

Thesis

Integration of Assisted Living Facilities into an active urban fabric
versus community connection suburban living.

RAIC 690 B

Syllabus Diploma Project

D9B

Olugbemi Michael Oguntola

AB160038CAL

June 12, 2023

Thesis Statement / Research Problem

Integration of assisted living facilities into an active urban fabric versus community connection suburban living.

Assisted living facilities have long been developed in suburban areas of cities. While suburban communities may provide a realm for neighbourhood public engagement by seniors, this environment does not facilitate the continuous active experience that is required by the mind and body. The wellbeing of seniors may be greatly enhanced by the active lifestyle that is easier to achieve in an urban area.

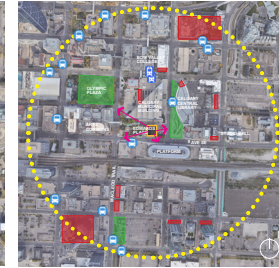
Legend:

-  No Disability
-  Physical disability
-  Dementia
-  Advantage
-  Disadvantage

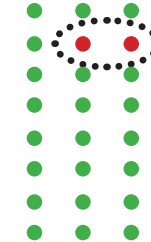
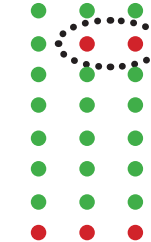
Cambridge Manor



Edwards Place



- Proximity to retail
- Resident monitoring at park
- Proximity to transit
- Amenities & accessibility at parks
- Landmarks
- Exterior pedestrian activities
- Transit frequency
- Safety at roads



Design Intent

To provide an assisted living facility with internal communal spaces in the form of an urban green environment for the wellbeing of seniors by facilitating social interaction and physical movement of its residents at all seasons of the year, while complimenting the active lifestyle in its surrounding urban area.

Client

Seniors with no disability, physical disability & early dementia.

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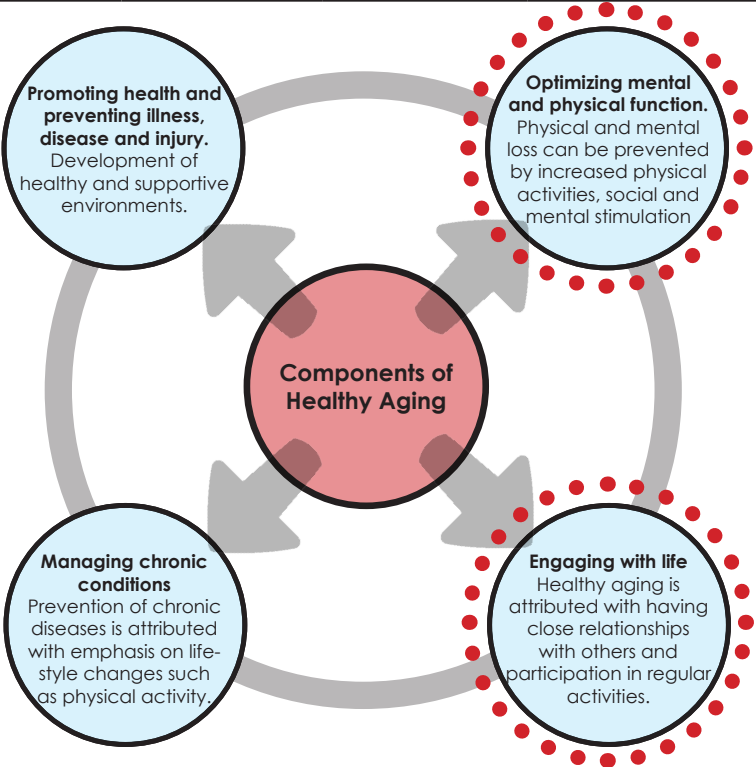
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Design Intent

Disadvantages	<u>No disability</u>	<u>Physical disability</u>	<u>Dementia</u>
Proximity to park	Lack of staff monitoring from facility for residents at park due to proximity.	Lack of staff monitoring from facility for residents at park due to proximity.	Staff would be required to accompany resident to the park due to cognitive decline and impacting facility resources.

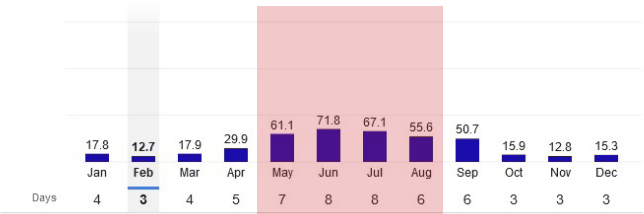
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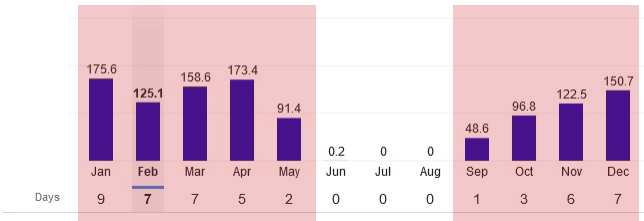


Weather averages for the year in Calgary

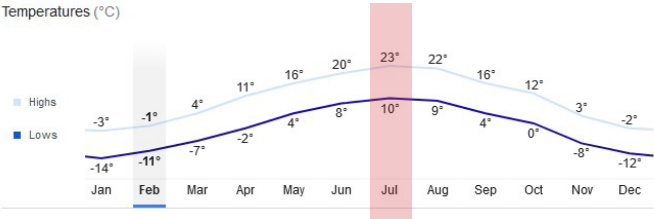
Rainfall (millimeters)



Snowfall (millimeters)



Temperatures (°C)



Precedent Study 1

The role of urban green spaces in care facilities for elderly people across European cities.

Two types of urban green spaces (UGS) were investigated:

1. Green spaces outside the facilities (parks and forest)
2. Care facility gardens

Hypothesis

These hypothesis were tested to determine their role in living quality of seniors and management of UGS:

1. Gardens related to care facilities for seniors provide benefits in terms of physical activities, passive recreation and social interaction with different groups of individuals.
2. UGS outside of care facilities are visited by facilities without gardens to compensate the lack of garden.
3. UGS with gardens outside of care facilities are less used than own gardens due to health impairments of seniors.
4. Visit to an UGS outside a care facility is dependent on access.

Study areas

Study areas addressed include care facilities for the elderly in cities from different geographical parts of Europe (Germany, Poland, Austria, Romania, Slovenia and Norway) to account for the difference in availability, user demand and planning priorities of UGS.

Methods

A standardized questionnaire with a focus on quantitative methods was developed to mirror the hypotheses to determine the role of UGS in care facilities for the elderly.

Result

The result showed a huge support for gardens at care facilities for seniors and are important for the quality of life for residents in terms of physical activities and social interaction.

Comments from administrators

"the possibility of using gardens & the inclusion of nature, is essential in the context of care".

"the garden is a wonderful place to enjoy the sun, to use it together with everyday companions or to talk and walk with relatives"

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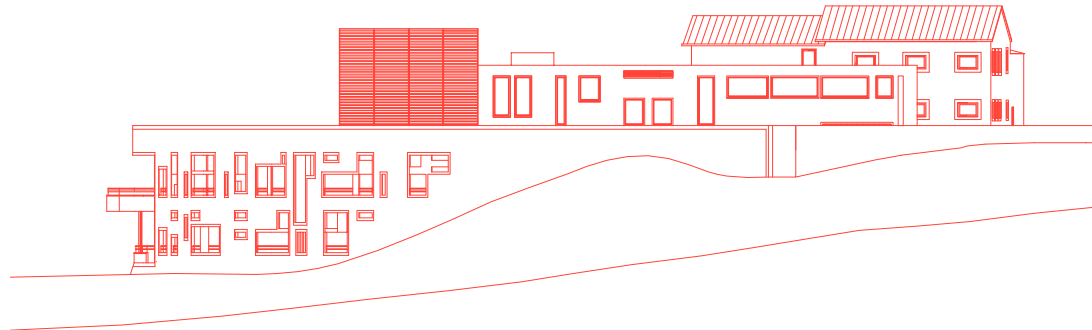
Precedent Study 2

Montemurlo Aged Care Facility Italy

Architect: Ipostudio architetti

The architecture is reminiscent of the farmyards and walled villages associated with the Tuscan landscape.

The structure supports an elevated yard populated by independent yard structures, and a single punctuated stone wall presents itself to the valley and the city beyond.



Precedent Study 2

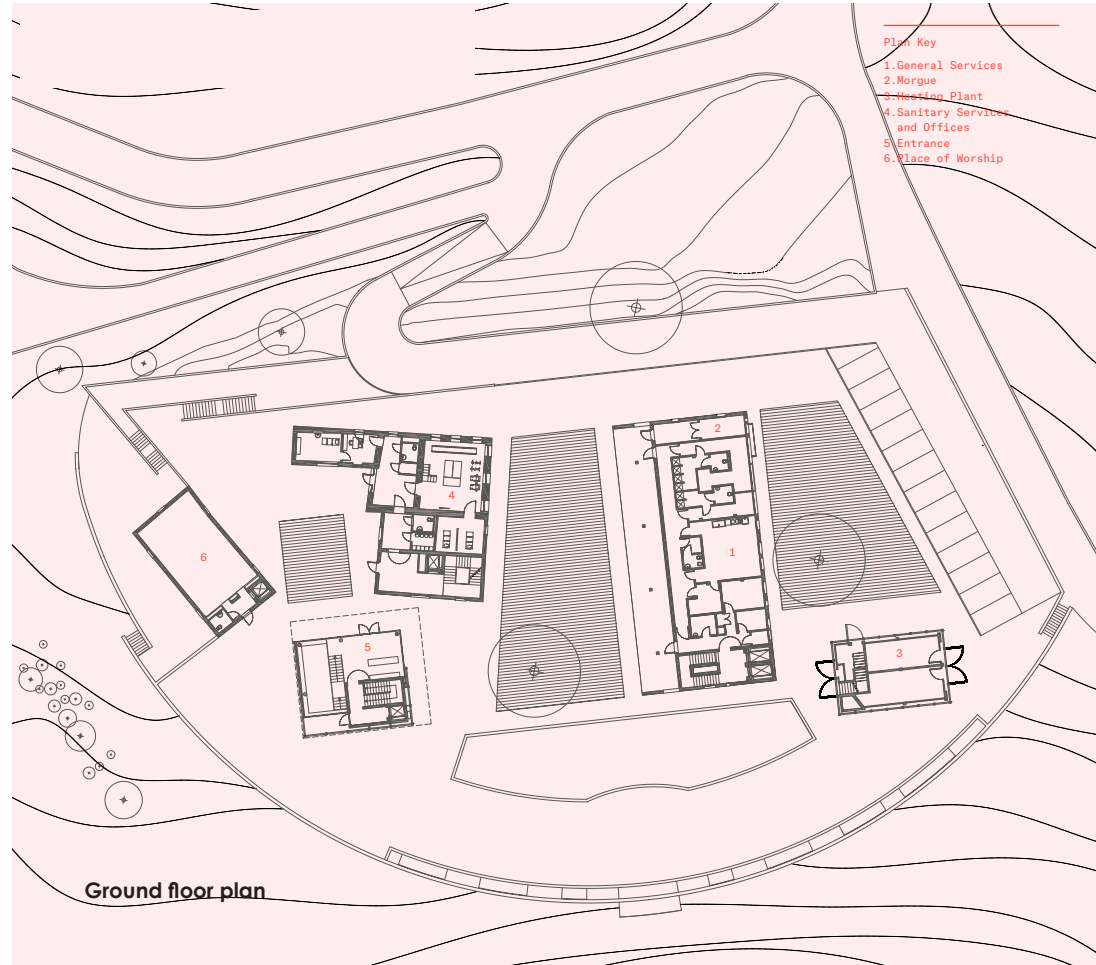
Two design strategies at Montemurlo:

1. The rooftop farmyard-like spaces that provide access to the facilities below.

2. Punctuated stone façade that evokes the dry stone walls of the region.

The topmost access level provides opportunity for residents to walk unhindered in the open air, in a secure public place punctuated by a series of functional pavilions.

The overall effect resonates with the streets, lanes, farmyards and village squares of the region.



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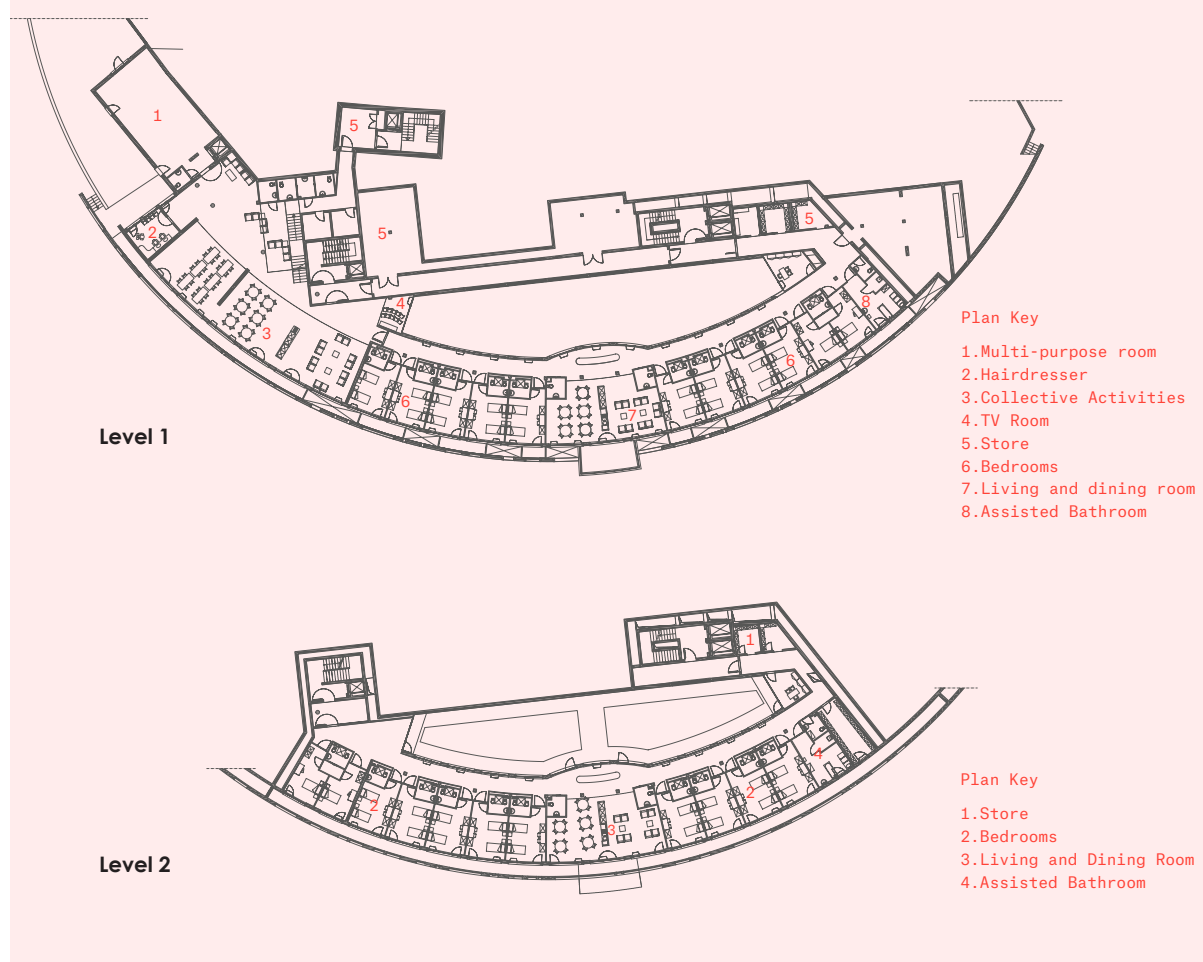
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Precedent Study 3

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Bethany Calgary

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Bethany Riverview



Precedent Study 4

Chelsea and Westminster Hospital Central London

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Indoor garden, seating for patients and visitors
are provided for social interaction, and
sleeping pods for staff.



Sky Garden opened in 2021 adjacent to the
Intensive Care Unit on the top floor. The space
has been designed to accommodate beds
and wheelchairs, allowing its use by patients to
experience nature without leaving the hospital.



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Precedent Study 5

Lantern Of Chagrin Valley Ohio, USA

Assisted living facility designed specifically for patients with dementia and Alzheimer's disease.

The building's interior courtyards and corridors were planned to look like tiny houses with front porches looking out over a golf course to improve social interaction and feel at home.



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Retirement & Nursing Home Austria

Architect: Dürschinger Architekten, SRAP Sedlak Rissland
Year: 2017

Communal spaces are provided within and around the building to encourage communication between the residents and community in the form of Public garden, Dementia garden & Children's playground.

Central atrium provides visual communication across floors, between the dining areas and communal areas of the different care units



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Highbury Community Garden

UK

Sensory garden involves the use of colours, artworks that play a key role in triggering memories which is important for dementia care.



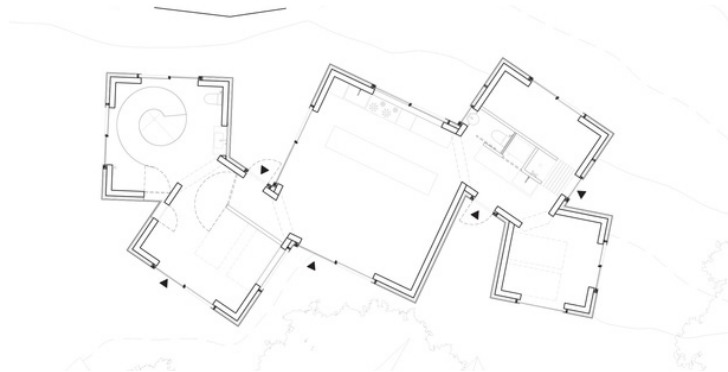
Jikka House Ito, Japan

Architect: Issei Suma
Year: 2015

Retirement home for 2 Japanese seniors that doubles as a cafe during the day and as home base for meal delivery service to the community.

Residents of retirement home provide care for seniors from the surrounding neighbourhoods.

The huts all open to landscape views



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Site Selection

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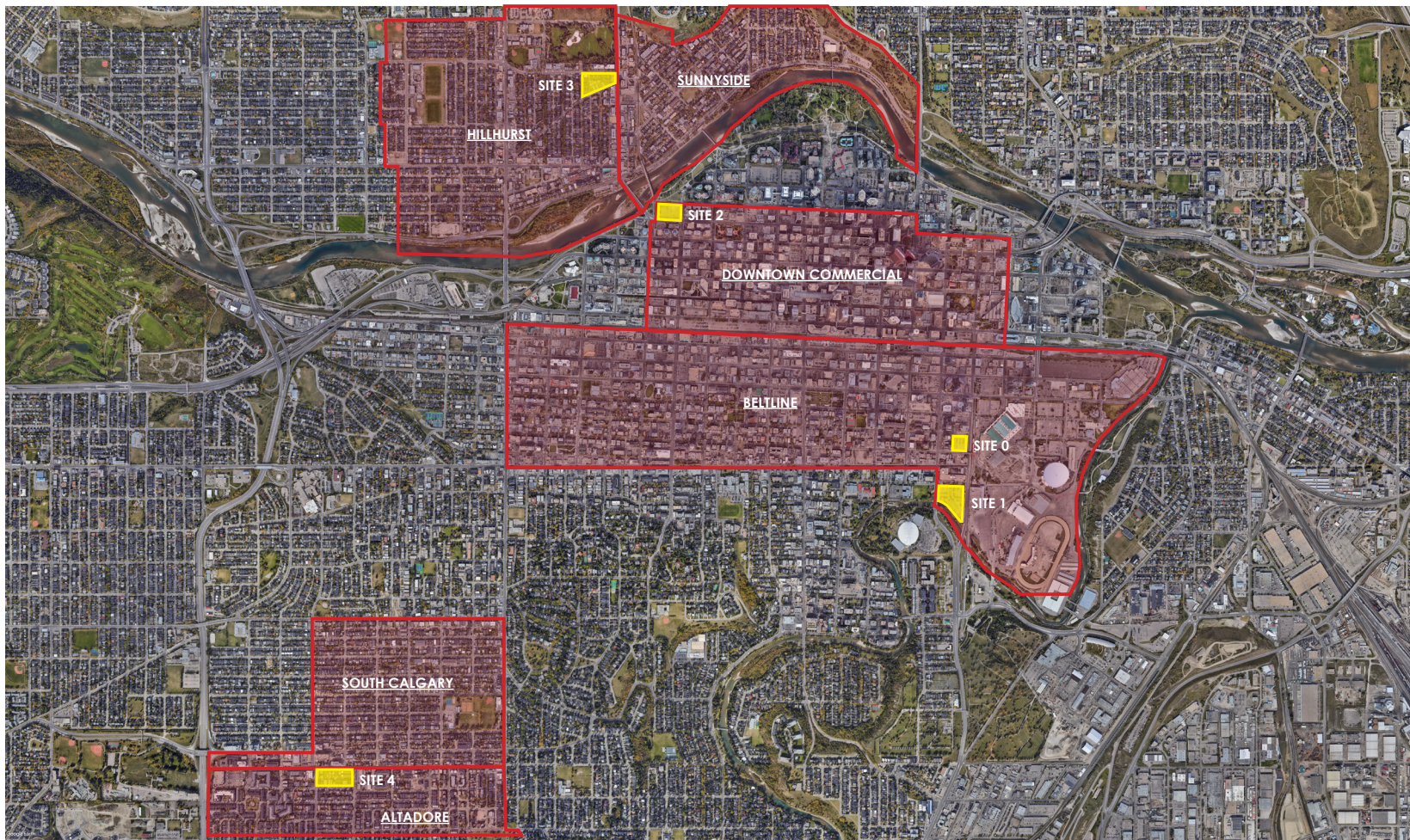
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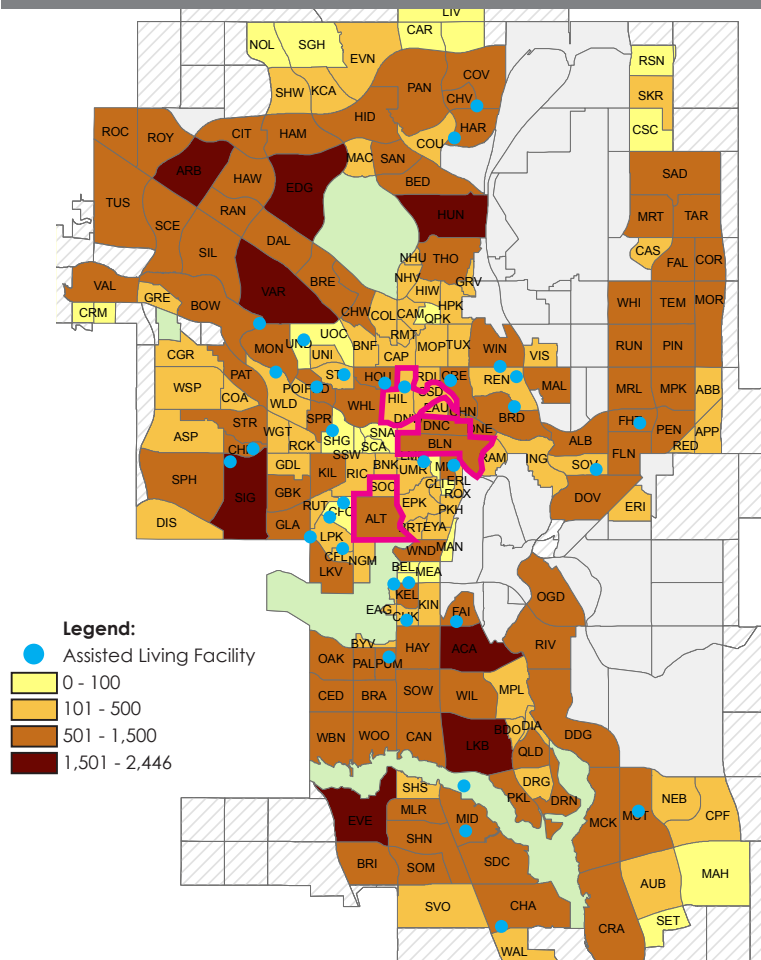
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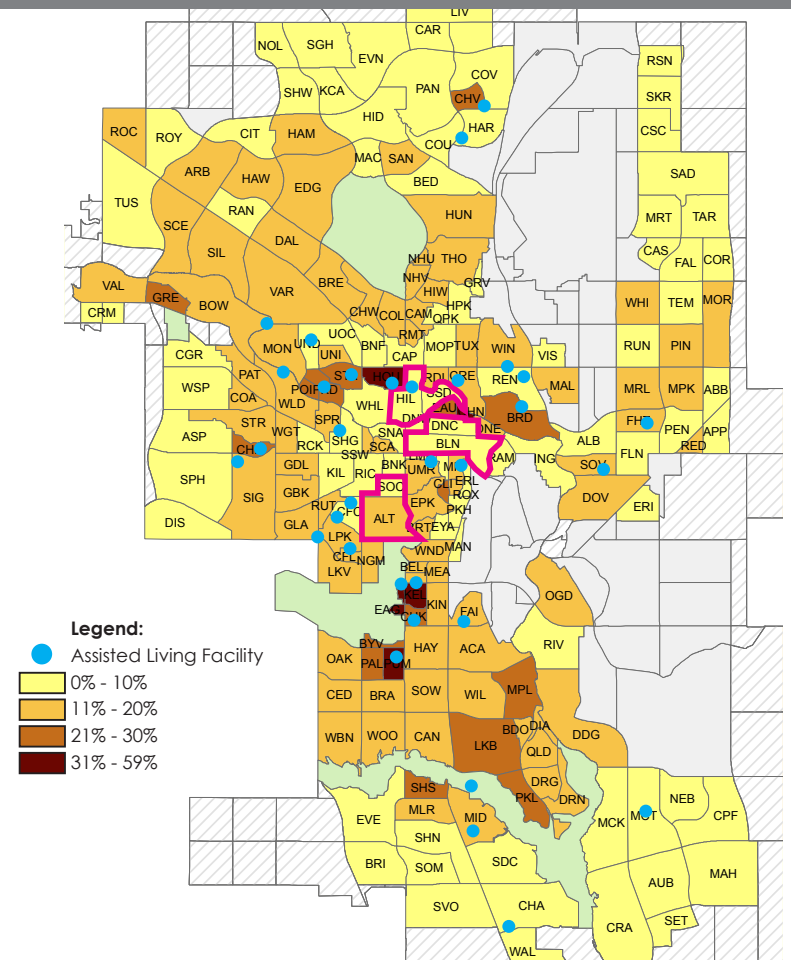
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Existing Trends



Number of Calgarians Aged 65+ by Community, 2014
(Community & Neighbourhood Services City of Calgary, 2014 Civic Census, 2015)



Percentage of Calgarians Aged 65+ by Community, 2014
(Community & Neighbourhood Services City of Calgary, 2014 Civic Census, 2015)

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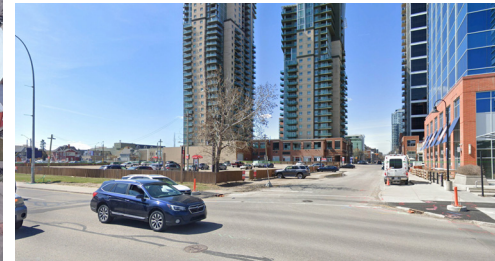
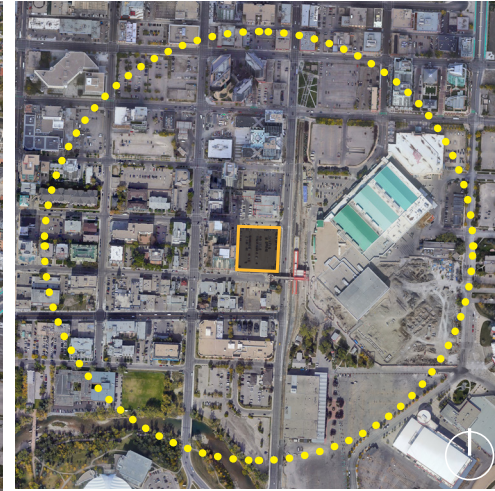
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Proposed Site 0 (Preliminary) - BELTLINE



VIEW OF PROPOSED SITE

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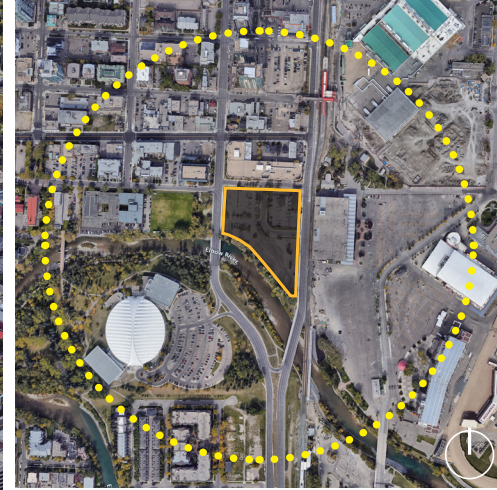
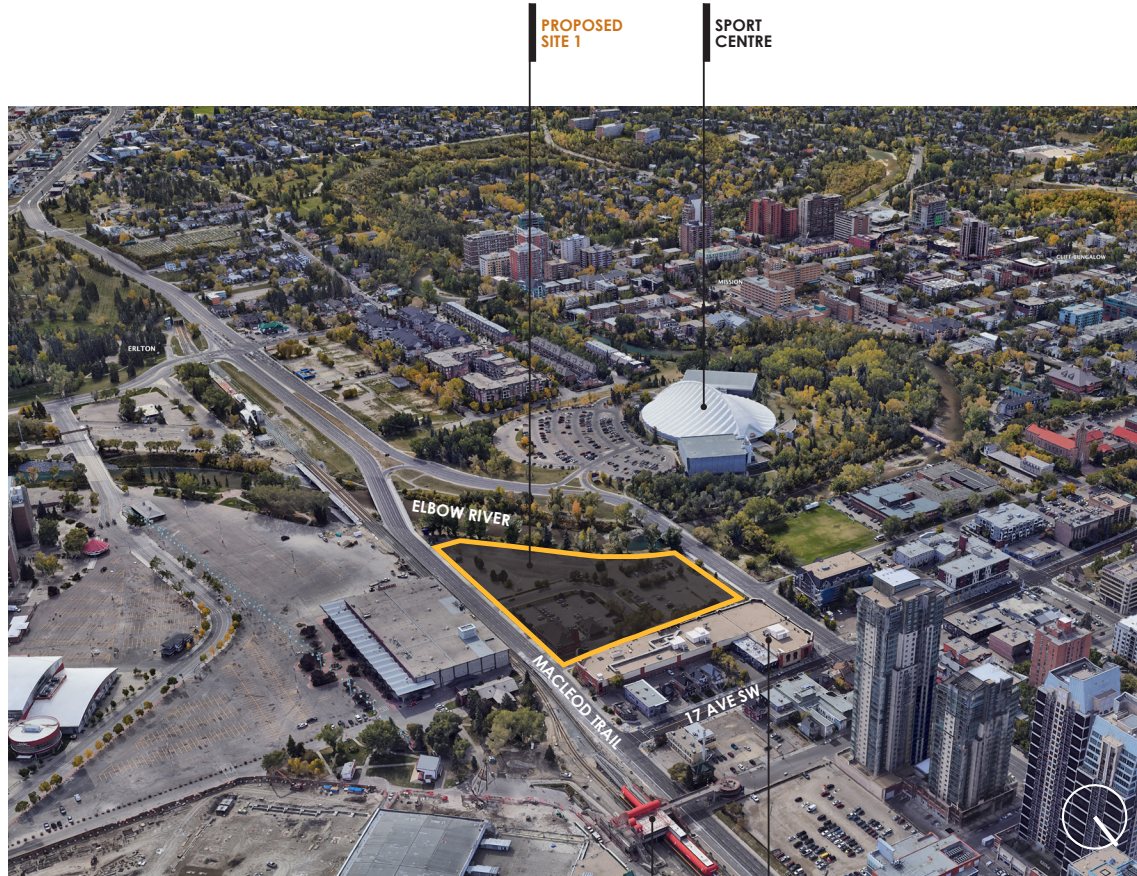
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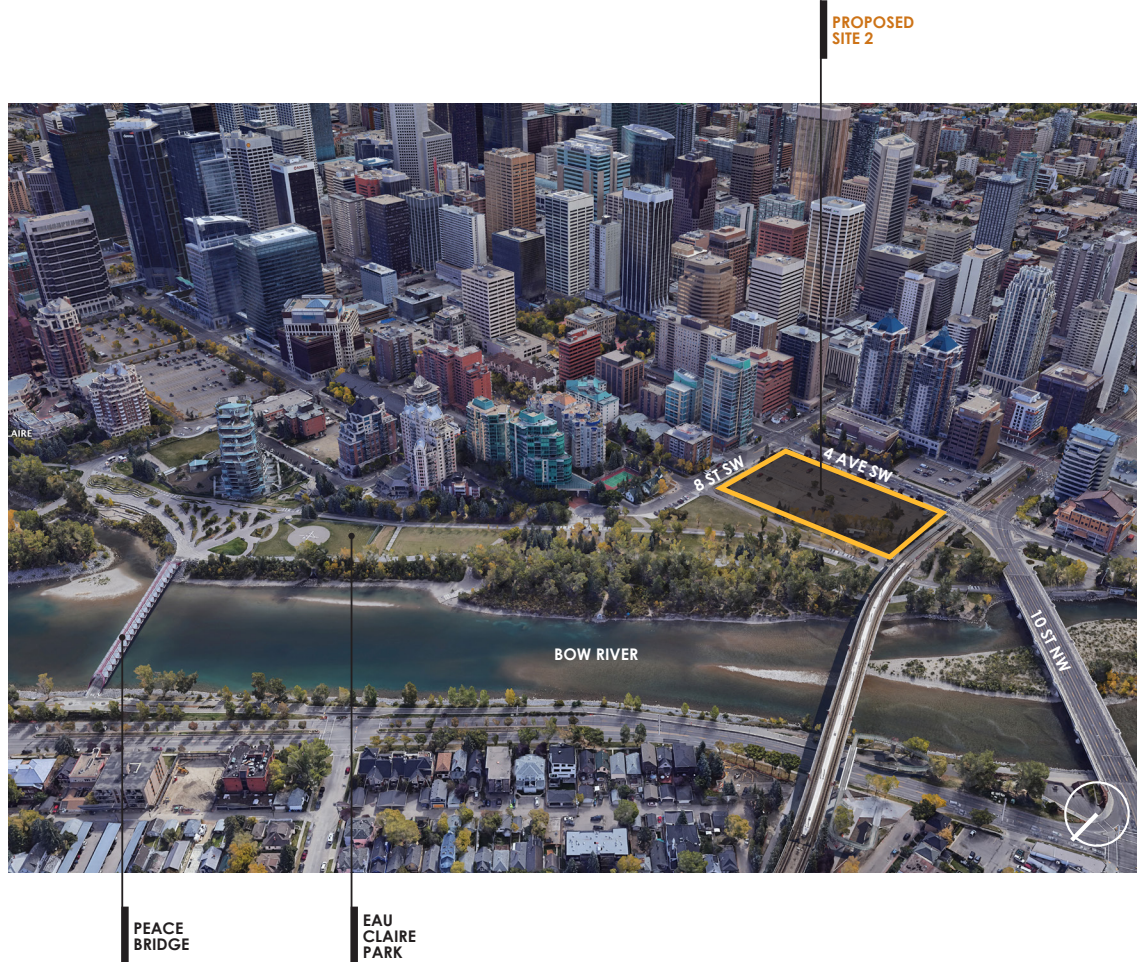


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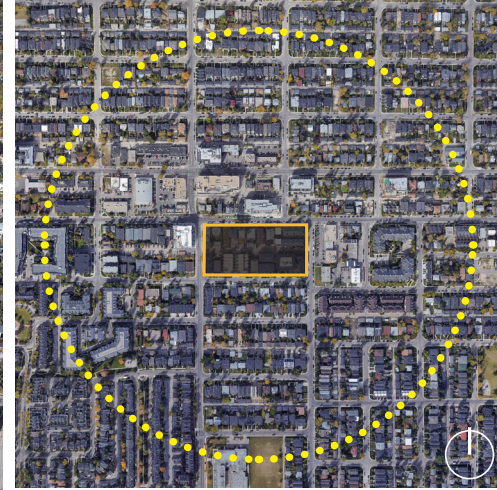
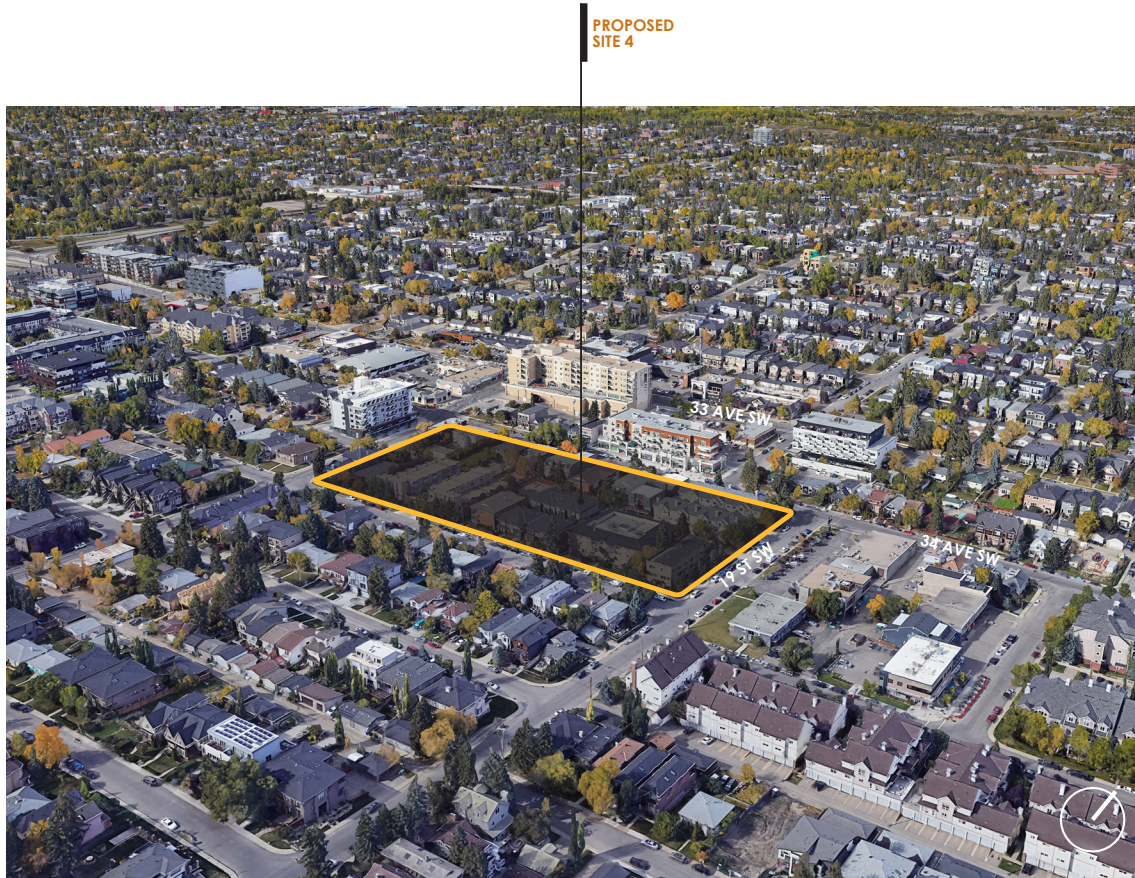
Proposed Site 3 - SUNNYSIDE HILLHURST



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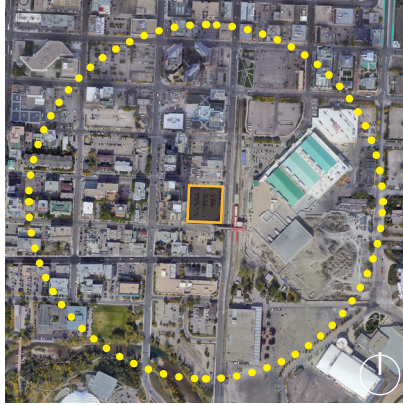


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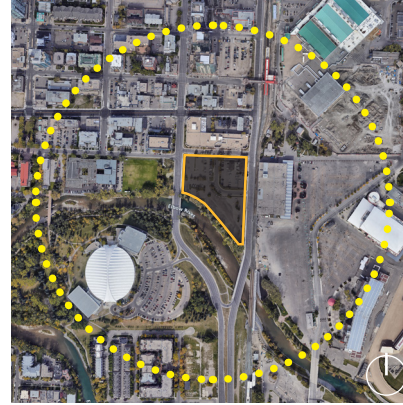
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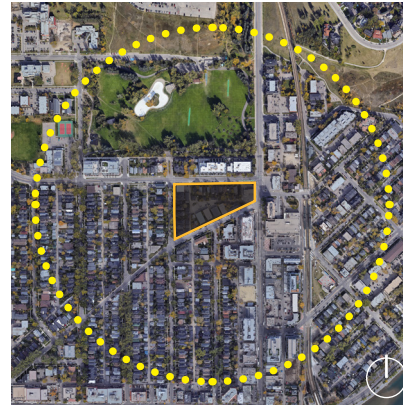
Site 0 (Preliminary) - BELTLINE

Site is located at close proximity to possible high pedestrian traffic at cultural activity on Stampede grounds and could result in security risk to seniors.



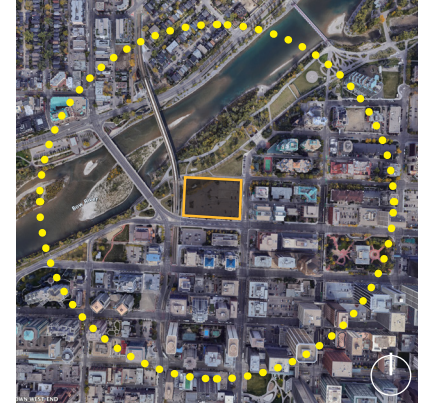
Site 1 - BELTLINE

The location between two major roadways would be a disadvantage for pedestrians.



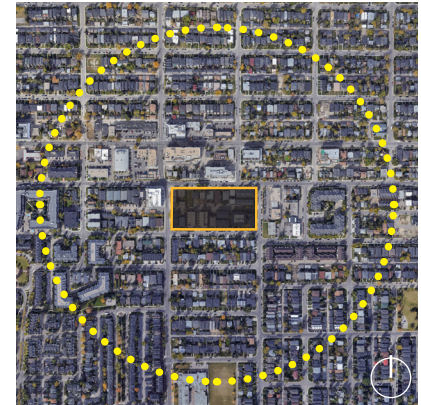
Site 3 - SUNNYSIDE HILLHURST

Connection to urban corridor and major activity area.



Site 2 - DOWNTOWN

Site is located South of Bow river and has limited South exposure.



Site 4 - MARDA LOOP

Located at close proximity to urban corridor with no parks at close proximity.

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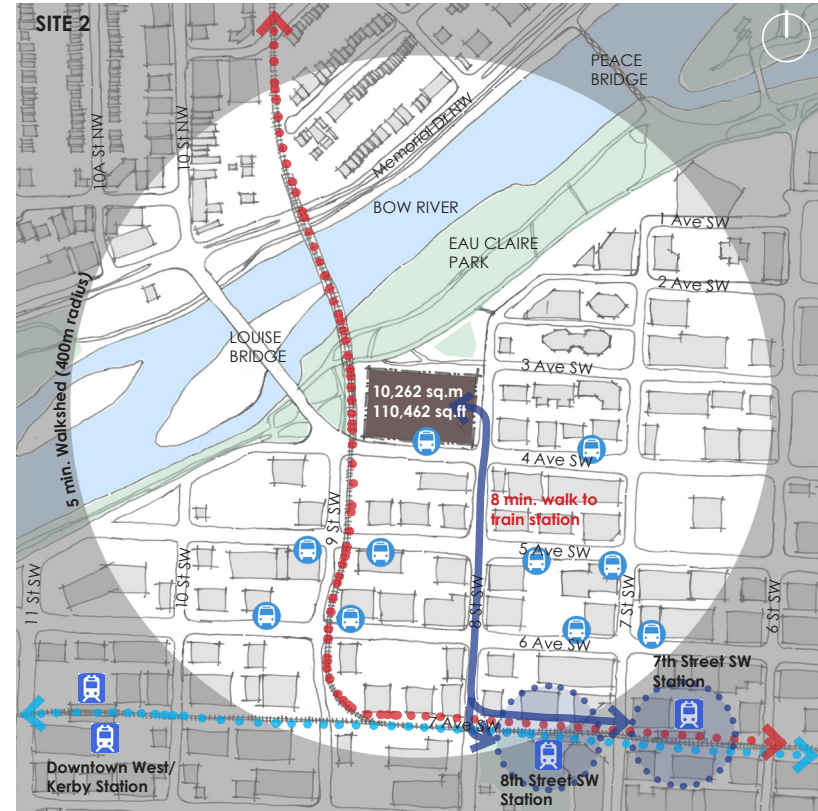
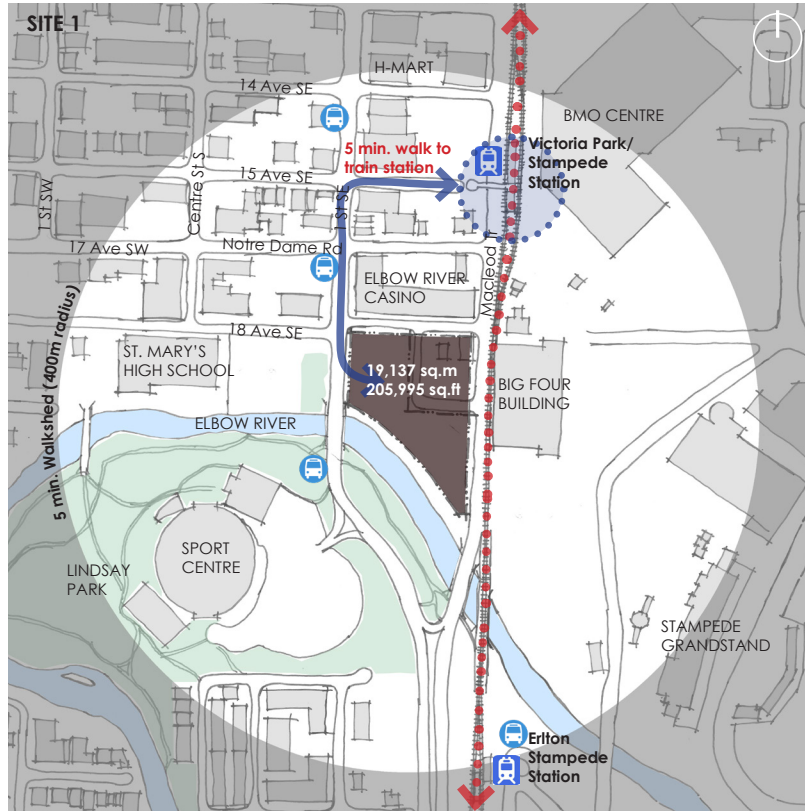
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Transit Network



Legend:

⬢⬢⬢ LRT - Blue line

⬢⬢⬢ LRT - Red line

↔ Walk route to LRT station

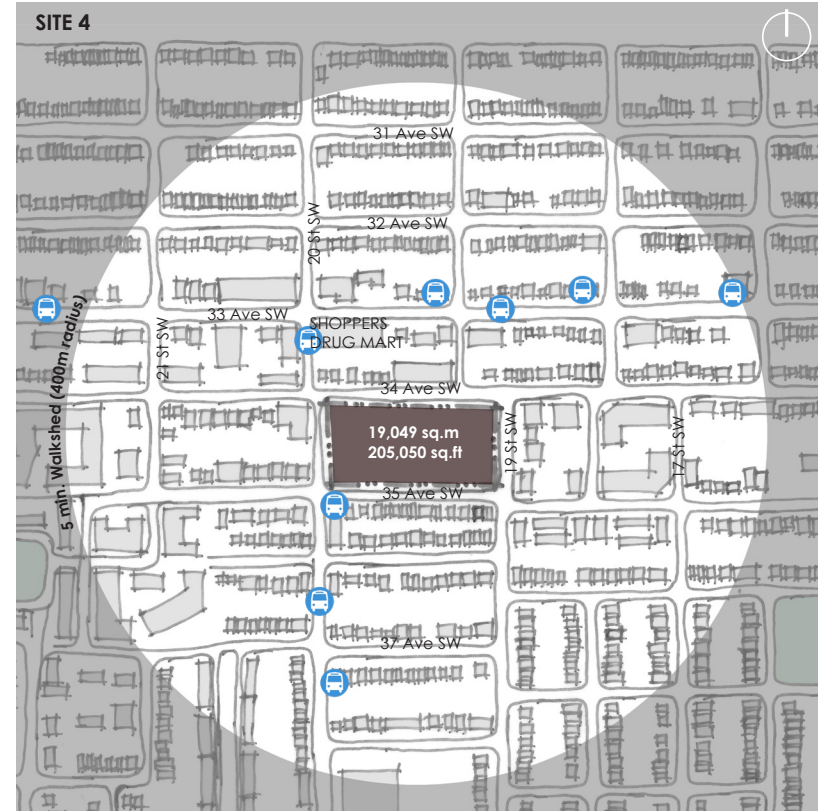


LRT station at close proximity to site

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Legend:

LRT - Red line



LRT station at close proximity to site

Walk route to LRT station

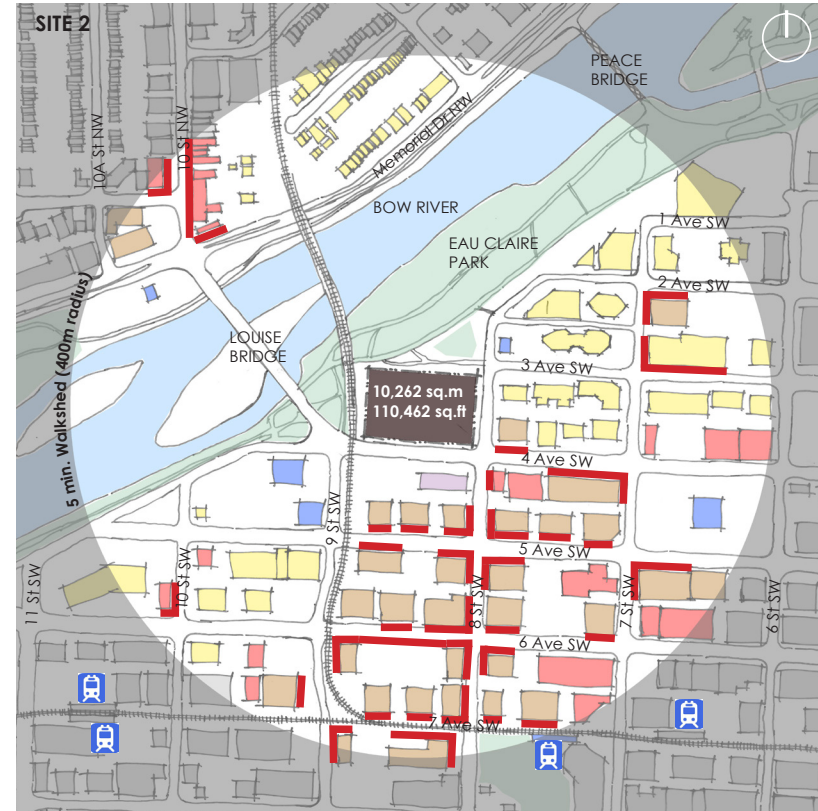
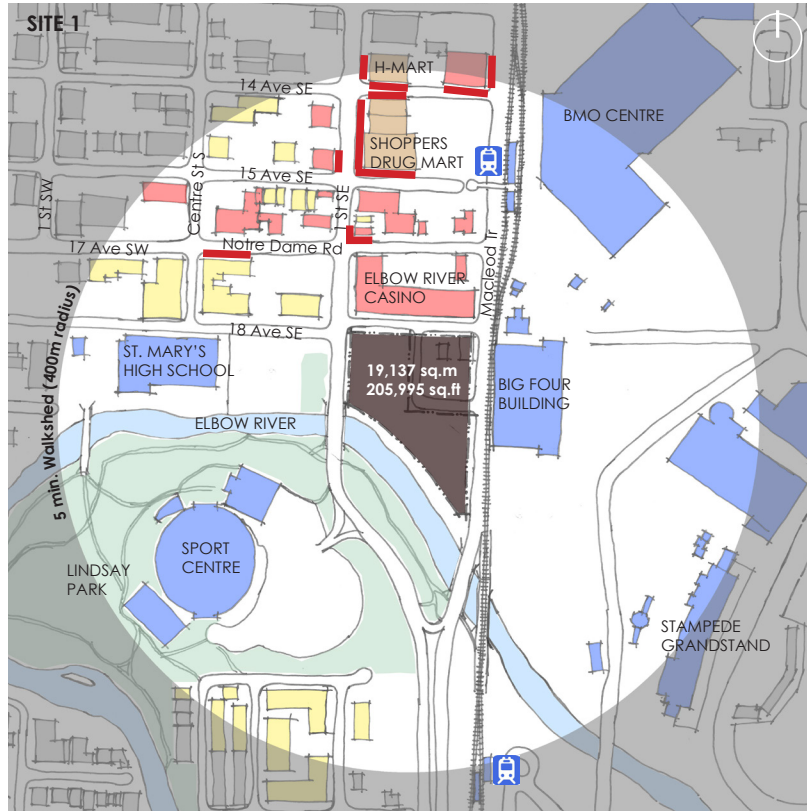
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Land Use | Retail Activity



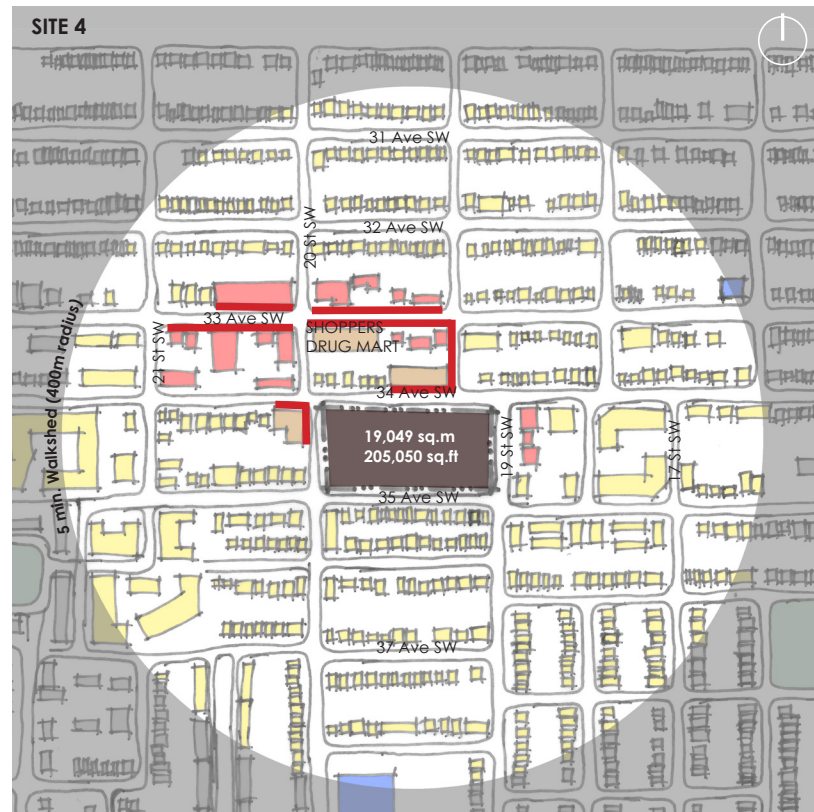
Legend:

- | | | |
|-------------|---------------|------------------------|
| Residential | Institutional | Active retail frontage |
| Mixed use | Utility | |
| Commercial | | |

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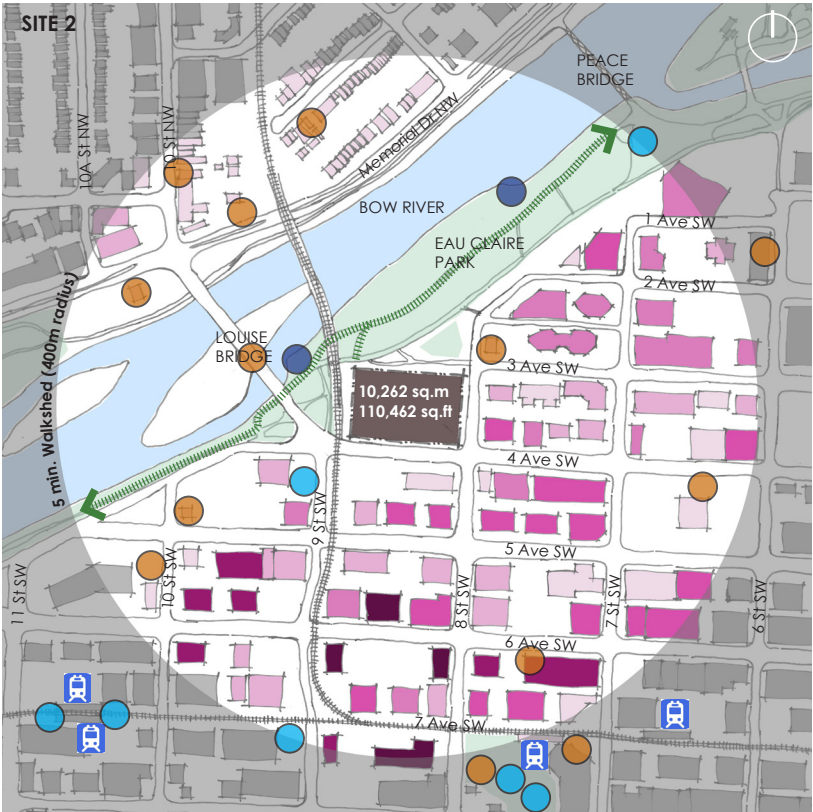
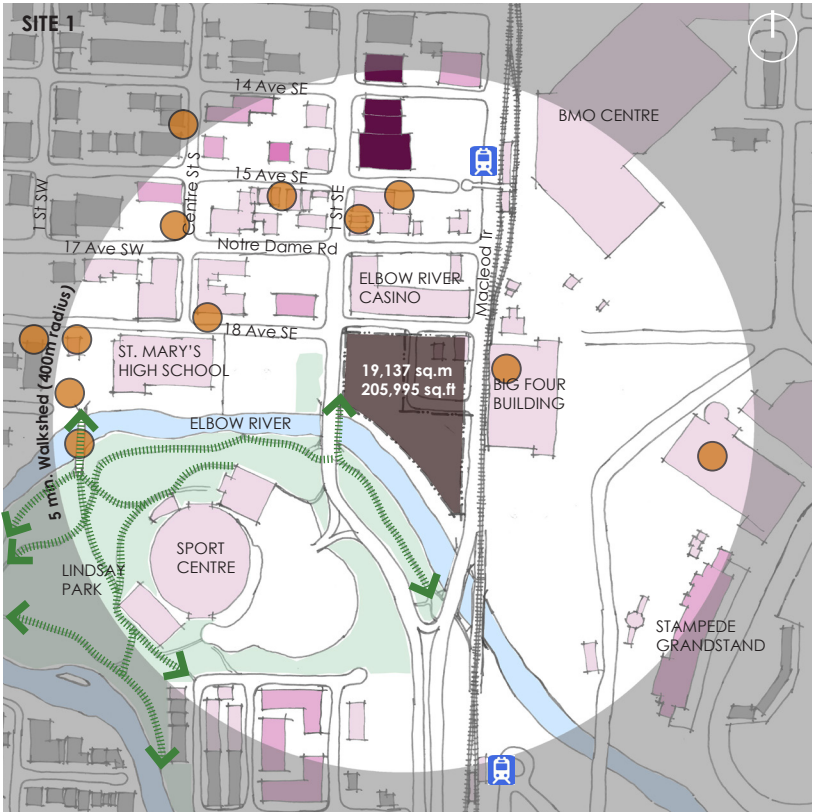
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Legend:

1 to 4 storeys

5 to 10 storeys

11 to 16 storeys

17 to 22 storeys

23 to 28 storeys

29 to 40 storeys

Public art

Historic resources

River access location

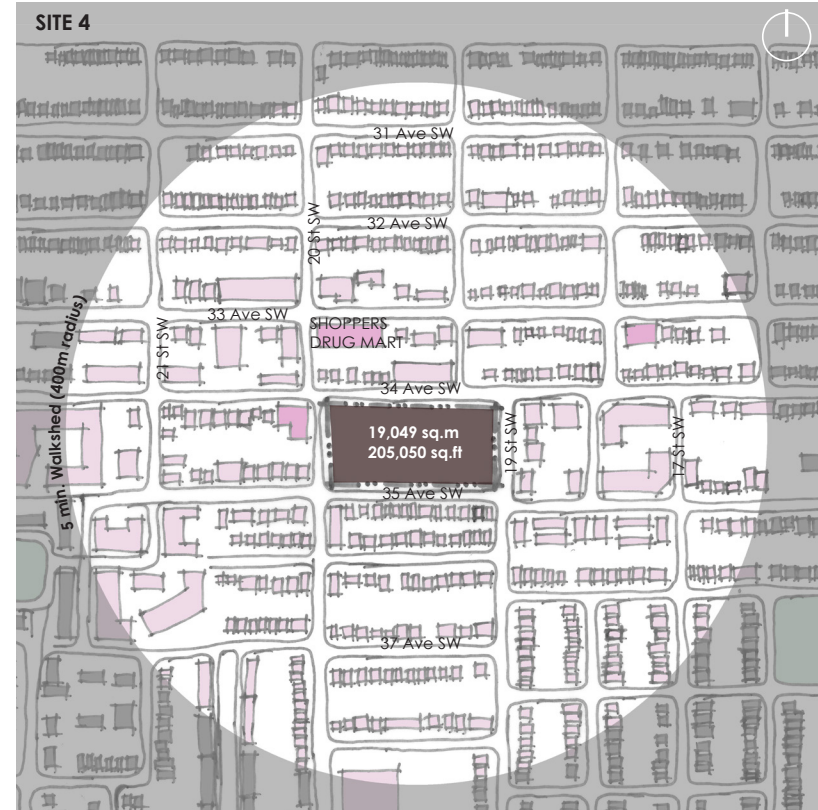
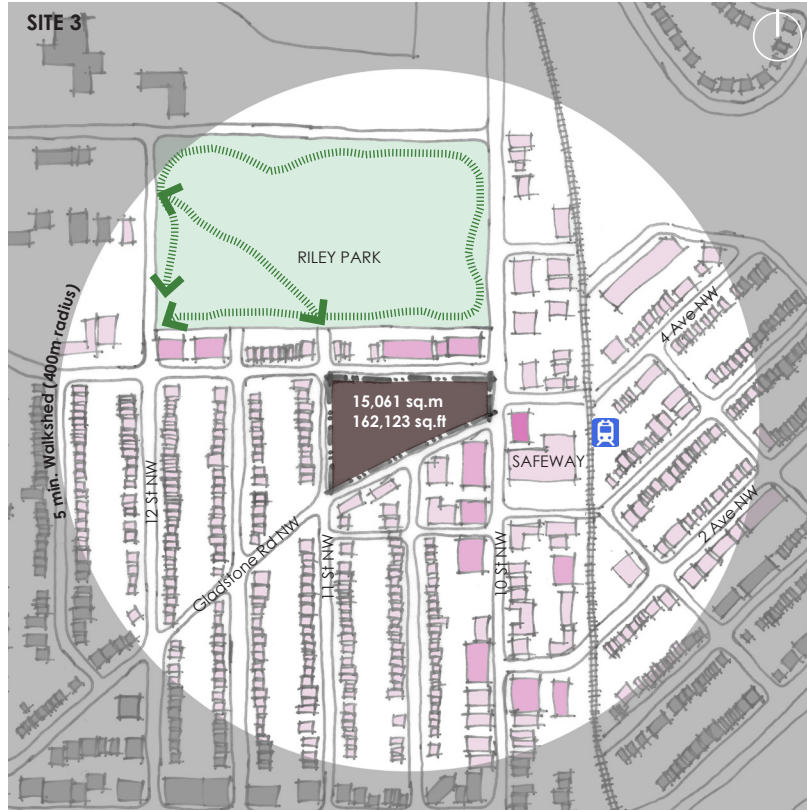
Off-street pathway

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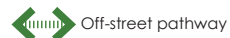
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Legend:

- 1 to 4 storeys
- 5 to 10 storeys
- 11 to 16 storeys



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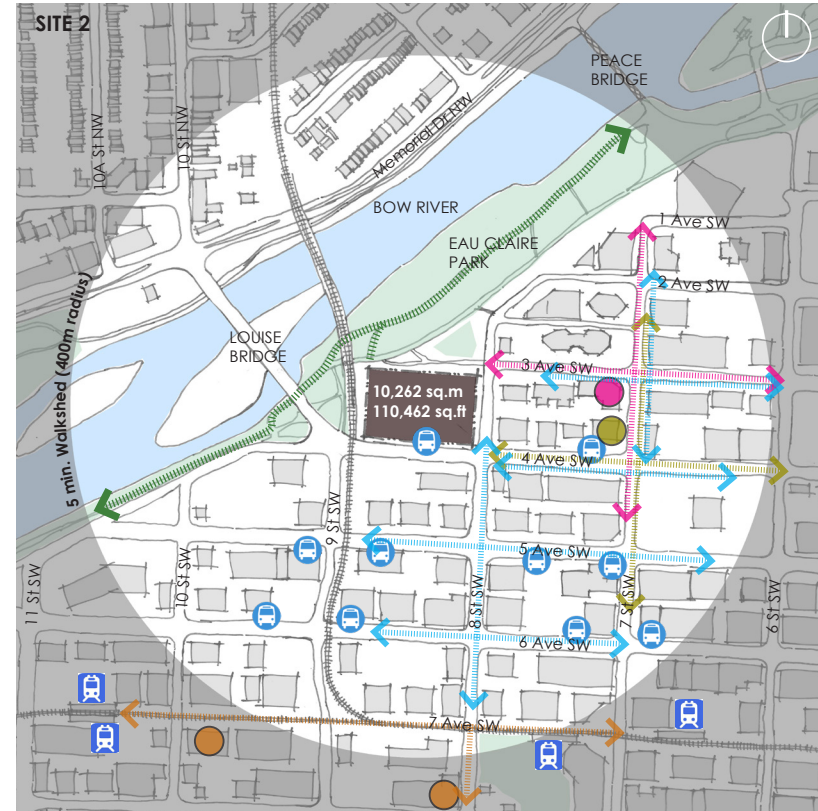
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Pedestrian Generating Activities



Legend:

- Church
- Alex Walker Tower (Independent living, 65+)
- School
- Chartwell Eau Claire Care Residence (Combined living, 60+)



- Predicted church pedestrian route (weekends)
- Predicted school pedestrian route (weekdays)
- Pedestrian route at park
- Predicted facility pedestrian route (daily)
- Predicted facility pedestrian route (daily)
- Predicted transit/commercial pedestrian route (daily)

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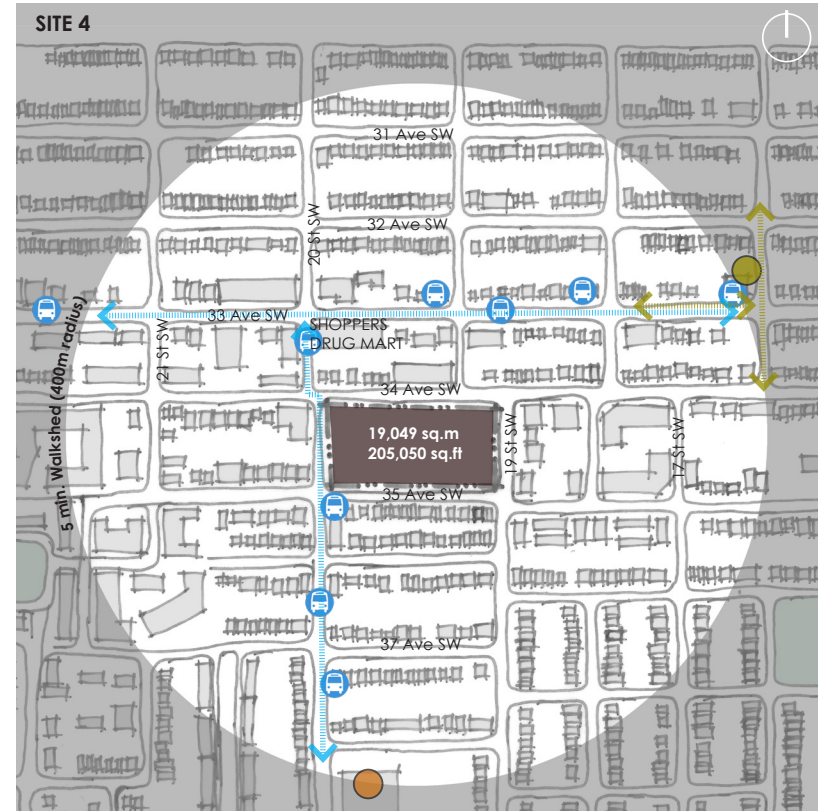
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Pedestrian Generating Activities



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Selected Site - SUNNYSIDE HILLHURST



SUNNYSIDE HILLHURST

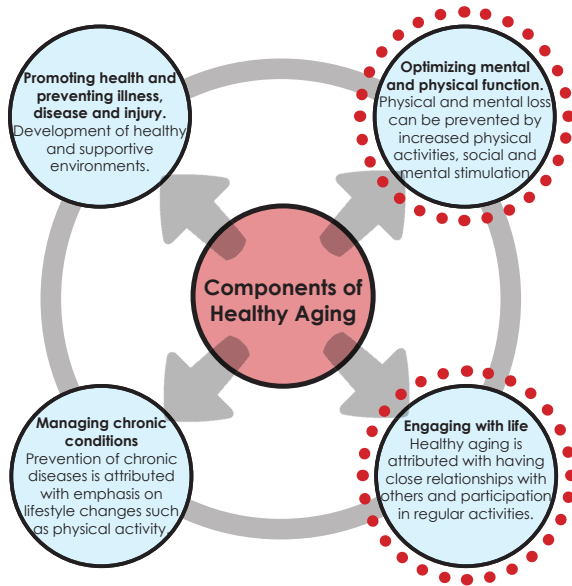
Connection to urban corridor and major activity area.



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Facility support spaces

- Entry lobby
- Visitors lounge
- Medical consulting rooms (Dental & Massage)
- Nurses's station
- Staff lounge
- Loading area
- Changing rooms
- Administrative offices
- Kitchen
- Washrooms

Activity spaces

- Games room (Billiards etc.)
- Swimming pool & Hot tub
- Fitness room
- Yoga studio & Gym
- Craft workshops (Wood workshop & Art gallery)
- Pub
- Dining
- Multipurpose room (Bingo)
- Coffee shop & Tuck shop
- Lounge
- Hair salon

Support spaces for activity areas

- Swimming pool changing rooms
- Storage
- First aid room
- Washrooms

Bedrooms

- 1 Bedroom suite
- 2 Bedroom suite
- Couples bedroom suite

Support spaces for bedrooms

- Resident assistance bathroom
- Home care office
- Prayer room
- Nurses' station
- Garbage room
- Laundry
- Janitor & House keeping
- Washrooms

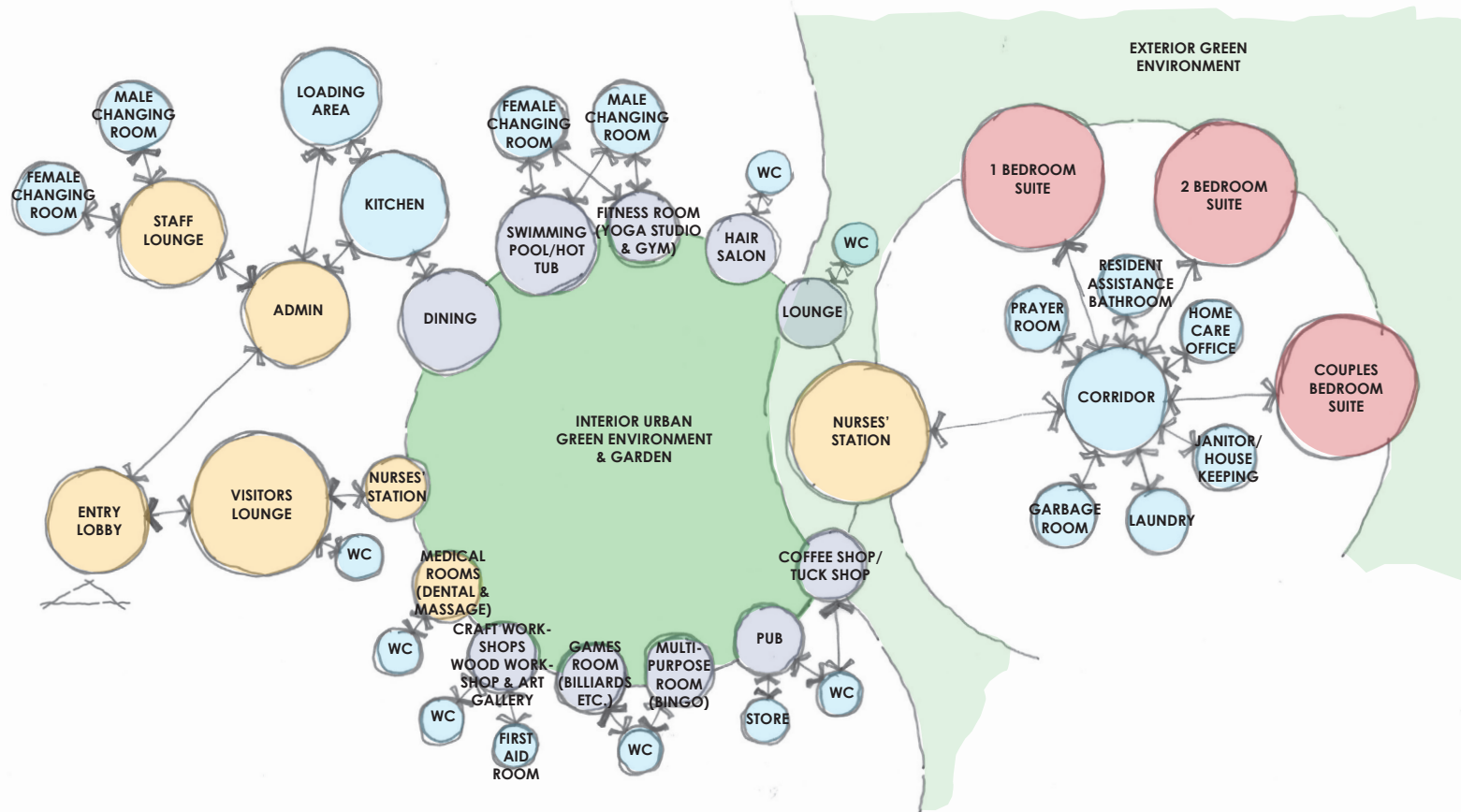
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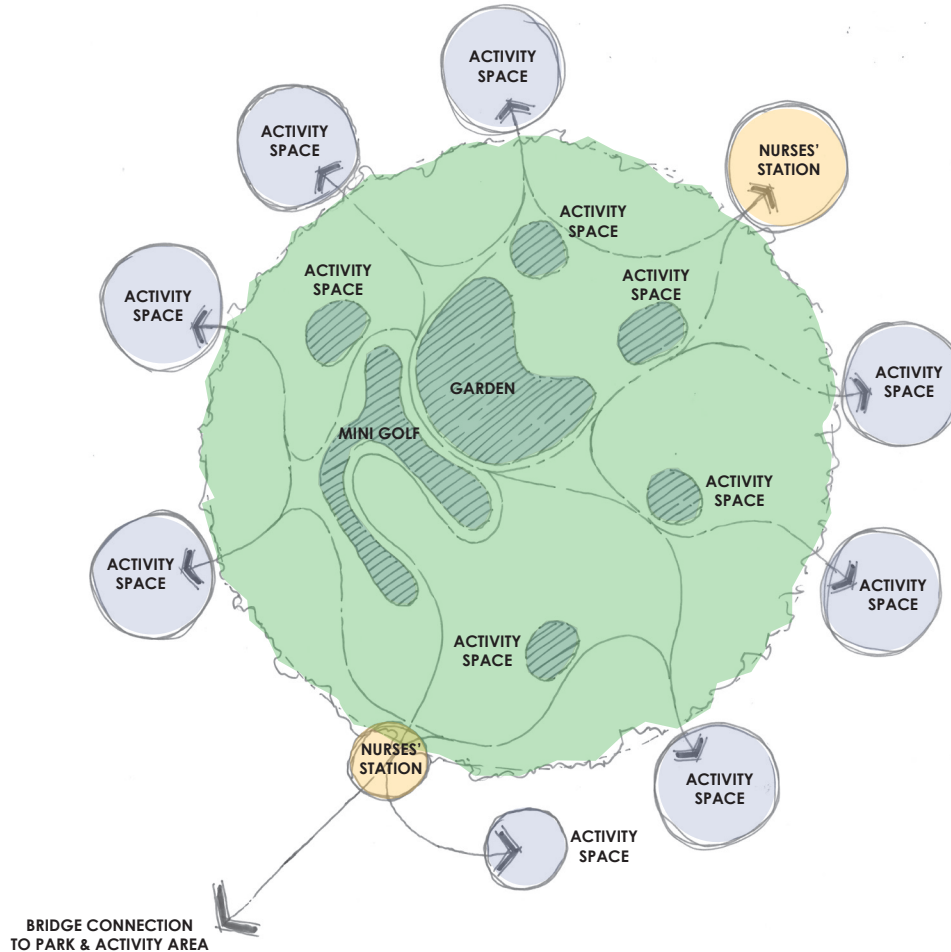


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Mini Golf



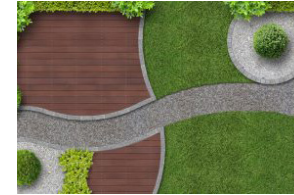
Walking Trails



Activity area



Landscaped pedestrian bridge



Mixed landscape elements



Bocce ball court



Urban design elements



Community garden

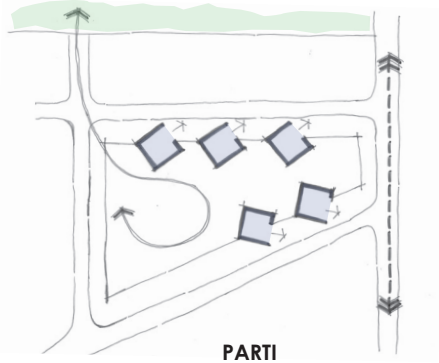


'My Kensington NANA'

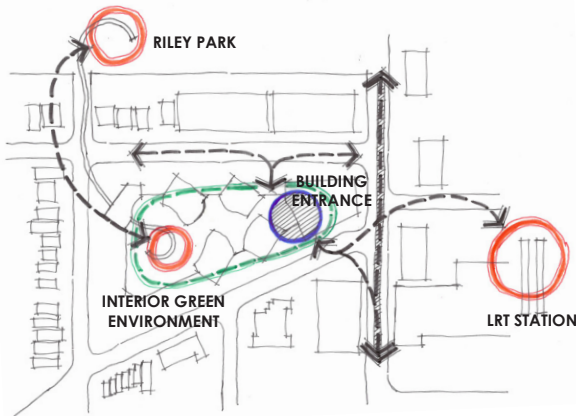
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PARTI



SITE CONTEXT



PROXIMITY TO INFRASTRUCTURE



ACCESSIBILITY AT PARKS



PEDESTRIAN GENERATING ACTIVITIES



TRANSIT NETWORK



LANDMARKS



VEHICULAR ACTIVITIES & SAFETY

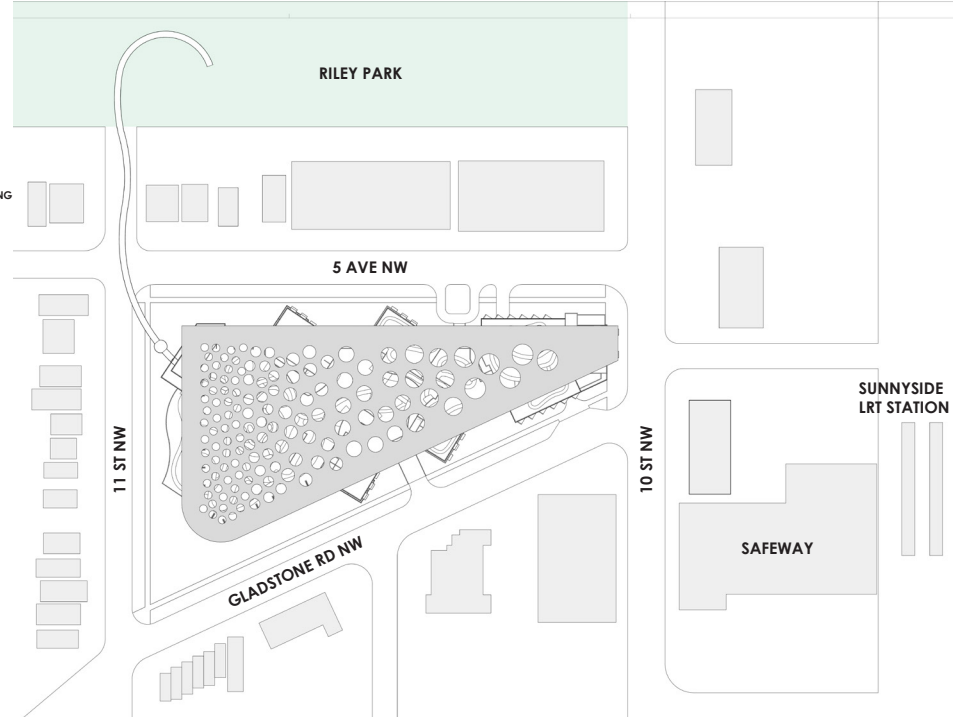


PARK MONITORING

182 bedroom units

- 1-bed - 169 units
- 2 bed - 6 units
- 3 bed - 7 units

202 residents



SITE PLAN

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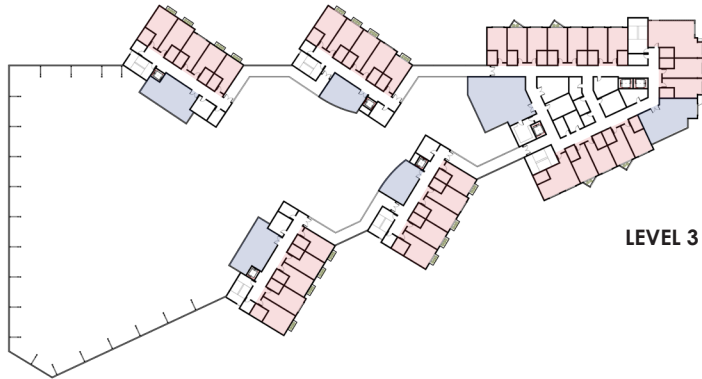
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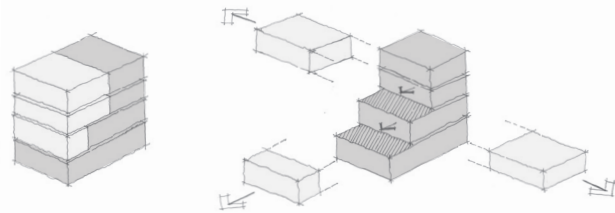


LEGEND:

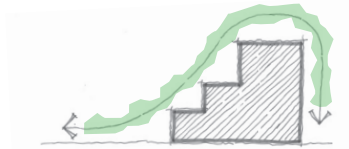
- BEDROOM SUITES
- ACTIVITY SPACES

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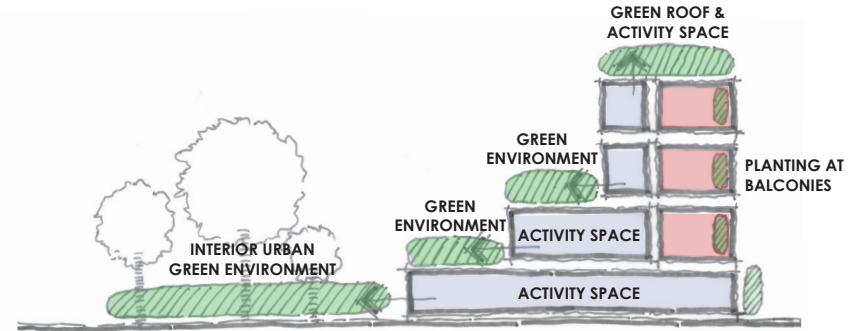
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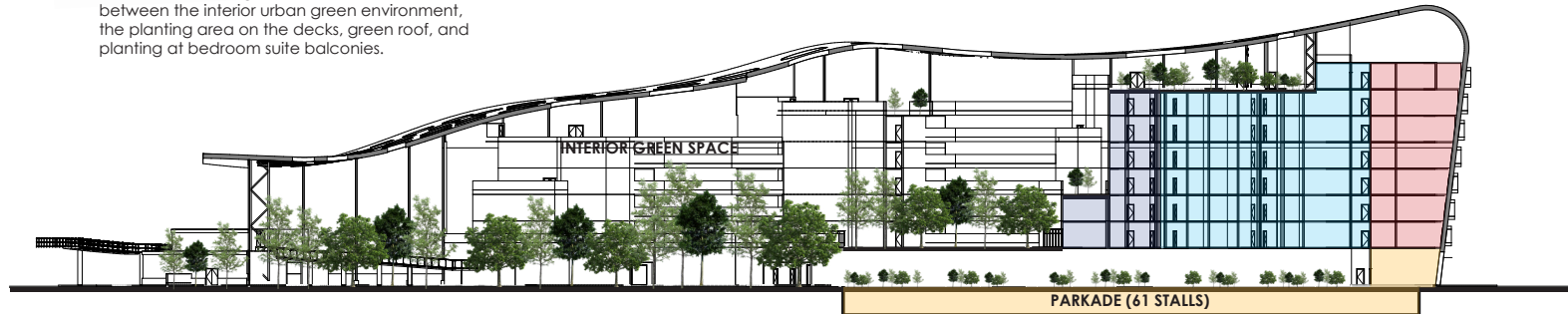
Intent:
Strengthen the interface between the green environment and activity spaces by increasing the interacting surface areas.



Steps in the building allow for a connection between the interior urban green environment, the planting area on the decks, green roof, and planting at bedroom suite balconies.



SECTIONAL RELATIONSHIP DEVELOPMENT



BUILDING SECTION

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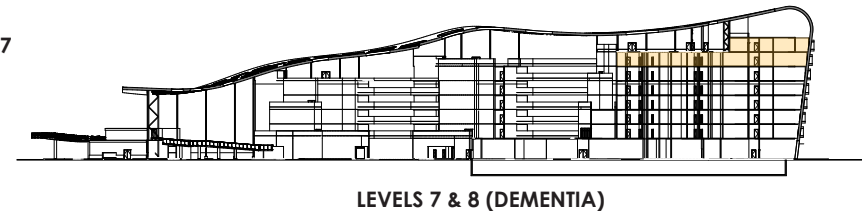
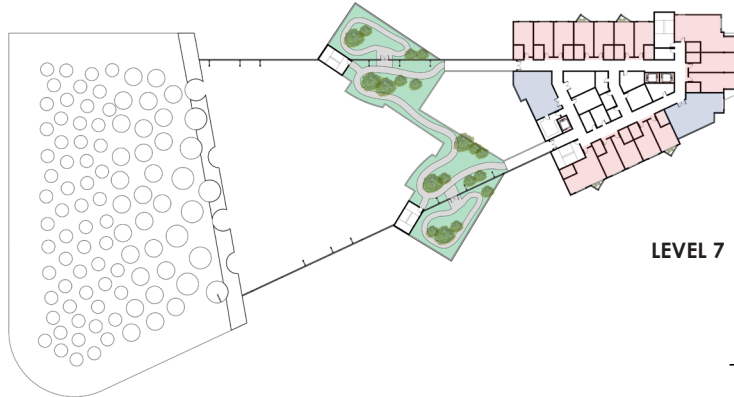
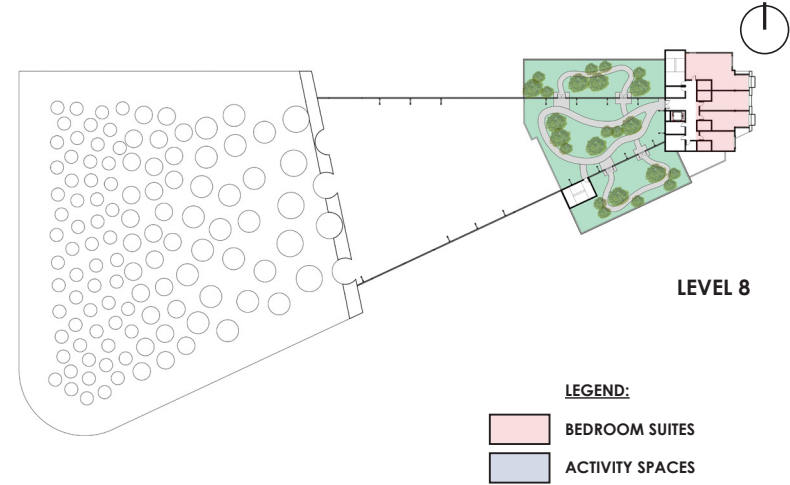
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Interior View



38 sqm of green space
per resident

INTERIOR URBAN GREEN ENVIRONMENT

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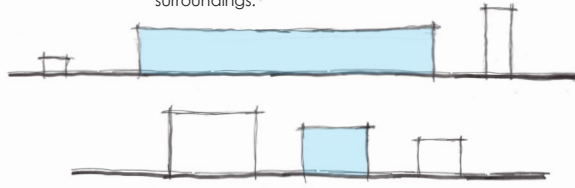
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Height of structure developed from averaging adjacent building heights to blend with surroundings.

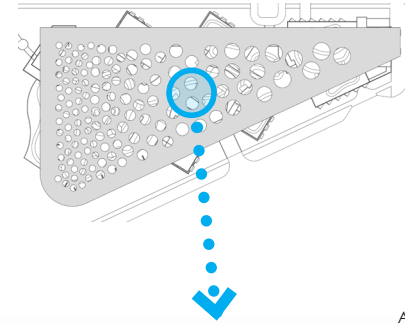


BUILDING HEIGHT DEVELOPMENT

The single roof structure provides a visual connection between the interior green environment & the urban corridor.

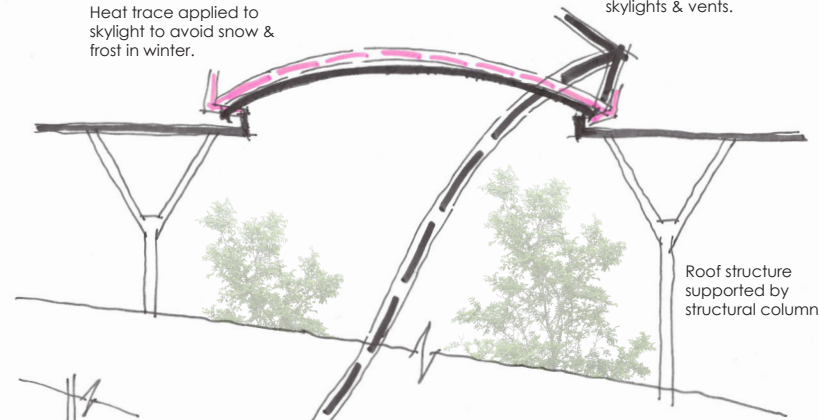


ROOF CONCEPT



Heat trace applied to skylight to avoid snow & frost in winter.

Air flow through operable skylights & vents.



Roof structure supported by structural columns.

INTERIOR

EXTERIOR

VENTILATION OF INTERIOR GREEN ENVIRONMENT

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Interior View



RAMP CONNECTS INTERIOR GREEN ENVIRONMENT & RILEY PARK

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Interior View



INTERIOR RAMP WITH LOOKOUT AREA

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Interior View

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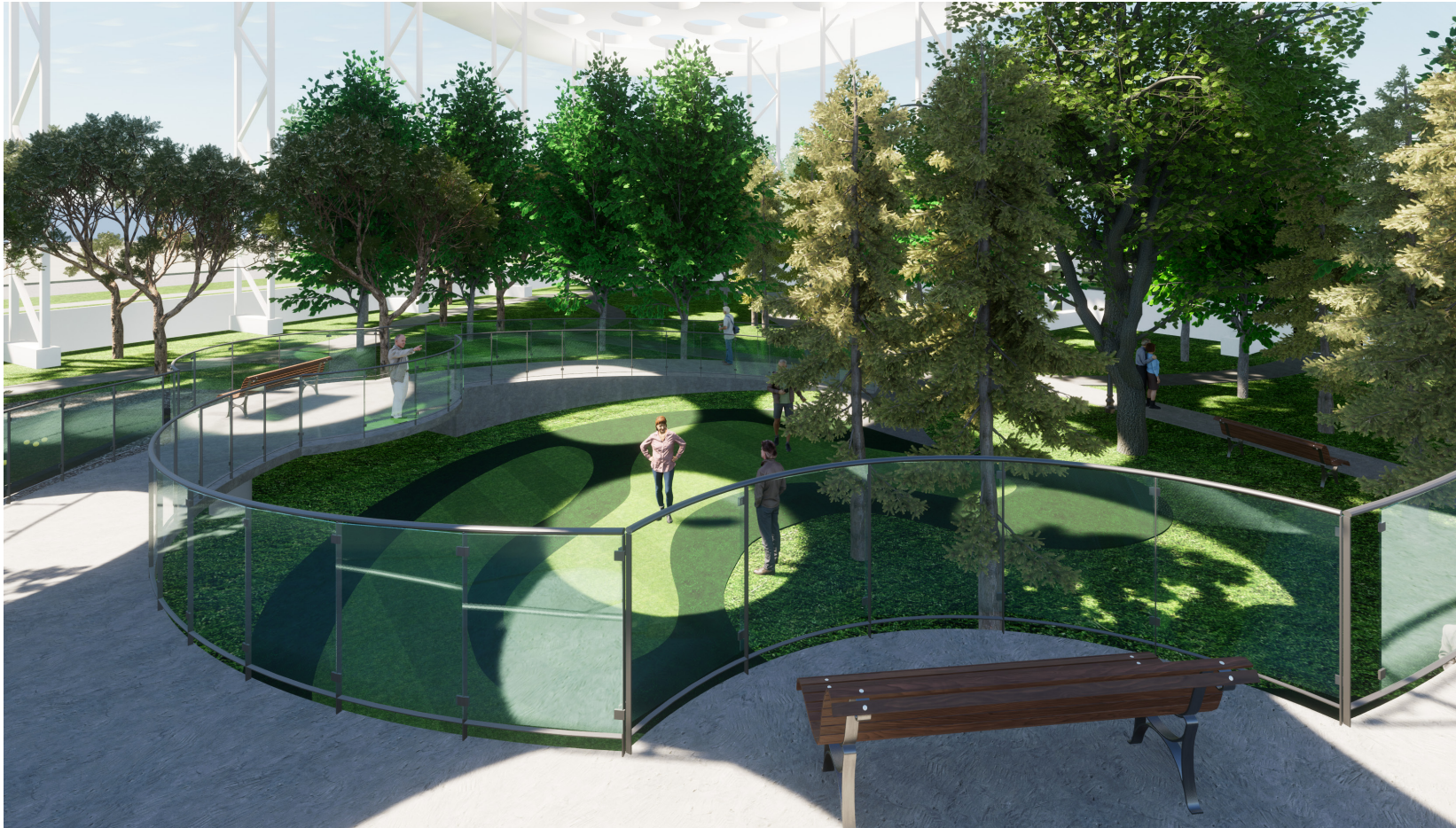
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MINI GOLF & LOOKOUT AREA

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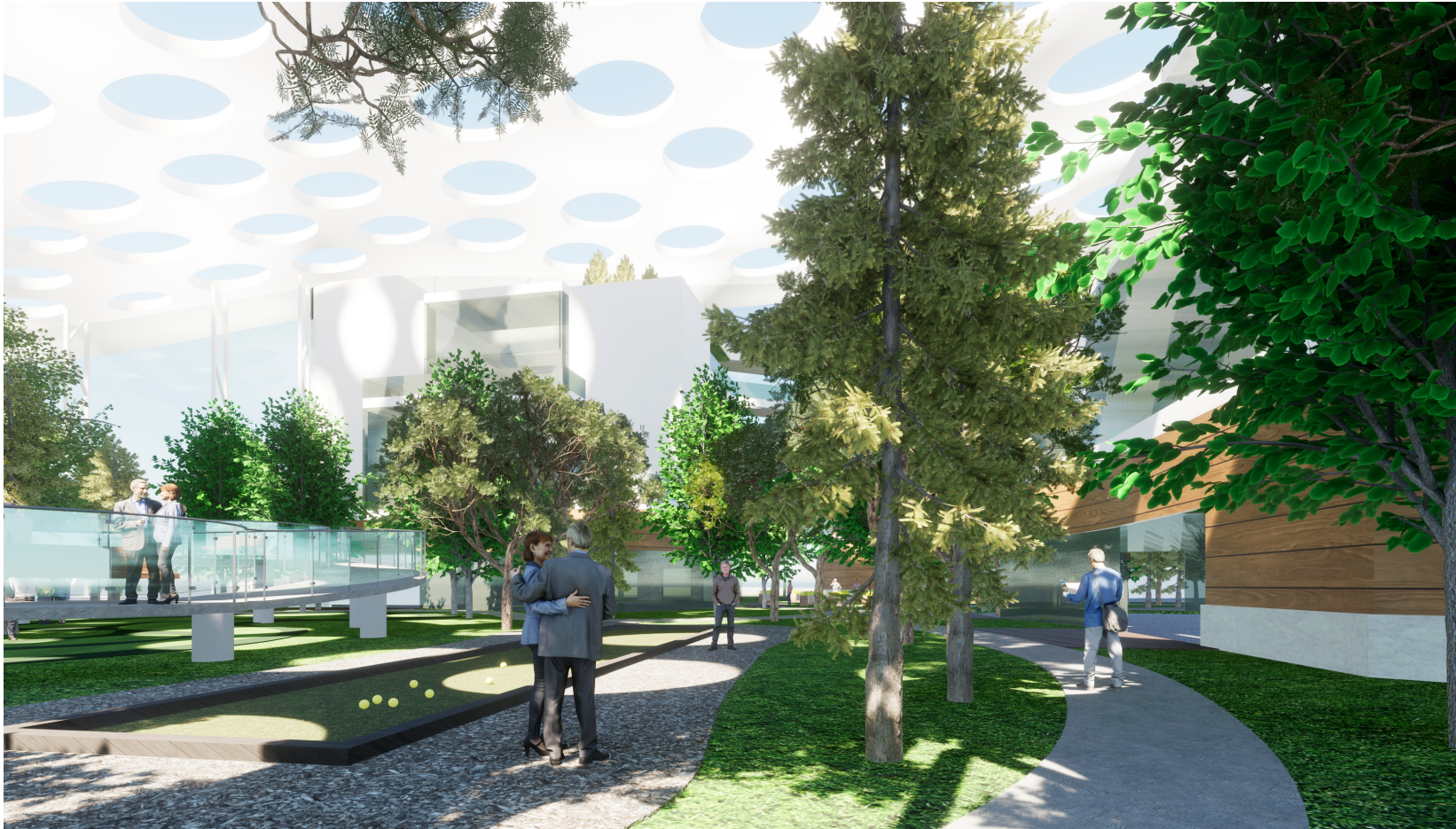
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Interior View



BOCCE COURT & TRAILS

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Interior View



INTERIOR SPACE RELATIONSHIP WITH PATIO & COMMUNITY GARDEN

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Interior View



SENSORY GARDEN FOR DEMENTIA RESIDENTS

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Exterior View



EXTERIOR VIEW OF INTERIOR GREEN ENVIRONMENT

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Exterior View

BUILDING MATERIALS

Natural building materials on facade:

Wood
Stone
Concrete

LANDSCAPED BALCONIES

Random extrusion of interior landscape balconies represent random excitement and hope that uplift seniors.

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NORTH-EAST VIEW



RELATIONSHIP WITH URBAN CORRIDOR

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Exterior View



RILEY PARK



INTERIOR GREEN ENVIRONMENT CONNECTION TO RILEY PARK

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Exterior View



PROXIMITY TO INFRASTRUCTURE

Public transportation within 5min walkshed.

Proximity to retail & commercial activities.

Proximity to park.

ACCESSIBILITY AT PARKS

Green environment equipped with trails & urban design elements.

Accessible path of travel with direct connections to activity spaces.

PEDESTRIAN GENERATING ACTIVITIES

Engagement with pedestrian activities from retail, park, transit, school & church at close proximity.

TRANSIT NETWORK

High frequency transit network of buses & trains.

LANDMARKS

Buildings & corner shops act as landmarks to facilitate way-finding.

VEHICULAR ACTIVITIES & SAFETY

Smaller road widths and street blocks reduce vehicle speeds and increase safety confidence.

PARK MONITORING

Interior green environment requires less monitoring and resources.



BUILDING ENTRANCE

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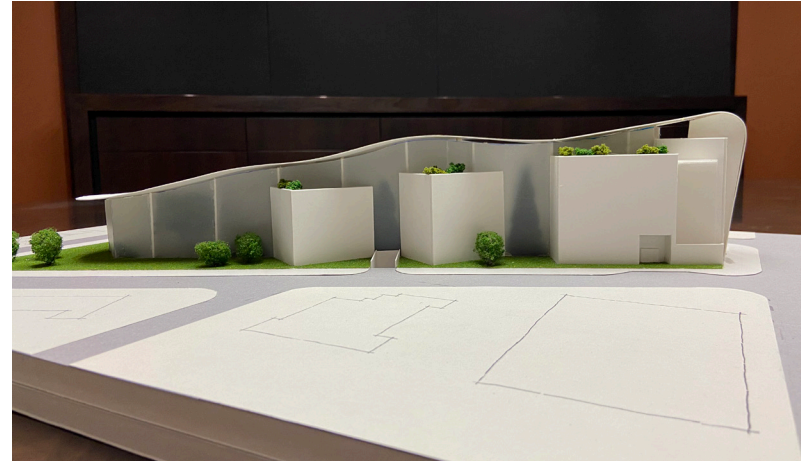
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Model



Conclusion

This urban integrated assisted living facility provides active experiences for its residents through its location at close proximity to an urban corridor where their lifestyle can be enhanced through engagement with the activities generated from this environment. The introduction of an interior green environment responds to Calgary as a winter city it allows for increased physical activities, social and mental stimulation at all times of the year. The modules in this concept may be increased to respond to density requirements, however, a desirable amount of green space per resident should be maintained for their physical and social activities.