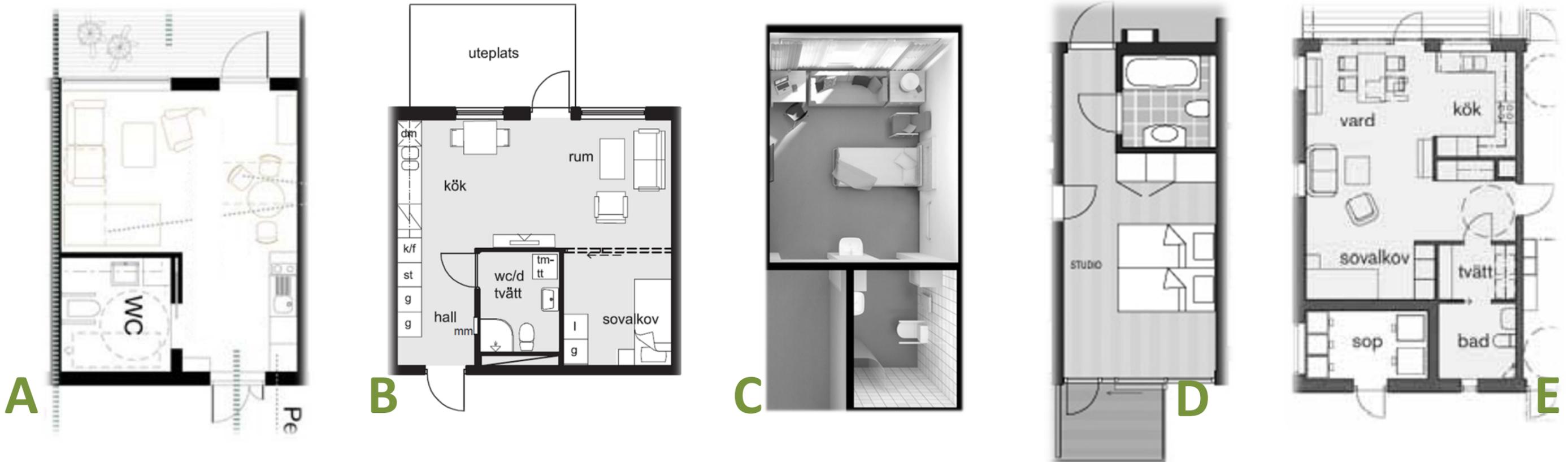
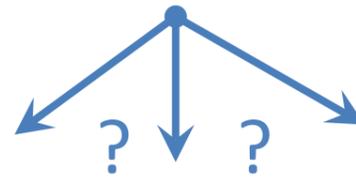


1. Let's start with a game...

Can you match the description with the correct drawing?

Descriptions

1. Typical housing (*not designed as elderly-specific*)
2. Elderly housing
3. Nursing home
4. Hospital
5. Hotel



Each of the different types of spaces shown above was designed to support a person's needs at a particular stage in life. As a result, the person may need to move around to a variety of places – for example from a regular apartment to a senior apartment, then to a nursing home or assisted living – with occasional stays in a hospital, rehab facility, or “trygghetshotell”. Moving around has a lot of negative consequences such as high costs and high stress levels. People stay healthier and happier when they can stay in their own home.

Many projects are designed to allow the elderly to live at home as long as they can be fairly independent, for example “senior housing” and “universal design” principles. However when a person needs significant support and care the person must still move out, for example to a nursing home, because houses are not designed to accommodate increased levels of care.

The objective of this proposal is to allow people to stay in their own homes for the rest of their lives by creating spaces that are adaptable as a person's needs change.

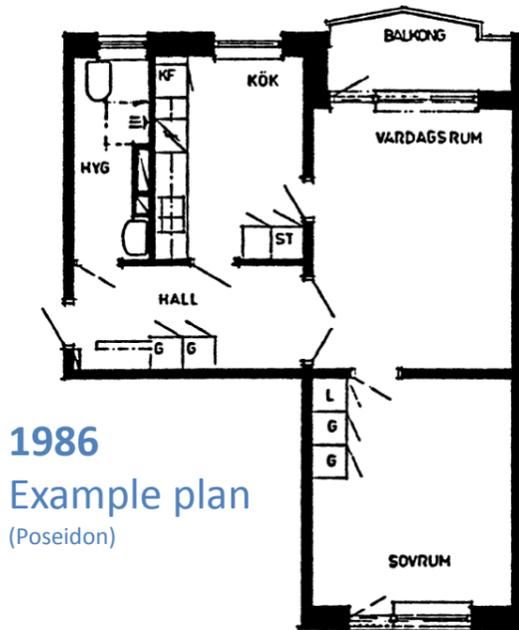
Answers to the game:

- A=vårdboende i Linköping (Marge Arkitekter)
 B=Normal apartment in Göteborg (PEAB)
 C=Inpatient room in Stockholm (White arkitekter)
 D= Hotel room i Tjörn (Björholmens marina)
 E= Äldreboende i Gävle (Nyréns arkitektkontor)

2. New Opportunities

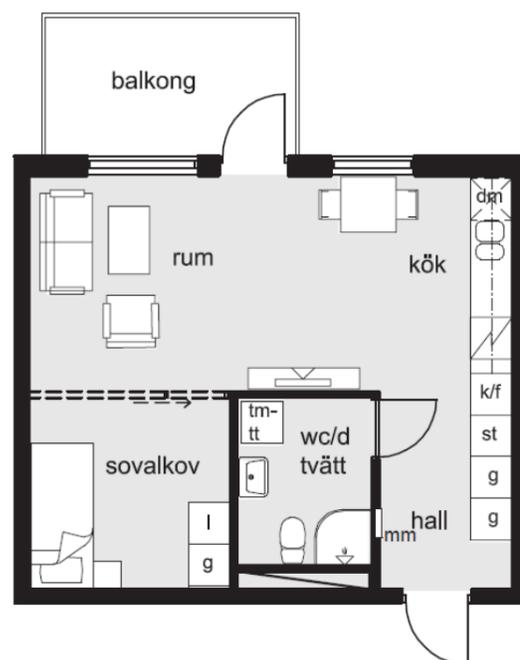
Design trends and technological developments allow for new opportunities in creating adaptable designs.

Traditional apartments often consist of a series of enclosed rooms, giving limited adaptability and flexibility.



1986
Example plan
(Poseidon)

Modern apartments often have a very open floor plan which enables flexibility and adaptability for future changes.



2012
Example plan
(Peab)



A variety of recent layouts were analysed to determine optimum relationships, adaptation potential, and the ability to support an aged person.

By merely rearranging furniture, changing use of a space, and opening doors or walls, the function of a place can be transformed to support the resident's new stage in life, so that they do not have to leave home.

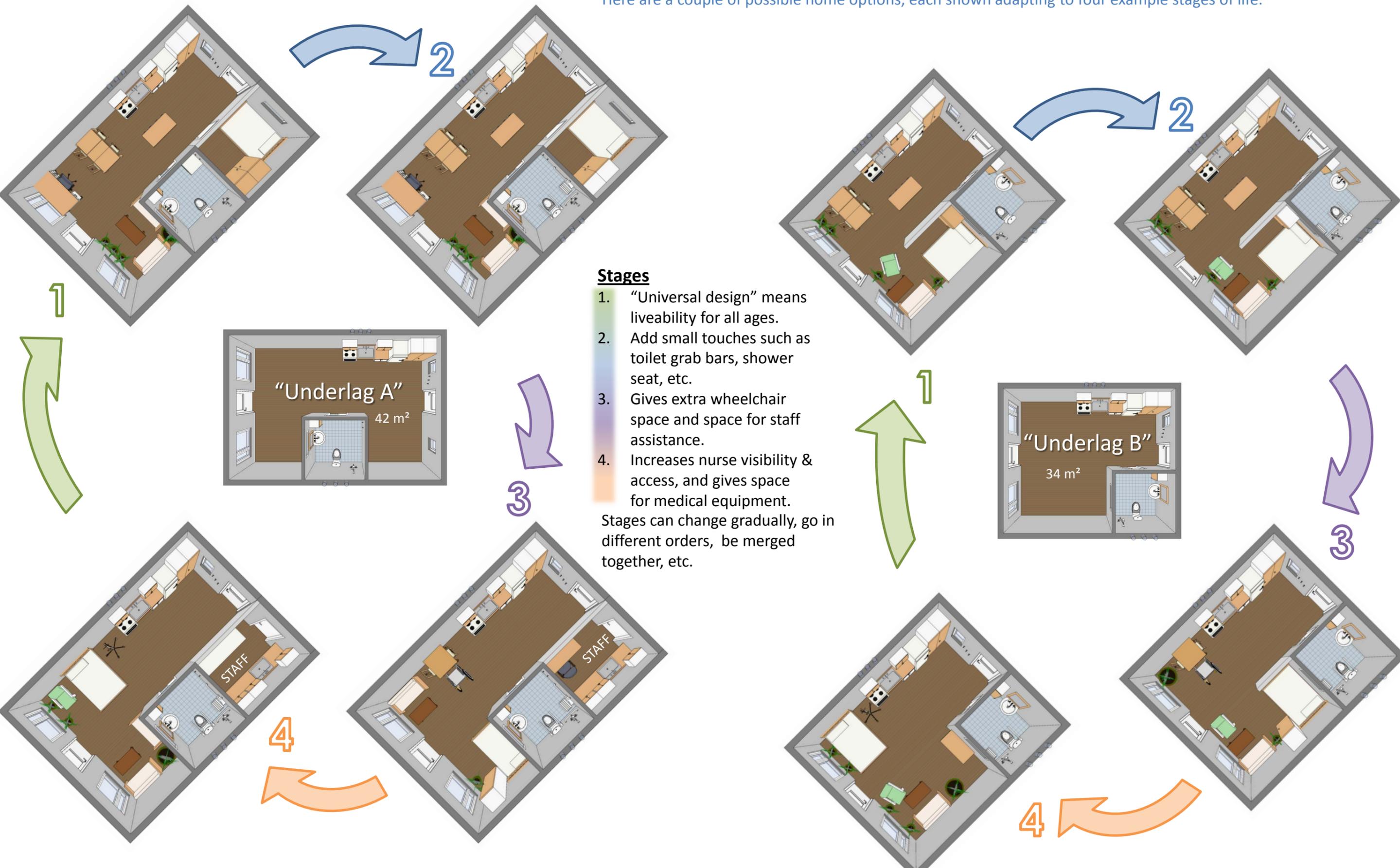
Instead of a person having to try to adapt to a new place, their current place can adapt to them.

People at different stages of life can each have a space suited for them. Since different ages are accommodated, neighbouring homes may have varying generations and lifestyles, which creates a heterogeneity beneficial to all ages.

As a person's need for healthcare increases, they can benefit from the recent innovations in healthcare equipment and healthcare processes. Healthcare can be done in the home, for example by the patients themselves with digital video guidance from staff. In addition, an increase in public and private support programmes together with changing demographics of more elderly persons in general, mean that care service models can shift toward increased home care.

3. Adaptable in All Stages

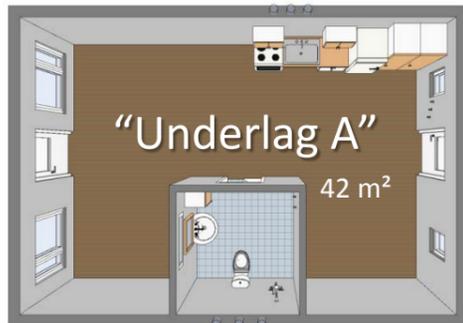
As people go through each stage of life, their home adapts to meet varying needs. Here are a couple of possible home options, each shown adapting to four example stages of life.



Stages

1. "Universal design" means liveability for all ages.
2. Add small touches such as toilet grab bars, shower seat, etc.
3. Gives extra wheelchair space and space for staff assistance.
4. Increases nurse visibility & access, and gives space for medical equipment.

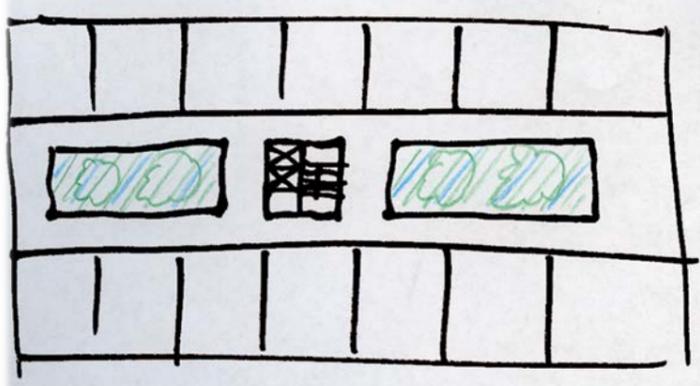
Stages can change gradually, go in different orders, be merged together, etc.



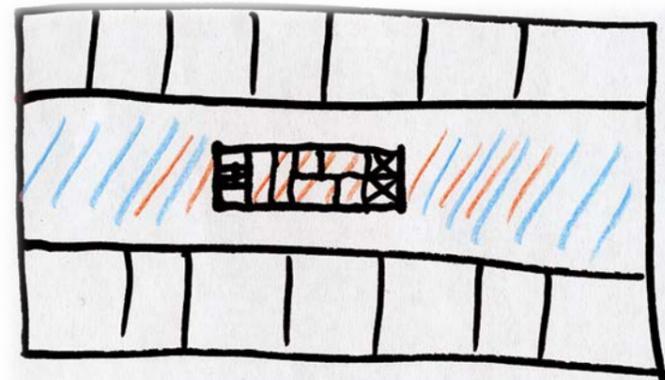
4. Social & Support Contexts

In addition to the home itself being adaptable, the surrounding contexts are adaptable too.

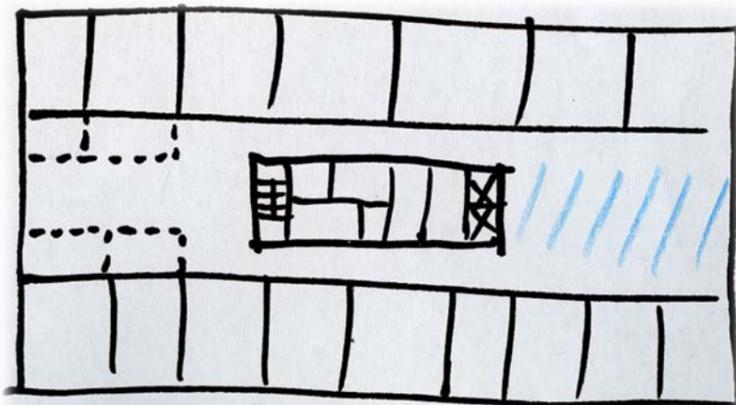
An apartment context often includes access pathways, common rooms or common spaces, gardens, playgrounds, etc. The relationships to public space and private space change as person becomes more dependent. Therefore a building must adapt to meet these needs. Here are just a few examples, but the potential options are nearly unlimited.



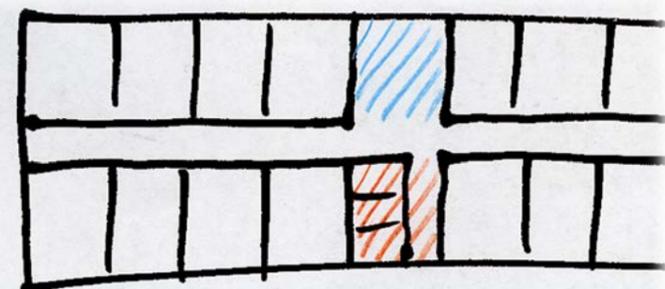
A building can have features planned to change in the future, such as exterior courtyards that can later become interior space.



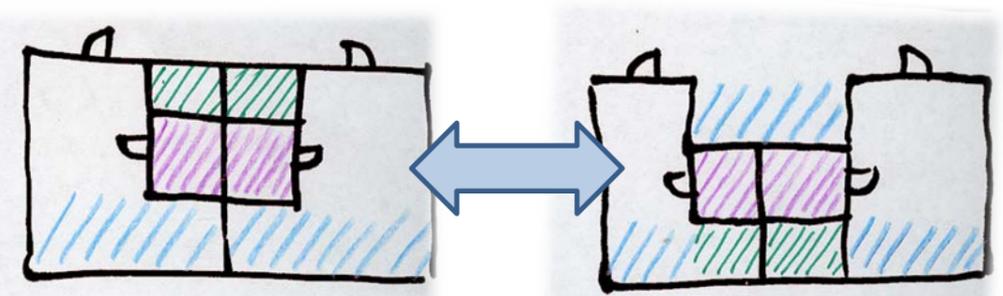
In addition to using their own private kitchens and living rooms, people of all ages can live parts of life together in shared common spaces. This is similar to collective housing, which exists today.



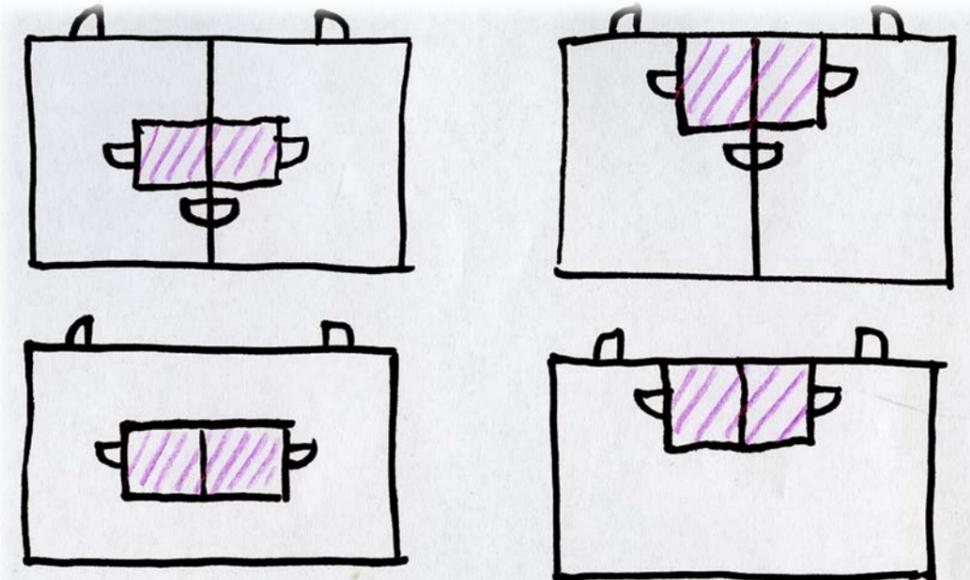
Families or persons desiring a larger space can have their homes extended.



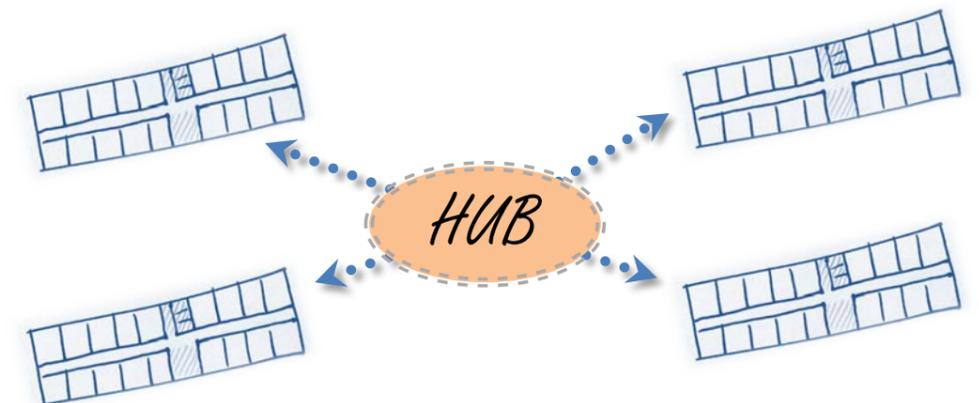
Individual units can be converted into common spaces or rooms for care staff.



The space of a private home can shift to become common space, and vice versa.



Families or persons desiring a larger space can join together multiple units.



Many neighbourhoods already have a "husvärd" who has established relationships with the residents. This function can extend to include other kinds of care and support instead of just building maintenance. A main hub in the centre can serve small decentralised staff spaces in each building. Many neighbourhoods today also have a community room/building, which could also be in the hub.