

HOUSING THE YOUNG-OLD  
LØREN INDUSTRY BUILDING

DIPLOMA PROGRAM  
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Advisor: Bente Kleven



Elderly facility in Paris by Avenier Cornejo Architectes

DIPLOMA PROGRAM

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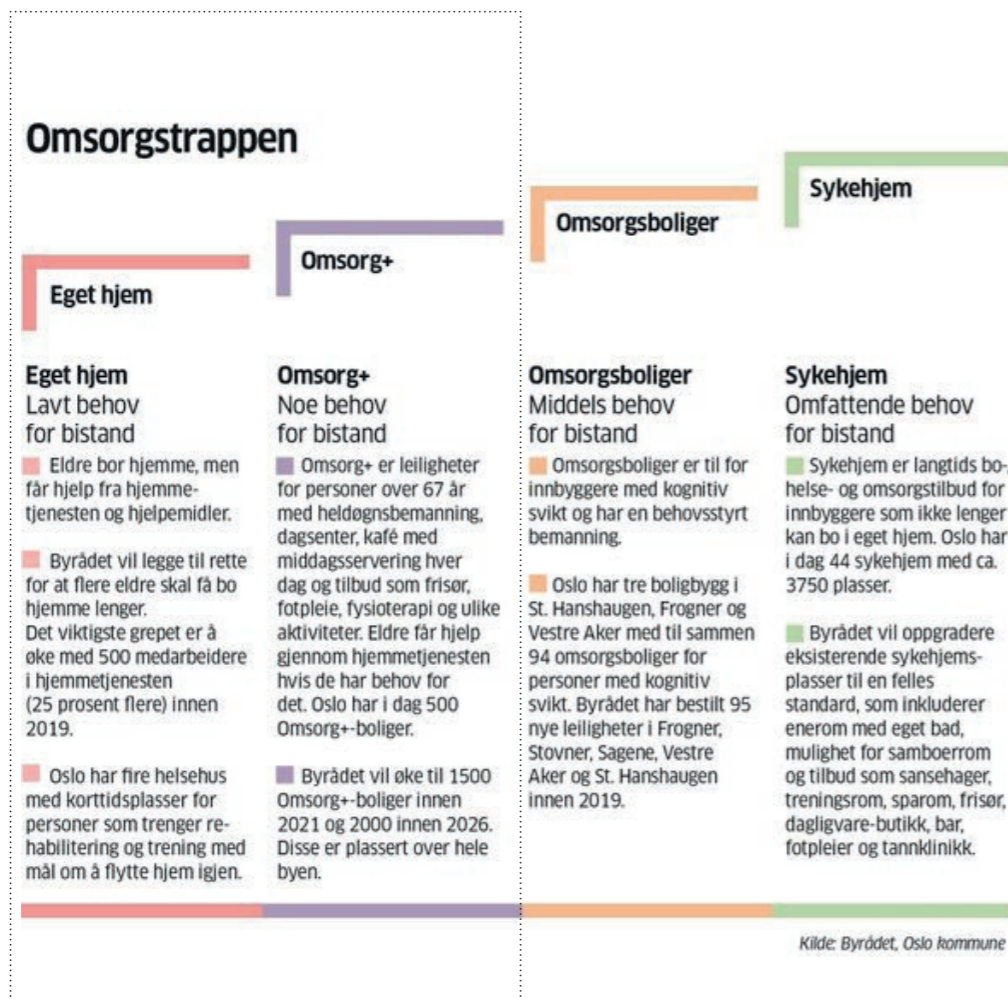
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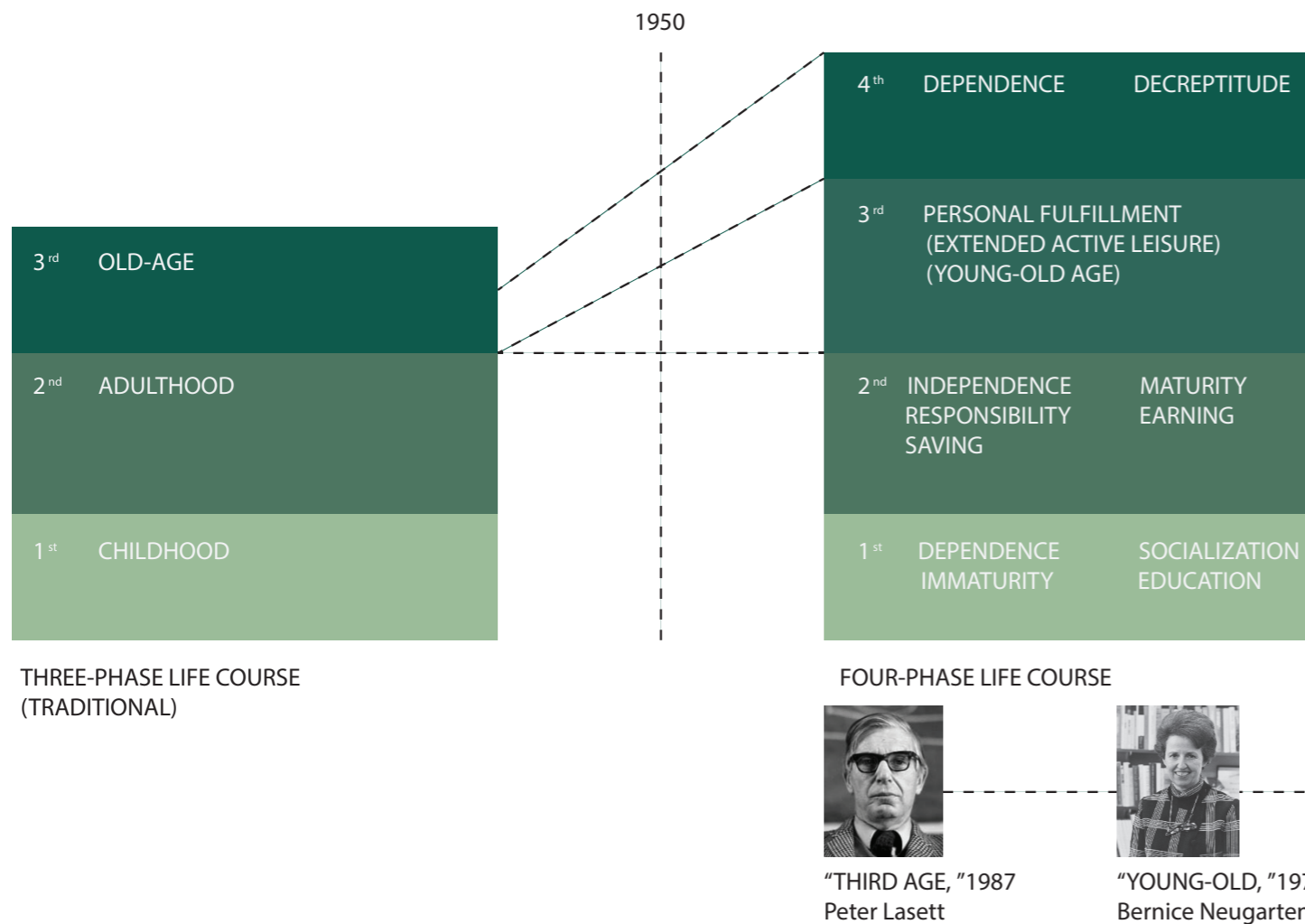
## INTRODUCTION

The background of my diploma project is the aging of population

This makes us have to plan differently in the future when it comes to housing and care-taking of elderly. During my pre-diploma semester, I looked at different housing typologies for elderly and looked into the institutional caretaking in Oslo. I was also studying after-war architecture in Norway from the 1950s to the 1970s. This was the time when the model for nursing homes for elderly came up - segregating the elderly from society. I found it interesting to look nearer at thoughts of an architect from this decade, criticizing this organization already 60 years ago and arguing that elderly should be integrated in society and that we benefit from it. I think his thoughts are still relevant today.

What re-arrangements can be done in society and the ways we plan so that we can use existing resources?

The diagram shows the steps of caretaking in Oslo today. Because of economical reasons it is beneficial if elderly can live at home as long as possible, but then we have to plan to prevent social isolation.



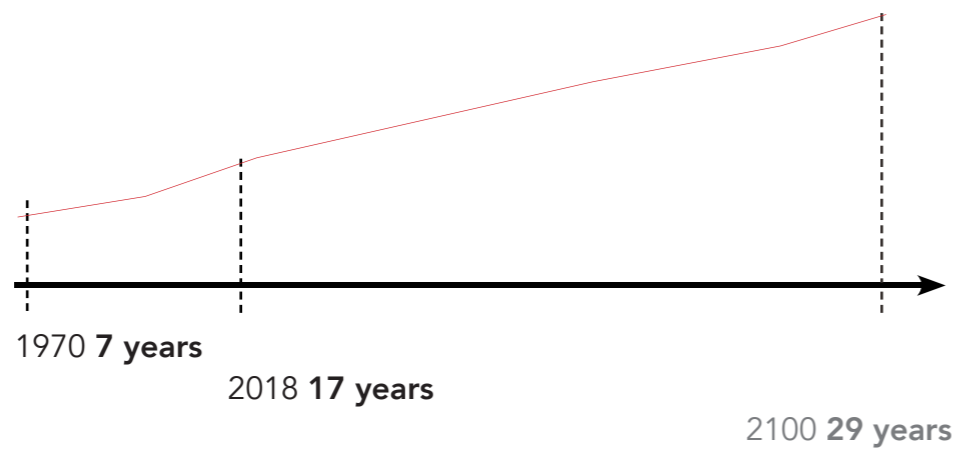
DEFINITION

**Young-Old** - freed from the responsibilities of adulthood and childhood, and largely unconstrained by physical and mental disabilities

As life expectancy increases and people maintain good health longer, we have a large group of people that are no longer working, but have life experience, knowledge and time. The young old can be expected to develop a variety of new needs and will want a wide range of opportunities both for self-enhancement and community participation.

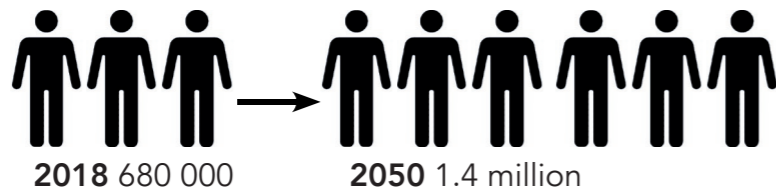
I think we can benefit from including the young-old in society and use their life experience and thereby also avoid social isolation and better life quality. One out of four of the population live alone, among them over 80 years are six out of ten living alone. 31% of 80+ are lonely. 40 per cent of 67+ think their resident is too big according to Asplan Viaks Pleiefritidsordning. One problem is that elderly are being socially isolated because of physical disabilities and the near community becomes even more important when we are aging.

(Source: After Peter Laslett, A Fresh Map of Life, 1989 Bernice Neugarten, Age Groups in American Society, 1974 )



Life expectancy after retirement  
(Source: SSB)

67 years +  
retirement age in Norway



80+ increases x2 before 2040  
increases x3 before 2060  
increases x5 before 2100

at the same time lacking

2015 **-2350** in healthcare

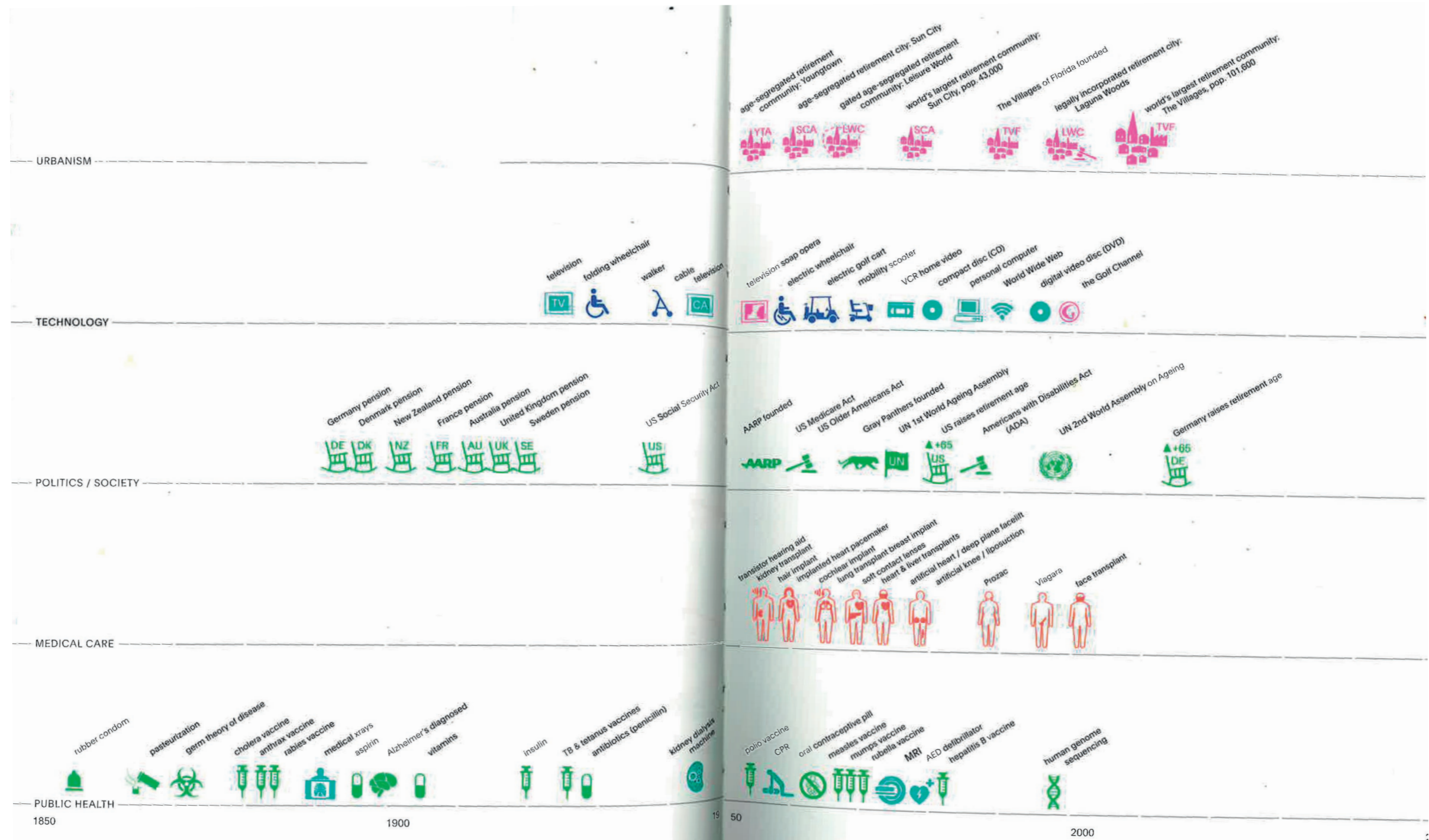
2035 est. **-28.000** in healthcare

(Source: NOVA)

## STATISTICS

Life expectancy increases and the large group of people born after the war are now retiring. This makes a change in society when we have been in a period with not so many elderly due to low birthrates in between war years. There will be twice as many elderly in 2050 than today. This is a large group of people that must be taken care of in the future. Our healthcare system is undergoing an increasing pressure as the population is increasing. Current requirements for healthcare will be demanding in the future both economical and human resources. Can we plan different with architecture and thereby relieve the healthcare system?

Expected an increasing of all age groups in Oslo, but biggest among the elderly. Combined with higher age expectancy Oslo will have more elderly people.



(Source Simpson, Deane. (2015). Young-Old urban utopias of an aging society. Zürich: Lars Müller publishers P.52-53)

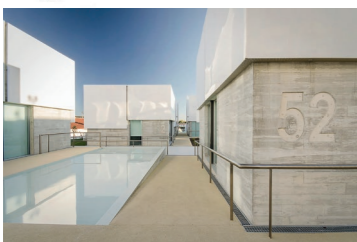
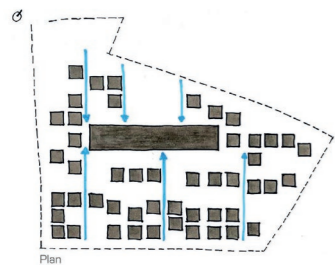
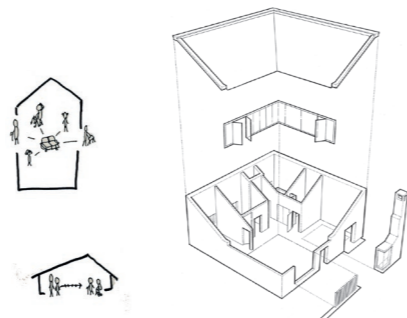
Inventions and regulations that changes aging



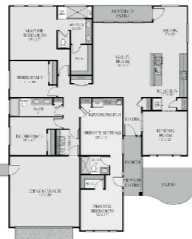
SUN CITY, ARIZONA 1954



BATES, HOUSING OF OLDER RESIDENTS, LONDON



GUEDES CRUZ ARCHITECTS, PORTUGAL



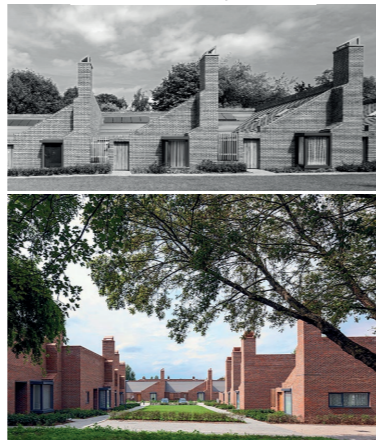
GENERASJONSBOLIG, NEXT GEN HOME, USA



THE MOUT SEATTLE



NURSING HOME, NEDERLAND 2012



PATEL TAYLOR, COURTYARD HOUSING, LONDON





## TYOLOGIES

I started looking into how we plan for elderly by reading and looking at different typologies. In the US there is an example in Arizona where 40,000 retired people live in a segregated community. This was established also during the after-war years and might not be so beneficial for the rest of society. I found an example in Portugal of a very institutional way of housing elderly where the whole roof lightens red when assistance is needed. Might be practical, but how can we plan with dignity for the elderly? In London I found a reference from Krucker Bates of a co-housing of elderly living together sharing the common rooms the same way as students live, but more spacious. This I think is an interesting approach to avoid social isolation. Other typologies I looked into was the generation house and houses which fits all lifetimes. The extreme version are the retirement cruise - where people buy their own loughar and live and RV communities of just retired people. Including elderly in society instead of isolation can also give something back to community. Here I also found great examples of projects with mixed demographics of elderly and students or elderly and kindergarden.

Ex. Generation housing, lifeterm housing, retirement cruises, shared apartments, mixed demographics

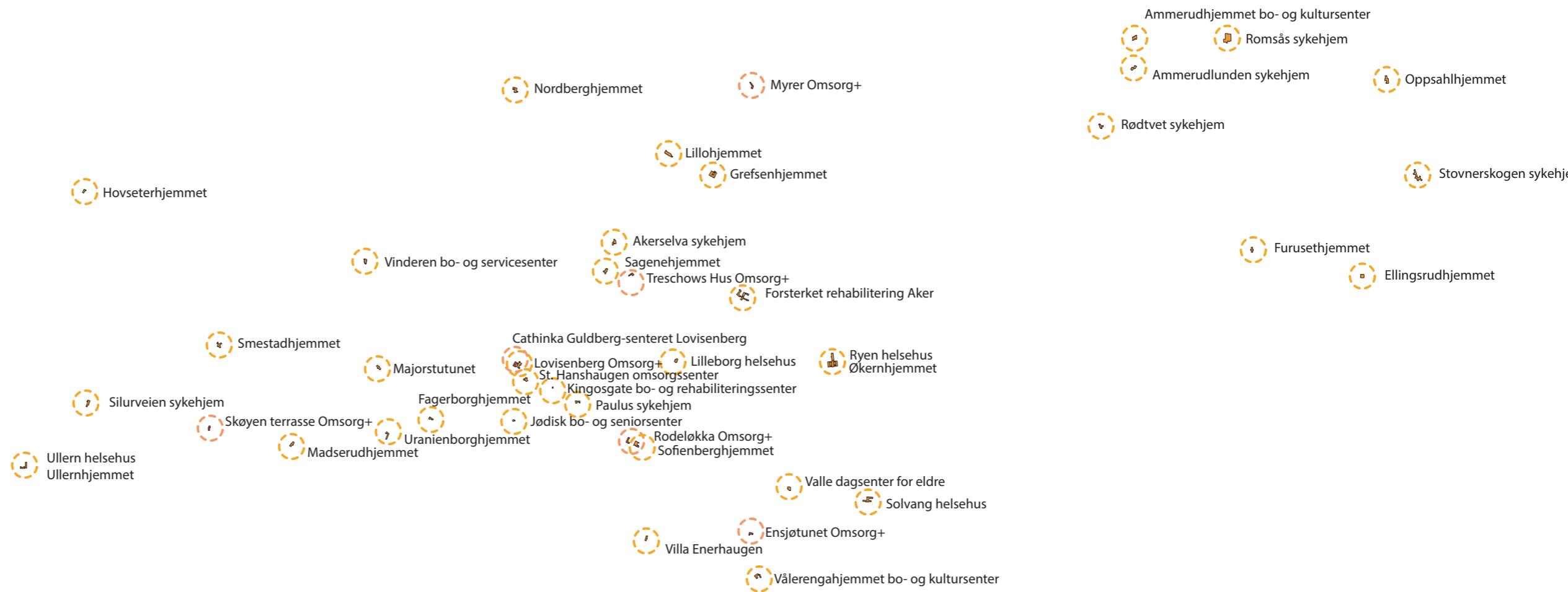




Further I looked into where the elderly live in Oslo. There are in total 47 municipal and private operating nursing home. At the moment several of them are being upgraded. Typologies and degree of community varies. Since 2010 it has also been built 9 Omsorg+ for elderly that don't need as much assistance as at a nursing home, but can't live by themselves. These institutions are manned around the clock and offer activities both for residents and elderly that are living at home. Some even house cafes and bars open to the public.

-  NURSING HOMES
-  OMSORG+

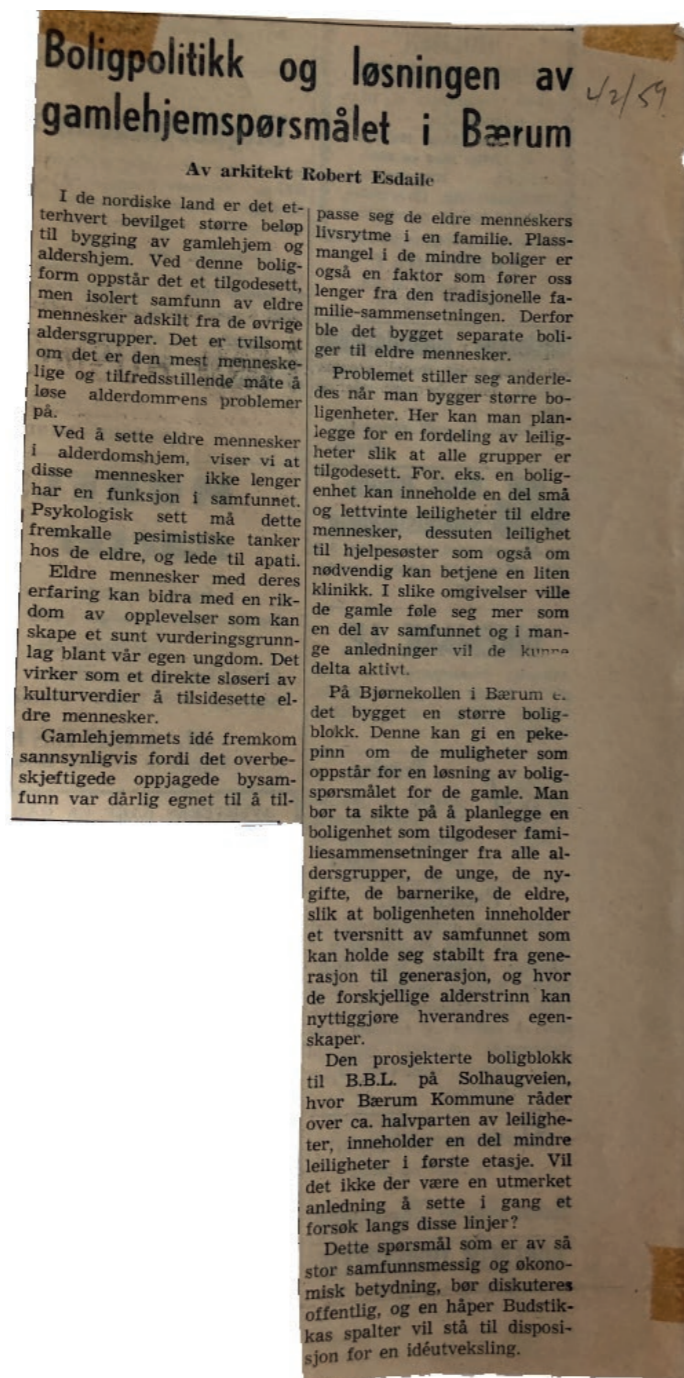
## 2.1 MAPPING sykehjem og omsorg + Oslo





-  NURSING HOMES
-  CARE CENTER / OMSORG+

## 2.1 MAPPING NURSING HOMES AND CARE CENTERS IN OSLO



Esdaile, Robert. (1959, 02.februar) Boligpolitikk og løsning av gamlehjemsproblemet i Bærum. Budstikka 2.2.59. Archive of the national museum of Architecture.

### THOUGHTS OF THE 50s

During my pre-diploma semester, I was also studying architecture in Norway from the 1950s to the 1970s. This was the period where the system of nursing homes arose. The Canadian born architect Robert Esdaile claims it was a result of an over busy urban society after the war that was bad at adapting elderly people and early on criticized the isolation of elderly. Esdaile was a fond architect of Le Corbusier and proposed rebelling housing architecture as well as being active in the urban planning of Oslo and Bærum during the after-war years.

In his article to the left with the title translated "Housing politics and solution of the nursing home problem," he argues that nursing homes have certain benefits, but also contribute to create social isolation of the elderly away from other age groups. By placing elderly away in nursing homes, we show that they don't have a function in society anymore. He argues that psychologically this must bring pessimistic thoughts among the elderly and lead to apathy. Elderly people with their life experience can contribute to the youth, and he sees it as a waste of cultural values to set elderly people apart from the rest of society. He claims the nursing home became because of the over busy urban society after the war was bad at adapting elderly people. Lack of space in smaller apartments is also a reason of splitting the traditional family composition and own apartments for elderly were built. The solution from his point of view was to plan bigger living complexes with apartments of different sizes allowing different demographics living there. By this the elderly are more included in society and in many situations they can contribute active. The question of housing elderly regards both society and economical aspects.

This article is still relevant today, sixty years after he wrote this. Esdaile wrote many articles about this topic, and made housing projects for the solution of the lack of housing during the after war testing new technologies. In the articles on the following pages Esdaile argued that elderly should not be put in nursing homes, but stay in contact with their families and the vibrant life. Argues that both single and elderly should have their right to own their own and just like others they want to live central to shops and other center functions. In his proposal for a housing block for 230 apartments in Sandvika he includes a care department with a nurse employed - containing everything that is wanted when you retire. He also points out the closeness to the communication services that is positive.

### 3.1 THOUGHTS OF THE 50s ESDAILE



## SLIK HAR DET ALDRI VÆRT BYGGET TIDLIGERE I NORGE

Alle ting taler for at Bærum kommune bør gi arkitekt Robert Esdaile muligheter til å realisere sitt kjempemessige terrassehus i Løkkeåsen ved Sandvika.

Hans resonnementer både når det gjelder arkitektur og utnyttelse ser nemlig riktige ut på papiret, så derfor: **VIL DET BLI UMATELIG VERDIFULLT Å SE OM ALT STEMMER I PRAKSIS.**

Det er nemlig arkitektens mening at kjempehuset oppover åskanten skal romme butikker og småleiligheter for eldre. Her skal det bli lesesal, kurbad og tevelsjonsrom, restaurant og meget annet.

Robert Esdaile er kanskje den eneste av de norske arkitekter på virket av Le Courbusiers ideer — hvilket han hittil har hatt heller små muligheter til å få vist — skal vi driste oss til å si: hverken på godt eller vondt?

### For eldre

Det er Bærum kommune som eier tomten som eventuelt skal bygges — og kritikere må være oppmerksom på at selv om den er tenkt som friområde kan den aldri benyttes til formålet fordi den er for bratt.

Robert Esdailes resonnément er følgende: Eldre og enslige mennesker har like stor rett til å ha sitt eget som andre har det.

De vil gjerne bo sentralt med lett adgang til butikker og andre service-sentra og det spiller ikke så stor rolle om de bor høyt — fordi de ikke skal rope til barna på bakken.

Hans idé er derfor den å utnytte den bratte tomten til et kompleks som gir størst mulig utbytte for slike mennesker.

### Rett mot syd

Huset får en praktfull beliggenhet mot åsen bak og Engervannet foran, rett sydvendt.

Det er meningen at hver leilighet skal ha sin store terrasse i tillegg til de enda større som fremkommer ved at huset etasjevis trekkes tilbake.

Man har også drøftet ønskeligheten av å få en egen pleieavdeling med fast engasjert sykehjelp.

Arkitekten forteller til VG hans tegninger bare er foreløpige. De kommunale instanser har i hvert fall vist sin interesse.

### Hva vil skje?

Hva som kommer til å skje de folkevalgte om ikke lenge ta stilling til det sensasjonelle som er enestående i sitt land Norge — blir ikke bare spenn for arkitekten selv.

På bildet ser de «slottets» seg i Engervannet — slik arkitekt selv tenker seg det vil bli natten.



Modellen viser at det vil bli et imponerende bygg

Arkitekt Robert Esdaile har sendt bygningsrådet i Bærum et forslag om reising av nok et stort boligbygg i bygden, denne gang på Kjørbokollen i Sandvika. Det dreier seg om en boligenehet med ca. 230 leiligheter, som vil få en fin beliggenhet i det sterkt kupert terrenget like ved Drammensveien, på vestsiden av broen. Opprinnelig ble det foreslått et bygg med 300 leiligheter, men boligrådet mente at denne plan ville føre til at terrenget ble for sterkt utnyttet. Derfor har arkitekt Esdaile utarbeidet dette nye forslaget.

Vi fikk anledning til å se modellen til bygget, som ser ut til å bli meget pent. Det blir på 3 etasjer over kollens høy-

este punkt, mens nordre del blir på hele 8 etasjer. Bygget blir 200 meter langt, men ser ikke ut til å virke knugende fra noen kant, takket være plasseringen i terrenget.

Det vil komme til å inneholde en god del hybelleiligheter, spesielt beregnet på eldre mennesker. Arkitekt Esdaile er som kjent en ivrig falsmann for at eldre ikke bør bo for seg i aldershjem, men i kontakt med sin familie og det pulserende liv. Tanken er at det skal opprettes pleieavdelinger i bygget, slik at de eldre kan få det stell de måtte trenge. Ellers blir det 3 og 4 værelses leiligheter.

For øvrig mener arkitekt Esdaile at det vil bli behov for

konstruksjonen, som gjør taket velegnet til terrasse. Taket blir på over 4 mål, faktisk et kjørbokollen tilskudd til «tomte-arealets». Arkitekten har også tenkt seg å bygge en forsamlingshall på taket, med plass til dans, kanskje sommerseteater og selskapselighet. Som man skjønner er det litt av et byggverk boligrådet nå skal ta stilling til. — Jeg har lyst til å bevise at til tross for den strenge økonomiske ramme kan det lages byggverk som forteller slett om de tekniske fremskrittene, sier arkitekt Esdaile.



## Forslag om stort terrassehus i Løkkeåsen

### Et Soria Moria slott for bygdens eldre

Arkitekt Robert Esdaile mener den bratte skrånningen gir mulighet for et vakkert byggverk

Det foreligger planer om å utnytte Løkkeåsens stulle skrånning med mot Engervannet til et større bygg med forretnings-, eventuelt kontorer og leiligheter, spesielt med tanke på boligene for eldre mennesker. I den forbindelse har det også vært drøftet å få en egen pleieavdeling i bygget med fast engasjert sykehjelp. Området er idag Bærum kommunes eiendom og beregnet å skulle være friområde, men den bratte skrånningen kan ikke anvendes av publikum, og det er av stor interesse å få den utnyttet på en eller annen måte. Området må jo sees som en naturlig forlengelse av Sandvika sentrum.

Planen har såvidt Budstikker er et stort behov for plass til arkitekt Robert Esdaile mener den bratte skrånningen gir mulighet for et vakkert byggverk



Snitt som viser hvordan bygget blir liggende i terrenget. Nedre del av hestesjakkten er sprengt inn i fjellet. Under bygget blir det plass til garasjer.



LØKKEÅSEN TERRASSEHUS. Slik har arkitekten tegnet bygget, sett fra Engervannet. Midt på bygget går en fotogalgebros over Engervannsvæien. Oppå terrassen blir det takhaver.

videlse av Sandvika som kontor- og forretningssentrum? — Det er nok riktig. Men det er såvidt jeg forstår fra kommunens side også stor interesse for boliger, og særlig er jo behovet for boliger til eldre mennesker påtrengende.

— Hvordan fikk De ideen? — For var vi på reise, og kom over en landsby i Italia som heter Postano. For oss var Postano den store opplevelsen langst større enn Romas ruiner eller utgravningene ved Herculanum. Her var et levende kunstverk som mennesker bor i: en by uten prakt, men med slik fantasi i komposisjonen, kurbad, — televisjonsrom, re- staurant — ja alt hva man kan ønske seg når man trekker seg tilbake og skal leve på sin pensjon.

Bygget ligger meget nær kommunikasjonsmidlene som buss og tog, og desuten i god kontakt med Sandvika sentrum. Jeg tror eldre mennesker setter pris på dette.

Leilighetene er planlagt med en stor privat balkong til hver i tillegg til de terrasser som alle-vennert ved tilknytning

— Når man tenker på Barums næsten sydvendt, bare 15 grader sør for syd, så den får alt vind, vår- og høstsol. Et bygg her vil ligge som i et rede, varmt, lyst, samtidig løse for lite. Asene gir alle de vil det lyse opp den mørke åsen og gi et levende innslag.

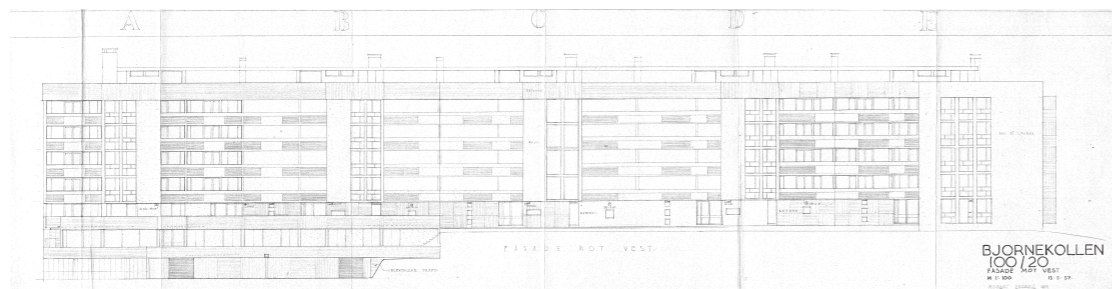
Til å begynne med var planen å skape et boligbygg for leiligheter av forskjellige størrelser, men etter regulerings- og ingeniørvesenets innvendinger, har vi nå tenkt å bygge

— Hvordan er forslaget møtt innen de kommunale myndigheter? — Da vi la frem planen for fagsjefene i mai, var sosialrådmannen, reguleringsjefen, teknisk rådmann og kommunearkitektens entusiasm og plan- utnyttelse i de folkevalgte organer. Såvidt jeg forstår vil rådmannen ta saken opp nå på nyåret.

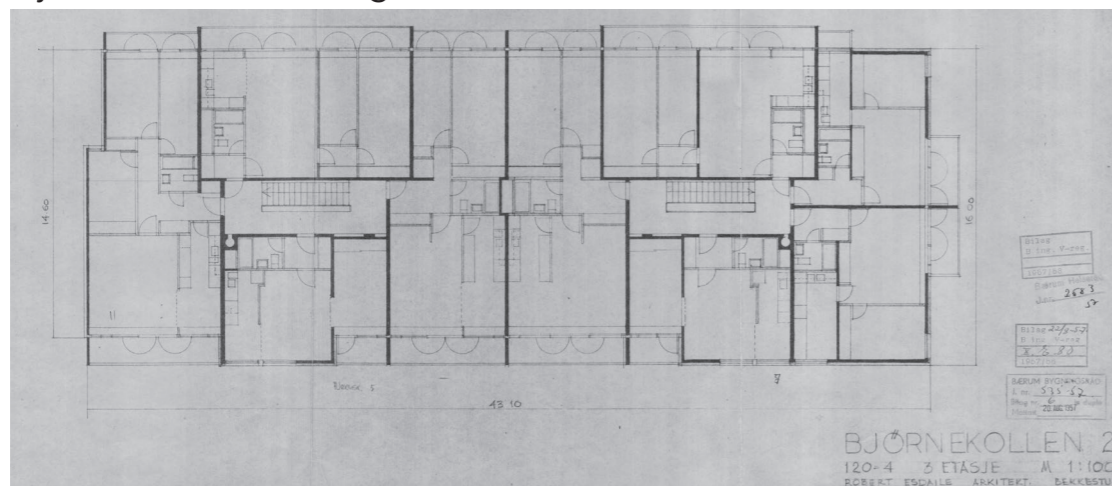
— Hva med finansieringen? — Det er det for tidlig å si

(Found at the national gallery, architecture department)

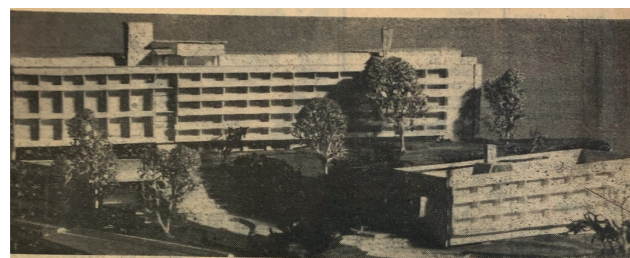
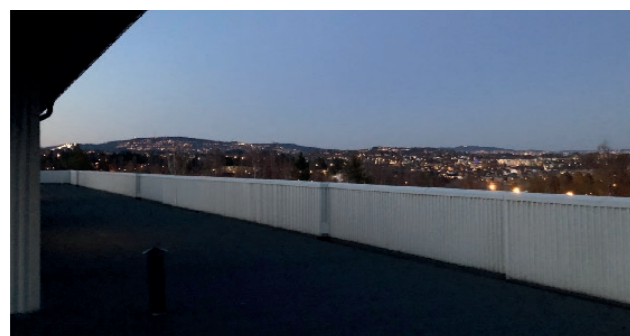
## 3.1 THOUGHTS OF THE 50s ESDAILE



Bjørnekollen borettslag



Bærum kommune



## BJØRNEKOLLEN

In the after war years there was housing shortage and a discussion of how the modern man lives. Also a question of how new technologie and materialuse could contribute to make enough housing. In the mid 50s Unite de Habitation of Corbusier in Marseilles was finished. Robert Esdaile was one of the foremost advocates of the modern architecture the latter half of the 20th century in Norway. He was deeply inspired by Le Corbusier and his admiration of his work is visible in Esdaile's work. One of his built works is Bjørnekollen at Haslum. The building made of concrete was finished in 1959 and was at that time the biggest residential house in Bærum. There are two parts one containing 86 apartments and the other 24, the biggest has a footprint of 104m x 16m. It contains different sizes of apartments to house a mixed demography. Spanning from five to seven floors. The apartments are reached through seven stair cores leading up to a great roof terrace – unfortunately not realized due to a too modern thought having a terrace on the roof, but all the apartments have loggias. As the Unite de Habitation the house contained a lot of common areas. There was a great common laundry room with daylight in the first floor where housewives met. Also in the first floor, they had their own grocery store, a kindergarten and a craft room. Referees from the board of the house shows a great community among the residents having own activities for the children and youth as well as voluntary work and common 17th of May celebration in the yard. The building housed a cross section of the society – where different age groups could work beneficial for each other. A thought I think is still relevant today and not as different as the modern thinking of co-living. In the newspaper article already mentioned Esdaile included nursing rooms in the housing as well as studyhalls, bath, television room and restaurant. Esdaile argues that the collective is an enrichment of the individ and I therefor think Bjørnekollen is a great example of housing with shared spaces for activities that works – even today with a new generation moving in.

### **HOUSING THE YOUNG OLD**

HOUSING  
SHARED SPACES  
MIXED DEMOGAFIES?

### PROGRAM

Based on this the diploma program is housing for the young-old in an urban area. Looking at alterantive living arrangements for elderly in the city that encourages for social interaction. Omsorg + has been a new initiativ that also gains elder that don't need any caretaking, but need the social part of it and it is popular. What if this is placed in community without the institutional part of it?

The targeting group are the young-old that have none or little demand for help to live by themselves, but need the sosial interaction, physical reason or the need of a smaller apartment. In this universal design and the facilitiation of physical activity, social interaction and community is important. I also want to look at facilitation existing resourses in society.

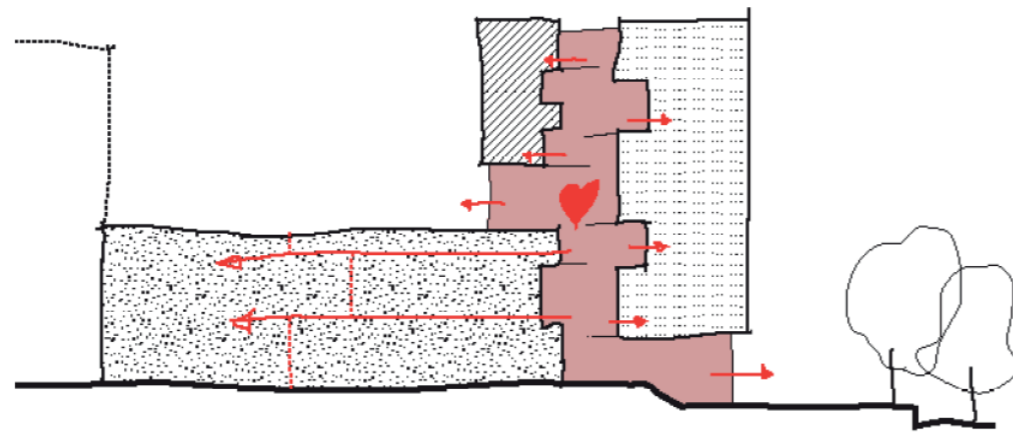
How to facilitate for

- housing elderly in a cityscape
- community participation
- realations across age-groups
- relations between elderly
- realation to community as an alternative strategy of caretaking
- physical activity
- create private zones as well as public
- exsisting community
- live at home as long as possible

How to prevent

- social isolation
- character of the institutional

This could help relieve the healthcare system with the expected aging of population. Investigating how this can be done by using available resouses and area.

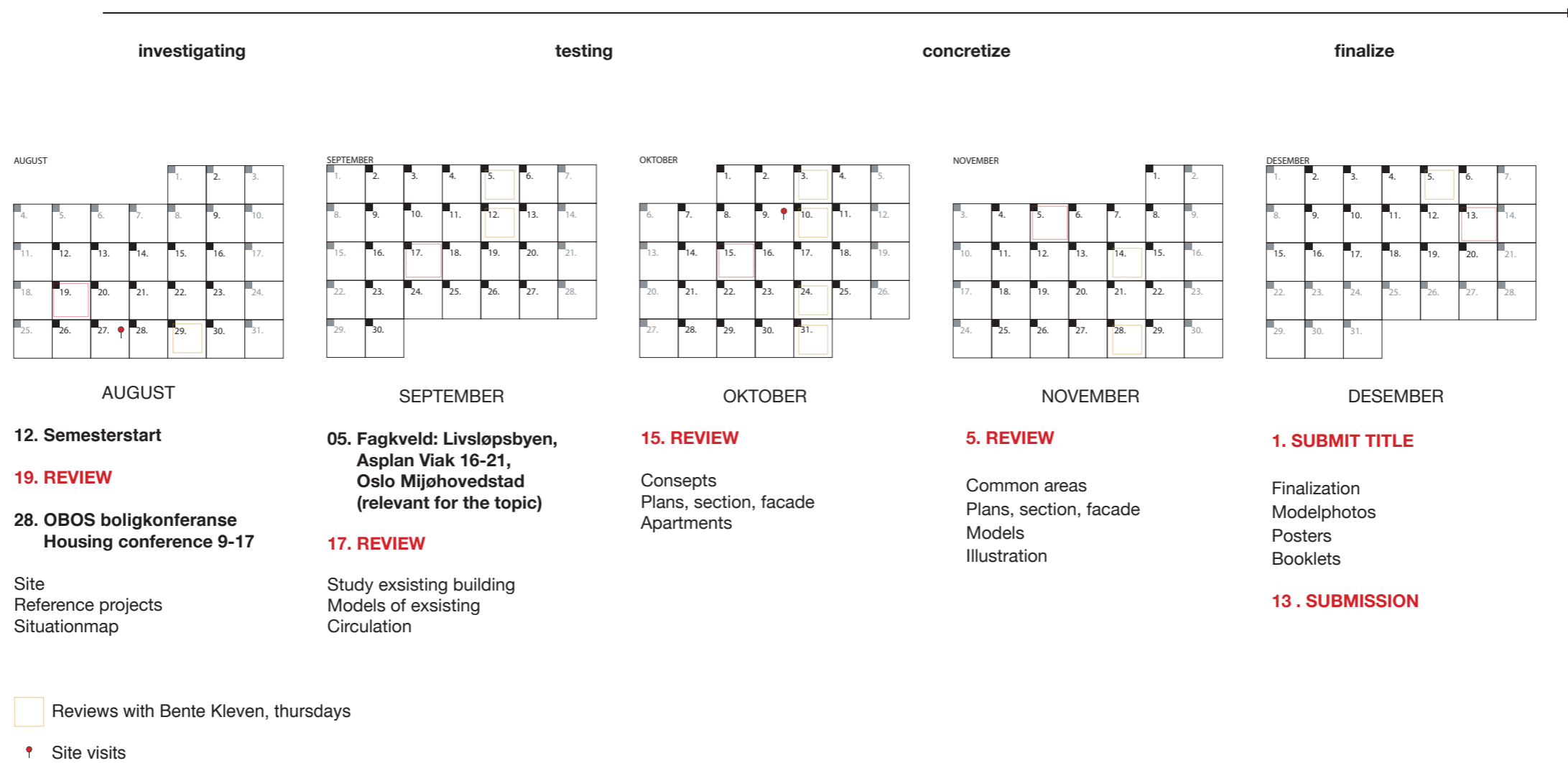


Sketches from Seniorbofellesskapet Køge, Vandkunsten

## SITE

In district areas, I think the generation housing is an interesting typology for the future as well as colocation. For my diploma, I wanted to look at integrating elderly in an existing cityscape or one under development. In april I attended a lecture at NVE about the reopening of the Hovin bekken regarding overwater management and I mapped it as an interesting place for the site because of its qualities for the community to have green lounges and walking opportunities close to. Also there is a lot of new building projects going on and then natural to integrate the elderly in this. At a different lecture at Litteraturhuset called "Påbygg i høyden, ombruk og gjenbruk" – "Extension in height, recycle and reuse". I found interest in the claim that an extension in height of a building could finance the rehabilitation and elevator for the rest of the building. Having worked with "Aufstockung" – a specific term in German comprises the act of building on-top of existing building – previously during my masters, adding lecture and studyhalls ,I found it interesting considering this with housing and started to look for potential sites in Oslo.

The site was first chosen at the beginning of the diploma semester and is added to the end.





Hovinbekken, also known as Hasla, has its origins in Grefsen- and Årvollmarka and stretches 7km down to the fjord. Oslo municipality has in their "Eco city" plan ambitions to open up as many vassdrag as possible from marka to the fjord Hovinbekken being one of them. After 50 years in rør it was partly reopened in 2013. Now 300 meters renner åpen in a height difference of 15 meters. Stryk, kulper og småfosser creates living areas for fish.

The site of the project lies along this river. Since there is a lot of new buildings here it is natural to also integrate elderly. For them it is also great having green walking areas and recreation close by as well as it is connected to the city.

— Open/planned opened  
- - - I rør

## 5.1 SITE MAPPING



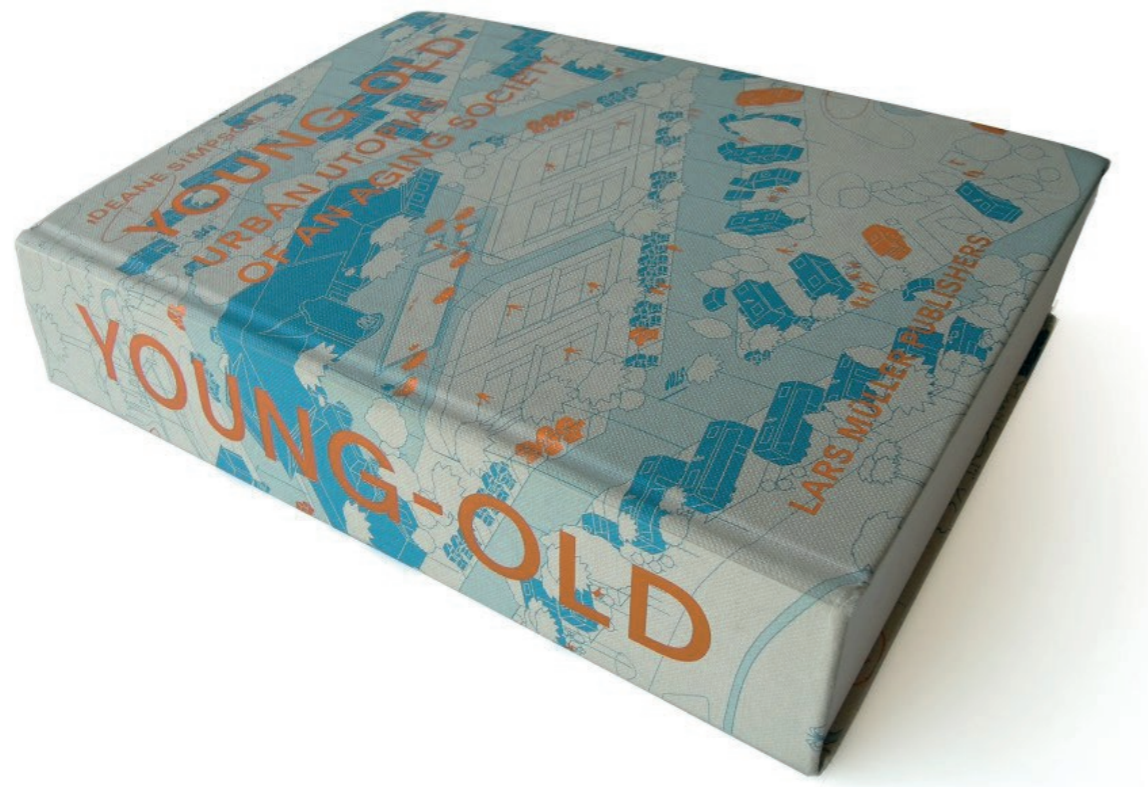


## SITE - LØREN INDUSTRIHALL

Løren industry building was originally built in 1958 - drawn by the architects Frode Rinnan and Olav Tveten - situated at Økern in Oslo. It is a concrete building of nine production halls connected to two floors of office space in the back. The building stretches ninety meters towards north and south and thirty-two meters to the east and west. It was financed by Folkehjelpen - a humanitarian solidarity organization - at the cost of 4 million NOK - which was a lot of money at that time. The aim was to help disadvantaged people into work. The original masterplan also contained the dorm house across the street which was meant for housing of the workers. The repetitive system and organisation of the building made it possible to house several producers, including a sewer workshop, publisher and small mechanical operations.



In 1979 a steel construction was added on top adding another 2250m<sup>2</sup> to the existing 4240m<sup>2</sup>. Today there is only one actor in the building; Spir. They help people that have been unable to work for some time to get back to into work and offer different training in for example cooking, printing and sewing. There is a need of efficiency improvement of the building organization and a renovation of the facade. Spir has already moved some parts as the mechanical department to other locations. Therefore I see it as a possibility in my diploma that Spir has moved out of the building leaving it empty. Økern as an area has gone through major changes during the last decades from a industry area to become a new housing and business area of town. This being one of the few industry buildings left, when the surrounding buildings have been demolished and new housing blocks have been raised. Therefore I think this is a great place to include the elderly in the community.



## MAIN LITTERATURE

Simpson, Deane. (2015). Young-Old urban utopias of an aging society. Zürich: Lars Müller publishers

### Oslo municipality

<https://www.oslo.kommune.no/helse-og-omsorg/eldreomsorg/>

<https://www.oslo.kommune.no/getfile.php/13285980-1530184808/Tjenester%20og%20tilbud/Politikk%20og%20administrasjon/Politikk/Kommuneplan/Forslag%20til%20ny%20Kommuneplan%202018/Forslag%20til%20kommuneplan%20juni%202018%20%28oppslag%29.pdf>

### Pleiefritidsordningen, Asplan Viak

<https://www.asplanviak.no/aktuelt/2018/12/13/hvordan-moete-eldreboelgen-pfo-pleie-fritids-ordningen/>

### UN, Living arrangements of older persons, 2005

<https://www.un.org/en/development/desa/population/publications/pdf/ageing/LivingArrangements.pdf>

## RELEVANT SEMINARS

10.04.19 Brød og miljø - Påbygg i høyden, ombruk og gjenbruk, Litteraturhuset  
(breakfast meeting; extensions, reuse and transformation)  
(Trefokus, Filter Arkitekter, Boligbygg Oslo KF)

08.05.19 Byboligen, NAL, arkitektenes hus (City housing)

(NIBR, Byarkitekten Bergen, Code arkitektur, Jon Guttu, Tag Bergen, A-lab, Dyrvik arkitekter, Tegnestuen Vandkunsten)

30.04.19 Vassdrag i Oslo, NVE

(Dronninga Landskap, v/Rainer Stange)

28.08.19 OBOS Boligkonferanse, Operaen (Housing conference)

(OBOS, Anne-Kristine Kronborg, Aspelin Ramm, Byarkitekten Bergen, PBE, Richard Sennet, Oddvar Skjæveland, Ellen de Vibe)

05.09.19 Oslo miljøhovedstad, Fagkveld: Livsløpsbyen, Asplan Viak

(Asplan Viak, Oslo kommune, Realdania, Bylivssenteret/NAL)



VANDKUNSTEN SKIPET SENIORFÆLLESSKAB, KØGE

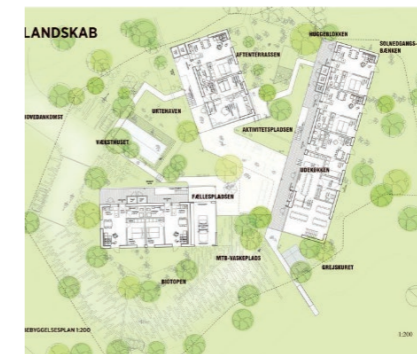
Senior housing - Denmark  
 located in an urban area and contains co-living spaces  
 50 apartments 50-60m<sup>2</sup>  
 Brutto 7000m<sup>2</sup>  
 2017 - 2020



VANDKUNSTEN OVALEN I RØHOLMSPARKEN, ALBERTSUND



RINGKJØPING





THE MOUT SEATTLE



elderly + kindergarden

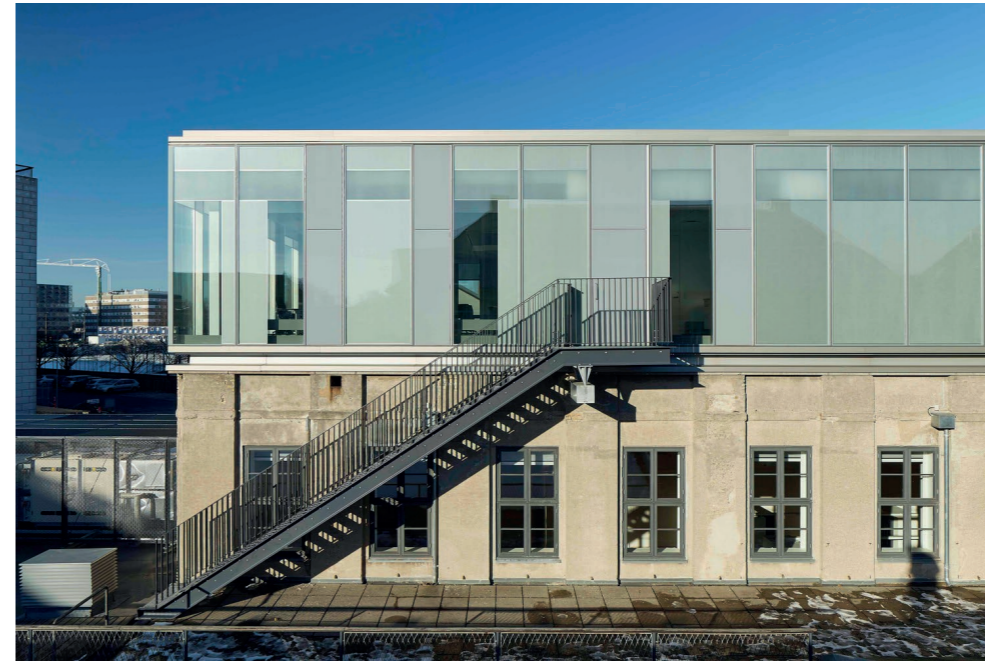
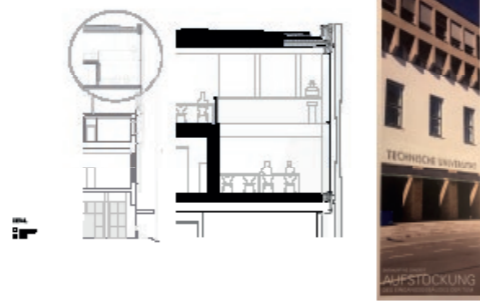


NURSING HOME, NEDERLAND 2012



elderly + students

## 6.1 REFERENCES NURSINGHOMES / HOMES FOR ELDERLY



DAMESALEN, MIKKELSEN ARCHITECTS, KØBENHAVN



CADAVAL & SOLÁ-MORALES - MEXICO CITY



HELEN & HARD - MULIGHETSSTUDIE, OSLO

## REFERENCES ONFILL / TOPFILL

### 6.3 REFERENCES EXTENSIONS