Elderly Care Center Design in the Social Integration of Elderly

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AIM & SCOPE

In this study, it is aimed to project a new elderly care center in historical pattern in city center.

Elderly care center is designed in İzmir-Buca that located in concentrated historic structures.

In this project, hobby rooms, sports halls, a library and a cafeteria as well as entertainment units, administrative offices, care and rehabilitation rooms and service areas are illustrated.

Keywords: Elderly, integration with society, elderly care, home
INTRODUCTION

Old age, is a period of the reducing the balance potential between internal and external factors and reducing the ability of adaptation to environment.

In other words, in a case of physiological concept, it is defined a time of loosing slowly their physical and mental power.

It will be necessary to regulate the development policies to make dependent old age people more economically independent.

In addition spending health and care will increase by the increase of older people population. So the primary goal should be to obtain a longer period of time by living healthy.
INTRODUCTION

Old people have problems in their old age period because of negative factors such as, growing population rate, changes in the form of life, urbanization, economic conditions, inefficient social security systems, changes in family structure, transformation from big family to core family and working women and etc.

So, depending on time, in terms of growing elderly population, having a peaceful and comfortable old age period becomes more important for elderly people.
INTRODUCTION

Due to this aim, elderly care projects should be designed in contemporary approaches, and should aimed to increase the dignity of elder people, the quality of life and life satisfaction. And also it is the basic expectation, to contribute to the protection of physical and mental health, prevention and solution of the elderly problems, allow them to contribute to economy by their facilities and help them to transfer their knowledge to new generations.
ELDERLY CONCEPT

Ageing, is the most sensitive and the inevitable period of human life. World Health Organization defined the old age as a reduction in the ability to adapt to environmental factors.

It should not be considered as a change in the appearance of a person. It should be considered as a whole needs with internal and external facilities. Aging is often brings changes in pain factors, calms in the mind and astonishments.

The senses of not belonging to community and feeling isolated brings introverting and reveals as seriously busy with body functions. This occupation is seriously eliminated because of it may lead most of the old people to suicide. The old people needed to cope with this feelings. Therefore, it should be provided that elderly people not remain alone, having necessary requirements and socialization needs.
ELDERLY CONCEPT

One of the most important factors that effect the physical and psychological condition of an old people in this period is the quality of space. Due to the definitions of old age, it needed to be addressed as a multifaced concept, with its chronological, physiological and sociological aspects.

The positive effect on user of space in this sense, should be considered as an anti-aging process and allow elder people to live this process more enjoyable and quality.

The elderly group should be treated as a special group according to spatial needs that seperated from young generations, because of economical conditions, health status and being in closed areas more than youngers.
ELDERLY CARE CENTERS

According to elderly principles prepared by United Nations; elderly care centers must provide independence, participation, care, self-fulfillment and dignity. Independence for elderly people means, basic needs such as clothing, nutrition and work in a job for income, to benefit from education and training activities, to take advantage of its own and to live in a safe environment.

Participation of elderly people means, transferring their knowledge to young generations and participate to activities voluntarily. The care of elderly means, healthy to live independently and having social services and legal regulations for defending themselves.

In this regard, the centers connected to the ministry of family and social policies serve to elderly people are, nursing homes, elderly care centers and rehabilitation centers.
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THE PICTURE OF SOME SAMPLE OF THE CENTERS

The 75 Year Elderly Care and Rehabilitation Center, Ankara
The 75 Elderly Care Center, Evital, Elderly Care Center, Denizli-Babadağ, Nursing Home and Elderly Care Center, Sultangazi / ISTANBUL
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THE PICTURE OF SOME SAMPLE OF THE CENTERS

Arruda Elderly Day Care Center, Portugal
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THE PICTURE OF SOME SAMPLE OF THE CENTERS

Finnish-Well Being Center, Japan
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THE PICTURE OF SOME SAMPLE OF THE CENTERS

Elderly Care Center, Spain
ELDERLY CARE CENTERS

The universal design principles are the most totalitarian design principles which contain all individual and needed to space quality of elderly care centers.
Elderly Care Center Design in the Social Integration of Elderly

ELDERLY CARE CENTERS

• Principle One: Equitable Use The design is useful and marketable to people with diverse abilities.
• Principle Two: Flexibility in Use The design accommodates a wide range of individual preferences and abilities.
• Principle Three: Simple and Intuitive Use Of the design is easy to understand, regardless of the user’s experience, knowledge, language skills, or current concentration level.
• Principle Four: Perceptible Information The design effectively communicates necessary information to the user, regardless of ambient conditions or the user’s sensory abilities.
• Principle Five: Tolerance for Error The design minimizes hazards and the adverse consequences of accidental or unintended actions.
• Principle Six: Low Physical Effort The design can be used efficiently and comfortably and with a minimum of fatigue.
• Principle Seven: Size and Space for Approach and Use Appropriate
THE PRINCIPLES OF UNIVERSAL DESIGN

1. Equitable Use
   - The design is useful and marketable to people with disabilities.

2. Flexibility in Use
   - The design can be used efficiently by a wide range of individual preferences and abilities.

3. Simple and Intuitive Use
   - Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or education level.

4. Perceptible Information
   - The design communicates necessary information effectively to the user, regardless of the user's sensory capabilities.

5. Tolerance for Error
   - The design can be used efficiently and comfortably, without undue fatigue, with a minimum of errors.

6. Low Physical Effort
   - The design can be used efficiently and comfortably, with a minimum of effort, with a minimum of fatigue.

7. Size and Space for Approach and Use
   - Appropriate size and space arrangements for approach, use, and for other considerations of users' body size, forces, or mobility.
CASE STUDY

The case study of the project has selected from the historical tissue of city center for increasing the elderly individuals life quality, using their time quality and productively and living together with society to prevent the requirement of individual realization.

The research area is Buca province of İzmır city in the zone of Ege which is rich with its architectural and urban tissue at the east of İzmır gulf. Buca had been home owner to a lot of civilization and it has been to subsidence by the time. Today’s there are studies in these places about to get back earnings of historical spaces. At this period there is urban transformation operation in wide zones. The important factors in urban transformation operation in historical spaces are to provide utility and development on physical, social and economic directions in applying.
CASE STUDY

In this region some work of arts belonging nation’s such as Levant and Rum exists. This location is quite suitable for elderly care house because of intensity of historical buildings, sheltering tracks from different culture and central position. The location also seen that the older and young people can spent their times together.
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CASE STUDY

The design area is determined between the Dumlupınar and Yaylacık Neighborhood near the Buca Protestant Church. To increase the interaction of the other buildings surrounded to the elderly care center, two historical buildings have been given as a picture workshop and exhibition room, respectively and provided these building to be merged with their surroundings.
**CASE STUDY**

Thanks to the given new functions, these two buildings having rum architectural properties used as a social activity area for elderly people and also have give some advantage to the society.
With the direction of the related codes (regulations) and care center buildings, designed elderly people care center have been programmed to have older people rooms, health service, management, social and service units.

<table>
<thead>
<tr>
<th>ELDERLY PEOPLE CENTER LOCATION LIST</th>
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<tbody>
<tr>
<td><strong>ENTRANCE</strong></td>
</tr>
<tr>
<td>Circulating Capital (three unit)</td>
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<tr>
<td>Cash Desk (three unit)</td>
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<tr>
<td>Meeting Hall (three unit)</td>
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<td>Office Services</td>
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<td>Person on Duty Room</td>
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<td>Dentist</td>
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CASE STUDY

Conception and design of the center has been taken into consideration to the necessity program, vehicle-pedestrian relation, location of the historical buildings and integration of the elderly people to the society. The ground floor plan of the building and on the land has billeting units, social parts, open exhibition lands, health services, official units, animal shelter, hobby gardens and walking racecourse. The walking racecourse ended with the painting studio and exhibition saloon.
CASE STUDY

When looked at the elderly people safety, an arrangement which permits the entrance of the tracks in necessity by dividing the pedestrian and vehicle traffics in the designing space.

When billeting units and social activity spaces has been solved as focused on a square, healthy and administrative units has been solved on the racecourse which continue on the whole land. The reason of this is think of creating safety square for elderly people who are sensitive on health will not been affected from wind and weather conditions.
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**CASE STUDY**
CASE STUDY

Designing the elderly people buildings, sun position, making some social area between rooms, closed toilet and bathroom spaces, blocked the object which retards the circulation, obtaining easy transportation by supplementary equipments, having simply reached urgent signal button and all arrangements let the elderly people anthropology and permit the functional uses of the spaces.

Billeting units is placed on the three stories with single and double bedded rooms. Some core solution has been conducted for obtaining easy achievement for the elderly people. Thanks to this, easement of access has been provided on both billeting units and social activity areas.
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CASE STUDY
CASE STUDY

Providing daily requirement of the elderly people, laundry room, small masque, hairdresser, tailor, repairing workshop are in the underground floor.
CASE STUDY

Fullness and eptiness relation taken into consideration on the buildings facade, some watching platform and balcony have been designed to block staying long time in the closed spaces. Moreover, some required arrangements have been conducted with the aim of the resting on the outher space and loves with nature and animals.
RESULTS AND EVALUATIONS

Supporting of the elderly people in social way is very important. The support makes the life easier, causes the belonging to somewhere and causes the elderly people to feel as being a regarded and loved by others and to feel as exist in society. For this reason, the space where the elderly people can combine together and feels as more productive than before should be created. The elderly people will be aware of the facilities conducted in this spaces created for them. Therefore the elderly people can feel as a people of the society with attracting to the social facilities, producing, sharing and living together.
RESULTS AND EVALUATIONS

In this direction, with the old age & elderly care home project, moving from contemporary approaches, increasing life quality, respecting and satisfaction of elderly people is aimed. Besides, protecting different elderly people problems and contributing of the protection spiritual and physical health of them some solution proposals have been presented. In this proposals, caring, supporting and covering physical needs of the elderly people is also aimed.
RESULTS AND EVALUATIONS

In addition to these, with this project cultural and historical space in Turkey has been merged with the modern and new buildings and the spaces having cultural and historical value have been transformed to space for elderly people caring, entertainment and billeting center. With this project, while cultural and historical place have been gained to city, merging elder people with the society has been provided.
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