

CoreLab-webinar:

# International Research and Good Practices on Senior Housing

10.10.2024

Future Seniore Housing (TULE) -project

# Webinar Program

- 13.00 **Welcome and TULE project** – Jaana Vanhatalo, Project Manager, Knowledge Center for Real Estate Development, and Researcher, School of Architecture, Tampere University
- 13.10 **Century-Long Lives profiling area** – Anu Siren, Professor of Gerontology, Faculty of Social Sciences, Tampere University
- 13.20 **Ageing Better by Design** – Sarah Wigglesworth, Architect, Freelancer
- 14.10 **HAPPI principles** – Irene Craik, Director, Levitt Bernstein
- 14.30 *Break*
- 14.35 **Case 1: Carpe Diem Dementia Village** – Camilla Heier Anglero, Partner, Head of healthcare design, Nordic Office of Architecture
- 14.55 **Case 2: Bauernhof Wohngemeinschaft** – Philipp Diehl, Manager, Zukunft Pflegebauernhof
- 15.15 **Case 3: Regnbågen Kooperativa Hyresrättsförening** – Pia Faxén, Chairman of the association, Regnbågen Senior Housing
- 15.35 **Panel discussion:**
- Sarah Wigglesworth
  - Irene Craik
  - Sanna Mäkinen, Executive Director, Lahti Foundation of Housing and Services for the Elderly
  - Juri Pelkonen, Architect, Ara-Asuntojen Tuotanto Arttu Oy
- 15.55 **Final discussion**
- 16.00 **Ending the event**

# Future Senior Housing (TULE)

- Development, co-creation and research project
- 3/2023-9/2025
- Funded by ARA (The Housing Finance and Development Centre of Finland) and 22 other organisations (housing providers, builders, municipalities) + expert member from Ministry of the Environment → steering group & participants
- Knowledge Centre for Real Estate Development (KCRED) (Faculty of Built Environment, Tampere University) / Lead: Jukka Puhto, Project management: Jaana Vanhatalo
  - Researcher Veronika Haukeland
  - CoreLab: communications (Alisa Hakola & Jaakko Kinnunen)
  - Supported by a specialist group from Sustainable Housing Design + Urban planning and Construction management and economics



## Future Senior Housing (TULE)

- Background: Demographic change demands developing of more options for senior housing (between general housing and care homes)
- Mapping out the current housing practices and models (Finnish + international cases)
- Aim: Co-development of novel concepts and procedures for senior housing in Finland (inc. planning/design concepts and guidelines, their economic examination, new service concepts and needs for regulatory changes)
- 3-4 workshops / year with 2-5 site visits

# Century-long lives profiling area

Anu Siren, Professor of Gerontology  
Faculty of Social Sciences, Tampere University

# Ageing Better by Design

Sarah Wigglesworth, Architect, Freelancer

# ageing better by design

by

Sarah Wigglesworth

TULE, Finland

10.10.2024

# Intergenerational housing brings together three strands of our expertise

Design for older people



Masterplanning



Social sustainability





# Identifying the need

## A perfect storm of social conditions

Social care funding crisis

People living longer and with more serious medical conditions in the 'fourth age'

Poor diet, obesity, heart disease, diabetes

Reduced mobility

Fuel poverty

Parents struggling with caring up and down

Austerity and deprivation

Loneliness & isolation

Housing unaffordability

Post-Covid-19 effects

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**Mental health** This article is more than 5 months old

### Mental health of pupils is 'at crisis point', teachers warn

Anxiety, self-harm and suicide are rising, finds survey of school leaders and teachers in England

Advertisement: Party hard suddenly has new meaning #YouCanAdopt

**theguardian**

News Sport Comment Culture Business Money Life & style

News Science Medical research

## Loneliness twice as unhealthy as obesity for older people, study finds

Scientists found that the loneliest were nearly twice as likely to die during their six-year study than the least lonely

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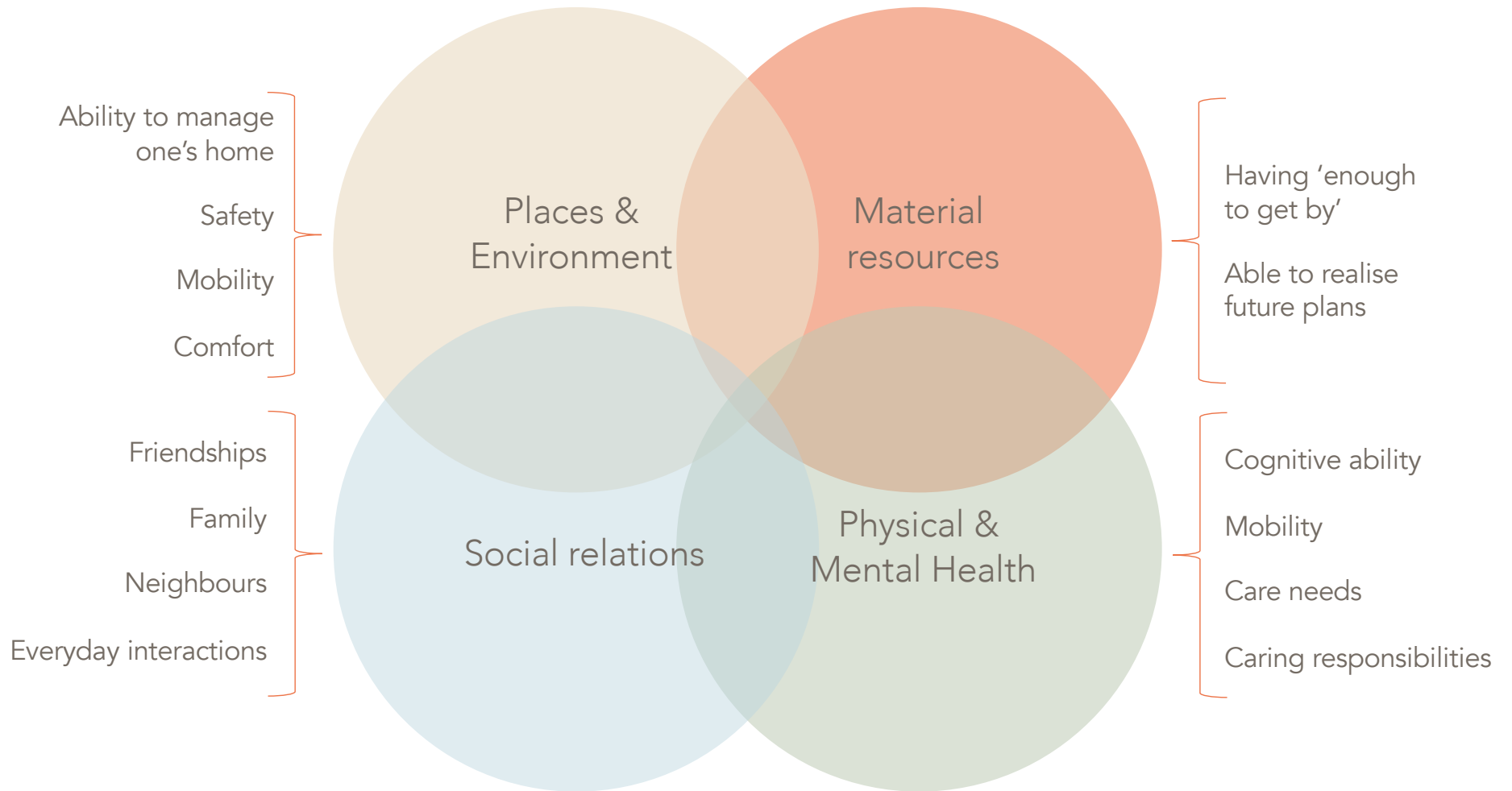
**Social care**

### Social care is a slow-motion car crash. Watch out, it's heading for you

Roger Graef

Advertisement: Hewlett Packard Enterprise

# Dimensions of wellbeing in older people

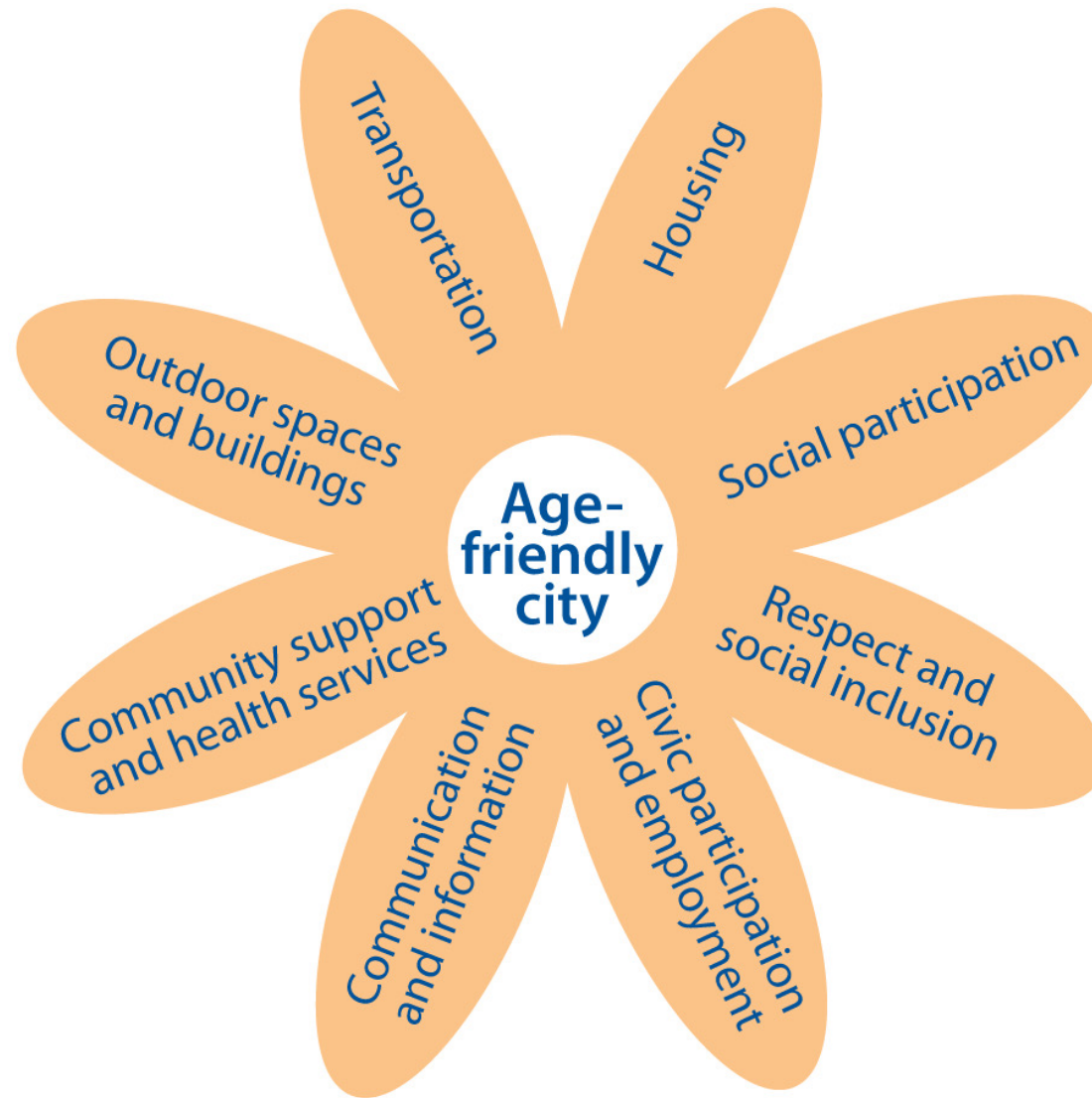


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NEIGHBOURHOOD DESIGN

## Components of the Age-Friendly city





# Sites for new downsizer homes

Well-located and connected developments are attracting 'downsizers' back into towns and cities - increasing the visibility of the older population and bringing positive economic benefits for local neighbourhoods.

Planners and developers should work in partnership to incentivise the delivery of attractive 'downsizer' developments on infill urban sites and through conversion of existing buildings.

## Where has it been achieved?



**Western Riverside, Bath**  
Great Midleton & Alison Brooks Architects

A mixed development of large family houses, new houses, apartments, and a cafe, located between the historic city and the new Bath Riverside masterplan. The site has a prominent position close to the city centre with views out over the river. The development is elevated above the floodplain and adjacent riverside footpath.



**Pearce St, Govan**  
Build Housing Association & Austin-Smith:Lord

An infill development of 27 accessible apartments on a small infill site in the historic core of Govan. The social-rented apartments are less than 5 minutes walk away from the local high street and all have views out over the River Clyde. Outdoor private space is provided as a shared sun terrace on each floor.



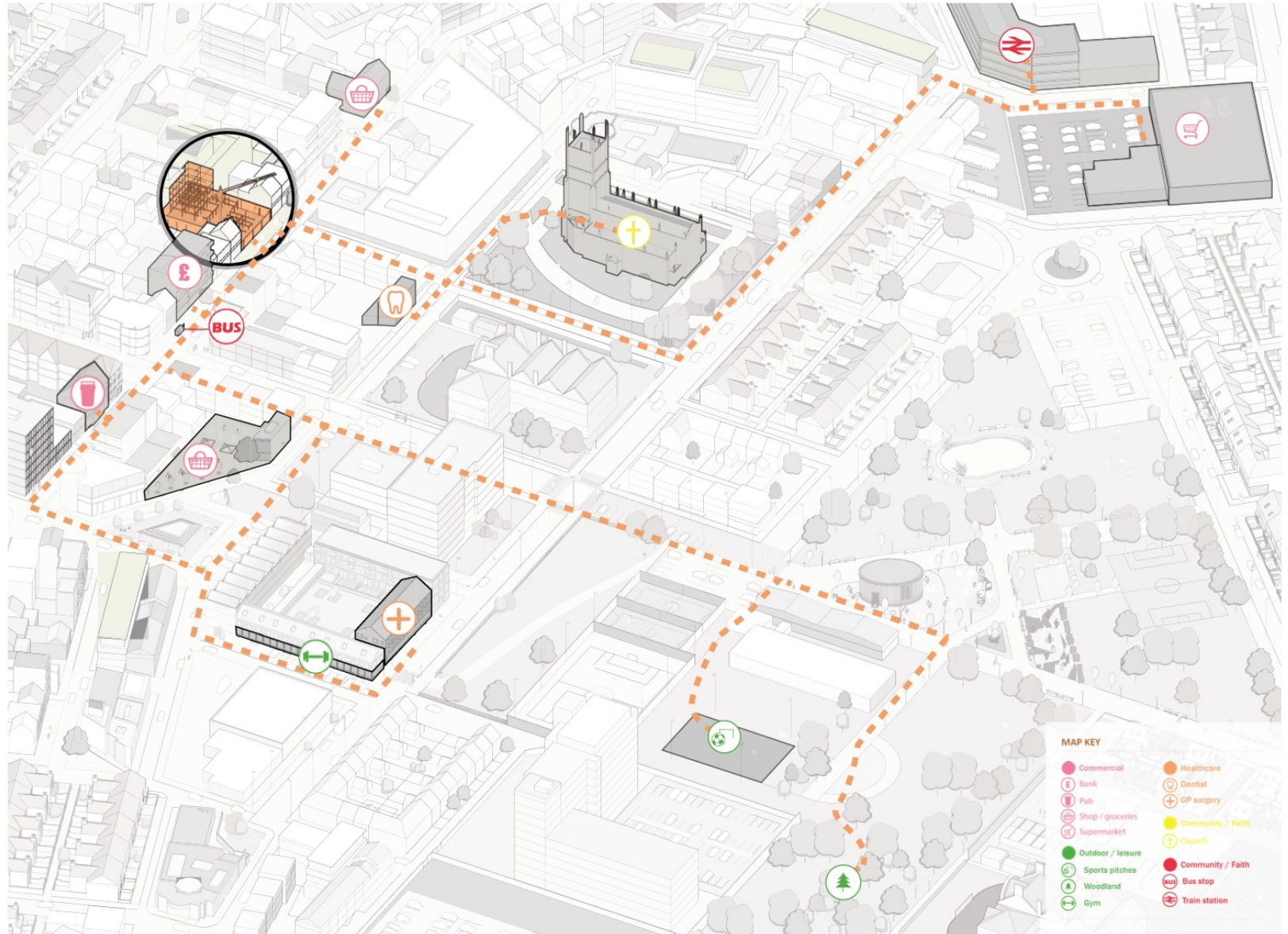
**Brentford Magistrates Court**  
Trehaven & Paul Murphy Architects

This former court and town hall has been converted into mix of one and two bed flats with a variety of apartment sizes and layouts, which has attracted downsizers to live in the centre of Brentford. A busy cafe and retail units activate the ground floor, and all apartments have balconies and views over the nearby park and river.



**Parkside, Maflock**  
Evans Vetter Architects

An infill block of 10 apartments for private sale on a former car park in the heart of Maflock town centre, the majority of which have been sold to downsizers. A busy cafe and retail units activate the ground floor, and all apartments have balconies and views over the nearby park and river.



**MAP KEY**

	Commercial		Healthcare
	Bank		Dentist
	Pub		GP surgery
	Shop / groceries		Community / Faith
	Supermarket		Church
	Outdoor / leisure		Community / Faith
	Sports pitches		Bus stop
	Woodland		Train station
	Gym		



# Green spaces for all

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Local parks and green spaces contribute to age-friendly placemaking in a number of ways: providing space for exercise and fresh air, access to nature, sports and leisure facilities, and meeting places for social events.

The most successful examples are parks that are attractive, safe, and can accommodate the needs of a wide range of activities - bringing different groups and generations together.

## Where has it been achieved?



**Tasavaihipuisto senior sport zone, Finland**  
Milja Sillanpää Foundation & Lappset

Lappset's 'senior sport zones' have been developed with healthcare and exercise professionals. The Tasavaihipuisto Park is designed as an attractive place for older residents to meet and participate in exercise. The sports equipment in the park also takes those whose mobility is limited or who use a wheelchair. The foundation holds frequent instructed exercise sessions open to all adults who use the park.



**Norfolk Heritage Park, Sheffield**  
Sheffield City Council

This large Victorian park dates back to the mid-19th century and was gifted to the city by the Duke of Norfolk. It underwent significant restoration and regeneration in the early 2010s to develop new sports and community facilities. This included the development of The Centre in the Park - a purpose-built community building that houses a café, public WCs, and a range of local voluntary groups and events.



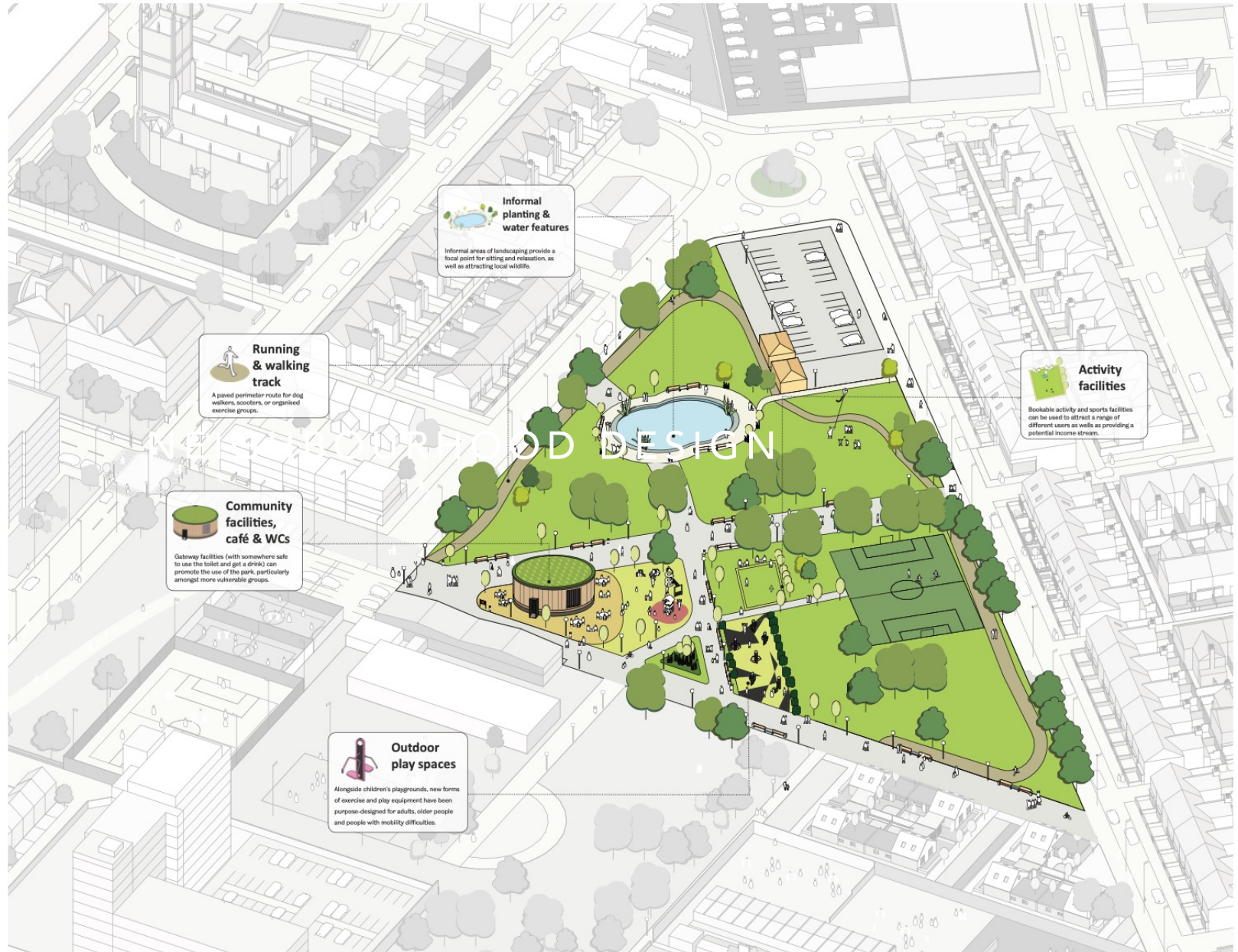
**Alexandra Park, Manchester**  
Manchester City Council with Age-Friendly Manchester

Alexandra Park is one of the earliest and most intact Victorian Parks in Manchester. Local older residents were consulted as part of the process of refurbishing the park landscape, benches, buildings and sporting facilities to help shape the city's first Age-friendly park. This included the refurbishment of The Pavilion to provide public toilets, a larger flexible community space and a community café.



**Superkilen urban park, Copenhagen**  
BIG with Topotek1 & Superflex

Superkilen is conceived as a huge outdoor playground-come-gallery spread over a half-mile swathe of the Nørrebro area of the city. The diverse range of interventions - including artworks, planting and play spaces - originate from one of 60 different courtyards that represent the nationalities of local residents. The kilometre-long park demonstrates how a radically bold intervention can bring together a diverse range of new users and users in a challenging urban environment.





Neighbourhood and civic centres of different scales play a vital role in bringing together residents of all ages for shopping, socialising, and hosting local events.

Public realm design can help to create attractive and vibrant urban centres that support a range of retail and community activities, while mitigating the negative impacts of vehicular traffic.

**Where has it been achieved?**



**Colquhoun Square, Helensburgh**

Argyll and Bute Council & Austin-Smith: Lead  
Colquhoun Square been re-imagined as a flexible civic space capable of hosting community events, markets and an outdoor museum - with plants & bollards embedded with artwork and artefacts from local history. New seating, widened pavements and high quality surfaces have been installed to help promote outdoor activity and encourage greater footfall between the town centre and the seafront.



**Market Square, Cockermouth**

BCA Landscape  
This new and vibrant public space for the town aims to draw visitors and shoppers into the area, enable local businesses to make better use of the public realm, and support a range of public events. It also aims to make the town centre more accessible, safer and less vehicle-dominated. The design pays homage to the Georgian context in the use of high quality materials, craft techniques and colours.



**Kings Heath Village Square**

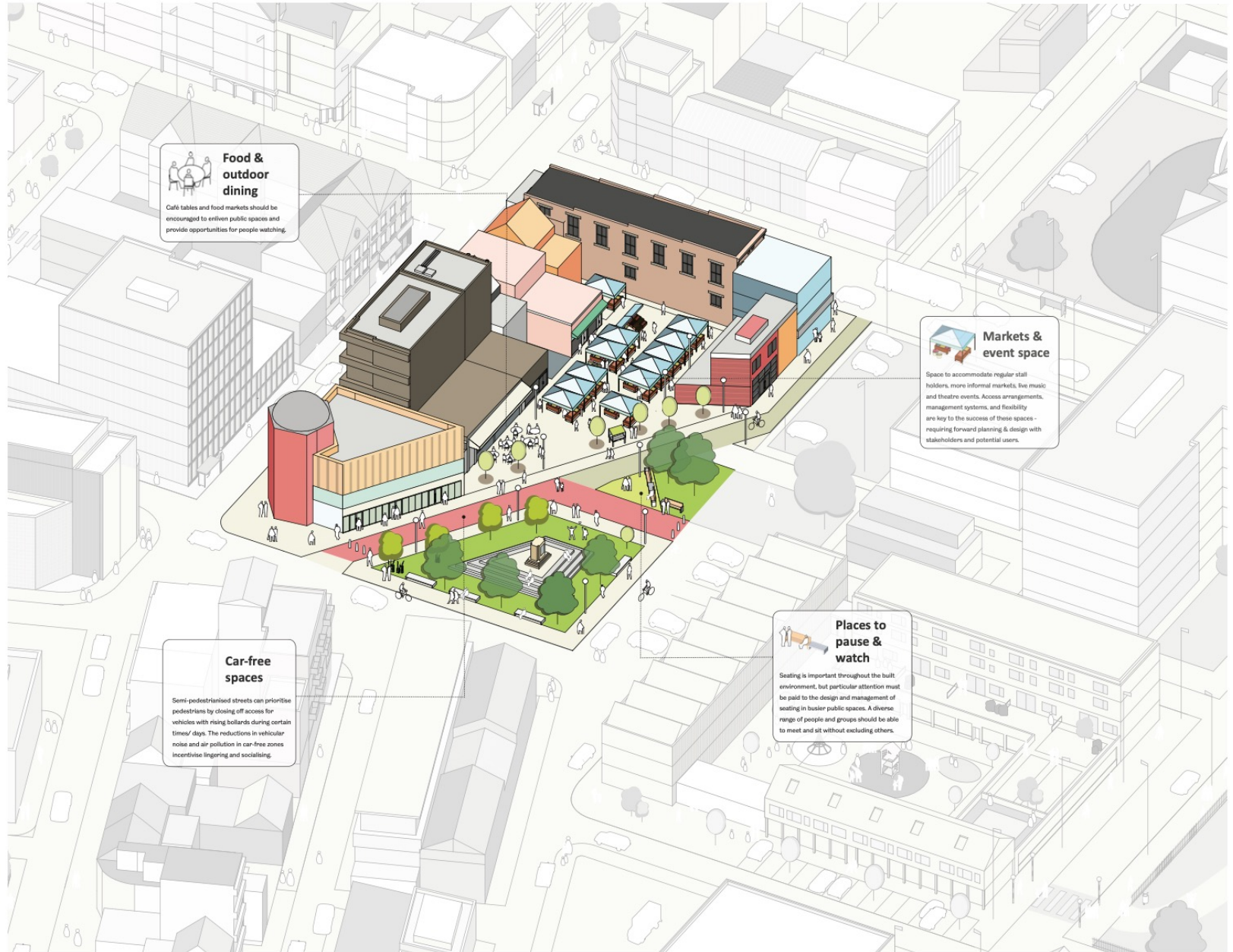
All Saints Centre, Kings Heath & Parkwood Consultancy Services  
Extensive public consultations were held to ensure that local communities and key groups were engaged in the project and could contribute to the design elements of the new Village Square. The scheme creates a high quality, safe, and accessible public space for local events and markets, as well as a gateway to the church buildings. The design incorporated historic elements such as the existing gravestones and mature trees.



**Vauxhall Walk**

part of the Vauxhall Alighting Link framework  
Vauxhall One and Ernst Architecture with A&L Gibbons  
Vauxhall Walk is part of a series of public realm improvements between the Nine Elm regeneration site and the South Bank. This new public space replaces a neglected area and provides a new gateway into Vauxhall Pleasure Gardens. Activity from the park and outdoor seating spills out onto the space, and areas of sustainable urban drainage planted beds to define routes and form a buffer between pedestrians/cyclists and vehicular traffic.

# Active local centres



**Food & outdoor dining**  
Café tables and food markets should be encouraged to enliven public spaces and provide opportunities for people watching.

**Markets & event space**  
Spaces to accommodate regular stall holders, more informal markets, live music and theatre events. Access arrangements, management systems, and flexibility are key to the success of these spaces - requiring forward planning & design with stakeholders and potential users.

**Car-free spaces**  
Semi-pedestrianised streets can prioritise pedestrians by closing off access for vehicles with rising bollards during certain times/days. The reductions in vehicular noise and air pollution in car-free zones incentivise lingering and socialising.

**Places to pause & watch**  
Seating is important throughout the built environment, but particular attention must be paid to the design and management of seating in busier public spaces. A diverse range of people and groups should be able to meet and sit without excluding others.



There are substantial health gains to be made by joining up built environment improvements with the public health agenda.

This requires pedestrian and age-friendly principles to be embedded in all highways and urban design projects to reduce the speed and volume of traffic, promote green infrastructure, and produce environments that positively encourage walking and cycling.

**Where has it been achieved?**



**Poynton traffic calming & shared space**  
Hampden Battle Associates

A major shared space project based on principles of narrowed carriageways, clearly marked courtyard crossings, reduced footways and segregated gullways. Extensive traffic modelling and consultation were carried out to ensure traffic volumes could be managed (while reducing congestion and speeds). Benefits of increased footfall by local businesses, although some disabled groups have reported issues with the scheme design.



**Derbyshire Street, Bedford**  
Civic Green

The eastern end of Derbyshire Street, Bedford Green, was a dead-end road only used for car parking, anti-social behaviour and fly-tipping. The design closes the road to vehicles and incorporates a cycle lane, new seating, covered bike racks and bin stores, a rain-garden (which captures rainwater from the adjacent building) and an area for both tables and chairs.



**Grey to Green (Phase 1), Sheffield**  
Sheffield City Council with Arup, the University of Sheffield & Robert & Roy Associates

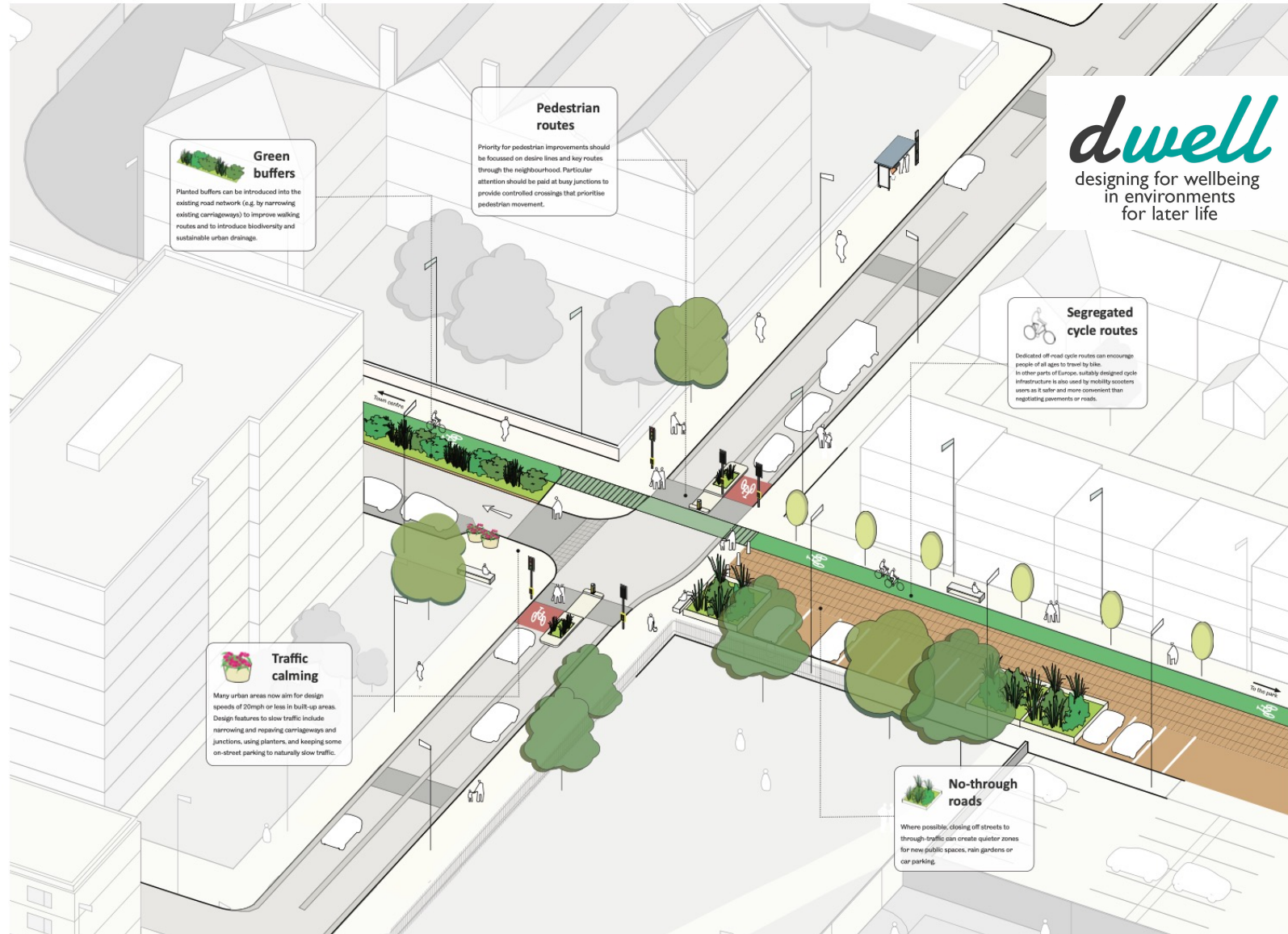
An opportunity to create a piece of green infrastructure arose after a section of the city's inner ring road was downgraded. The main pedestrian route is separated from the remaining carriageway by a landscaped strip, which is planted with innovative perennial meadows. The EU-funded scheme also introduced sustainable urban drainage, a new public space, artwork and seating to help promote the area for visitors and business investment.



**Arun East Bank flood defences, Littlehampton**  
Environment Agency, Arun District Council & LDA Design

The Arun East Bank project integrates new flood defences with public realm improvements. The project has reinforced the connectivity between the town centre and the River Arun. The design combines low ramps, pedestrian steps, timber-seating terraces and planted slopes, creating an attractive and unified public realm, which has resulted in more age-friendly environment and brought more visitors to the town.

# Pedestrian & cycle-friendly public realm



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# Mobility in the Age-Friendly city

Practical application of age-friendly strategies to Dore Village, Sheffield



Dore Village



**Dore Village**  
Future Visions for a  
Lifetime Neighbourhood

# Mobility in the Age-Friendly city

Public toilets enable people of all ages to get out and about - whether they are working, visiting, or shopping in the village.



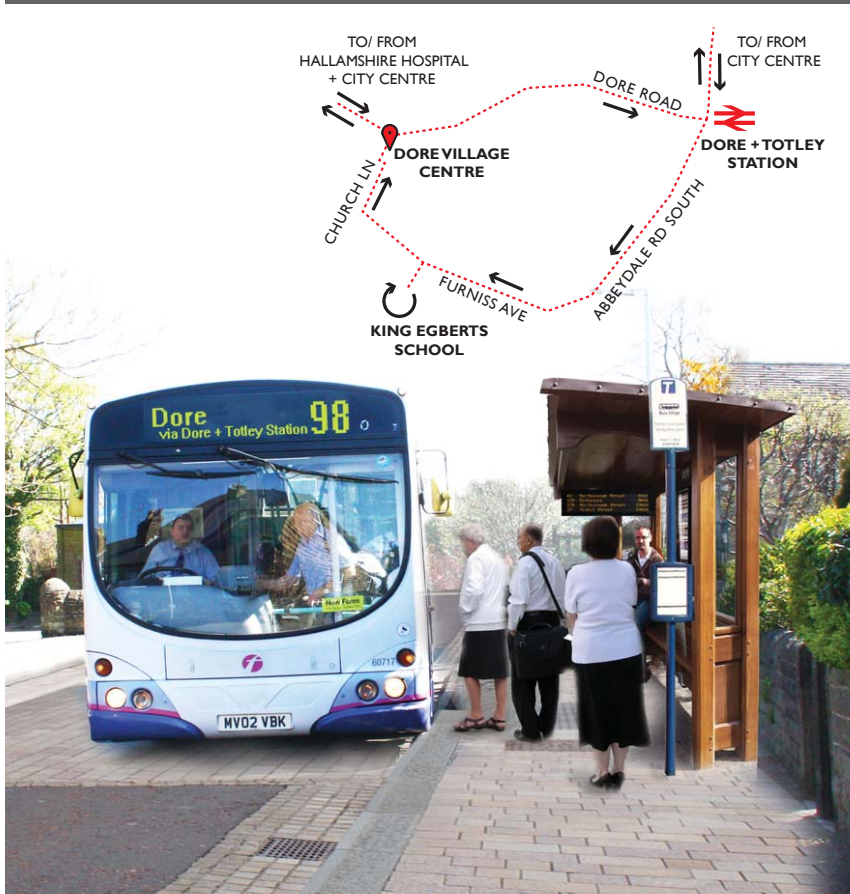
## Introduce a community toilet scheme



A reliable and joined-up public transport system is vital to link Dore with the railway station, hospitals, city centre, and beyond.



## Extend a bus service to Dore + Totley station




# Mobility in the Age-Friendly city

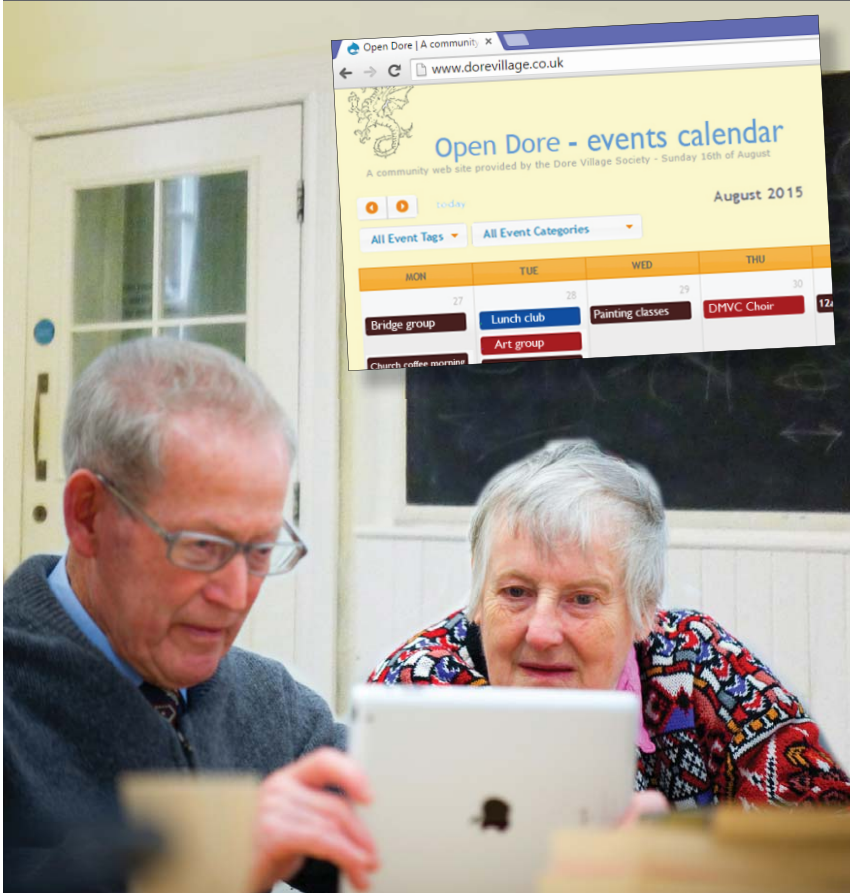
'Pedestrian-friendly' environments are safer and more attractive for residents and visitors, particularly those who are less mobile.

 **Improve pedestrian crossings and widen pavements**



A local service to provide information and IT skills - helping residents to get connected and access wider networks of services and support.

 **Establish a local hub for IT skills and advice**



## Mobility in the Age-Friendly city

Over the longer term there is an opportunity to improve the range of local facilities and create a meeting place at the heart of the village.



**Develop a meeting place at the heart of the village**



The existing junction of Church Lane and Townhead Road.



Bustling high streets and community events support the local economy and are important places for local people to meet, shop and socialise.



**Run a programme of regular markets and events**



## Mobility in the Age-Friendly city

*A Lifetime Neighbourhood* should offer a choice of housing that is affordable, accessible, and meets the needs of the whole community.



**Broaden the choice of new housing available**



*Image based on 'The Avenue' in Saffron Walden  
by Pollard Thomas Edwards Architects*

Car parking is the cause of ongoing debate in the village, particularly the availability of short-stay parking for shops and local services.



**Introduce a disc parking scheme in the village centre**



# Dore Village: engagement

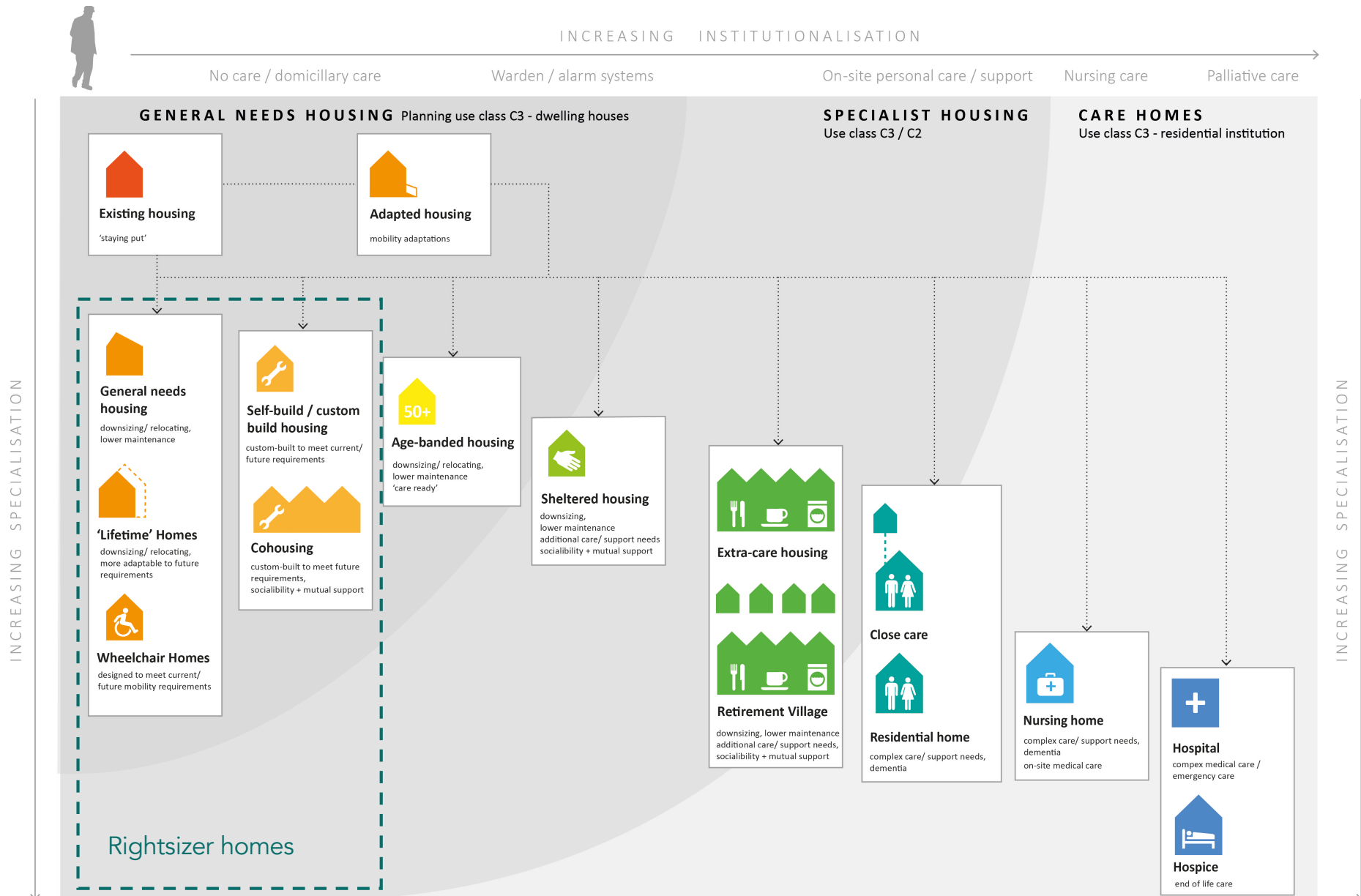


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## 'DOWNSIZER' HOUSING DESIGN

# DWELL – Designing for Wellbeing in Environments for Later Life

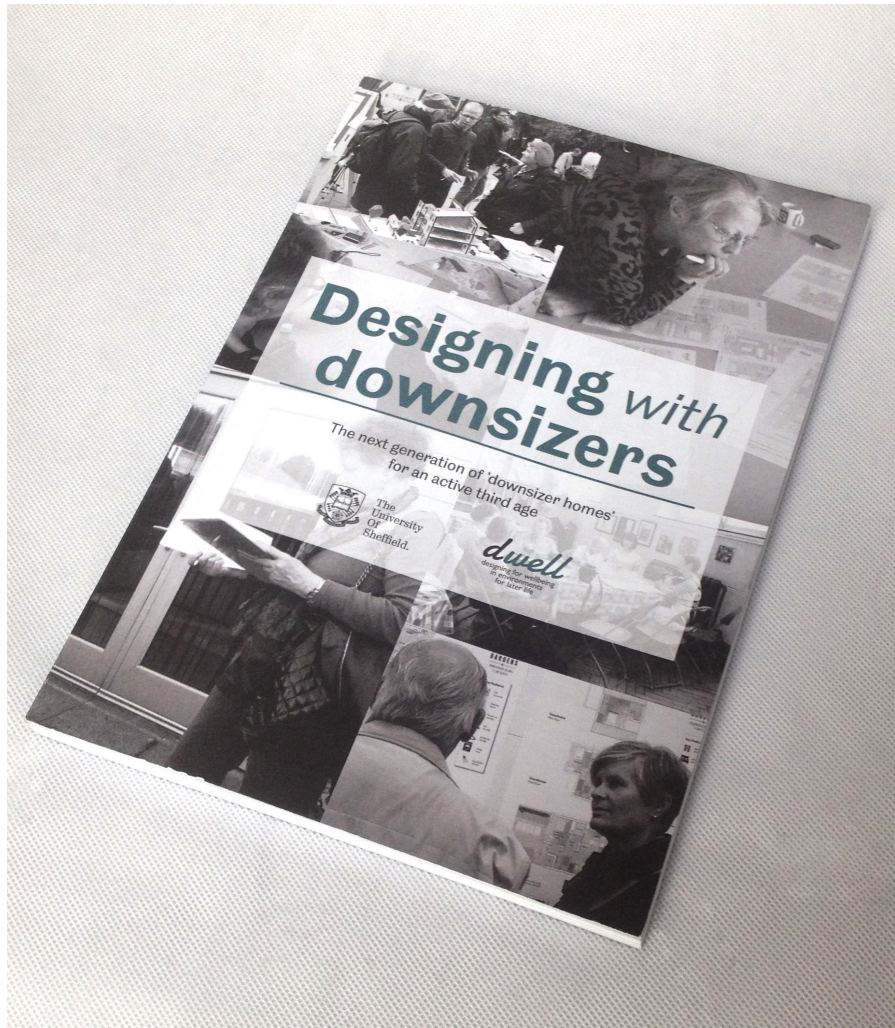




# Designing with Downsizers

DWELL's publication

available at <http://dwell.group.shef.ac.uk/downsizing/>



## Co-Design: focus group discussions & design workshops



What does an 'ideal' home for a downsizer look like?



What sort of community do you want to create through the housing design?

## Designing with Downsizers

DWELL's publication

available at <https://dwell.sites.sheffield.ac.uk/findings/age-friendly/downsizing>



COMFORTABLE

MANAGEABLE

ACCESSIBLE

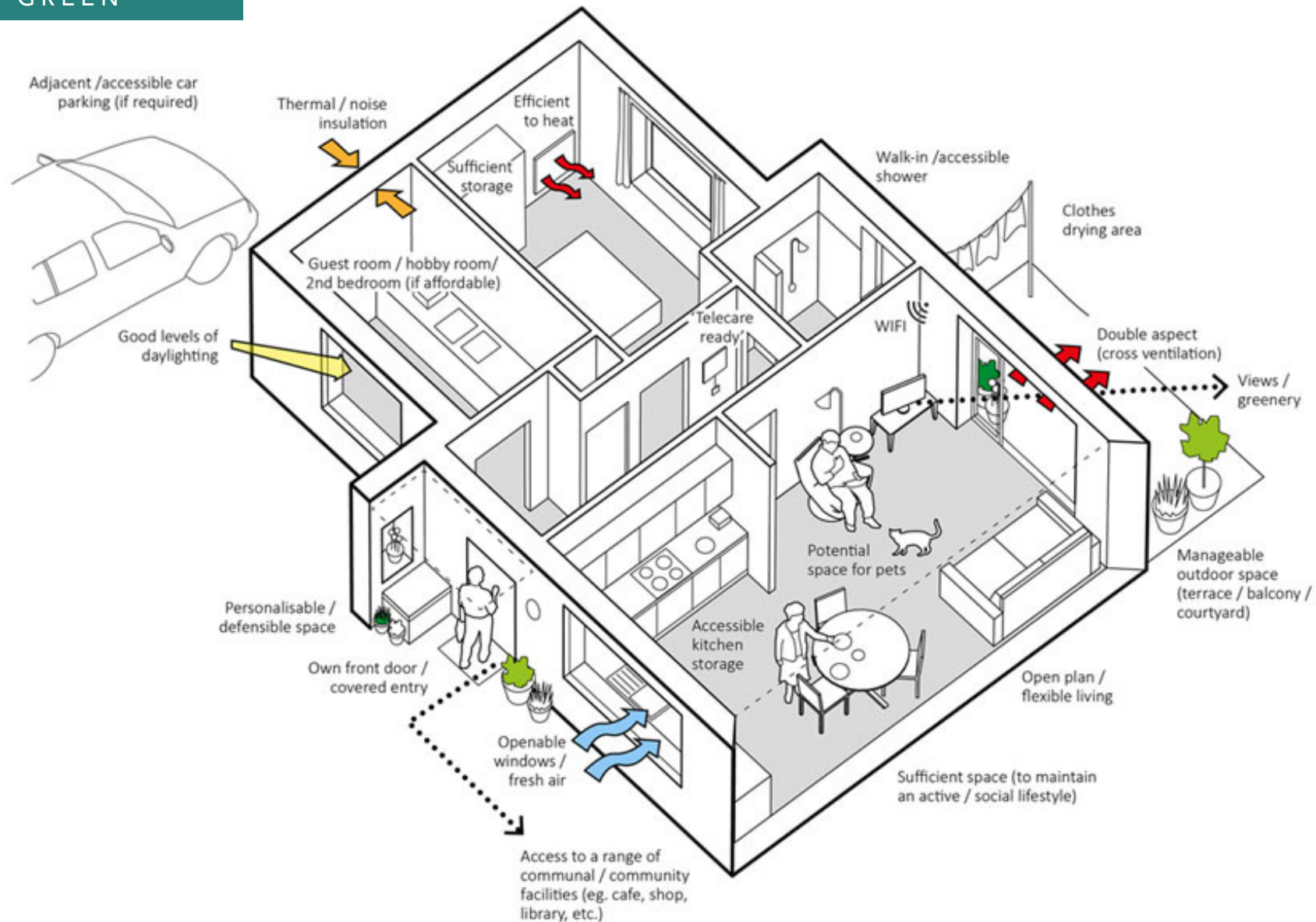
SPACIOUS

GREEN

# Optimising the internal environment

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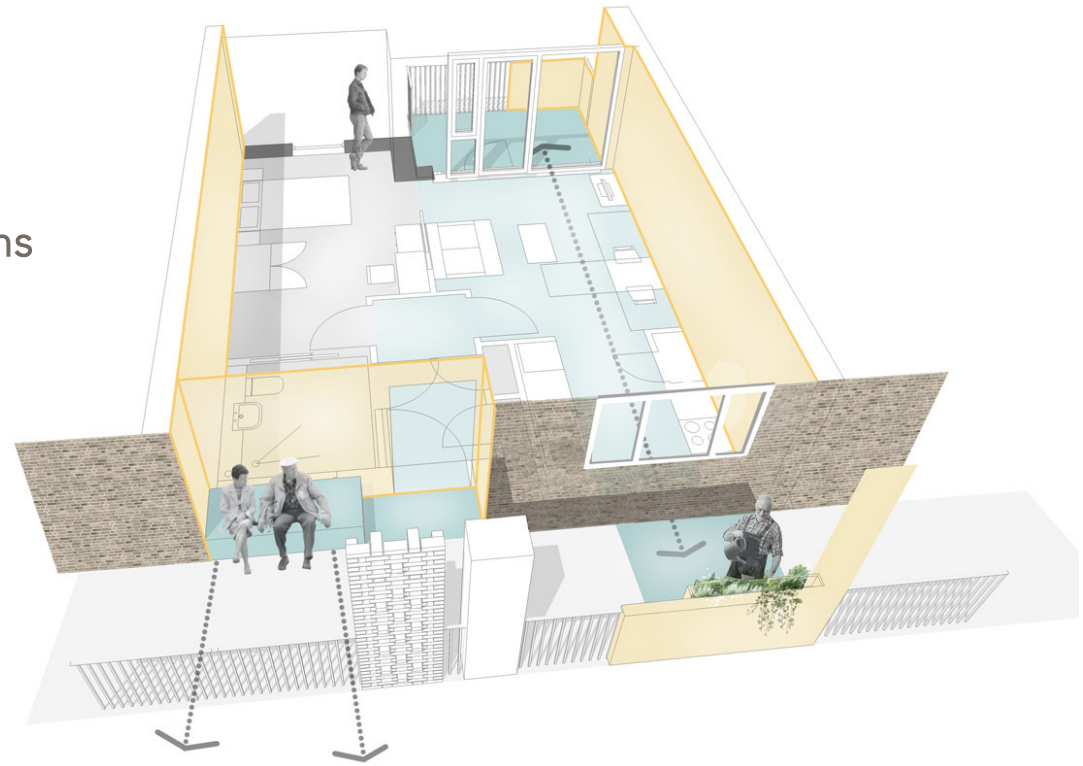


SOCIABLE

ACCESSIBLE

PLEASURABLE

## The importance of threshold conditions



GREEN

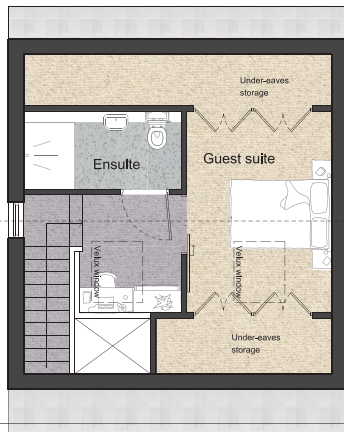
ADAPTABLE

# Downsizer housing typologies\_Courtyard Bungalows with adaptive variants

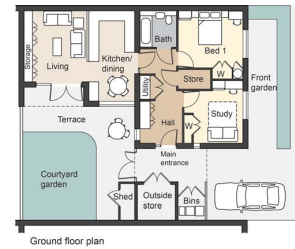
## Courtyard Bungalow



2 bedroom courtyard bungalow layout  
79 m<sup>2</sup> / 850 sq. feet (excluding attic)



1st floor attic extension  
24 m<sup>2</sup> / 258 sq feet

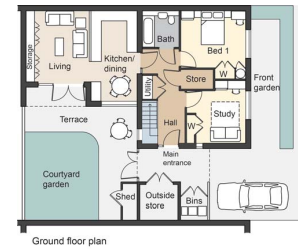
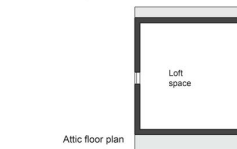


### Downsizers

Downsizing from a 3- bedroom house, Jean and Mike were looking for a home that was easier to manage.

They were attracted to the bungalow because of the compact garden, which allowed them to sit out and enjoy the sun, with a couple of beds for growing veg and space to store tools and bikes.

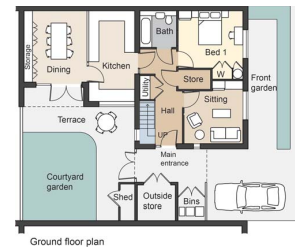
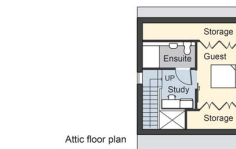
Their adult children occasionally visit, staying on a sofa bed in the study.



### Grandparents

With young grandchildren and more regular visits from the family, Steve and Lisa have converted their home into a dormer bungalow with a guest suite.

The original roof and attic floor was designed with conversion in mind (with traditional construction and floor joists), so the process is much cheaper than a typical loft conversion.

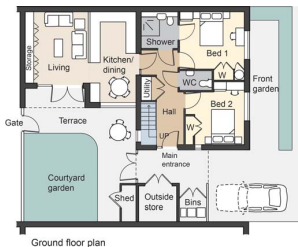
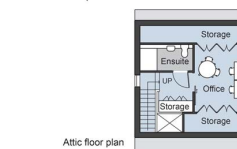


### Home office and entertaining

Despite officially retiring a few years ago, Brenda continues to run a small business from her home - and the attic floor is ideal.

She also enjoys entertaining and dinner parties, so has converted the main living room into a large dining space. In summer she hosts alfresco dinner parties on the terrace.

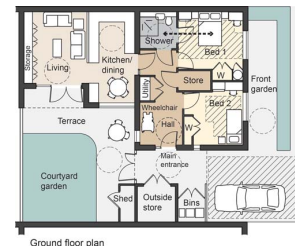
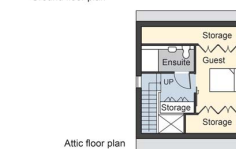
The other downstairs room is used as a small sitting room for watching TV.



### Additional care + support needs

Since they have both developed longer-term health problems, Mary and Jack are more comfortable sleeping separately. The store cupboard is already plumbed in for conversion for a second downstairs WC.

The attic suite is ideal to accommodate their daughter, who stays for longer periods to offer support. They also get help with the garden from their neighbour, and have put in a gate to make this easier.



### Wheelchair accessible

Phillip uses a wheelchair, and has adapted the bungalow with by converting the bathroom into a wetroom and replacing the kitchen with specialist units.

With all of the rooms, door openings, and outdoor spaces already designed for wheelchair dimensions, the process has been affordable and relatively straightforward.

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SOCIABLE

GREEN

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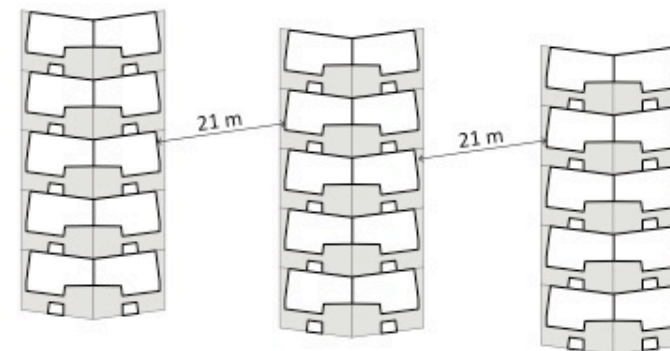
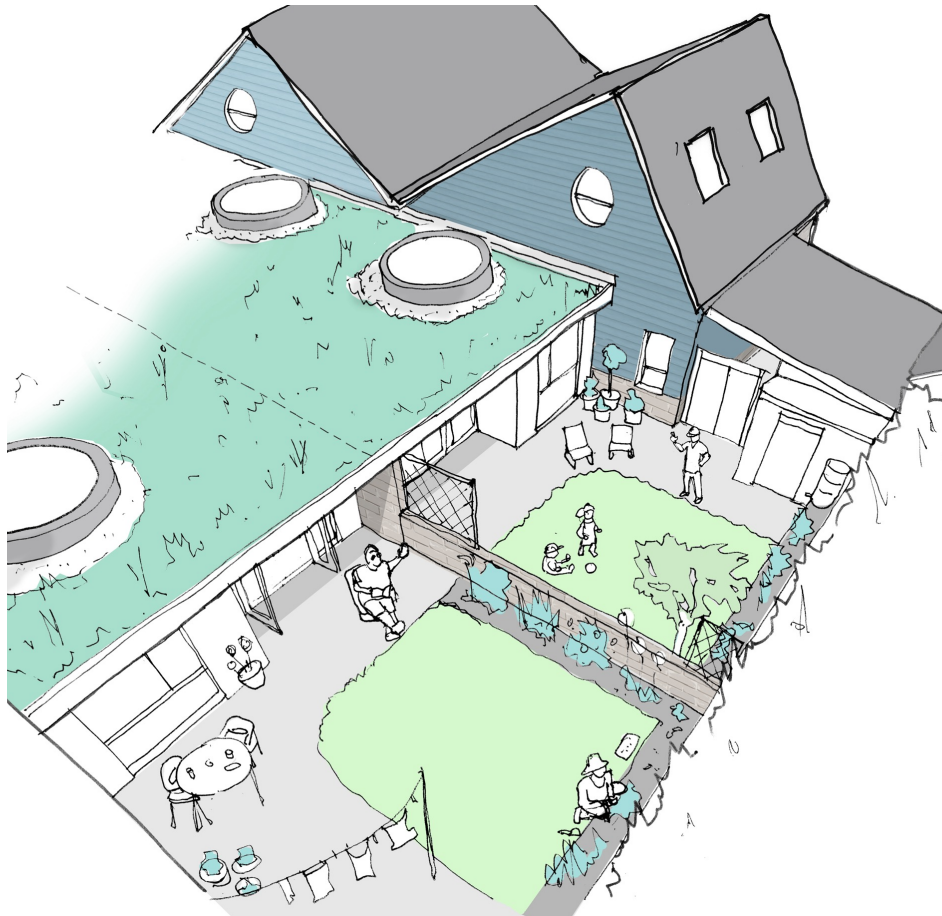
## Downsizer housing typologies

### Courtyard Bungalow Model

GIFA (ground floor only): 84.4 sq. m / 909 Sq. ft

FOOTPRINT: 177.1 Sq. m / 1907 Sq. ft

APPROX DENSITY (including roadways): 30-35 dwellings/ ha



### Courtyard Bungalows

79m<sup>2</sup> GIA (exc attic), 103m<sup>2</sup> GIA (inc attic)  
35 dwellings/ha inc access roads

CONNECTED

MANAGEABLE

ACCESSIBLE

SOCIABLE

ADAPTABLE

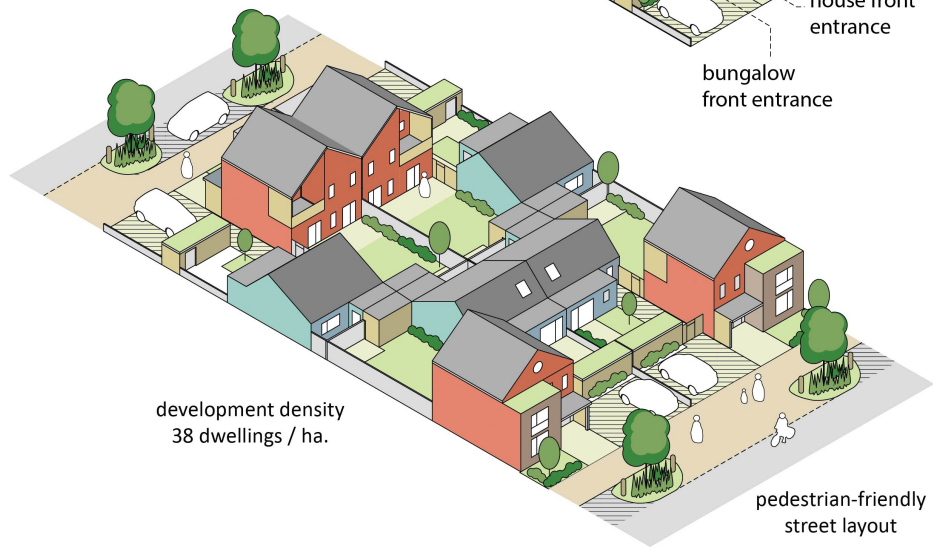
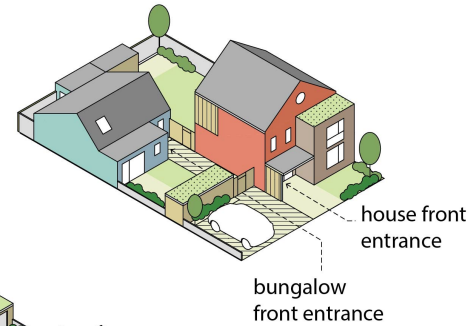
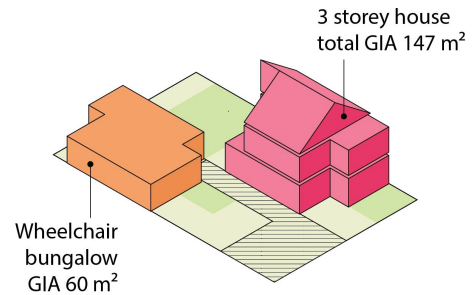
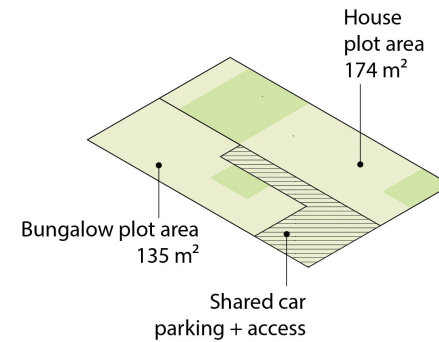


# Downsizer housing typologies



### Chequerboard Houses

60m2 GIA  
38 dwellings/ha (paired with house)





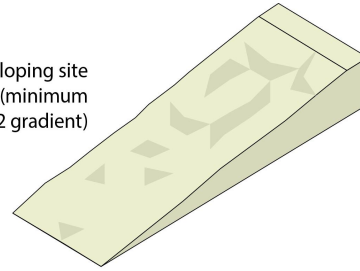
CONNECTED

MANAGEABLE

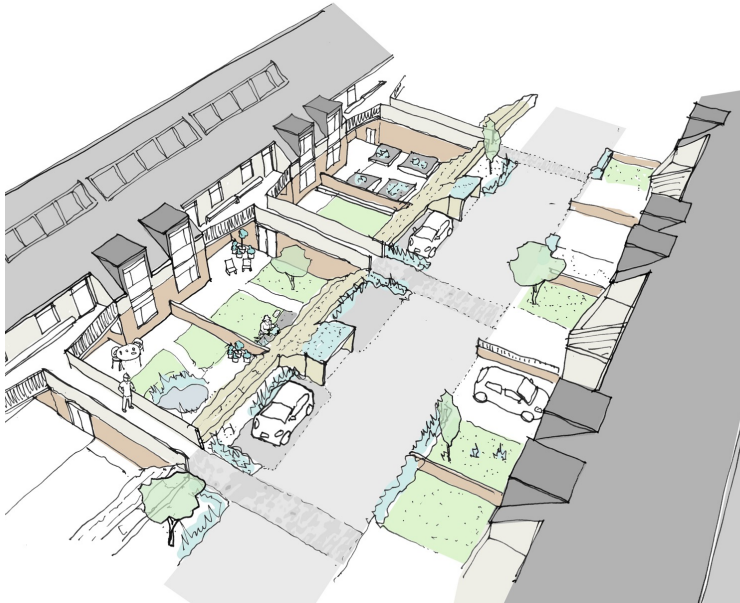
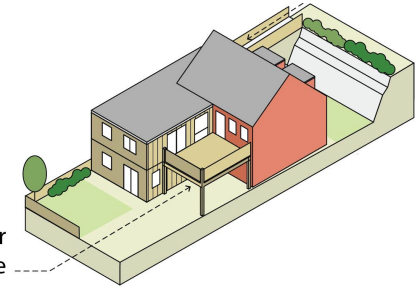
ACCESSIBLE

## Downsizer housing typologies

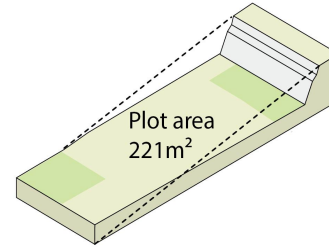
Sloping site  
(minimum  
1 in 12 gradient)



lower floor  
entrance

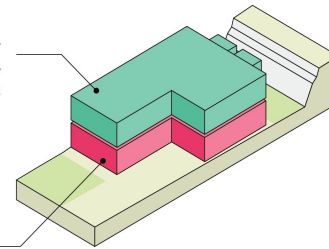


Plot area  
221m<sup>2</sup>



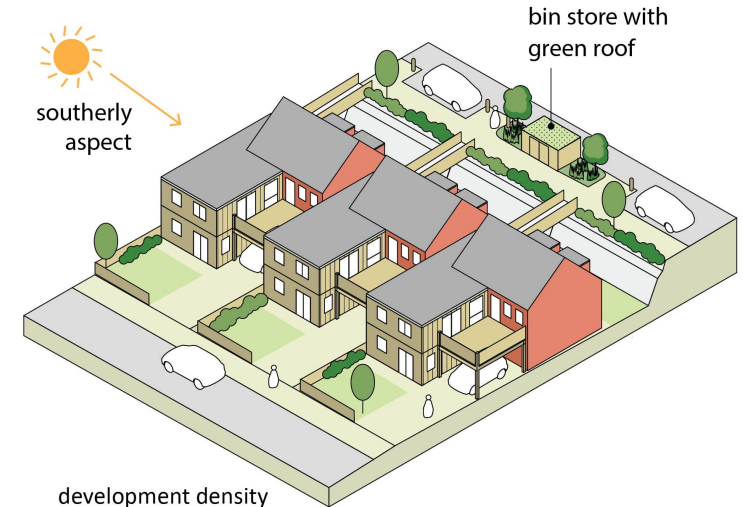
Upper floor  
bungalow  
GIA 79 m<sup>2</sup>

Lower floor  
bungalow  
GIA 79 m<sup>2</sup>



southerly  
aspect

bin store with  
green roof

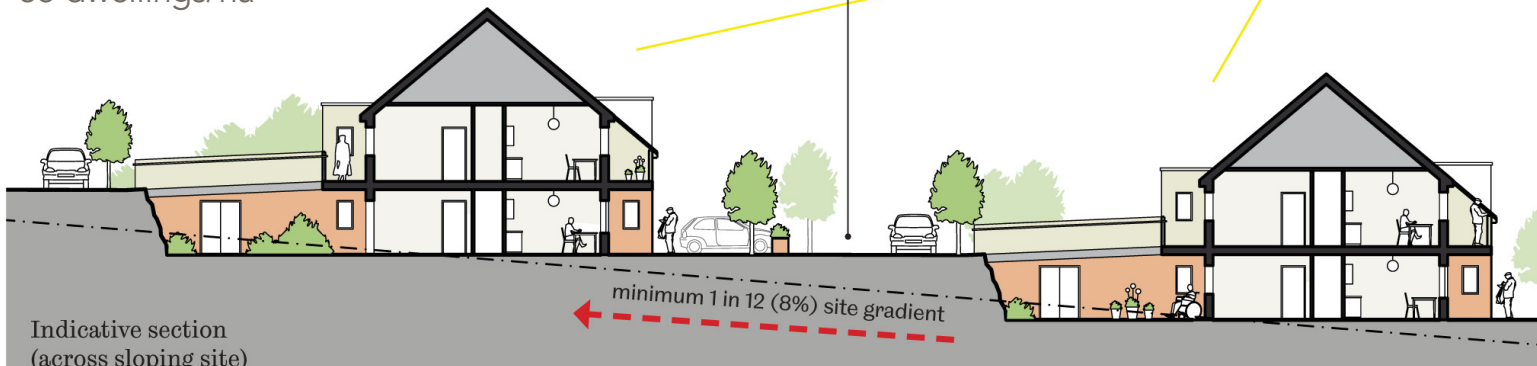


development density  
55 dwellings / ha.

## Hillside Bungalows

79m<sup>2</sup> GIA  
55 dwellings/ha

Mews-type access roads  
running along the slope



Indicative section  
(across sloping site)

minimum 1 in 12 (8%) site gradient

CONNECTED

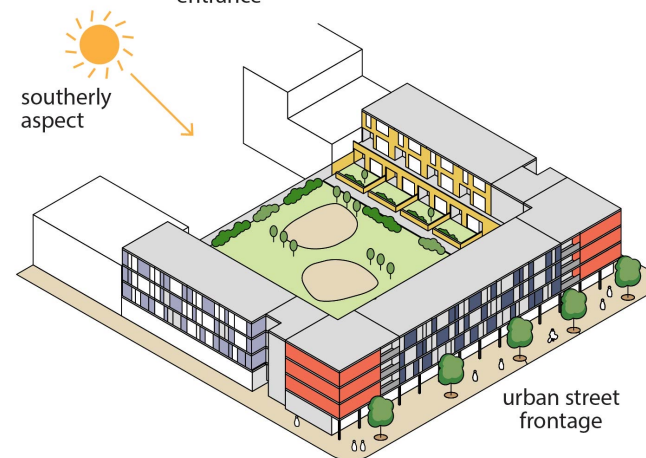
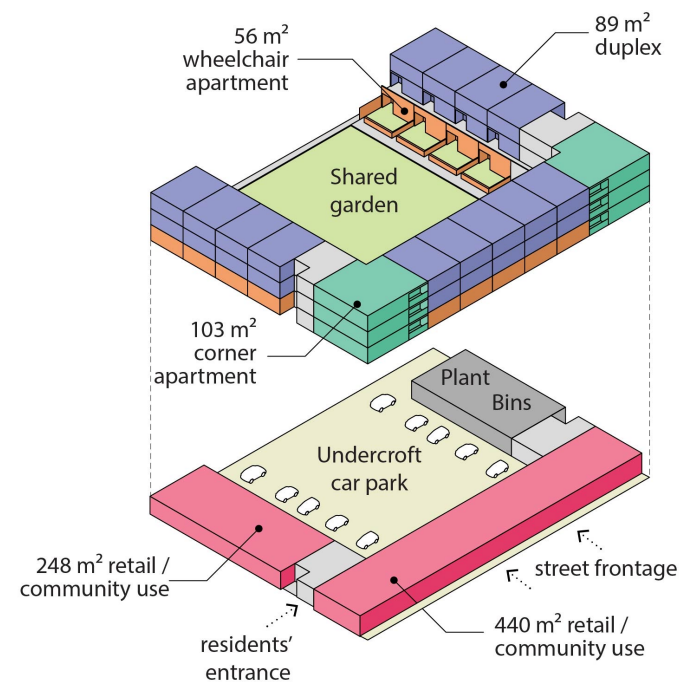
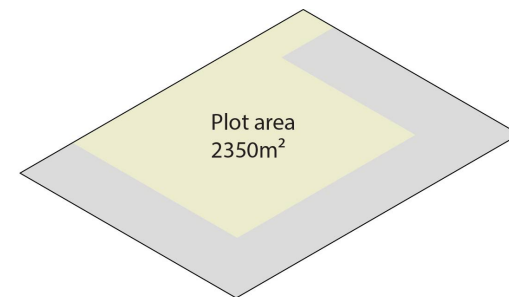
MANAGEABLE

ACCESSIBLE

SOCIABLE



## Downsizer housing typologies



# GOOD PRACTICE HOUSING EXEMPLARS

# Park House, Matlock, Derbyshire

Evans Vettori Architects

4950m2 accommodation  
40 co-living units, 4 townhouses,  
8 apartments



# Park House, Matlock, Derbyshire

Evans Vettori Architects



# Park House, Matlock, Derbyshire

Evans Vettori Architects



# New Ground Older Women's Co-Housing

Pollard Thomas Edwards Architects

25 x co-living homes generated by older women in north London



# Older Women's Co-Housing

Pollard Thomas Edwards Architects

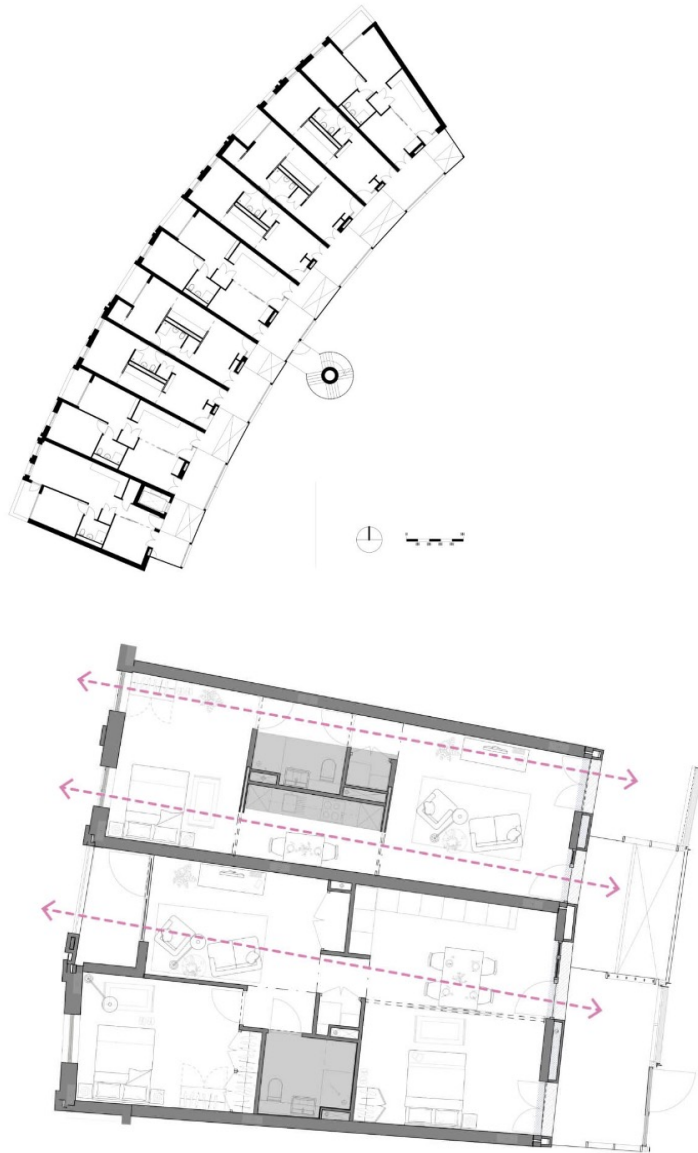




# Hortsley, Seaford

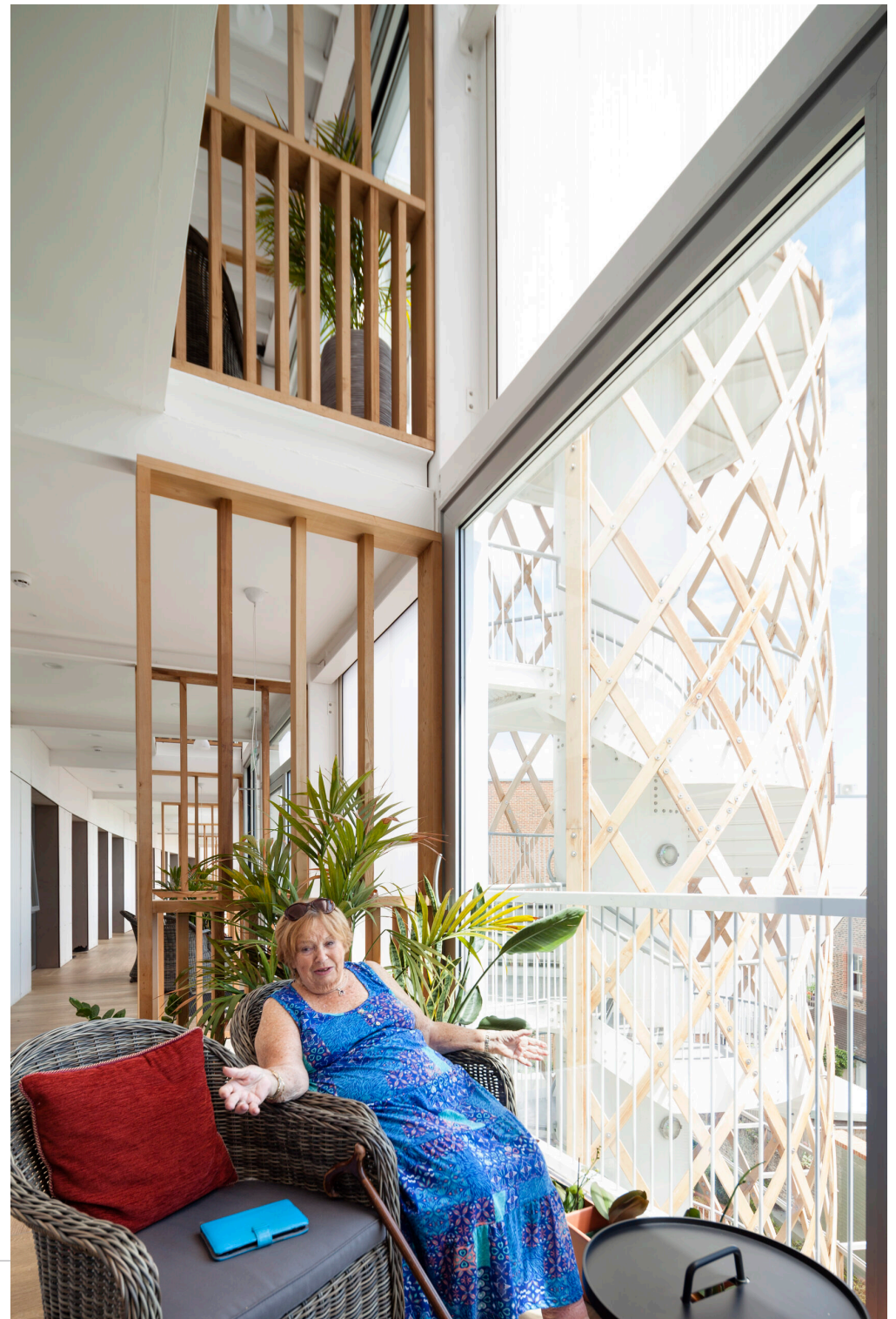
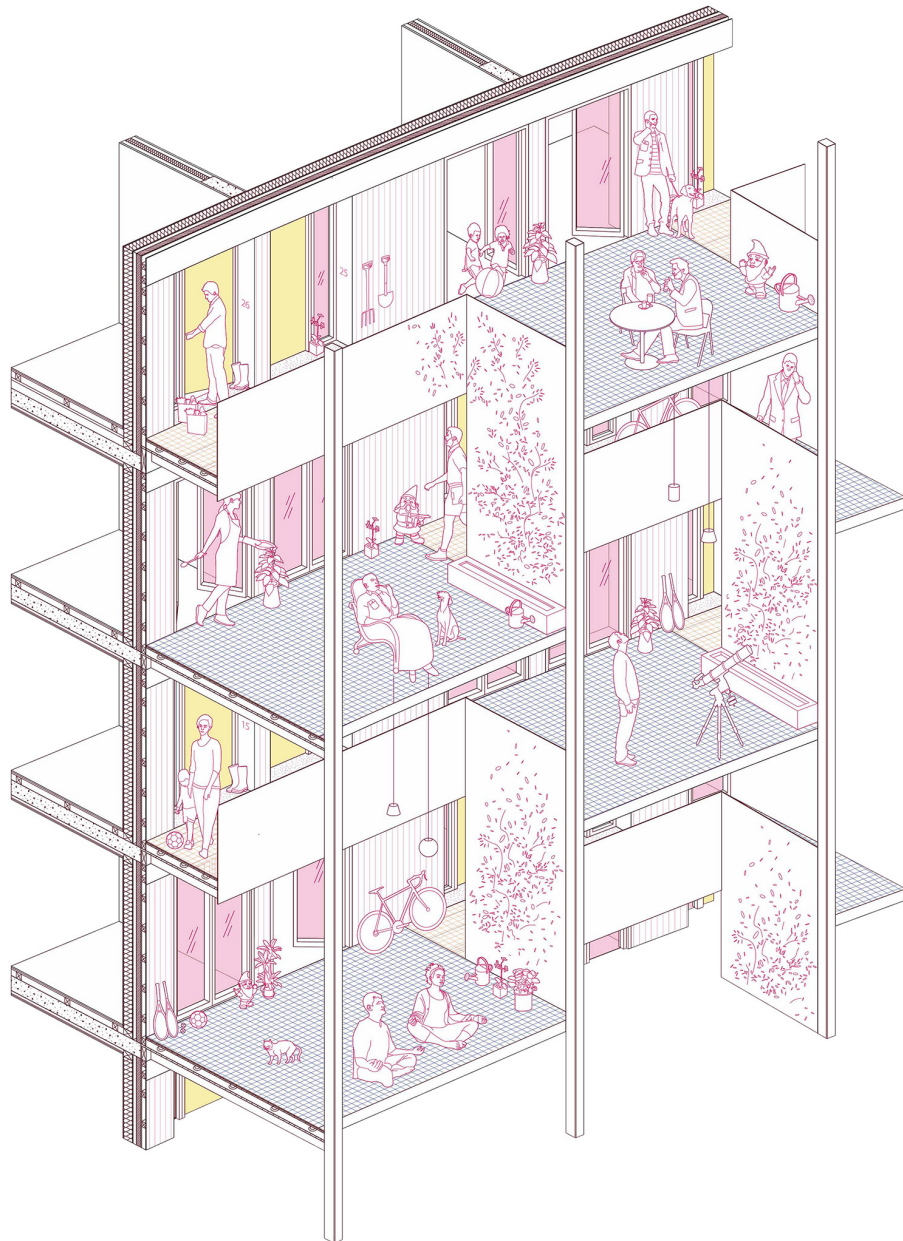
RCKa

38 homes in a seaside development  
Double-height winter garden/ access gallery creates threshold spaces for informal encounters between neighbours



# Hortsley, Seaford

RCKa



# Vindmøllebakken, Stavanger

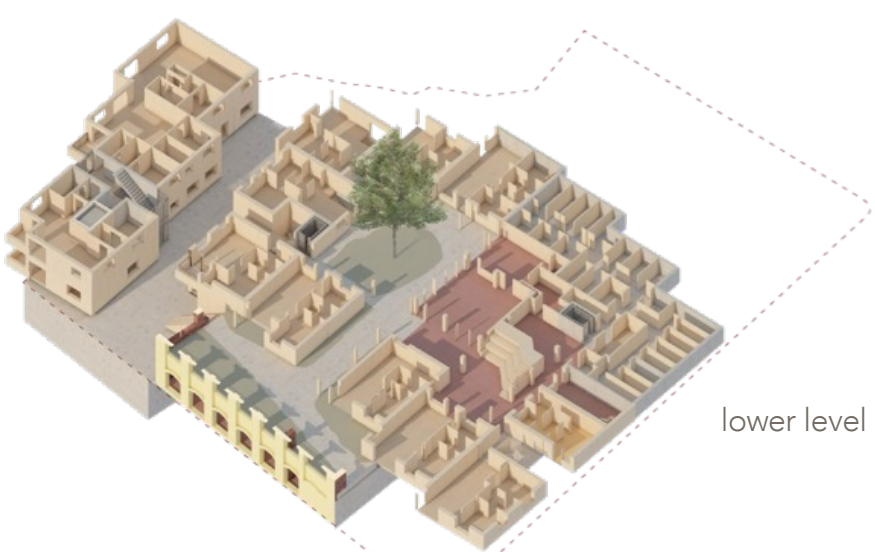
Helen & Hard Architects

4950m2 accommodation  
40 co-living units, 4 townhouses, 8 apartments  
Common spaces, café



# Vindmøllebakken, Stavanger, Norway

Helen & Hard Architects



lower level



axon view

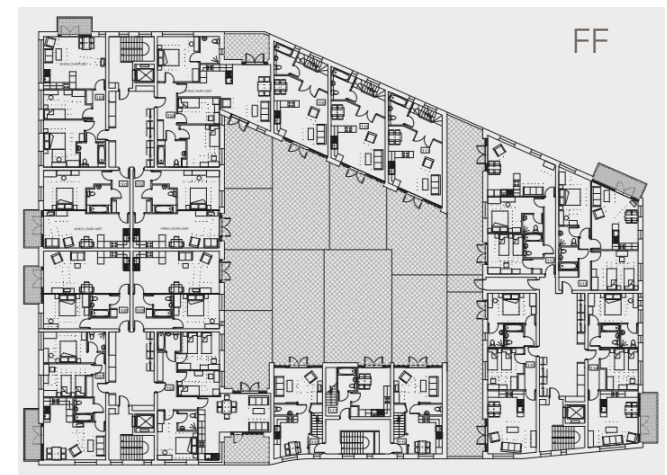
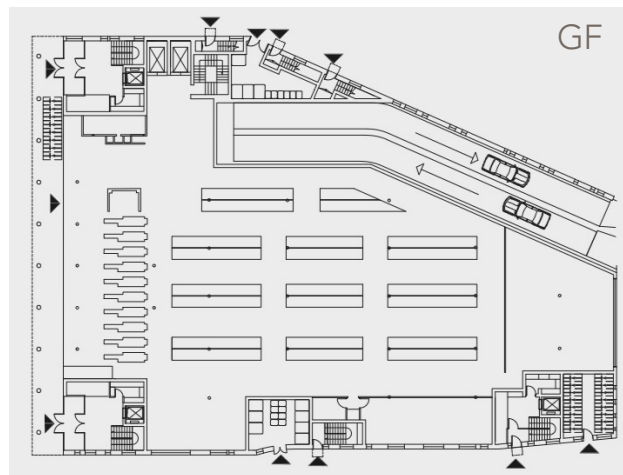


# Graham Park Flats

Peter Barber Architects

70 homes over shops, a library, community college and community centre.

The heart of a new neighbourhood



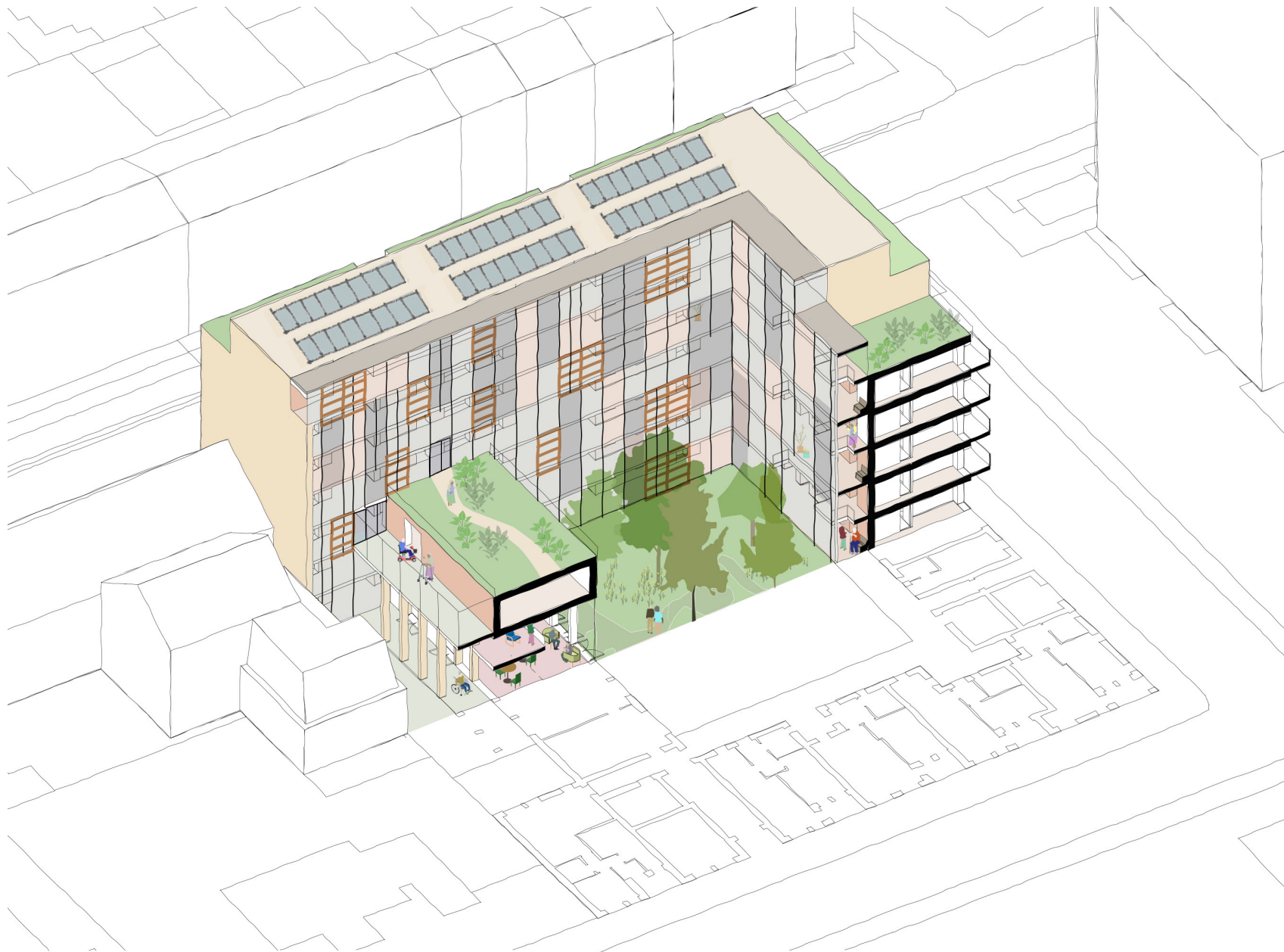
# SWA Almshouses, London

Sarah Wigglesworth Architects

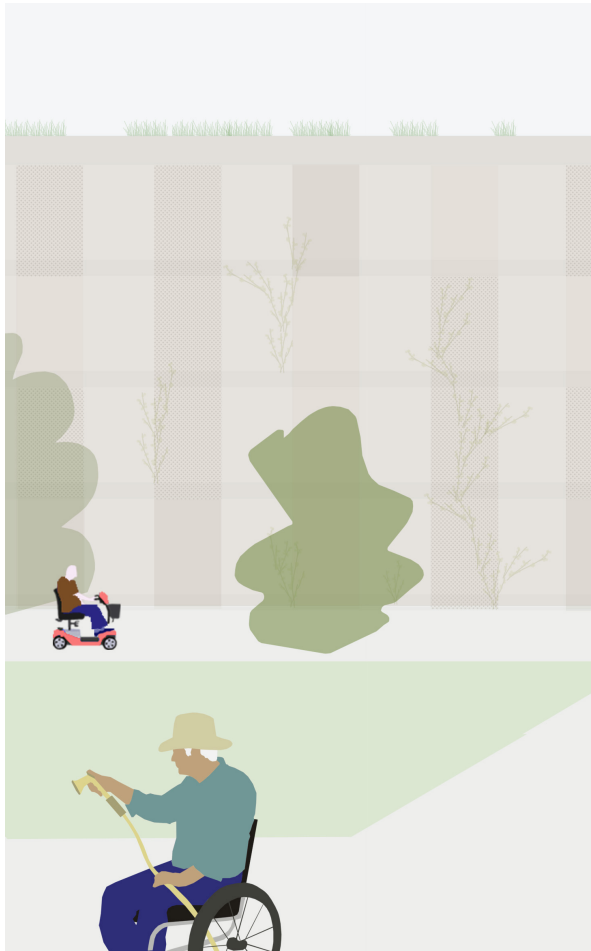
84 x 1-, 2- and 3-bed flats  
around a shared garden,  
with common room, for a  
London almshouse charity



# SWA Almshouses, LB Southwark



# SWA Almshouses, LB Southwark

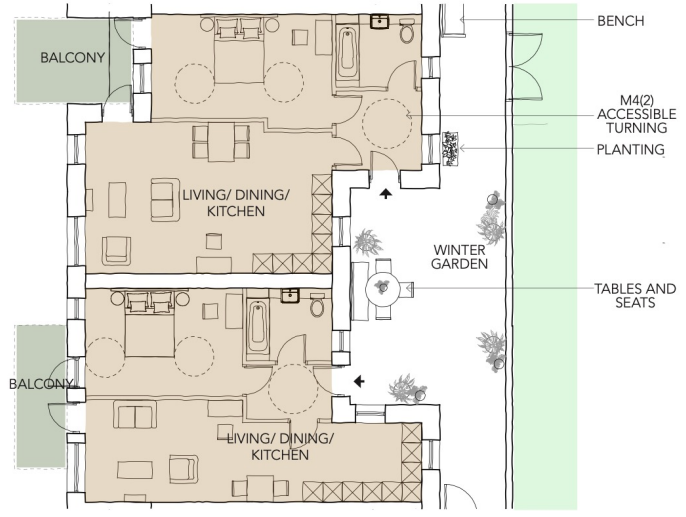




# SWA Almshouses, LB Southwark

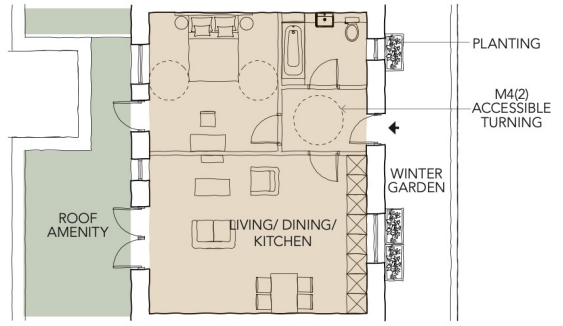


# SWA Almshouses, LB Southwark

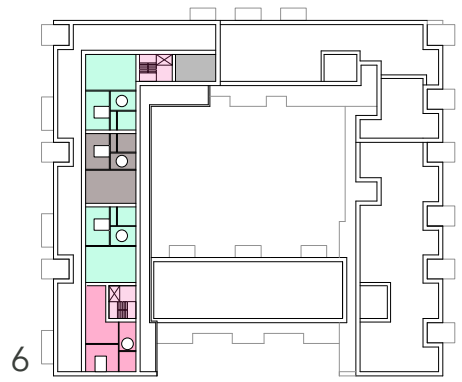


TYPICAL GROUND - FIFTH FLOOR ALMSHOUSE HOMES

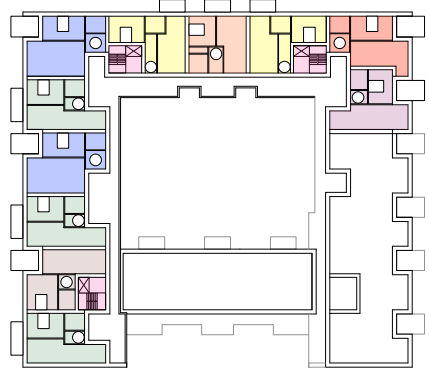
- KEY**
- 1 BED ALMSHOUSE (GIA: 55SQM MINIMUM)
  - PRIVATE AMENITY
  - RESIDENTS' SHARED GARDEN
  - ENTRANCE



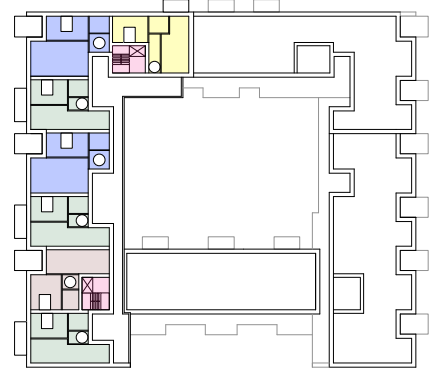
TYPICAL SIXTH FLOOR ALMSHOUSE HOME



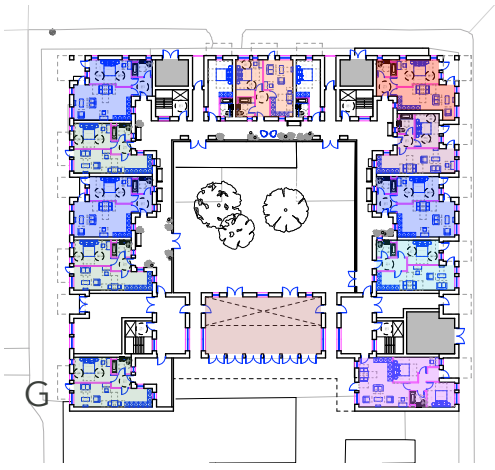
6



3, 4



5



G

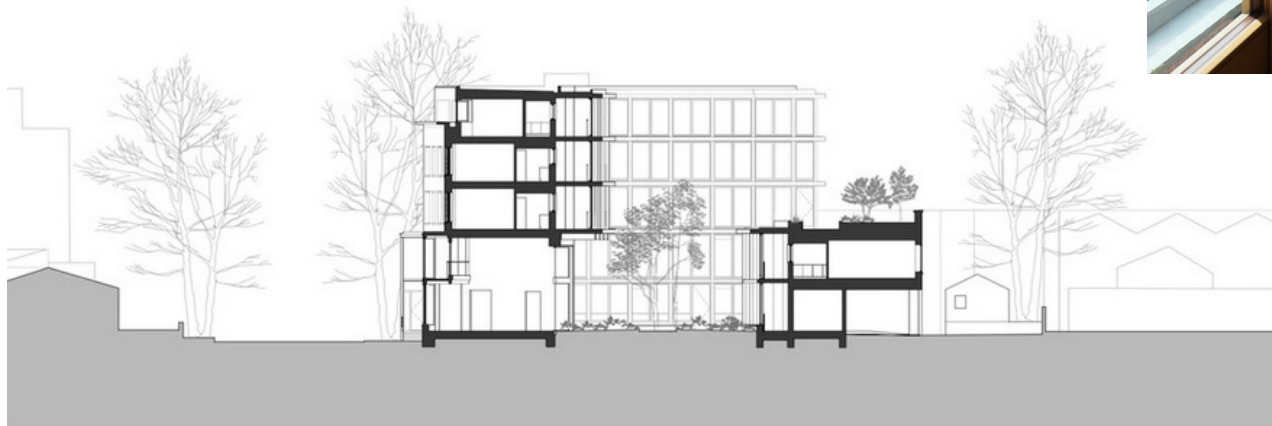


1, 2

# Appleby Blue Almshouses, London

Witherford, Watson, Mann Architects

A new Assisted Living facility for a London charity  
57 homes for social rent, 58sqm typically, 197 dwellings/ha



# Appleby Blue Almshouses, LB Southwark

Witherford, Watson, Mann Architects



# Appleby Blue Almshouses, LB Southwark

Witherford, Watson, Mann Architects



# Kampung Admiralty, Singapore

WOHA

32,332m<sup>2</sup> accommodation  
104 apartments for seniors and others in a 'vertical Kampung' or (village).  
Community Plaza at ground level, Medical Centre in centre, and a Community Park with apartments for seniors on the upper level



# Kampung Admiralty, Singapore

WOHA



# Kampung Admiralty, Singapore

WOHA





# Kaze No Machi Miyabira / Susumu Uno, Hiroshima, Japan

CAn + Met Architects

Co-living with care for older folk



# Kaze No Machi Miyabira / Susumu Uno, Hiroshima, Japan

CAn + Met Architects



# Kaze No Machi Miyabira / Susumu Uno, Hiroshima, Japan

CAn + Met Architects



# Der Rokade, Groningen, Netherlands

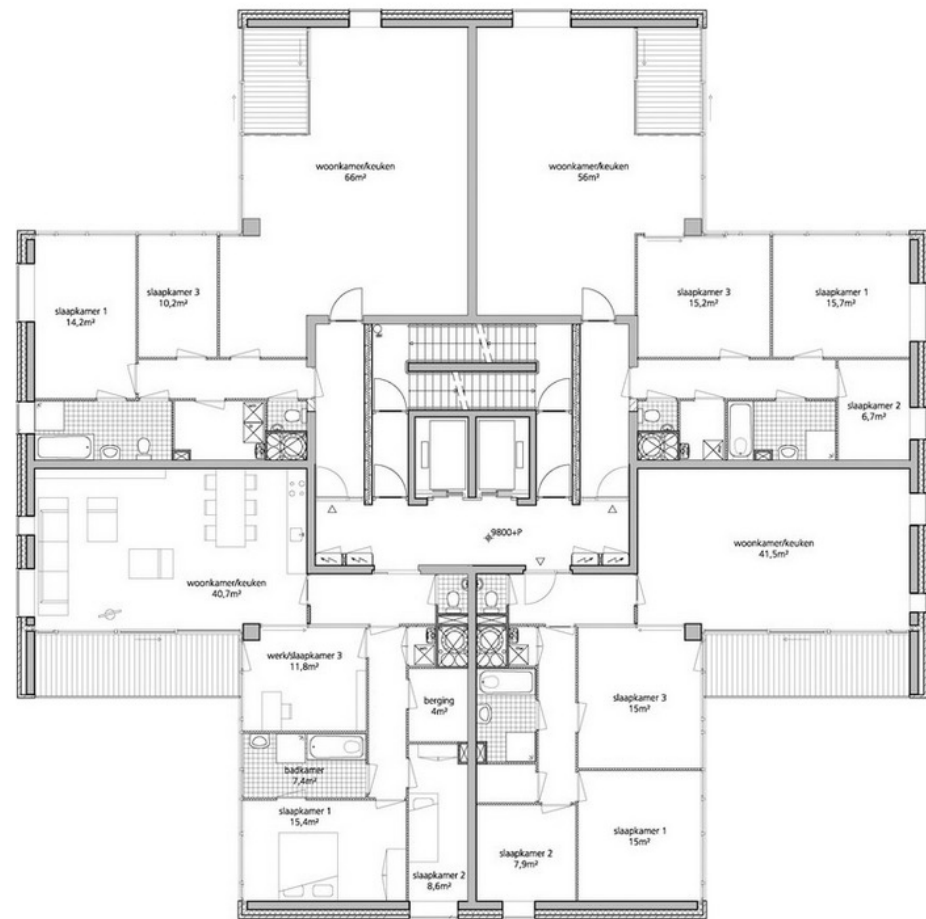
Arons en Gelauff Architecten

Apartments for 'younger seniors', linked to a care home, offering home help. Flexible layouts internally.



# Der Rokade, Groningen, Netherlands

Arons en Gelauff Architecten



# MULTI- AND INTER-GENERATIONAL HOUSING EXEMPLARS

# Key ingredients in multi-generational housing

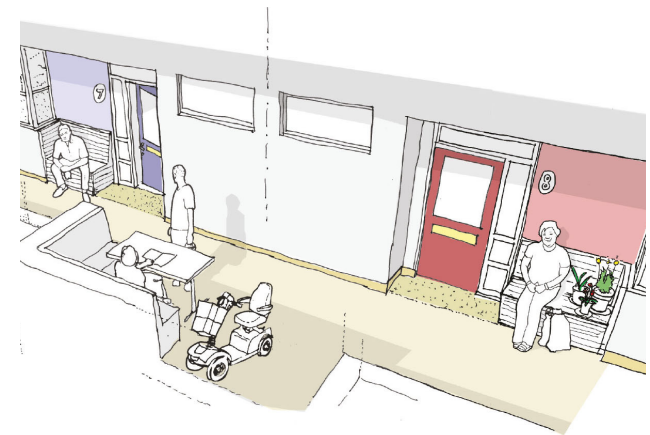
layout, urban design  
& landscape



internal arrangements



spaces for social interaction



# Positive social transformation

Strengthens communities

Combats isolation/ loneliness

Sustainable informal support networks

Quality housing

Improves health and wellbeing

Confidence building

Skills and training opportunities

Self-governance

Builds social capital





# Models of intergenerational good practice



Apples & Honey Intergenerational Nursery, Wandsworth



Solund Urban Nursing Home, Copenhagen



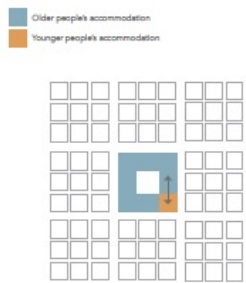
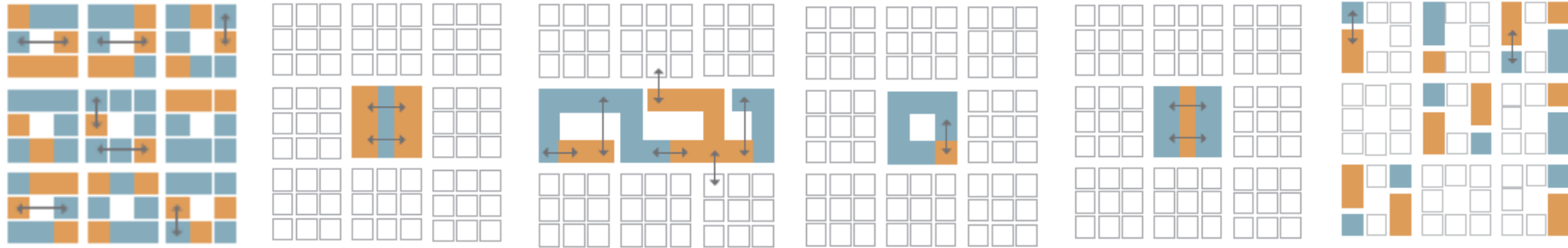
Beekmos Young Mother's Home, Houten, Netherlands



LinkAges Project, Cambridge

# Building typologies and intergenerational co-location

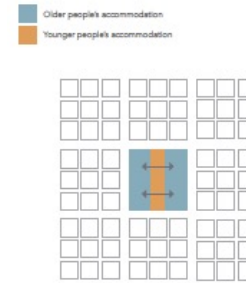
■ Older people's accommodation  
■ Younger people's accommodation



Younger learning from older



Shared communal spaces and terraces



Younger people helping with mobility

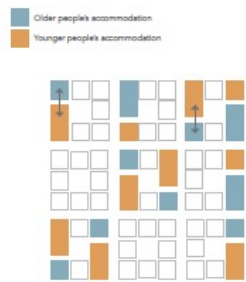
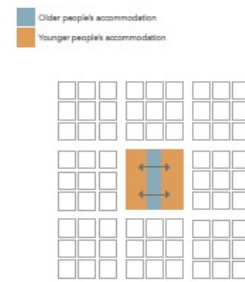


Diagram shown in this section based on PRP diagrams for Housing LIN report



Terrace showing mews scale streets with covered entrances



Older people's accommodation on ground floor



Shared garden with balconies overlooking

# Sölund, Copenhagen

CF Möller

A city block for all ages, comprising 50 independent living for older people, a nursing home, daycare centre, restaurants, café, kindergarten, wellness suite, multi-use hall, shops, offices and shared landscapes plus 150 homes for younger people



# Sölund, Copenhagen

CF Möller

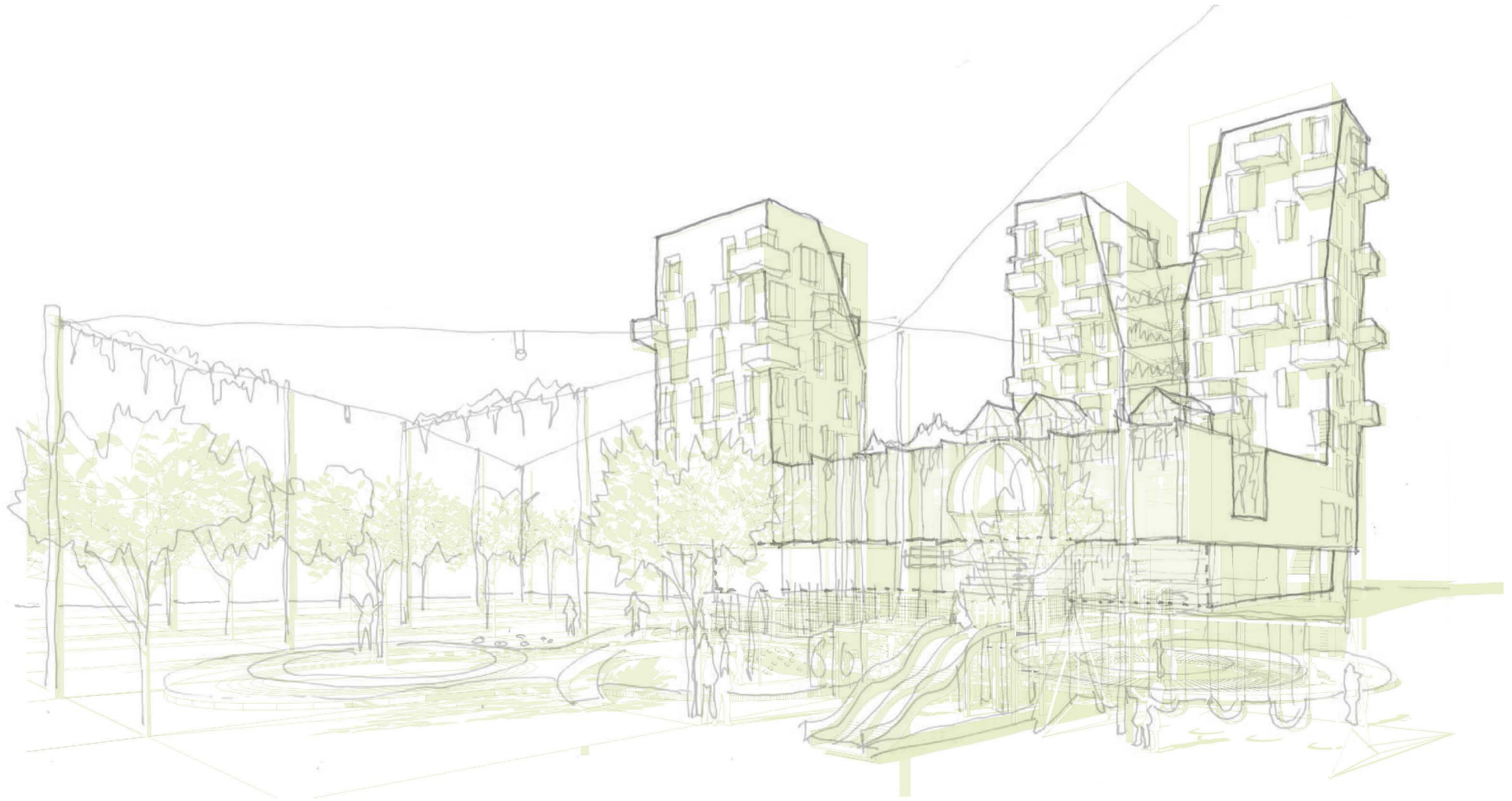


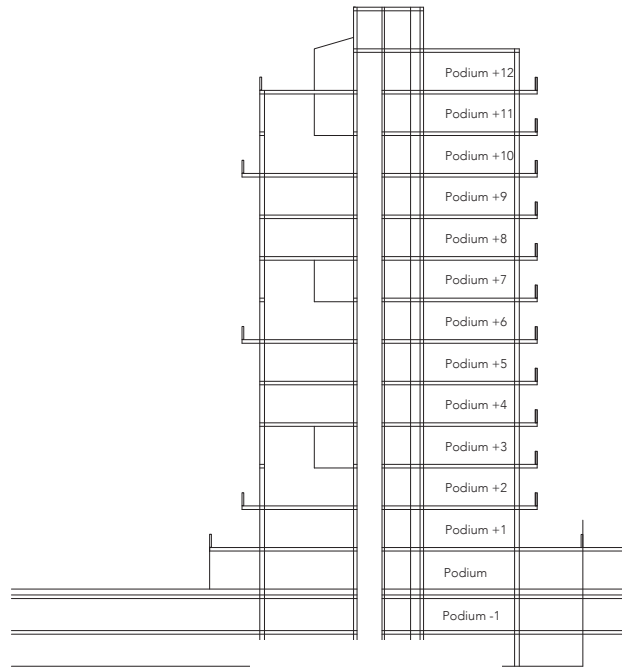
# Sölund, Copenhagen

CF Möller

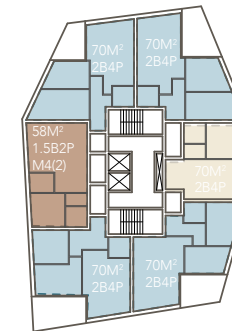
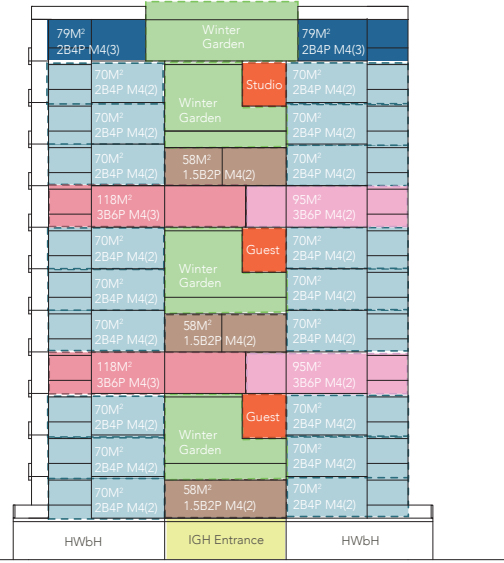


## Multi-generational housing co-located with a Health & Wellbeing Hub

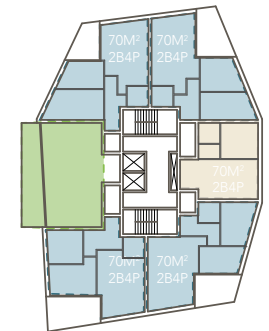




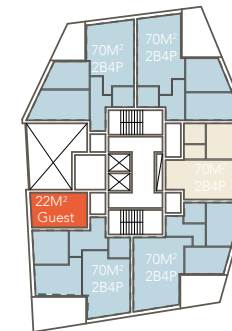
0 5M  
Section Elevation



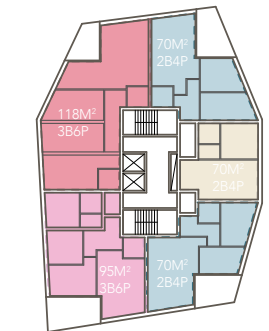
Podium +1, +5, +9



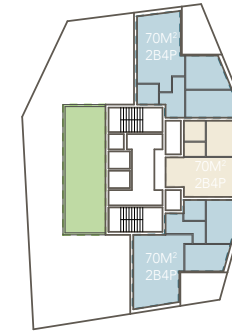
Podium +2, +6, +10



Podium +3, +7, +11



Podium +4, +8



# ageing better by design

Sarah Wigglesworth

[www.swarch.co.uk](http://www.swarch.co.uk)

i sw\_arch

TULA, Finland

10.x.2024



# HAPPI principles

Irene Craik, Director  
Levitt Bernstein

# HAPPI Principles

Irene Craik, Director

Levitt Bernstein People.Design

# Levitt Bernstein - who we are

Award winning practice

Established in 1968

120 people in London  
and Manchester studios

Diverse projects

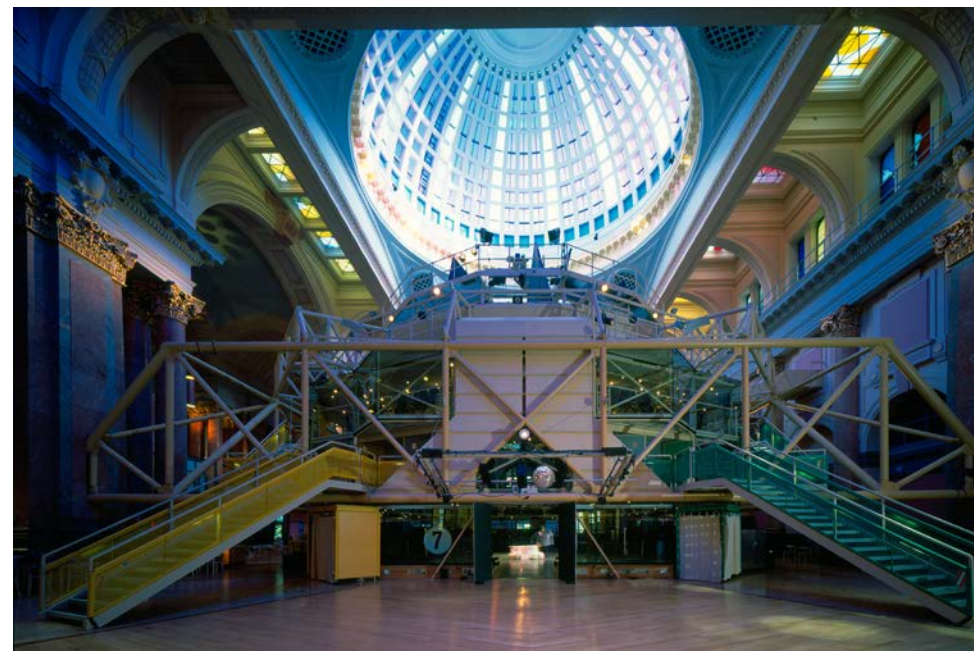
Architecture

Urban Design

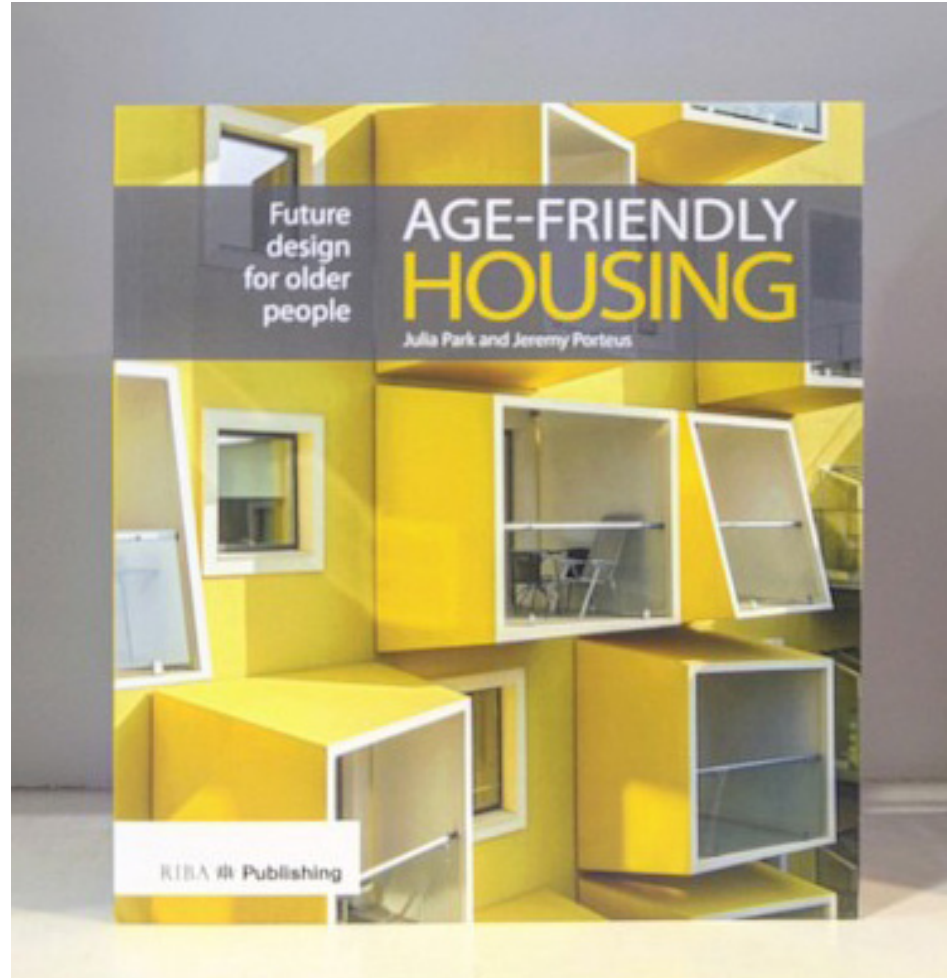
Landscape

Interior Design

Focus on end users



# Specialist housing expertise and research



# The HAPPI Report 2009



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# Purpose of the report

- Commissioned by government - Communities & Local Government and Department of Health
- Asks four questions:

**Why** is meeting older people's housing needs a priority?

**What** kind of housing will meet our needs as we grow older?

**How** can this housing be delivered?

**Who** can make it happen?

# Context - changing demographics in the UK

Current life expectancy is 83 for women and 78 for men:  
In 1901 it was 49 and 45 respectively.

By 2030, 15 million people are expected to be 65 or above:  
3 million will be 85 or above.

850,000 people currently live with dementia:  
By 2051 that will rise to 1.7 million.

Dementia already costs the NHS £26.3 billion each year  
(more than cancer and heart disease combined).

# Context - UK provision, changing perceptions



Typical almshouse built in 1696



Typical UK Housing



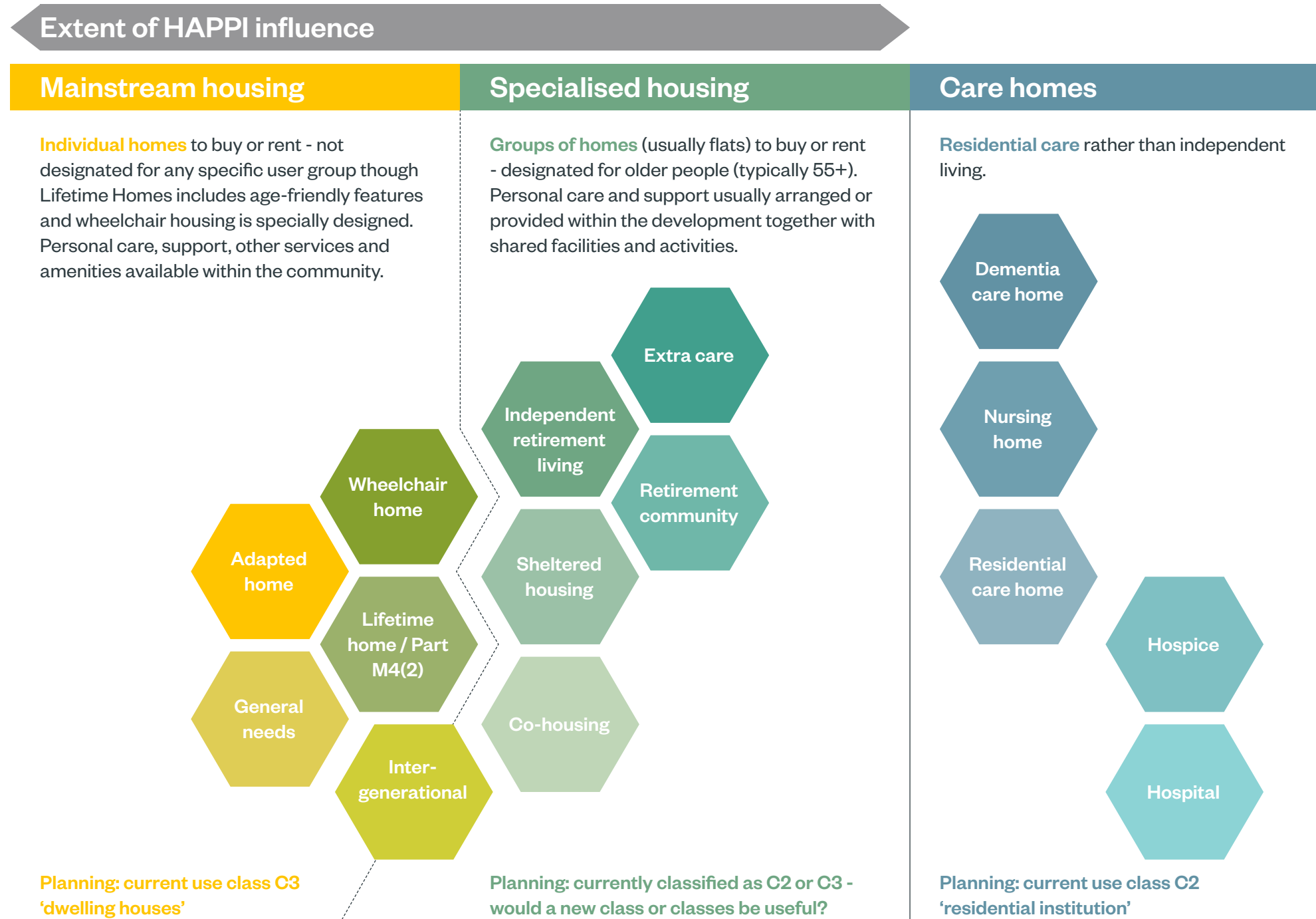
Typical sheltered housing built in the 1970s



Retirement housing in Orestad, Copenhagen (JJW Arkitekter)

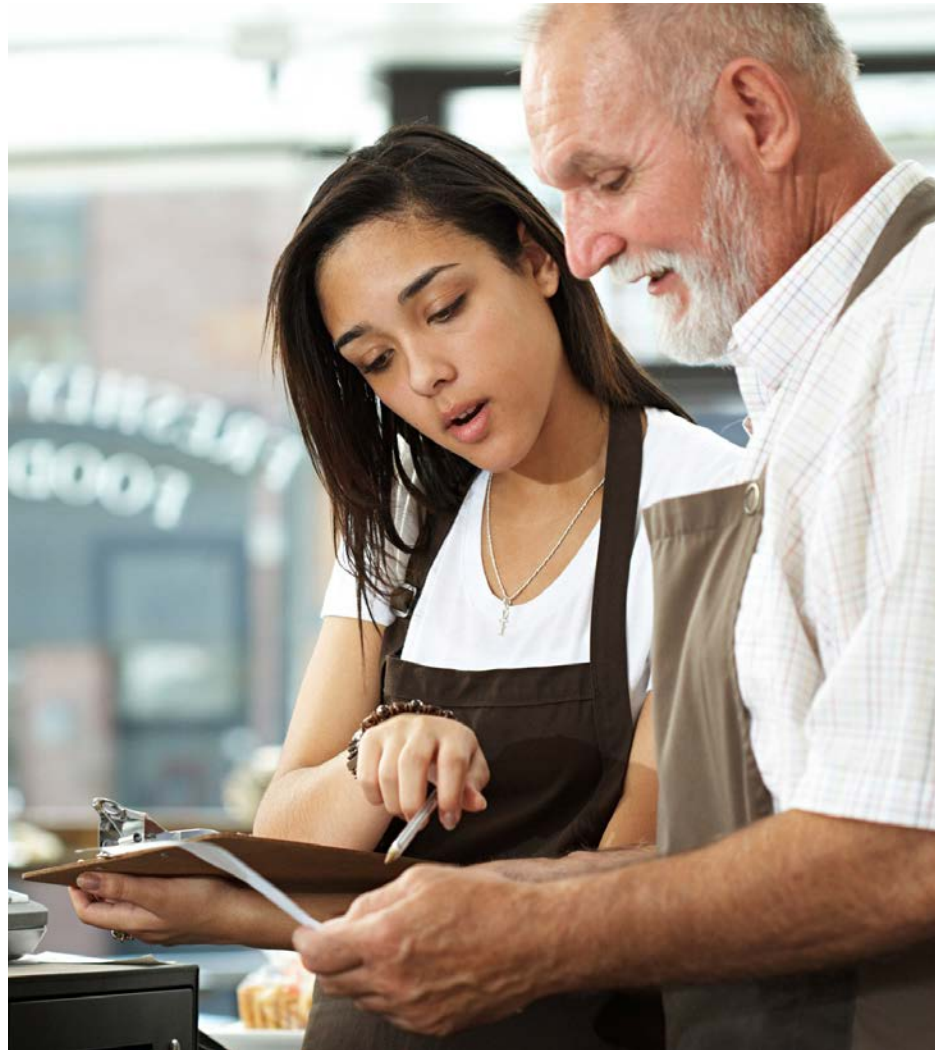


# Range of models - updated



# Who are we designing for?

Who are we designing for? 55 - 105?



# HAPPI design principles

## 1. Space standards



Generous top floor flat at Flurgarten, St Gallen

the new retirement homes should have generous internal space standards, with potential for three habitable rooms and designed to accommodate flexible layouts

## 2. Shared Spaces



Sunny circulation with a view, de Plusseburgh, Rotterdam

care is taken in the design of homes and shared spaces, with the placement, size and detail of windows, and to ensure plenty of natural light, and to allow daylight into circulation spaces

## 3. Natural light and ventilation



Balcony as garden in Maartenshof dementia unit, Groningen

building layouts maximise natural light and ventilation by avoiding internal corridors and single-aspect flats, and apartments have balconies, patios, or terraces with enough space for tables and chairs as well as plants

## 4. Adaptability



Fully accessible shower in Gibeleich Alterzentrum, Zurich

in the implementation of measures to ensure adaptability, homes are designed to be 'care ready' so that new and emerging technologies, such as telecare and community equipment, can be readily installed

## 5. Encouraging interaction



Access deck as defensible space at Sankt Antonius, Stuttgart

building layouts promote circulation areas as shared spaces that offer connections to the wider context, encouraging interaction, supporting interdependence and avoiding an 'institutional feel', including the imaginative use of shared balcony access to front doors and thresholds, promoting natural surveillance and providing for 'defensible space'

## 6. Multi-use spaces



Lively social space at de Plusseburgh, Rotterdam

in all but the smallest developments (or those very close to existing community facilities), multi-purpose space is available for residents to meet, with facilities designed to support an appropriate range of activities – perhaps serving the wider neighbourhood as a community 'hub', as well as guest rooms for visiting friends and families

## 7. Public Realm



Manicured gardens for sustainable drainage, Pad 55, Pickering

in giving thought to the public realm, design measures ensure that homes engage positively with the street, and that the natural environment is nurtured through new trees and hedges and the preservation of mature planting, and providing wildlife habitats as well as colour, shade and shelter

## 8. Energy Efficient



Expressive awnings at Irchel, Zurich

homes are energy-efficient and well insulated, but also well ventilated and able to avoid overheating by, for example, passive solar design, the use of native deciduous planting supplemented by external blinds or shutters, easily operated awnings over balconies, green roofs and cooling chimneys

## 9. Storage



Spacious and convenient bike store, de Rokade, Groningen

adequate storage is available outside the home together with provision for cycles and mobility aids, and that storage inside the home meets the needs of the occupier

## 10. Shared surfaces

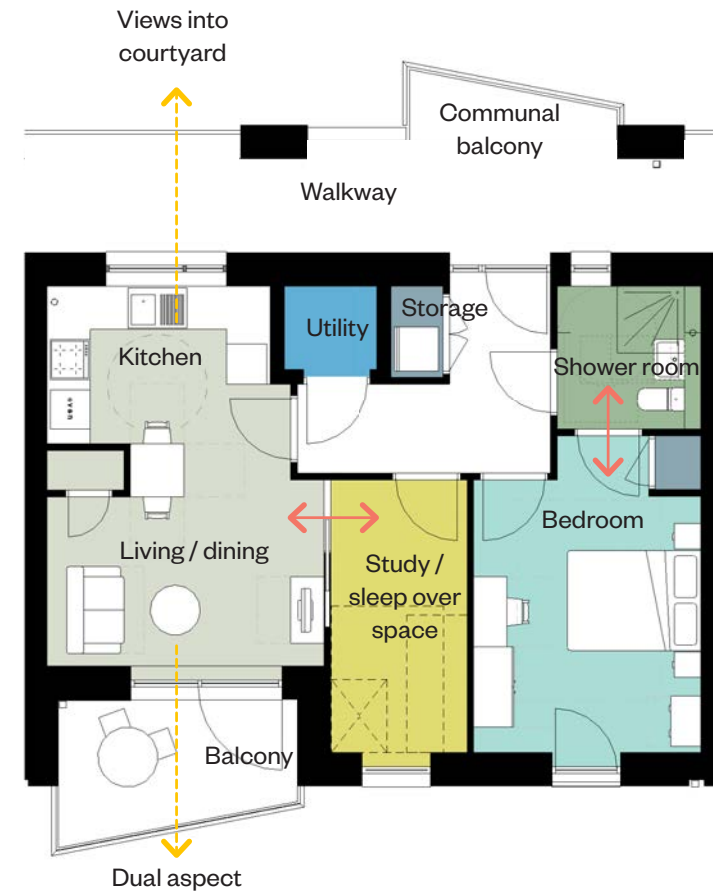
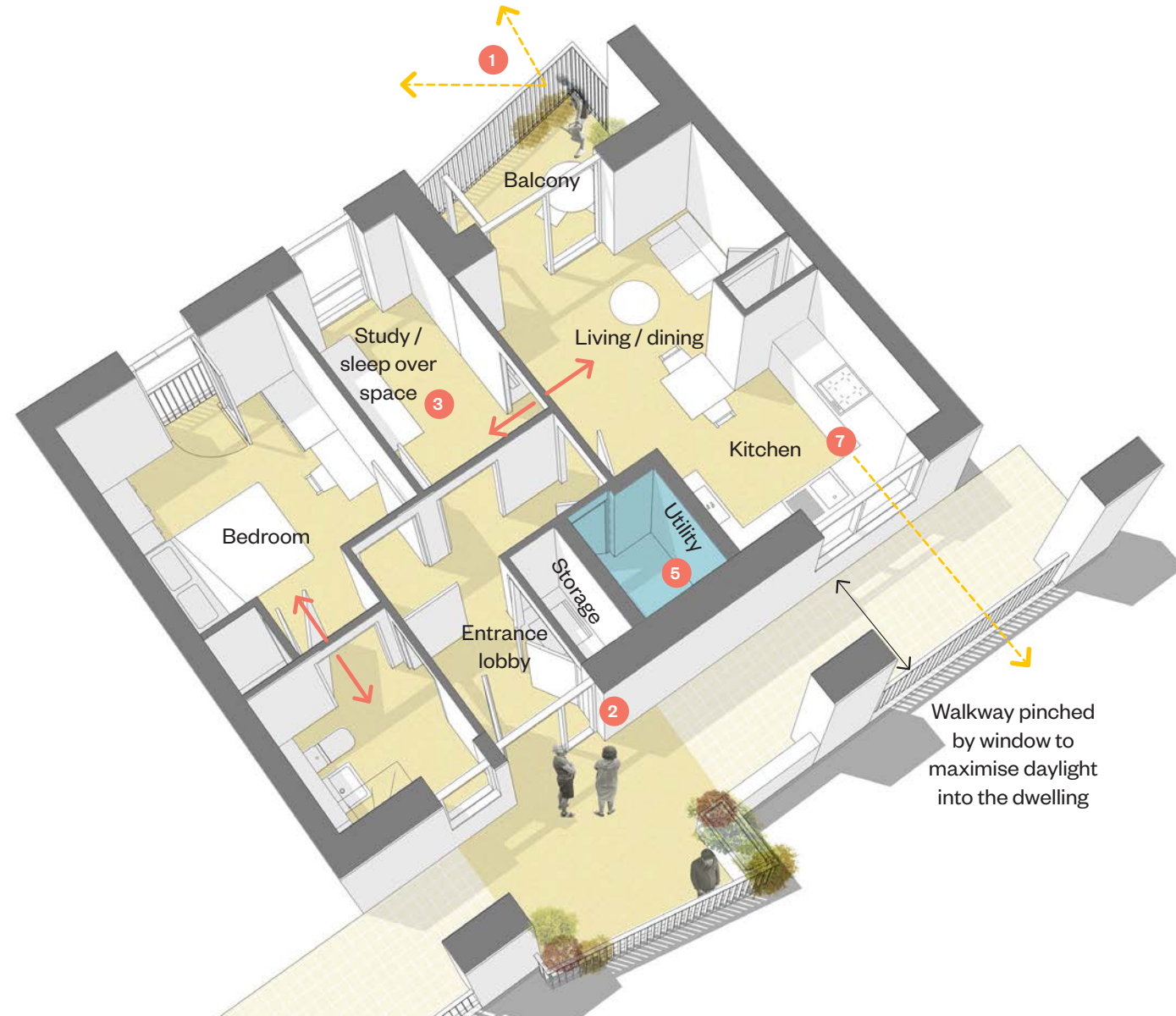


Shared surfaces, Bo01, Malmö

shared external surfaces, such as 'home zones', that give priority to pedestrians rather than cars, and which are proving successful in other countries, become more common, with due regard to the kinds of navigation difficulties that some visually impaired people may experience in such environments.

1.

# Generous internal space standards, flexible layouts, preferably 3 habitable rooms



Extra Care 1bed+  
60 sqm - CAT II

1.

# Generous internal space standards, flexible layouts, preferably 3 habitable rooms



Bungalows, Greenwich, Bell Phillips

# 2.

## Shared spaces and circulation



Hazelhurst Court, Levitt Bernstein



Appleby Blue, Witherford Watson Mann

# 3.

**Maximise natural light and ventilation, avoid internal corridors and single aspect flats, private outdoor space**



Parkside, Matlock, Evans Vettori



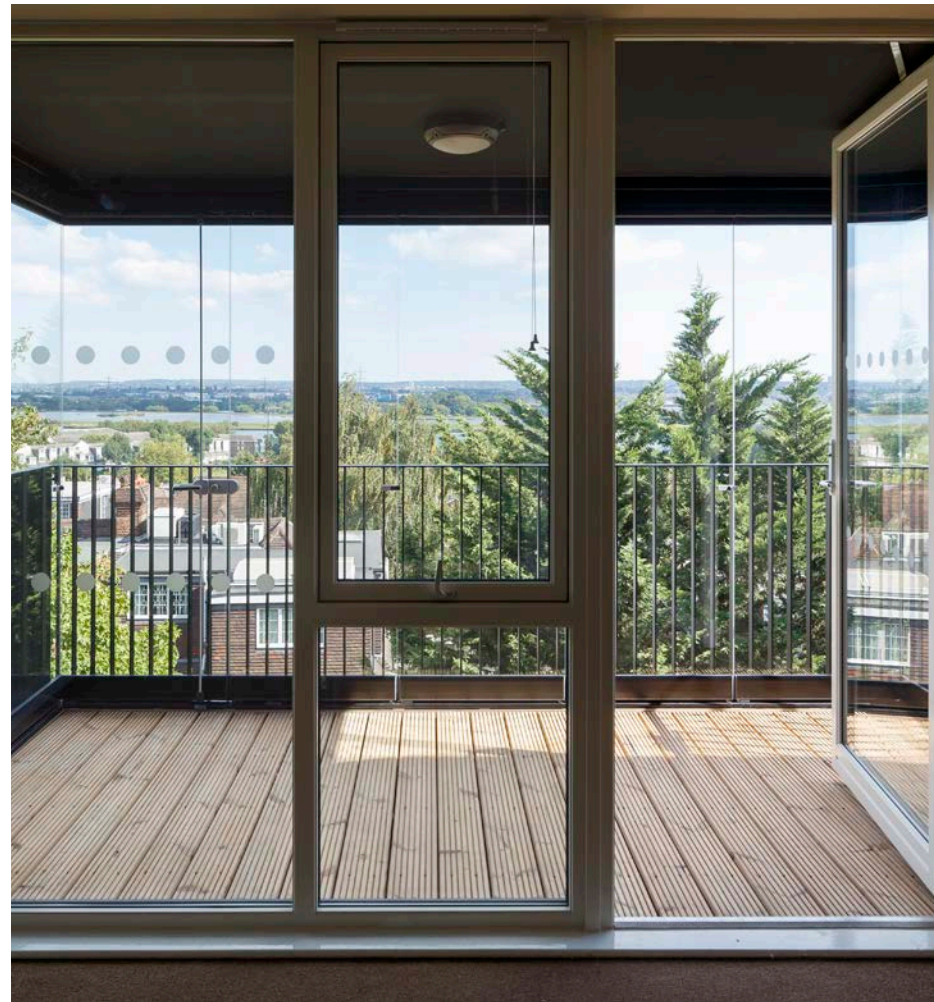
The Courtyards, Preston, Levitt Bernstein

# 3.

Maximise natural light and ventilation, avoid internal corridors and single aspect flats, private outdoor space



The Courtyards, Preston, Levitt Bernstein



Buccleuch House, Hackney, Levitt Bernstein





# 4.

## Adaptability and care ready



# 4.

## Adaptability and care ready

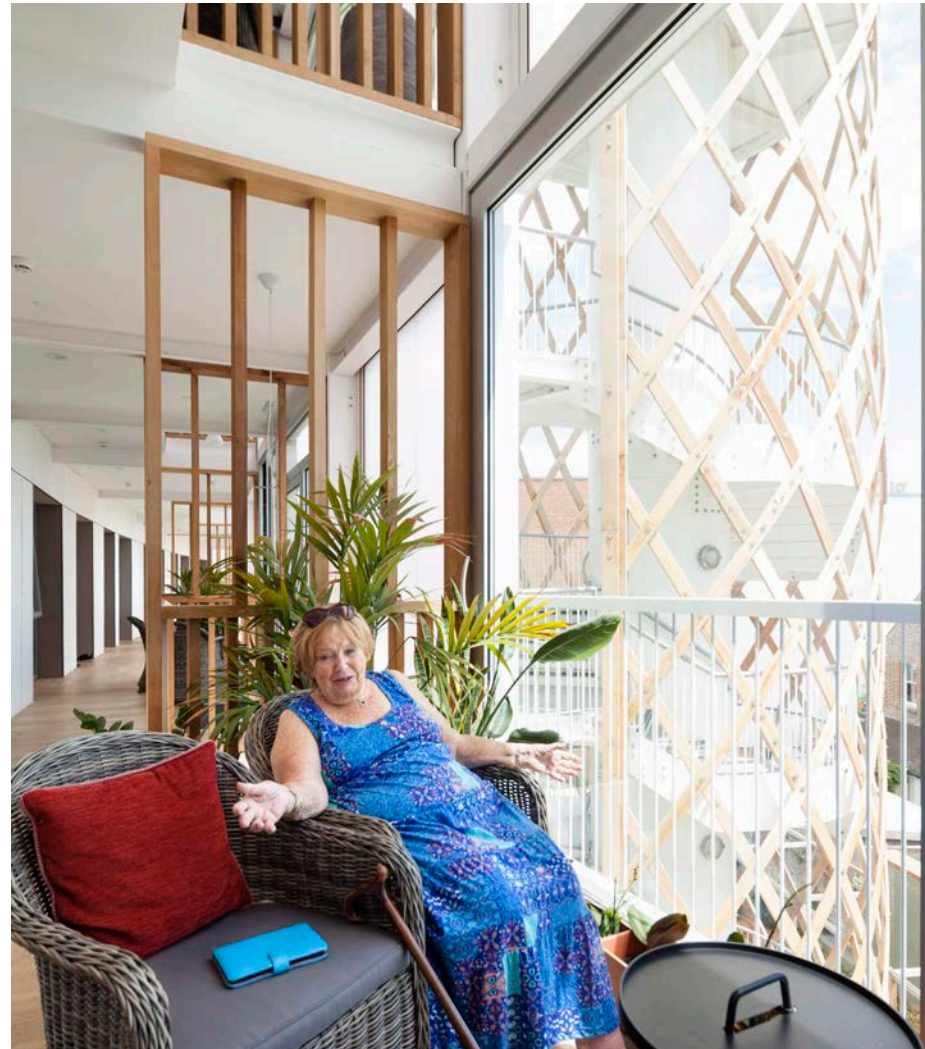


# 5.

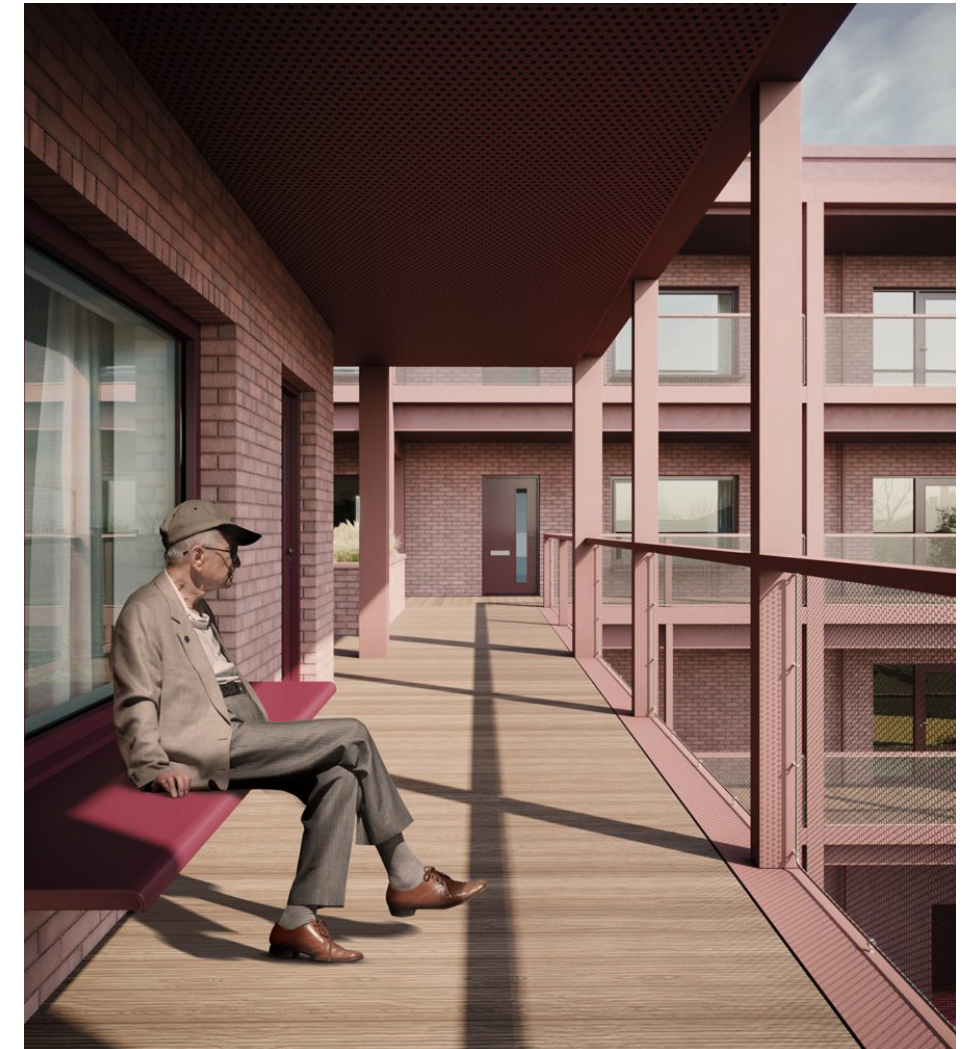
## Circulation areas as shared spaces, opportunities for interaction



Hazelhurst Court, Lewisham, Levitt Bernstein



Hortsley, Seaford, RCKA



The Powderhall, Edinburgh, Collective Architecture

# 5.

## Circulation areas as shared spaces, opportunities for interaction



Hazelhurst Court, Lewisham, Levitt Bernstein



Carlton Dene, Westminster, Levitt Bernstein

# 6.

## Communal multi-purpose spaces



Dovedale Avenue, Preston, Levitt Bernstein

# 6.

## Communal multi-purpose spaces



Carlton Dene, Westminster, Levitt Bernstein

# 6.

## Communal multi-purpose spaces



Appleby Blue, Witherford Watson Mann

# 7.

## Connections to nature and the street



Dovedale Avenue, Preston, Levitt Bernstein

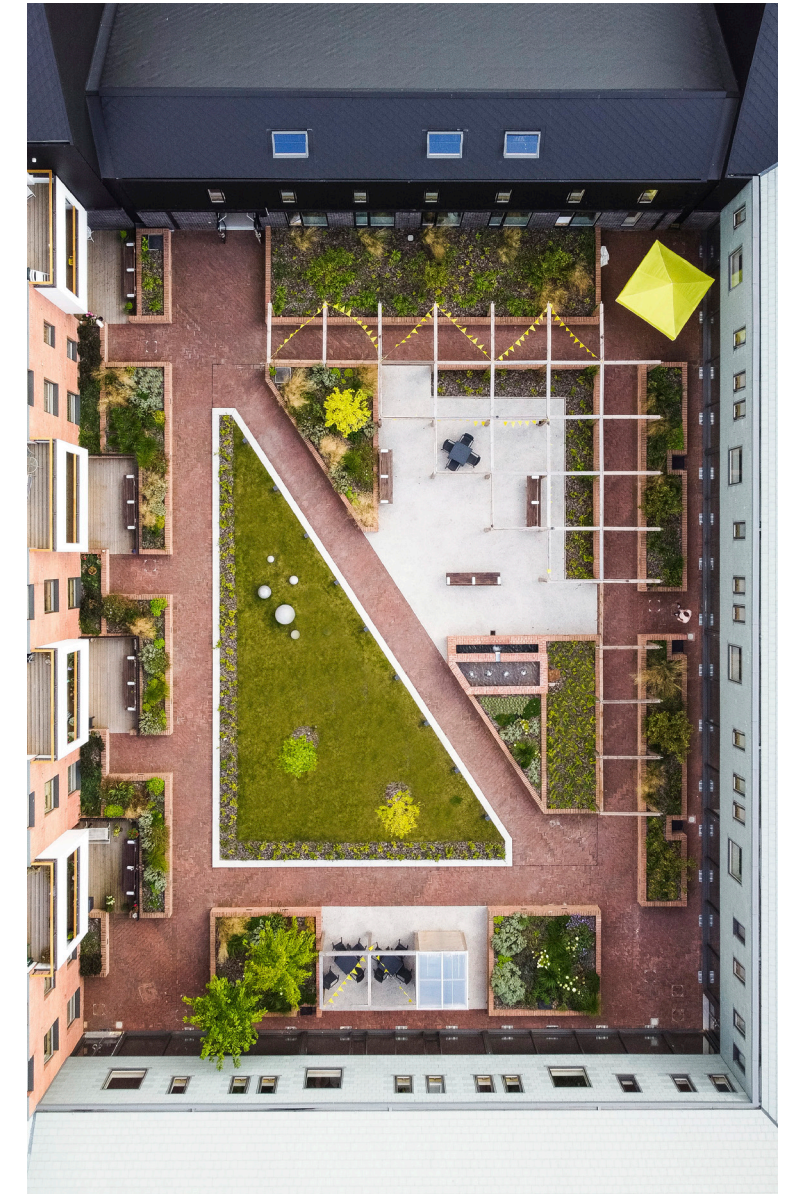


Pilgrim Gardens, PRP, Leicester



# 7.

## Connections to nature and the street

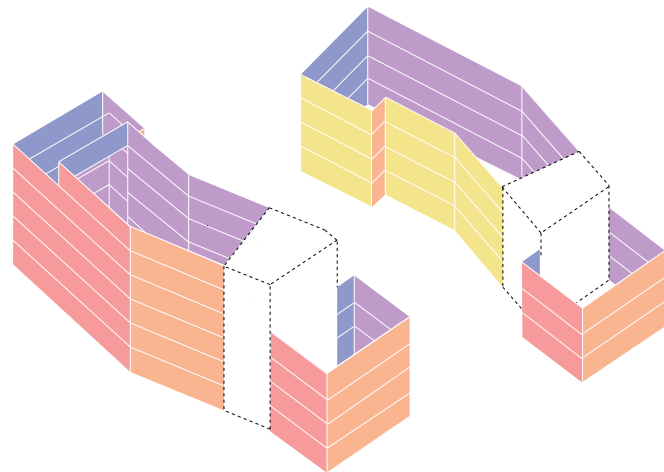


Dovedale Avenue, Preston, Levitt Bernstein

# 8.

## Energy efficiency and sustainability

- Passivhaus performance
- Overheating considerations
- Low fuel bills for residents
- Comfortable, stable living environment



Melfield Gardens, Lewisham, Levitt Bernstein

9.

Storage

**LOTS OF IT!**

# 10.

**Approach to home,  
priority to pedestrians, not cars**



Hazelburst Court, Lewisham, Levitt Bernstein

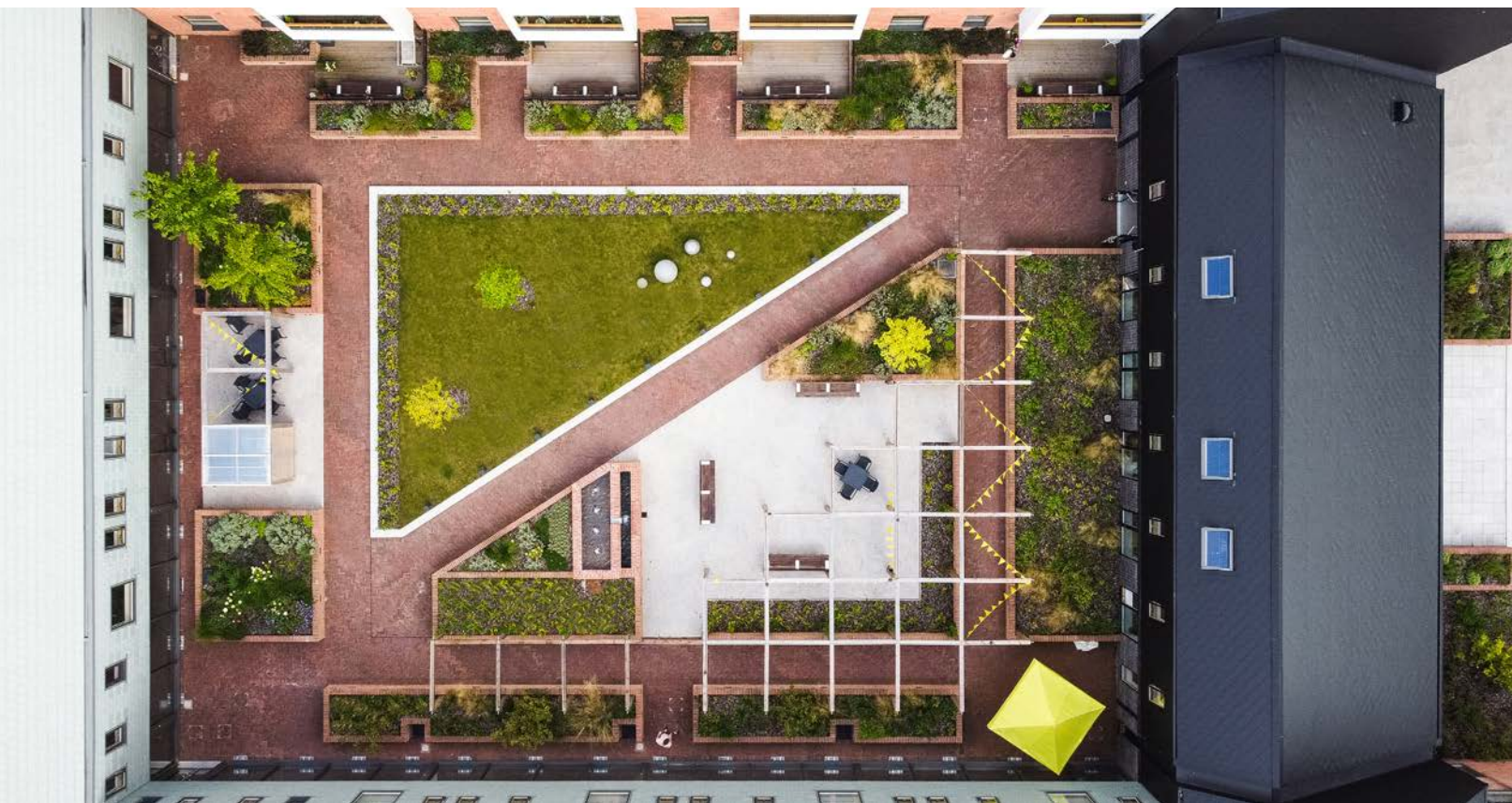
# HAPPI Projects

# The Courtyards

Location: Preston

Client: Community Gateway Association (Registered Provider)

- Extra Care provision
- Operated by the client, on site care services provided by Lancashire County Council and private operators
- 60 1 & 2 bed apartments



# Hazelhurst Court



Location: Lewisham  
Client: Phoenix Community Housing (Registered Provider)

- Extra Care provision
- 60 1 & 2 bed apartments





# Melfield Gardens

Location: Lewisham

Client: Phoenix Community Housing (Registered Provider)

- Intergenerational development for older people and students
- Designed to a Passivhaus standard.
- 30 affordable apartments





# Carlton Dene



Location: Westminster  
Client: Westminster City Council

- Extra care and general needs homes
- General needs homes designed to a Passivhaus standard, extra care design PHI low energy standard
- 65 extra care & 22 general needs affordable homes



# Changing trends in the later living market

Greater focus on town center locations



Integral to masterplans

Intergenerational living



Increase in private residential market for older people



Any questions?

Case 1:  
**Carpe Diem Dementia Village**

Camilla Heier Anglero, Partner, Head of healthcare design  
Nordic Office of Architecture





**“International Research and Good Practices on  
Senior Housing”  
Carpe Diem Dementia Village, Norway**

**Nordic  
Office of  
Architecture**

**Camilla Heier Anglero  
Partner and  
Head of Healthcare Design  
[chan@nordicarch.com](mailto:chan@nordicarch.com)**

Photo: Benjamin A. Ward/Nordic Office of Architecture



Nordic  
Office of  
Architecture

Photo: Benjamin A. Ward/Nordic Office of Architecture



# Carpe Diem Dementia Village

**Project owner: Bærum Municipality**

**Built between 2018-2020**

- 18.000 m<sup>2</sup>
- 136 communal housing units
- 22 high care dementia units

**Entrepreneur: Hent**

**Nordic Office of Architecture,  
Bjørbeek & Lindheim, Landscape architects  
Cadi, Interior Architects  
Contiga**

Nordic  
Office of  
Architecture



## Carpe Diem Dementia Village

Winner of DOGA innovation award for inclusive design, in the category Architecture and landscape design

Main winner of DOGA innovation prize for inclusive design

Kategorivinner  
Carpe Diem  
demenslandsby

**DOGA**  
Innovasjonsprisen  
for inkluderende  
design





**5**

Oslo  
København  
Reykjavik  
Aarhus  
Aalborg

**450+**

Employees  
Oslo  
(170+)  
København  
(230+)  
Reykjavik  
(50+)

**30**

Nasjonaliteter

**7**

Infrastructure  
Healthcare Design  
Office / Industry  
Housing / Leisure  
Culture  
Education  
Urbanism and Planning



Nanchang Wave, China

Photo: Nordic Office of Architecture

Gaustad masterplan /  
Telemark



INFRASTRUCTURE



Istanbul Airport

T3

Photo: Nordic.Office of Architecture



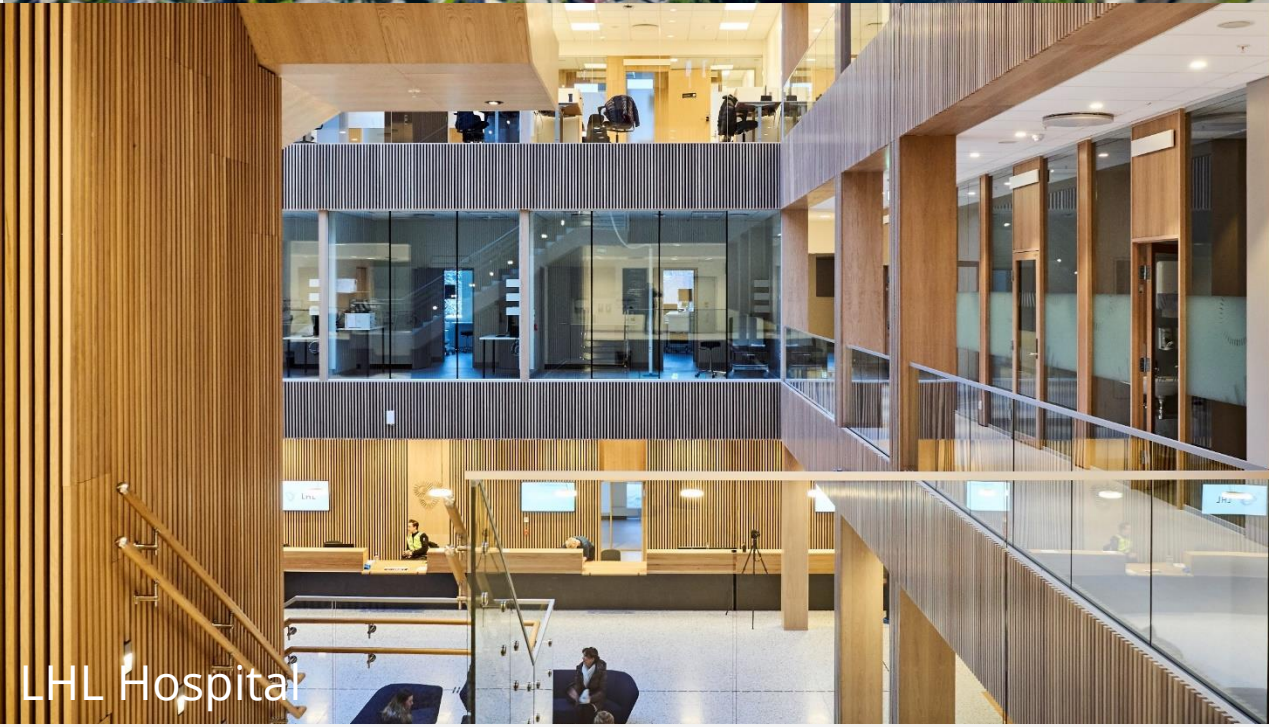
Healthcare Design



St. Olavs Hospital



St. Olavs Hospital - Kunnskapscenteret



LHL Hospital



Carpe Diem Dementia Village

Photo: Nordic Office of Architecture

# Compassion and empathy



Åsaheimen – nursinghome, Åsane, Bergen



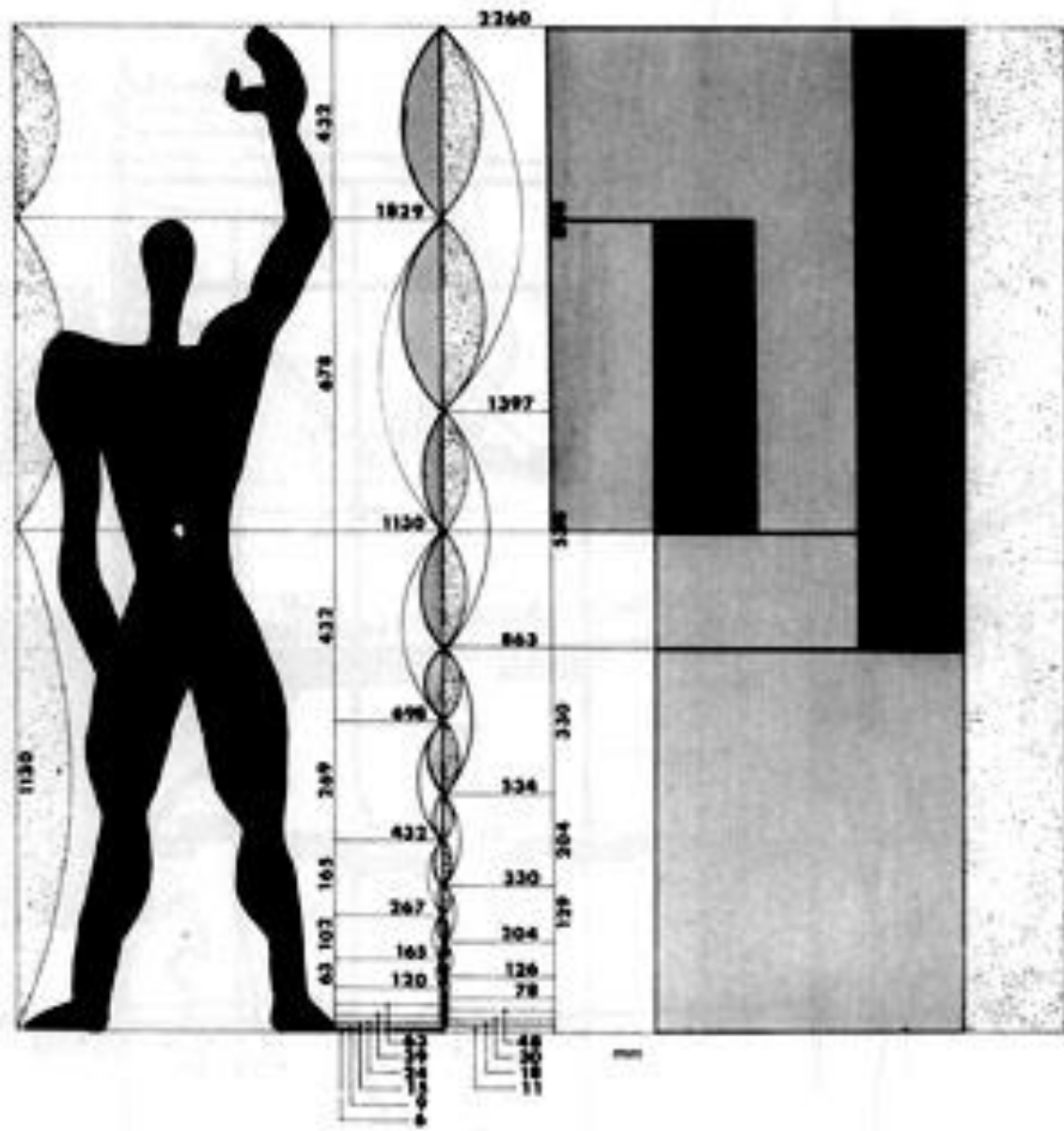
CARPE DIEM  
– *an empathic design approach*

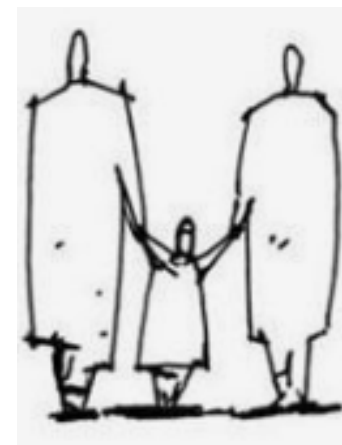
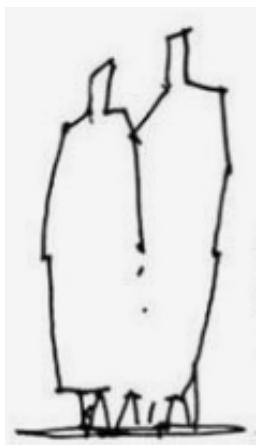
Nordic  
Office of  
Architecture

Photo: Benjamin A. Ward/Nordic Office of Architecture











# Compassion and empathy

Nordic  
Office of  
Architecture



Margaret Mead,  
American anthropologist 1901-1978





"Helping someone else through difficulty is where civilization starts."

*Margaret Mead, American anthropologist 1901-1978*



## Inspiration

De Hogeweyk i  
Nederland

A village adapted to the needs of people with dementia, which also reflects the social, cultural and aesthetic values of the area



# Carpe Diem – an empathetic design approach

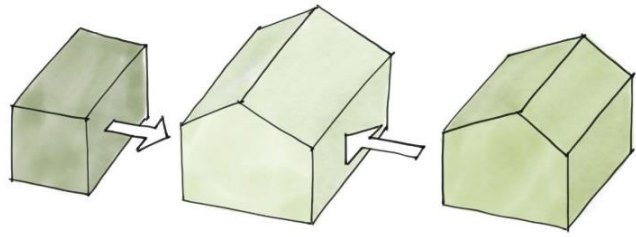
## Inspiration & vision

- More **home** – less of institution. Dare to challenge the norms
- Variation of **colors and materials** - a tool to recognize places.
- A **village life** with a square and buildings with **urban** character, with green surroundings
- The housing and common areas form a natural boundary
- Residents should **move freely** and safely within the village.
- **Inviting the neighborhood** and people inside
- Close cooperation between municipality, usergroups, architects and landscape architects
- The Norwegian way

Nordic  
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Architecture



De Hogeweyk, Dementia village in the Netherlands







Nordic  
Office of  
Architecture



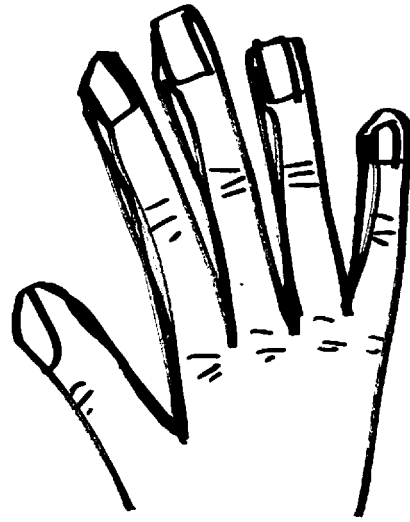
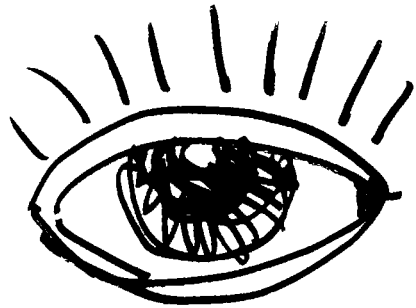
Photo: Inger Marie Grini



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Photo: Inger Marie Grini







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Architecture

Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Inger Marie Grini



Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Benjamin A. Ward/Nordic Office of Architecture



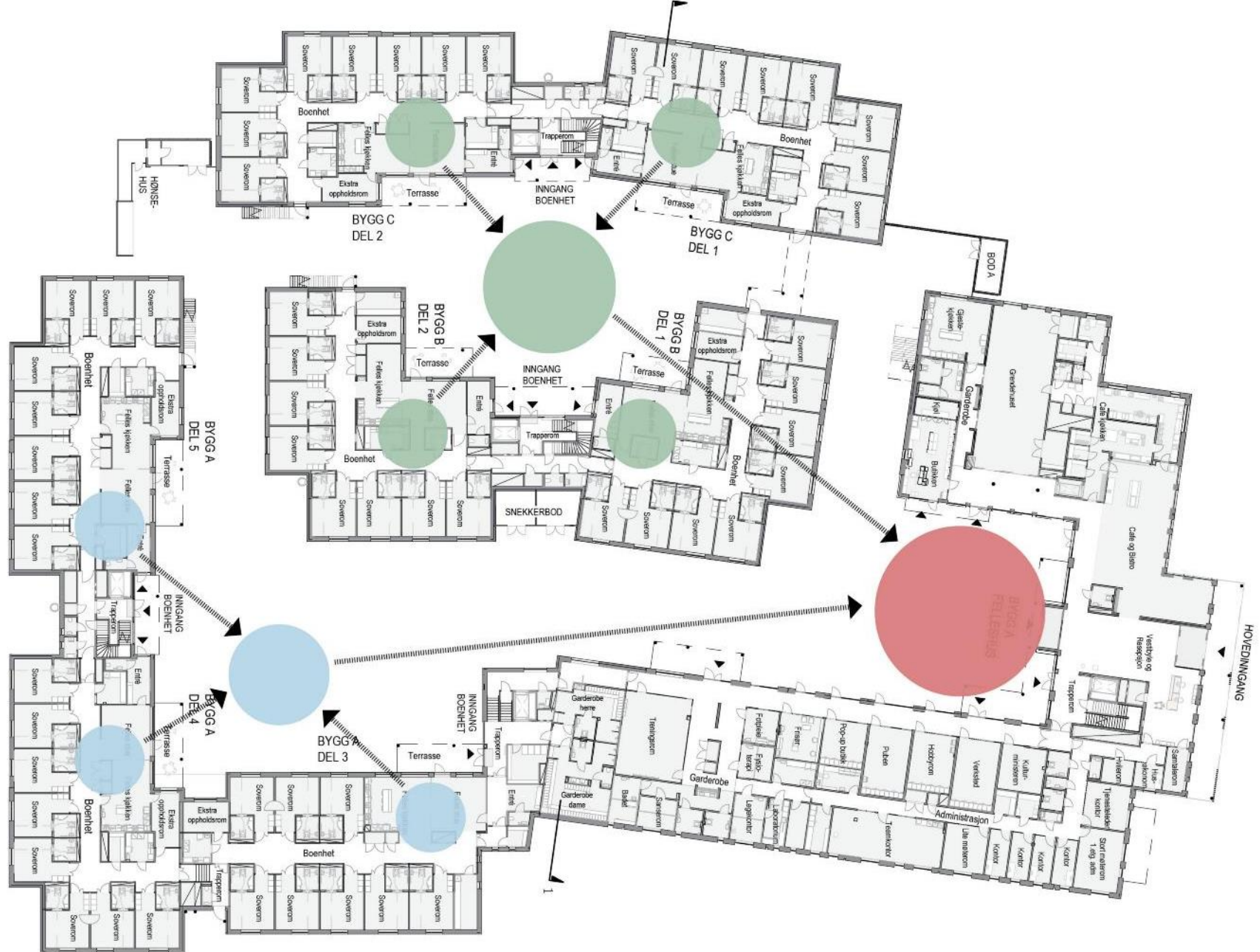
Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Benjamin A. Ward/Nordic Office of Architecture



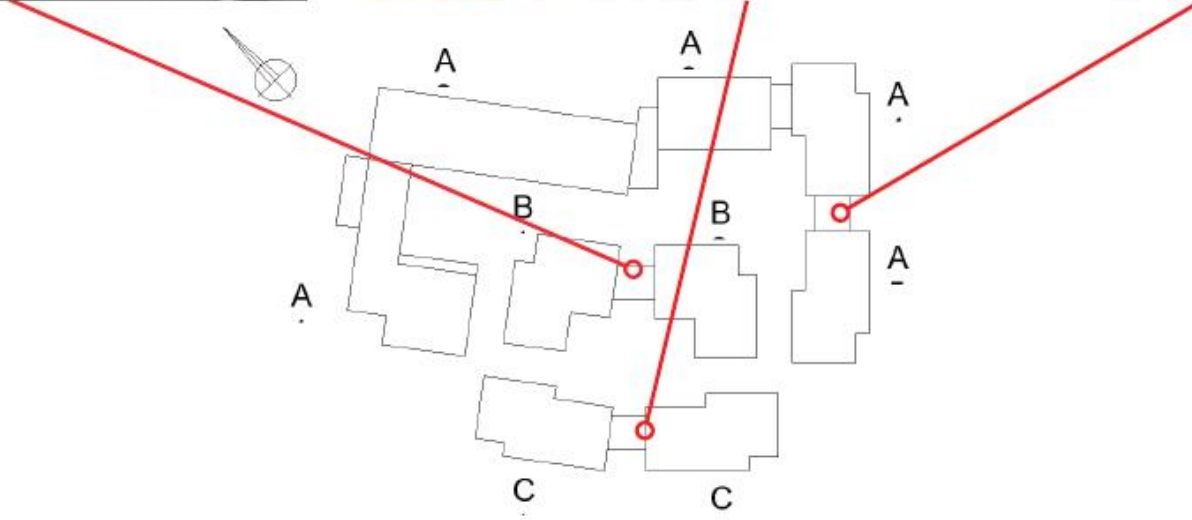


BÆR & BLOMSTER

SANSEHAGE

DYRKNING SKOGEN

VANNHAGEN HERREGÅRDEN

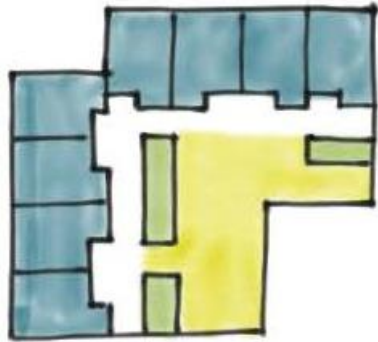


What is a home?






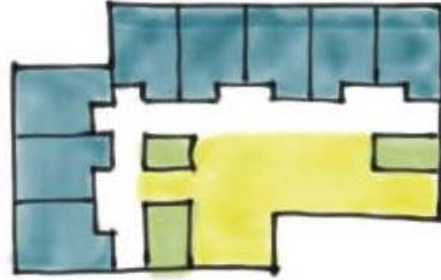
Photo: Benjamin A. Ward



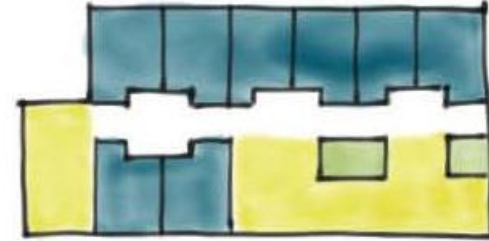


4 X 4

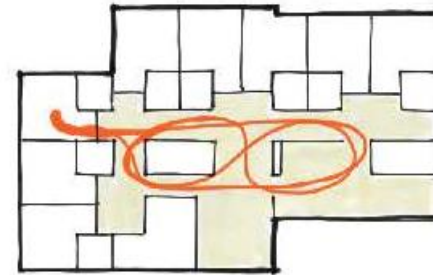
-  Private room
-  Common space
-  Support/core facilities



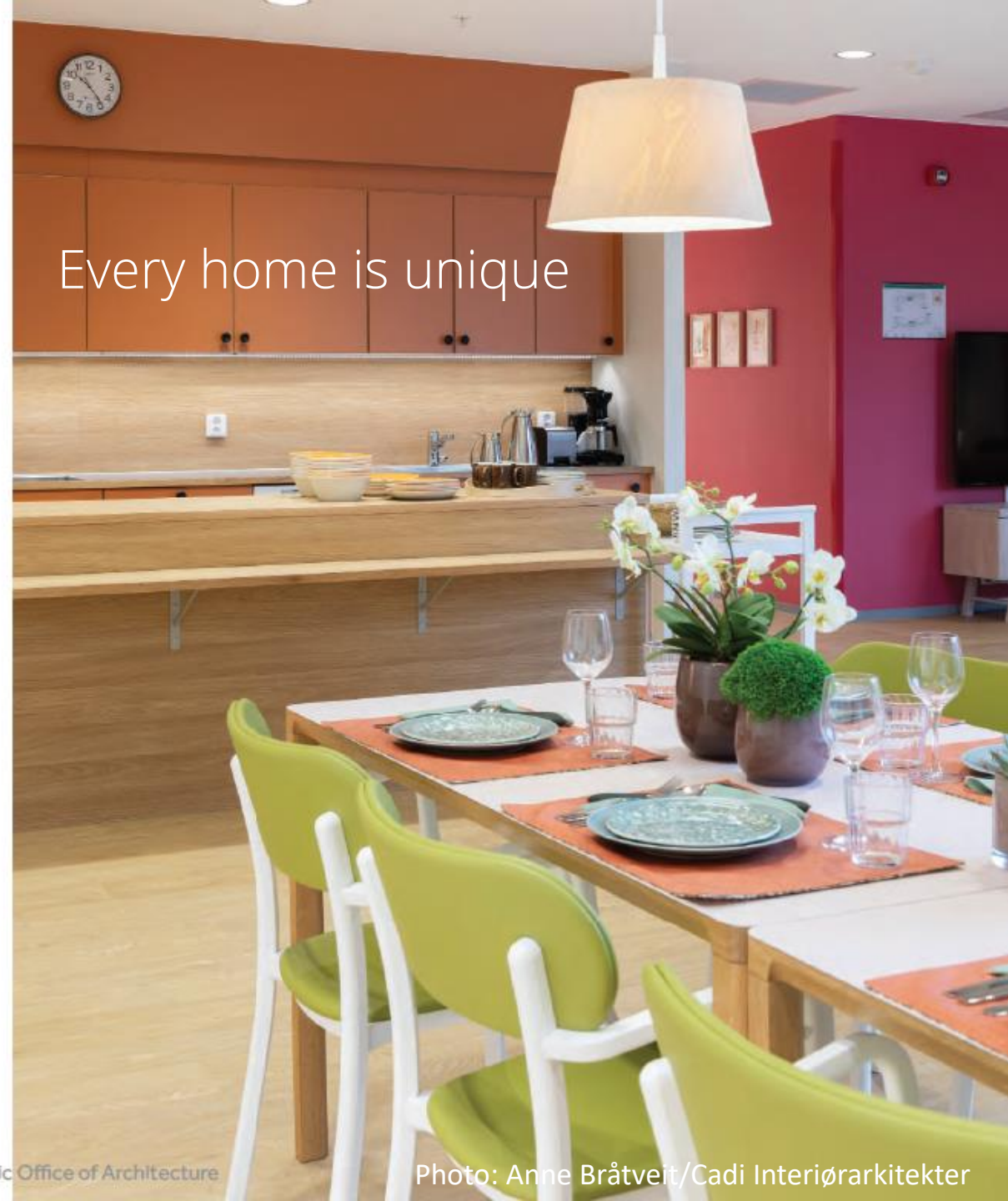
3 X 5



6 X 8 Living unit



“Roaming” route within the living unit



Every home is unique

What is a home?



Photo: Benjamin A. Ward



Photo: Anne Bråtveit/Cadi Interiørarkitekter



Photo: Anne Bråtveit/Cadi Interiørarkitekter





DAGLIGVARER

ERARTIKLER



SOCIAL SUSTAINABILITY:  
The dementia village must facilitate so that the municipality's residents can continue to live good lives with dementia, or as relatives of a dementia patient



Photo: Benjamin A. Ward/Nordic Office of Architecture

## Felles aktiviteter Uke 38

Mandag 20.september	Tirsdag 21.september	Onsdag 22.september	Torsdag 23.september	Fredag 24.september	Lørdag 25.september	Søndag 26.september
<p><b>SOL&amp;SERVERING</b> på Torget kl. 11.30-12.30 (Kaffe og kake)</p>   <p><b>SANGSTUND</b> kl 14.00-14.45 med Grete i Puben</p>  <p>(Begrenset med plass – først til mølla prinsippet☺)</p>	<p><b>TURMARSJ</b> Tilbud om å gå turmarsj sammen fra Torget Kl. 11.00</p>  <p>(Servering av kald drikk etter turmarsjen)</p> <p><b>SOL&amp;SERVERING</b> på Torget kl. 11.30-12.30</p>  <p>(Kaffe og sveler)</p> <p><b>BESØKSHUNDER</b> fra Røde Kors ute i landsbyen kl 18.00 (Sett dere ute så får dere besøk☺)</p> 	<p><b>SOL&amp;SERVERING</b> kl. 11.00-12.00 på Torget</p>  <p>(Kakao med krem)</p> <p><b>SANGANDAKT</b> i regi av Tanum menighet i Grendehuset kl 12.00 – 12.45</p>  <p>(Kaffe og saft)</p> <p><b>KONSERTER</b> og andre spennende tilbud på TV- kanal 998</p> <p><b>KUNSTUTSTILLING</b> Galleri Carpe Diem i Indre Torggate med kunstner <b>Kristin Myhre</b></p>	<p><b>FELLESTRIM</b> på Torget kl. 10.30</p>  <p><b>KONSERT</b> med Engelberg og Svendsrud i Grendehuset kl 11.00</p>  <p>(Fruktdrink)</p> <p><b>FELLESLUNSJ</b> for <b>ALLE</b> bo-fellesskapene i <b>Mersmak Kafe&amp;Bistro</b> kl 12.00</p> 	<p><b>SOL&amp;SERVERING</b> kl. 12.00-13.00 i <b>Mersmak Kafe&amp;Bistro</b></p>  <p>(Vafler og kaffe)</p> <p><b>SANGSTUND</b> kl 13.45-14.30 med Grete i Grendehuset</p>  <p><b>KUNSTUTSTILLING</b> Galleri Carpe Diem i Indre Torggate med kunstner <b>Kristin Myhre</b></p> <p><b>KONSERTER</b> og andre tilbud på TV-kanal 998</p>	<p><b>KONSERT</b> i Grendehuset kl 16.00 «Grieg på ferie» med Rønning, Stoyanov og Rønning</p>  <p>(Øl og vinservering)</p> <p><b>KONSERTER</b> og andre spennende tilbud på TV- kanal 998</p> <p><b>KUNSTUTSTILLING</b> Galleri Carpe Diem i Indre Torggate med kunstner <b>Kristin Myhre</b></p>	<p><b>SCHLAGERKONSERT</b> i regi av Bærum Sangfestival i Grendehuset kl.16.00 (Bofellesskapene i A1,A2, A3,B1) og kl.18.00 (Bofellesskapene i A4,A5 og B2)</p>  <p>(Kaffe og kake)</p> <p><b>KONSERTER</b> og andre spennende tilbud på TV- kanal 998</p> <p><b>KUNSTUTSTILLING</b> Galleri Carpe Diem i Indre Torggate med kunstner <b>Kristin Myhre</b></p>





The dementia village is designed so that neighbours, relatives, visitors and staff contribute to making Carpe Diem a lively and good place to be





Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Benjamin A. Ward/Nordic Office of Architecture



Photo: Benjamin A. Ward/Nordic Office of Architecture





# THANK YOU

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Nordic  
Office of  
Architecture

Photo: Benjamin A. Ward/Nordic Office of Architecture