

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

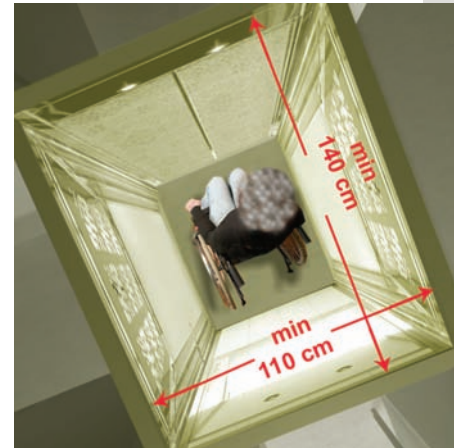
- o assure enough space for a wheelchair to enter the lift (lift cabin dimensions at least 110 x 140 cm however, it is better to have a lift than no lift at all)*

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

- p make the buttons in the lift easy and comfortable to use

- q among the many button panels on the market favour horizontal ones to vertical ones for easier use for people in wheelchairs

- r provide controls at a suitable height for wheelchair users (height of button panel equal to 90 -100 cm from the floor)



common areas
of the building

Passages and travel routes

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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



- ◀ **s** ensure the numbers and letters on the button panel are readable both for people with limited sight and for blind people (letters in relief and in visual contrast)



- ◀ **t** design for the easy entering and exiting of the lift (automatic opening and closing)



- ◀ **u** provide a vocal signal (besides visual) for each floor reached

Passages and travel routes

WASHING, DRYING AND IRONING CLOTHES

Some domestic activities if carried out in communal areas save space in the home and create an occasion for socializing

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- a install a communal laundry in the building complete with washing machines, dryers and/or an adequate space for hanging washed clothes
- b position the communal laundry in a convenient place that can be reached from all the homes
- c create short and simple routes between the communal laundry and the homes
- d provide trolleys for the easy transport of clothes
- e provide the building with an ironing area (best if close to the area for washing and drying).



common areas
of the building

Individual/family services

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DEPOSITING OBJECTS

Conserving materials and objects from the past is an inherent necessity for people who, helping to keep memories and attachments alive.

common areas
of the building



- ◀ a provide for the temporary depositing of objects and tools (e.g. basement, attic)



- ◀ b provide for the depositing of furniture not currently used to furnish the home



- ◀ c provide for the depositing of unseasonable clothing;

Individual/family services

DEPOSITING OBJECTS

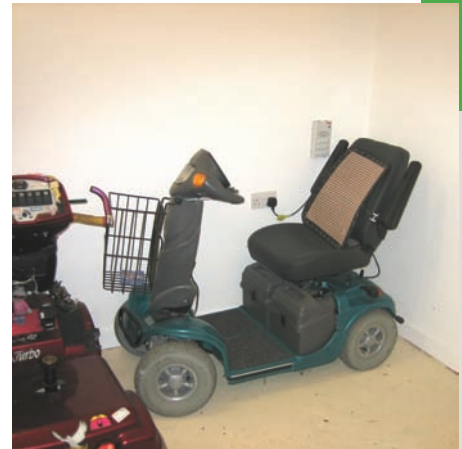
Conserving materials and objects from the past is an inherent necessity for people who, helping to keep memories and attachments alive.

9

- d provide for the depositing of bulk food and drinks



- e provide for the parking of electric mobility scooters/wheelchairs



- f provide a recharging system for the batteries of electric scooters.

common areas
of the building

Individual/family services

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RECEIVING POST

Receiving letters, newspapers and publications represents a demonstration of one's own individual identity in addition to being an occasion for socializing

common areas
of the building



- ◀ a make postal delivery easy for the postman, in a clear a simply identifiable place



- ◀ b assure postal collection to take pace in a comfortable area protected from the elements



- ◀ c provide letter boxes which are sufficiently large enough to take piles of A4 (21x29,7 cm) size paper

Individual/family services

RECEIVING POST

10

Receiving letters, newspapers and publications represents a demonstration of one's own individual identity in addition to being an occasion for socializing

- d** place letter boxes (collection side) at a height of over 80 cm and under 120 cm from the floor
- e** provide adequate natural lighting in the proposed area for the postal collection
- f** assure the personalization of the person's letter box
- g** situate letter boxes in place which allow for convivial exchanges
- h** indicate the names of each resident (and not the numbers of the homes) on the letter boxes with large and easily readable letters (this gives a greater sense of belonging)
- i** furnish a system for opening the post box which is simple and safe
- j** simplify the delivery and sending of post



common areas
of the building

Individual/family services

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GUARANTEEING REFUSE REMOVAL AND DISPOSAL IN THE COMMUNAL AREAS OF THE BUILDING

Cleaning communal areas is an individual/family service
which helps to better the quality of residential life

common areas
of the building



◀ **a** provide a centralized system for the dust extraction if possible

◀ **b** use materials which are easily cleanable

◀ **c** provide a system for protecting the walls while cleaning is being carried out (skirting board)



Individual/family services

The caretaker can greatly improve the quality of life in the building

- a provide a space which allows for the presence of a caretaker
- b provide for the signalling of emergencies to one suitably defined place
- c provide for oral communication of possible requests to one entrusted person in an easily accessible place
- d provide for communication from only one place to all the homes in the building



Common areas
of the building

Collective services

13

RECEIVING PEOPLE/SOCIALIZING

The possibility of meeting people in the shared areas of the building allows wider, safer socialisation and safeguards the privacy of one's own home

common areas
of the building



- ◀ a encourage interpersonal communication between the people who live in the building



- ◀ b provide for the carrying out of socialising in predefined areas inside the building (common rooms/ shared spaces)



- ◀ c provide areas on each floor for socializing activity

Collective services

RECEIVING PEOPLE/SOCIALIZING

The possibility of meeting people in the shared areas of the building allows wider, safer socialisation and safeguards the privacy of one's own home

13

- d provide for the carrying out of minor activities such as preparing meals, breakfast, lunch, snacks, in shared especially designated spaces



- e provide for the consumption of food and drink in specially designated spaces



common areas
of the building

Collective services

14

DOING RECREATIONAL ACTIVITY

Being able to carry out recreational activity with other residents is a useful necessity for keeping a good individual psychophysical level and an elevated sense of self esteem

common areas
of the building



- ◀ a provide for the carrying out of recreational activity such as card playing, chess, reading books/newspapers/magazines, watching T.V. , listening to music, etc... in a specially designated space on the round floor (minimum surface of 25 mq)
- b where there is more than one residential building, the services can be provided centrally to avoid wasteful duplication



- ◀ c provide for the carrying out of recreational activity such as watching films, dancing, using the computer, internet, etc... in a specially designated space on the ground floor
- d where these services are not present, a space may be found in another nearby building (maximum distance 100 meters, preferably with a covered connecting walkway)



- ◀ e provide for the carrying out of recreational activity of a games/sports type in predisposed areas on the ground floor (small gyms or swimming pools)
- f provide space for the carrying out of religious activities. (either dedicated or multi-use.)

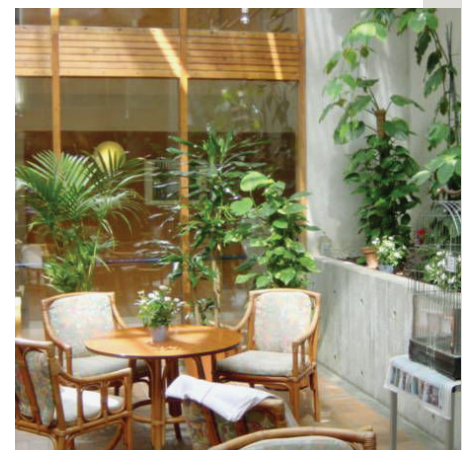
Collective services

CARRYING OUT WORK AND HOBBIES

Being able to offer the possibility of carrying out small jobs and hobbies in an equipped communal area increases the sense of belonging to a small community

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- a provide for the carrying out of small jobs without the need for specific equipment on the ground floor of the building (painting, sewing, mending garments, etc...)
- b provide for the carrying out of small jobs that do need some use of equipment on the ground floor of the building (carpentry, light cooking, repairing domestic materials, etc.)
- c provide an area for the cultivation of plants and flowers



common areas
of the building

Collective services

16

TAKING CARE OF ONE'S BODY

Taking care of one's body in an equipped communal area allows more occasions for socializing

common areas
of the building



- ◀ a provide for the care and cleaning of one's body in a specific place, situated on the ground floor and near to communal areas for socialization
- b make the doors for the area for the care and cleaning of the body easy to open, only requiring a light pressure
- c make the doors for the area for the care and cleaning of the body easy to open also for people with limited dexterity (see requirement 2h, Section A)



- d provide for easy access to areas for care and cleaning also for wheelchair users and people with impaired mobility
- ◀ e create a separation zone between an area for care and cleaning of the body and shared areas for socialisation
- ◀ f create an area for the care and cleaning of the body large enough to permit the complete rotation of a wheelchair (minimum radius 150cm)



- ◀ g create an area for personal care and cleaning with assistance
- h Install safety bars on both sides of the toilet to provide support when standing (see requirement 5I, 5J, Section A)

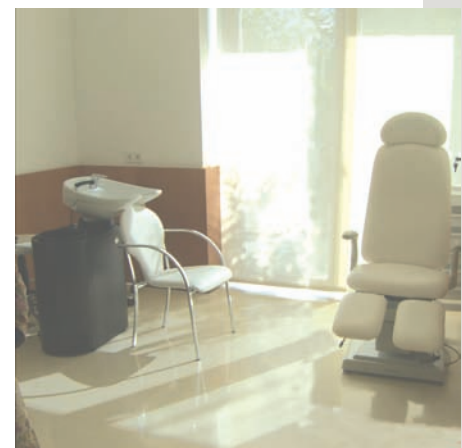
Collective services

TAKING CARE OF ONE'S BODY

16

Taking care of one's body in an equipped communal area allows more occasions for socializing

- i** install toilets which can be lowered or raised (see requirement 5i, Section A)
- j** install a small swimming pool nearby for therapy and rehabilitation
- k** for countries with cold climates, provide space for a small sauna
- l** install a mirror at such a height as to allow a seated person to see themselves in it (see requirement 5r, Section A)
- m** provide a washbasin that is easily accessible (adjustable height, no pedestal. see requirements 5r and 5s, Section A)
- n** provide small areas on the ground floor for rehabilitation and physical therapy
- o** make sure the washbasin has 'large cross' or 'handle' type taps which can be used by everyone (see requirement 5t, Section A);
- p** choose good lighting for the area for the care and cleaning of the body to facilitate the operation
- q** create small spaces for cutting and looking after hair and fingernails



Common areas
of the building

Collective services

16

TAKING CARE OF ONE'S BODY

Taking care of one's body in an equipped communal area allows more occasions for socializing

common areas
of the building

Collective services



◀ **r** use washable finishing materials, visually contrasting with the floors and walls

s install a toilet in the area for care and cleaning of the body which is easily reachable

t use anti-slip flooring

u make sure that the distance between the bowl and the safety bar is enough to permit standing and sitting (advised distance 40 cm)*

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



◀ **v** ensure a visual contrast between sanitary fittings and the floor and walls

w install a toilet in the area for care and cleaning of the body which is easily reachable also by lateral transfer (see requirement 5g, Section A)

x put doors on the area for the care and cleaning of the body which open outwardly

◀ **y** create small spaces for speech therapy

z see that the flushing system is operable by the use of the whole hand, requiring little force (see requirement 5k, Section A)



GUARANTEEING SURROUNDING COMFORT

17

Comfortable surroundings extended to the whole building encourage the use of communal spaces and socialisation.

- a provide good natural ventilation in the shared areas of the building
- b make sure that there is good natural and artificial lighting in the shared spaces of the building
- c install tip-up chairs in the lifts
- d for countries with a hot climate install a summer air freshening system in the shared spaces of the building



common areas
of the building

General services

17

GUARANTEEING SURROUNDING COMFORT

Comfortable surroundings extended to the whole building encourage the use of communal spaces and socialisation.



common areas
of the building

General services

- e** for countries with a cold climate install a protective system in shared open spaces in the direction of cold winds
- f** avoid construction materials with an elevated emission of VOC, formaldehyde or made of other chemicals dangerous to the health
- g** favour construction materials which present a good LCA (Life Cycle Impact Assessment)
- h** use construction materials which reduce or eliminate external noises
- i** installations must not produce annoying sounds
- j** ringing sounds must not be excessively noisy
- k** use sound proof waste ducts and pipes to limit annoying sounds in shared areas

GUARANTEE THE AESTHETIC QUALITY OF SHARED SPACES

the aesthetic quality of shared spaces stimulates a sense of belonging for residents

18

- a make sure that shared spaces contain furnishings which reflect local traditions



- b use colours for the walls and floors in shared spaces which reflect local traditions



- c avoid creating a hospital environment in shared spaces



Common areas
of the building

General services

18

GUARANTEE THE AESTHETIC QUALITY OF SHARED SPACES

the aesthetic quality of shared spaces stimulates a sense of belonging for residents

common areas
of the building



- d** make sure that shared spaces have views of outside spaces



- e** introduce areas for vegetation in the shared spaces



- f** introduce water, preferably in movement, in the shared spaces

General services

GROUNDS OUTSIDE THE BUILDING C





SECTION C – GROUNDS OUTSIDE THE BUILDING

The surrounding spaces outside the building are those areas outside but still belonging to the building. The inside of the building has functions closely linked to the residence of the person in the home. The surrounding spaces form a link between the building and the wider environment, provide the location for the preliminary activity to the residence (parking, refuse collection, etc.) and are a private area for open air socialising activities (walking, sitting, meeting people, gardening etc.).

The surrounding spaces outside the building allow elderly people to relate to the outside world within the protection of a safe and tranquil environment. This cushion between domestic intimacy and the wider environment allows more fragile or vulnerable people to increase their own capacity to relate to others and to better their own sense of self esteem, helping them to keep a good level of independence.

The need is for quiet, flexible but still lively spaces that residents can utilise to enjoy themselves in many different ways and where they can feel free but protected.





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17



18

DESCRIPTIVE TITLES OF IMAGES:

- Section Cover: Domus Moratalaz Residence, Madrid (Spain)
- ① Domus Mirasierra Residence, Madrid (Spain)
 - ② Hartrigg Oaks, York (Great Britain)
 - ③ Hartrigg Oaks, York (Great Britain)
 - ④ Domus Moratalaz Residence, Madrid (Spain)
 - ⑤ Elwyn Jones Court, Patcham Brighton (Great Britain)
 - ⑥ Domus Moratalaz Residence, Madrid (Spain)
 - ⑦ Domus Moratalaz Residence, Madrid (Spain)
 - ⑧ Domus Mirasierra Residence, Madrid (Spain)
 - ⑨ Hartrigg Oaks, York (Great Britain)
 - ⑩ Via Scandellara Residence, Bologna (Italy)
 - ⑪ Hartrigg Oaks, York (Great Britain)
 - ⑫ Domus Moratalaz, Madrid (Spain)
 - ⑬ Sonali Gardens, London (Great Britain)
 - ⑭ Hartrigg Oaks, York (Great Britain)
 - ⑮ St. Eugene Gardens, Birmingham (Great Britain)
 - ⑯ Seniorenwohnpark, Baden Baden (Germany)
 - ⑰ Domus Mirasierra Residence, Madrid (Spain)
 - ⑱ Domus Moratalaz Residence, Madrid (Spain)

ENTERING THE GROUNDS ON FOOT, BY WHEELCHAIR / ELECTRIC SCOOTER OR BY CAR

Making accesses easy and functional stimulates going out more, and feeling more autonomous in movement increases personal self esteem

1

- a install a gate at the pedestrian entrance to the grounds , operable by remote control, with acoustic signalling when opening and closing
- b install a fully accessible gate at the pedestrian entrance to the grounds
 - with an easy closing and opening system
 - with a handle on both sides, easy to use
 - which can be opened in both directions
 - with a mechanical opening system easily activated on both sides even by the palm of a hand (at a height of between 90 and 120 cm and clearly visible)
- c install a video entry phone, located next to the gate and connected to the doorbells of the homes
- d install an automatic gate at the driveway entrance to the grounds, easily usable and in a suitable position for reaching the external parking area
- e ensure that the gate at the driveway entrance to the grounds is operable by remote control, making sure that it is easy to handle and use and with acoustic signalling when opening and closing;



Grounds outside
the building

1

ENTERING THE GROUNDS ON FOOT, BY WHEELCHAIR / ELECTRIC SCOOTER OR BY CAR

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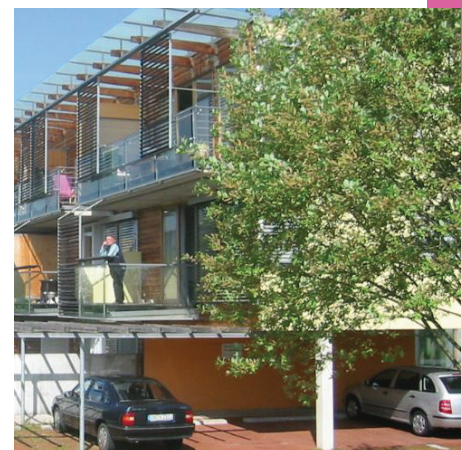
f ensure that there is a protected space for vehicles to wait for the gate to open without causing obstruction to other traffic

ALLOWING CAR PARKING

The ease and comfort of parking encourages the autonomous use of private vehicles increasing the sense of self sufficiency and self esteem

2

- a ensure that there are an adequate number of parking spaces for the residents and for their guests in the grounds, at least one space per 5 homes. All parking should be easily accessible. (where is not possible to have parking spaces in the immediate surroundings of the building one can consider a distance equal to or less than 100m)
- b designate an adequate number of parking spaces in the grounds for people with disabilities
- c position the parking spaces for people with disabilities in an area immediately surrounding the building or within easy reaching distance; Parking for disabled people should always be closest to the building in any parking layout.
- d make individual or private parking spaces easy to see also with vertical sign posts for visibility in snow
- e position the parking spaces in such a way as to utilise shade provided by trees, the building itself etc..
- f ensure that car spaces are sheltered from the elements (this is essential for wheelchair users and very helpful for others)
- g provide adequate lighting to the parking area and the connecting route with the building.



Grounds outside
the building

3

MOTORCYCLE AND BICYCLE PARKING

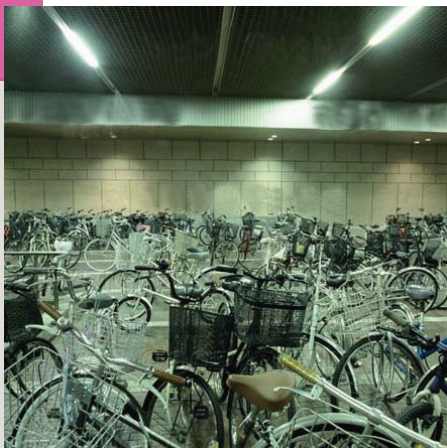
The possibility of using motorcycles and bicycles easily increases the sense of one's physical ability



- ◀ a ensure that there is a space for parking motorcycles and bicycles inside the grounds and/or in the surrounding area



- ◀ b position the parking spaces for motorcycles and bicycles in an area immediately surrounding the building or within easy reaching distance of the front entrance



- ◀ c make sure that people can get back to their motorcycles and bicycles sheltered from the elements
- ◀ d provide adequate lighting to the parking area and the connecting route with the building

EASILY REACHING THE MAIN DOOR OF THE BUILDING

Making access to the building comfortable, simple and safe encourages people to go out more

4

- a provide adequate lighting to shared open spaces such as the entrance to the grounds, the entrance to the building itself and the main travel routes



- b provide weather protection for the connecting route from the entrance to the grounds the main building



- c make all pathways accessible

- d make pathways sufficiently wide to allow the passage and rest of people with disabilities (minimum width advised equal to 120 cm)



- e limit the slope of pathways (maximum gradient not over 5%)



Grounds outside
the building

4

EASY REACHING OF THE MAIN DOOR OF THE BUILDING

Making access to the building comfortable, simple and safe encourages people to go out more



- ◀ **f** make pathways easily recognisable by using different materials with visual contrasts



- ◀ **g** avoid using too many colours or materials (particularly in strongly contrasting bands) as they can cause disorientation.