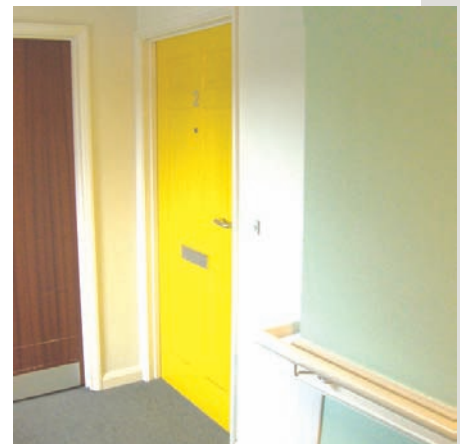


## GUARANTEEING SAFETY IN THE HOME

19

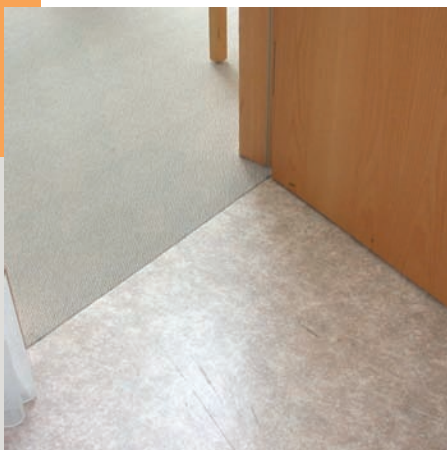
The design of places and equipment must preclude any risk of domestic accidents or incidents

- f** for french windows which lead onto terraces, balconies or external areas, make sure the threshold is without steps or excessive drops between the inside and the outside of the home
- g** ensure fuse boxes have automatic circuit breakers
- h** use electromagnetic cookers (induction) in the cooking area with a cut out timer in order to avoid the risk of accidental burns
- i** use locks on bathroom doors which can be opened from the outside as well
- j** when possible, also use locks on other doors to allow opening from both sides
- k** install level entry showers (see image 5x, section A)
- l** avoid using mats (when used favour those built into the floor to avoid slipping/tripping)



## GUARANTEEING SAFETY IN THE HOME

The design of places and equipment must preclude any risk of domestic accidents or incidents



◀ **m** use anti-slip finishes on the floor, horizontal, flat and free from protrusions, in order to avoid the risk of accidental falling

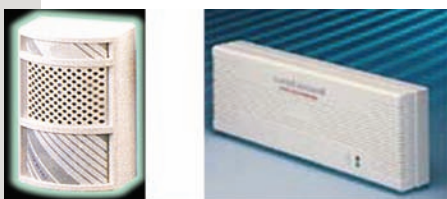
**n** install extract systems in areas where floors and walls can become wet



◀ **o** place any heaters in such a position as not to be of danger should they fall or be brushed against

**p** avoid using loose carpets or rugs

**q** round off corners on walls and furniture



**r** avoid the use of bedside carpets in the bedroom

**s** install gas leak detection systems, with remote alarms (to caretaker or external service)



◀ **t** install smoke/fire alarm systems which also have remote response facility

## GUARANTEEING SAFETY IN THE HOME

# 19

the home

The design of places and equipment must preclude any risk of domestic accidents or incidents

u install water leak detection systems with remote response alarms



v where there are differences in floor level between areas in the home it is necessary to install ramps with a gradient not more than 1:12 and preferable 1:20 or less



w if it is not possible to realise the requirement 19v:  
- install lights on individual steps  
- install a visually contrasting anti-slip strip at the edge of each step  
- install a handrail at a height of between 90 and 100 cm from the floor; 40 – 45 mm in diameter and in the area of descent at least 30\* cm beyond the last step\*



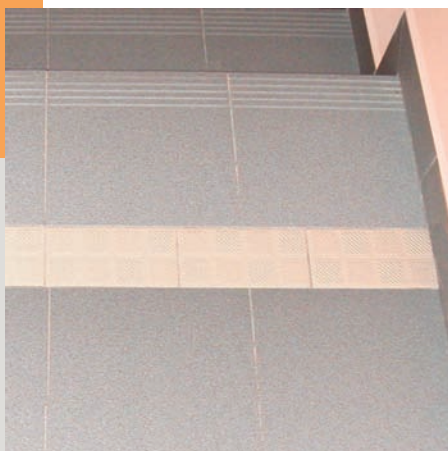
\*in any case national regulations which require more space must be respected

indispensable needs

# 19

## GUARANTEEING SAFETY IN THE HOME

The design of places and equipment must preclude any risk of domestic accidents or incidents



x where there are differences in floor level between areas in the home, distinguish the steps with contrasting strips on the edges

## MOVING AROUND EASILY WITHIN THE HOME

Moving easily around one's home allows one to use all the available spaces stimulating the variety of domestic activities

20

the home

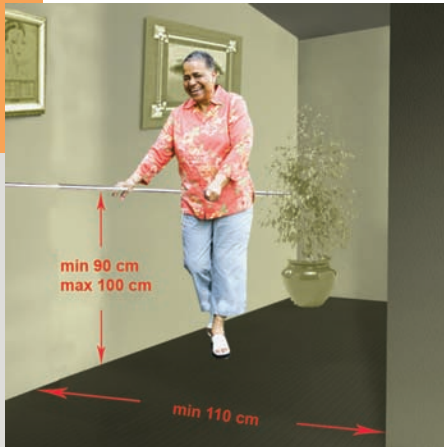
- a eliminate as far as possible the presence of steps inside the home
- b arrange spaces and furniture in a simple and logical way
- c the essential spaces in the home should all be on the same level (bathroom, bedroom, kitchen area) (see image 16g, Section A)
- d make doors sufficiently wide enough to allow the easy transit of people with disabilities
- e make sure that internal doors open without obstructing the transit of disabled people
- f design rooms as near to square as possible instead of those with very narrow or curved forms as they are easier to furnish
- g ensure visual contrast between the internal doors and the walls to make them easily recognisable
- h install ergonomic handles on the internal doors for easy opening



indispensable needs

## MOVING AROUND EASILY WITHIN THE HOME

Moving easily around one's home allows one to use all the available spaces stimulating the variety of domestic activities



- ◀ **i** make corridors with a minimum width of 110 cm\*  
\* in any case national regulations which require more space must be respected
- ◀ **j** in the case of corridors with a width of over 3 metres install handrails on the walls\*  
\* in any case national regulations which require more space must be respected
- ◀ **k** if they are required, install handrails at a comfortable height from the floor (minimum 90 cm- maximum 100 cm from the floor) \*  
\* in any case national regulations which require more space must be respected
- ◀ **l** make sure that if handrails are required that they have a secure and comfortable grip, with a diameter of around 40-45 cm\*  
\* in any case national regulations which require more space must be respected
- m** illuminate internal rooms with enough natural or artificial light
- n** install electric switches and buttons with night lights /see requirement 10i, Section A)
- o** arrange internal doors so that walking distances are short and simple

## GUARANTEEING COMFORT IN THE HOME

Creating comfort in the home based on the personal needs of the inhabitant contributes to improving their psychophysical level

21

the home

- a** install an opening system for the entrance door to the building which can also be remotely operated from inside the home
- b** install an opening system on the front door of the home which can also be remotely operated from inside
- c** Install an opening system inside the home for vehicle and pedestrian gates which can also be remotely operated
- d** use an opening system on the doors which requires only one single type of key
- e** place the terminals for the video entry phone, the opening of front door and the door to the building close to the bed
- f** for countries with hot climates, install a system for refreshing the air, preferably natural
- g** install a general fuse box with easily usable switches and with easily readable indications for the different circuits (for example: fridge, lights, air conditioner, oven etc)
- h** install an automatic or manual thermostat in the home, preferably remotely regulated



indispensable needs

## GUARANTEEING COMFORT IN THE HOME

Creating comfort in the home based on the personal needs of the inhabitant contributes to improving their psychophysical level



- ◀ **i** favour off the floor panel heaters, on the walls or on the ceiling, which function on low temperatures and which create the best conditions for comfort inside rooms
- j** ensure that the home is well ventilated, preferably in a natural way
- k** avoid construction materials with high emission of VOC, formaldehyde or other chemical compositions dangerous to health
- l** use construction materials which have a good LCA (Life Cycle Impact Assessment)
- m** use construction materials which have been ecologically certified and are easily recyclable
- ◀ **n** illuminate rooms with adequate natural light
  - install switches which allow the turning on and off of lights from different positions (including external lights)
  - p** install sound proof waste ducts and pipes to limit annoying noises in the bedroom and living room

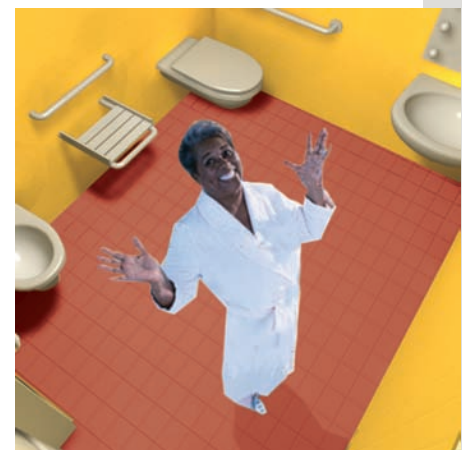


## GUARANTEEING VISUAL WELL BEING

Visual well being represents an essential condition for maintaining a good individual psychophysical level and for raising the quality of life

22

- a install flooring which visually contrasts with the walls and a handrail if present
- b place panels around switches, sockets, indicators and lifting devices which visually contrast with the walls they are on and which clearly identify their different functions
- c colour the walls in the day zone with colours linked to local tradition and which do not have a dazzling effect
- d make sure there is sufficient artificial lighting for reading, writing and other activities
- e choose colours for the walls in the bedroom linked to the earth without a dazzling effect and which do not have a clinical feel;
- f visually differentiate the flooring from the walls
- g visually differentiate between the walls of the day zone and rooms concerned with hygiene
- h in the bathroom visually contrast the flooring and the walls and ensure that they do not have a dazzling effect
- i visually contrast the flooring and the sanitary fittings installed



## 23

## OPENING WINDOWS AND BLINDS EASILY

Being able to autonomously regulate the entrance of natural light and air increases the control over one's home and transmits a sense of self esteem



- ◀ **a** provide French windows and windows in general with an easily manoeuvrable blind system
- ◀ **b** place the handles for French windows and windows in general at a suitable height to facilitate their easy use and manoeuvrability (recommended height 115-125 cm from the floor)
- ◀ **c** install blind systems in frames and fixtures with a mechanical and/or an electromechanical mechanism
- d** make sure that French windows and windows in general are fitted with at least three hinges, as it makes them easier to use
- ◀ **e** where windows and blinds are on runners make sure that they are easily useable

## COMMUNICATING WITH THE OUTSIDE WORLD

24

the home

Communicating with the outside world easily encourages interpersonal relations and reduces the sense of isolation

- a make terraces where it is possible to look outside even from a sitting position
- b install a video entry phone, a videophone, an ADSL connection, possibly a video camera connected to a personal computer, and prepare for a wi-fi system (see requirement 15g, section A)
- c install a telephone with large, easy to read keys and a memory for preferred numbers

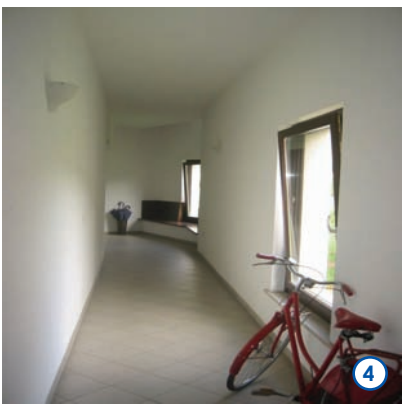


indispensable needs



# THE BUILDING OUTSIDE THE HOME B





## SECTION B – COMMON AREAS OF THE BUILDING

The shared spaces of the building serve: for the access and transit of people through the horizontal systems of connection (corridors and lobbies) and for the collective activities of the resident community.

The needs have been subdivided into four groups by function and so as to be able to describe them better.

The groups are:

- passages and transit routes.
- individual / family services.
- collective services.
- general services.

The individual / family services refer to the specific needs of the individual (washing, ironing, drying, etc.) which, although they can be done inside the home, can also find a place in a shared space. This saves space inside home and economic resources for the residents, moreover encouraging socialisation in the community. By the term collective services we mean those activities which are seen as favouring and bettering the level of socialisation and security of the resident community. In this work only the basic levels of the various activities have been indicated, suggesting, when possible, the possible dimensions of relevant areas. In some cases the quality and the quantity of the service offered may allow for the access of non-residents. It has obviously not been possible to cover the huge range of different collective activities that may happen within a building and no attempt has been made to set out a solution for every situation. In this guide we simply try to indicate the minimum level to be guaranteed through the provisions of the collective activities considered as indispensable for the fostering of normal social conditions among residents. The minimum area suggested for such collective activities is however fixed at 70 sq. m. The shared spaces designated for collective services can be situated outside the specific building, so long as they are present within a short distance.



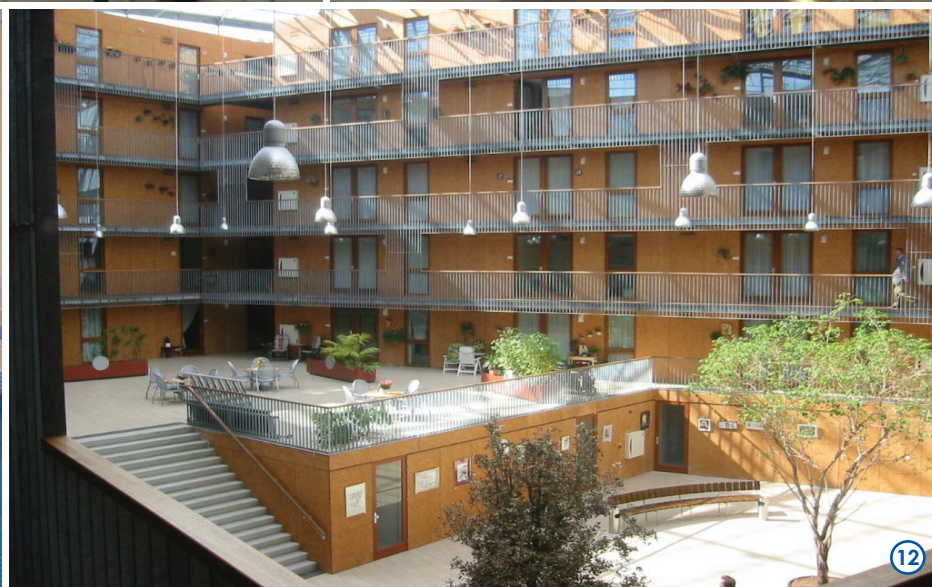
9



10



11



12



13



14

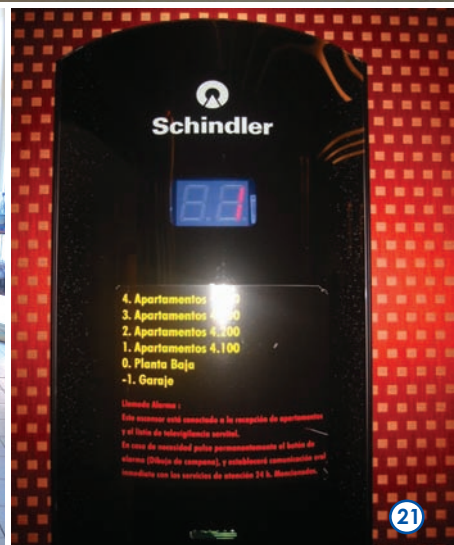
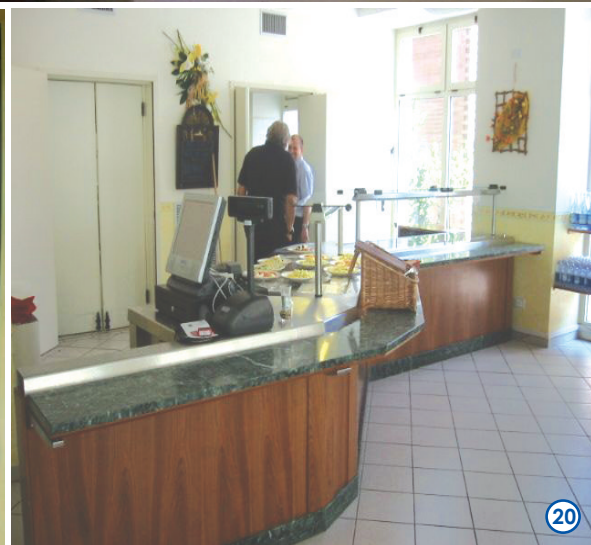


15



16





## DESCRIPTIVE TITLES OF IMAGES:

- Section Cover: Domus Moratalaz Residence, Madrid, (Spain)
- ① Delfgauw Emerald Residence , Delft (Holland)
  - ② Darwin Court, London (Great Britain)
  - ③ Opera Don Baronio Residence, Cesena (Italy)
  - ④ Collebeato Residence, Brescia (Italy)
  - ⑤ Collebeato Residence, Brescia (Italy)
  - ⑥ Seniorenwohnpark, Baden Baden (Germany)
  - ⑦ Via della Salute II Residence, Bologna (Italy)
  - ⑧ Domus Mirasierra Residence, Madrid (Spain)
  - ⑨ Darwin Court, London (Great Britain)
  - ⑩ Darwin Court, London (Great Britain)
  - ⑪ Darwin Court, London (Great Britain)
  - ⑫ Delfgauw Emerald Residence , Delft (Holland)
  - ⑬ Seniorenwohnpark, Baden Baden (Germany)
  - ⑭ Darwin Court, London (Great Britain)
  - ⑮ Seniorenwohnpark, Baden Baden (Germany)
  - ⑯ Domus Moratalaz Residence, Madrid (Spain)
  - ⑰ Delfgauw Emerald Residence , Delft (Holland)
  - ⑱ Domus Moratalaz Residence, Madrid (Spain)
  - ⑲ Seniorenwohnpark, Baden Baden (Germany)
  - ⑳ Opera Don Baronio Residence, Cesena (Italy)
  - ㉑ Domus Mirasierra Residence, Madrid (Spain)
  - ㉒ Domus Mirasierra Residence, Madrid (Spain)
  - ㉓ Elwyn Jones Court Residence, Patcham Brighton (Great Britain)

# EASY IDENTIFICATION OF THE ENTRANCE TO THE BUILDING

Making the entrance to the building easily recognizable gives a sense of safety and belonging

1

**a** situate the entrance to the building in an easily recognizable and visible position



**b** situate the entrance to the building in sufficiently illuminated area both during the day and at night



**c** avoid the monotonous succession of a number of excessively close doors



**d** distinguish the entrance door (or doors in the case of a long block) from the surrounding walls with colours, materials or other devices



Common areas  
of the building

Passages and travel routes

# 2

## ENTERING THE BUILDING ON FOOT OR BY WHEELCHAIR/MOBILITY SCOOTER

Entering in the building in a simple and safe way allowing easy recognition of the route to follow

common areas of the building



◀ a differentiate with colours and materials the difference between the internal and external zones of the building

◀ b keep the same floor level between the building and the area immediately outside it . In the case of variation (above 2 cm) , provide a ramp with a gradient of not more than 5%



◀ c use anti-slip materials for the entrance flooring to the building



◀ d allow access to the building for people with disabilities as well

Passages and travel routs

# ENTERING THE BUILDING ON FOOT OR BY WHEELCHAIR/MOBILITY SCOOTER

Entering in the building in a simple and safe way allowing easy recognition of the route to follow

## 2

- e assure for transit and manoeuvre just inside the building entrance
- f make sure that opening the entrance door to the building does not require excessive force
- g make sure that the locking device on the door is easy to operate
- h ensure that the entrance has a communication system with the caretaker and/or the homes
- i use a simple opening system, which is easy to handle, for the entrance door
- j protect the entrance door from the weather



common areas  
of the building

Passages and travel routes

# 2

## ENTERING THE BUILDING ON FOOT OR BY WHEELCHAIR/MOBILITY SCOOTER

Entering in the building in a simple and safe way allowing easy recognition of the route to follow



common areas  
of the building

◀ **k** place a device inside and outside the entrance for resting heavy objects ,so that one can open it easily

**l** install a doorstop mechanism on the entrance door

**m** assure the opening of the door via an automatic system connected to each home and to the carataker

Passages and travel routs

# ENTERING THE BUILDING BY CAR AND PARKING

Entering the building by car in an easy and safe way allowing the person to reach the parking or garage in a simple manner

3

- a assure the opening of the access to the parking area with a remote control by the caretaker or by an in-car device (for allowing both residents and guests to enter)
- b indicate the directions to follow with different colours
- c assure sufficient space for the movements of the vehicle inside the manoeuvring spaces of the garage
- d assure the opening of the garage door by remote control
- e facilitate the recognition of the route to reach the lifts (or the home if the building is only one floor)
- f keep all the flooring at the same level
- g use anti-slip finishes on the flooring
- h provide adequate lighting for the lanes, the parking area and the private garage



Common areas  
of the building

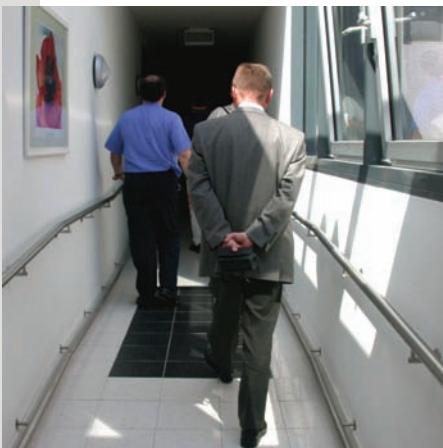
Passages and travel routes

# 4

## GUARANTEEING SURROUNDING SAFETY

All the areas and equipment inside the building must avoid the risks of potential accidents

Common areas  
of the building



- ◀ **a** connect the alarm system to the caretaker or to the relative services
- b** use anti-slip finishes on the flooring
- c** use a floor finish without tripping risk
- d** avoid thick carpets
- e** install an automatic system of fire alarm sensors
- f** keep all the flooring at the same level
- ◀ **g** provide visually contrasting strips on the edge of any steps
- h** avoid the presence of vertical parts with sharp edges or corners
- i** avoid the presence of sharp edges on the steps of the stairs
- j** install a warning system for flooding in the lower levels, linked to the caretaker
- k** the steps of the stairs must have even better anti-slip qualities than the general flooring
- ◀ **l** long corridors must have non-invasive handrails clearly distinguished from the walls

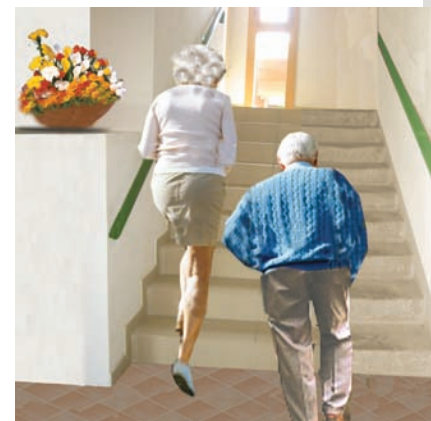
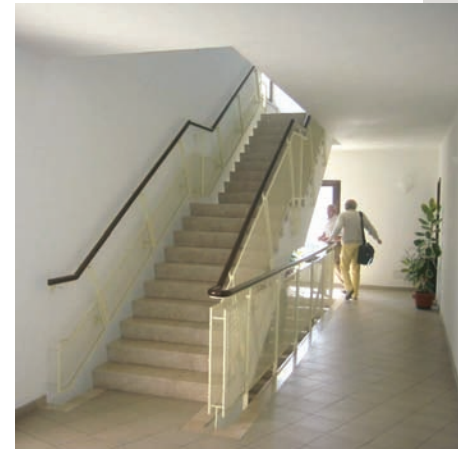


## GUARANTEERING SURROUNDING SAFETY

# 4

All the areas and equipment inside the building must avoid the risks of potential accidents

- m** stairs must have parapets which impede things from falling (height not less than 100 cm) \*  
\* in any case national regulations which require more space must be respected
- n** any hygienic services must have doors which open outwards Care should be taken about doors opening across access routes
- o** any hygienic services must have an alarm system placed about 40 cm from the ground and parallel with it
- p** alarms must be easily deactivated but only after the cause for their activation has been dealt with
- q** install an alarm system in the lift with acoustic and visual indication, either at the caretaker's desk or at another permanently staffed area
- r** make sure there is provision for voice communication from inside the lift as well an alarm button
- s** make sure there is provision for raising a visual (illuminated) alarm from inside the lift as well
- t** install an anti-intrusion system with an alarm at the caretaker's desk or at the relevant external service
- u** make sure that the stairs can be climbed in safety ( with steps of the same width)
- v** make sure that the stairs can be descended in safety (constant height values for stairs on every flight)



Common areas  
of the building

Passages and travel routes

# 4

## GUARANTEEING SURROUNDING SAFETY

All the areas and equipment inside the building must avoid the risks of potential accidents



w illuminate the stairs with artificial light (with a timer mechanism or a switch for each flight)

◀ x make sure that switches are visible in the dark

# GUARANTEEING PERSONAL SAFETY

# 5

One's own personal safety and its perception are the basis of a sense of autonomy and independence

- a design simple routes inside the building so that they are easy to see and use
- b avoid where possible corners which are dark or not directly visible
- c avoid corridors which are too narrow or long, and, where they widen, place mirrors to eliminate blind spots
- d use lifts with transparent doors and cabins; (clear manifestation of glass panels is essential)
- e have a system of direct oral communication with the caretaker on every floor and in the lift



Common areas  
of the building

Passages and travel routes

# 5

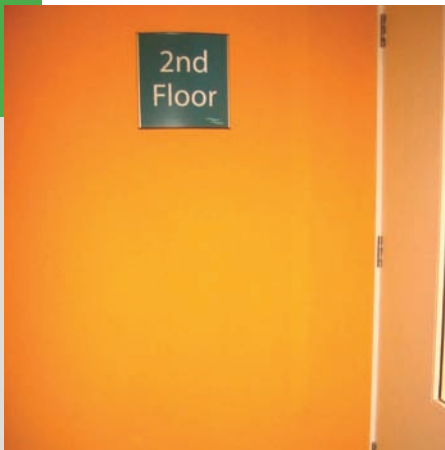
## GUARANTEEING PERSONAL SAFETY

One's own personal safety and its perception are the basis of a sense of autonomy and independence

Common areas  
of the building



◀ **f** indicate acoustically and visually the floor of arrival inside the lift



◀ **g** indicate the floor position in front of the entrance outside the lift

**h** from all principal spaces it is necessary to have direct communication with the homes and vice versa a) without going outside.

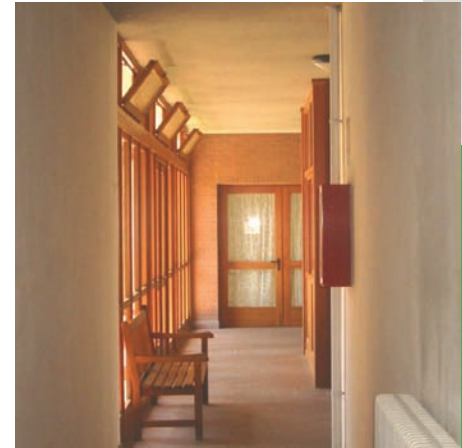
Passages and travel routes

## MOVING EASILY IN HORIZONTALLY LINKED AREAS IN THE BUILDING

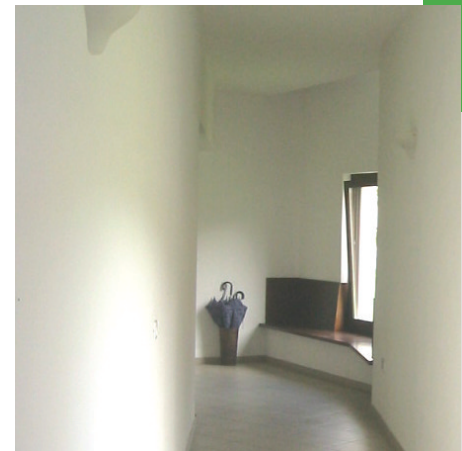
Being able to move about with ease and comfort encourages movement and stimulates a desire to go out more, feeling more autonomous and content



- a make the horizontal routes connecting areas in the building easy to use, comfortable and clearly identifiable



- b assure for rest areas where corridors are long



- c use dimensions and colours so that the route is not monotonous



common areas  
of the building

Passages and travel routes

# 6

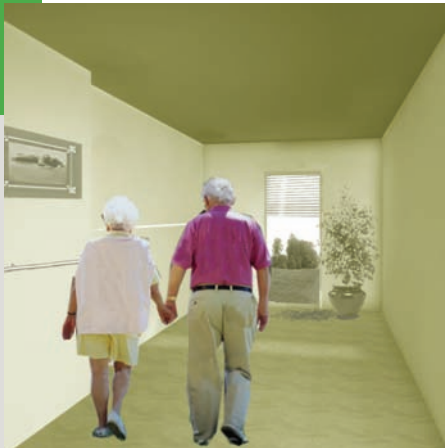
## MOVING EASILY IN HORIZONTALLY LINKED AREAS IN THE BUILDING

Being able to move about with ease and comfort encourages movement and stimulates a desire to go out more, feeling more autonomous and content

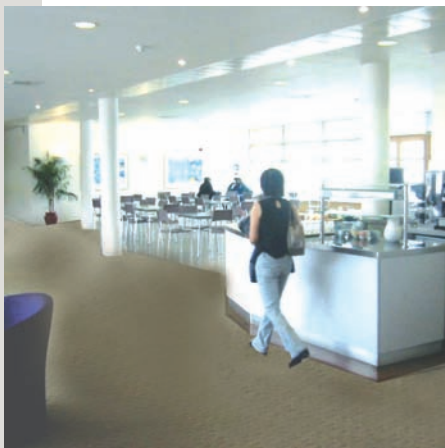
common areas  
of the building



◀ **d** provide visual contrast between the walls and flooring



◀ **e** avoid large glass openings at the end of corridors which can cause dazzle



◀ **f** avoid polished and reflective floors and walls.

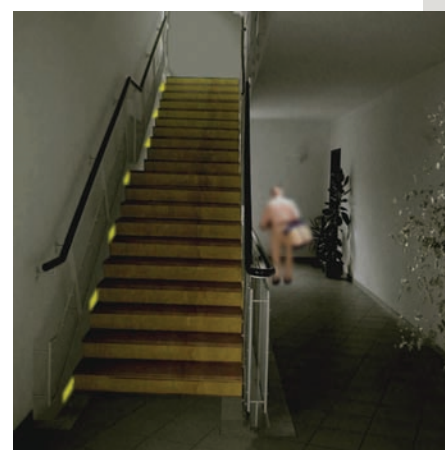
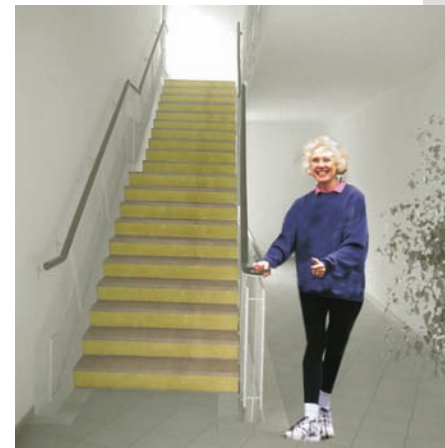
Passages and travel routs

## MOVING EASILY IN VERTICALLY LINKED AREAS IN THE BUILDING

Being able to move about with ease and comfort encourages movement and stimulates a desire to go out more, feeling more autonomous and content

7

- a the stairs must be easily identifiable inside the shared spaces and correctly illuminated with natural and artificial light
- b assure a comfortable climb and descent of the stairs, to this end the dimensions of the steps must be consistent and not too steep
- c provide clear visually contrasting strips on the edge of each step, visible both ascending and descending
- d the handrails on the stairs must be smooth and easily held, finishing 30 cm beyond the last vertical step
- e the handrails on the stairs must be positioned at a height of about 90 cm from the step\*  
\* in any case national regulations which require more space must be respected
- f parapets must ensure that objects and people cannot fall
- g provide artificial safety illumination on the stairs



common areas  
of the building

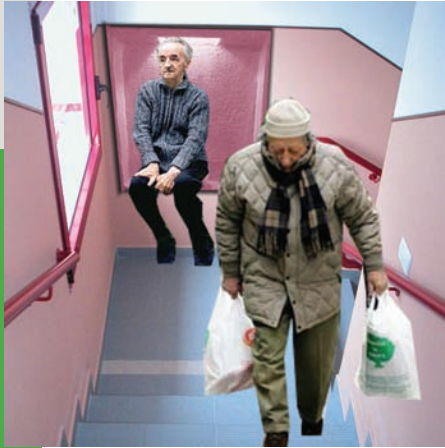
Passages and travel routes

# 7

## MOVING EASILY IN VERTICALLY LINKED AREAS IN THE BUILDING

Being able to move about with ease and comfort favours movement and stimulates a desire to go out more, feeling more autonomous and satisfied

common areas of the building



◀ **h** assure for resting during the climb up the stairs

**i** assure a comfortable climb and descent of the stairs. for this purpose, allow:

- a maximum number of 12 steps per flight
- the width of the flight not less than 100 cm
- the presence of a handrail on both sides of the stair\*

\* in any case national regulations which require more space must be respected

**j** higher floors must be just as accessible as the entrance level



◀ **k** install a lift for multi-floor buildings (if the building is being restructured or renovated and it is not possible to install the lift inside, it can be placed on the outside of the building. If a lift is totally impossible an elevating platform or some other mechanical system may be considered)

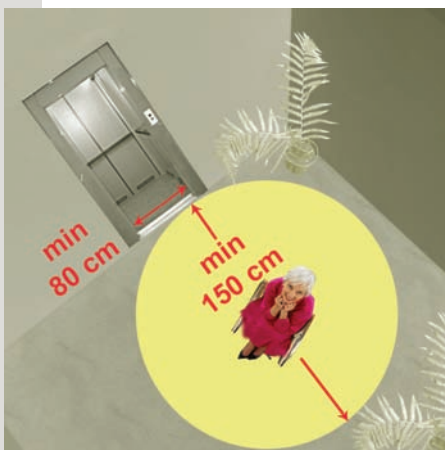
◀ **l** make sure that the lift is easily identifiable inside the communal space

◀ **m** assure for the rotation of a person in a wheelchair in front of the lift (minimum radius equal to 150 cm)

\* in any case national regulations which require more space must be respected

◀ **n** assure also for a handicapped person to enter the lift cabin (width of the door equal to at least 90 cm)

\* in any case national regulations which require more space must be respected



Passages and travel routs