

Old Age Home: Defining a design that creates a place for social integration among isolated aged people

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Abstract - This research paper investigates the function of Old age homes as adaptable locations that generate social interaction and independent living among aged people. It emphasizes essential design aspects that improve the usefulness and comfort of old age homes for housing and gathering. The findings can help old-age homeowners and designers develop locations that match modern society's shifting requirements. It will discover design features that improve usability and comfort and analyze the various sorts of users that visit old age homes for housing and meetings.

Key Words: Old age home, social interaction, recreational facility, frail care facility, isolation.

1. INTRODUCTION

When it comes to senior housing options, an old age home is typically the most frequently mentioned choice. Both a high standard of nursing care and a structured social life are offered. Nurses are on-site to dispense medication and give general personal care, and a doctor is on call to oversee each resident's treatment. Old age homes are respectable substitutes for providing for the elderly when they get ill when they have no one to care for them, and when they need comfort and emotional support without fear of prejudice or scorn. The elderly home also provides for the older person's most basic needs, including food, medicine, and shelter.

2. Body of Paper

WHY THERE'S A NEED FOR OLD AGE HOMES IN INDIA: The Joint Hindu Family, also known as an undivided family, has been a prevalent institution in India for many centuries. The system is an extended family structure that is ubiquitous throughout the Indian subcontinent, especially in India and involves several generations residing in the same home and being connected by a similar bond.

The family is run by a senior member known as a "Karta," who is typically the oldest man or female, and who decides on financial and social issues on the family's behalf. The wife of the patriarch typically exercises control over the home and minor religious rituals and frequently has a significant influence on domestic affairs.

With urbanization and economic growth, India has seen the traditional joint family disintegrate into more nuclear-like families; the traditional joint family previously made up a small portion of Indian households.

The Joint Family System is currently declining and may soon disappear. To make a living, many elderly parents who had been abandoned by their children or who had no children of their own began begging on the streets, in front of temples, on train platforms, or going out looking for shelter houses.

AIM AND OBJECTIVES:

1. Outlining a plan that creates a location for social integration
2. Social engagement within the context of the immediate community will be used to define social inclusion.
3. The facility's private living quarters will have a gentle transition from the public social interaction areas.
4. The accommodations will allow for an independent life with dignity.

PROBLEM IDENTIFICATION:

In both urban and rural settings, the breakdown of the joint family has left the elderly alone. The majority of older people, whether they live in rural or urban areas, experience "empty nest syndrome" when their offspring move out in quest of employment prospects or better living arrangements. They can decide to leave the nation or relocate to a new city.

Aged individuals require strong recreational facilities as well as good frail care facilities to cope with the solitude they experience when their children leave them.

CASE STUDIES:

a) Nest Inn:

A home for assisted living rests in hypnotic stillness on the foothills of the Himalayas in the city of Dehradun. The site is approximately 4 acres in size and is bordered by dense Mango and Litchi orchards as well as a Colonial-era British bungalow. The strategy was to accept a design solution that respected the site's heritage and natural surroundings. Despite being in the center of an urban setting, the property had its eco-system with orchards. Because of the site's proximity to city facilities while still enjoying the calming cover of lush foliage, this instilled a sense of safety. The complex's circular layout is meant to echo the long-existing concept of the "Circle of Life." It has bedrooms, a meditation hall, a dining and kitchen block, and a multipurpose hall. Through the singly loaded curved hallway that connects them all, all of the spaces are flawlessly blended inside out. All of the private quarters are located at the back of the building, which opens out into the lush green orchards.

The perforated clay-tile screens and V-shaped tubular pipe sections on the building's façade create a striking shadow effect in the circular hallway behind, giving rise to the name "the walk of Introspection." The core landscape includes a plaza, an open-air theatre, and a staging area that looks out over the entire expanse. The contrast of white and earthy tones adds to the overall harmony of the building's setting with nature, where the user can sit and tell tales of their youth and vigor, finding peace in this communion of architecture and repose.

b) Sentoids Comprehensive Centre for the Elderly:

The new structure is situated at a location of around 10,000 m² with an unusual and historic forestation. A central corridor, an east-west axis that divides and organizes residential use from services, was designed. Residential units are linked from the north to the central axis, which, when turned and separated, creates interior yards for views and lighting. The services and therapeutic support volumes are connected to the south and complement the residential units (day center, gym, occupational therapy, physiotherapy, swimming pool, hydrotherapy area, beauty, and hairdressing).

COLOR PALETTE:

Colors can also have a big impact on mood, so selecting the proper color scheme can go a long way to make aged people comfortable and happy in their living environment.

The color palette for the old age home:

Soft Blue: Calmness

Green: Comfort

Brown: Safety

Soft Yellow: Happiness

Grey: Dignity and maturity

The color palette for the rooms:

Brown: It evokes the feeling of warmth, security, and earthiness.

Blue: shades of blue help make people feel more at peace. It's a calming color and tends to reduce stress.

White: Light and brilliant tones of white and cream convey spirituality and hope.

Green: Earthy and forestry greens have been shown to aid in healing, relaxation, and peace.

Yellow: Yellow is a cheery color that is typically connected with happiness.

The color palette for the Gathering spaces:

White: conveys the idea of cleanliness and neutrality.

Red: stimulates the senses and draws attention.

Maroon: expresses warmth and history.

Azure: has a soothing effect.

Blue: provides security and dependability.

MATERIAL RESEARCH

Wallpaper: Wallpaper benefits walls not only for their visual look but also for their longevity and durability. Even when working with solid colors, wallpaper is most helpful, durable, and cost-effective since it gives a cleanable and washable protective layer to the wall.

Deco paint: Deco paint is a very high-quality air-drying paint. It is used to paint wooden furniture and various metals. This paint has the unique property of drying quickly and is said to have excellent color retention capabilities. Deco paint is extremely weather resistant and long-lasting.

MDF: Despite its low cost and widespread use, it has earned the reputation of being a low-quality material in the Indian market. Despite this, many homes that have MDF furniture or modular kitchens and wardrobes are pleased with the finished result.

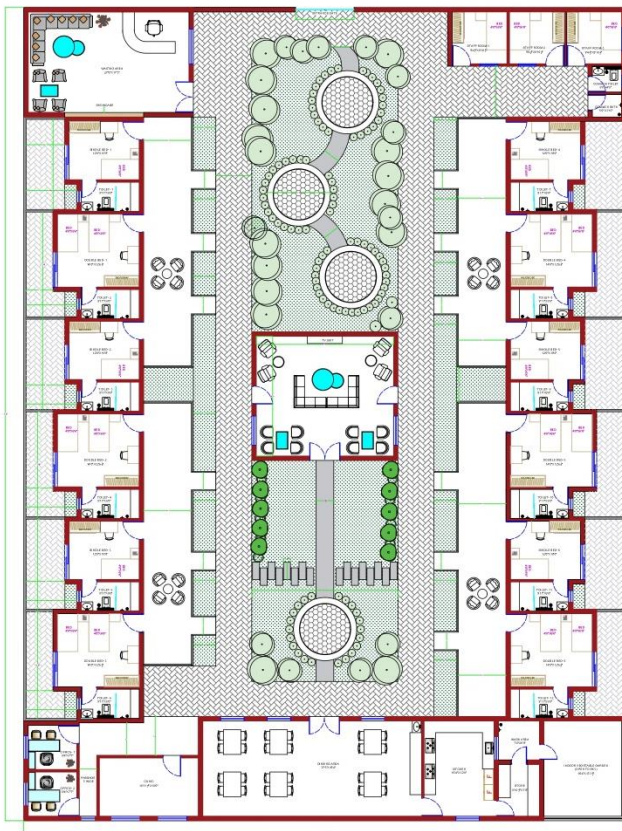
Granite Flooring: Granite is an igneous rock that is extremely dense and unyielding. It has a gritty appearance, and the minerals contained inside it often appear as microscopic specks throughout the stone. Granite is highly resistant to scratches once polished. It is an excellent choice for kitchen and high-traffic areas. Granite tiles are inherently antimicrobial and do not deteriorate when exposed to water.

Veneer: Veneer has a highly crisp and warm finish that adds a distinct character with its natural grain and aids in achieving a more natural look and feel. They are crucially employed in situations where the user's sense of touch and feel is key. It aids in the creation of a sharp edge and the uniform finishing of surfaces. A veneer can be created to have the appearance of a variety of wood finishes.

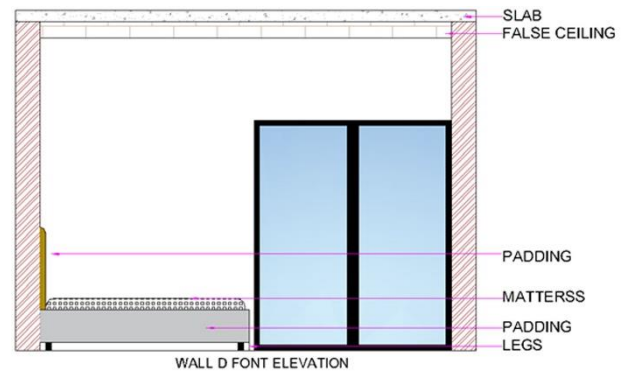
Profile light: Lighting has been shown to have a substantial impact on the look of colors in a place. It can either contribute to or remove from the overall colors of the room's parts. Furthermore, it can create an illusion by reflecting light from the walls.

Laminates: Laminates are favored because they are simple to install on any wood surface, such as plywood and MDF panels. They are more affordable than solid wood or veneer sheets. The substance is extremely long-lasting and can last for two or three decades. It is simple to clean and maintain because of its flat surface.

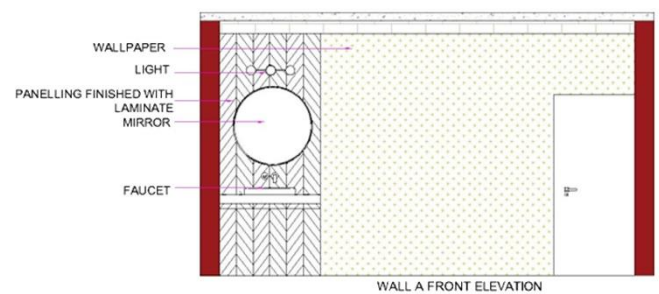
DESIGN PROPOSAL:



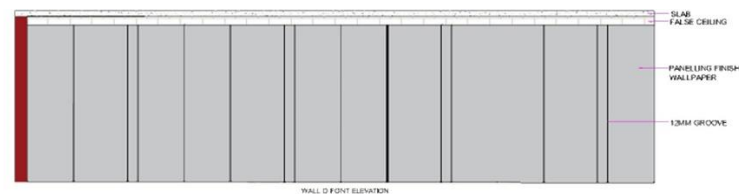
PLAN



Elevation from the Room



Elevation from the Dining Area



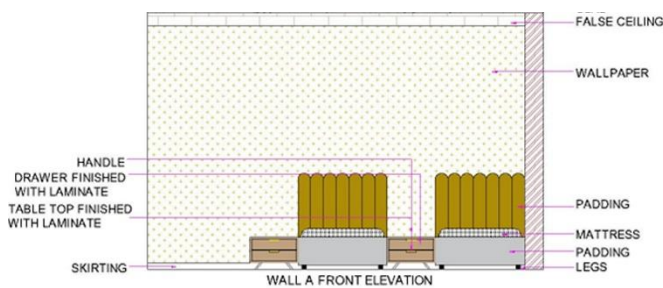
Elevation from the Dining Area



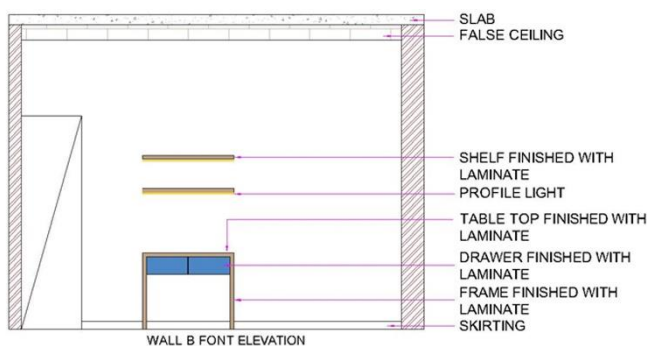
3D View of Double Occupancy Room



3D View of Double Occupancy Room



Elevation from the Room



Elevation from the Room



3D View of Dining Area



3D View of Dining Area



3D View of Dining Area



3D View of Dining Area



3D View of Single Occupancy Room



3D View of Single Occupancy Room



3D View of Single Occupancy Room



3D View of Single Occupancy Room

3. CONCLUSIONS

To lodge older persons from beginning care (+- 60 years old) to fragile care, the program must address health and safety problems. According to my research of modern retirement communities, certain programmatic resolutions and facilities are critical for a comfortable living space. The recreational facility is the sole place where inhabitants can socialize. This room must be properly planned, providing multipurpose places for a variety of activities. The administration building serves as the retirement village's front door, and visitors and residents must be able to access it to understand the retirement village's schedules and activities.

Depending on the resident's condition, the fragile care units should be close to the nursing stations and health care that the village provides. The facility should be close to the recreational facility to foster residents' social integration. Social integration with staff and other residents can be achieved by exploiting and strategically situating social gathering facilities such as lounges, TV lounges, and dining areas. Because many people do not have access to transportation, walking distances are a concern, the independent living units should be close to the recreational facility. Residents will choose to stay within the confines of their living space if the units are located distant from the recreational facilities.

BIOGRAPHIES



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