



**RESIDENTIAL HEALTHCARE
HOUSING FOR SENIORS**

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INTRODUCTION

Frihamnen is a previous industrial area that is going to be redeveloped into a new part of Göteborg's city center within the next years. The goal is to finish parts of it before the city's 400 year jubilee in 2021. The particular plot that we have been assigned to work on is located within the limits of the first stage of the expansion, at the heart of the new development.

The aim for this studio is to create a Trygghetsboende, or a safe haven. This is a form of living that lies between normal housing and a nursing home. Here the elderly can live independently in their own apartments, but they also share some spaces, such as common rooms, laundry, lounges and a kitchen. There will be staff at times, but not all day and nights like in nursing homes. The goal is that the seniors move in from an age of around 70 and will be able, with some help of home care, to stay there for the rest of their lives.

Housing for elderly is a topic that will be more and more important in the future. The amount of senior will increase rapidly withing the next decade, and it will be a real challenge for city planners and architects to house all these people. It is necessary to find new ways for our elderly to live, a place where they can still live an active life, feel safe, interact with other people and be able to receive care in an easy way.

We approached this task by trying to find out how the common senior person thought about the subject. In interviews we got to understand their dreams, fears, ambitions and passions. A fear of loneliness was common and the will to share some space but also have other space strictly private. Furthermore there was a strong will of being able to keep active, and also to be able to host people from outside. These thoughts and opinions we've then tried to translate into architecture. In the first stage of the planning, four main concepts were established, these were to become the pillars of the project: small intimate space in high density portion of the city, green and light courtyard, different level of sharing to match different personalities, mixed use land where people from different ages can interact and learn from each other.

The design of the plot is made to open the area to the public with four strategic entrances that invite people to flow around the building and enjoy the greenery. The site plan shows how nature and city are in close proximity. In this way the architecture follows the principles of evidence based design where the first step of caring is prevention through natural elements as sun exposure, direct and indirect light, open spaces, contact with green elements and closeness to the neighbouring park.

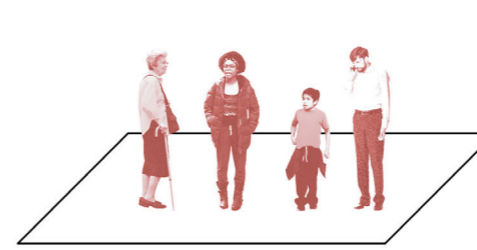
The proximity to the main axis of Frihamnen allows people to easily take a bus, a car or a bike and reach the city center in only a few minutes.

The volume of the buildings are created according to the orientation. We decided to place a taller building in the northern corner of the building in order to avoid shadow in the courtyard. The main orientation is south east and the volume are progressively growing from the park. All buildings on the plot are a part of a community where elderly, students, office workers, school children and visitors have the possibility of meeting in a simple and natural way with public gym, swimming pool and library in the very heart of the courtyard.

We placed the senior housing building at the top of the plot, in an angle, facing north east and north west on the street side, and south east and south west towards the courtyard. The housing is divided into three smaller houses with green voids in between. These wooden volumes are all connected on the first floor via glass galleries through the courtyards, and they all stand upon a heavier ground floor with public facilities and storage.

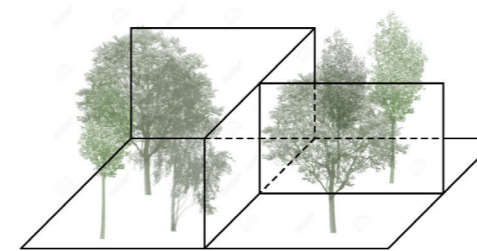
This is our proposal for a future senior housing solution. One that we would be more than in ourselves in some 50 years. This booklet will further explain our process, ideas and results. We hope you enjoy the reading!

CONCEPT



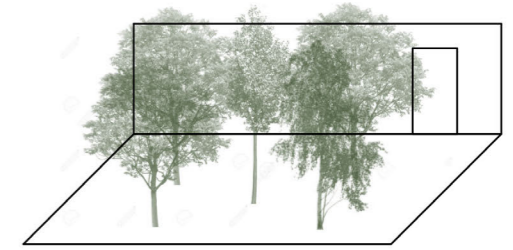
MIXING PEOPLE

Mixing different generations and functions on the plot will create possibilities of interaction between groups of people who don't often meet. Students and elderly could have a lot of things to learn from each other, and both groups would benefit from having more common space, since they often live alone. We want to create a platform for elderly, students, office workers to meet in an uncomplicated way.



INTIMATE SPACES

Frihamnen is situated in the city center, and required density in the area is high. We do not want a closed block with a big open courtyard in the middle, but rather spread out the volumes, and dividing the courtyard into smaller parts. This will create a more interesting and pleasant courtyard to both look at from the balcony but also experiencing from ground level too.



CLOSE TO NATURE

Few things are more soothing than nature. But living in the city center, a nature experience might require that you leave the building to go to a park. We wanted to create a building where greenery is always present, and where you in your daily life will experience the shifting of the seasons without having to leave home.

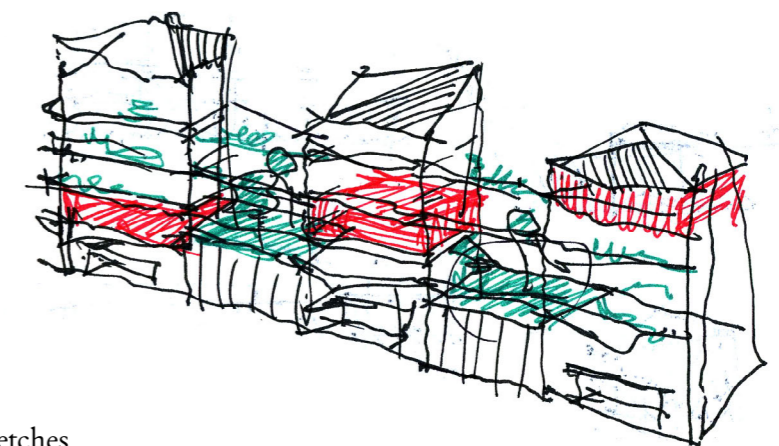
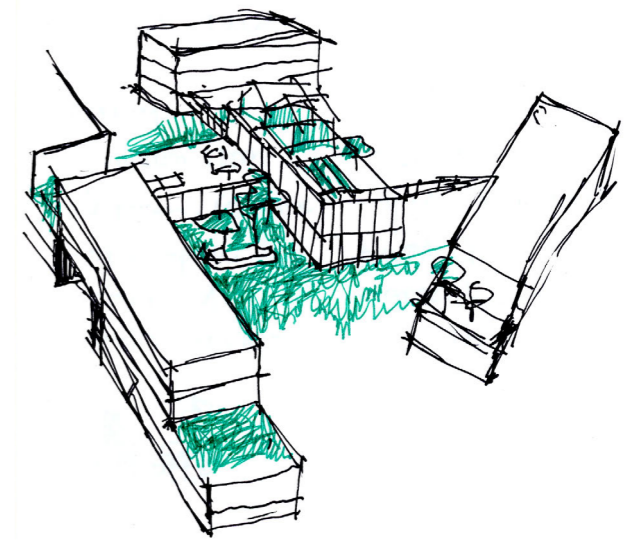
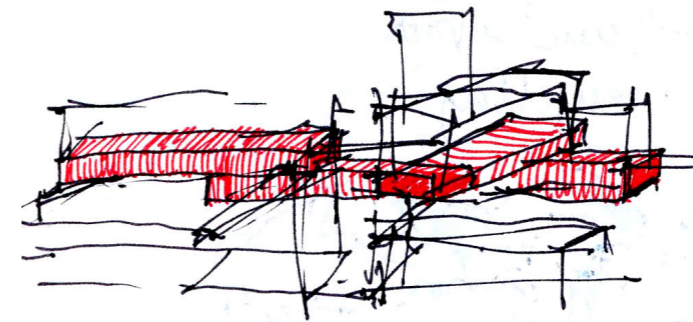
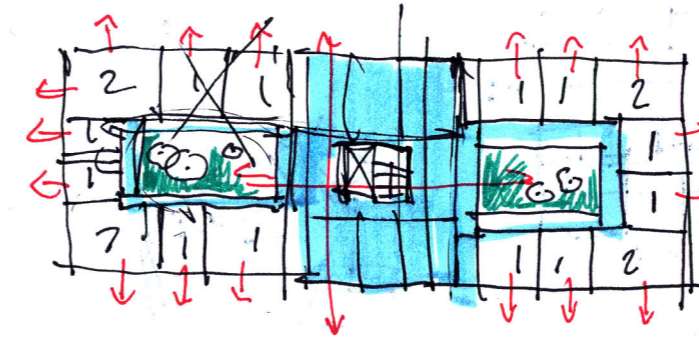
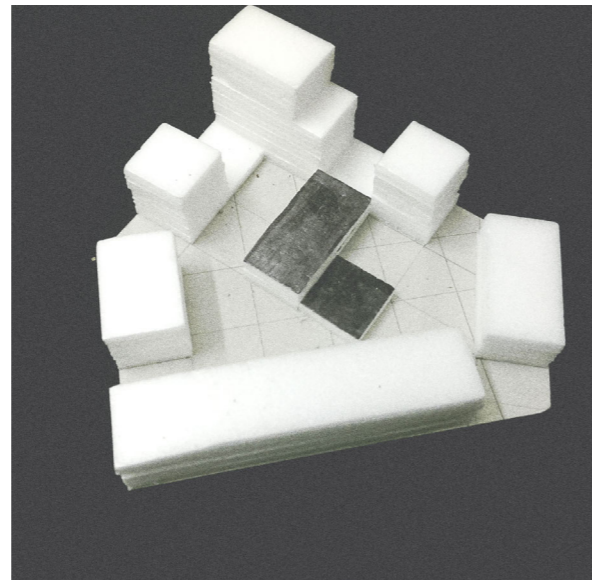
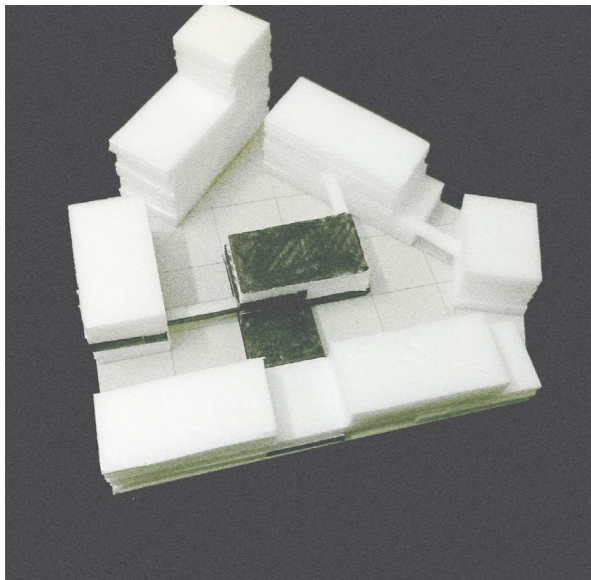
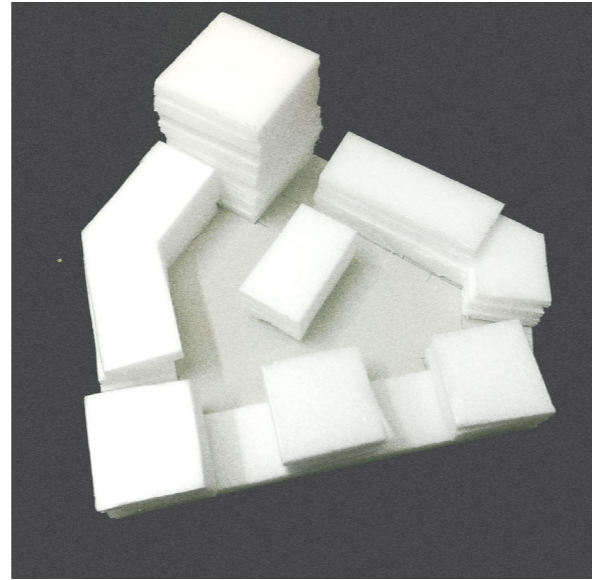


DIFFERENT LEVELS OF SHARING

Sometimes you want to be alone, and other times you want nothing else than some company. An important part in our design is to create different kinds of shared spaces so that you can choose yourself how many people you want to meet. There is the public space, open to anyone, the common room, just for the elderly and the balcony in the hallway, shared only by your immediate neighbours.

PROCESS
/ volume studies

/ sketches

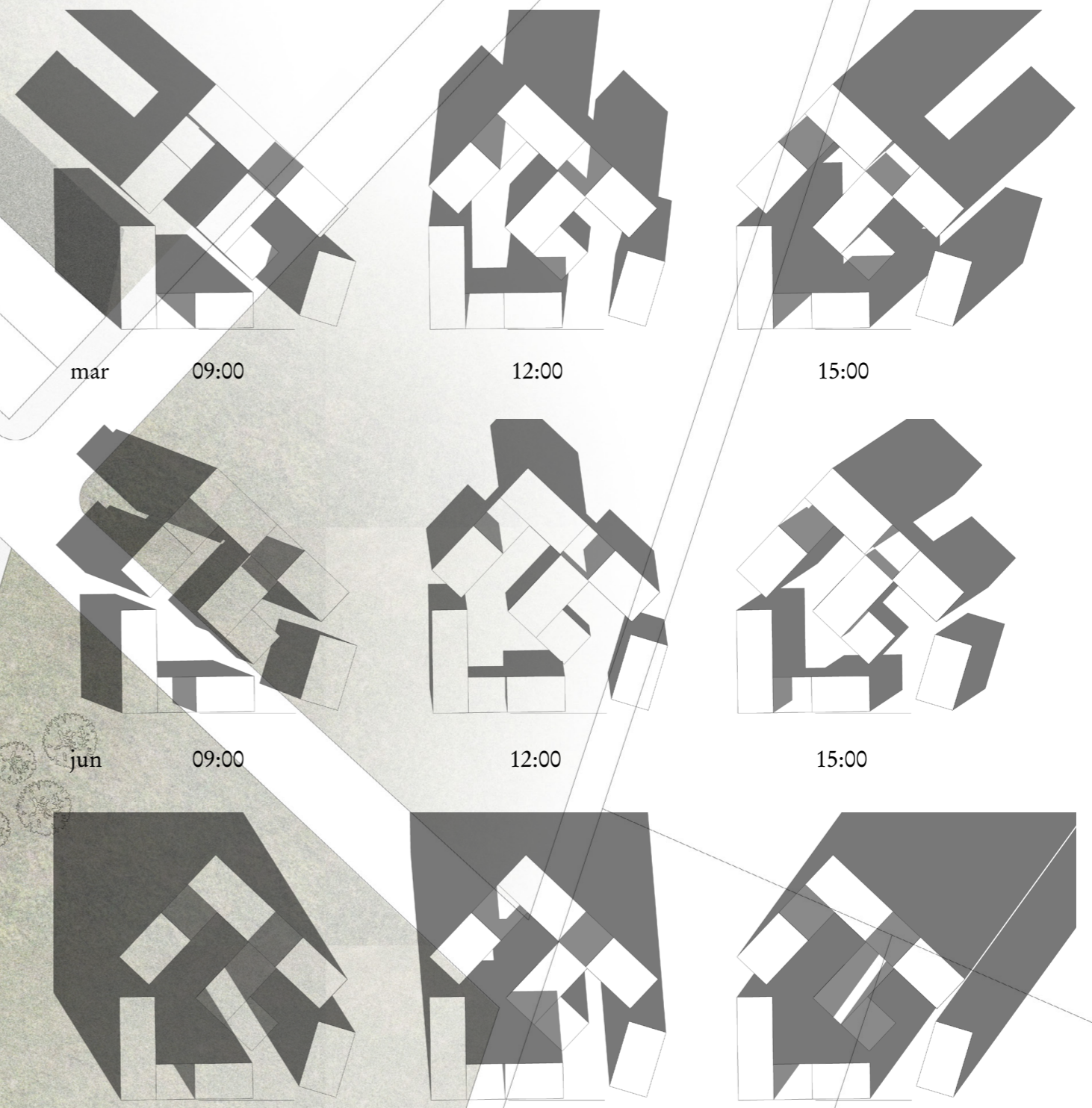


To further understand the size and shape of the given plot, we started to work with simple models. We tried placing a variation of possible volumes to make the voids inbetween the buildings both interesting and intimate.

Parallel to the model trials, we used sketches as a method of exploring how to connect the buildings with the courtyards to maximize the feeling of intimacy and closeness to nature. The idea of moving around a green space was born here. How could we best implement that in the plan?

SITE PLAN
/ 1:400

/ solar studies



mar 09:00

12:00

15:00

jun 09:00

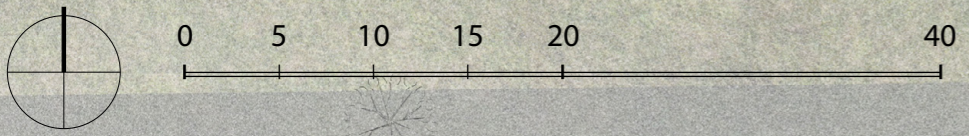
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AXONOMETRI

Plot density: 2,0

Apartments

Single: 23

Double: 25

Private space: 3426 m²

Common space

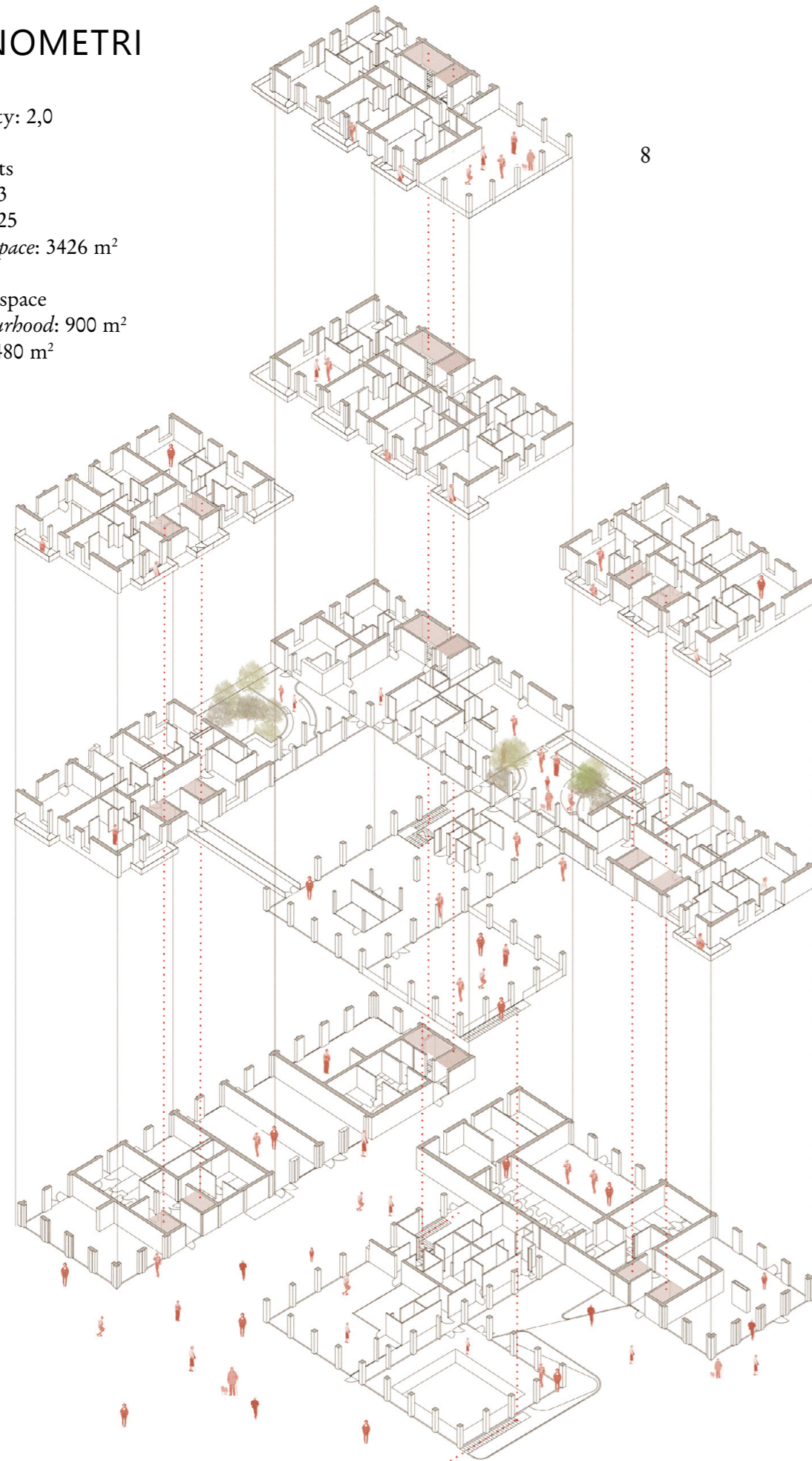
Neighbourhood: 900 m²

Seniors: 480 m²

2-4 (7)

1

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SECTION

/ A-A 1:400



/ B-B 1:400



FIRST FLOOR

/ 1:200

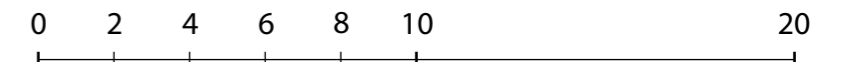
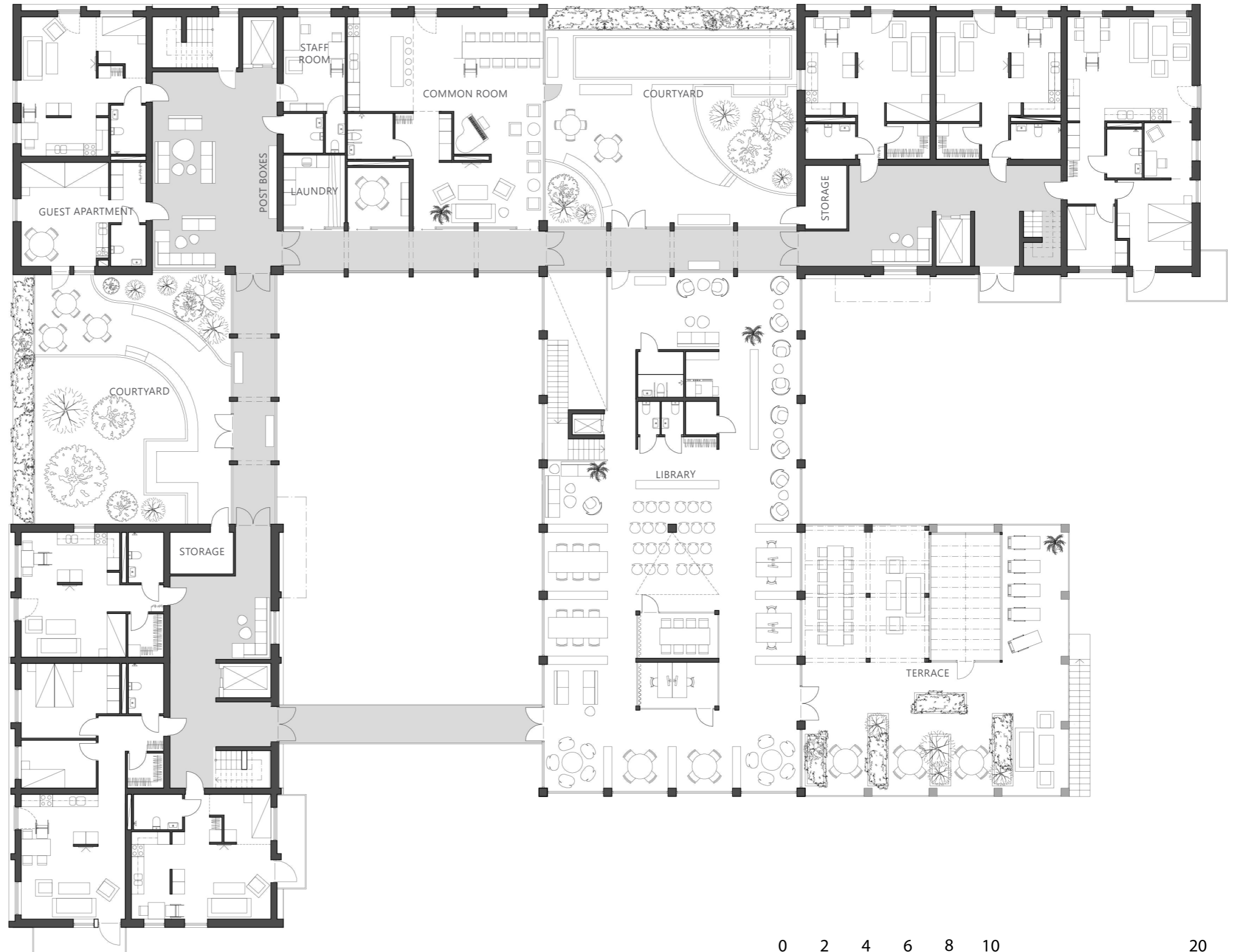
To get the most out of the green spaces we want the distribution and flow of people to circulate around and through the courtyards. On the first floor the three housing volumes are therefore linked together with galleries and a bridge in order to make the walk from the street to the apartment or common space an experience.

From the main entrance you arrive directly in the entrance lounge. It is a big welcoming space where all residents will collect their post, but it's also a space for interacting with people, waiting, reading and relaxing on the sofa. A big window makes the space light and creates a nice view into the courtyard.

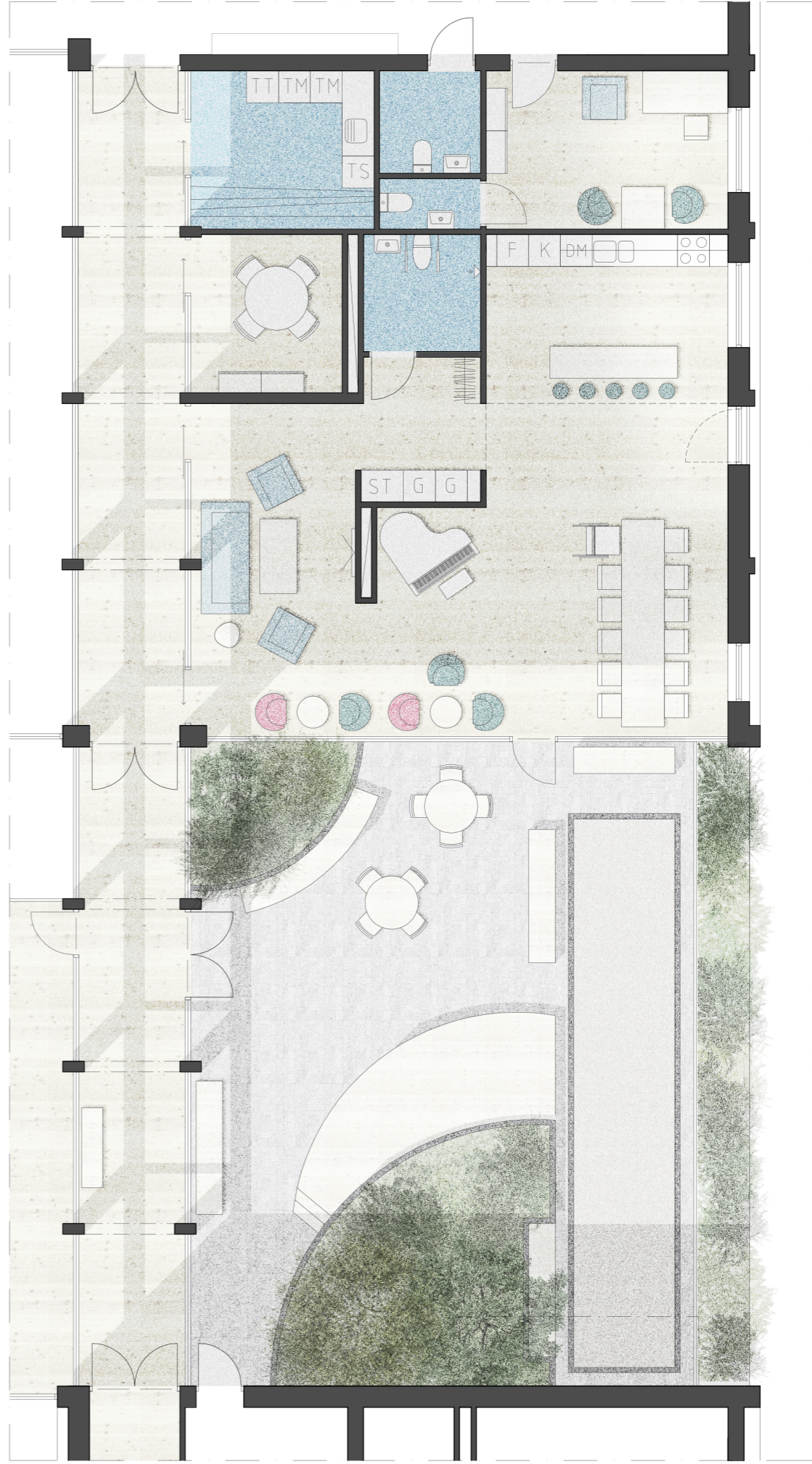
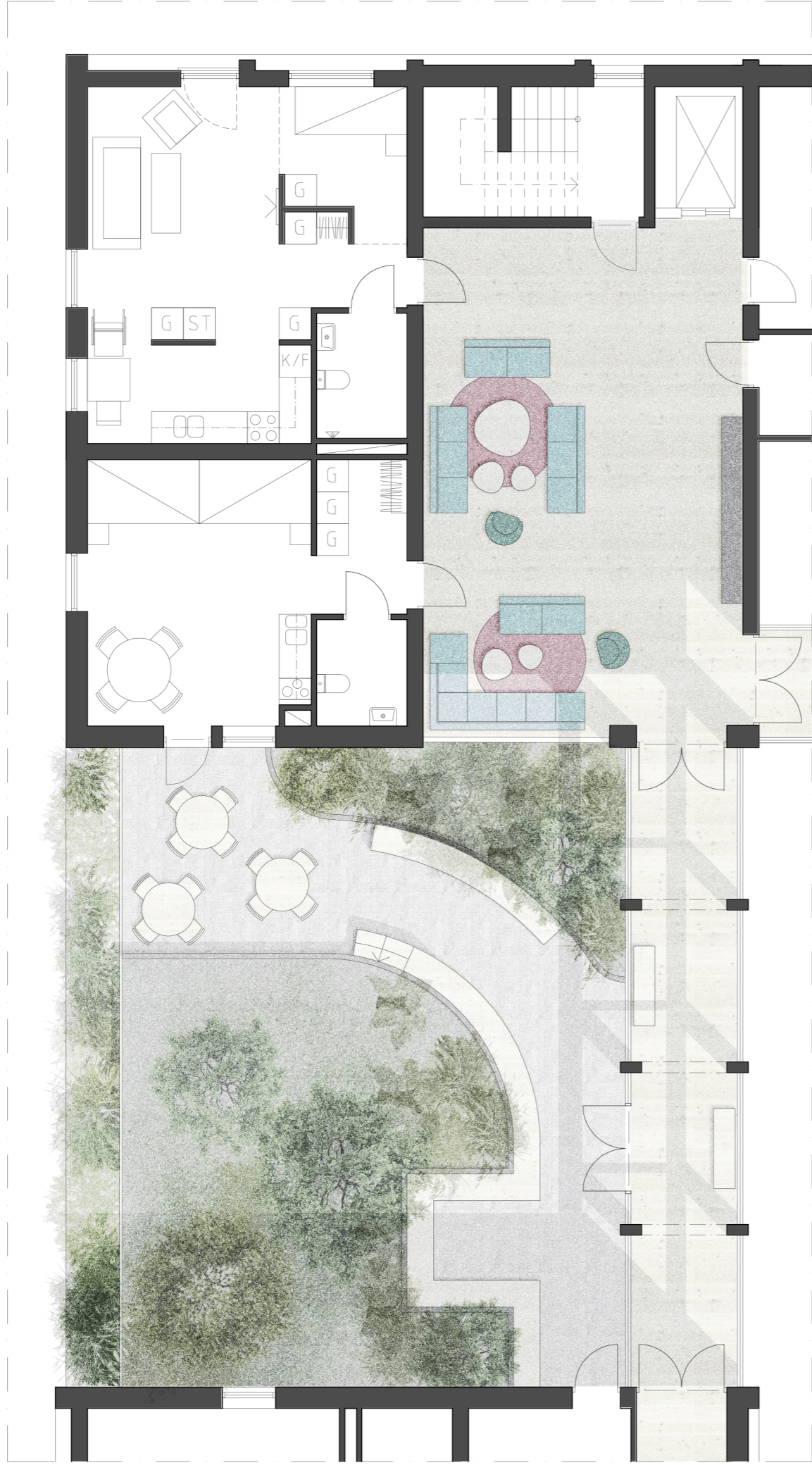
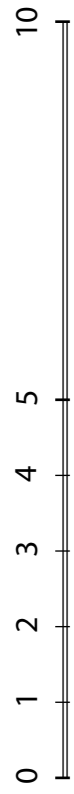
To reach their private apartments the residents will cross the courtyard in the glassed gallery. Here it is possible so admire the nature and greenery, to closely follow the changing of the seasons and any activity that might take place there, without having to put on a jacket and go outside. This will make the journey to home a much more interesting and stimulating one.

The bridge links the senior housing building with the small library and at same time becomes a strong landmark on the site. All the distribution space is connected creating a circular flow that makes the space feel wide and free.

Most of the shared space, such as the common room, laundry and kitchen, are located on the first floor. By placing the glassed corridor connected to these rooms it will make residents pass through the common space every day on their way home, which maximizes the interactions and makes people feel like a part of a community.



COMMON SPACE
/ 1:100



COMMON SPACES



SUMMER DANCE



CHRISTMAS LUNCH



COURTYARD LIFE



ENTRANCE LOUNGE

TYPE FLOOR

/ 1:200

The plan clearly explains our will to work in a rational way. Three independent volumes are linked together on the first floor with galleries. Every building is designed with a six meters module as a base. The module is repeated three times in the smaller buildings and four times in the central one.

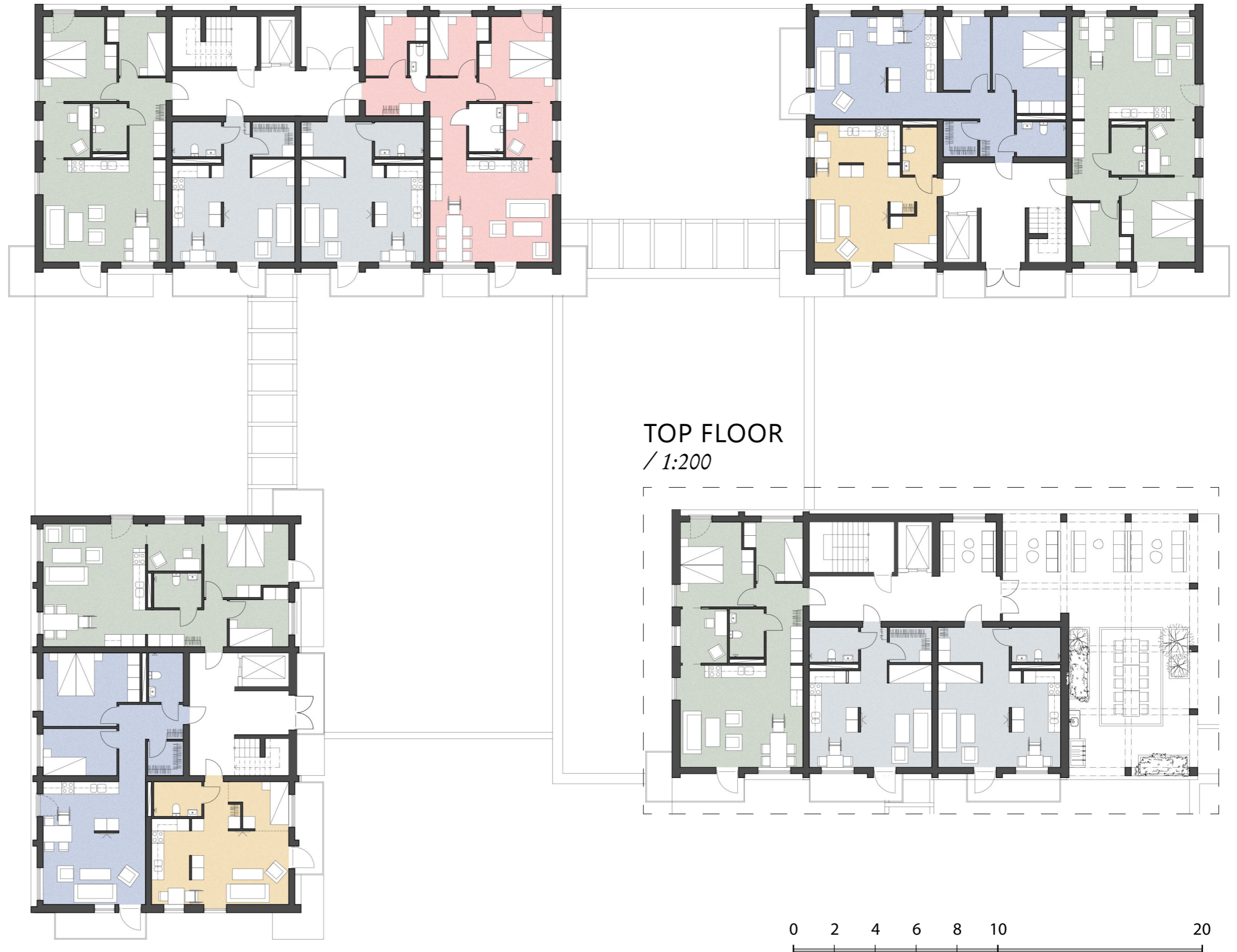
The five typologies of apartments are distributed on the plan in order to guarantee the best qualities to every flat. Most of the apartments have main orientation south-west, with balcony facing the inner space of the plot.

In almost all apartments, bathroom and kitchen are located next to each other in order to share the shaft and save time and money in the construction process.

On the top floor of the central volume we have removed one apartment in order to create a big terrace. The residents can enjoy an amazing view on the eight floor while having a barbecue or relaxing on the sofas.

Apartment types:

- A
- B
- C
- D
- E



APARTMENTS



We have been working with three main ideas throughout the project and have tried to implement them in all of the plans.

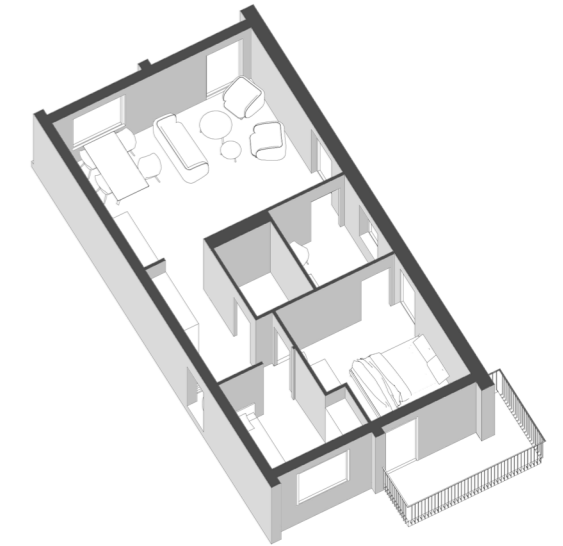
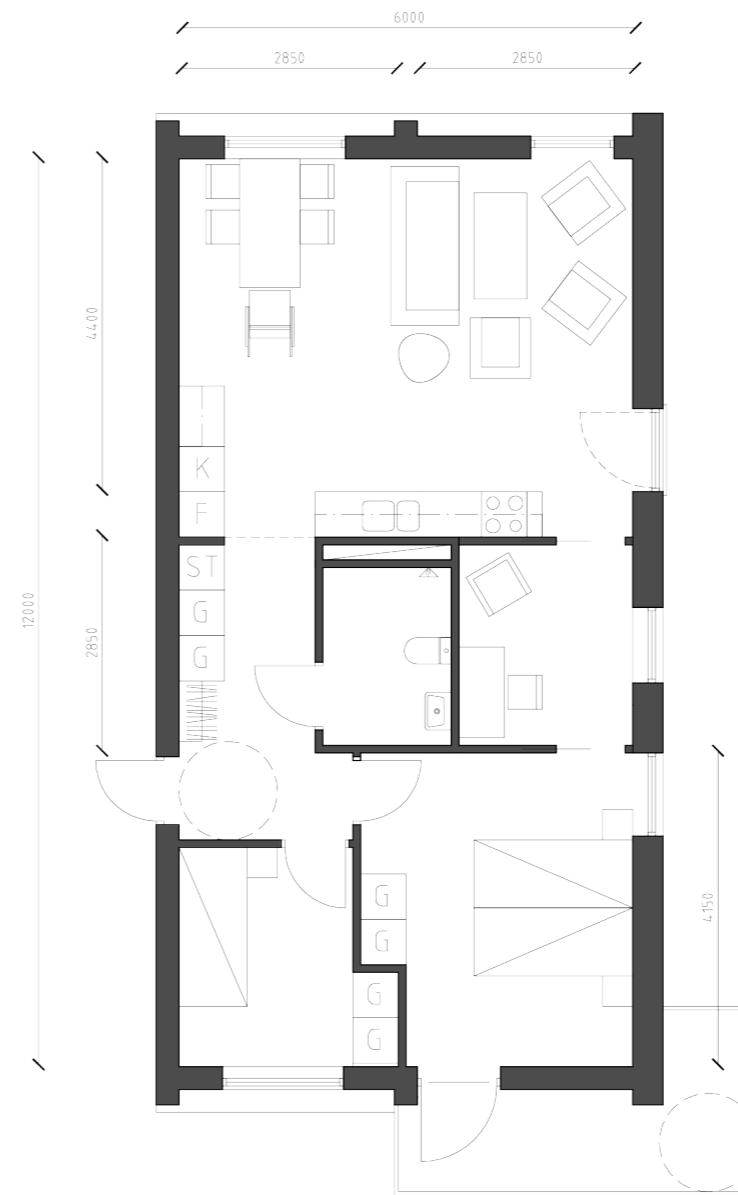
The first idea is that of continuing the circular flow and distribution of the first floor to the apartments. In our type apartment the bathroom is placed in the center and in this way it is possible walk around it, creating the feeling of a wide space.

Secondly we wanted to create good light conditions and views out of the windows. Accord-

ing to healing architecture principles, light is the key element. Views and light from a window while lying in bed is important, and also to visually connect the bedroom with living area.

Thirdly we want the possibility to shut off the living area from the sleeping area in order to keep the feeling of privacy and safety when receiving care. Most care take place in either the bedroom or the bathroom, and if there is a partner who is not ill, she or he can stay in the living area without being disturbed by staff.

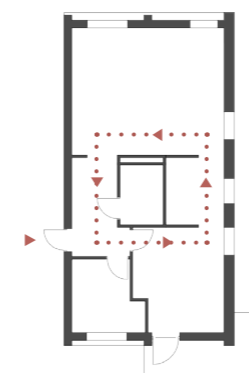
/ type B: 40 m²



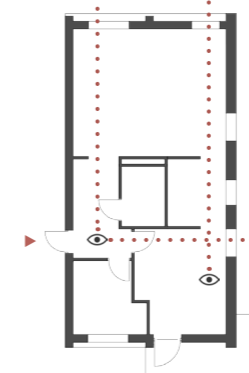
“Some periods my husband is very ill, lying in bed all day. In this apartment I can have a look at him from the kitchen while cooking and we can still keep each other company. When the care staff comes I just shut the door to the living room so we both get some privacy”.

Stig & Ines, 73 y.o.

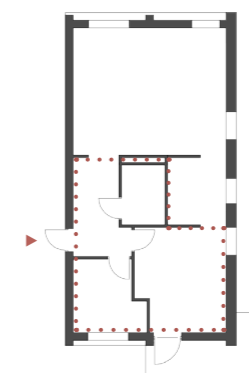
circulation



views

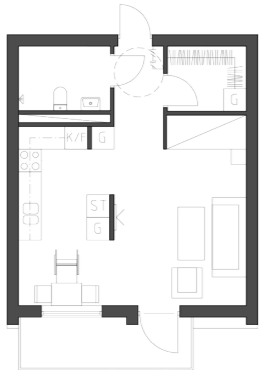


area for staff



APARTMENT TYPES

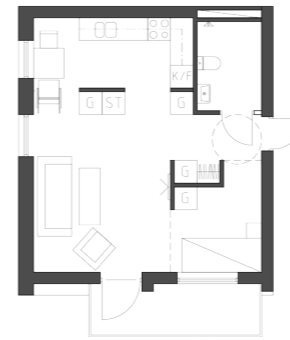
/ type B: 40 m²



“ Before I was living in a nursing home on the countryside, but when I moved here, I didn’t lose the connection to nature. My balcony is facing the courtyard and I am surrounded by trees and flowers wherever I go in this building.”

Ove, 85 y.o.

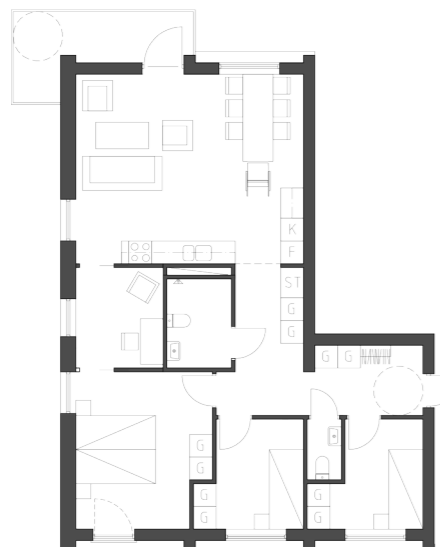
/ type D: 40 m²



“ Sometimes my back pain forces me to lie in bed. But luckily when I receive care I shut off my apartment and I don’t have to keep the rest of the apartment tidy or put away my private belongings.”

Inger, 71 y.o.

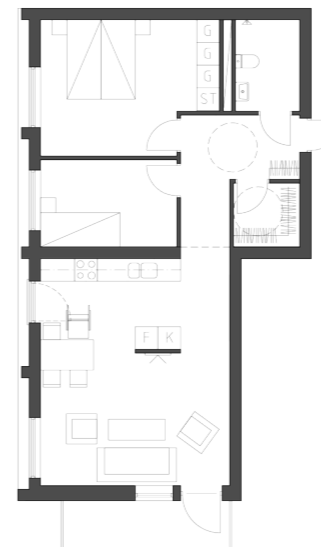
/ type C: 87 m²



“ We have 6 grandchildren. They are our happiness! Where we lived before we couldn’t host them when they came to visit from Stockholm, but here we have two extra rooms. This year we will celebrate Christmas here the whole family! ”

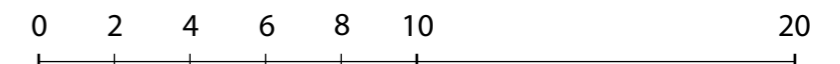
Gösta & Eva, 81 & 79 y.o.

/ type E: 69 m²



“ The living room is the place I like the most in my flat. It has views from two sides which guarantees really light space and the possibility to garden on the balcony. It’s my favourite hobby.”

Ibrahim & Samira, 71 & 70 y.o.

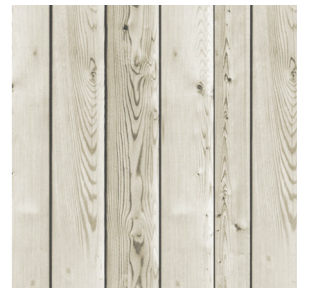




FACADE

/ materials

The building's two main materials are brick and wood. The wood creates a warm and soft feeling and together with the greenery it maximizes the nature experience. The ground floor is built in bricks in order to make the street feel more urban but also to visually divide the public part from the housing on top.



/ south east, section C-C, 1:400



/ north east 1:400

