Growing Old in Nature

Residential Healthcare - Housing for Seniors
AUT163

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This project is a senior housing project, called "trygghetsboende". Trygghetsboende is ordinary housing with common spaces for the elderly to socialize with the other seniors. It could be places for recreation, eating meals and other daily activities. We think that kind of environments is really good, especially when the elderly spend most of their time in their apartments. So, the quality of the different spaces should be well thought out, high and adjusted for the seniors. There is also going to be staff for the seniors for helping them with daily activities or for medical treatments.

The project consists of apartments for seniors and private spaces associated to this program, and also includes commercial and public spaces as shops, spa, library, agriculture, etc. The main idea is to create a calm and recovering environment for the seniors, so they could enjoy their housing. To make the project environmental sustainable the project consists green areas such as agriculture, green house and the courtyard, the storm water management, sustainable materials such as wood. The social sustainability of the project are the mixture of generations by creating different meeting points such as the agriculture, library, spa, green house and the courtyard, but also meeting points where just the elderly can meet and spend time together.

From the beginning of the project, we started to do a program with different spaces. After knowing which spaces we need, we started to analyze the site. The sun, wind, green areas, infrastructure, water and people were analyzed. We started to get a picture of what the site needs and how we should form our project. We studied the volume with all that information from previous studies to define a social and green concept. Then after having the volume, we started to draw the apartments for the seniors and the other spaces in the program. We began to create different types of spaces like private, semi-private and public spaces. The spaces were created depending on the users' behavior, movement and surrounding.
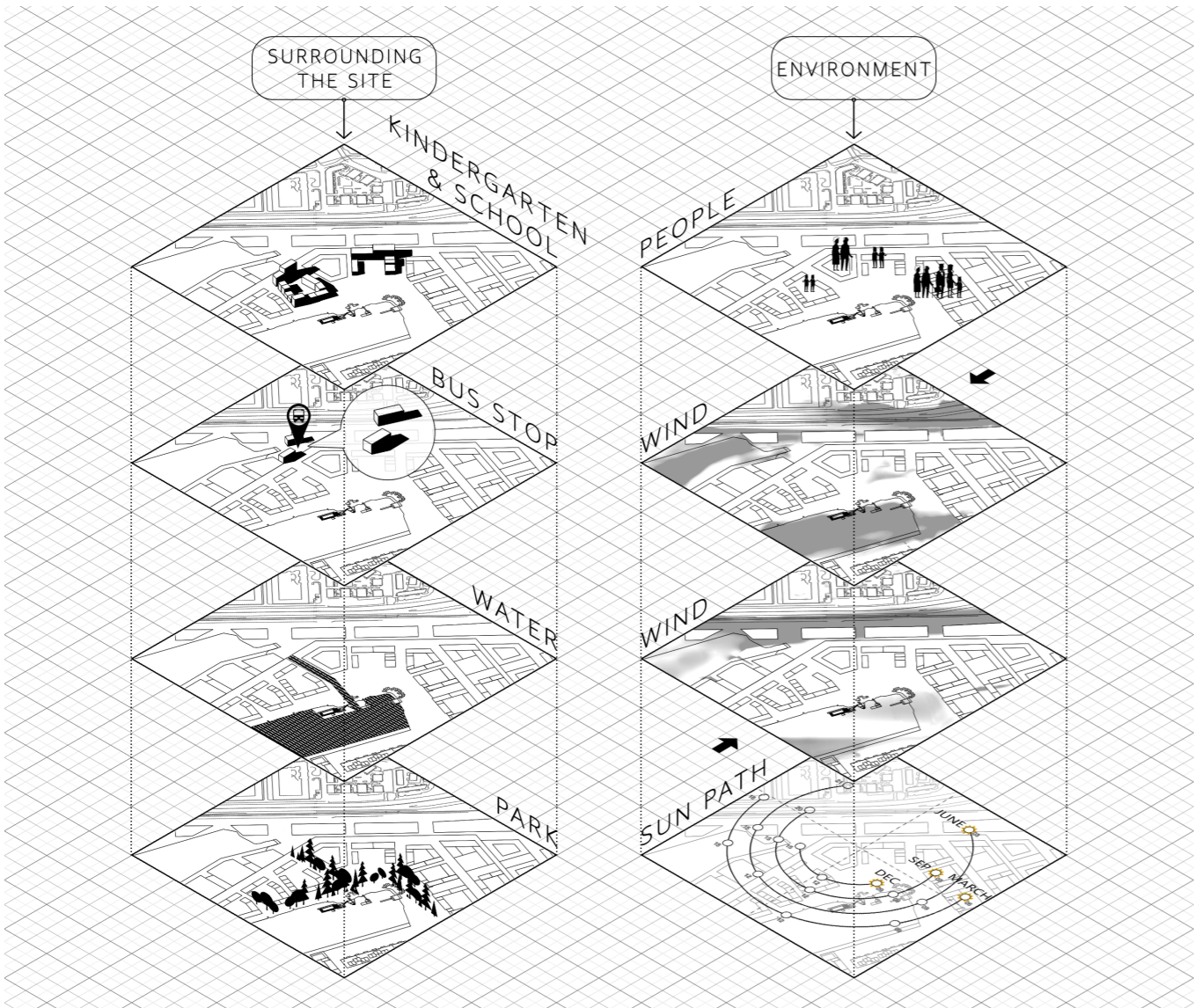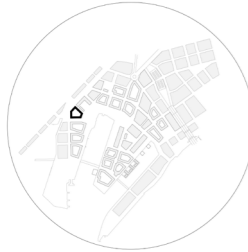

Senior Housing 1

SITE ANALYSIS
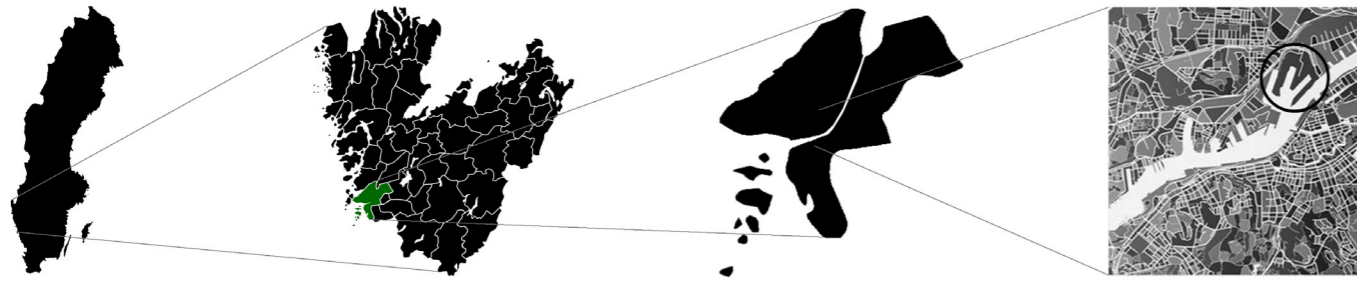
The project's site is Frihamnen in Gothenburg. Frihamnen is Gothenburg's inner harbor and is located on Hisingen, next to Götaälvsbrons north starting point. Frihamnen consists of three piers; Bananpiren, Norra Frihamnspiren and Kvillepiren. This project is located in Kvillepiren, which is most to the west of Frihamnen. Frihamnen is going to get developed into a dense inner city as a part of Gothenburg city center and is therefore connecting Gothenburg's northern and southern parts. The neighbourhood of Frihamnen is going to be social, economic and environmental sustainable with a dense and green mixed city. In Frihamnen different types of accommodations, jobs, activities and a park next to the water is planned.

SURROUNDING THE SITE

ENVIRONMENT

KINDERGARTEN & SCHOOL

PEOPLE

BUS STOP

WIND

WATER

WIND

PARK

SUN PATH

The kindergarten will be south, while the school will be north of the site. Could that create possibilities to let different generations meet? The bus stop will create movement nearby the site, how could this movement get into the site? Storm water management is planned south of the site, could this water be taken into advantage to create a calm environment? A park is connected with the site, how could the connection be more clear?
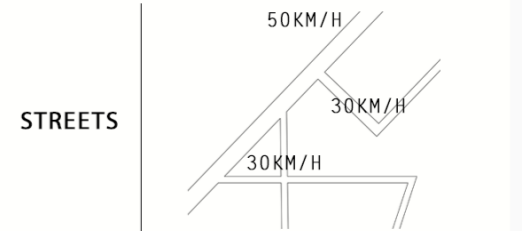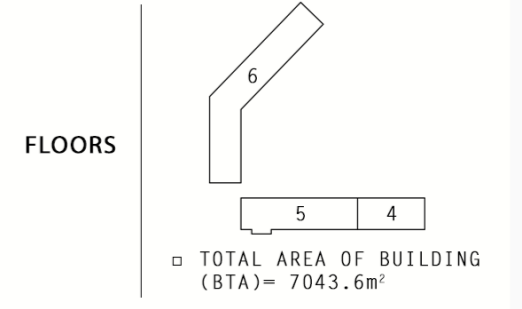
Environment. The sun path shows how the sun moves in different seasons, the sun moves mostly from the east to the west. The wind will not affect the site so much, but it's mostly windy from the north-west direction. The people shows that it will be different people in different ages, how do we deal with that?

INFORMATION BOX

APARTMENTS	3 ROOM	2 ROOM	1 ROOM	GUEST ROOM		TOTAL
	70m²	48m²	39m²	26m²		52
	32	15	3	2		

SPACES	GREEN AREA	COMMERCIAL AREA
	□ AGRICULTURE	□ SHOPS [1ST FLOOR]
	□ STORM WATER MANAGEMENT	□ SPA [1ST & 2ND FLOOR]
	□ GREEN HOUSE	□ LIBRARY [1ST FLOOR]

PROGRAM	ELDERLY	STAFF
	□ APARTMENTS	□ OFFICE / REST ROOM
	□ COMMON SPACE	□ CONFERENCE ROOM
	□ COMMON LAUNDRY ROOM	□ ROOM FOR CLEANERS
	□ MEETING POINTS	GUEST
	□ STORAGE WITH ROOF TERRACE	□ 2 MINI APARTMENTS

FLOORS

6

5 | 4

□ TOTAL AREA OF BUILDING (BTA)= 7043.6m²

STREETS

50KM/H

30KM/H

30KM/H

CONCEPT

The project's concept is green and communication. The green concept is consisting the concept of water, green house and the agriculture. The idea is to create a calm and recovering architecture and environment. The water is going to be connected into the site. The green house will be public and is for the elderly to enjoy this type of environment. The agriculture will be connected to the park and is going to be a place for the different generations to meet, and at the same time to be able to take part of the growing food for own usage for the elderly. The green project will affect the communication concept. More communication will appear when places to stay will be created and the agriculture and commercial or public places in the program will make it possible to mix the generations. The last concept in the communication part is movement and the idea is to simplifying the movement by openings in the corner.
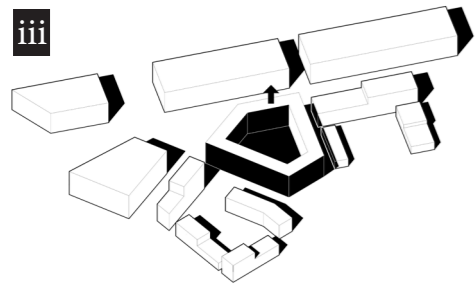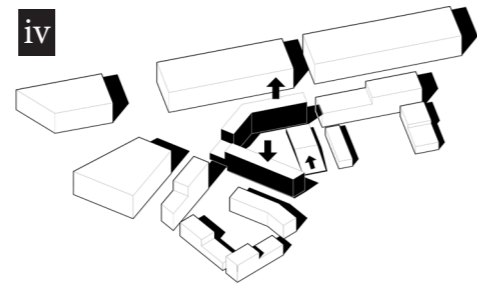

Water

Green House

Agriculture

Stay

Movement

Mixed Generation

Senior Housing 2

i
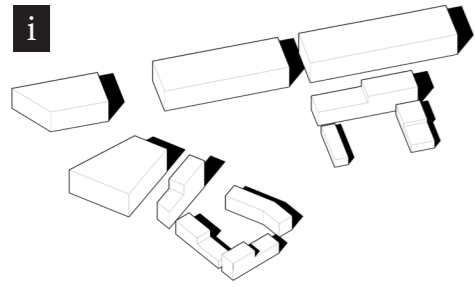
The volumes surrounding the site.

ii
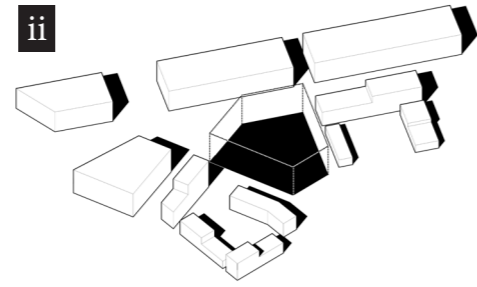
The volume is a whole block.

iii

The middle part of the block gets removed and a building following the border of the site is created.

iv

The south part of the block is lower to let more sunlight to get into the courtyard, while the other part of the block will be higher according to the wind. There will also be possibilities to go up on the roof on the smallest volume in the block.
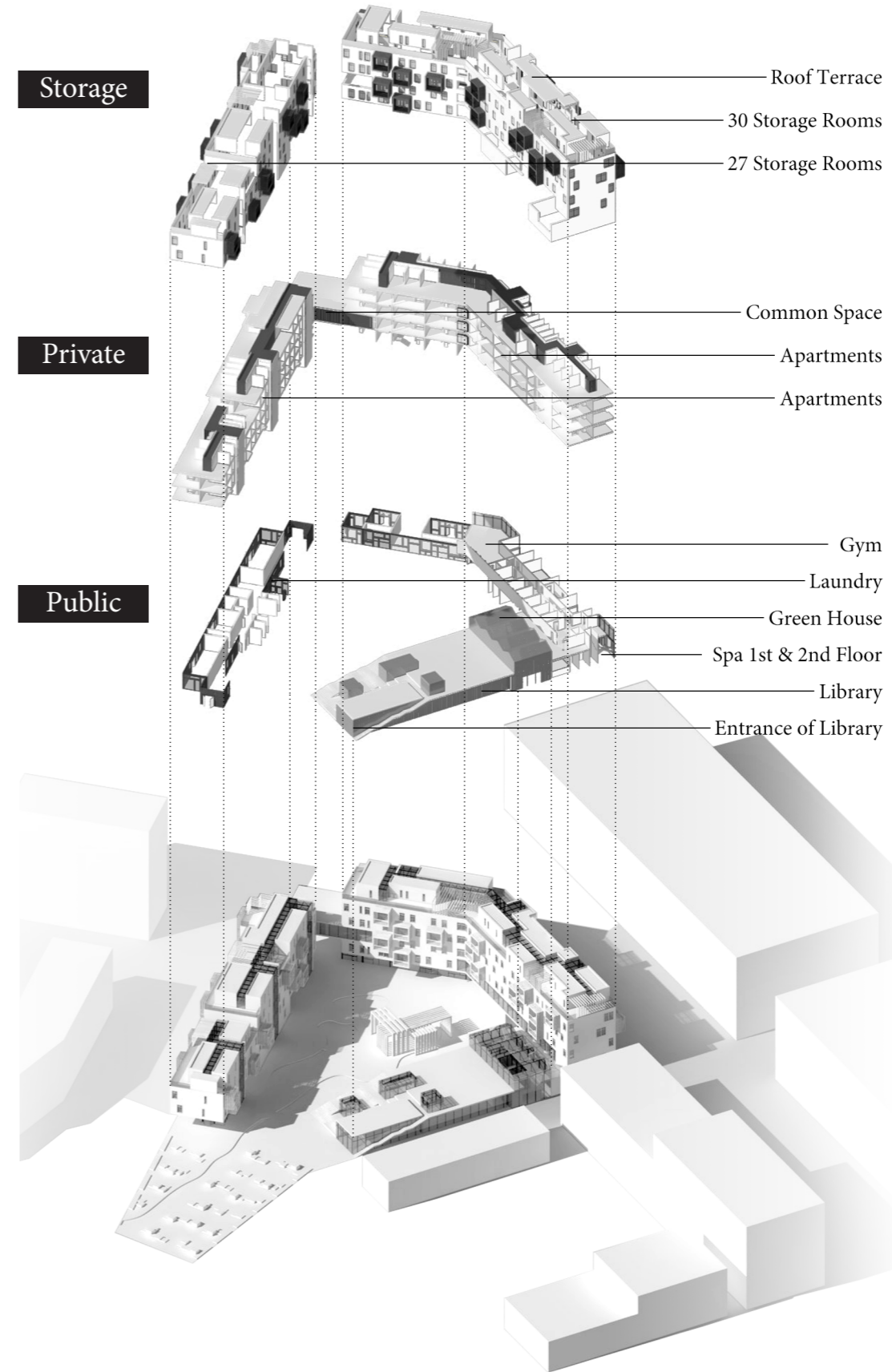
v
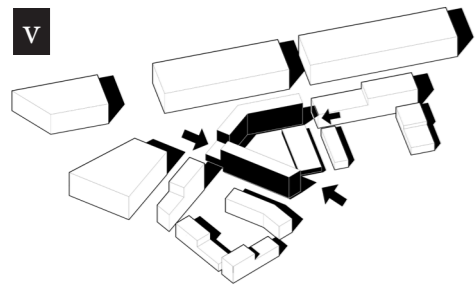
Openings to connect to the bus stop, school and the park is created. The possibilities to be able to move through will create mixture and meeting point to the different generations.

vi
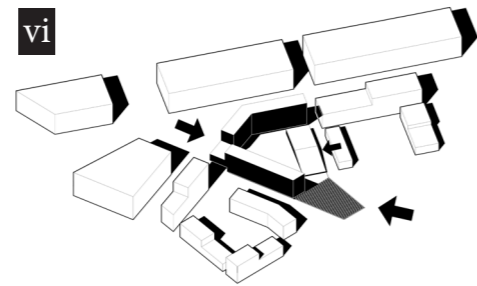
To connect the park with the site, agriculture will be planned in the east part of the site. To get stronger connection between the school, a library will be located in the smallest volume.

Storage

Private

Public

Roof Terrace
30 Storage Rooms
27 Storage Rooms

Common Space
Apartments
Apartments

Gym
Laundry
Green House
Spa 1st & 2nd Floor
Library
Entrance of Library

The idea is to create more vibrant streets for the people from the outside, which will create more movement and possibilities for the elderly to meet other people from other generations. So, on the first floor commercial program as the library, spa and different shops are going to be planned. The spa is going to be on the first and the second floor. There is also going to be more private meeting points only for the elderly on the first floor. More outdoor space that also are going to be on the first level is the semi-private courtyard with its storm water management and pavilion, which are going to create a calmer environment for the elderly in green spaces. The public agriculture, where different generation will meet, is going to be connected to the park. The public greenhouse is mainly on the second floor but on the first level the trees is going to be growing through the opening in the greenhouse. The greenhouse has possibilities to pass through for all people.

After this more commercial program the apartments are going to be from the second floor and above. The common space is going to be in the box, which connects the two building volumes. The space for the staff is going to be connected to the common space. Above the apartments, the storage for the flats are going to be planned and will be easy reachable. In the same level as the storage private roof terraces will be designed, which will create possibilities to get a nice view.
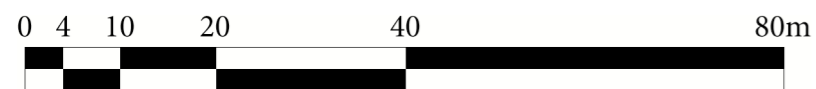
N
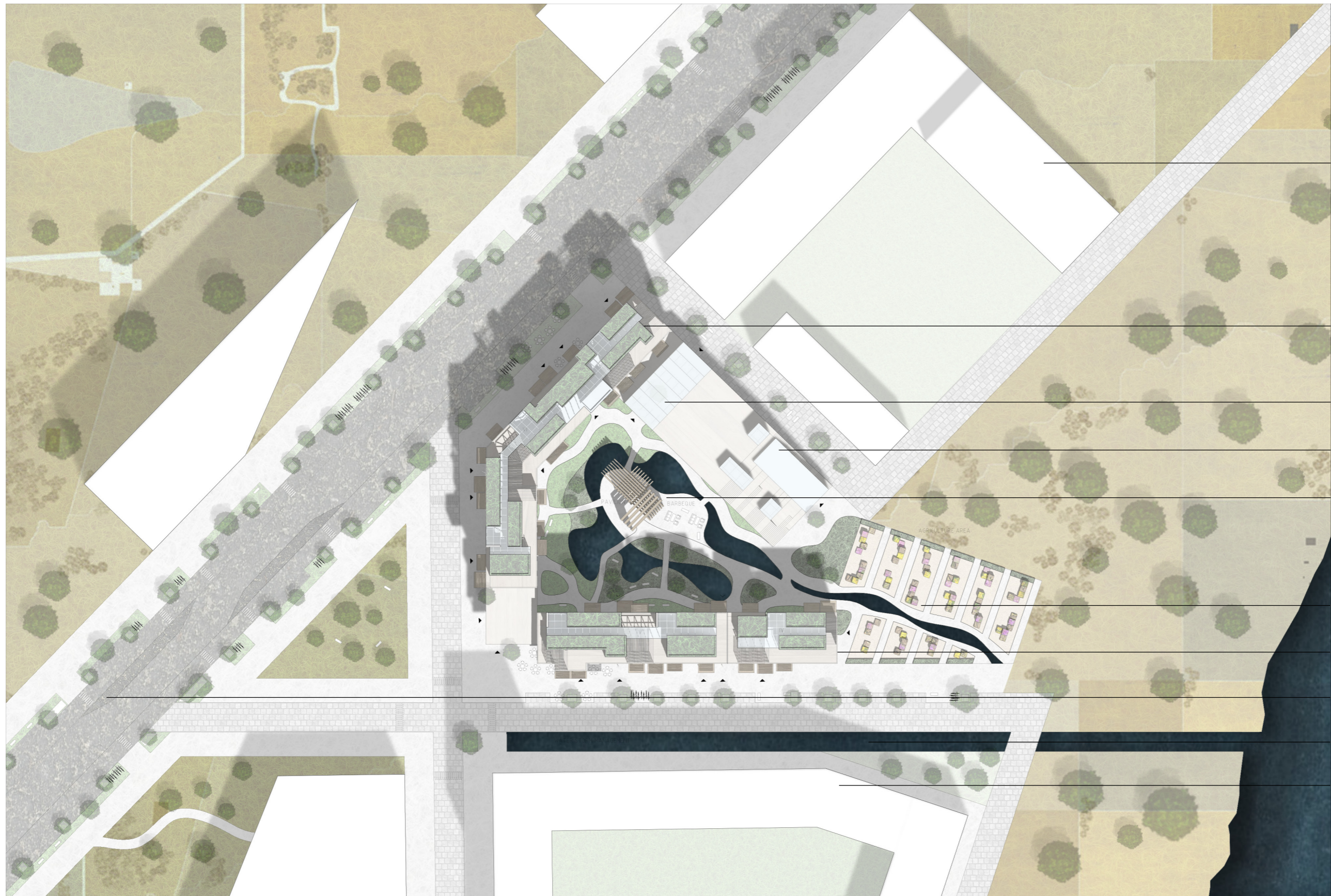
School

Spa

Green House

Library

Courtyard

Agriculture

Apartment

Bus Station

Water

Kindergarten

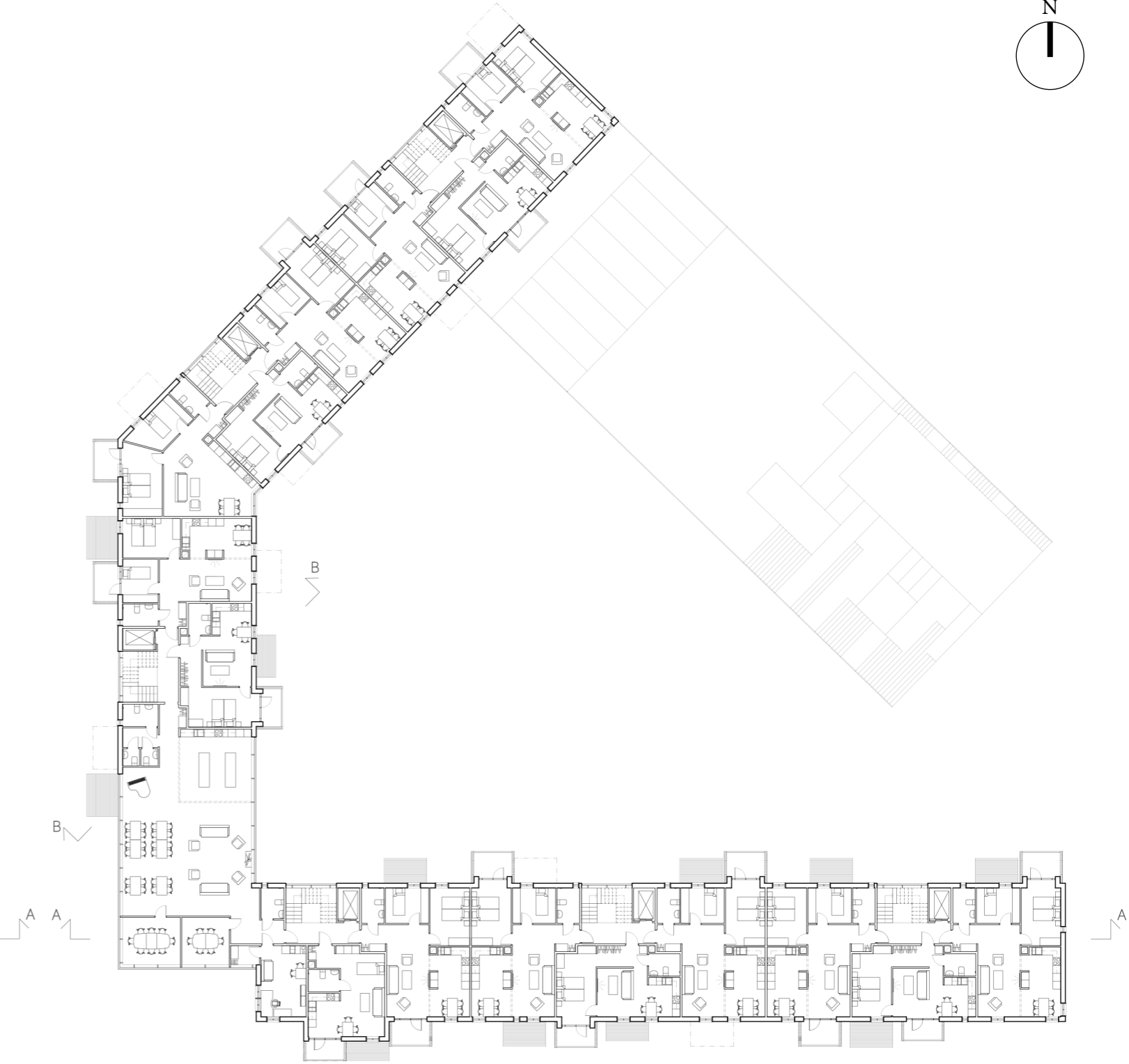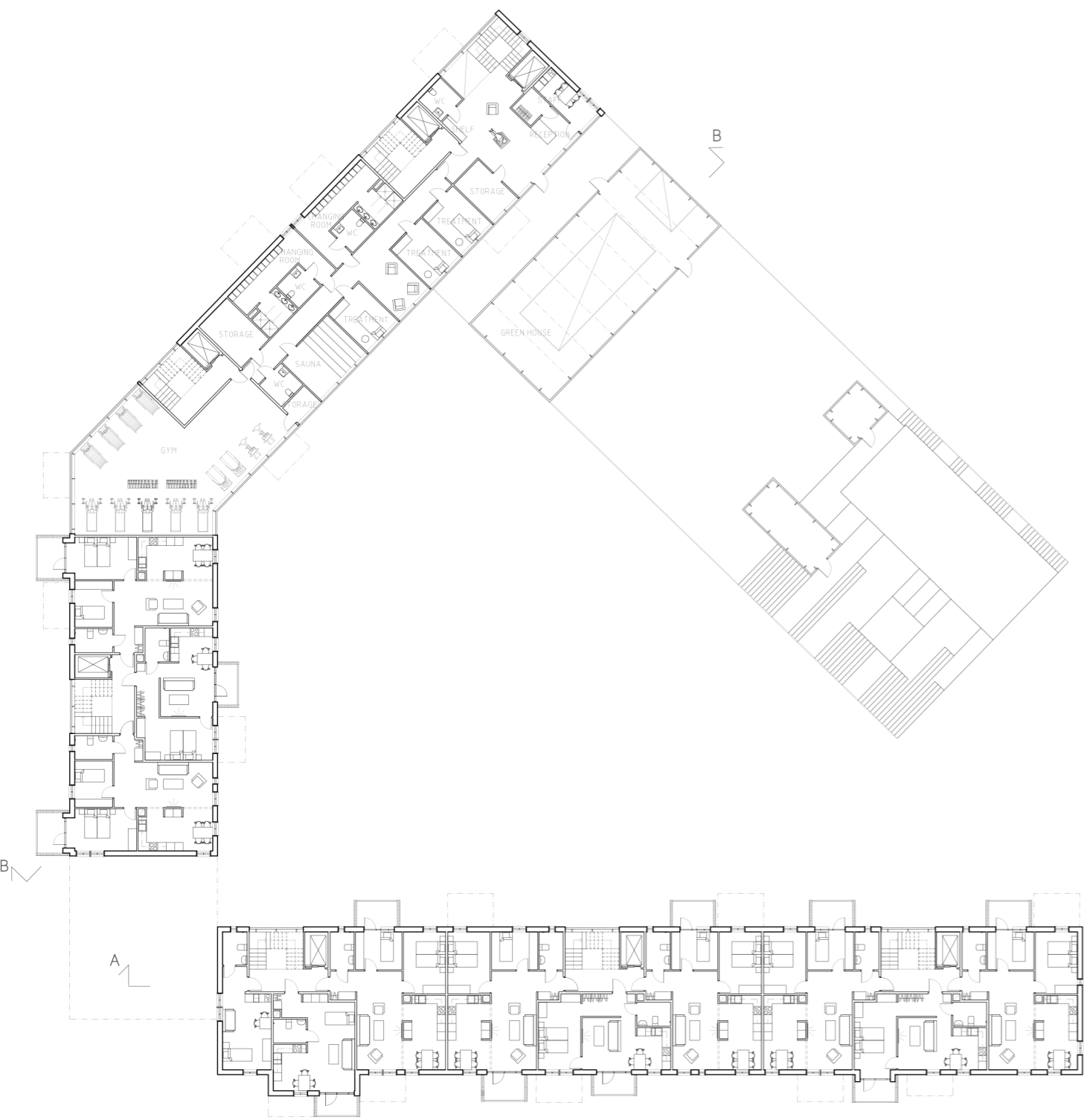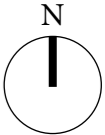0 4 10   20   40   80m

Senior Housing 4

N

An open first plan creates more movement and communication for the elderly. The mailbox is directly connected to the laundry, sitting place and the storage for wheelchairs and strollers. The first floor is really important for the movement to get to the common space (which is on the third floor). It is the only floor (despite the storage floor) where the staircases are connected in a open plan and communication.

Shops and commercial places are also on the first floor, but they are external not connected to the seniors' program.

1. Entrance
2. Mailbox
3. Laundry
4. WC
5. Waste room
6. Room for cleaners
7. Storage for wheelchair and stroller
8. Electricity
9. Machine room
10. Ventilation room
11. Outdoor meeting point
12. Shops/Store
13. Spa
14. Green house
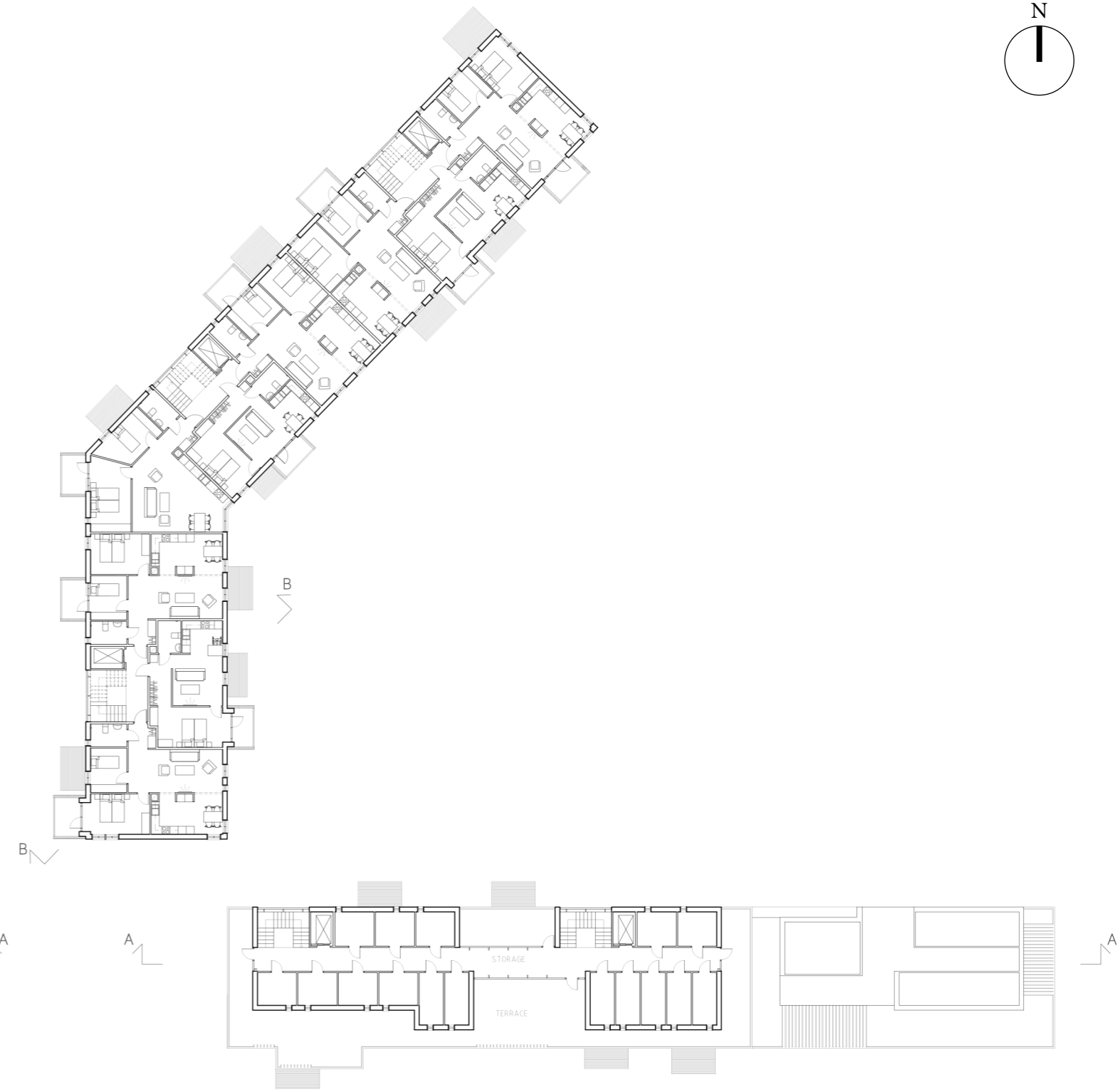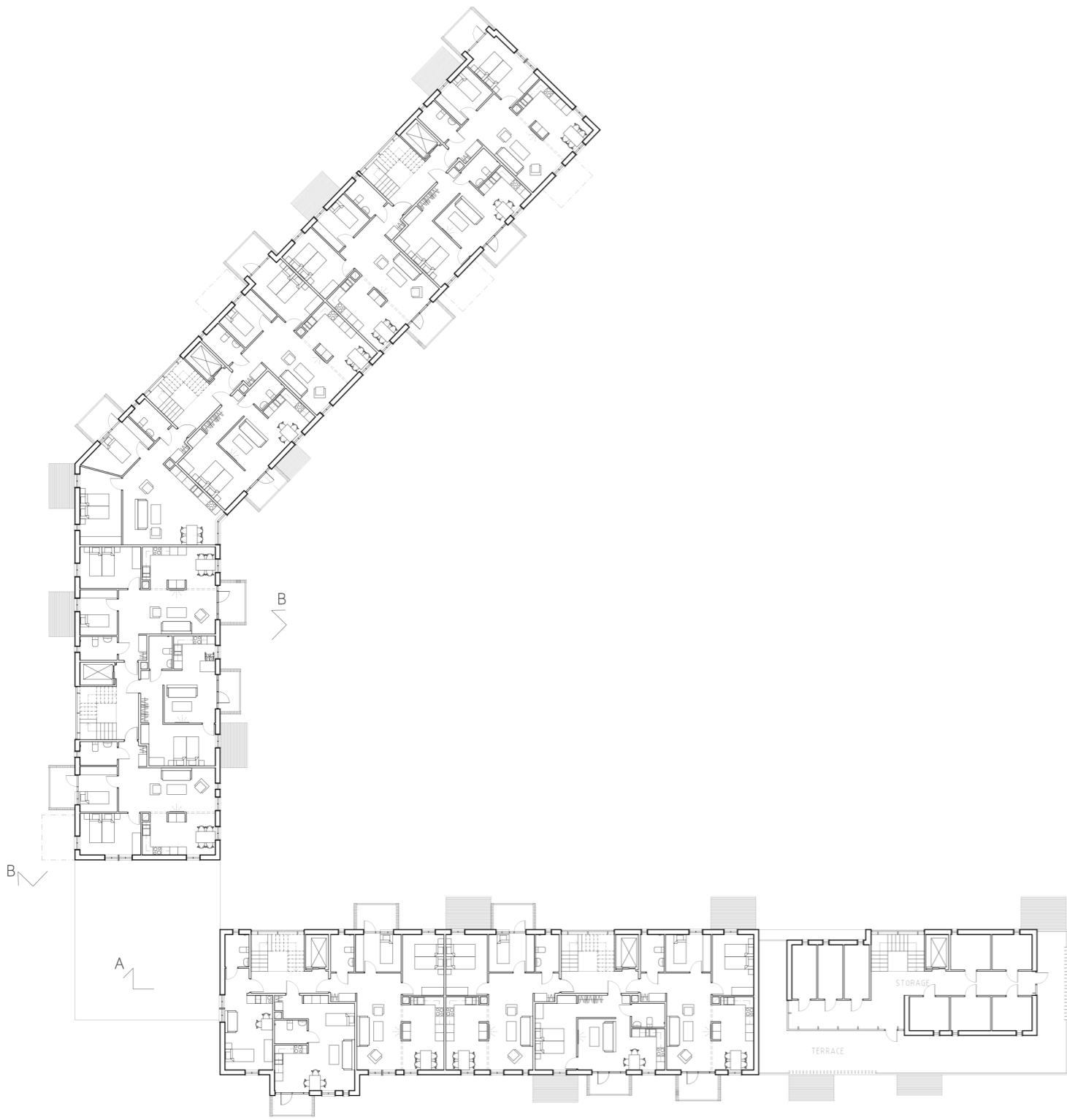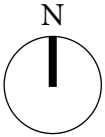15. Library
16. Pavilion
17. Barbeque
18. Agriculture

0 2   6   10   20   40m

Senior Housing 5

N

B

GYM

STORAGE

SAUNA

GREEN HOUSE

B

A

A

B

B

A

A

0 2   6   10   20   40m

Senior Housing 6

N

B

B

A

A

STORAGE

TERRACE

B

B

A

A

STORAGE

TERRACE

0 2   6   10   20   40m

Senior Housing 7

SIXTH FLOOR PLAN 1:400

N

STORAGE

TERRACE

B

B

A

A

0 2   6   10   20   40m

GUEST ROOM PLAN 1:100

10500

5550   1800   2550

3950

3450

1750

2250

KIF
UM

G
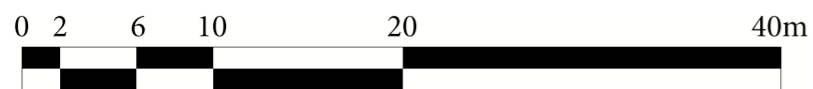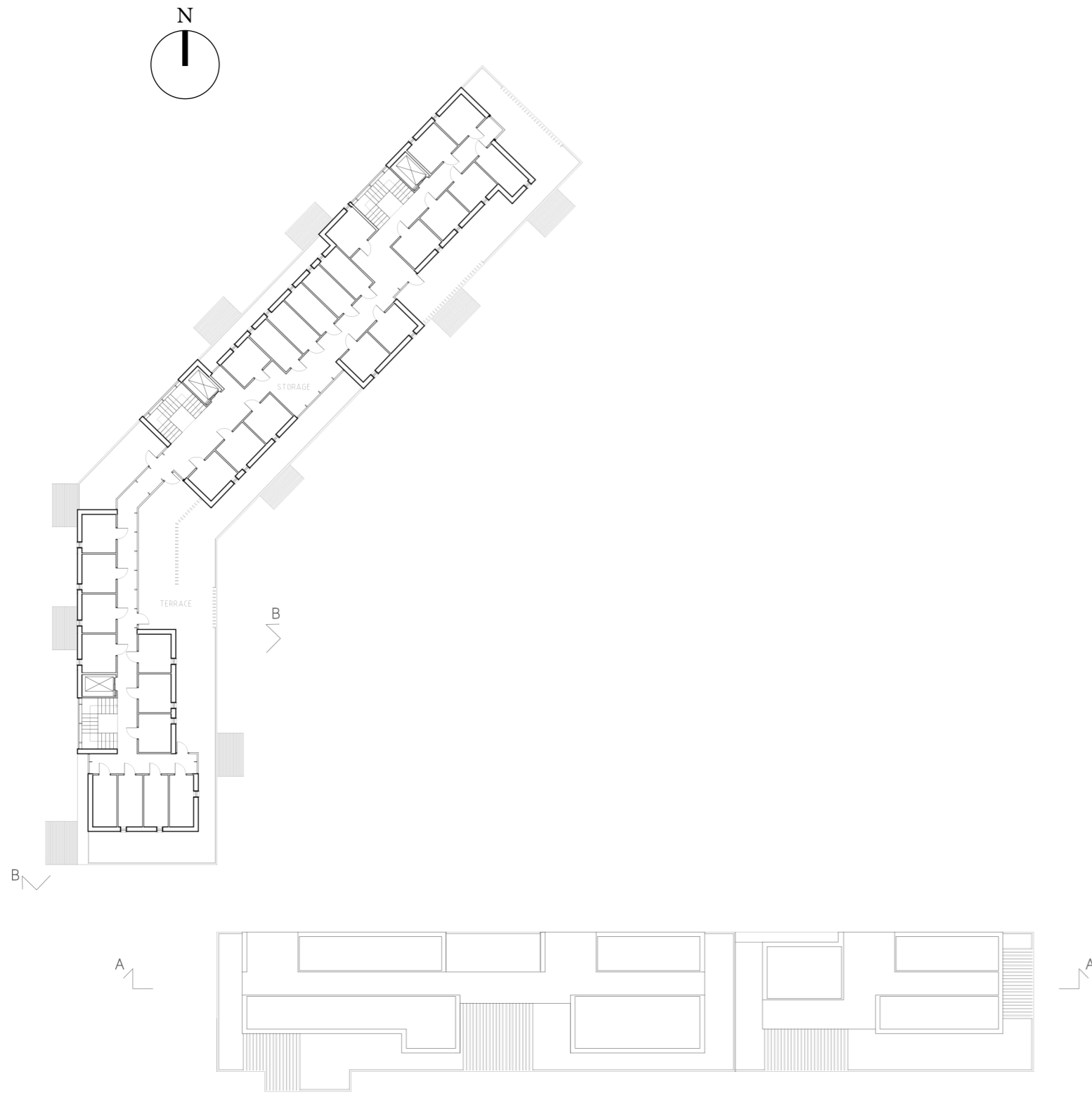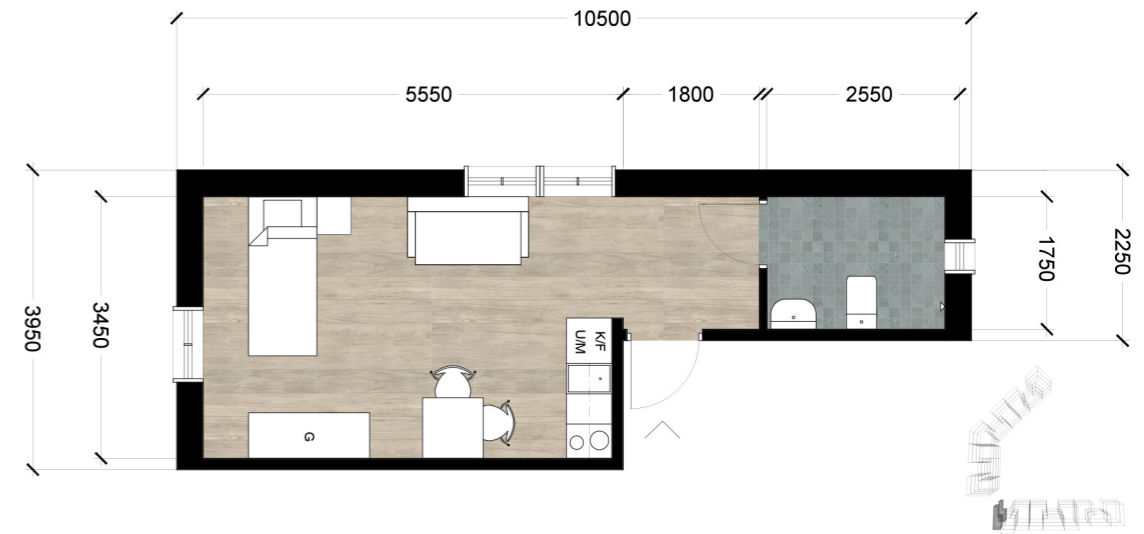
CORNER 3 ROOM APARTMENT PLAN 1:100

5350

2700

1700

2050

6850

5050

4800

5700

G

G

F

K

G

3000   6700

10500

0   1   2   3   4   5   10m

Senior Housing 8

3 ROOM APARTMENT PLAN 1:100
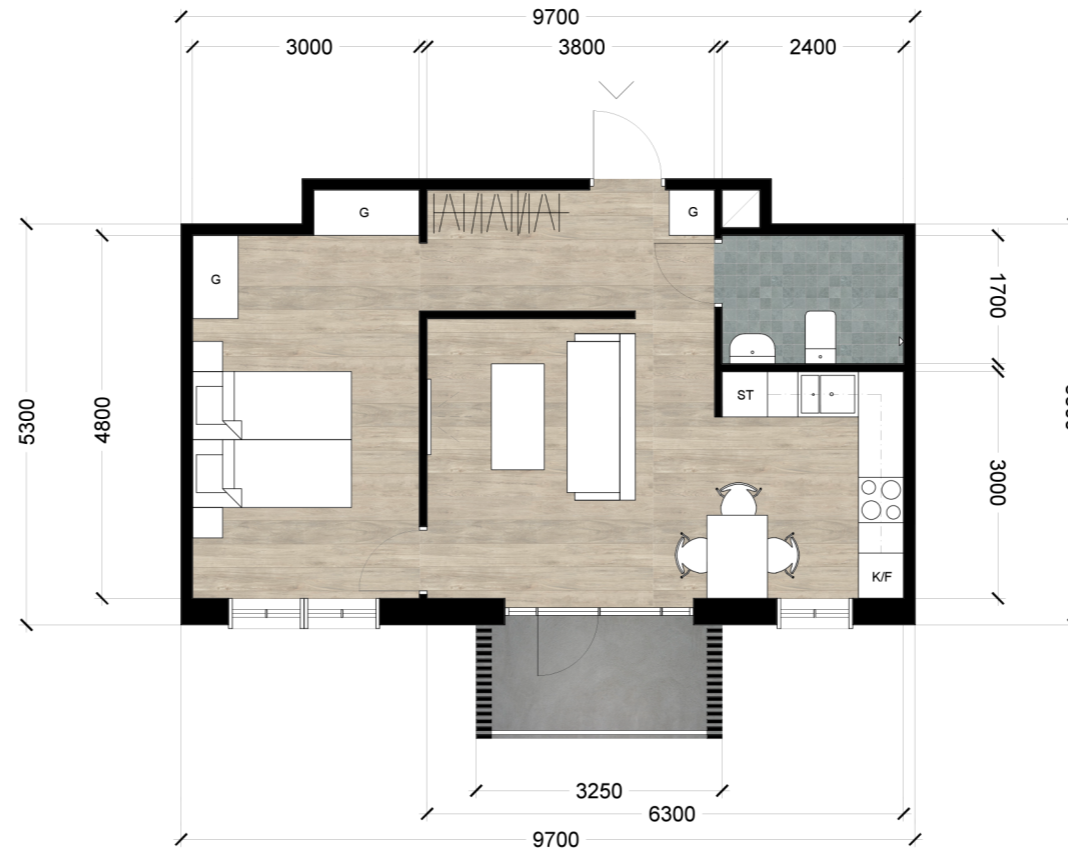

2 ROOM APARTMENT PLAN 1:100

1 ROOM APARTMENT PLAN 1:100
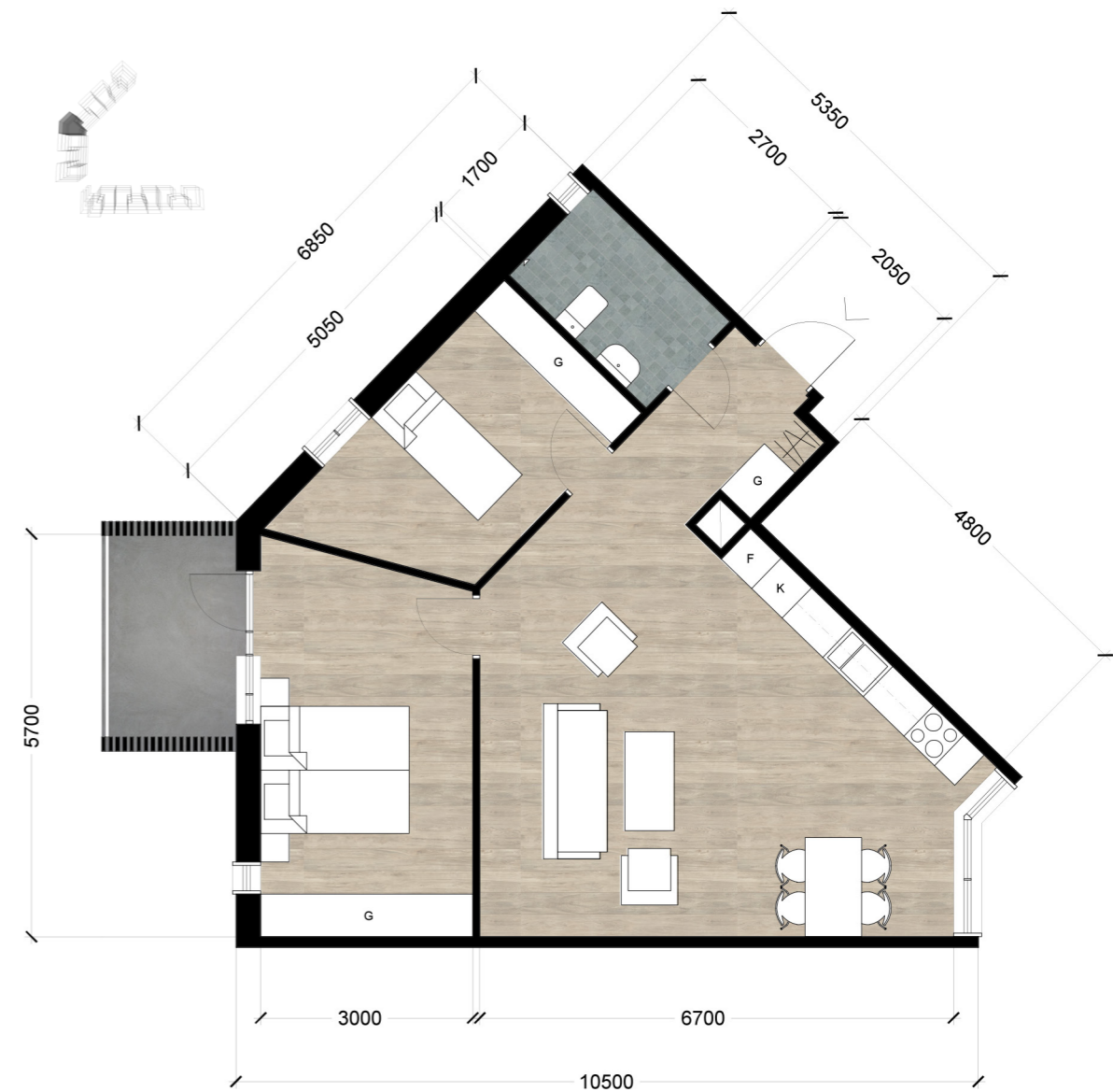
3 ROOM APARTMENT PLAN dimensions:
8500 (1700 / 3300 / 3000)
10500 (2700 / 2050 / 4800)
4400
5650
3200 / 6600
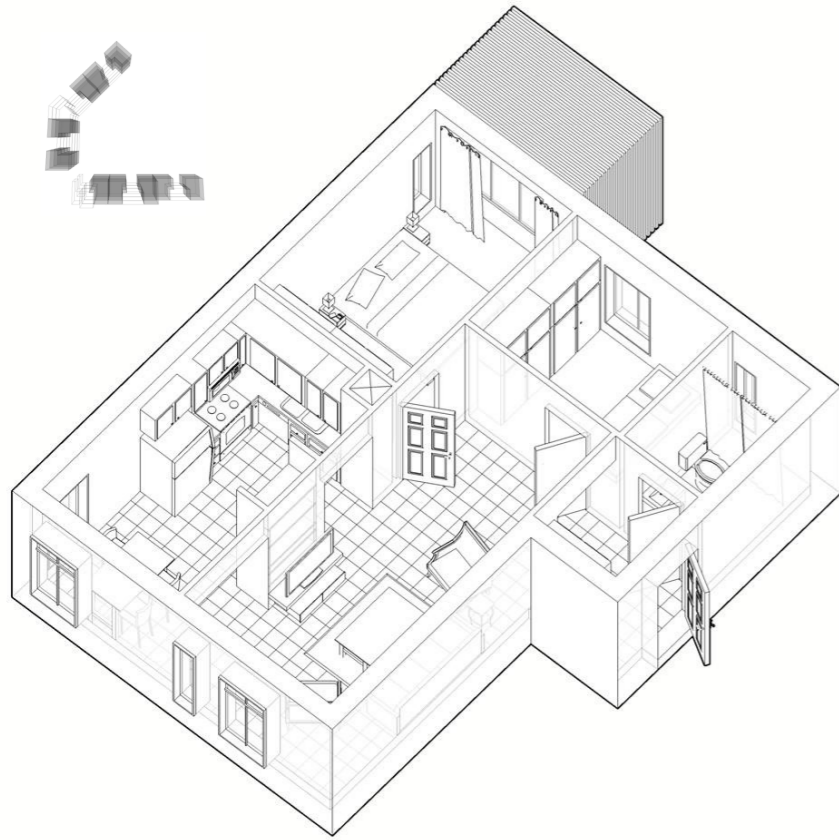
Senior Housing 9

2 ROOM APARTMENT PLAN dimensions:
9700 (3000 / 3800 / 2400)
5300 (4800)
1700 / 3000
3250 / 6300
9700

1 ROOM APARTMENT PLAN dimensions:
6100 (2000 / 3700)
1700 / 1700 / 3300
7400
6300
8300
2450 / 3350
6500
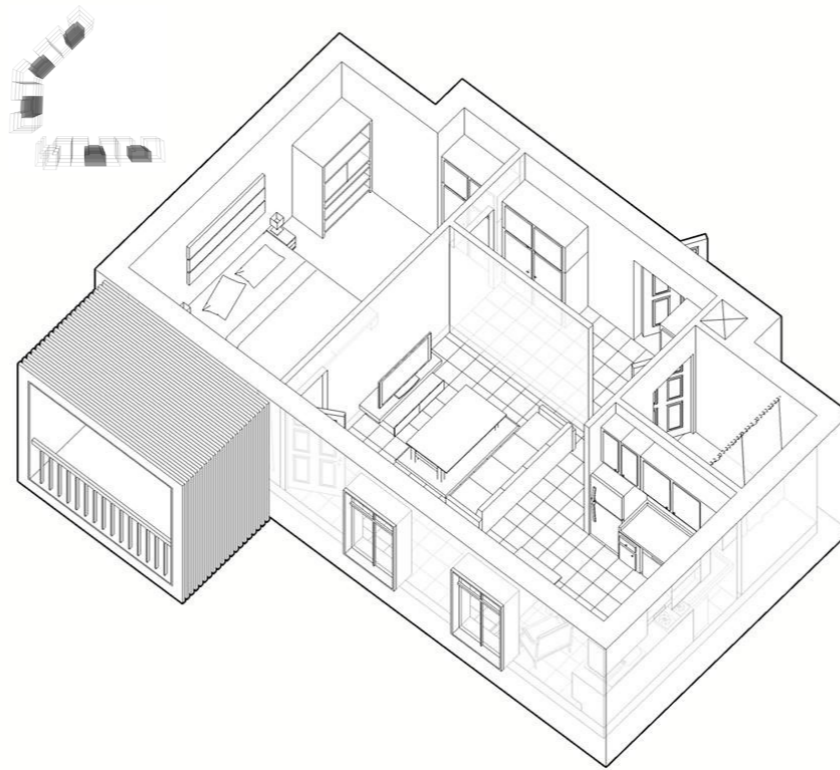
The design idea of the apartment is to create a semi-private and a private part. If the elderly need help in their apartment, like medical help then the staff are going to just interrupt in the semi-private part of the apartment. The semi-private space is that part next to the hall, consisting the bedroom and the bathroom. While the private part of the apartment is the kitchen and the living room. To even make it easier for the elderly in their apartments when they need to go to the bathroom (especially at night), the bedroom is in connection with the bathroom.

0 1 2 3 4 5 10m
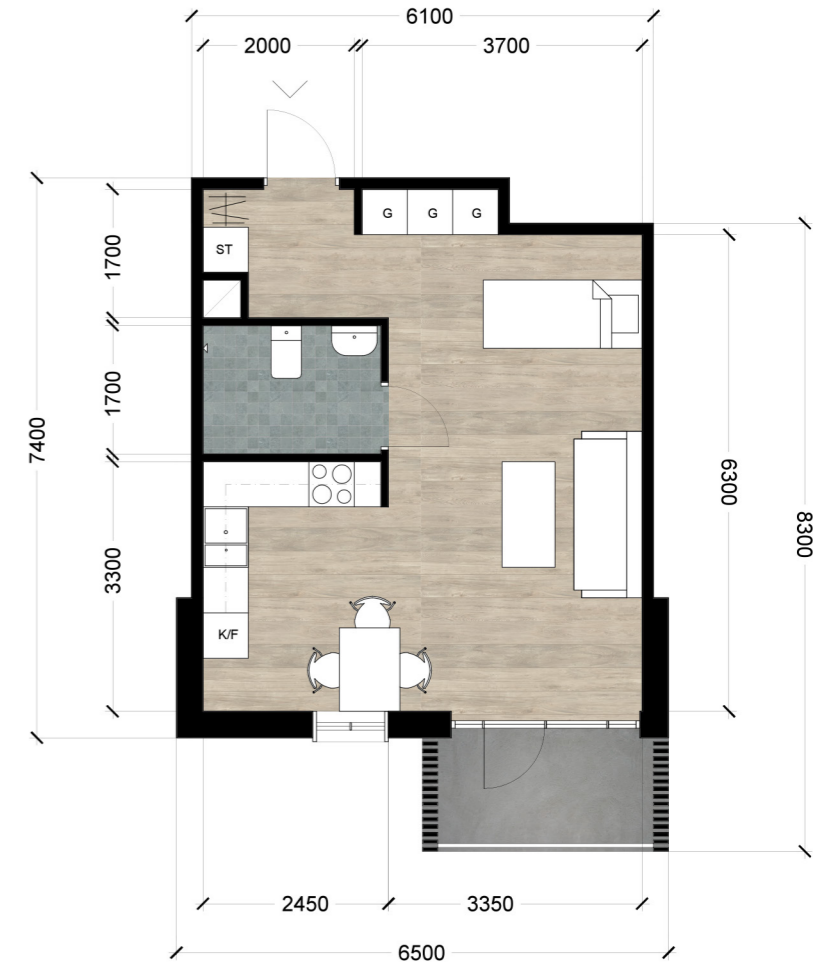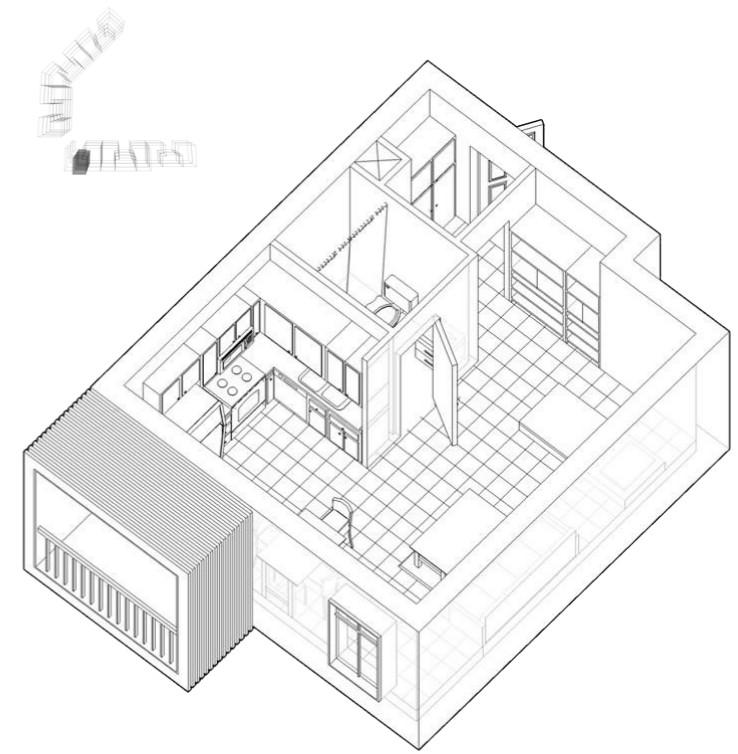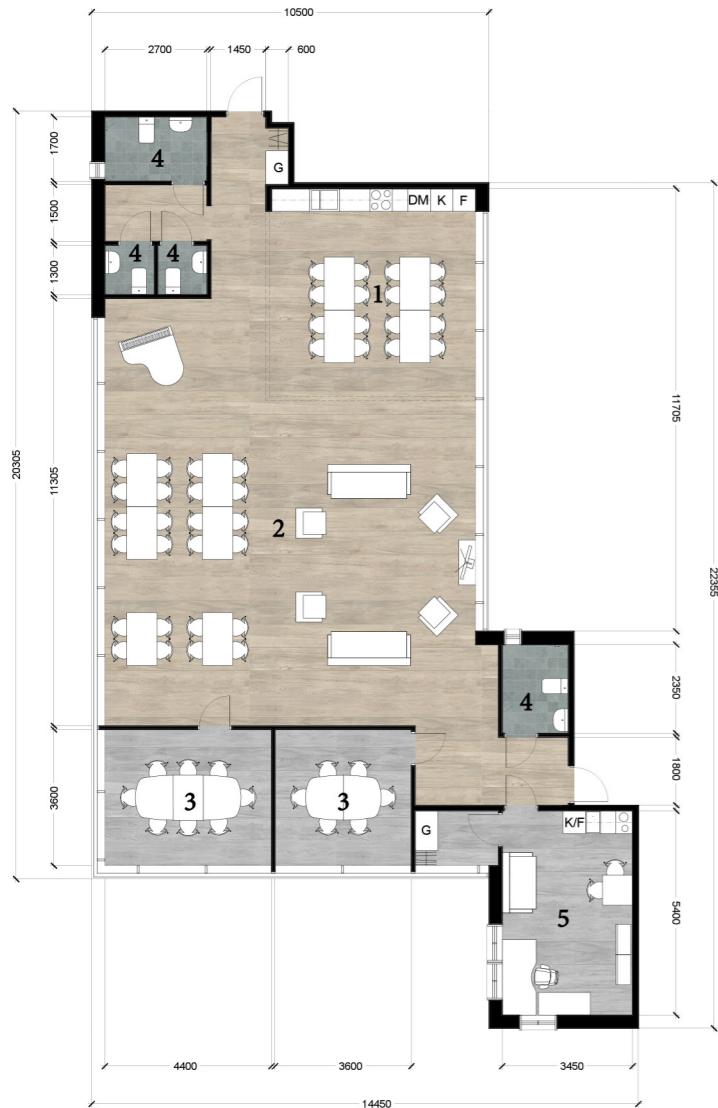
SPA FIRST FLOOR 1:200

1. Reception
2. Storage
3. Pool
4. Relax area
5. Snacks and fruits
6. Sauna
7. WC

COMMON SPACE 1:200
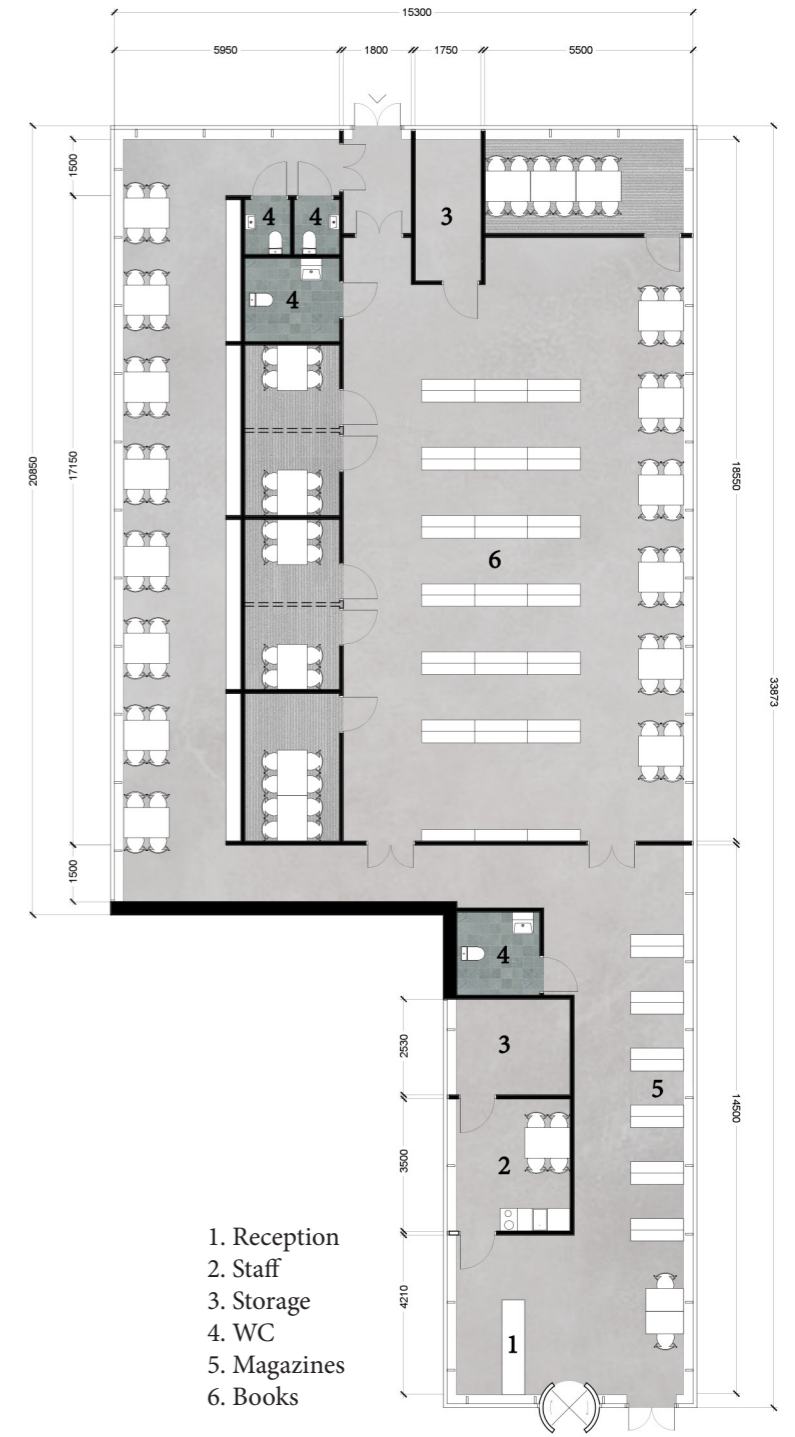

1. Common kitchen
2. Common living room
3. Conference room/
   Activity room
4. WC
5. Staff

SPA SECOND FLOOR 1:200

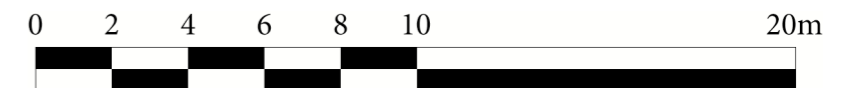1. Reception
2. Storage
3. Staff
4. Changing room (staff)
5. Waiting area
6. WC
7. Changing room
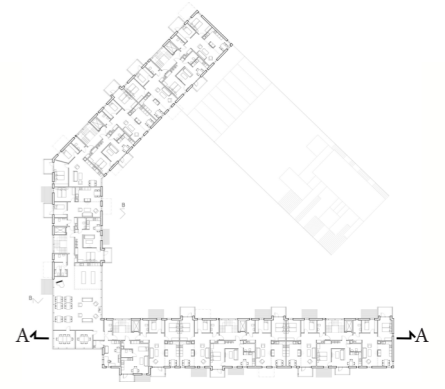8. Showers
9. Treatment room
10. Relax area
11. Sauna
12. Gym

LIBRARY 1:200
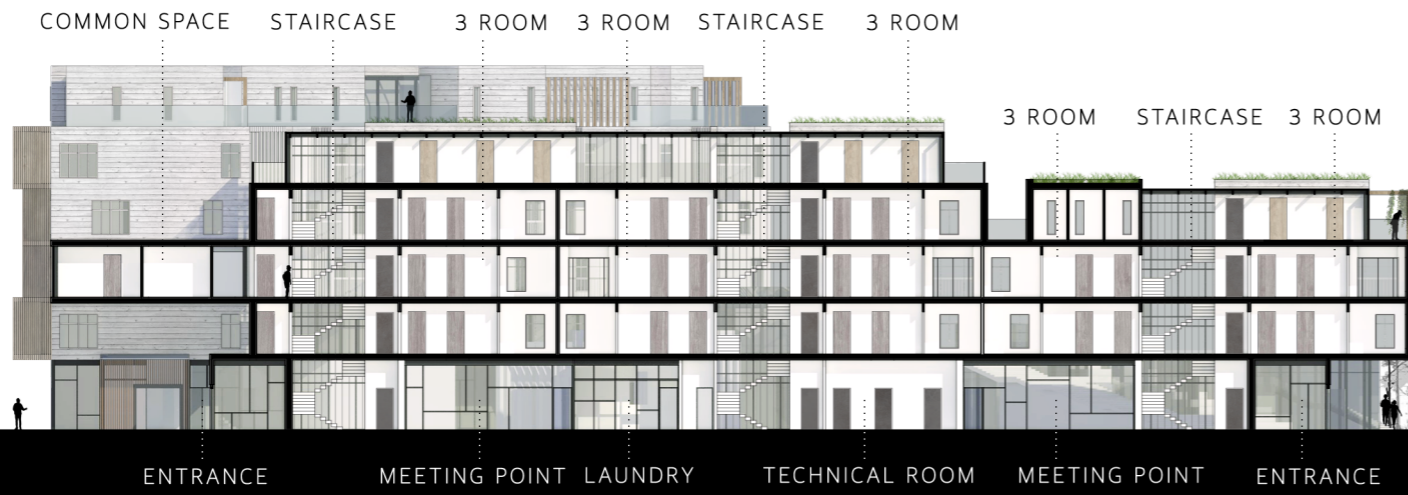

1. Reception
2. Staff
3. Storage
4. WC
5. Magazines
6. Books

0 2 4 6 8 10   20m

Senior Housing 10

SECTION A-A 1:400

COMMON SPACE   STAIRCASE   3 ROOM   3 ROOM   STAIRCASE   3 ROOM

3 ROOM   STAIRCASE   3 ROOM

ENTRANCE   MEETING POINT   LAUNDRY   TECHNICAL ROOM   MEETING POINT   ENTRANCE

The movement from the staircases to the first floor where the staircases are connected to get to the common space on third floor.
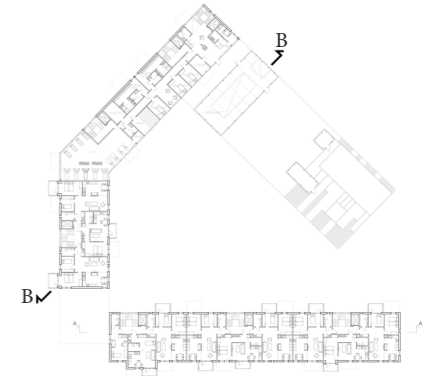
SOUTH FACADE 1:400

The idea of the facade design is to create a more vivid facade. The goal is not to get the facade to be repetitive and flat, but more playful with its irregular windows and the balcony boxes popping out.

WEST FACADE 1:400

Senior Housing 11

STORAGE

3 ROOM

3 ROOM

3 ROOM

3 ROOM

STORE

2 ROOM

2 ROOM

2 ROOM

2 ROOM

TERRACE

GREEN HOUSE

SPA

The connection between the private apartments, the semi-private courtyard and the public greenhouse.

EAST FACADE 1:400

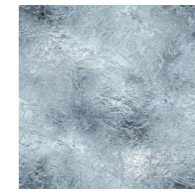

NORTH FACADE 1:400

COMMON SPACE

WOOD

Floor

PLASTER

Wall

GLASS

Windows

WOOD

Doors

WHITE WOOD

Facade

WOOD

Frames
Pavilion
Roof Terrace

GLASS

Windows
Doors
Storage Roof
Library Facade
Library Boxes

Black Aluminium

Windows
Doors Frame
Library Frame