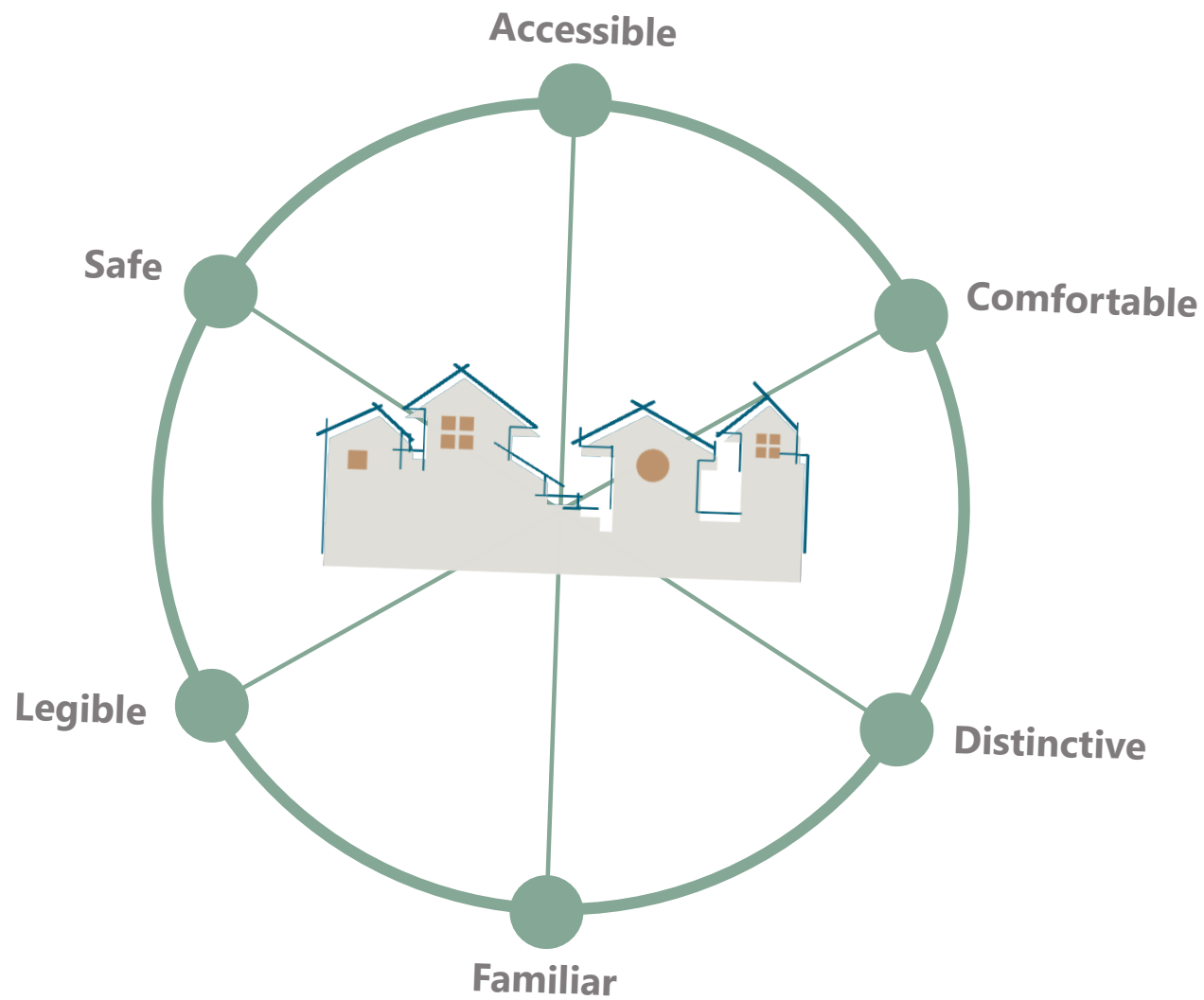


*(Devolder, 1993) &
(Rotterdam Woont, n.d.)*

How can Ommoord be adapted to improve the quality of life for people with dementia with the help of involved stakeholders?

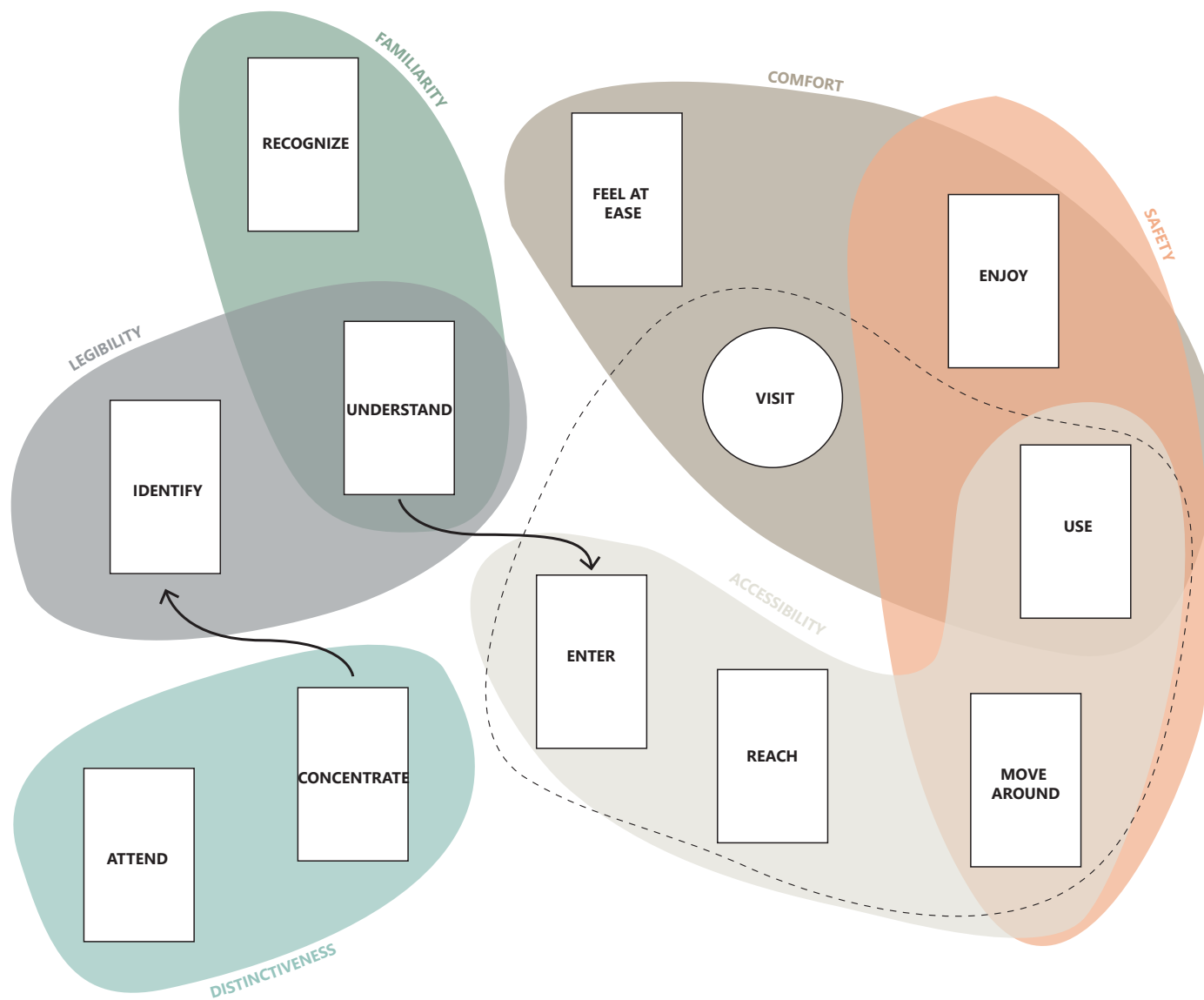
STRUCTURE OF THE PRESENTATION



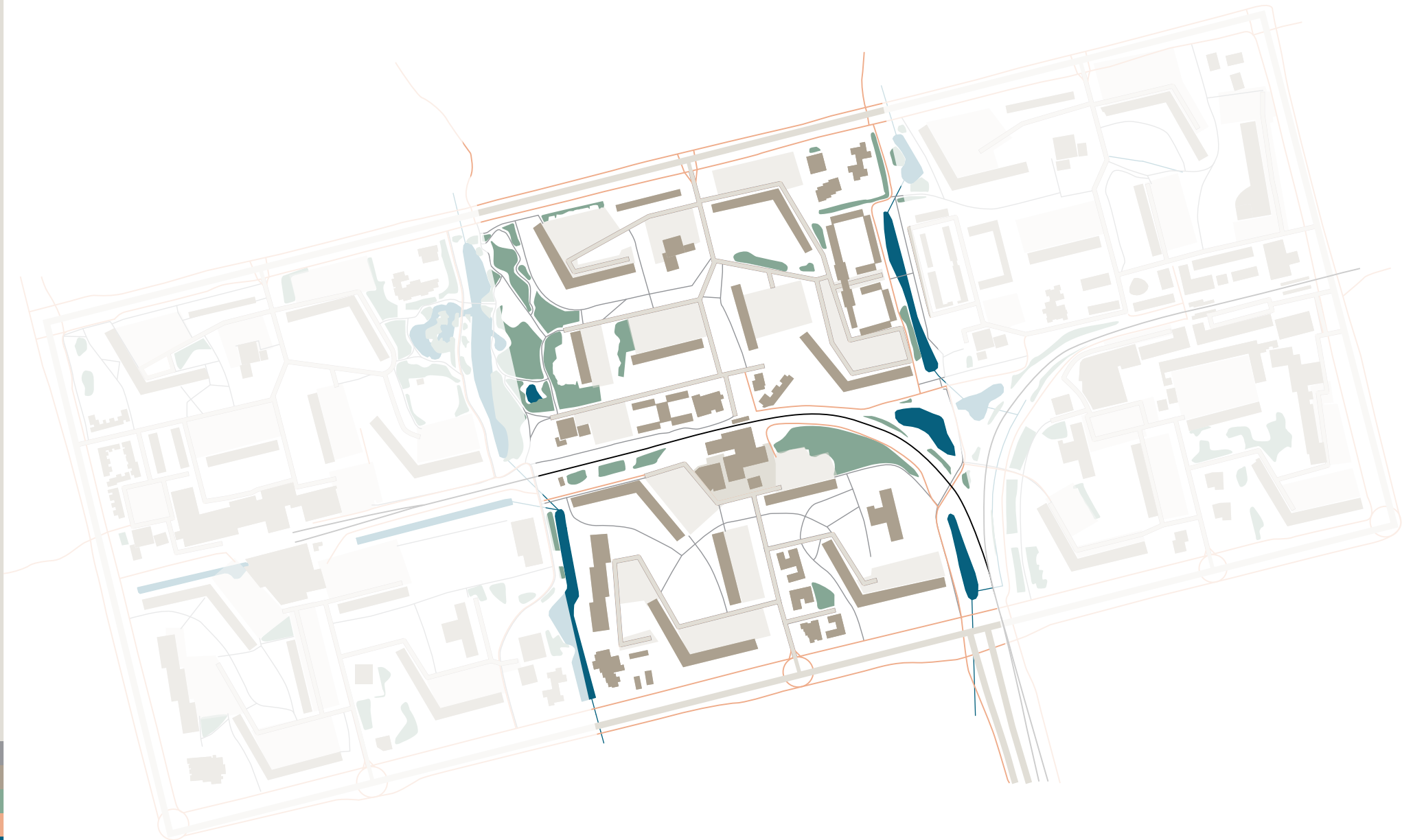


(Mitchell et al., 2003)

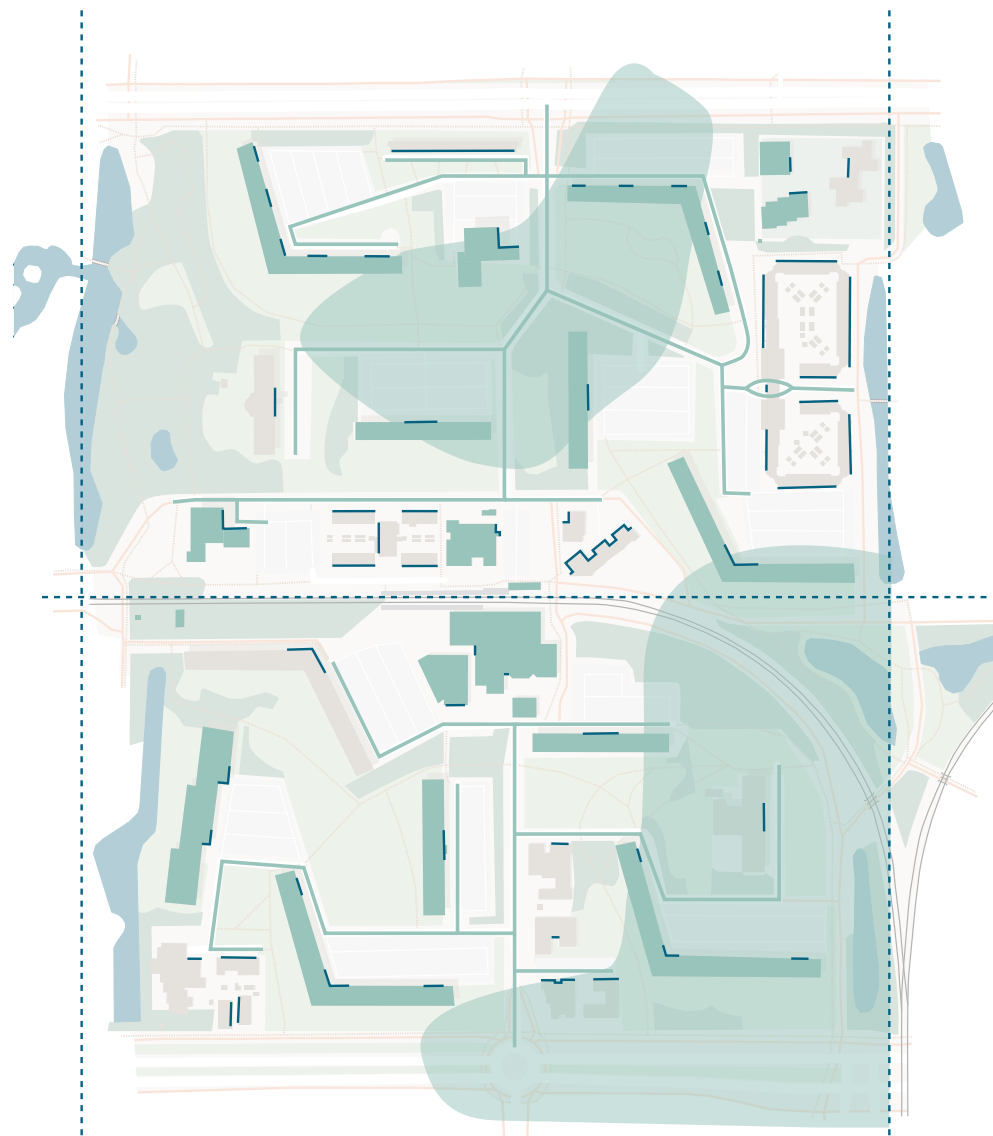
	Accessibility		Familiarity		Legibility		Distinctiveness		Comfort		Safety	
	Urban designer 	Involving actors 	Urban designer 	Involving actors 	Urban designer 	Involving actors 	Urban designer 	Involving actors 	Urban designer 	Involving actors 	Urban designer 	Involving actors 
Neighbourhood 	Connected routes Basic needs (500 m) Secondary needs (800 m) Direct routes	Pedestrian friendly Intergenerational spaces Communal spaces	Hierarchy of familiar streets Small street blocks Open spaces		Irregular grid Different shapes Variety in building styles Neighbourhood furniture Cluster shops together Small street blocks	Viewports	Varied urban form Distinctive Architecture Different street furniture	Wayfinding points	Green spaces Informal spaces Places of activity Welcoming spaces			Social communities Places to socialize Raising awareness for dementia Frequent pedestrian crossings
Street 	Circular paths No dead ends Active plint	Readable crossroads Wide footpaths	Coloured streets Contrast		Short streets Narrow streets Gently winding streets Buildings follow the building line View of the end of the street		Streets with distinctive features		Seperate footpaths Wide footpaths Bordered footpaths Buffer zones		Wide footpaths Buffer zones	
Object 	Ramps/ Steps must be marked Accessible levels No height differences	Clear entrances	Use of colour		Landmarks Good signage Clear entrances		Landmarks		Accessible toilets Plenty of trees Water element in the park Benches Shaded places Raised beds		Good lighting No arbitrary changes Signs for dangerous areas Safe crossings	



How dementia friendly is Ommoord?

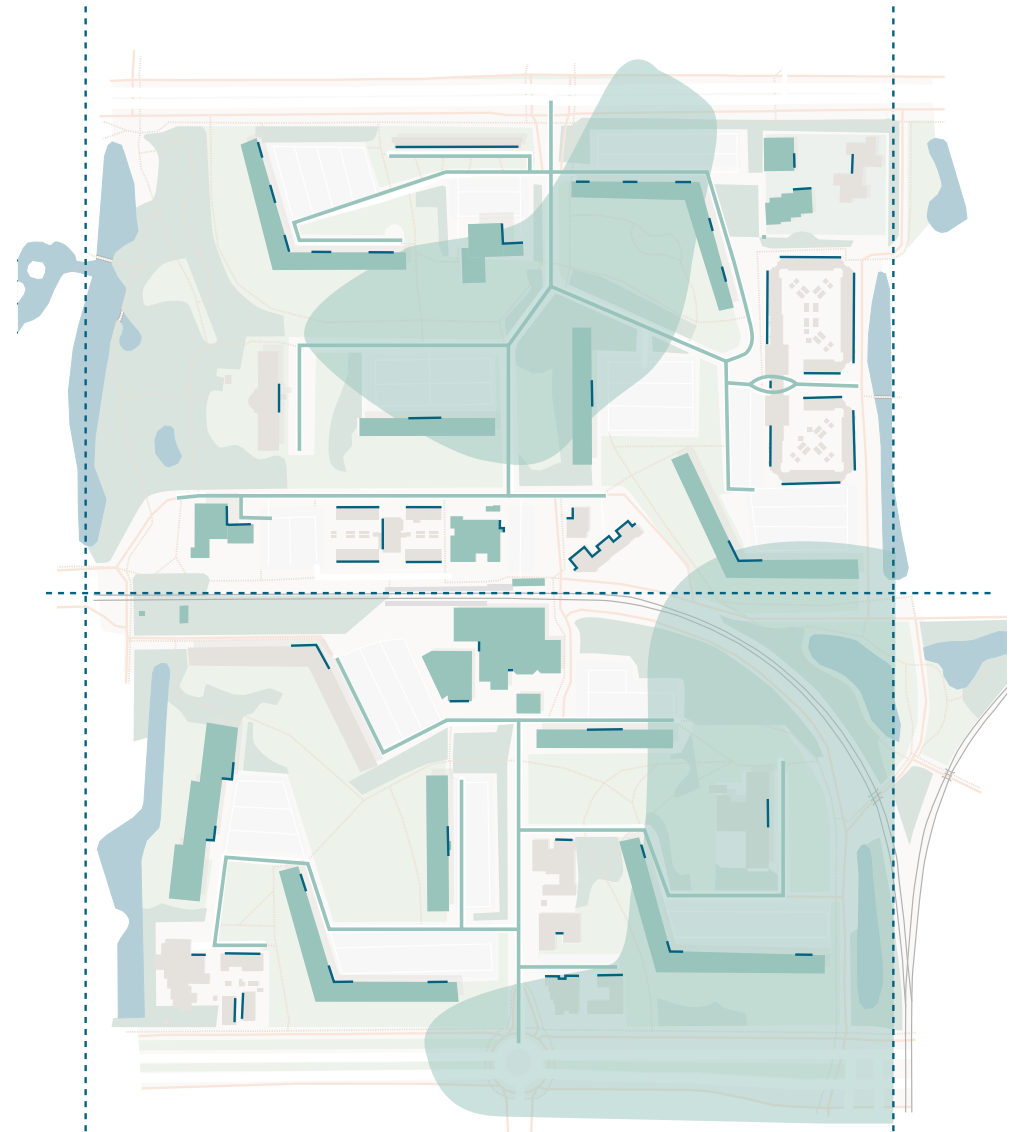


Four types of flats

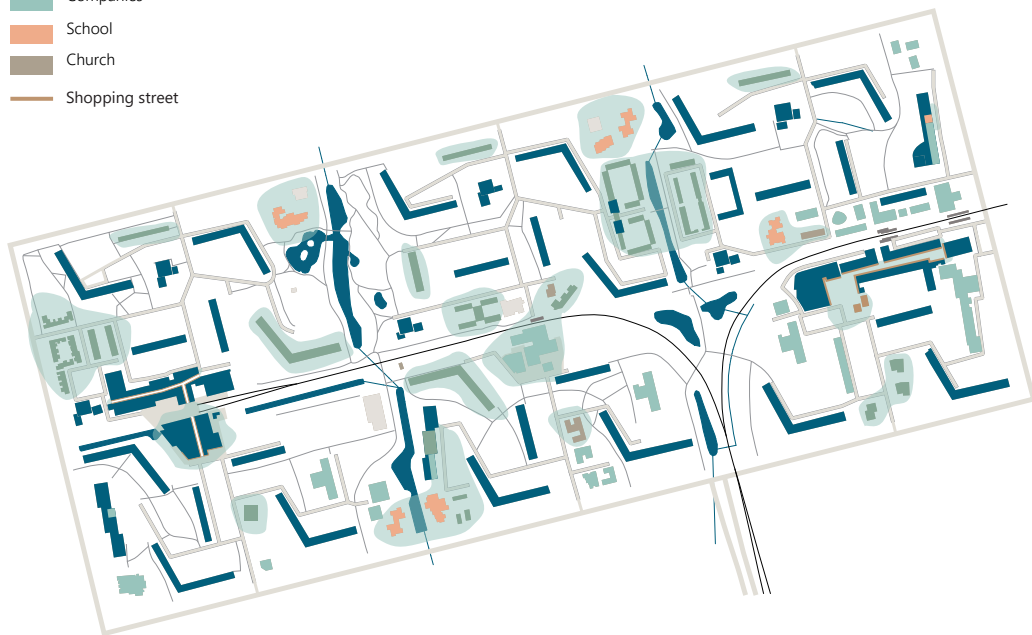


(Rijksdienst voor het cultureel Erfgoed, 2016, p.10)

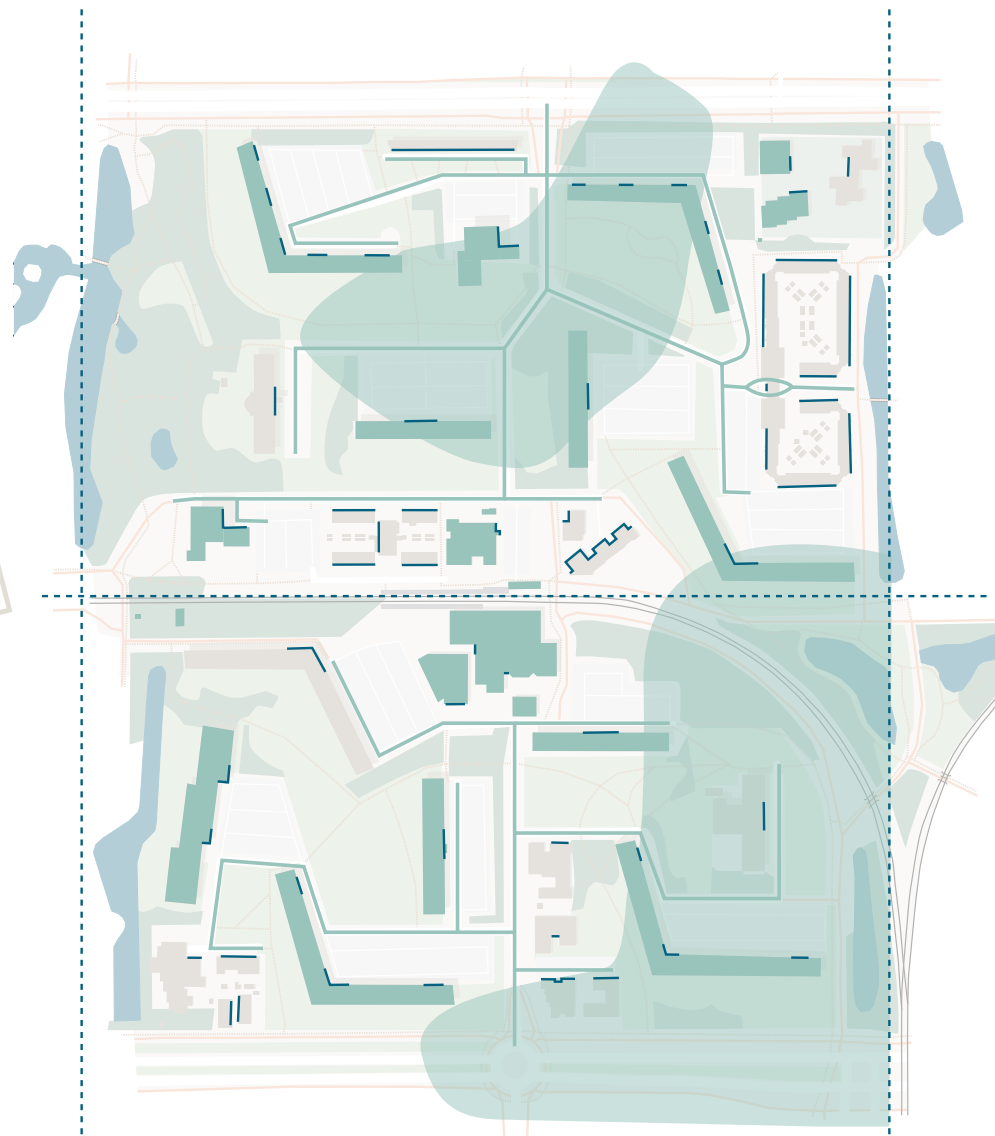
Entrances are not always clear



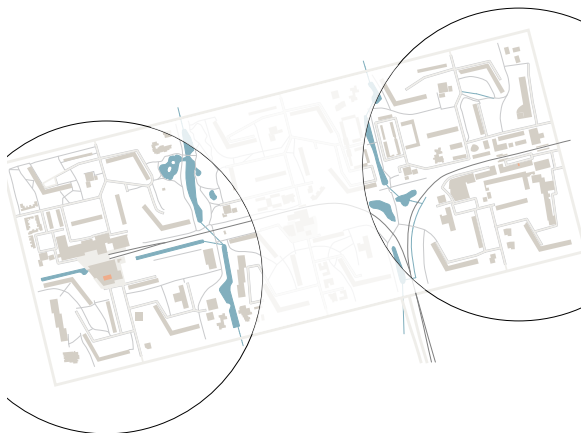
- Public transport
- Sports
- Living
- Garage box & storage
- Companies
- School
- Church
- Shopping street



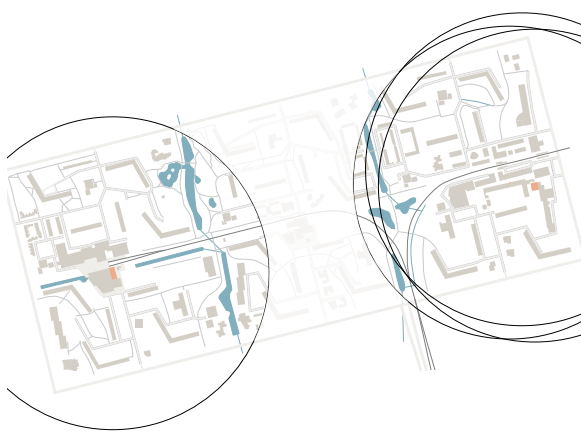
Many non-active zones



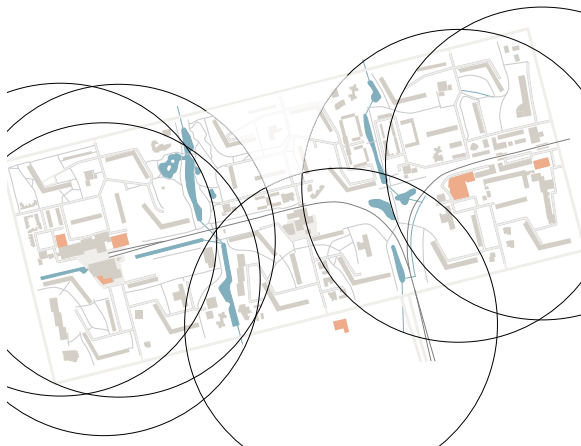
Post office



Bank



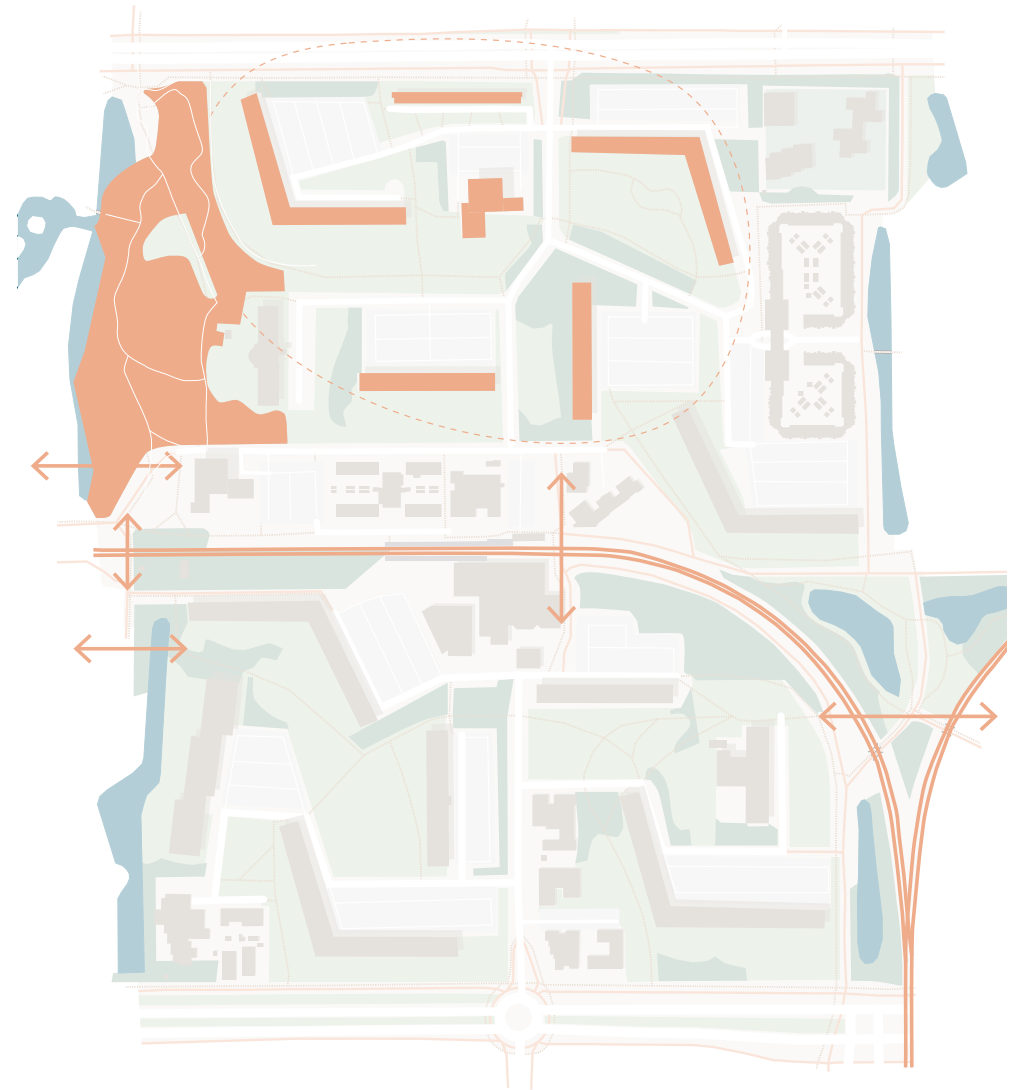
Supermarkets



Not connected to the basic facilities



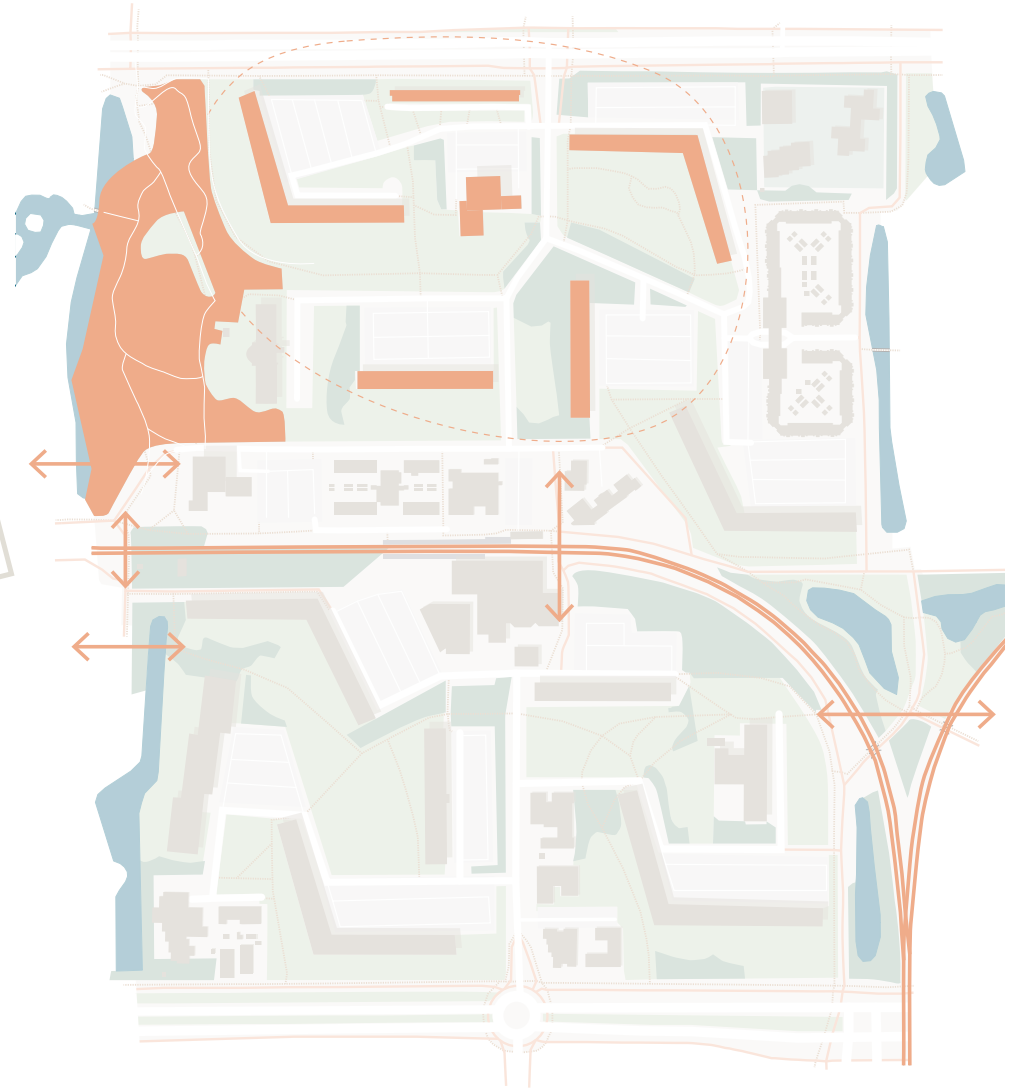
Metro line



Poor designed paths

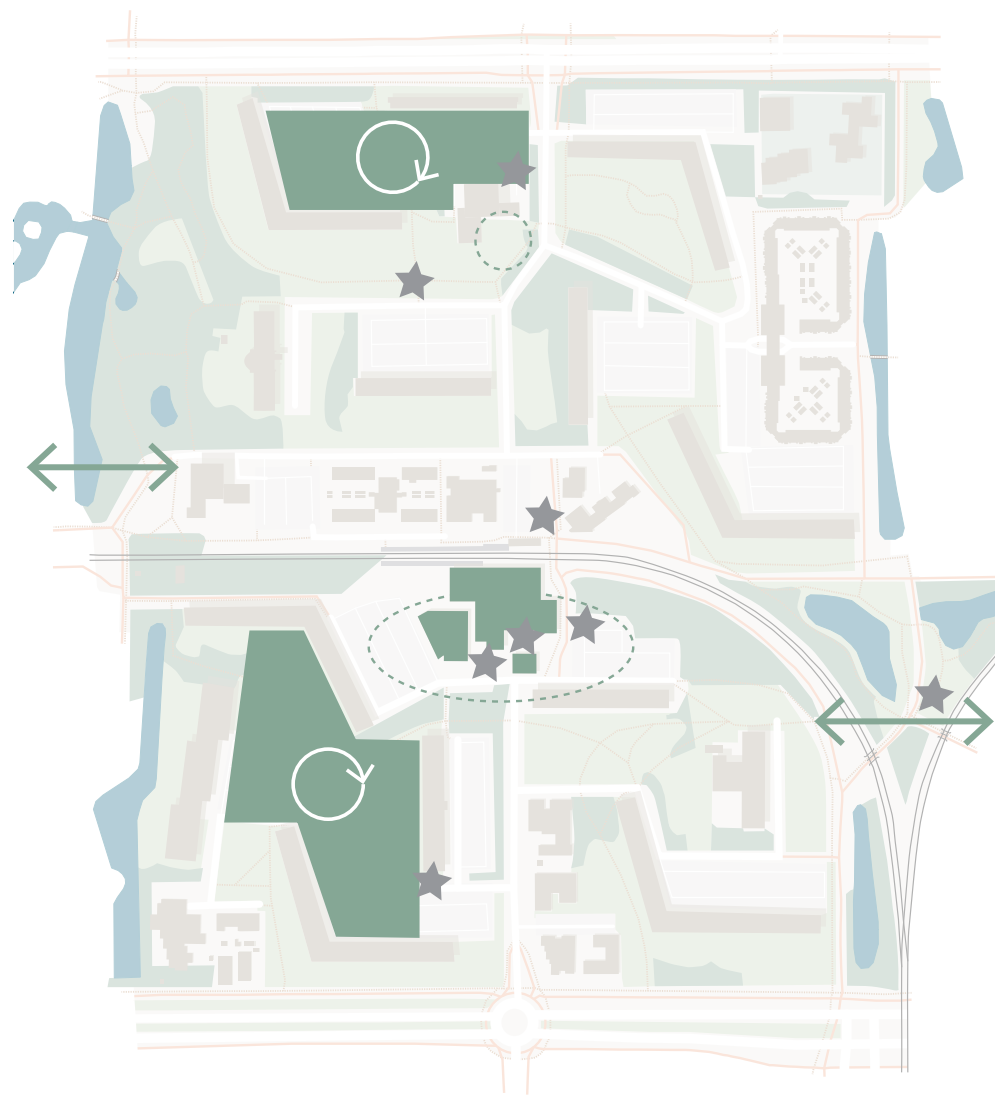


Designed as six smaller
neighbourhoods

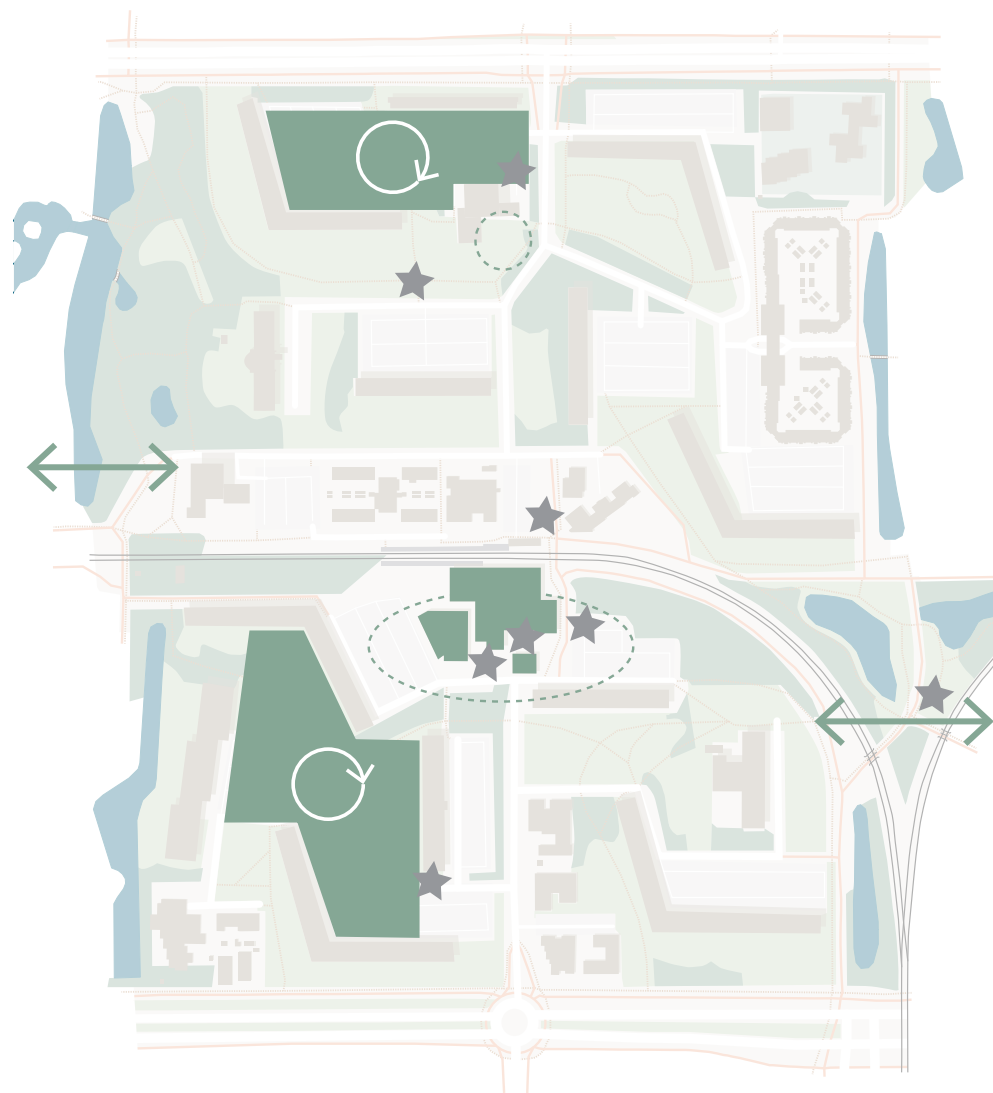


Connected routes

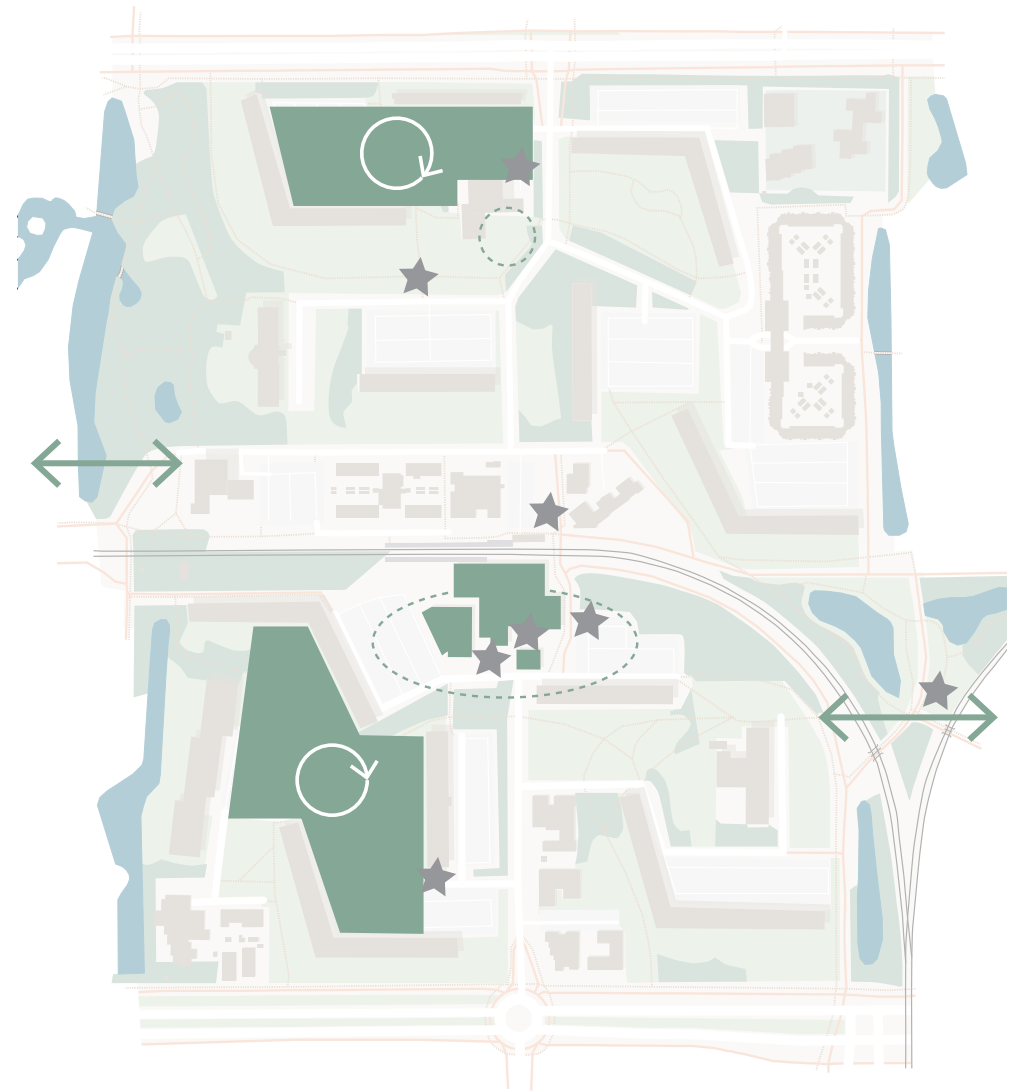
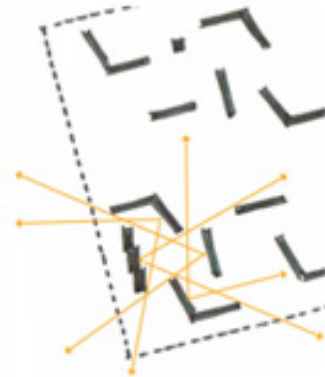
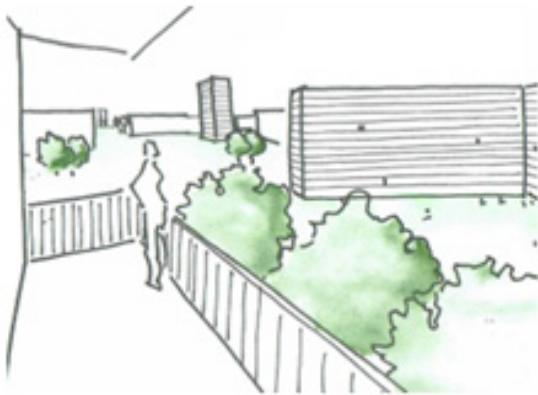
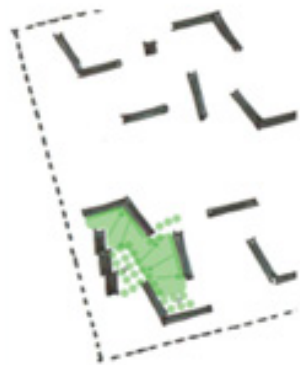
Connected route
Direct route



New heart

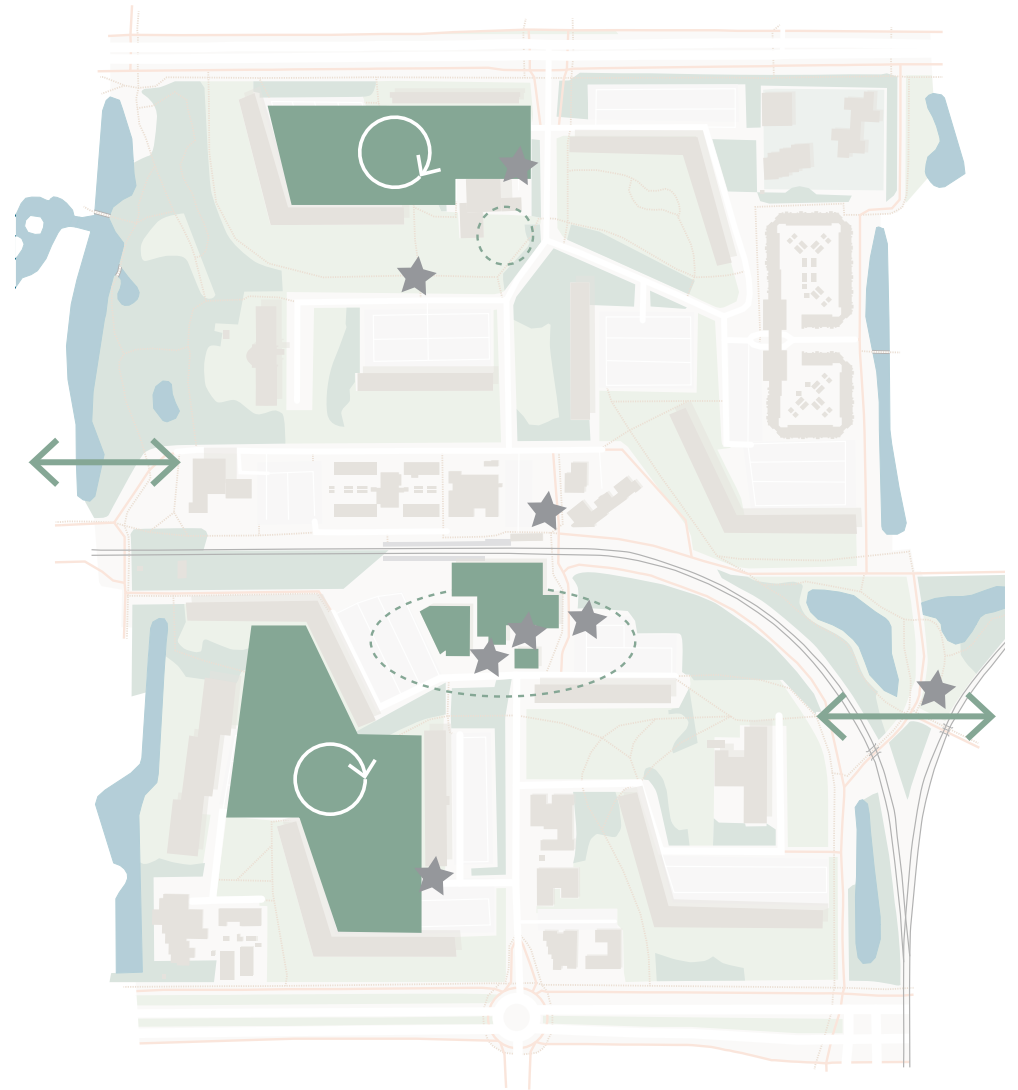


Community forming



(Rijksdienst voor het cultureel Erfgoed, 2016, p.19)

Art objects



CO-CREATION

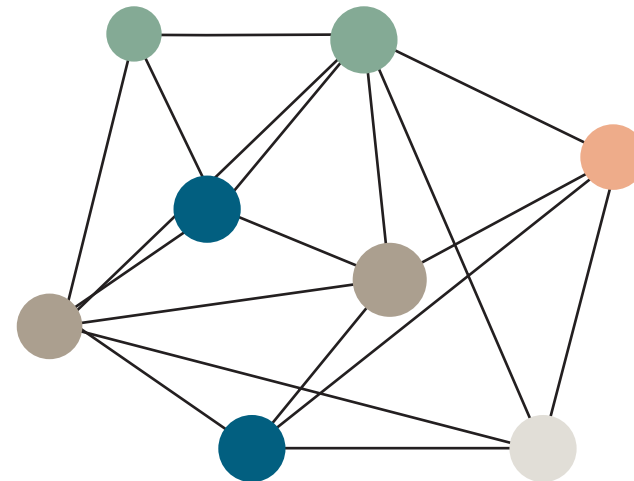
- a. How can urbanism and non-urbanism professionals cooperate in the planning process for dementia friendly neighbourhoods?
- b. How to use knowledge from non-urbanism experts to reinforce the urban design and planning principles?

Using tools

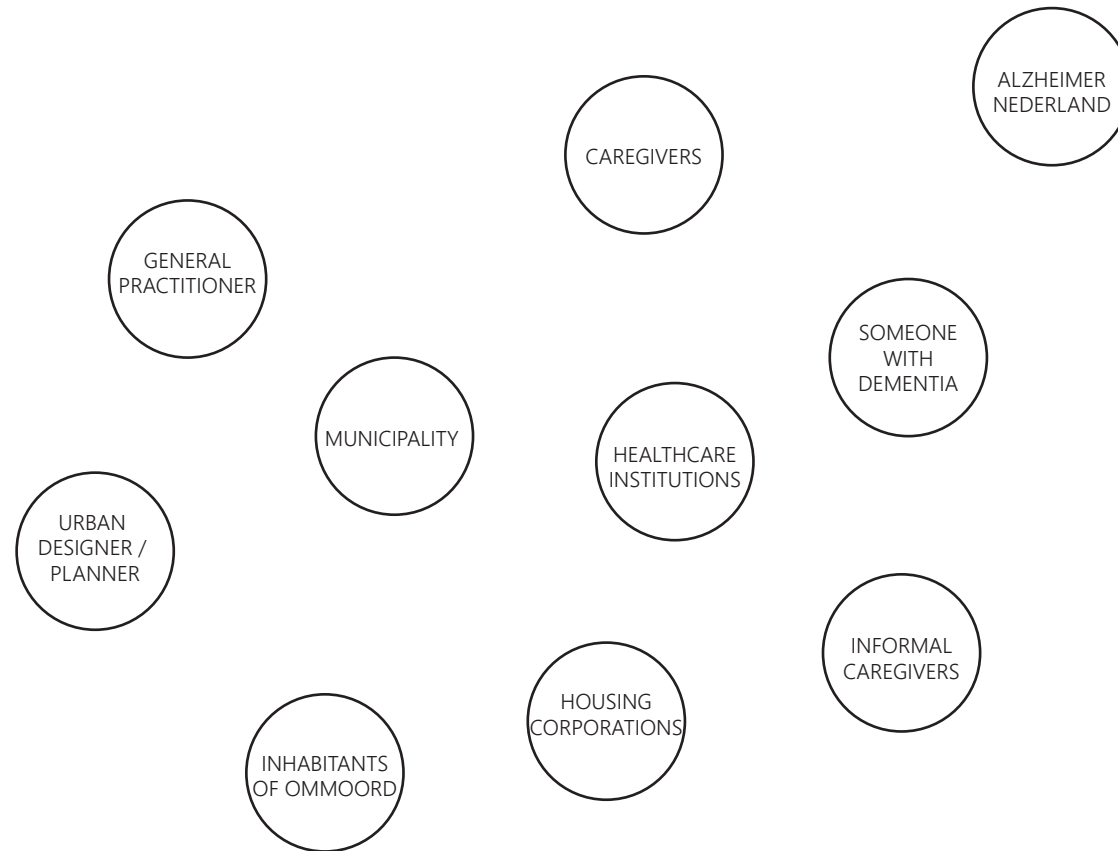
TEAM



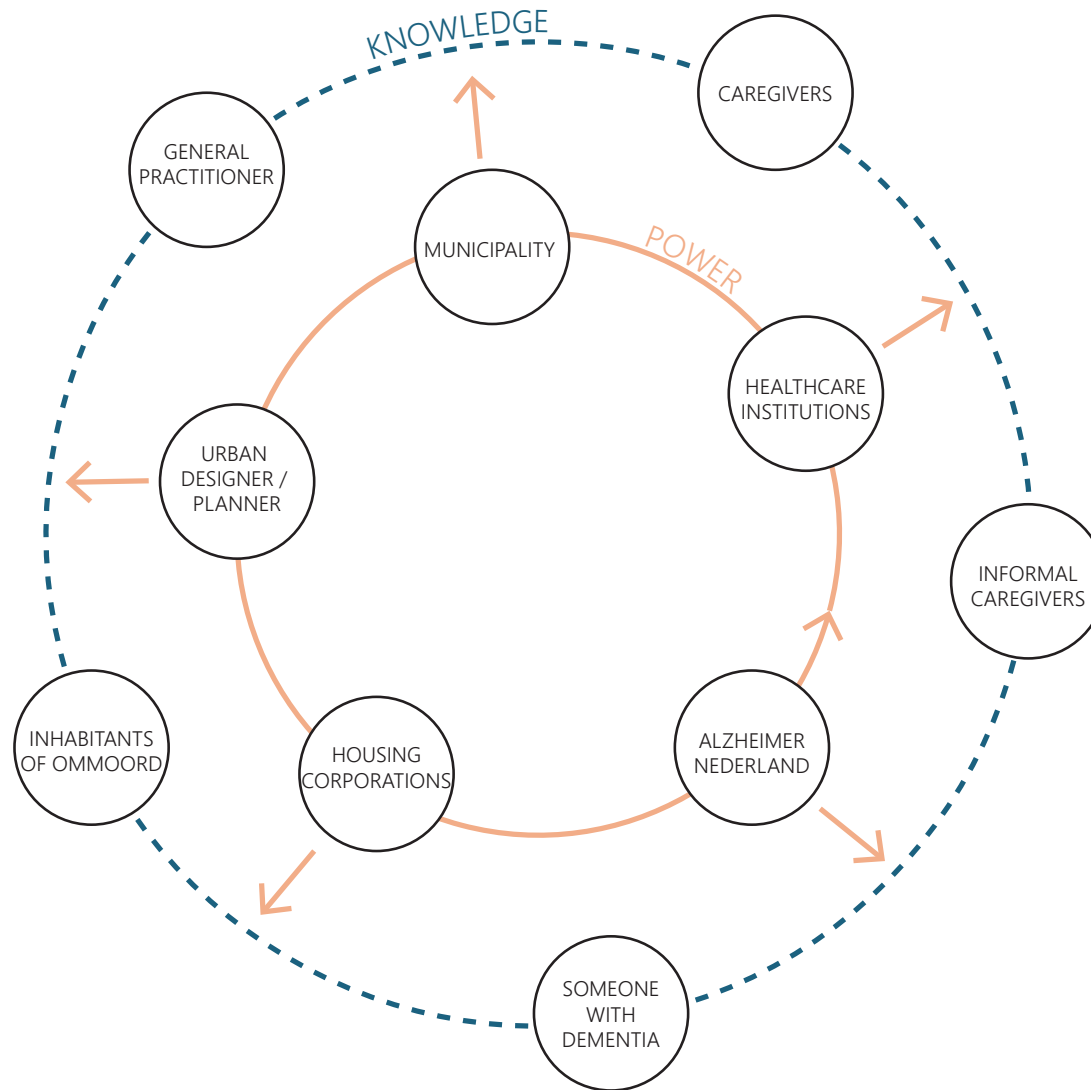
NETWORK OF PROBLEMS



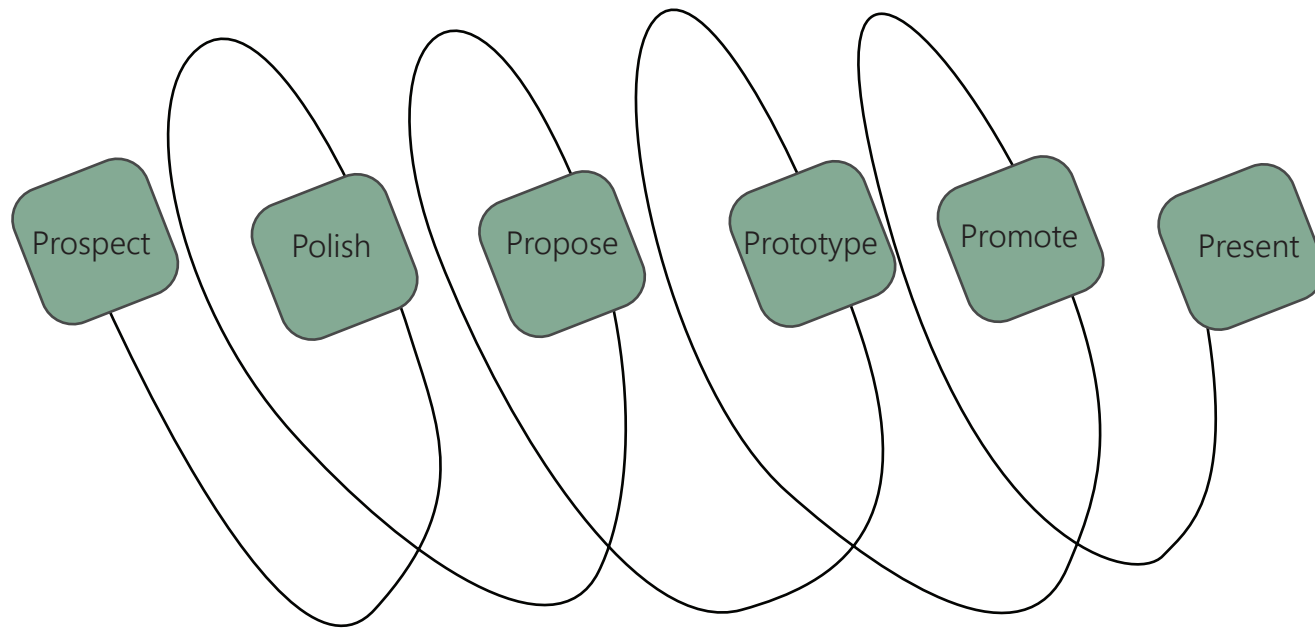
Involved stakeholders



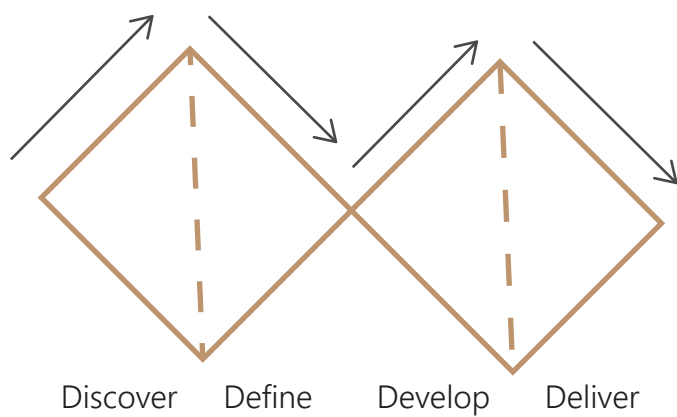
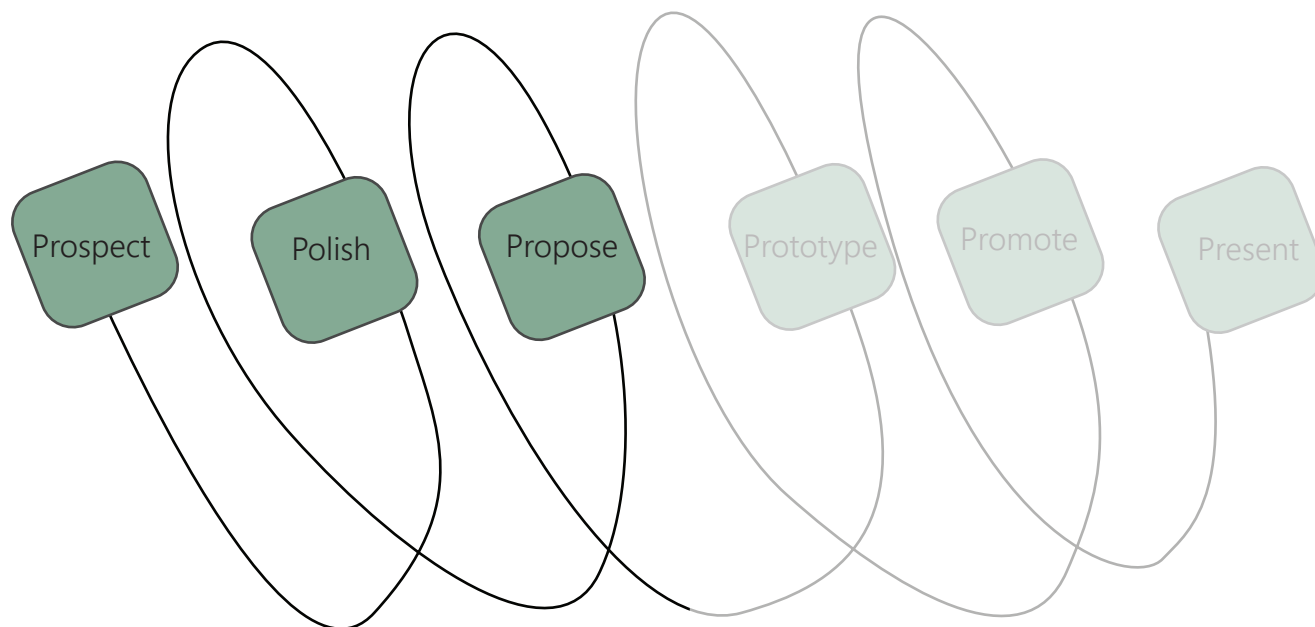
Power versus knowledge



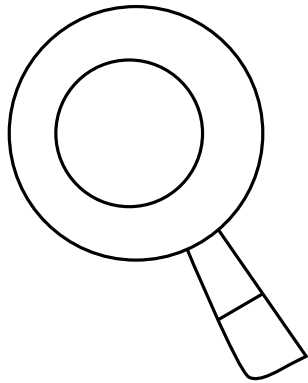
Six co-creation steps



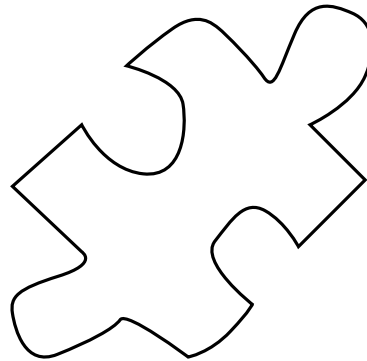
Design process



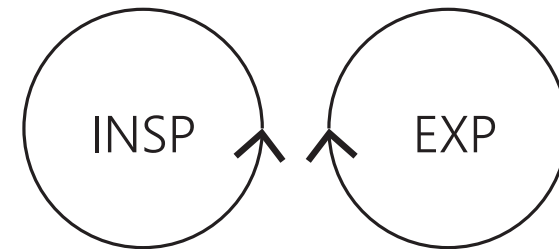
Requirements for the tool



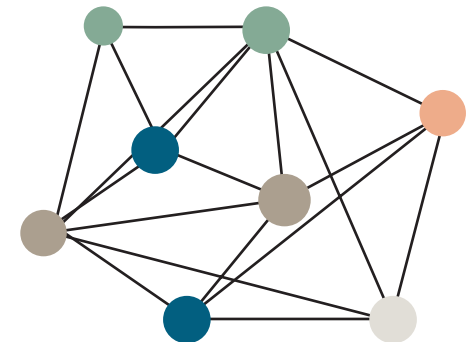
UNDERSTANDING



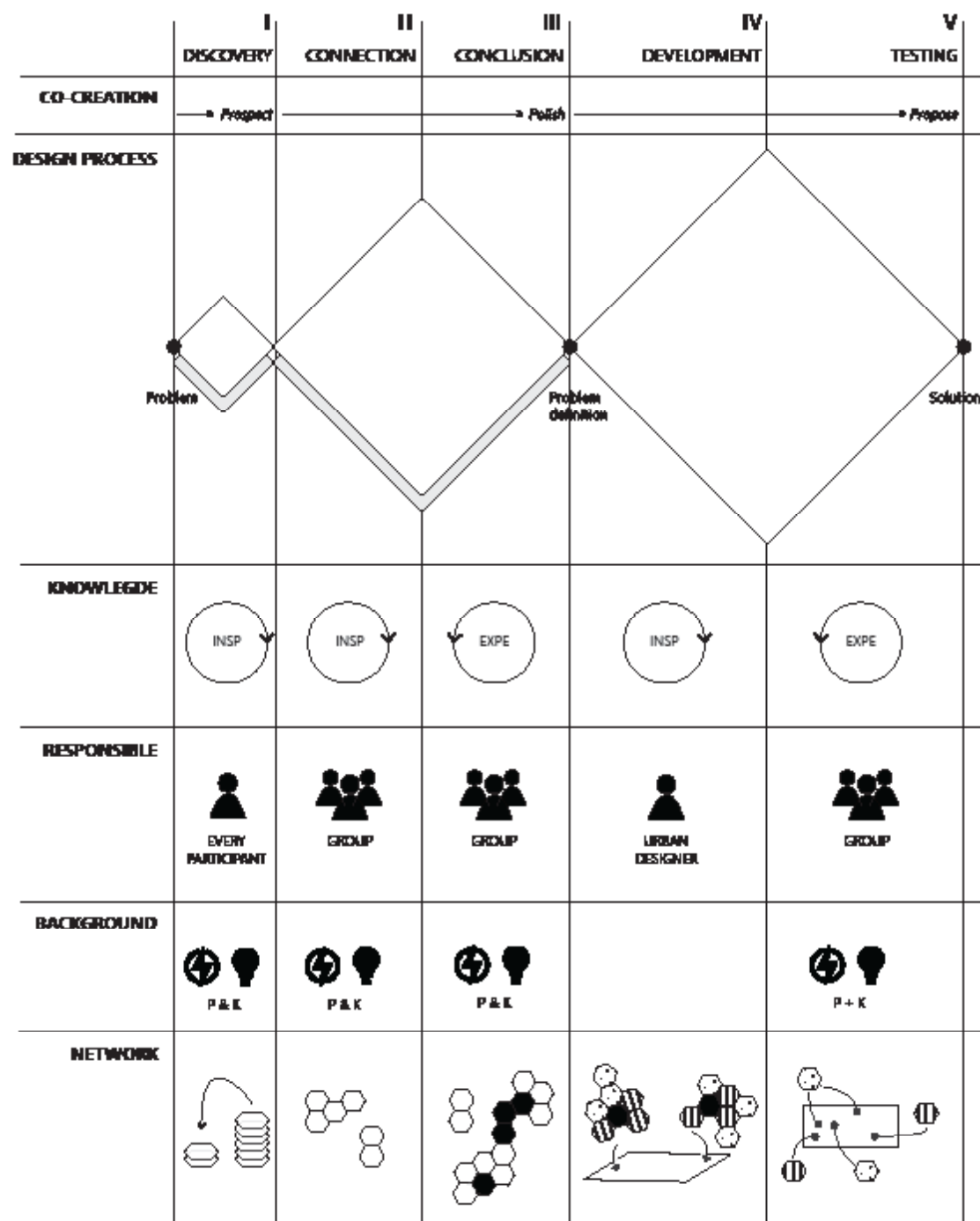
CONNECTING



LEARNING FROM EACH OTHER



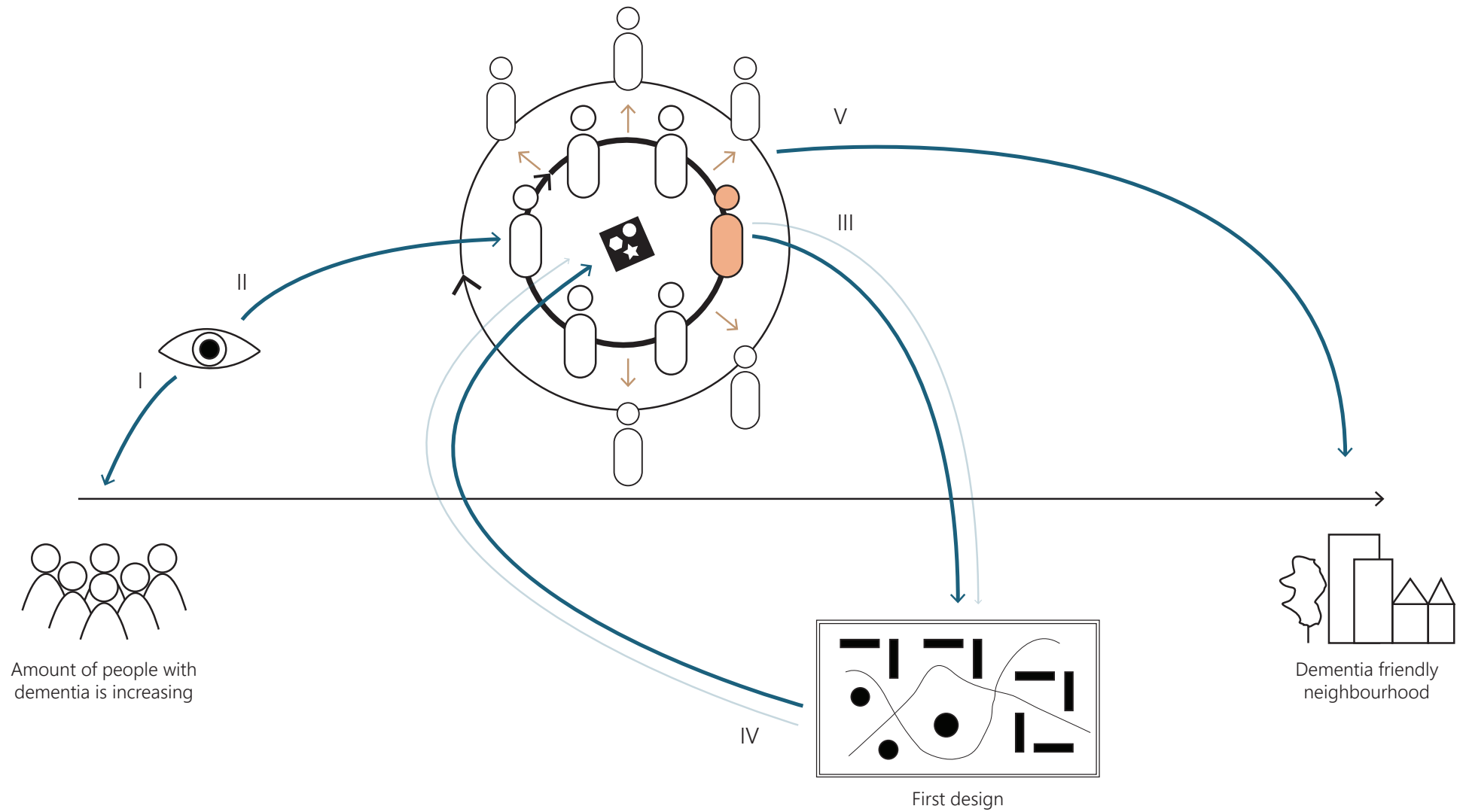
Model



HERSENSPINSELS

2. How can various stakeholders with the help of a tool contribute to creating a dementia friendly Ommoord?

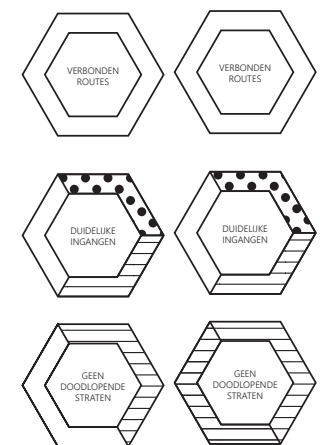
1. Stimulate cooperation between the relevant actors
2. Explore the challenges for a chosen neighbourhood



1. Discovery phase

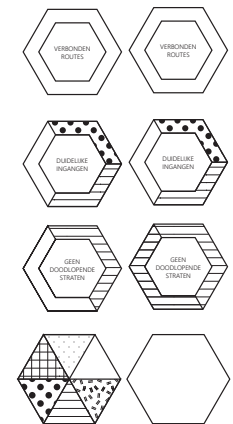
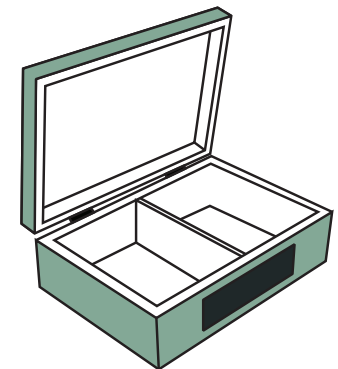
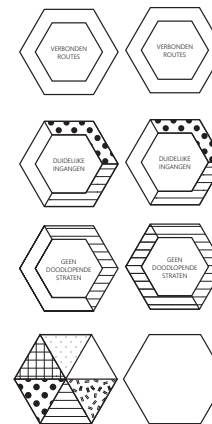
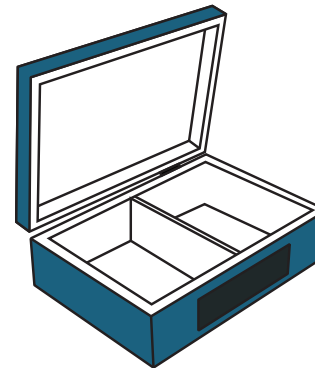
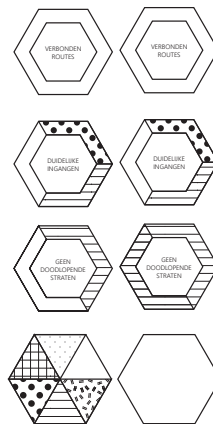
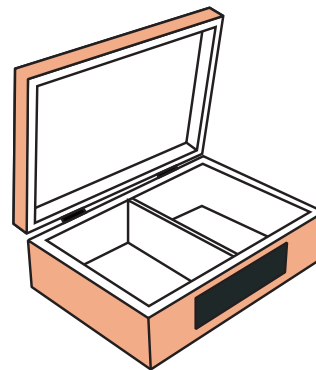
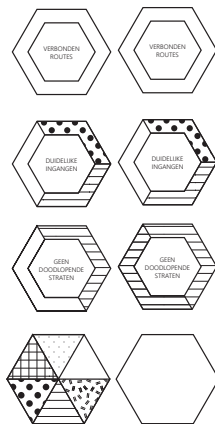
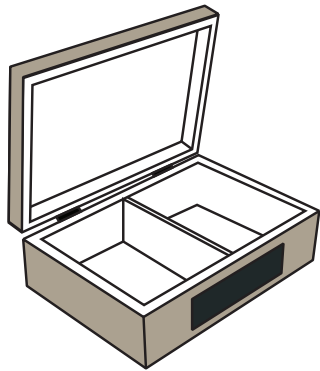
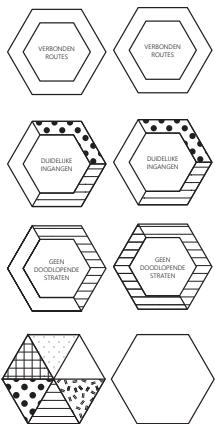
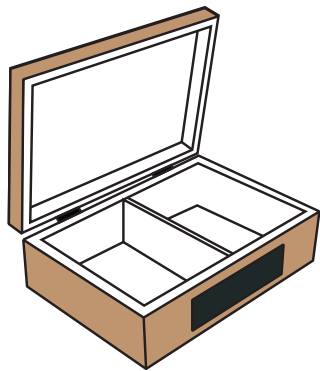
Every actor looks at the situation

ER IS BEHOEFTE AAN:	HELEMAAL NIET MEE EENS	NIET MEE EENS	GEEN MENING	MEE EENS	HELEMAAL MEE EENS	MIJN 6 SPEELTEGELS
OBJECT						
1. Duidelijke bewegwijzering						
2. Duidelijke ingangen						
3. Geen niveauverschillen						
4. Geen willekeurige wijzigingen						
5. Gemarkeerde hellingen / trappen						
6. Goede verlichting						
7. Kleurrijke plekken						
8. Openbare toiletten						
9. Rustplekken						
10. Schaduwplekken						
11. Toegankelijke verdiepingen						
12. Veel bomen						
13. Veilige oversteekpunten						
14. Verhoogde moestuinen						
15. Waarschuwborden						
16. Water element						
STRAAT						
17. Begrensde voetpaden						
18. Brede voetpaden						
19. Buffer zones						
20. Contrasterende objecten						
21. Gebouwen volgen de bouwlijn						
22. Geen doodlopende straten						
23. Gekleurde straten						

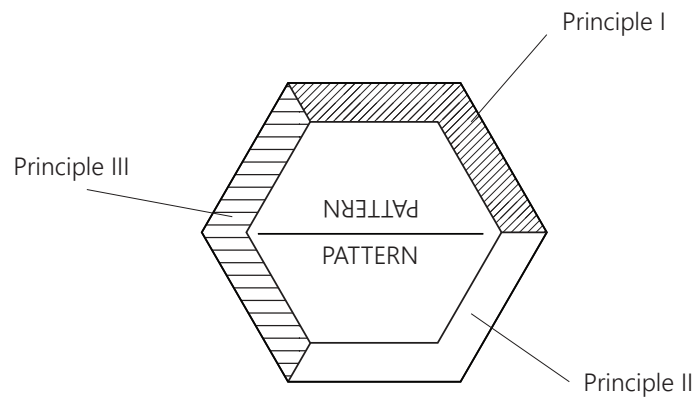


2. Connection phase

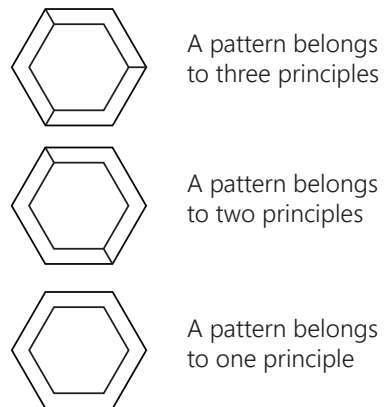
The actors learn from and about each other



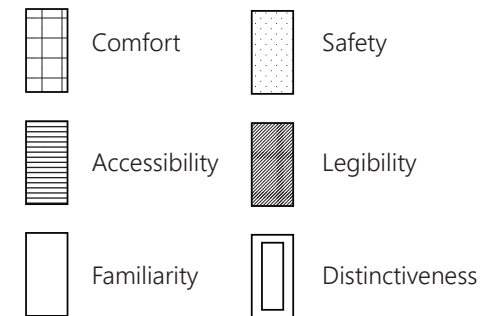
DESIGN OF THE TILE



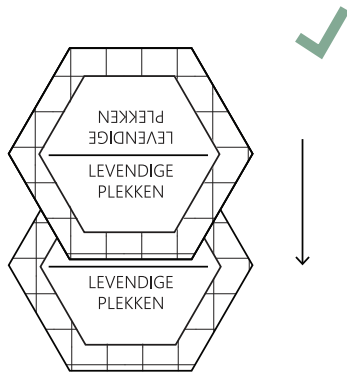
Types of tiles



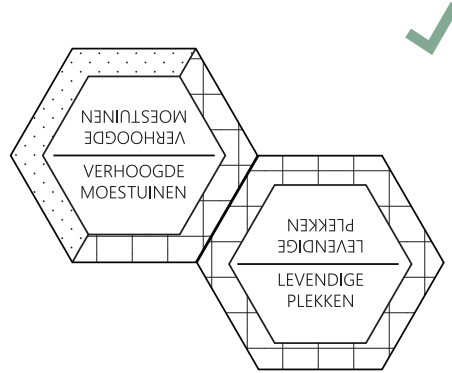
The six principles



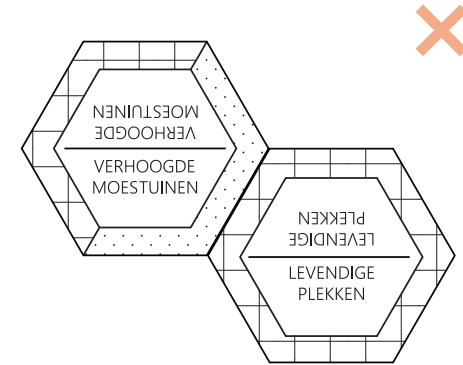
CONNECTING THE TILES



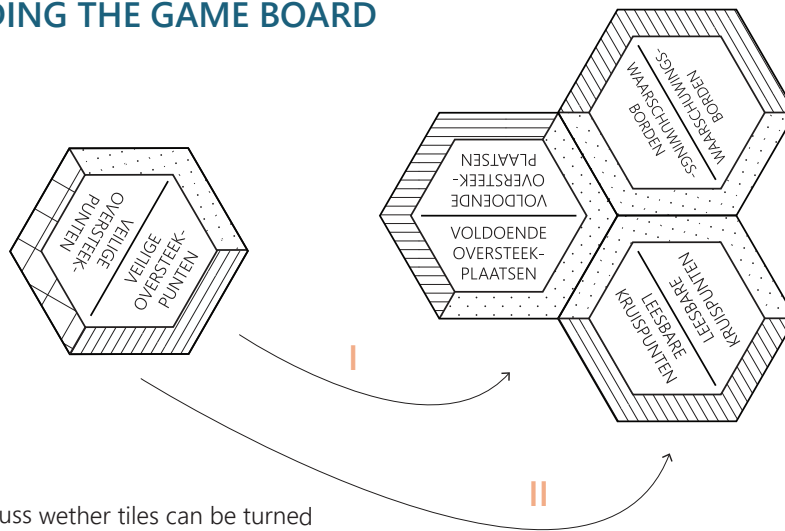
Lay the same patterns on top of each other



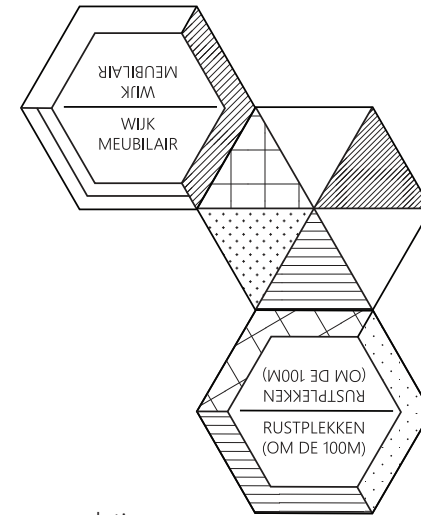
Connect tiles using the same principle



BUILDING THE GAME BOARD



I: Discuss whether tiles can be turned
II: If not, find another position



It is possible to discover new relations,
in that case the joker can be used

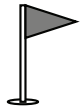
3. Conclusion phase

Actors reflect jointly on the established relationships



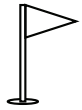
Lange termijn

Een droom, die in de toekomst gerealiseerd moet worden en veel voorwerk vergt.



Korte termijn

De oplossing op de tegel vraagt een klein onderzoek, maar moet zo snel mogelijk gerealiseerd worden.



Direct toepassen

Tegel wordt direct gerealiseerd.



Favoriete tegel

Tegel met de beste oplossing.



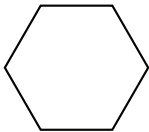
Minst favoriete tegel

Tegel met een minder goed idee.



Pionnen

Pionnen representeren de andere deelnemers en kunnen gebruikt worden om de verantwoordelijkheid aan te geven.



Blanco tegel

De blanco tegel kan ingezet worden als er een nieuw idee opkomt.



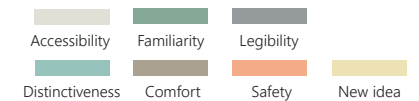
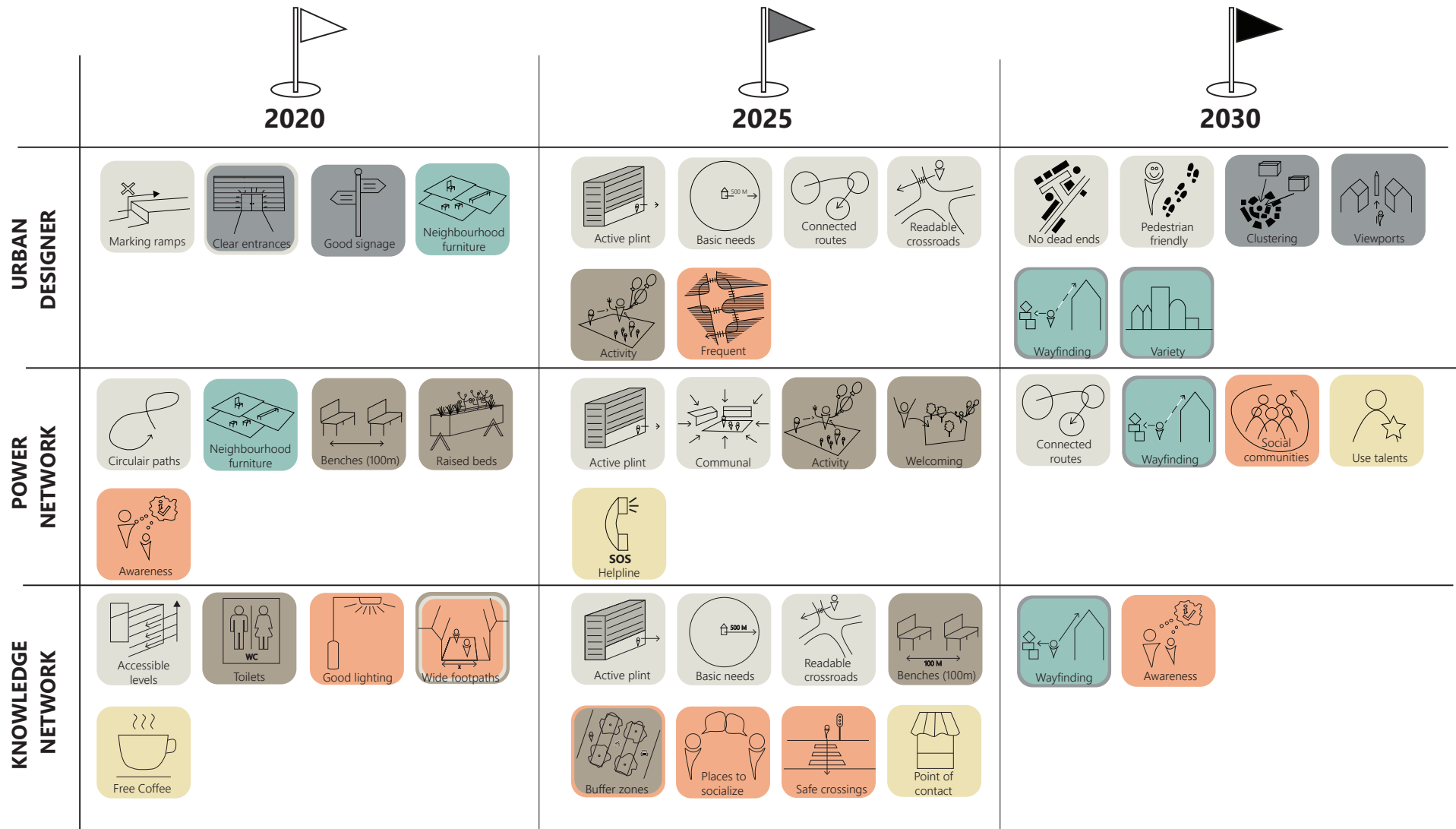
OUTPUT OF THE GAME

3. How can the output of the tool be integrated in a design for Ommoord?



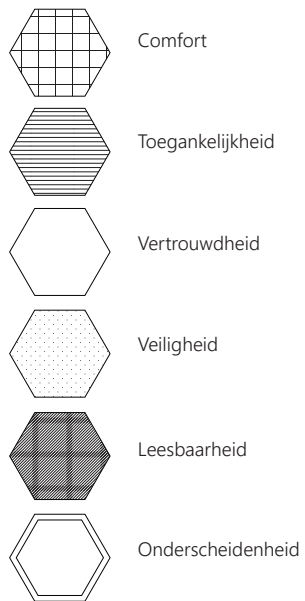
Knowledge network

Three visions

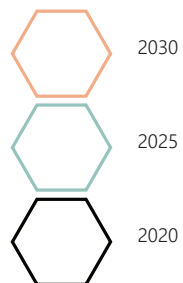


New board

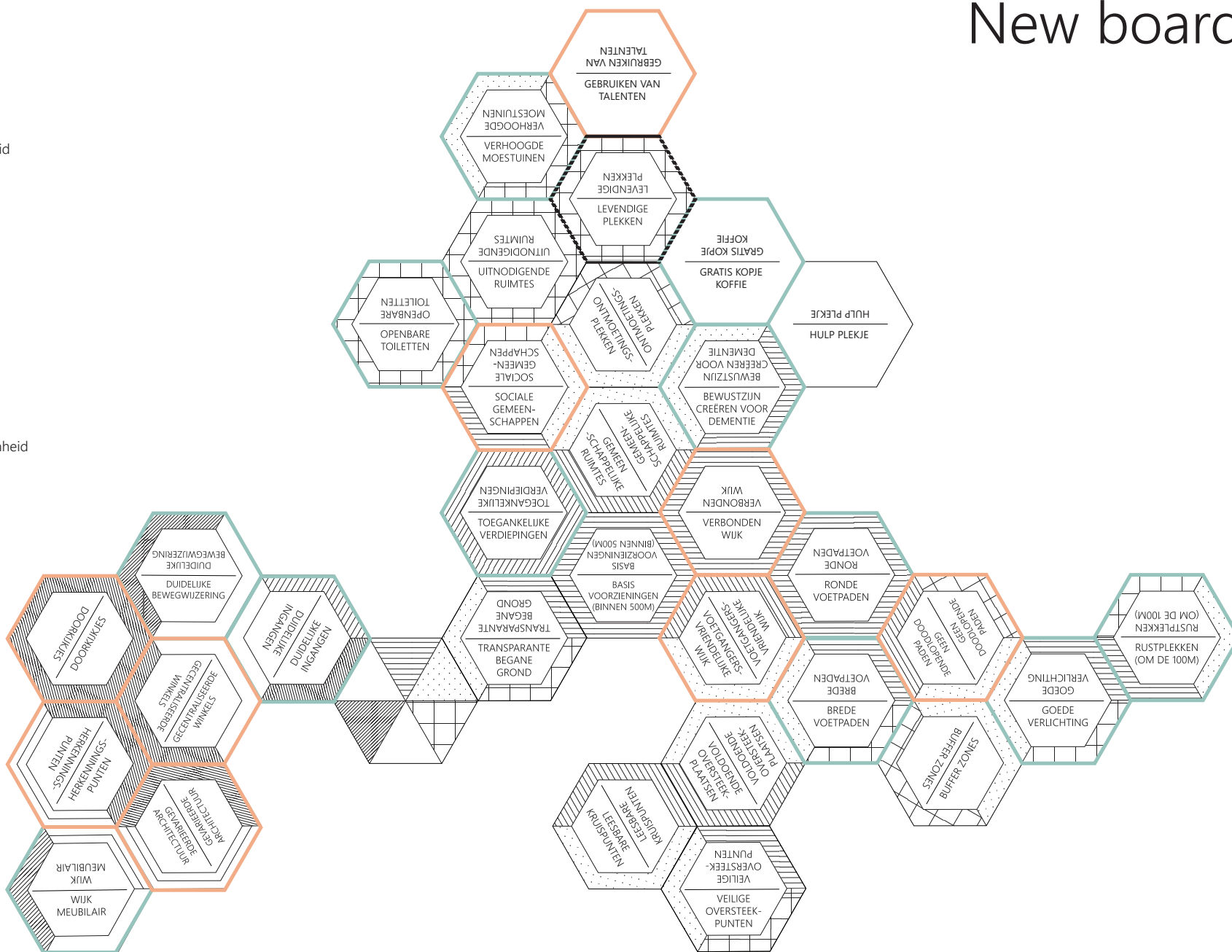
Principes



Realisatieperiode



Wrijving



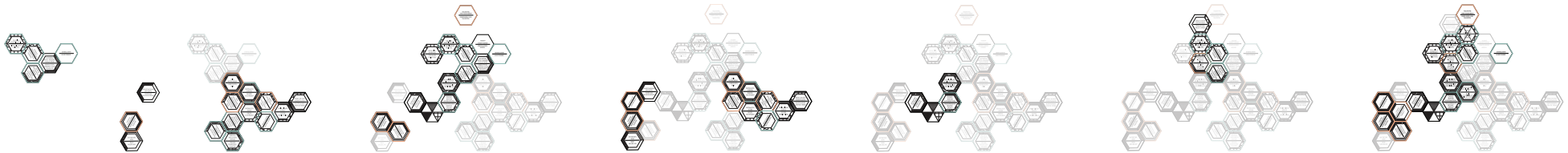




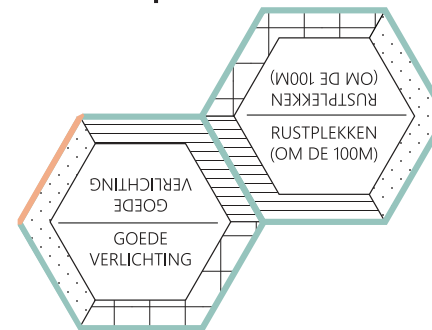
Cooperation between “Hersenspinsels” and strategy & design

1. Creates a vision
 - Supported by the involved stakeholders.

2. Time frame



3. Information about the established relationships
 - Perspective how it should be solved.



“REMEMBER OMMOORD”

1. How to adapt Ommoord to improve the quality of live for people with dementia?

Vision for Ommoord

Ommoord will be a **connected** neighbourhood in 2030

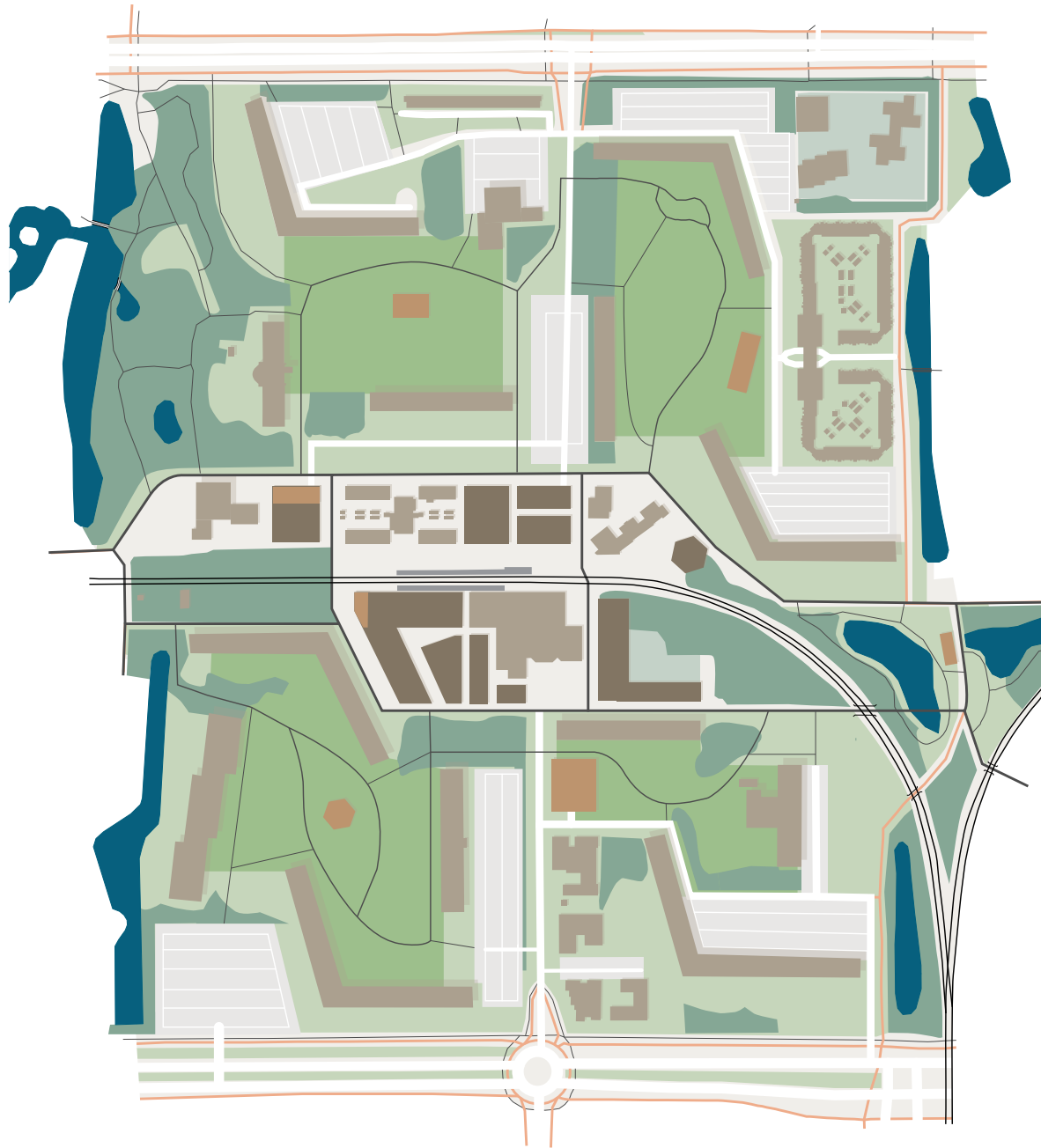
1. Adding more basic facilities in the heart of Ommoord
2. Creating more awareness for dementia
3. Setting up spaces where people can meet each other
4. Focussing on a better pedestrian infrastructure

Moreover wayfinding points will be added to improve the **recognizability** within the neighbourhood.

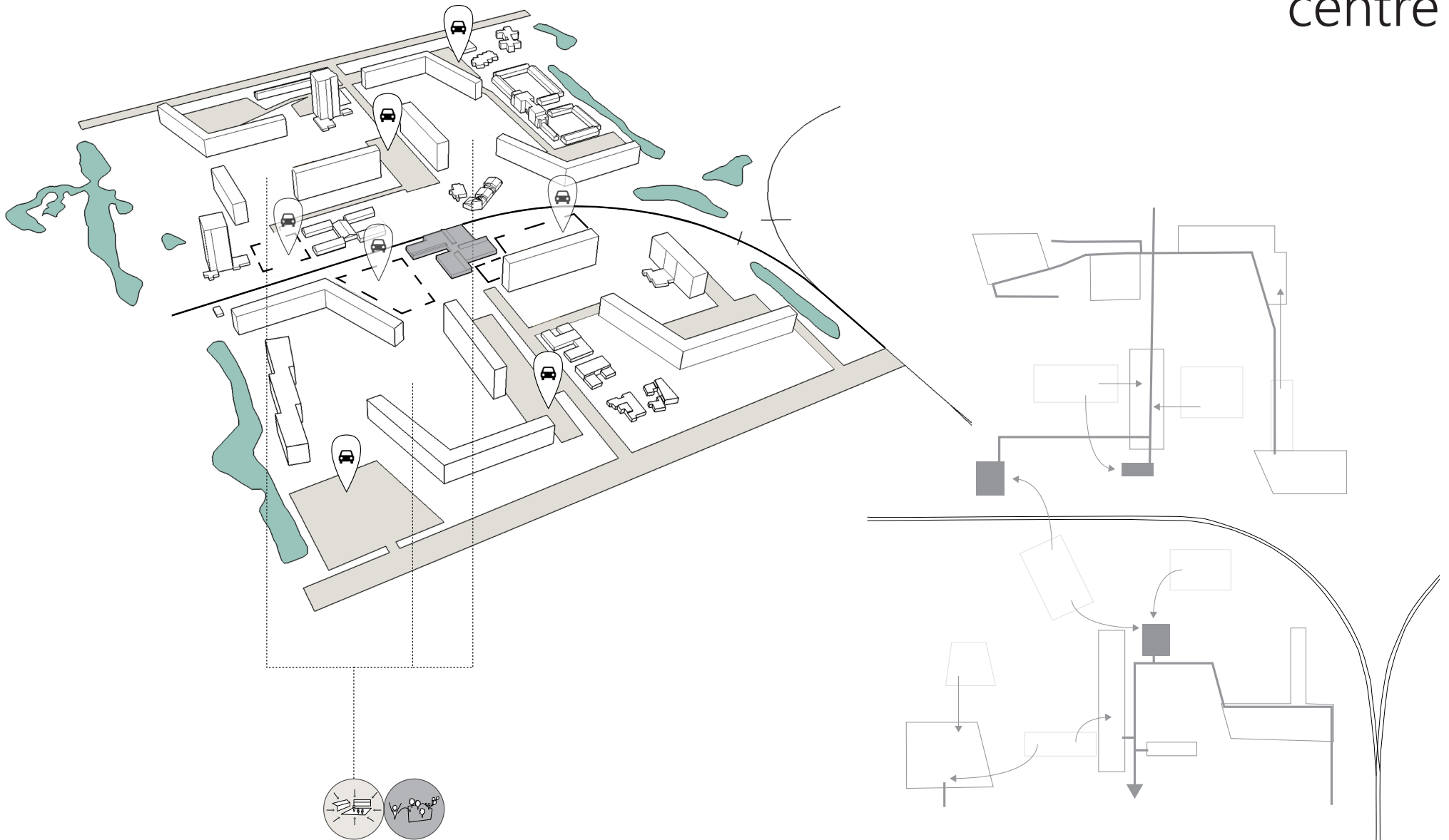
Ommoord in 2019



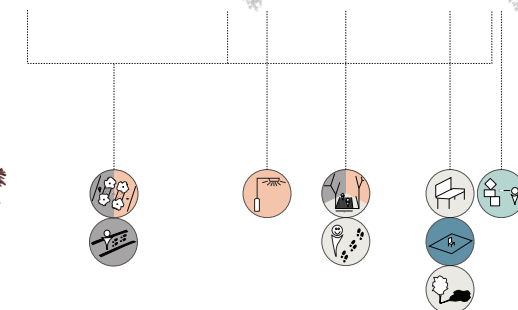
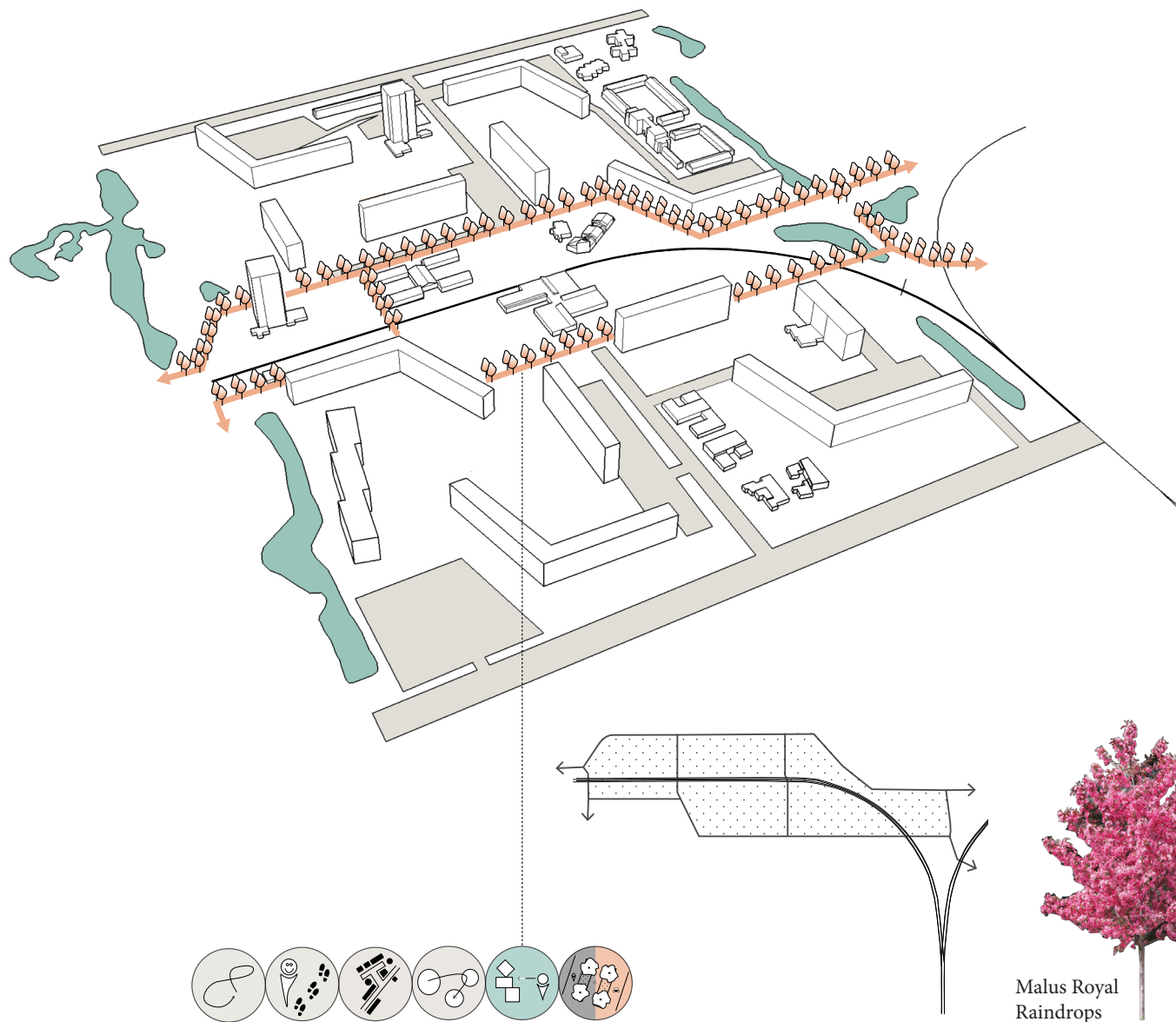
Ommoord in 2030



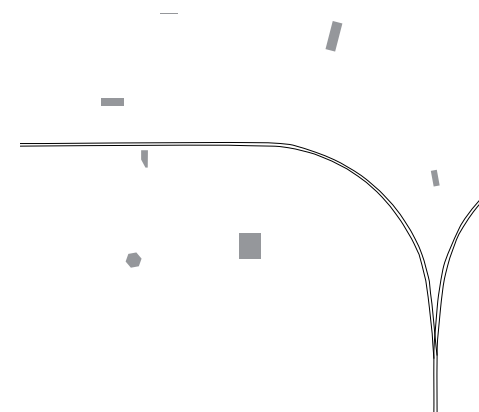
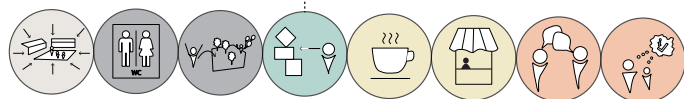
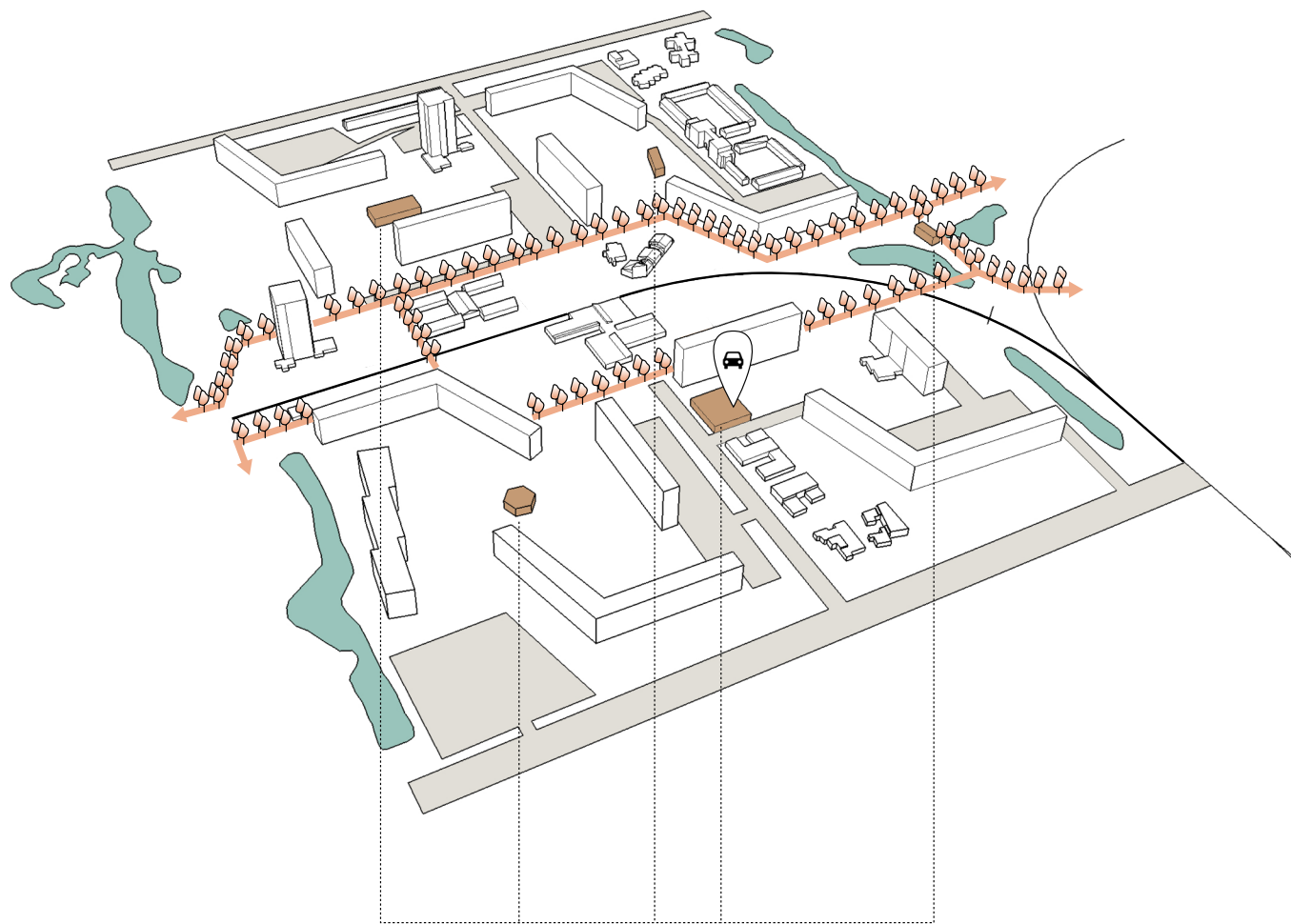
Remove the parking spaces
and adding an information
centre



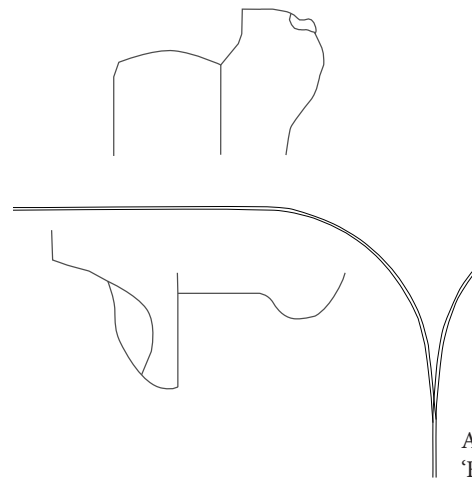
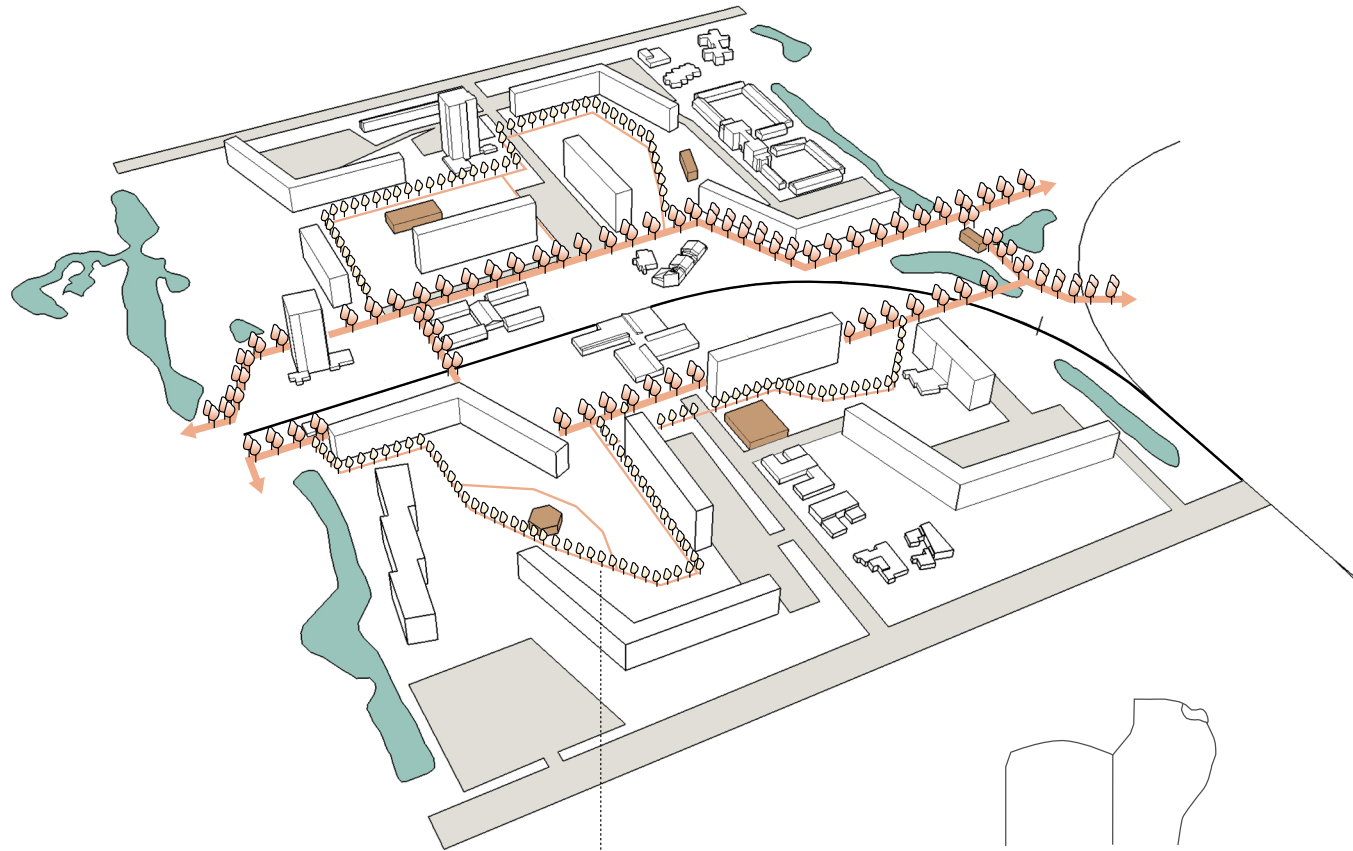
Add the basic ring



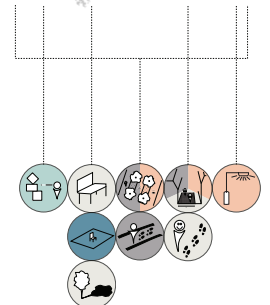
Create help + coffee corners



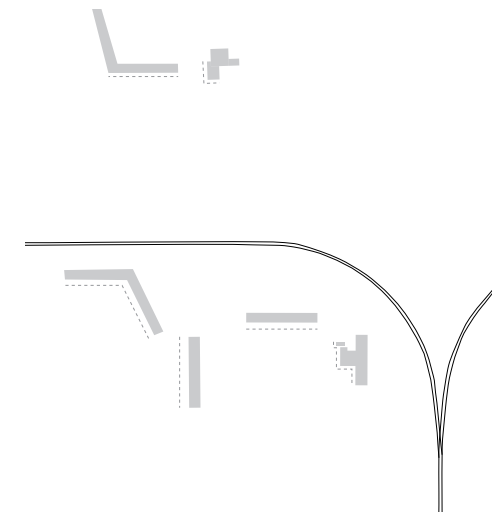
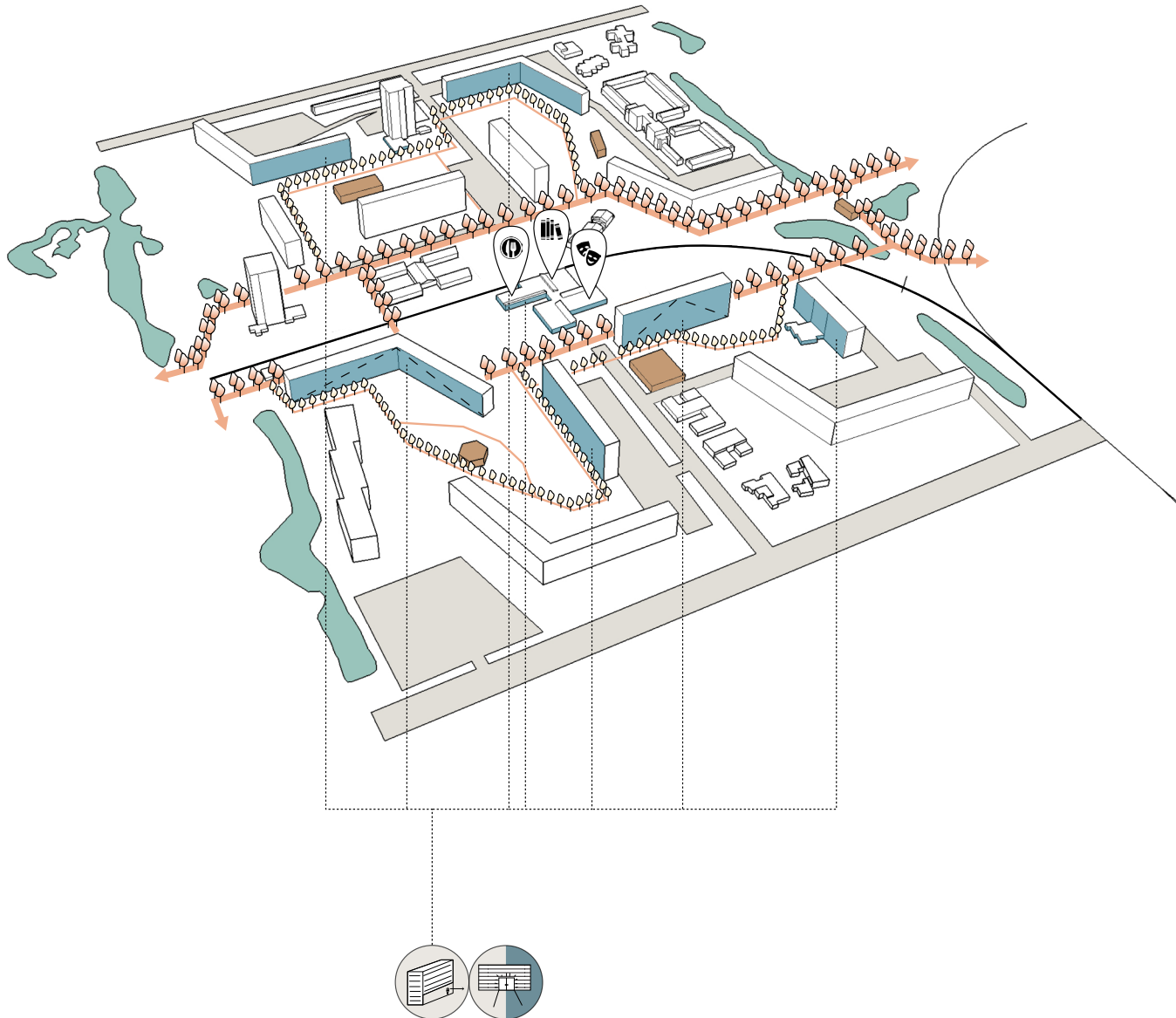
Add the secondary ring



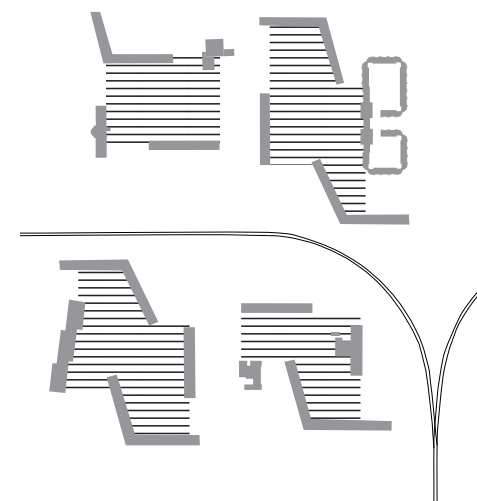
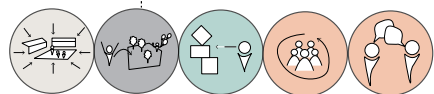
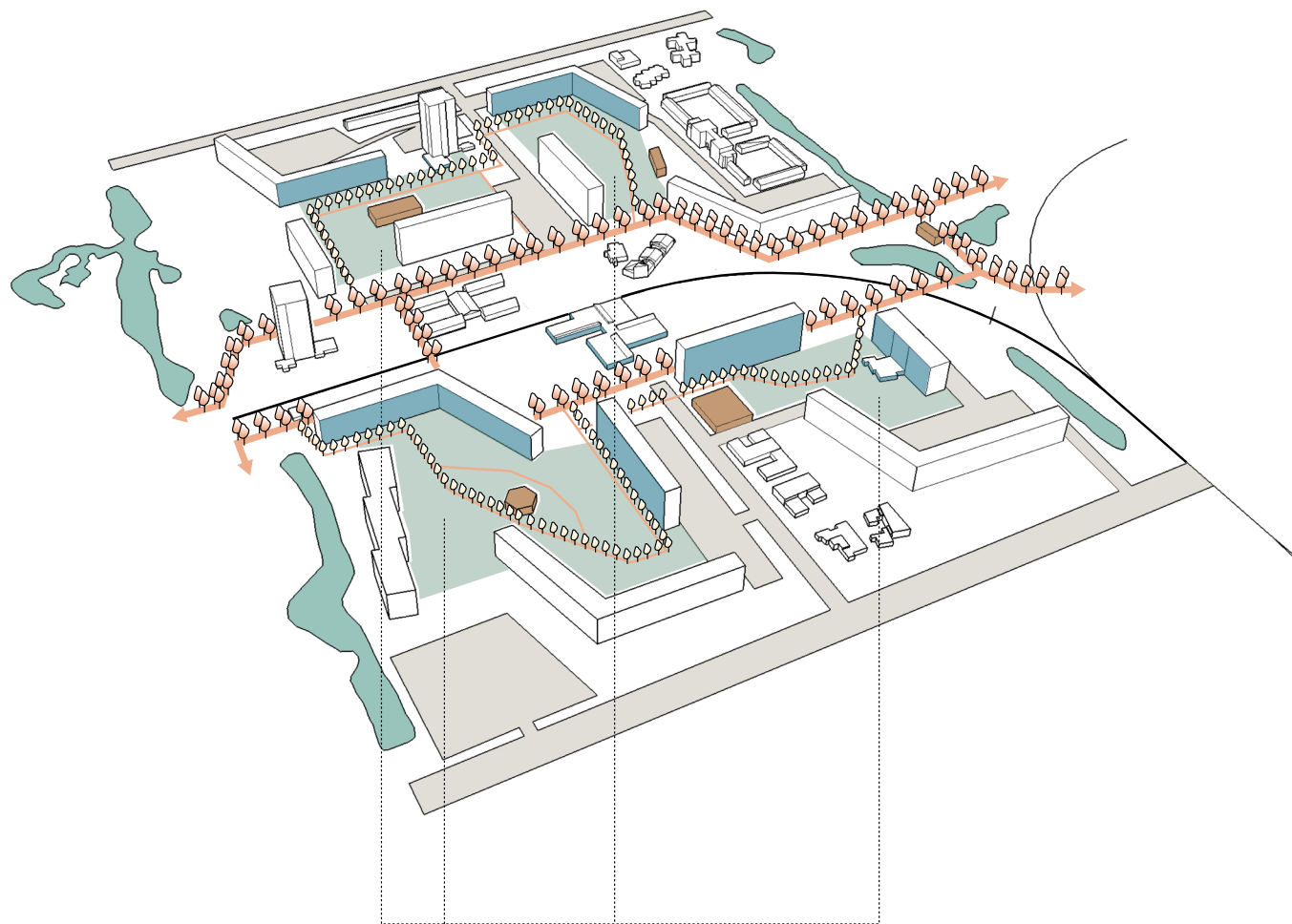
Acer negundo
'Flamingo'

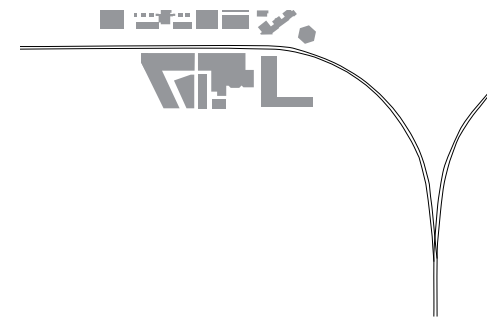
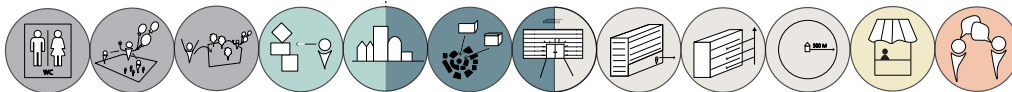


Active plinths

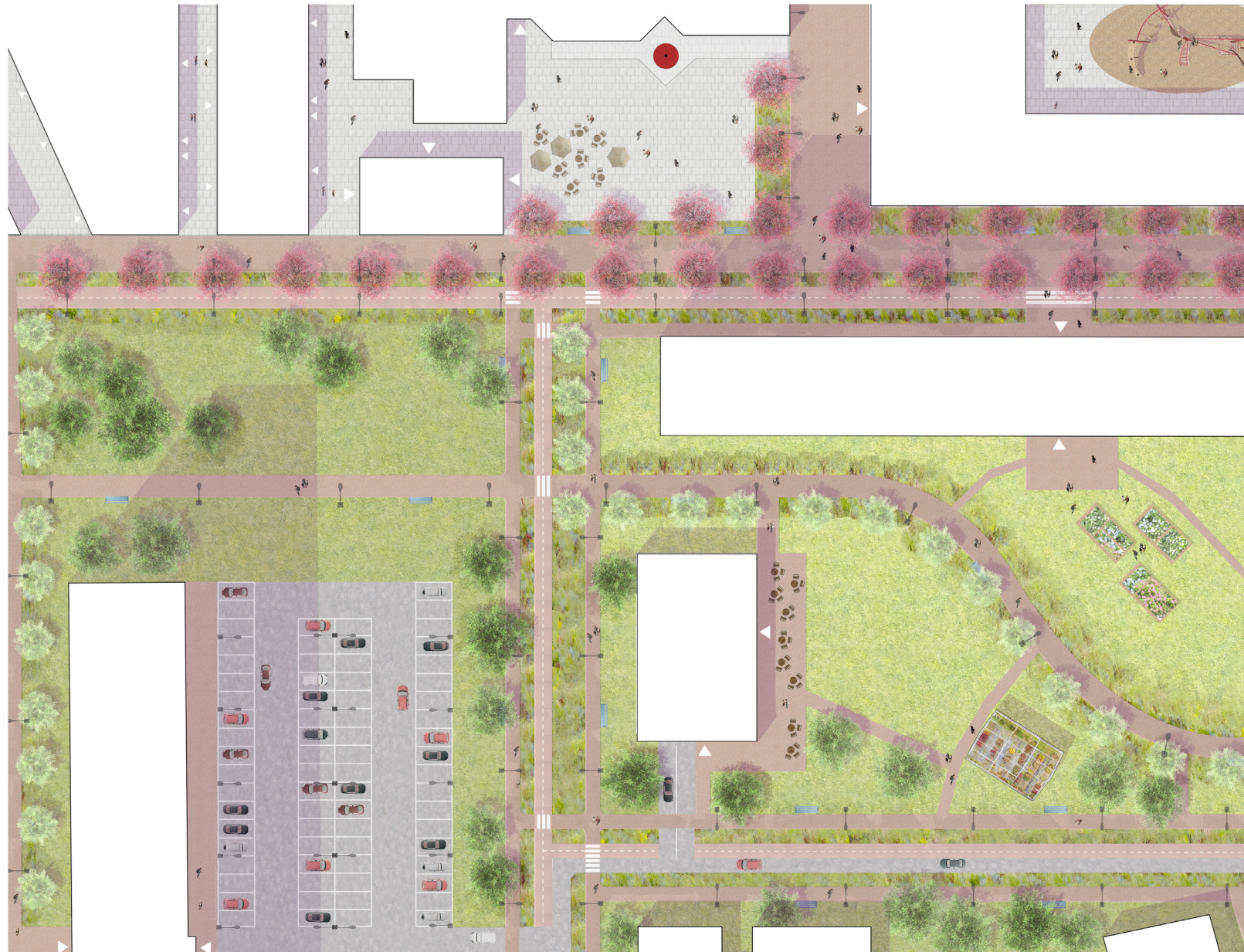


New courts





Around the Romeynshof















CONCLUSION

MRQ: How can Ommoord be adapted to improve the quality of life for people with dementia with the help of involved stakeholders?

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PROCESS

Co-creating in the beginning phase has effected the results in a positive way.

The urban designer / planner plays an important role in this approach, because he or she is involved in every step of the process.

DESIGN

The outcome of "Hersenspinsels" helps the designer to realize an initial design (specific target group / specific location)

Ommoord must be more **accessible, safe and comfortable**, which is translated in "Remember Ommoord"

**ADDED VALUE FOR
OTHER NEIGHBOURHOODS**



