

# HOSPICE

## AMONG HEATHER AND PINES



*An effortless place surrounded by heather and sunshine to help you and your relatives find acceptance, appreciate the values in life and finally let go.*



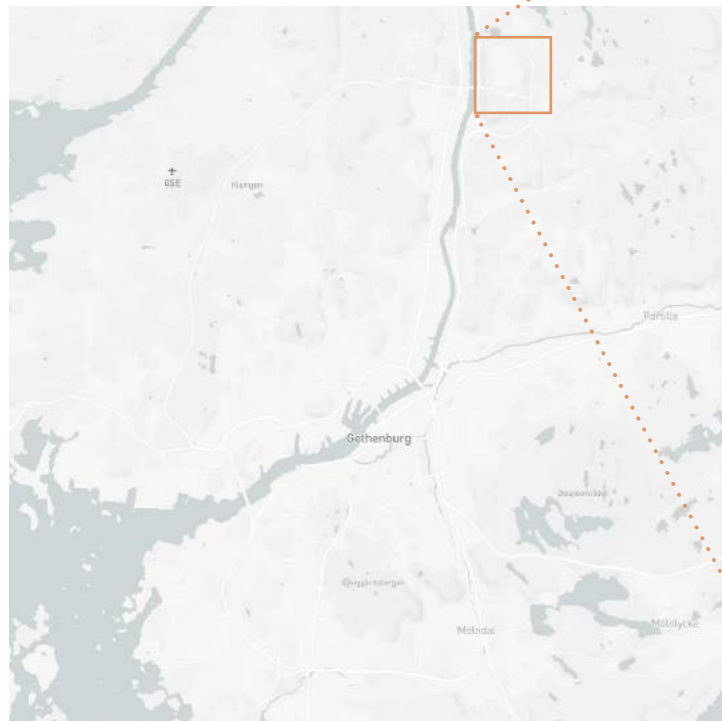
## HOSPICE



Palliative care is care given at the end of life. It is no longer about curing; it is about giving a painless and worthy time to enjoy the last days of life. A hospice is a place where people with incurable diseases can stay to get the right palliative treatment and to be helped with finding acceptance before death. Here you are no longer a patient, but a guest. The average hospice guest is an old person, spends most time in bed and stays at a hospice for about a month. But there are also young people, parents with children and active seniors.

Even though it is a sorrowful place the atmosphere of a hospice is joyful. It is about spending time with your family, remembering the adventures of your life, enjoying the moment with all your senses and finally letting go. In a hospice it is important to not hide away death, it is a natural part of life and by accepting that it might make it less frightening.

In the Swedish city Gothenburg, there are three hospices with approximately 10 guestrooms each. Now there are plans to build another hospice in the suburb Gårdsten.



## GÅRDSTEN



Gårdsten is located 10 kilometres from Gothenburg's centre. It was built 1969-72 and consists of homogenous apartment blocks surrounded by a circular road. The area suffered from a lot of social problems from start, but in 1997 the municipality of Gothenburg started the company Gårdstensbostäder to improve the living conditions. They have since then employed local people, renovated houses, added more services and activated youths.

There is a sustainable approach in their projects, like building a wind power station, making the old houses more energy efficient and placing solar panels on the roofs. Other actors are also engaged in the area like the restaurant school for youths who don't pass school. Today 8500 people live in the area with many different nationalities. The vision for 2025 is to grow with 3-4000 inhabitants and 1000 dwellings focusing on the outskirts.

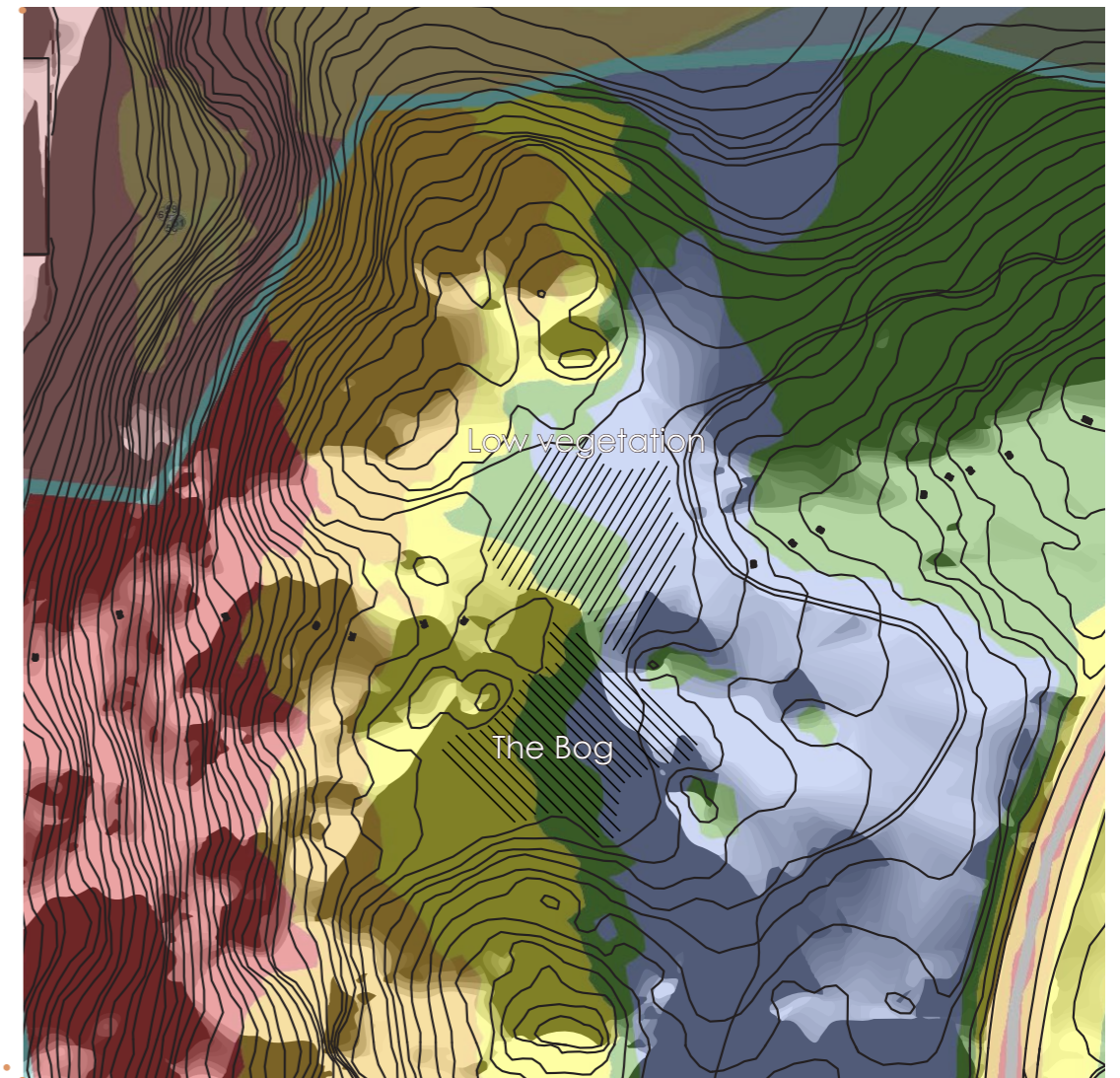
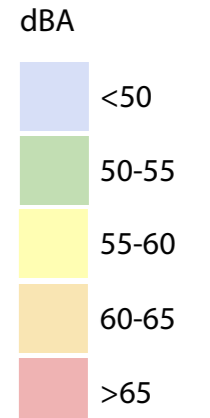


## PINE TREES AND HEATHER



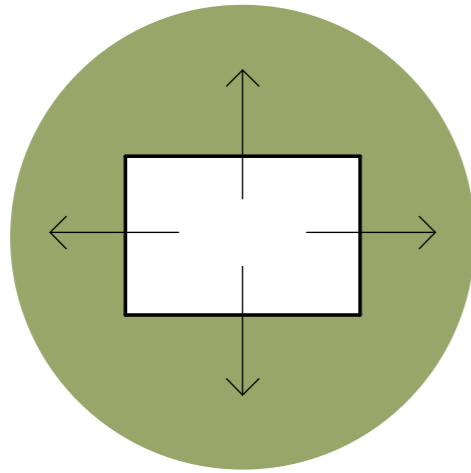
The site is located outside the circular road in the northwest corner of Gårdsten. In Gårdstensbostäders future vision there are plans to build residential and commercial buildings along the road.

The site is a forest landscape with a dramatic terrain. In the west there is a scarp sloping to the river Göta Älv and the highway. A walk path that leads to the nearby lake crosses the area. In between two hills the noise from the adjacent roads is shielded off and here the sun shines even during the darkest months. In the middle of the site the forest opens up to a bog giving longer sightlines. Next to it there is a sparse area with low vegetation, birches, pine trees, heather and grass through which you can get a glimpse of the sunny bog.

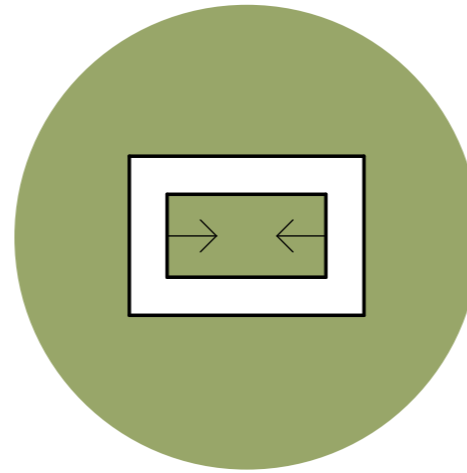


Noise map from Göteborg Stad and sun study from winter solstice at noon.

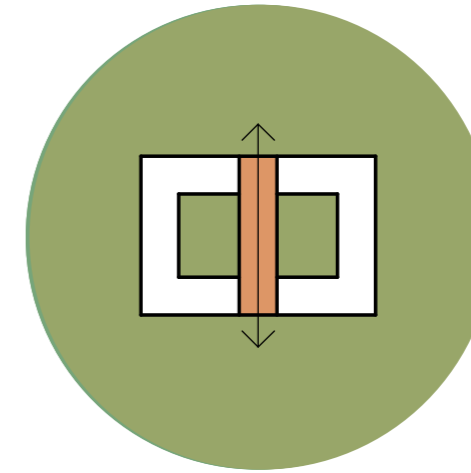
# DESIGN DEVELOPMENT



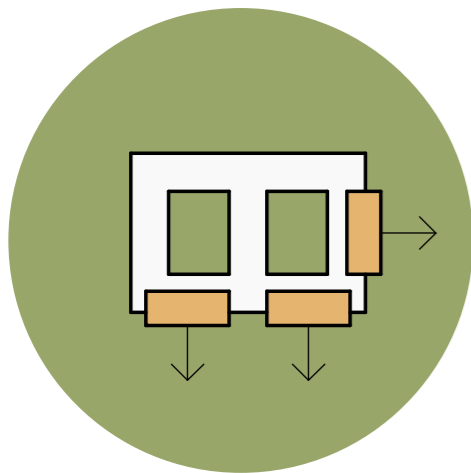
1. Accessible building on flat ground



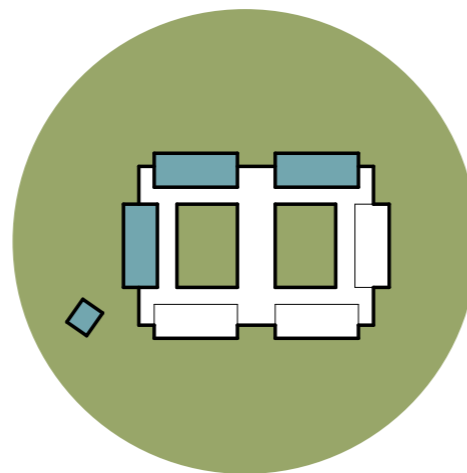
2. Courtyard for daylight



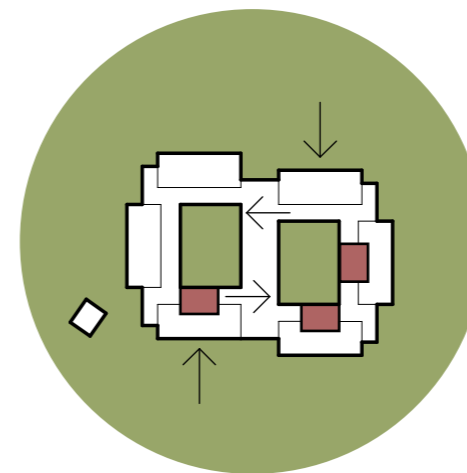
3. Social nave



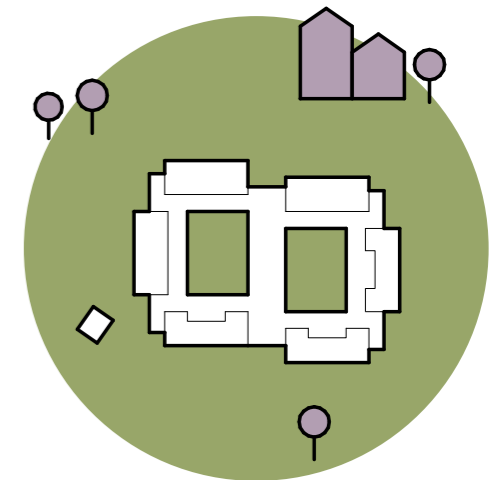
4. Guestrooms with sunlight



5. Staff, relatives and special rooms



6. Eliminate the corridor



7. Include Gårdsten

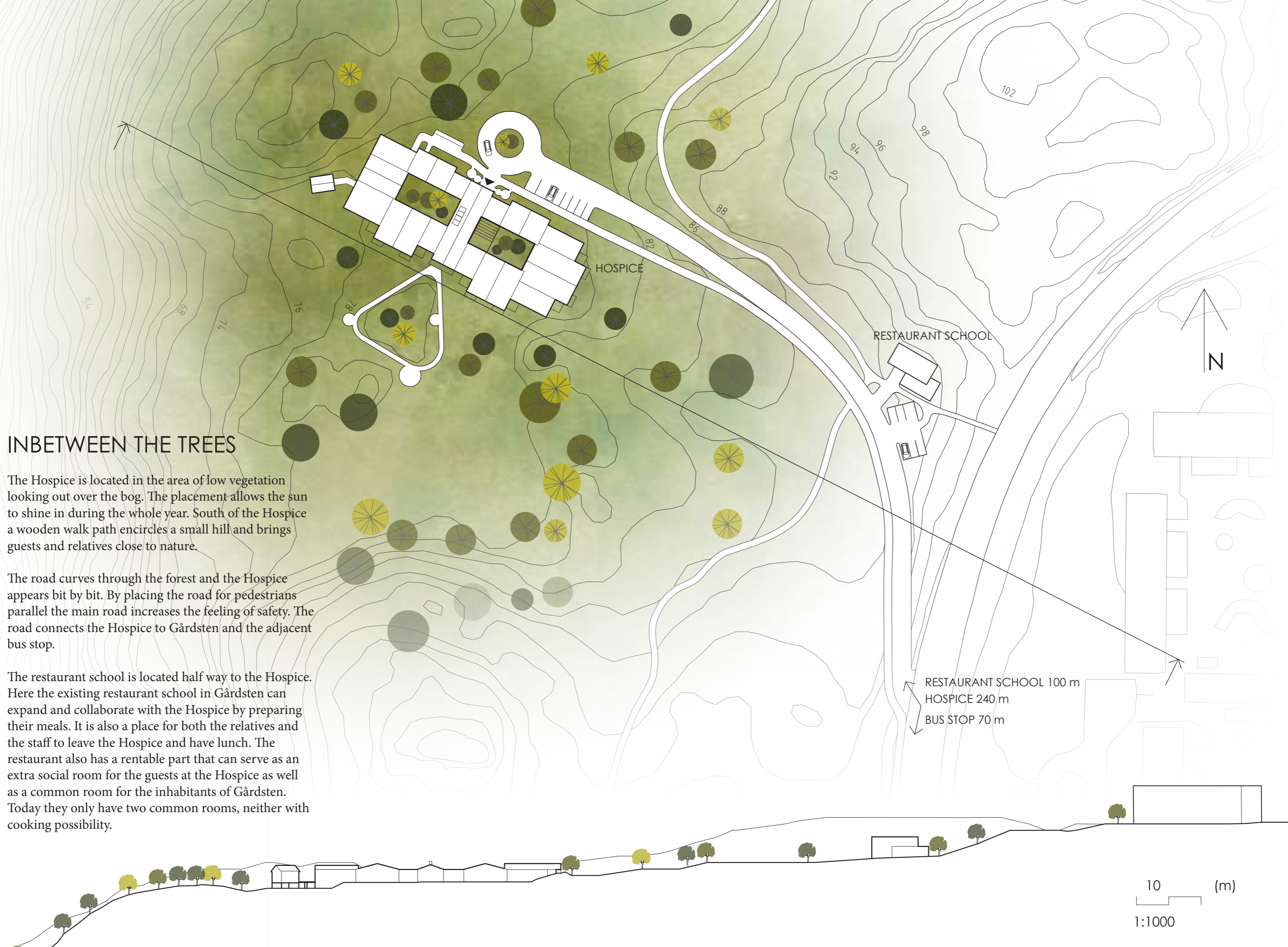


## INBETWEEN THE TREES

The Hospice is located in the area of low vegetation looking out over the bog. The placement allows the sun to shine in during the whole year. South of the Hospice a wooden walk path encircles a small hill and brings guests and relatives close to nature.

The road curves through the forest and the Hospice appears bit by bit. By placing the road for pedestrians parallel the main road increases the feeling of safety. The road connects the Hospice to Gårdsten and the adjacent bus stop.

The restaurant school is located half way to the Hospice. Here the existing restaurant school in Gårdsten can expand and collaborate with the Hospice by preparing their meals. It is also a place for both the relatives and the staff to leave the Hospice and have lunch. The restaurant also has a rentable part that can serve as an extra social room for the guests at the Hospice as well as a common room for the inhabitants of Gårdsten. Today they only have two common rooms, neither with cooking possibility.



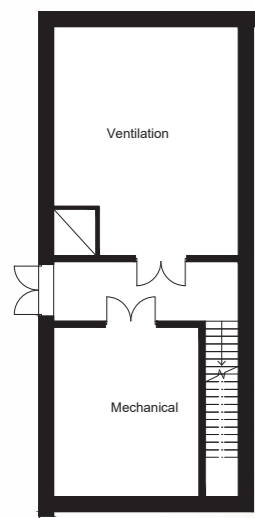
RESTAURANT SCHOOL

HOSPICE

RESTAURANT SCHOOL 100 m  
HOSPICE 240 m  
BUS STOP 70 m

10 (m)  
1:1000





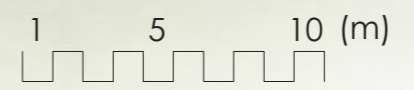
LEVEL 0



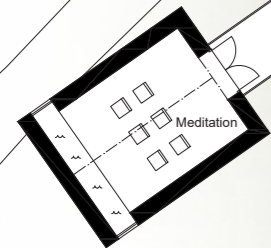
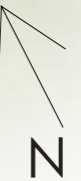
A ↓

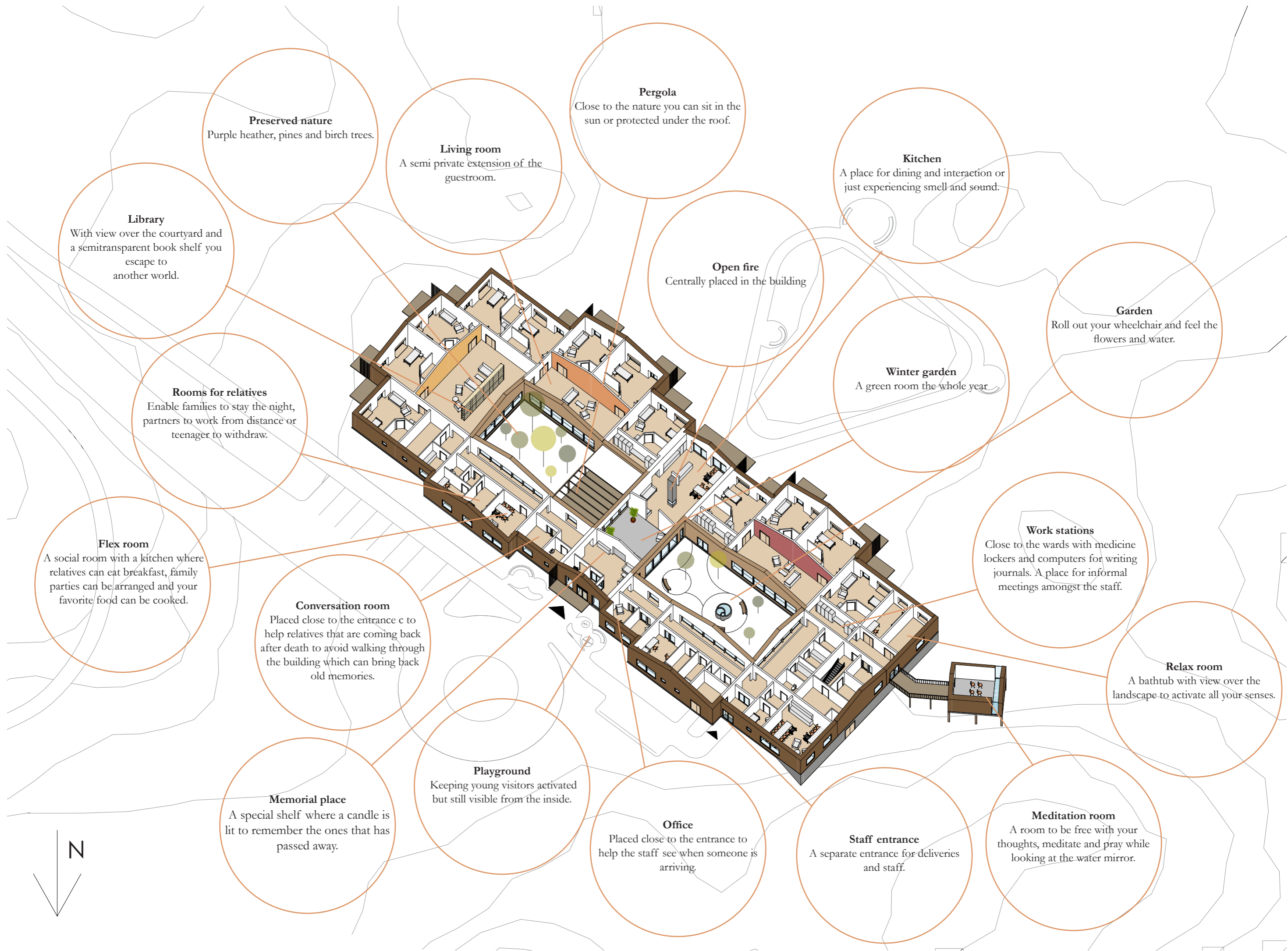
A ↓

B ↓



1:250





**Preserved nature**  
Purple heather, pines and birch trees.

**Living room**  
A semi private extension of the guestroom.

**Pergola**  
Close to the nature you can sit in the sun or protected under the roof.

**Kitchen**  
A place for dining and interaction or just experiencing smell and sound.

**Library**  
With view over the courtyard and a semitransparent book shelf you escape to another world.

**Open fire**  
Centrally placed in the building

**Garden**  
Roll out your wheelchair and feel the flowers and water.

**Rooms for relatives**  
Enable families to stay the night, partners to work from distance or teenager to withdraw.

**Winter garden**  
A green room the whole year

**Flex room**  
A social room with a kitchen where relatives can eat breakfast, family parties can be arranged and your favorite food can be cooked.

**Work stations**  
Close to the wards with medicine lockers and computers for writing journals. A place for informal meetings amongst the staff.

**Conversation room**  
Placed close to the entrance to help relatives that are coming back after death to avoid walking through the building which can bring back old memories.

**Relax room**  
A bathtub with view over the landscape to activate all your senses.

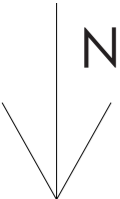
**Memorial place**  
A special shelf where a candle is lit to remember the ones that has passed away.

**Playground**  
Keeping young visitors activated but still visible from the inside.

**Office**  
Placed close to the entrance to help the staff see when someone is arriving.

**Staff entrance**  
A separate entrance for deliveries and staff.

**Meditation room**  
A room to be free with your thoughts, meditate and pray while looking at the water mirror.





# CLOSE TO NATURE



Studies show that looking at nature have a healing effect on people by reducing pain and stress levels. Throughout the Hospice there is always a view of nature, either the surrounding one or the courtyards.

The nature on the site consists of low vegetation with small birches and pines, which is being preserved on the courtyards to connect the inside to the outside. On one courtyard you experience the nature as it comes close to the windows and the terrace. On the other courtyard you can roll out the wheelchair and smell, taste and feel flowers and herbs as well as listening to the water fountain.

For the cold months there is a winter garden in the middle of the building bringing the nature inside. Here you can place your bed under the skylight, hear the rain fall on the glass and look out at the garden. On warm days you can open the sliding doors to the terrace and extend the room. You can sit under the beams covered in vines or chose to sit under the roof well protected from sun and rain.

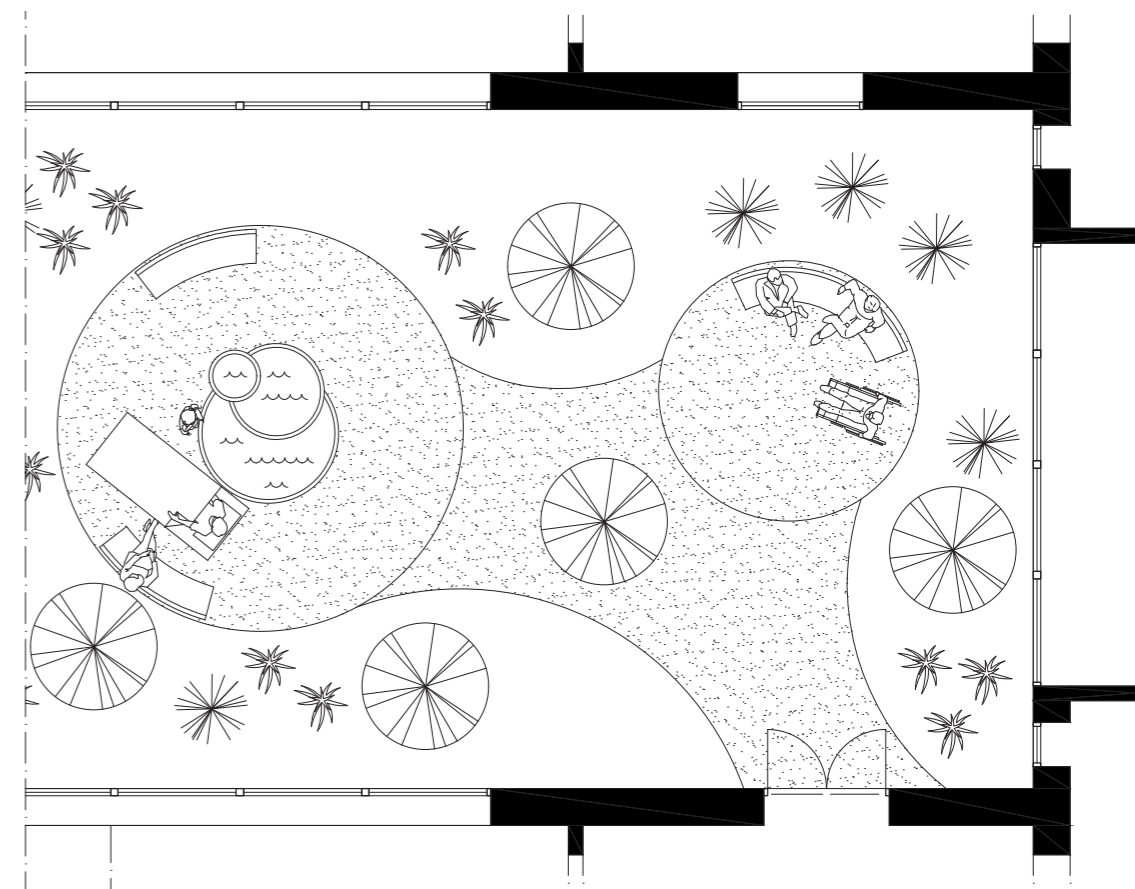
Each guestroom has a view of the natural scenery where the trees are getting sparse by the bog. You can easily roll out a bed from the room to the private terrace to be even closer to nature.

From the kitchen you can reach a terrace facing south from which you can continue on a walk path around the hill.

Keeping the site as green as possible is also good for water treatment and biodiversity. The flat roofs of the building are covered with sedum, which contributes to cleaner air, noise reduction and stabilizing temperatures.

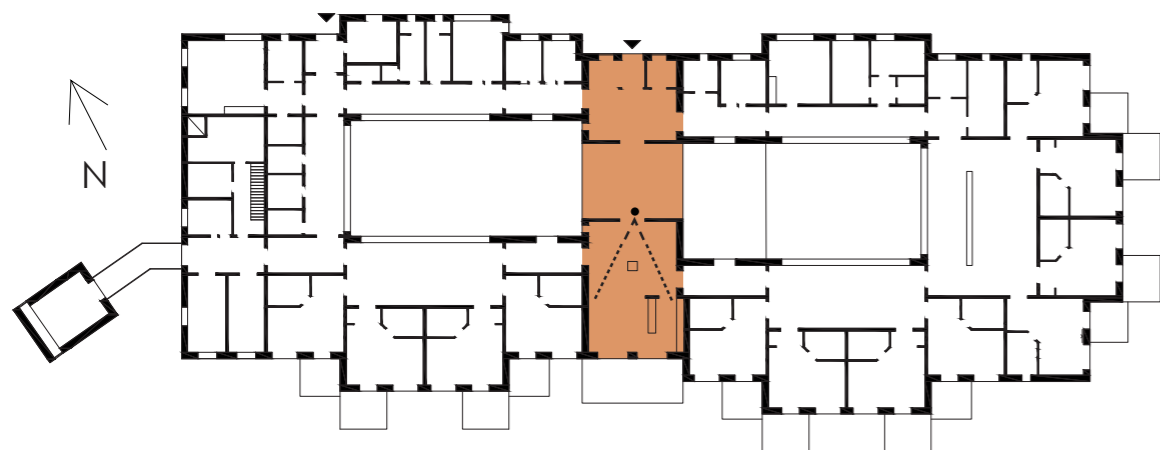
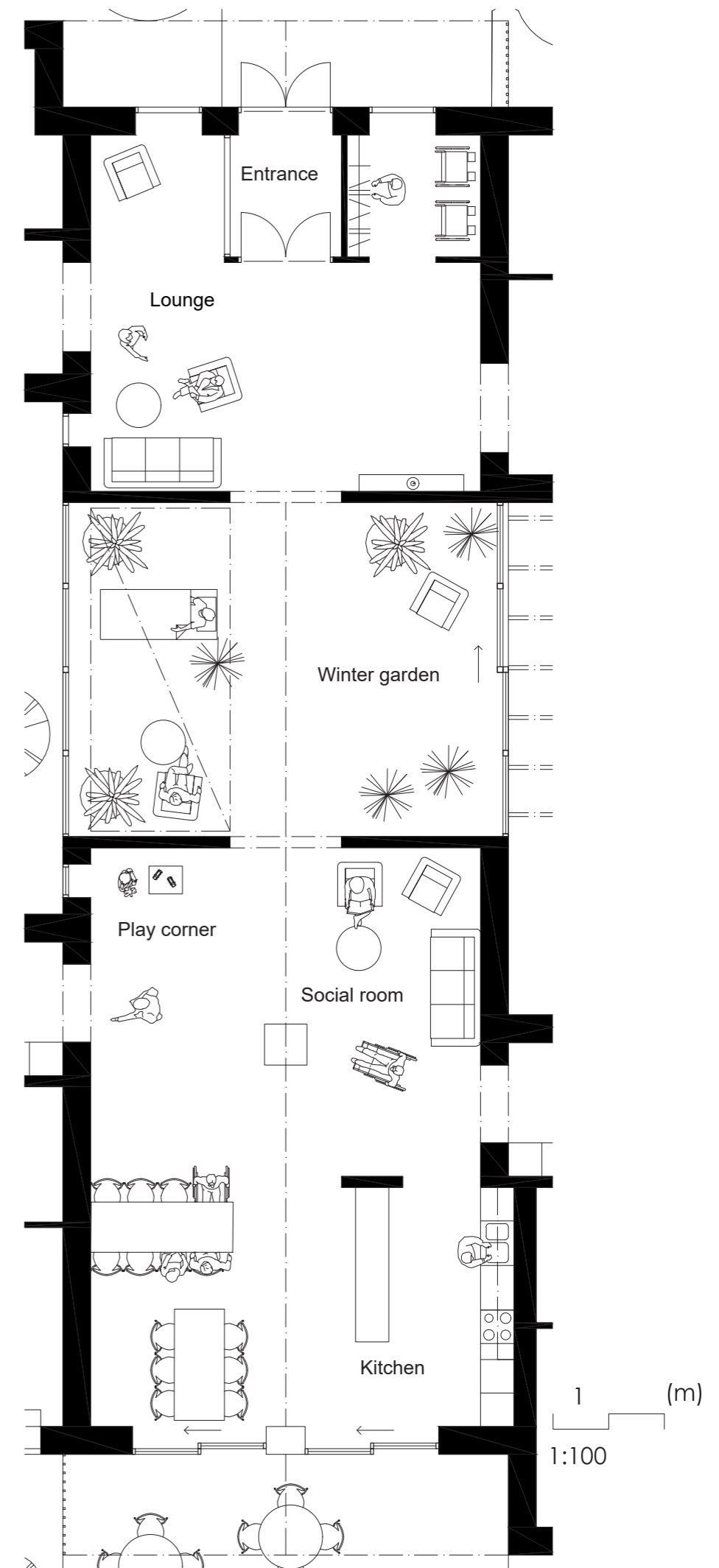


1 (m)  
1:100





# HEART OF THE HOUSE



The nave is a place for social interaction of different degrees. It can be about sitting by the kitchen table hearing the staff prepare food, watching grandchildren play in the play corner, talking to other guests while looking at the fireplace or meeting up with someone in the lounge. And it can be about silently together looking at clouds passing by the skylight in the winter garden. The connections to the nave are not placed opposite to each other to strengthen the room, not making it a pass by.

When someone has passed away the coffin is carried from the ward through the nave with its beautiful winter garden and out the entrance. The final memory of a lost person should be of dignity. It is important to not hide away death in a hospice, to see the ceremony of someone's death might make the guests more assured that they will be taking care of with dignity. In the entrance there is a shelf where a candle is lit to remember the ones that has passed.



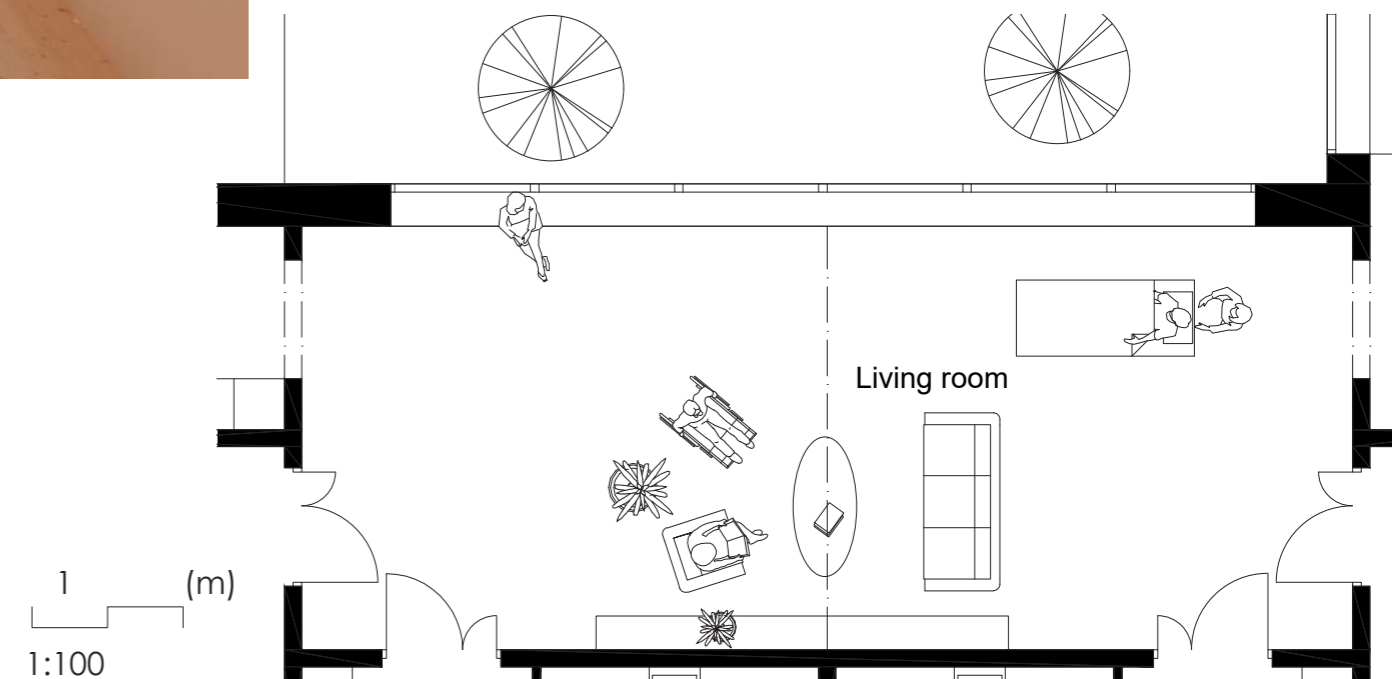
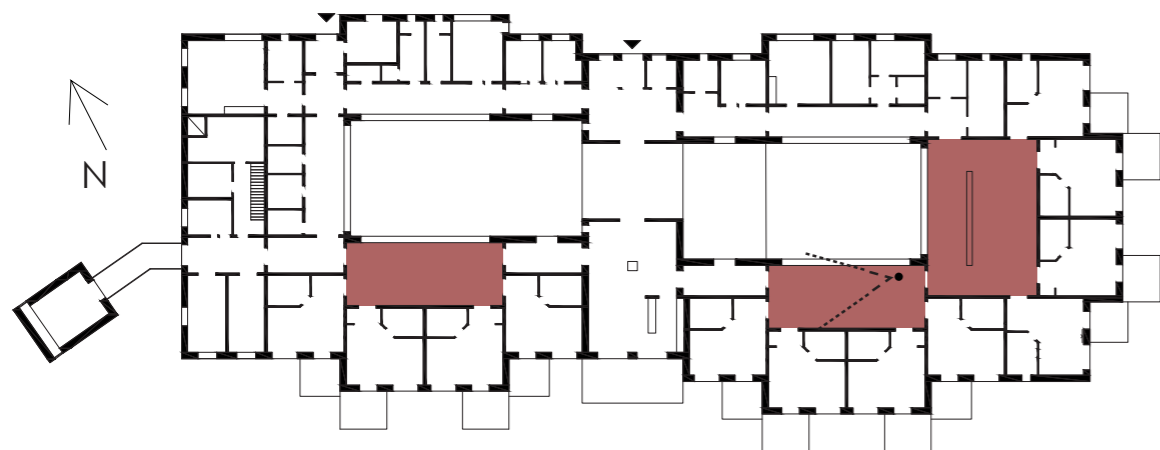
# LIVING ROOM



The three wards of the Hospice consist of four guestrooms and one living room. The living rooms work as an extension of the guestroom and are a more private room than the social nave of the house. Here you can sit when your whole family comes to visit, here relatives can go out and catch their breath and here families with the same fate can meet and talk to each other.

The living room of each ward connects with the related guestrooms and have a similar atmosphere with a homelike feeling. The room has full ceiling height and one wall is painted in a warm colour. Many guests in a hospice only stay in their bed but like to have their doors open to hear the life outside. There is also a small window in the door to give a visual contact. This gives the guests a sense of security.

The living room also works as an entry room and eliminates the corridor, which is often associated with a hospital. The walk through the wards becomes a walk from room to room. The living rooms are connected to the courtyards with big windows with low sill height, both to give a good view but also to make it easy for the staff to survey the wards.





# GUESTROOM

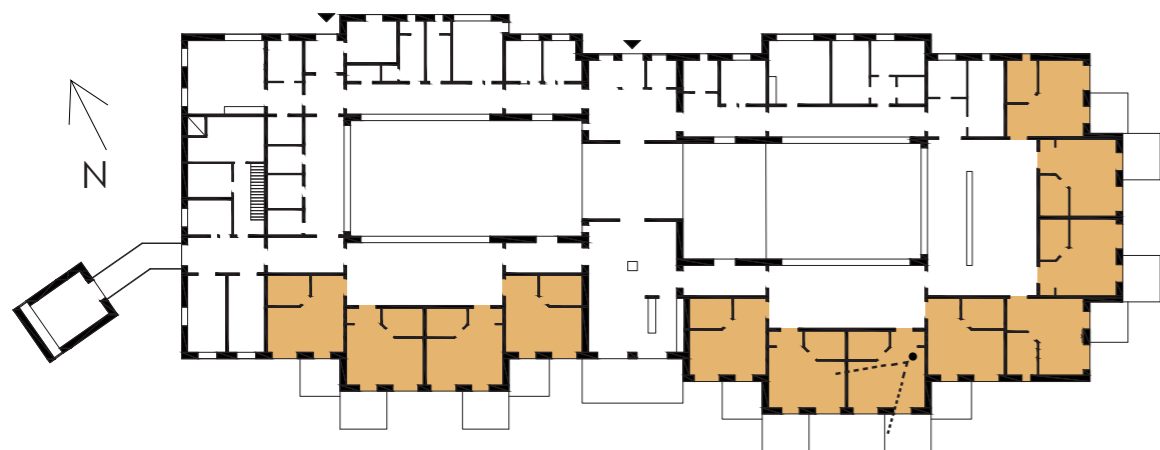


The guestroom should have a homelike feeling. The feeling of a home is different for everyone and it should be possible to individualize the room but it should not be an empty shell for those who don't have personal stuff. A home should also be a place where you feel you have control and where you feel safety and privacy.

One wall is painted in a warm earthy colour, colour has a positive effect on people and takes away the clinical feeling. Behind the bed there is a moveable headboard that enhances the feeling of a home and is a place where you can have personal photos.

Daylight and health are closely related. Daylight can reduce pain and sunshine affects your psychological wellbeing. Study has shown that rooms with morning light are the best against the risk of depression, which is the fourth step of grief.

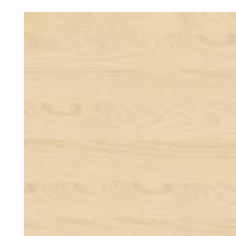
All the guestrooms at the hospice are placed in a south/south-east direction to let in the morning sun even during the darkest months. Waking up by the sun knowing you are given another day with your loved ones is invaluable.



Floor/Ceiling

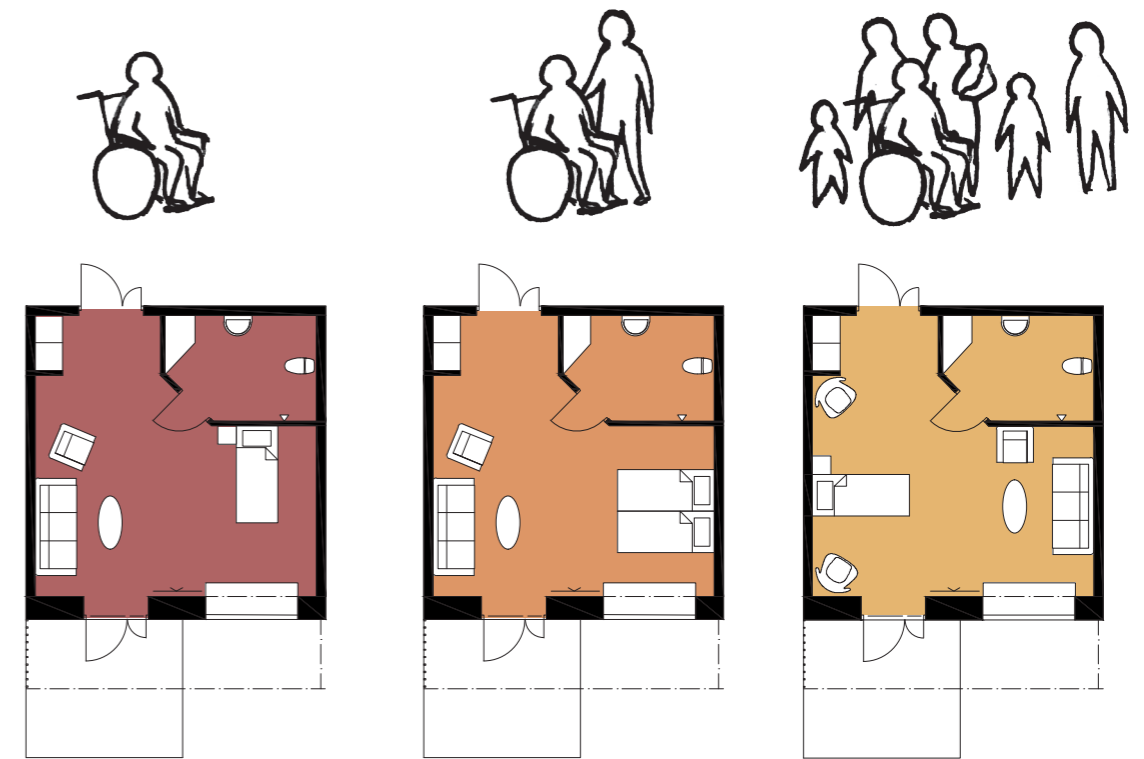
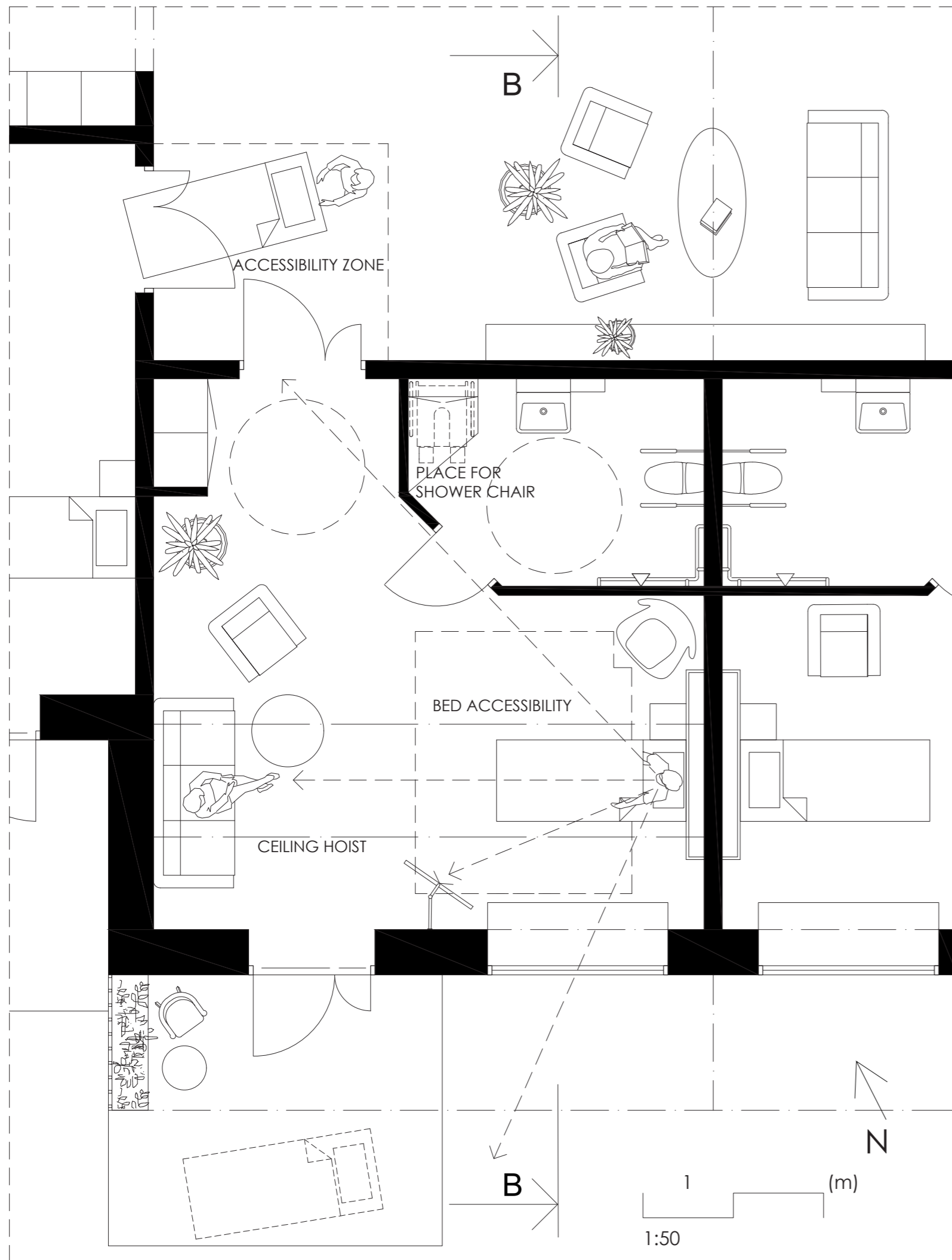


Background wall



Door and window frames





The guests spend a lot of time in bed so the sightlines from the bed are important. From the bed you can look out on the nature, you can see your relatives sitting on the couch, you can angle the TV and you have an overview of the door. When you look up there is a white glazed wood ceiling giving something varying to look at. In the ceiling there is also a ceiling hoist crossing the room to minimize the use of mobile hoist, which are inconvenient to move around.

The room allows flexible furnishing where the guest's bed can be placed in three accessible ways. For guests with many relatives the window niche can be used as extra sitting furniture and for a couple you can bring in an extra bed to sleep beside each other. The room is extended both to the private terrace and to the living room and it is important that you can move around with a bed in all these spaces.

The toilet is large to ensure that you can be there in a wheelchair with two helpers. There are railings on the wall to prevent falling accidents and a countertop under which you can place the shower chair. Here there is also a cabinet for practical articles.





SECTION B-B 1:50

The sill height of the window is low so that you can look out over nature when lying in bed. It can also be used as a place to sit close to the bed. The window has a light shelf which is letting the daylight in but also screen of the direct sun light.

On the terrace there is an espalier for privacy against the neighbours as well as it gives shadow and green plants just outside your window.

Situated in Gårdsten with their strong sustainable profile the Hospice is a balance of ecological and emotional values. The building is placed on the ground to take advantage of the grounds thermal capacity. The roofs sloping against southeast make it possible to use pv's for electricity. To keep the heat inside the house the walls are well insulated.

To avoid the feeling of a massive building the Hospice consists of different volumes where the wards and social nave are emphasized. The different volumes are also separated by façade material and roof form. The wooden panels are placed in different directions and are glazed in different tones.

The meditation room is distinguished from the main building by its tilted volume, wooden roof and the wooden pillar it stands on. (seen on next page)



Sedum roof



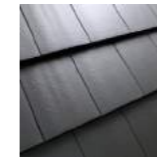
Horizontal brown glazed panels



Vertical brown glazed panels



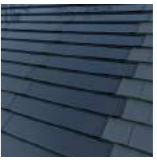
Door and window frames



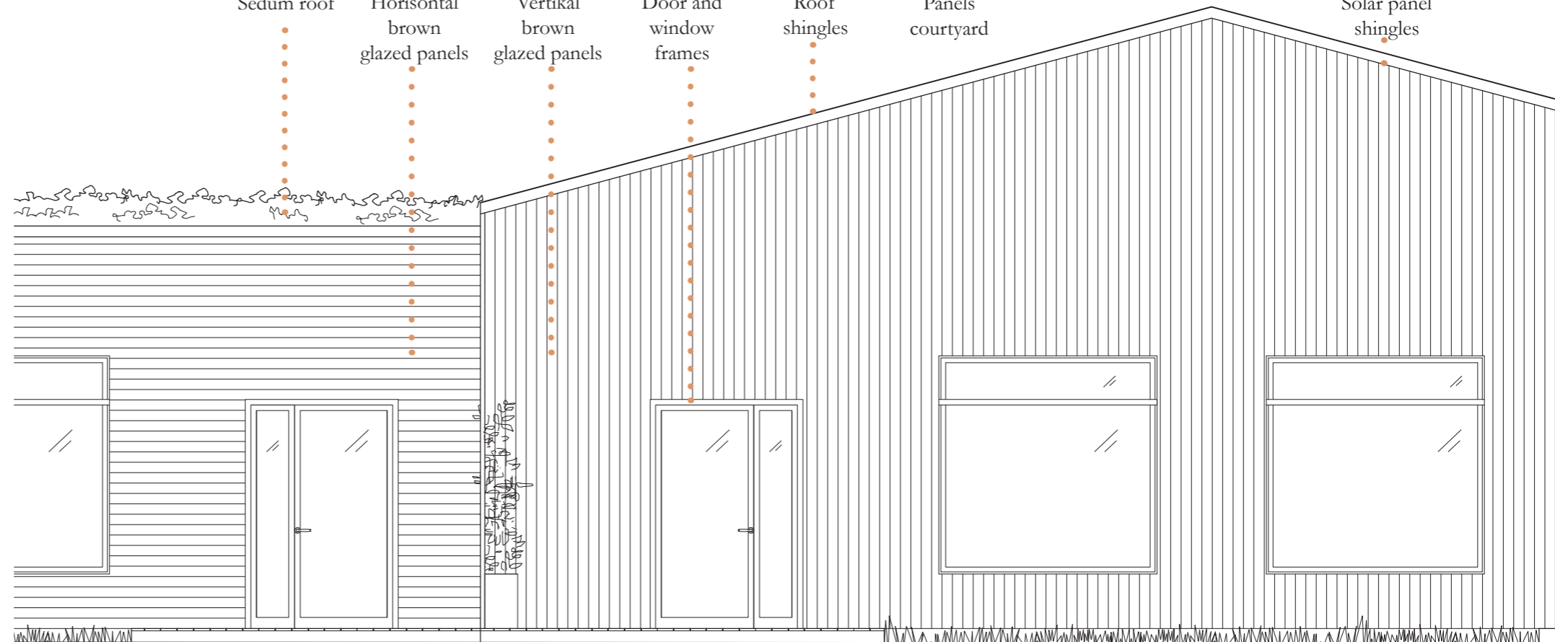
Roof shingles



Panels courtyard



Solar panel shingles



FACADE SOUTH 1:50

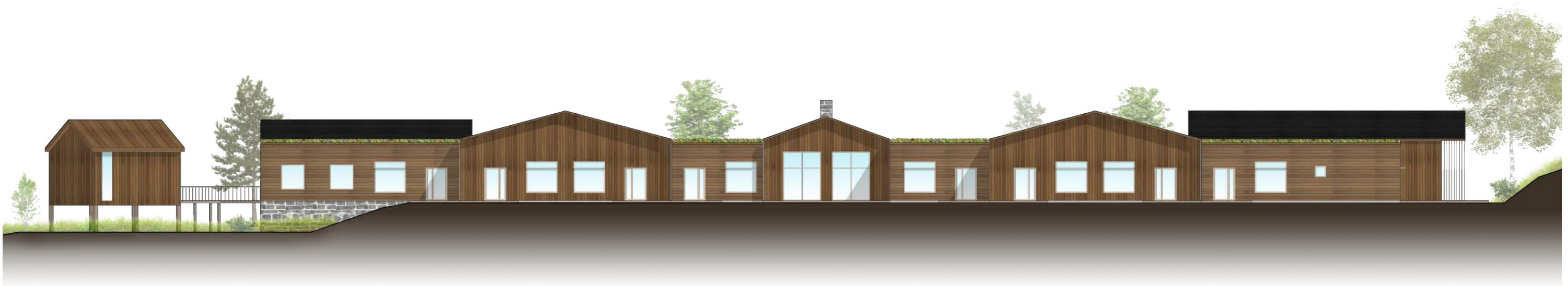




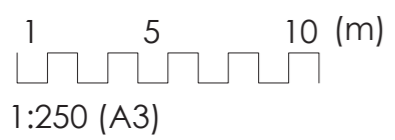
FACADE NORTH 1:250



SECTION A-A 1:250



FACADE SOUTH 1:250







*An effortless place surrounded by heather and sunshine to help you and your relatives find acceptance, appreciate the values in life and finally let go.*