

Age is just a number: co-housing across generations

Binder 2

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Content

1.0 Introduction	5
1.1 Thesis and program	6
1.2 Background	8
1.3 Approach	10
2.0 Architectural project	13
2.1 The proposal	14
3.0 References	49
3.1 Kvernaland	50
3.2 Kotoen	52
3.3 The Hogeweyk	54
3.4 Orchard Respite Centre	56
3.5 Camden Care Homes	58
3.6 Almshouse	60
3.7 Områdefornyelsen Damme-Askeby	62
3.8 De Drie Hoven	64
4.0 Statistics and definitions	69
4.1 An aging population	70
4.2 Who are the elderly?	74
4.3 Who are the students?	76
4.4 Student health	78
4.5 Living alone	80
5.0 Research	83
5.1 Informants	84
5.2 Leve hele livet	86
5.3 Omsorg +	88
5.4 The third age	90
5.5 Gode boliger til ældre - en eksempelsamling	92
5.6 Existing student housing in Oslo	100
5.7 Student housing guidelines	106
6.0 Urban mapping	113
6.1 Thoughts on parameters	114
6.2 Adamstuen	118
7.0 Observations and defining the site	135
7.1 Existing situation	136
7.2 Photos of the area	140
7.3 Site boundaries	148
8.0 Sketches	151
9.0 Bibliography	181

1.0 Introduction

1.1 Thesis and program

- How can a mutually beneficial relationship between students and elderly in Oslo - both prone to loneliness and social isolation - be facilitated through an intergenerational housing project?

Intention

Today, elderly citizens in need of assistance have a tendency to be neglected and stowed away instead of having the opportunity to contribute to society. As we get older than ever before, today's 60 year olds are much younger than those who were the same age just 20 years ago. Up to date housing options for the elderly generation are not as prioritized as development benefiting the youth and middle aged proportion of the population, despite studies showing the benefits of an active and inclusive lifestyle at an older age.

Over the last years, the pandemic made a great impact on all of us. For the students, existing problems relating to their housing situation became more noticeable. Many experienced loneliness and social isolation as a result of living cramped and alone in small student housing units with little to no contact with neighbors. The lack of shared spaces outside the single units became evident in the existing housing situation.

Through an architectural project focused on sharing and intergenerational relations, the goal is to rethink how we can accommodate an increasingly aging population. This project proposes an alternative way of living for students in early adulthood with senior citizens in the later years after retirement, with the goal of enhancing quality of life for two age groups particularly prone to loneliness in their current housing situations. By investigating different levels of sharing in an intergenerational housing community, the idea is to facilitate a social framework that can provide a safe, active and lively everyday life for its residents.



1.2 Background

A historic shift in demography is coming as Norway is aging at an increasing rate and fertility is low.¹ In just 10 years from now, for the first time, there will be more elderly than children in the population. Oslo is expecting a growth of 50 000 elderly by 2040. To handle the shift in demography, more elderly will have to age in place and stay at home longer. The demographic shift emphasizes the need for improvement in how we provide housing for the elderly and accommodate for aging in our built environment.

Many elderly want to live at home for as long as possible and maintain their independence, but at some point living alone takes its toll. The years of old age are often associated with life transitions such as reduced mobility, health issues and loss of a spouse. While many still can look after themselves, the risk of accidents and sudden health scares combined with large houses that require a lot of maintenance, force many to give up their homes. It is less than ideal for the elderly in our society to be moved into nursing homes when they are still capable of caring for themselves, but are unable to live alone due to safety. Sadly there are today few other options for the elderly in this situation, who are forced to give up their homes before they are physically or emotionally ready to be moved into institutional housing.

Surveys in Nordland, in the north of Norway, showed that elderly people with physical health issues experienced a good life despite their obstacles when they had a meaningful everyday life with activities and social relations.² Many also felt that elderly care in Norway has the wrong main focus, as physical rather than mental health is the priority. Health care workers are aware of the importance of meaningful activities and socialization amongst elderly, but a lack of time and resources sadly make it a low priority. Research shows that there is a clear connection between loneliness and health, and that loneliness can increase the risk of poor mental and physical health.³ Loneliness can be a contributing factor to less physical activity and can also be associated with an increased risk of cardiovascular diseases, inflammatory diseases, Alzheimer's disease and depression to name a few. From a public health perspective, caring for both body and mind is a necessity for good health as we age. With the change in demography and an increased elderly population, it should be in everyone's interest to create an age-inclusive society with mutually beneficial bonds across generations. Shared housing across generations is being tested out with positive results across Europe, including in Norway, and the relations that are made have proven beneficial for both age groups.

Socialization is a vital source to quality of life for most of us, not just the elderly. Students represent another group in society that is more exposed to loneliness, an issue they unfortunately have in common with the elderly generation. Surveys among students have shown that over half of the participants often experience loneliness or feel left out.⁴ There is an increase in mental illness that can be seen in the context of high degree of loneliness. The issue of social isolation became

¹ (SSB, 2020)
² (Fagertun, 2017)
³ (Nicolaisen, 2017)
⁴ (FHI, 2021)

even more evident during the Covid-19 pandemic, as classes shifted online and the campuses closed. Oslo is among the three cities with the most students in Norway. Many people move from smaller towns all over the country, and because of the housing prices many apply for housing through the student association (SiO), which can provide somewhat more affordable housing. The student apartments currently available in Oslo are mostly small, tight apartments with little to none focus on social interactions with your neighbors.

Elderly citizens tend to not be equally treated as the younger population as society is not adapted for their needs, therefore many experience loneliness, social isolation and inactivity in their later years. Because life expectancy has increased and we now become older, that also means that today's elderly are younger than ever before. With life expectancy being well above 80 years of age and the retirement age staying constant at 67 years, there is the potential for many years of active and healthy years after retirement. Today's elderly should be recognized as a resource, and be provided with the opportunity to actively engage in their society.

To achieve an age-inclusive society, as mentioned, the idea of aging has to change into something positive and a resource, rather than a burden on society. How can this shift in society be acknowledged through an architectural project? Spatial and social understandings are strongly connected, as stereotypical understandings of age can often shape the environment we build, concerning needs, roles, interests and desires of a specific age group.⁵ These understandings of age are manifested in our physical surroundings, so with the changes happening in society, a change in how we design is necessary to not maintain the age-based stereotypes. The project investigates an alternative way of housing the elderly population, by accommodating for aging through age-inclusive social and practical functions. By making it possible for everyday tasks to be carried out easily and in the company of others, the elderly are provided with a sense of security and reassurance to be able to age in place. Research shows that students and elderly are the two groups most prone to feeling isolated and lonely. By providing a social arena for the two groups that usually don't interact, the risk of social isolation is reduced in both. Connecting them has the potential to be beneficial for both age groups.

A way to tackle this shared problem across generations has been tested out in the Netherlands. When the government subsidy was cut, the idea of moving students into the nursing home in Deventer became a reality.⁶ Six students live permanently with 160 elderly, the students live for free and the only rule is to be a "good neighbor". The elderly in the complex enjoy the vitality, joy and impulsivity that their younger neighbors bring, and similar projects are now being tested out across Europe. Inspired by the Netherlands, students and elderly in Oslo are now testing out shared housing and its benefits.⁷ The idea is that the students commit to working a few hours a month planning for and engaging in social activities, in exchange for lower rent.

⁵ (dominique + serena, 2022, s. 160)
⁶ (Bjørnstad, 2017)
⁷ (Hütt, 2021)

1.3 Approach

After researching, some main areas of interest were defined to further investigate and translate into a proposal:

Functionality

Apartments for the elderly are often small and can feel cramped for those with walking disabilities or in a wheelchair.¹ An important discussion is to what level the apartment should be adapted to specific needs when the goal is to live as long as possible in your own home. A place to start is by facilitating a flexible home that can be adapted over time, through a flexible floor plan, spacious bathrooms and select fixtures that can easily be converted and adapted to the individual needs.

Accessibility

Elderly homes should be rich in experiences and stimulating. At an older age, more time is spent at home and the immediate surroundings become the biggest part of your everyday life. It is important to provide a clear connection to the surroundings, and offer a variety of ways to experience it. A premise for the elderly to experience their surroundings is accessibility. By integrating aids such as seating for when there is a need for a break or elevators for when the stairs become too heavy, the radius a person with limited mobility can move is drastically expanded. This is also a way to promote movement, and offers the individual the opportunity to explore their physical surroundings at their own pace.

Long term

Moving can be either out of desire or necessity, but for many elderly it is only a matter of time before it is no longer a choice. Limited mobility, stairs, small bathrooms, failing health, loneliness and problems with taking care of the home are amongst the reasons why older people have to leave the house they may have lived in for most of their lives. At the same time there is a clear tendency for the elderly today to rethink their housing situation when retirement is approaching, and many seek a more suitable home to enjoy their old age without limitations. By planning ahead and creating good, safe and social housing for the elderly, it is possible to offer housing that people choose at an early stage of their old age, giving them time to readjust into a new everyday life with new relations. By doing so, there is an increased chance of a meaningful life in the elderly years, and the benefit of staying in one place for a longer period of time to avoid the toll of moving multiple times at a vulnerable age.

Community

Elderly appreciate both living amongst young people, while at the same time they enjoy the company of other people their own age.² Like everyone else, the elderly also have different needs and wishes, so it is important to facilitate different levels of socialization to create a safe and comfortable environment. The common rooms should be centrally located in the building, somewhere everyone moves past or has visual connection to. It is beneficial to develop the community around everyday chores and meaningful tasks that concern most people.³

¹ (Lindstrøm, 1989, s.9)

² (Lindstrøm, 1989, s.9)

³ (Lindstrøm, 1989, s.10)

2.0 Architectural project

2.1 The proposal

The chosen site is located at Adamstuen, a well-established area of care within the city centre of Oslo. The site is located along Thulstrups gate, a calm, dead end street towards Ring 2 with little to no traffic other than residents that are driving to and from their homes. The proposal consists of an L-shaped building with a public ground floor, 63 student units and 32 apartments for elderly, as well as a community house in the secluded courtyard.

Adamstuen has been well established and functional for the elderly since 1914. A contentious debate on whether the elderly should continue to live here or be moved has been ongoing for years.¹ A well argued point for the elderly to stay in place is the risk of confusion and problems related to being moved away from home at a very old age. Adamstuen does not have a local square or commercial activities within safe walking distance, meaning the project should provide public functions that can also accommodate the existing elderly residents in the area.

Ullevål hospital was established in the area in 1887, generating an increasing number of other healthcare facilities within close proximity. Approximately all neighboring buildings both to the hospital and the site have at some point been related to care. Because of the history, Adamstuen is still a well-established area of care within the city, with a high number of nursing homes and other care institutions still located here. As of now the hospital is still in use, and even though there is the possibility of a relocation in the future, the area is still strongly defined as a facilitator for care due to all the smaller institutions.



¹ (Quaye, 2008)

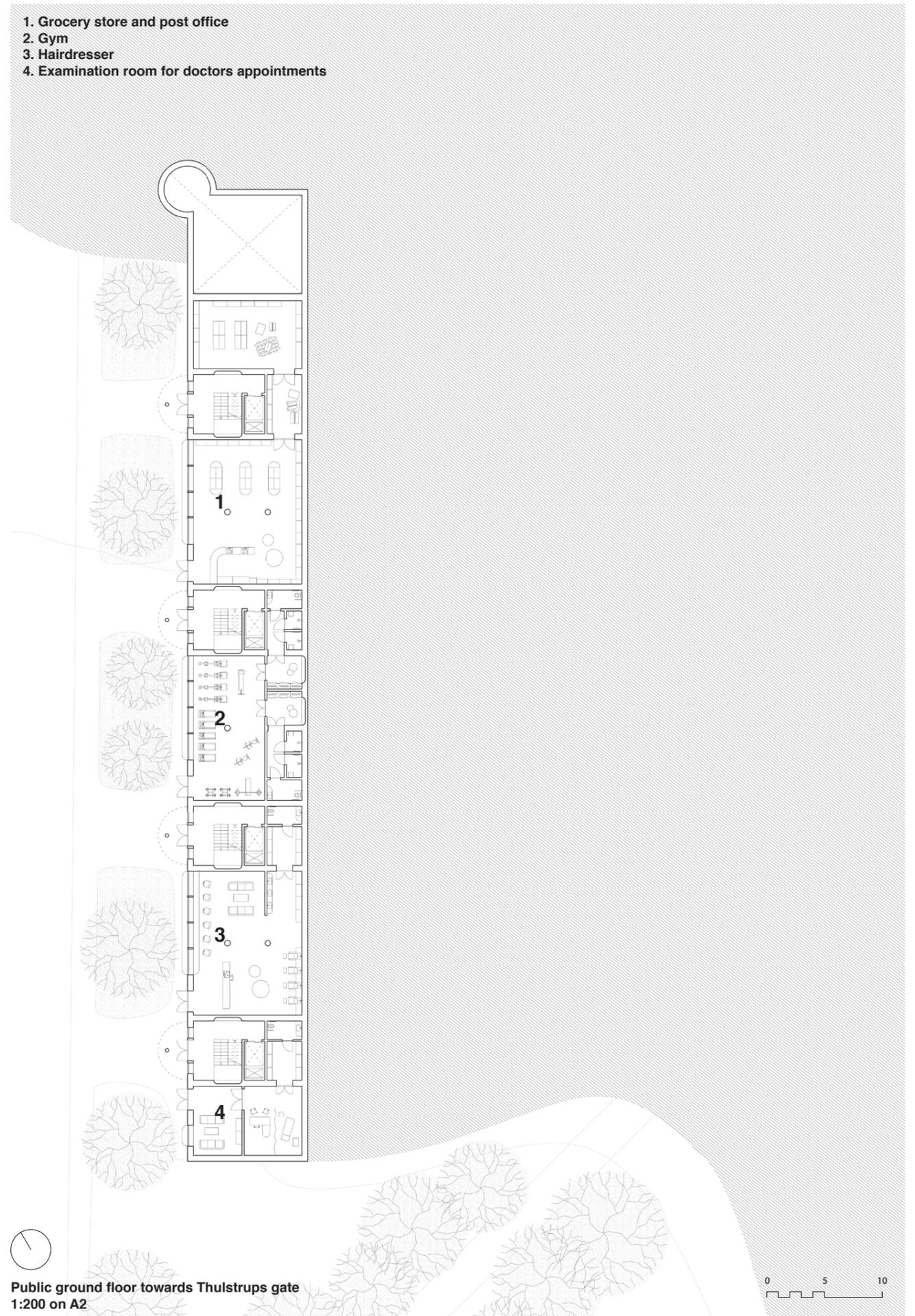




Overview of the area, situation model 1:500

The public ground floor

As an elderly, being unable to get around the city for daily tasks means you become dependent on others and lose influence on your everyday life and environment. Because several elderly already live in the area, the aspect of independence for the residents of the neighborhood is the main reason why the ground floor is dedicated to a public program. In the proposal, the ground floor is imagined with public programs relevant to the elderly, such as a grocery store with a post office, a small fitness center, a hair salon and a small medical office that can be used for simple examinations or home visits by a doctor. It is important to be a part of city life, whether you want to participate actively or just observe. By establishing a local shopping street with everyday necessities, the elderly have a greater freedom in their own everyday life. The public facade has large windows to provide visual connection with the passers by on the street, and integrated benches to socialize or catch your breath, which provides a mix of organized and free use of the ground floor.





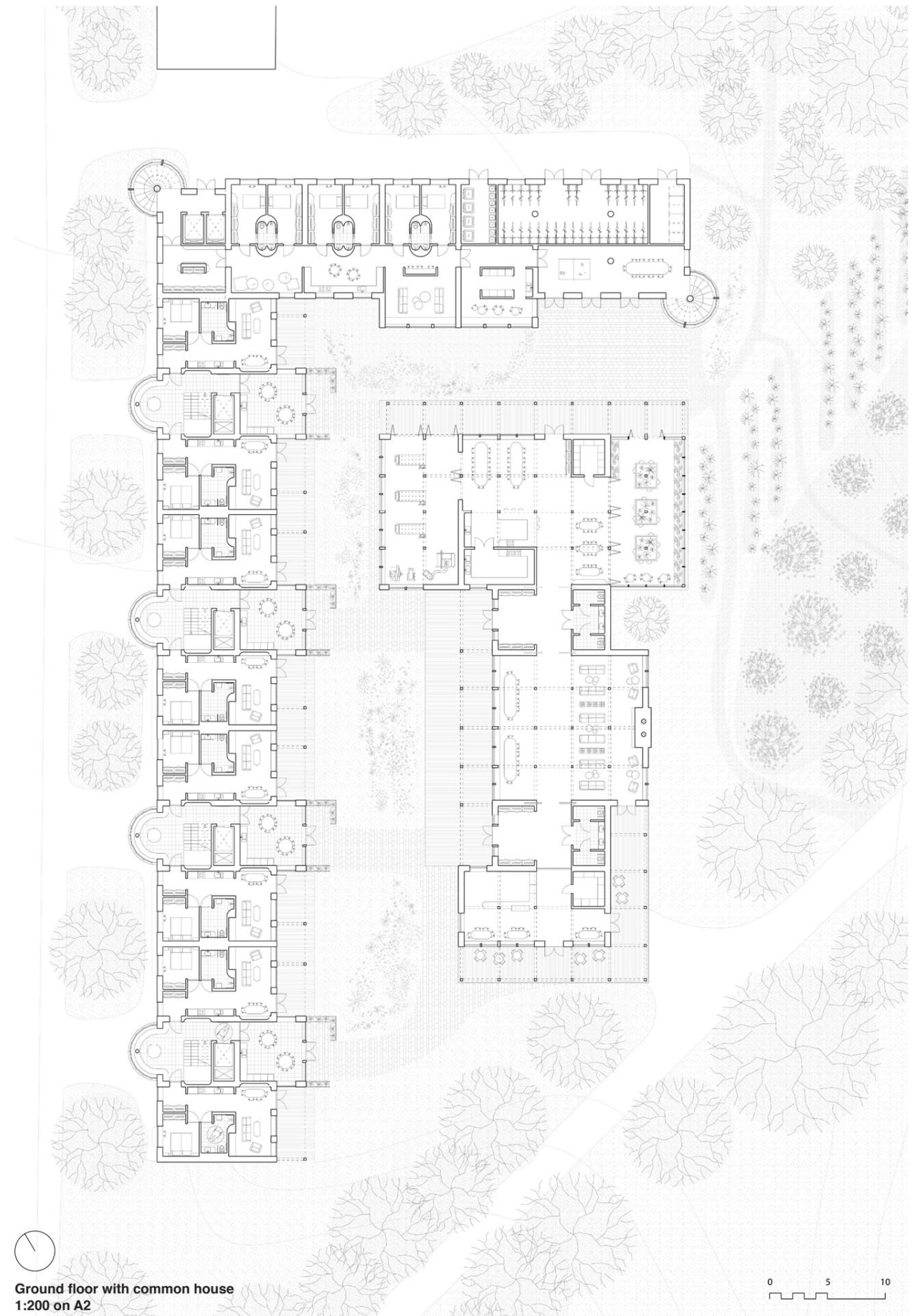
Public facade with integrated seating, entrance to the elderly apartments and bay window in circulation core

The common house

For practical reasons, the students and elderly are placed in separate parts of the building. Due to different schedules and living situations, noise and activity levels it seems more reasonable to accommodate for socialization in more suitable surroundings outside the immediate living situation. A common house is placed in the secluded courtyard framed by the apartment block. The apartments all share a visual connection, providing the residents with an overview of the activities going on in the commons.

The idea of the common house is to provide a flexible building without too specific programming, but rather offer a framework for activities of different scale to take place. The rooms are organized along one main hallway, starting off with a workshop, a shared kitchen and greenhouse in the innermost part of the courtyard, next a large common room/living room and lastly a cafe. The hallway provides a visual connection all throughout the building. The greenhouse connects to the existing fruit trees and parcel garden already existing to the north-east on the site. The separate rooms can also be closed off by large sliding doors, offering more privacy during certain events. As there already is an existing nursing home across the street and a kindergarten on the opposite side, the establishing of a local cafe and possibly other shared features could be beneficial for the existing situation. Offering a meeting space for both the new residents, existing elderly residents and families with younger children who use the playgrounds around the kindergartens both on the weekends and in everyday life. The building is organized through levels of privacy, from most private in the inner courtyard nearest the apartments, to more open towards the public with the cafe towards the kindergarten in the south-east. Ideally, the common house will in addition to its intended purpose thereby also serve the neighborhood with an event based community house, to promote unity and a social meeting space for more people in similar situations.

Good neighborliness is not only pleasant but can also be important if you at some point need help. Welcoming meeting places and common areas can contribute to more gatherings and strengthened relationships. An important focus throughout the whole project has been to locate the informal meeting places, the places you pass by anyways such as if you have an errand, at the entrance from the street, the stairwell, the laundry, etc. and emphasize these areas as social zones. These places have the potential to be designed so that they fulfill more than just their immediate functions, and can offer social meeting places where practical tasks can be completed at the same time. Another important focus has been the level of sharing throughout the building. All aspects of the project promote a social lifestyle, but to accommodate as many as possible, it is important to let the residents decide for themselves how actively they want to contribute to the commons. By moving the largest shared facilities outside of the immediate living situation, the residents could also choose to observe at a comfortable distance, which for many can be more than enough to feel like a part of the community.

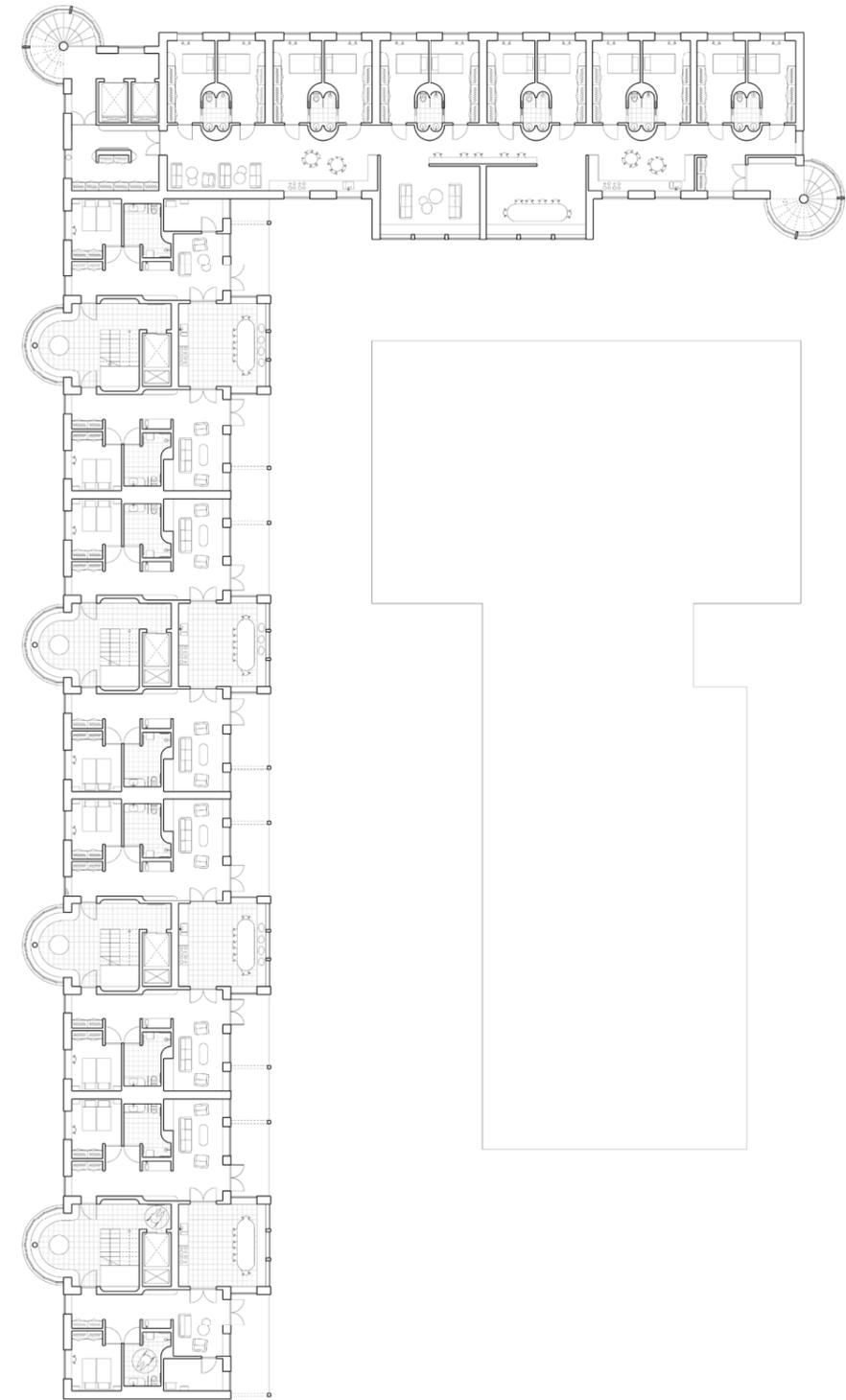




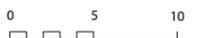
Social laundry on the first floor of the elderly wing

Student apartments

The student apartments are located in the north wing of the building and have a higher density than the apartments for the elderly. There are 12 dorm rooms on each floor from 2-6th floor, and 6 dorms on the first floor. On the first floor is a shared laundry towards the courtyard. Two dorms share a bathroom, and the whole floor of 12 shares two kitchens, a living room and a dining room. Since the student life is temporary, it can be argued that the living situation can be more general as it is for a shorter period of time. With that said, it is also a defining and important introduction phase to adult life, meaning that the housing situation should also reflect a more fluid and adolescent approach to life than maybe for the elderly. In this project, it is rather to relocate existing housing for students, who already have its qualities but lack the social aspect, that can be said to be the main point.

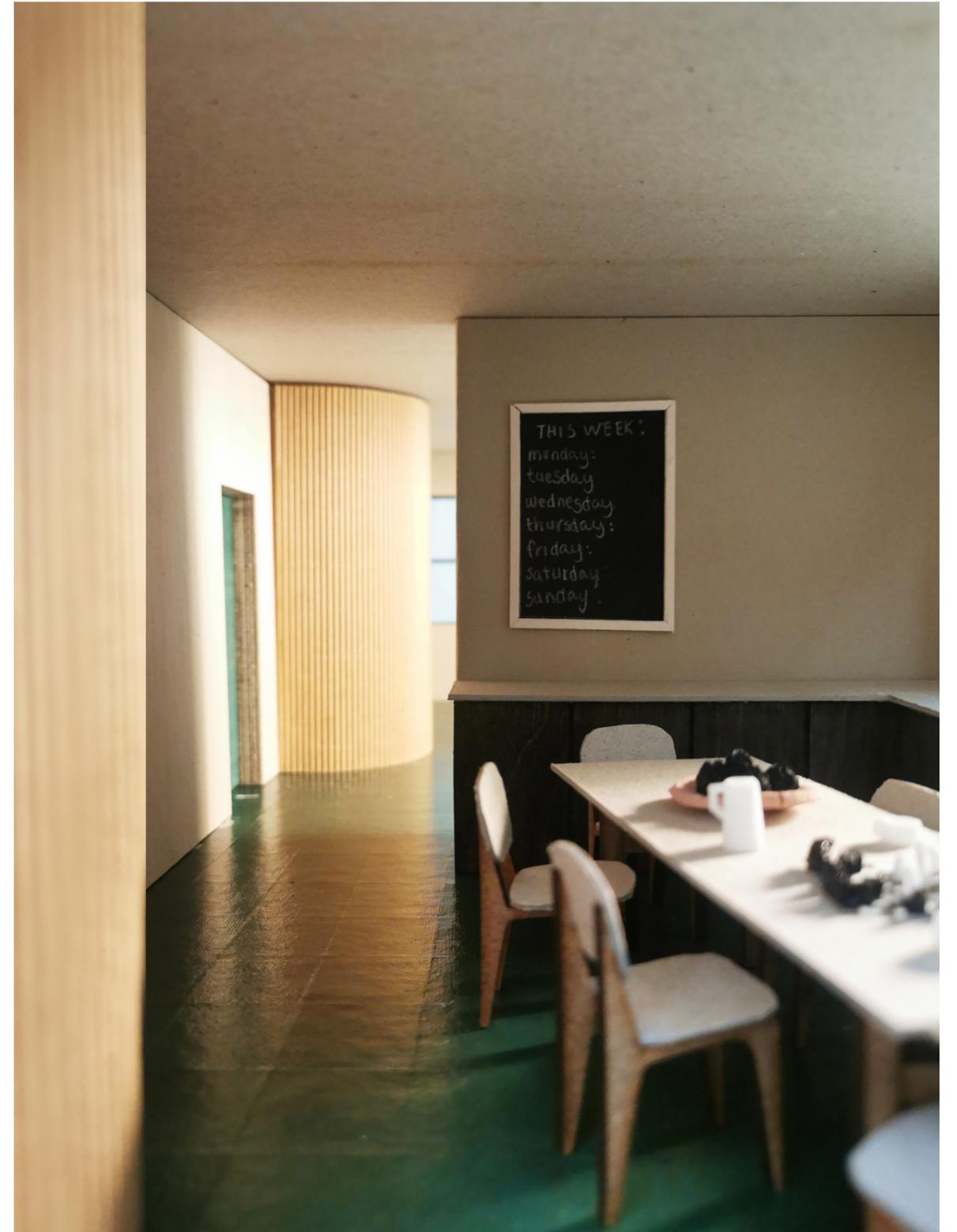


Typical apartment plan
1:200 on A2

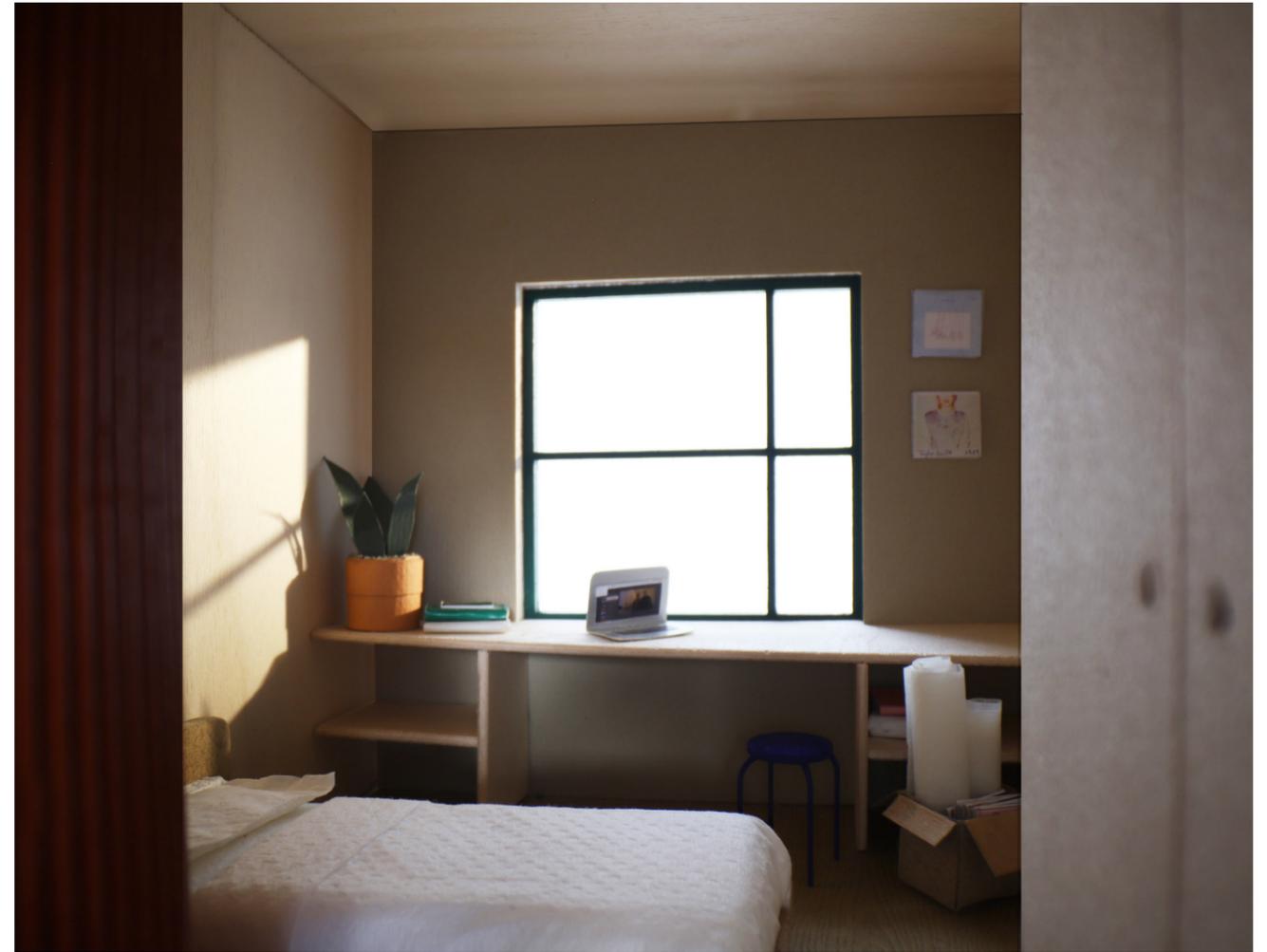




Student kitchen. The bathroom cores run out into the shared functions, providing shielded entrance zones in front of the dorm rooms, out in the main hallway.



Student kitchen

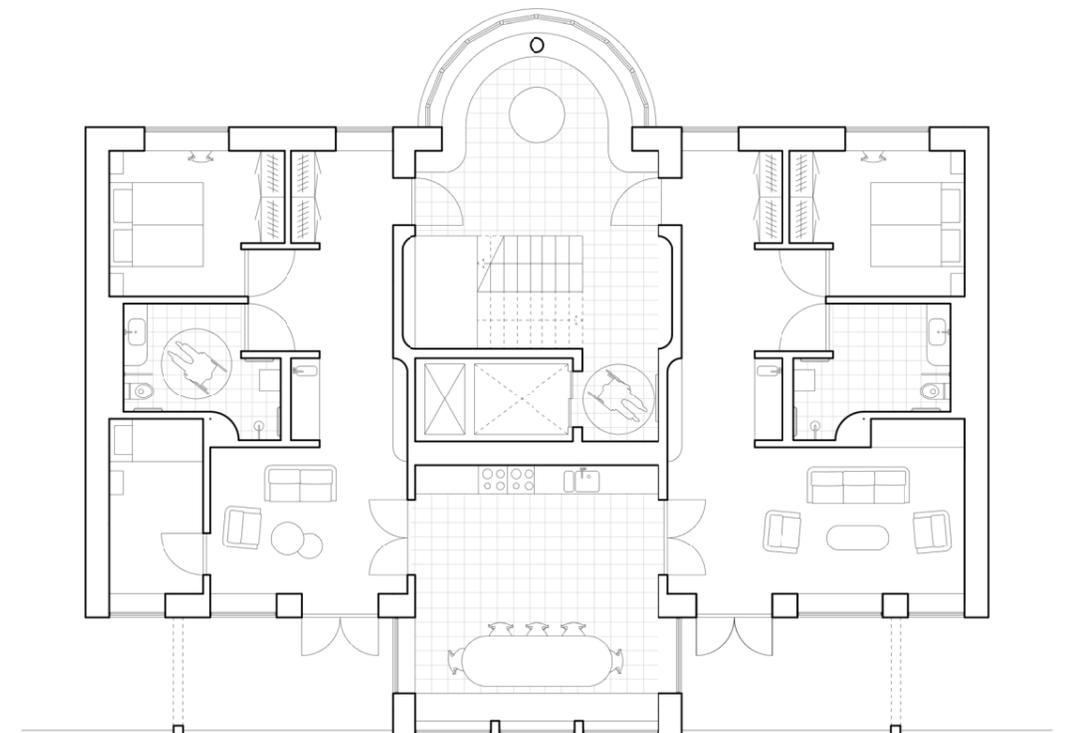


The dorms are small in size but fits all necessities. The deep walls are utilized as an integrated desk.

Elderly apartments

The wing for the elderly in the apartment building contains four floors of housing. The wing is accessible from both the street level and the courtyard. The organization of the elderly apartments is easiest explained by one module; A central circulation core with shared programming, framed by apartments on either side. Towards the street is a large rounded bay window with integrated seating, a nice place to rest or to meet the neighbors over a morning coffee while observing life outside of home. Next to the elevator, there is a colorful stair with integrated seating both at the top of each stair as well as on the landing, to promote physical activity at your own pace. As we age, all types of physical activity are important to maintain good health. Making the stairs accessible even for those who may need a break on the way up or down, provides valuable activity that for some is their only movement during the day. On the first floor, the circulation leads to a laundry shared by the in total eight apartments that surround the circulation core. The laundry is open towards the courtyard and instead of being hidden in a dark basement, it is one of the informal meeting places for the residents where practical tasks can be done while you socialize with your neighbors. The apartments of the first floor are separated by the laundry and are smaller than the above floors, but have direct access to a terrace in the courtyard.

On the three top floors, two apartments share a kitchen. With age, the home can feel larger and can become less manageable to keep clean and tidy if mobility is limited. Sharing a kitchen with someone else can be a nice and safe transition to a more social everyday life. The tasks are shared, and excess space is reduced. Should you feel like not meeting the neighbor one morning, there are also small kitchenettes inside the apartments. Because the kitchen is shared, there is more room for a larger living room. There is also enough space to put in an extra bedroom if one wishes to have room for grandchildren or visiting relatives, by reducing the living room.



0 5 10



Apartment module of elderly apartments
1:150



Entrance to elderly apartment. The doors are split an the top half can be opened separately from the bottom part, gesturing an invitation to socialize within safe frames.



Bay windows in the circulation cores. Offering a gathering place in close proximity to the home, where life on the street can be observed and the surroundings can be experienced from a safe distance.



Kitchenette in one of the elderly apartments. Aids are integrated, and the thick walls are utilized to create a seat close by the door to have a seat when tying your shoes. The interior is kept neutral and minimal, to make room for personal style as many elderly have belongings from a whole life lived they want to bring with them.



Shared kitchen with view towards connecting apartment. The furnishing can be adapted to make it wheelchair accessible. Door frames are low for the same reason.



Dining area in the shared kitchen. The thick walls are utilized again as integrated seating and storage.

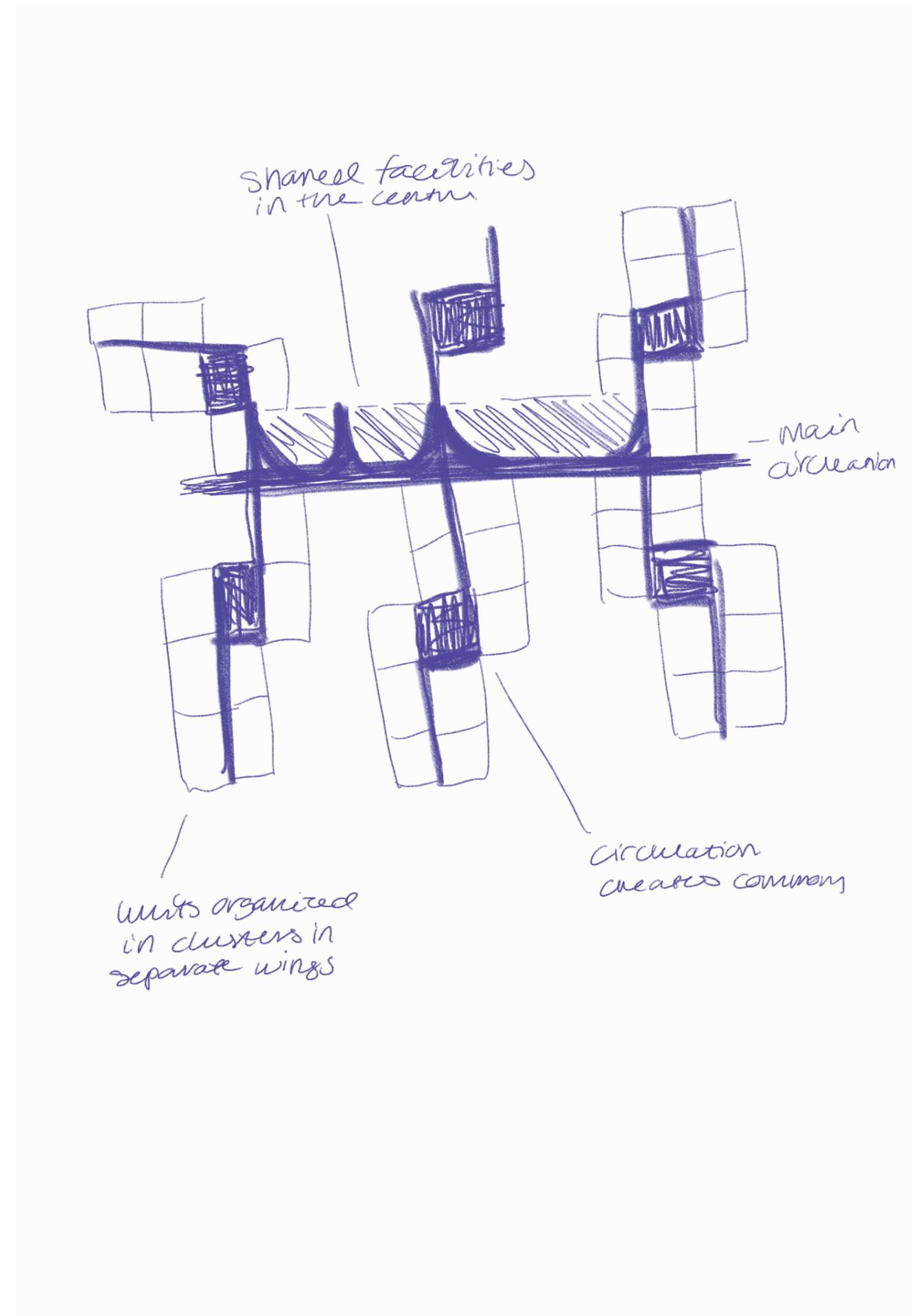


3.0 References

3.1

Kvernaland

Even though most elderly want to live home as long as possible, declining health and the need for care might make it necessary to move. In this project, JAJA Architects focuses on a good transition into a new housing situation, by creating a personalized frame that combines "The feeling of home" and "safety and security". **Exciting and varied outdoor spaces** are created by utilizing the strategic location in beautiful scenic nature. The outdoor spaces are facilitated with comfortable and exciting transitions from the home, to the terrace, out into the garden and further into the open landscape.¹



3.2

Kotoen

In Japan, increased life expectancy and changes in society means it is a demand for more nurseries and retirement homes. It is seen as an opportunity to rethink how to deliver care to both young and old, which they already have been doing for over 40 years in the project Kotoen in Tokyo which opened in 1976.² The intergenerational interactions are beneficial both ways, as **the elderly can volunteer** in the nursery, children visit the care homes and the facility also provide **shared activities**. Kotoen goes a long way in bridging the generation gap, providing the elderly with a sense of still being useful to society and improving their wellbeing.³

² (Usher, M., 2018)

³ (Hani, A., 2019)



3.3

The Hogeweyk

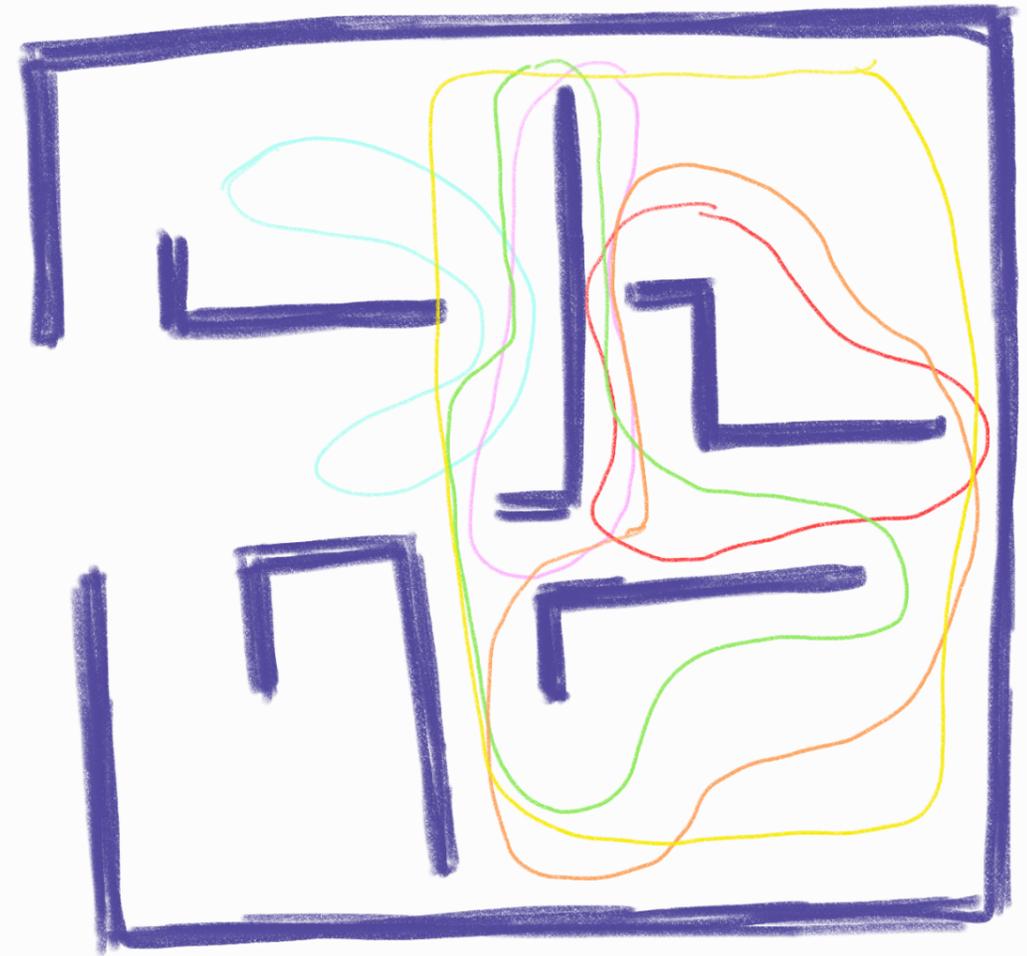
Referred to as the first dementia village in the world. "The Hogeweyk is the outcome of an innovative and disruptive vision on living, care and wellbeing for people living with severe dementia. It means a paradigm shift in nursing home care. The traditional nursing home has been **deinstitutionalized, transformed and normalized**. The Hogeweyk is just like any other neighborhood. A neighborhood that is part of the broader society in the town of Weesp. In The Hogeweyk you will find houses where people live together based on similar lifestyles. They can **visit the pub, restaurant, theater, the supermarket or one of the many offered clubs**. The concept supports unique needs, lifestyles and personal preferences. Living in The Hogeweyk puts boredom, loneliness and hopelessness in another perspective. It focusses on possibilities, not on disabilities. And it goes without say that this is all supported by trained professionals."⁴



3.4

Orchard Respite Centre

"Dublin's Orchard Respite Centre, designed by Niall McLaughlin Architects, is a daycare facility for people suffering from Alzheimers and related dementia. According to the World Health Organization, some 18 million people worldwide live with Alzheimers, a figure that is likely to double by 2025, particularly among urban populations in developing countries. The Orchard Respite Centre, located in a walled, eighteenth-century kitchen garden. is organized around a series of **wandering loops, rooms and gardens**. Each Garden faces a different direction, offering **diverse temporal and seasonal experiences**. The presence of corridors and cul-de-sacs is reduced to avoid disorientation or panic: all pathways lead to the centre's social core space. **Orientation is further enhanced through colour, light, materials and smell**, giving patients spatial and sensory references to find their way back to the familiar in cae they lose direction."⁵



Camden Care Homes

"The Integration of services and structures for the elderly into existing urban fabric has become a major concern for architects and planners, especially in Europe. Some proposal reintroduce care facilities to the neighbourhoods and areas where aging populations once lived. The Camden Care Homes are an example of how different types of facilities for the elderly - namely, assisted-living developments and homes for those who require constant nursing care - can be combined. Niall McLaughlin Architects **included the community in the design process**. While the project acknowledges that these facilities are not able to provide a genuine home-life experience, it builds on the premise that outdoor space can be successfully revamped for communal use by inserting public amenities like **cafes and laundromats** - thus avoiding segregation from urban life by **fostering interaction between various users**." ⁶

⁶ (Canadian centre for architecture, 2012, p. 342)

3.6

Almshouse

How to house or older generation? That is the question Witherford Watson Mann Architects seek to answer with this project in Southwalk, London with 57 extra care apartments. The client United St Saviours's experience with running a traditional almshouse convinced them to update this traditional model for the twenty-first century London. Independent but collective living in the city had proven to be beneficial. The architects together with the client has reimagined a new community that will face the challenges of social isolation and dementia, and create an active and involved elderly population. The vision is clear;

"We want a mix of generations, abilities and backgrounds to come together and learn from each other. We know that older people have lots of skills and time to offer their community, and by keeping them in the community they know and love, the whole community will gain."

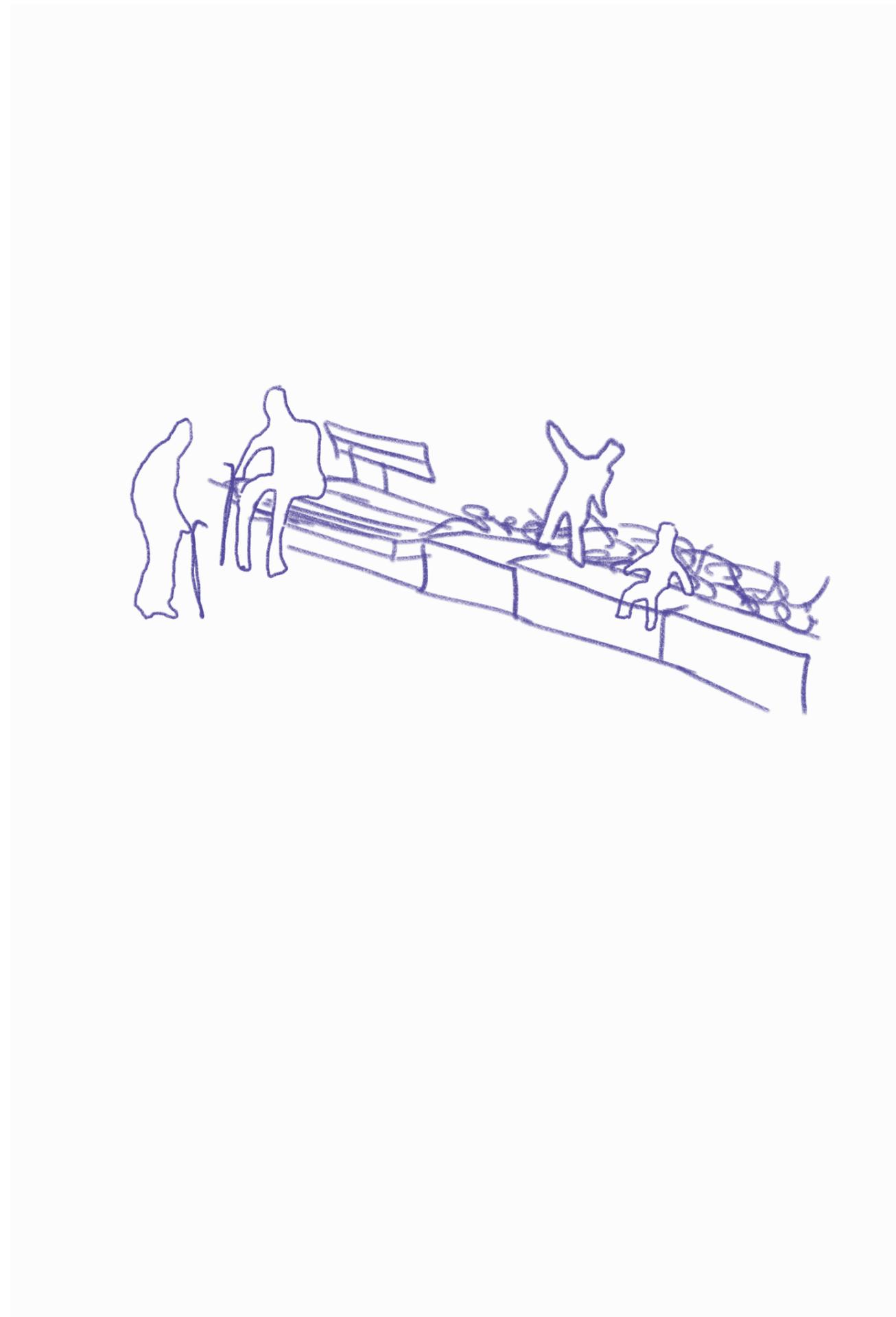
- Martyn Craddock, Chief Executive United St. Saviour's

In conversation with residents of the existing almshouse, **the importance of the garden** became clear. The new almshouse is built around a courtyard garden, surrounded by galleries that gives access to the apartments, **embracing the colors and light of the seasons** into the residents everyday experience. At the ground floor, facing the street, is a series of **shared rooms, a cafe, cookery school, craft room and meeting room**, supporting both activity within the building as well as engaging with the surrounding community.⁷



Områdefornyelsen Damme-Askeby

The aim of the project is to revitalize a public space in a small town in Denmark, working as a case study on how to work with age inclusive space. At a former supermarket parking lot and through a broad participatory process with interviews and workshops at a local nursing home, new spatial arrangements sought to strengthen the social life of the local community. The space is created for **spontaneous social encounters** and inter-generational contact, and the design focuses on creating **opportunities for varying degrees of contact and participation**. The elements suggest rather than dictate use, allowing for different interpretations of the same place across ages.⁸



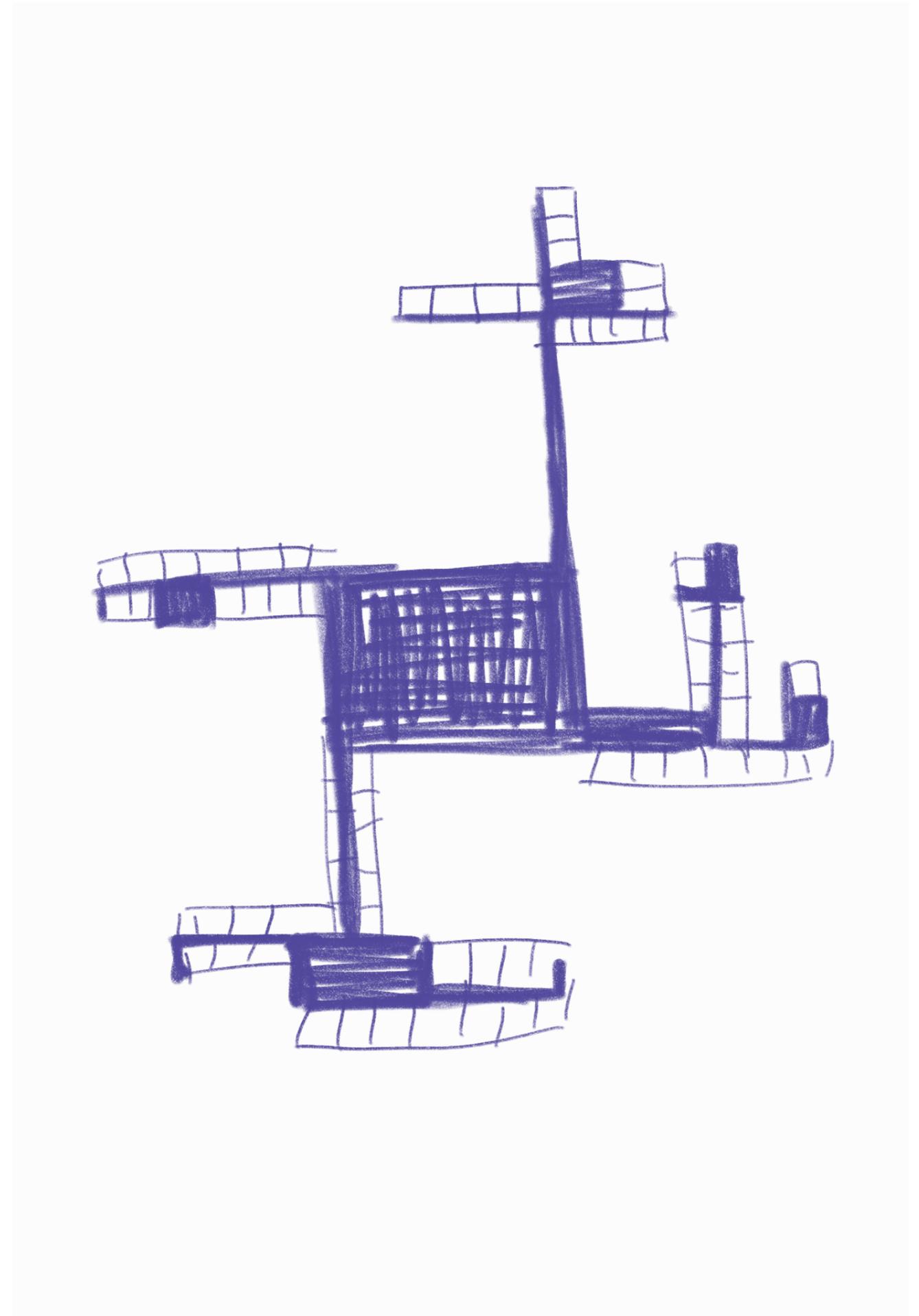
3.8

De Drie Hoven

"Herman Hertzberger's De Drie Hoven housing complex embraced a diversity of spaces as well as levels of care for the aging. Conceived as a city, the complex was organized in series of wings with plaza-like open areas, for social and other activities including **markets, shows, choir performances or card games**. Columns, beams and floors were designed to provide flexible spaces with multiple uses. Hertzberger also envisaged smaller, subtler elements through which residents might further manipulate their environment. **Hallways functioned like streets, inducing both social interaction and physical activity**. Balconies, patios and loggias offered in-between spaces for public and private use. The balconies were made of perforated blocks which compelled residents to introduce plantings. Each unit's split double door - the top half could be opened even as the bottom half remained shut - provided an invitation to socialize, maintaining a physical separation while permitting casual conversation with passersby."⁹

⁹

(Canadian centre for architecture, 2012, p. 330)



Highlighted qualities from references

OUTDOOR:

- Exciting and varied outdoor spaces
- Diverse temporal and seasonal experiences
- The importance of the garden... embracing the colors and light of the seasons

SOCIAL:

- The elderly can volunteer
- Resource to youth by homework help, readings in daycare
- Shared activities
- Fostering interaction between various users
- Activities such as cooking, gardening, storytelling, arts and craft

ACCOMMODATE FOR AGING:

- Safe and accessible public transport
- Driven around when visiting, running errands or want to get out of the house.

STRATEGY:

- Spontaneous social encounters
- Opportunities for varying degrees of contact and participation
- Hallways functioned like streets, inducing both social interaction and physical activity
- Included the community in the design process
- Orientation is further enhanced through colour, light, materials and smell
- Wandering loops, rooms and gardens
- Deinstitutionalized, transformed and normalized

PUBLIC FEATURES:

- Shared rooms, a cafe, cookery school, craft room and meeting room
- Markets, shows, choir performances or card games
- Cafes and laundromats
- Visit the pub, restaurant, theater, the supermarket or one of the many offered clubs

Translated to programming

OUTDOOR:

- A big selection of greenery
- Sense garden
- Area for physical activities, sports and workouts
- Shared terrace, outdoor seating
- Greenhouse

SOCIAL:

- Classroom/studyhall
- Small library
- Shared livingrooms
- Dining hall
- Shared kitchen
- Craft room
- Meeting room
- Laundromat

ACCOMMODATE FOR AGING:

- Integrated seating
- Availability
- Everyday public features close by

STRATEGY:

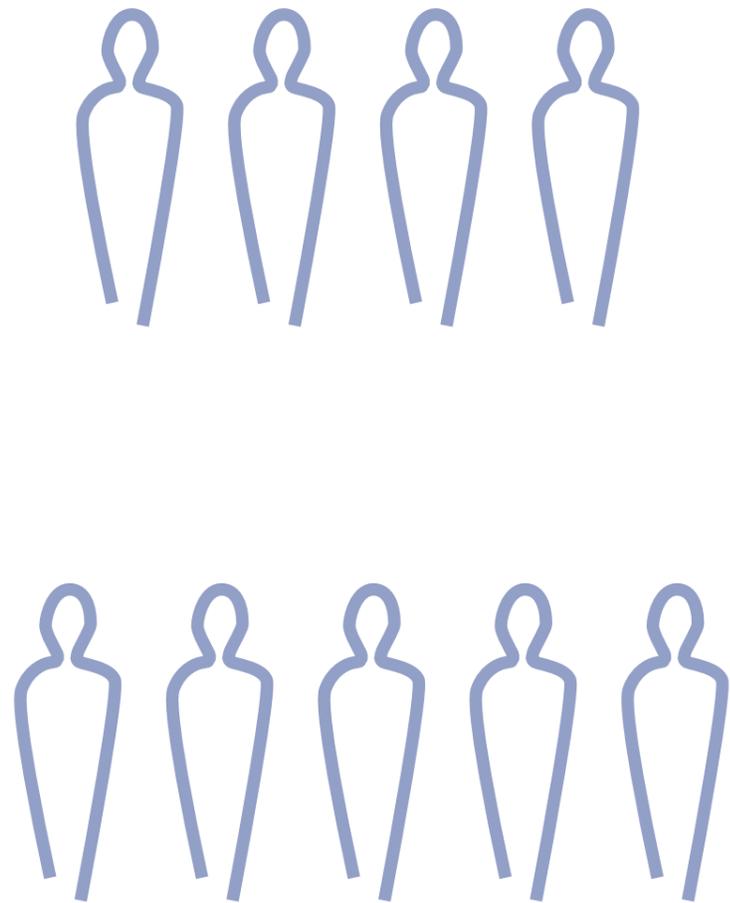
- Hallways/loops/streets
- Color codes/materials
- Cluster units
- Social "pockets" in circulation
- Daylight
- Indoor/outdoor
- Private/shared

PUBLIC FEATURES:

- Cafe
- Plaza
- Grocery store
- Hairdresser
- Gym

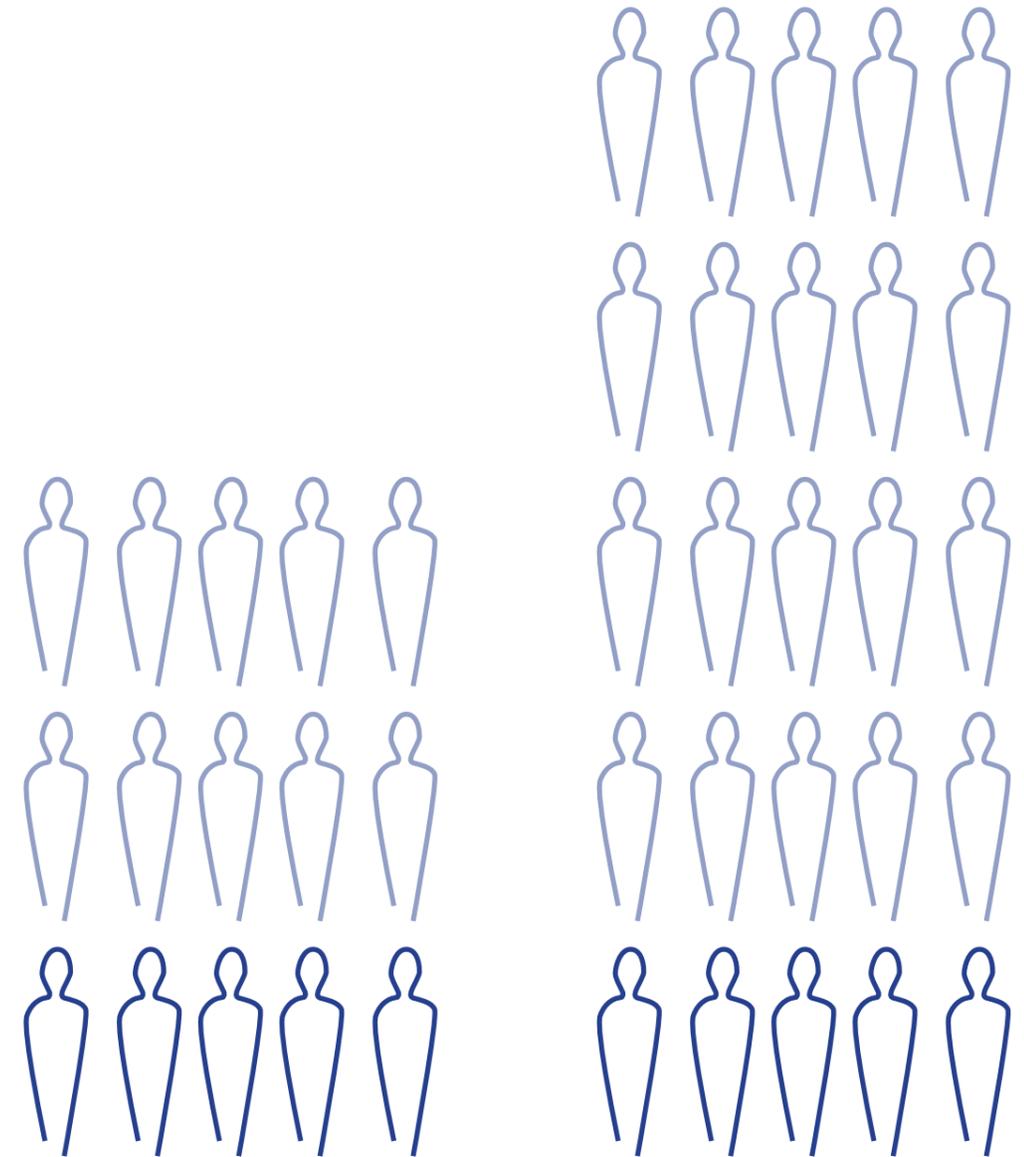
4.0 Statistics and definitions

4.1 An aging population



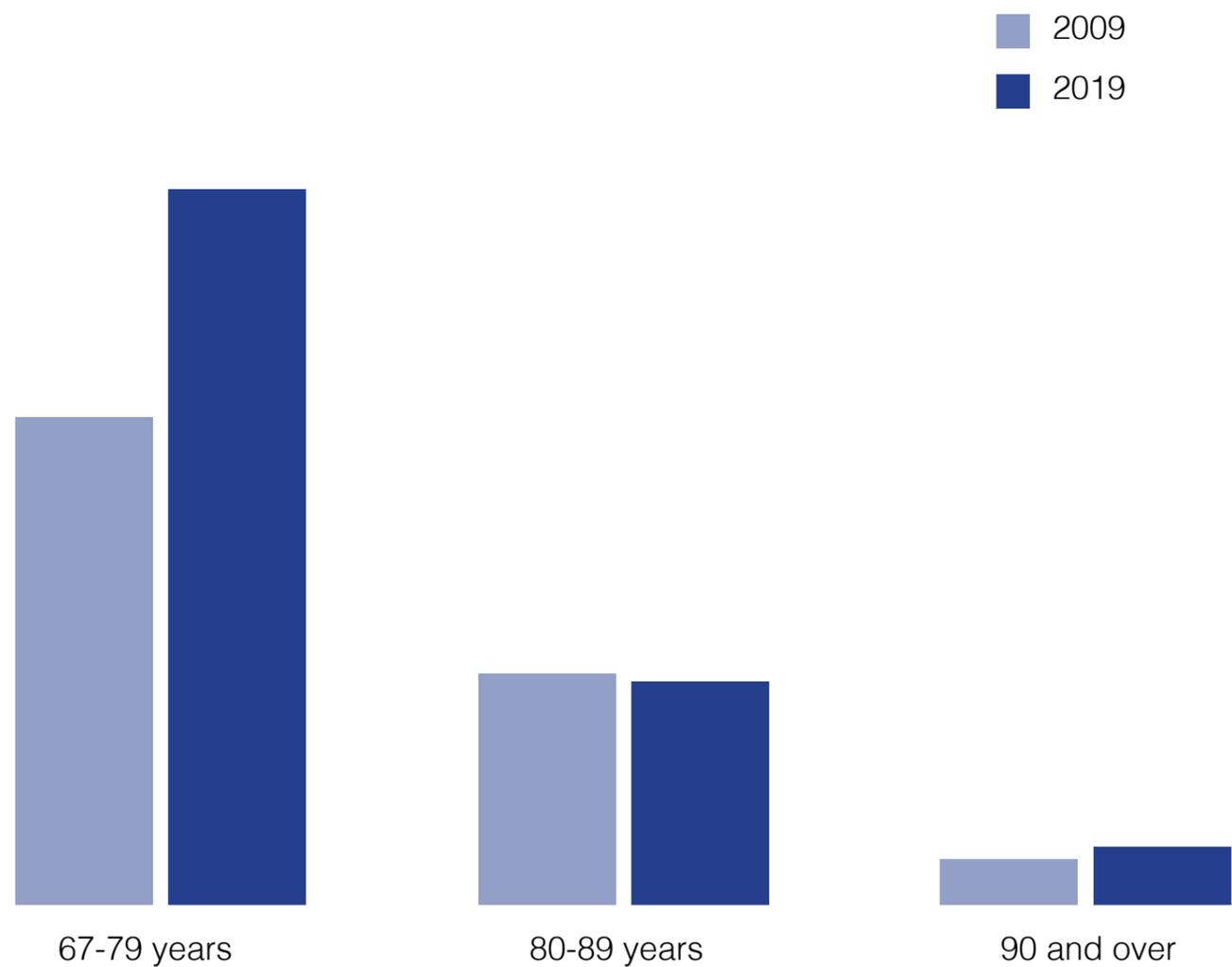
According to population projections by SSB, every fifth person in Norway will be over 70 years of age in the year 2060, compared to today's one to eight person.¹

¹ (SSB, 2020)



The increase in people over the age of 80 is expected to triple by 2060, while the number for people over the age of 90 is close to fivefold.²

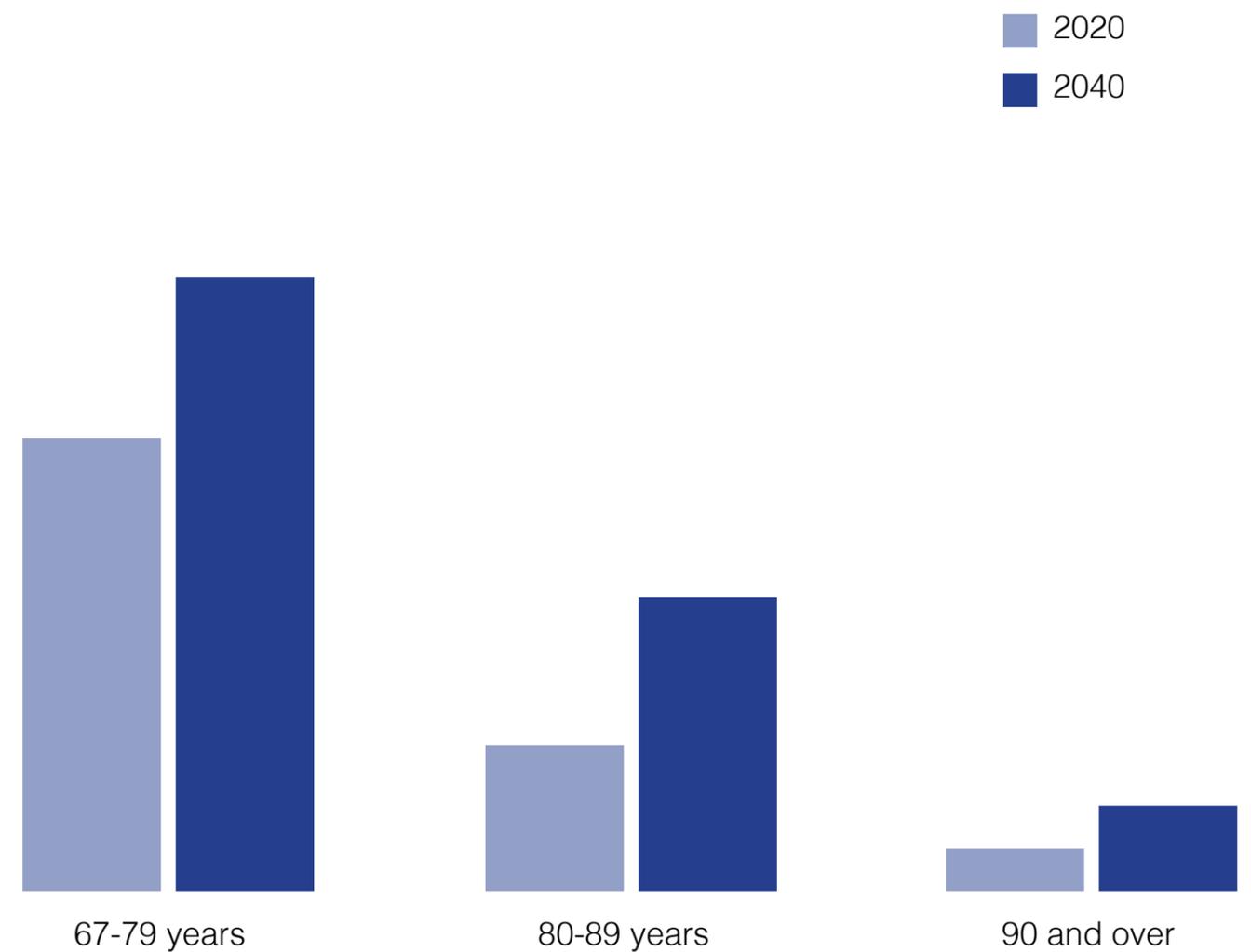
² (SSB, 2020)



Population growth from 2009-2019 in the elderly population

The significant change in demographic in Norway can be seen in the period from 2009-2019. The population growth was at 11% in total, while in the age groups of 67-79 years and 90 years and older the growth is at 46% and 29,7% respectively.³

³ (Helsedirektoratet, 2020)



Population projection from 2020-2040 in the elderly population

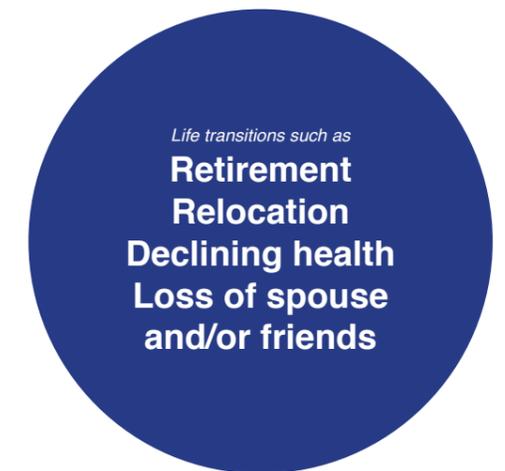
According to the population projection by SSB, the growth will continue, creating a larger group of elderly in the population.⁴

⁴ (Helsedirektoratet, 2020)

4.2 Who are the elderly?

WHO defines those over 60 years of age as elderly.⁵ Biologically, ageing leads to a gradual decrease in physical and mental capacity. Beyond biology, ageing is associated with other life transitions such as retirement, relocation to more appropriate housing and the loss of friends and partners due to aging. In Norway, the life expectancy is 84,73 years for women and 81,59 years for men.⁶

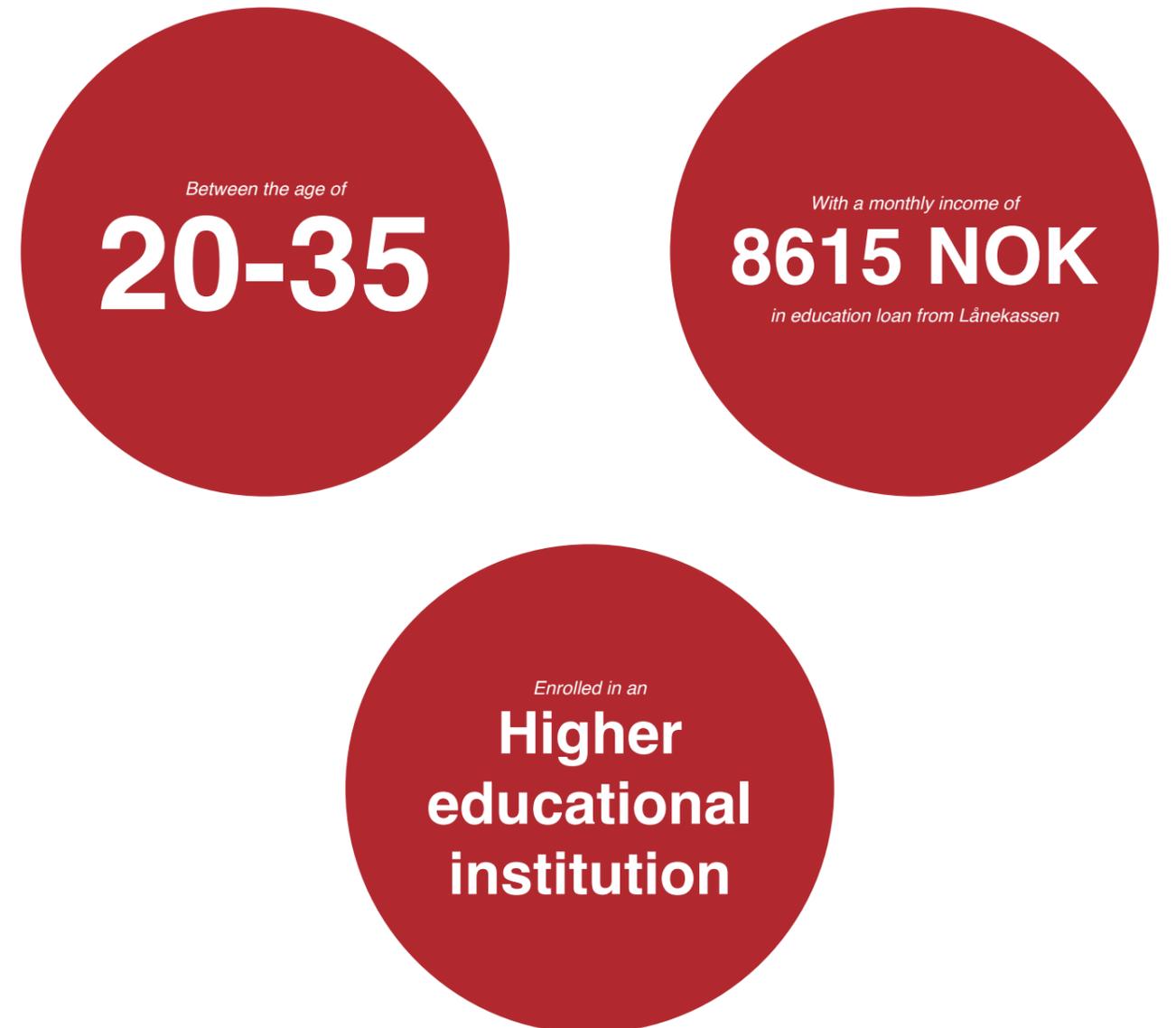
⁵ (WHO, 2021)
⁶ (SSB, 2022)



4.3 Who are the students?

The student in this particular project is defined as a person between the age of 20-35 enrolled in an higher educational institution. The monthly payment from Lånekassen if you receive full loan and scholarship is as of today 8615 NOK.⁷ In 2020, the average price of renting an apartment at Grünerløkka in Oslo was 13 500 NOK.⁸ Students often want to live in the city centre, but the monthly payment does not extend to rental prices. With limited economy, the question becomes either a compromise of time or centrality. With the current situation, students have to either take on a part-time job next to full-time studies to make a livable income, or move out of the city and commute to the university.

⁷ (Lånekassen, 2022)
⁸ (Feratovic, L., Meisingset, S., 2020)



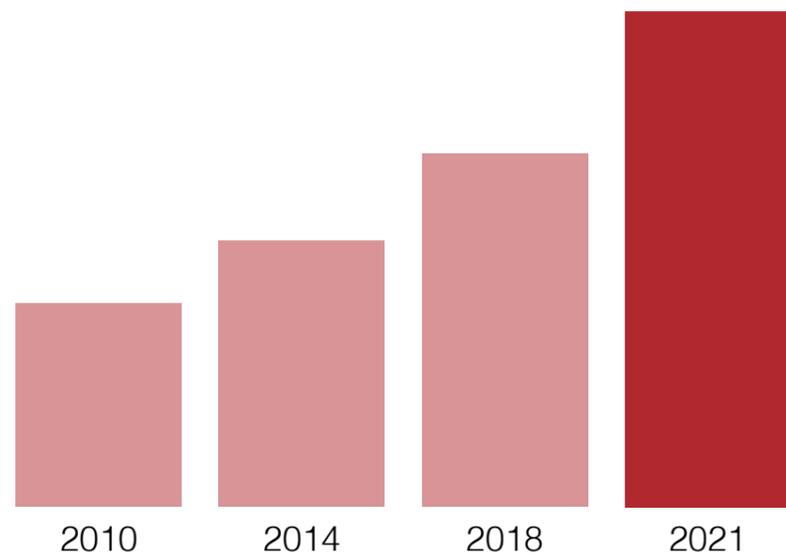
4.4 Student health

The statistics are based on the SHoT survey (The Students health and well-being survey) conducted by FHI on behalf of SiO (Student Organization of Oslo). The survey is conducted every 4th year, but due to the Covid-19 pandemic an additional survey was done from March 1st to April 5th 2021, one year before the next official survey in 2022. More than 62000 students between the age of 18-35 years in Norway and abroad responded to the survey. The survey of 2022 is as of today currently ongoing, therefore the results are not available yet. The data collected in these statistics are therefore based on the most recent survey conducted in 2021, to give the closest up to date view on the well-being of the students.*

**The additional survey contains questions more specifically related to the pandemic, which without a doubt made an impact on everyone's everyday situation, including the students. It is therefore arguable whether the survey provides a correct impression of a normal everyday situation for students. Nevertheless, the pandemic has led to a new normal, and problems that have not previously been elucidated came to the surface. Therefore, I argue that the impact of the pandemic only clarified already existing problems in society, which we now have the opportunity to do something about - making the results of the survey relevant to my project.*

Mental health

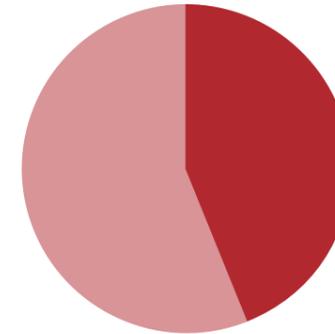
There has been a significant increase in reported mental health issues in the last ten years, from 18% in 2010 to 45% in 2021, meaning almost every other student.⁹



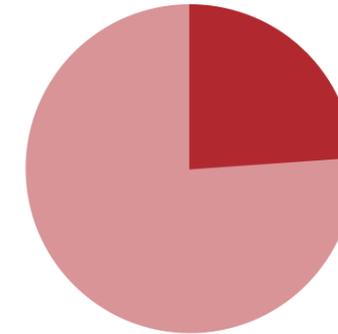
⁹ (FHI, 2021)

Loneliness

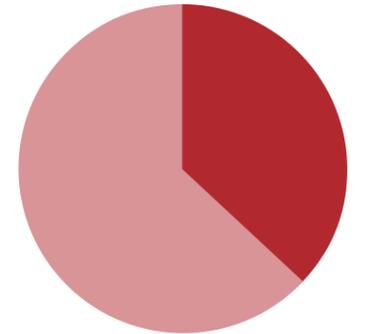
Over half of the students answered often/very often to at least one of the below questions.



Close to half of the participants, 44%, responded that they often/very often miss company



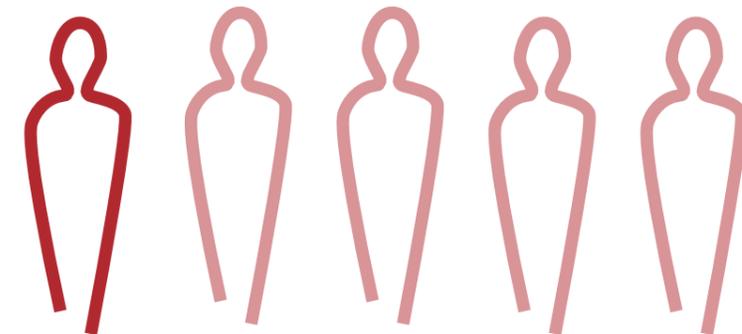
24% feel left out



While 37% feel often/very often isolated.

Self-harm

The extent of self-harm and suicidal thoughts is high among students. One in five said that they have harmed themselves on purpose and just as many have seriously considered taking their own lives but have not actually tried to do so.¹⁰



There has been a steady increase in the proportion who report suicidal thoughts in the last ten years, from 8% in 2010 to 15% in 2021.

¹⁰ (FHI, 2021)

4.5 Living alone

More people than ever before are living on their own in Norway. By the beginning of 2021 the number of people living on their own reached over 1 million people for the first time, corresponding to 18,8% of the population.¹¹ The statistics shows that it is most common to live alone in the beginning and the end of adult life, where 22,4% of young adults between 16-29 years of age and 34,4% of elderly above 67 years live on their own. More elderly women than men are living on their own, which also corresponds with why more women than men over 75 years of age experience a sense of loneliness.¹²

¹¹ (Tømmerås, 2021)

¹² (Skreien, 2022)

5.0 Research

5.1

Informants

I got in touch with two young adults who have had the opportunity to test out intergenerational living here in Norway to talk about their thoughts on the topic. The disadvantages of this type of living arrangement seemed minimal based on their experiences.

What was the reason why you wanted to live together with the elderly generation?

- I wanted to live together because I wanted to connect across generations. I come from a small family and had a close relationship with my great-grandmother. I wanted to disprove my own prejudices against nursing homes, as I myself may end up there later in life.

What were your preconceptions about the elderly generation before you moved in with them?

- After my great-grandmother died, I had little contact with the generation. I imagined that they sat a lot in silence, had few activities and little meaningful everyday life. At the same time, I thought that they have a different respect and enjoyment of culture and art, from which we younger people can draw inspiration.

What is it like as a young person to live in an environment adapted for the elderly? Did you experience any changes in your everyday life after you moved in? Which changes were positive/negative?

- The time spent together was characterized by far more activities than I anticipated. They were very chatty, had a good sense of humor and I experienced chemistry with some of them as I do with people my own age. My everyday life changed quite a lot, but the changes I experienced were very positive. It felt very welcoming and homely to live together, and I got to take part in various activities I normally wouldn't participate in.

What advantages do you see when it comes to living across generations?

- Cultural exchange. Socialization. Older people have the right to associate with people from other generations, and are often deprived of that opportunity. They are left outside society and peer into something they do not fully understand. As a younger generation, we introduced the group to technology that allowed you to continue building relationships and gave them a glimpse into what our world is like. At the same time, I experienced a calmness when I was with the elderly who seemed so relaxed in contrast to other things in life. Building homes for the elderly and students is an efficient use of space, and prevents loneliness for both parties. In addition, students can contribute to activation and small talk caretakers do not have time for during their working days.

Are there any disadvantages to being a young person living together with elderly people?

- We lived on separate floors, and experienced that when we first had visitors we did not bother the residents. They rarely complained if we had a party. But the residents were very pleased that we were there and liked that we made a bit of noise. Otherwise, there is very little I can think of as disadvantages.

What was the reason why you wanted to live together with the elderly generation?

- The concept has fascinated me since I heard about trials with it in the Netherlands many years ago and I thought it must be right up my alley. I get on very well with older people and have always been interested in history and stories. That's why I think it's really fun to talk to the elderly.

What were your preconceptions about the elderly generation before you moved in with them?

- I respected them very much, respected the life they lived. I grew up close to my grandparents and lived with them both in good times and later when they got dementia.

What is it like as a young person to live in an environment adapted for the elderly? Did you experience any changes in your everyday life after you moved in? Which changes were positive/negative?

- It is very good! I have made so many new friends with so many strange things to tell. Also, many to tell. Everyday life has changed somewhat, but not drastically. I live pretty much as before.

What advantages do you see when it comes to living across generations?

- Given that the interest is there among young people, it is very positive. There is a lot of mutual joy, simply because you make new friends. Of course, not everyone becomes friends, but given that you find someone, it provides all the benefits of other friendships, in addition to the fact that you can cheer up potentially lonely people in the last stages of life.

Are there any disadvantages to being a young person living together with elderly people?

- Can't host the biggest parties, but I don't need them either. But living with the elderly is not for everyone. There must be a genuine interest in people and a respect for the elderly must also be present.

Leve hele livet

Leve hele livet (Living the entire life) is a reform to ensure that the elderly are able to cope with life for as long as possible and feel safe that they will receive help when needed.¹ The goal is for the elderly to be in control of their life and provide for themselves longer, but also provide safety and help when needed. The reform is based on the experiences of health employees, elderly, next of kin (relatives), volunteers, scientists and leaders in the field.² How the quality of services can be improved and how the services can provide safe and dignified later years of life. The starting point of the reform is acknowledging that there are well-functioning solutions locally, but that they to a greater extent could be shared more widely. Initially the reform period was originally set for 2019-2023, but in 2021 it was decided by the government that the period should be extended by one year, until 2024.³ In the official statement from Stortinget, five focus areas are presented with 25 proposed solutions, with the goal of creating a more age-friendly Norway through innovative solutions to challenges connected to activities and community, food and meals, healthcare, coherence and transitions in the services.

Through “Living the entire life”, the government has for the first time collected and systematized work from the municipalities that have found new and better solutions in caring for the elderly. Combining new initiatives with measures that have already been initiated and implemented, the government is signaling a new and sustainable policy which will ensure all citizens a healthy and safe older age. Both in terms of better services and offers, but also a society where older people can use their resources.

The core of “Living the entire life” can be gathered into five main themes, together contributing to giving the elderly and their relatives increased joy, quality of life and safety in their everyday life: ⁴

¹ (Helsedirektoratet, 2021)
² (Meld. St. 15 (2017-2018))
³ (Helsedirektoratet, 2021)
⁴ (Meld. St. 15 (2017-2018))

The opportunity to choose

“Living the entire life” is a reform for greater freedom of choice. It should provide the individual with a greater opportunity to choose the service provider (who), contribute to the content of the service offer (what), in what way it is provided (how) and at what time and place the service is provided (where and when)

Enjoying the meal as an elderly

“Live the entire life” is a reform for greater enjoyment of food, whether you live at home or in a nursing home or hospital. It should make the meal an event in everyday life, provide several meals throughout the day and ensure good nutrition by good chefs and local kitchens.

Health and care services for the elderly

“Live the entire life” is a reform to create a health and care service for the elderly where the most important question is: What is important to you? It should provide security and reassurance that you will get help when you need it. It should invite activity and participation and provide assistance to cope with everyday life despite illness and loss of function.

Care for relatives/next of kin

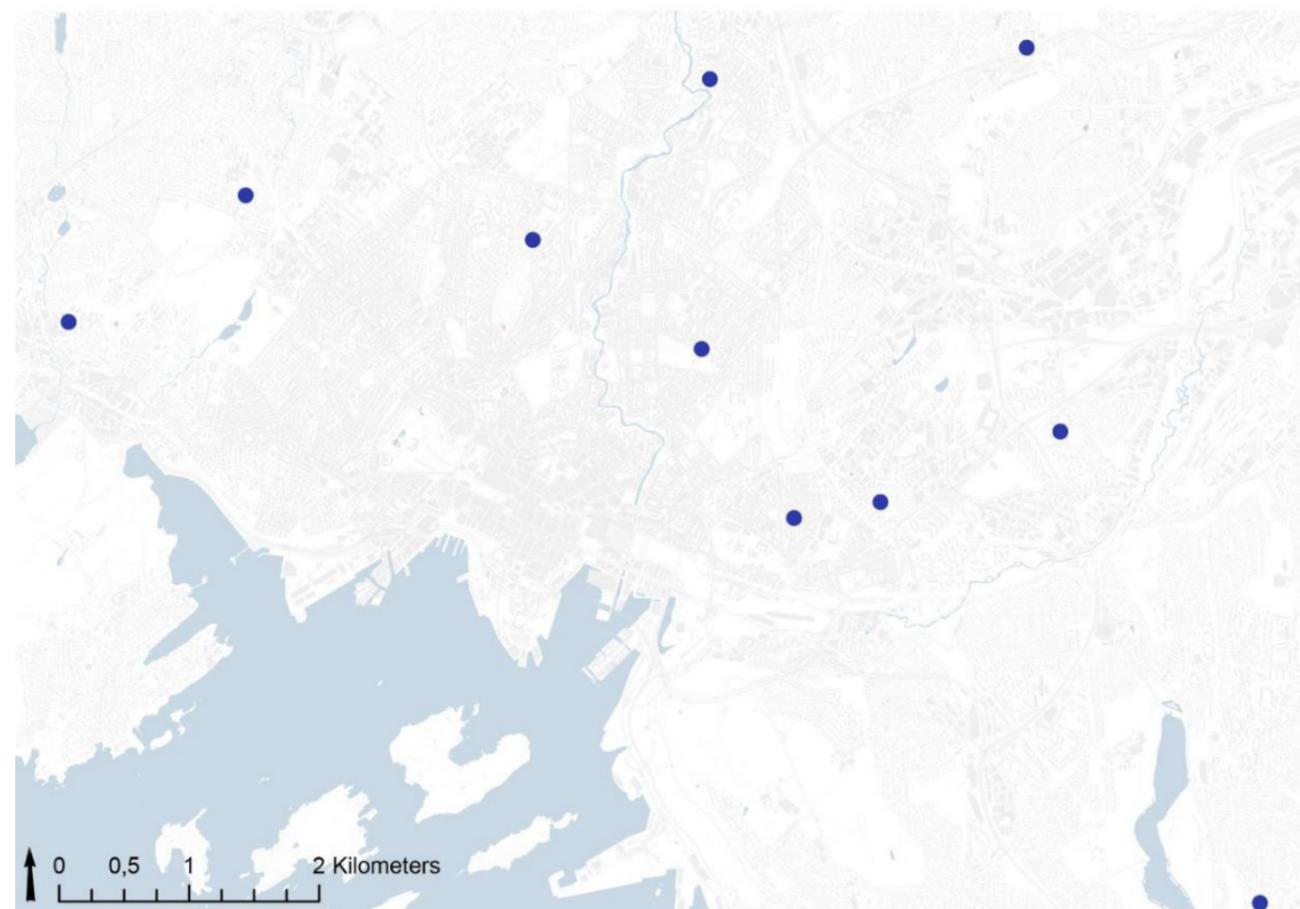
“Live the entire life” is a reform for the relatives. It cares for those who provide care, and take care of those who care for their loved ones, so that they do not tire themselves out. It will facilitate closer cooperation on joint tasks between relatives and the health and care service.

Alternative work arrangements

“Live the entire life” is a reform for everyone who works in the health and care services. It should inspire us to find new working arrangements and adopt new technology, new methods and solutions. It should challenge organizations to organize themselves so that there is greater continuity in the service offering, with smoother transitions and making it easier for those who receive services.

Omsorg +

Omsorg+ is the municipality plan for housing the elderly aged 67+ who are mostly self-sufficient and independent, but may experience their own home unsafe, impractical or lonely. The apartments are adapted for the needs of the elderly, the community has round-the-clock staff, an activity center and common room, social activities, meal services and in some cases a hairdresser and foot care.¹ The requirements are as following; you must be above the age of 67, have lived in Norway for the last two years and have legal residence in the country, your current home must be unfit for living with impaired mobility or health issues and/or feel unsafe or lonely.



Overview of the Omsorg+ homes within Oslo Municipality

¹ (Oslo Kommune, unknown year)

The third age

In 1989, the British historian and sociologist Peter Laslett launched the concept of “the third age”. A life phase where the individual is done with parental duties and 9-4 work life, and is free to live on their own terms.¹ Old age has become a project. In the third age, the individual can focus on personal development, such as traveling, learning new things and developing new relations. The intention from Laslett was the emphasis of aging as something positive, with freedom and activity, not weariness and decay. A consistent find in international research is that today's elderly does not imagine themselves as the previous stereotype of an elderly person, sitting in a rocking chair and resting in their old age. Some imagine themselves working on their own terms, preferably volunteer work, while many spend time with friends and family and engage in a variety of social activities. Others renovate their house or cottage, or finally finish the garden, many travels a lot and might even spend the winters in warmer countries. The one thing that is consistent in all the research, is how old age has become a project for the individual, with great freedom of choice as to what the third age will bring.

Recent housing projects for the elderly are typically targeted towards this specific group. Referred to as senior homes or senior communities, private developers such as Ambera and Bovieran provide housing schemes that are exclusively designed for the aging adults in their 50s closing in on the third age.² The focus on developing housing for the elderly gives us important insight into the current situation; today's elderly want to plan their retirement, they are active and healthier than ever and seek a meaningful everyday life. They see the benefits of living together in a community, socializing with their neighbors and the safety it provides. They want simple, low maintenance housing to focus on other aspects of life after retirement. By moving into a home more suitable for aging, it is possible to live at home longer, and co-locating an age group makes it easier to provide potential care services. Most importantly, it shows that it is a market of people open to the idea of rethinking what elderly housing is and could be.

At the same time, we should question what these developer led senior communities generate in a larger context. The apartments are usually spacious and luxurious, thereby expensive and not available to all. These type of projects target specifically the well established “young-olds” who will make a profit of selling off their fully paid off family homes that they have owned for 20 years, leaving out a large proportion of elderly with poorer finances. It is also up for discussion whether or not it is beneficial to widen the gap between young and old and continue on with age-segregated housing.

¹ (Grødem, 2020)

² (Skreien, 2022)



Gode boliger til ældre - en eksempelsamling

Suitable housing for the elderly - a collection of examples

The BUR Rapport in collaboration with Aarhus School of Architecture from 1989, provides examples still relevant today of good quality housing for the elderly. A variety of ways of living are presented, providing a solid overview of what works well and what could be improved. On the next pages, some examples on different types of housing for the elderly are presented with examples from the report.



Examples on different types of housing for the elderly from the BUR Report: ¹



Assisted housing:

Mr and Mrs Scharff moved to sheltered housing when their health declined. Here their everyday life is manageable and they meet old friends in the community centre.

Handicap-friendly housing:

Mr and Mrs Mortensen are city dwellers and have lived mostly in flats. They recently moved into a handicap-friendly apartment due to declining health and are now feeling safe in their home. The building has good accessibility, a lift and good lighting.

Own house:

Ellen and Jens have been teachers and know everyone in the town. They have spent their whole lives here and want to stay in the house with a large garden and space for various purposes



Shared housing:

Birgit planned in advance how she wanted her retirement and joined the planning of the housing association with 45 others. They are in contact daily and share meals in the common house.

Nursing home:

Mrs Birch experienced issues with her balance and now lives in a one-room apartment with a terrace. There is limited space but she has found space for her most important items. Some residents are old neighbors and her daughter visits regularly. She would like to have a slightly larger apartment and wishes there were two-room apartments in the nursing home.

Elderly adapted housing:

Viggo did not want to stay in his house after he became alone. He moved to an area with elderly adapted housing. Both children, young adults and elderly live in the area, and the elderly look after each other. The retirement club meets weekly in the community house.

Gode boliger til ældre
 - en eksempelsamling
 ARKITEKTSKOLEN I AARHUS
 BYGGERIETS UDVIKLINGSRÅD, KØBENHAVN
 MAY 1989
 Forfatter: Bente Hindstrøm

ERFARINGER & PERSPEKTIVER

FLYTTING → LYST OG NØD S. 8
 - noen ting er til å flytte, trapper, manglende bad, dårlig oppvarming, sviktende helse, ensomhet, problemer med å passe på boligen.
 - man overlever handicapet av å bo i en dårlig bolig, og boligens forfall bliver et bilde på oss eget forfall.

Boligen → identitet og tilhørighet
 Kriessituasjon/uttøvelse av søe → flytting → vanskelig å finne seg til rette og skape kontakter

Valgmuligheter:
 - Gode boliger for eldre er boliger hvor man kan leve et selvstendig og uavhengig liv, oppleve trygghet, finne inspirasjon og samvær med andre. Boliger man flytter inn i i 60-års alderen for å nyte alderdommen, et sted man finner trygghet og omsorg når kreftene ikke strekker til som før. Det finnes ikke en god eldrebolig, de er forskjellige
 - Individuelle boliger, boliger med fellesskap, boliger i blandet bebyggelse, bebyggelse forbeholdt eldre, boliger tilknyttet pleie og servicefunksjoner og boliger på pleienhem. = valgmuligheter og variasjon

Noen flytter fordi de har lyst, nye generasjoner av eldre overlever situasjonen når de nærmer seg pensjonsalder og tar fatt på et nytt kapittel:
 → DEN TREDE ALDEREN
 → ønsker en ny boligsituasjon hvor de kan bo mer praktisk og finne inspirasjon og trygghet i samvær med andre

→ Tenke langsiktig: Forebyggingsstrategi, gode boliger med mulighet for samvær og trygghet. Boliger folk velger på et tidlig tidspunkt i alderdommen slik at de har tid til å innrette seg på ny og skape nye kontakter. Gir større sjans for at eldre lever bedre liv med mer dybde, og unngår å bryte opp og flytte igjen.

Eldre blant yngre, og sammen s. 9
 - Eldre setter både pris på å bo blant yngre, samtidig som de gjerne vil ha kontakt med andre pensjonister. Eldreboliger kan gjerne være i små klunger i større bebyggelser. I eksempler hvor eldre bygger selv er det ofte utelukkende for eldre, varierende om man setter pris på samværet på tvers av alder.

BOKVALITETER S. 13

Gode boliger er et komplekst samspill av arkitektoniske, funksjonelle og sosiale kvaliteter.

Arkitektoniske
 - tilpassning til lokalt bymiljø, byggestil
 - varierte og opplevelsesrike nærekreative uteoppholdssteder
 - Boliger tilpasset forskjellig botradisjon og ønsker
 - Boliger som inneholder forskjellige aktiviteter og opplevelsesmuligheter i løpet av dagen og året.

Funksjonelle
 - Sentral beliggenhet i byen og tilgjengelighet
 - Boligens anvendelighet og fleksibilitet, innretning og utstyr

Sosiale
 - mulighet for forskjellig type samvær, aktiviteter og service. mulighet til å velge boliger og påvirkning

Eldre er forskjellige og derfor er det viktig med valgmuligheter

Boligene til eldre er ofte for små. Gjennomsnitt på brutto 67 m², selve boligarealet omkring 50 m². Dette kan oppleves trangt for de med problemer med å gå eller i rullestol. I bebyggelse hvor eldre selv tar initiativ er ofte de største leilighetene som er beregnet til ekvipar ca 90 m².

Handicapede boliger
 - adgangsdørene er utformet så boligene er tilgjengelig for de med begrenset mobilitet eller rullestol. Utover det kan de ofte tilpasses enkelte behov senere.
 - Stuvket nivå av tilpasset skal man planlegge for når målet er å bo lengst mulig i et hjem.

→ forutsetter fleksible boliger som kan endres og tilpasses over tid, en gjennomtenkt plan med anvendelige rom, valg av inventar, som lett kan bygges om og tilpasses den enkelte behov.

S. 14
 EKS. Hals kommune
 - De lokale eldre planlegger, samarbeid mellom borgere, institusjoner, kommunens planleggere og politikere.
 - Langsiktig plan for en aldersvennlig by, mål.
 - Sammenheng mellom forskjellige steder i byen.
 → Fortette byen mer funksjonstet og opplevelsesrik for de som bor og ferdes
 → Forbind og åpne grønne områder til et sammenhengende grønt nett
 → "Væneområdet" nytt bymiljø med aktivhets-, sunnheits- og servicefunksjoner plasseres midt i byen, i kryss mellom hovedgaten og grøntnettet.
 → "Bruksen" (?) og postkontoret samlokaliseres med Væneområdet og danner et nytt møte- og aktivitetssted.
 → Hovedgaten reguleres til bygget for ulike trafikkarter, som også løser trafikksituasjonen for skolebarna
 → Eldreegnede boliger bygges mot grøntområdet og har nærhet til hovedgata og Væneområdet.
 → Eksistensen eldrenhem blir omgjort til boliger med fellesanlegg hvor de eldre i bydelen kan møtes.

Opplevelsesrike boliger
 - Boliger for eldre skal være opplevelsesrike og stimulerende boliger. De stiller store krav til standard, beliggenhet, orientering, utforming og belysning, → ting som ofte må utke i diskusjonen om handicap-utforming.
 → HELHETSBYN.
 Funksjon og opplevelse er to sider av samme sak.

Fellesskap S. 10
 - Fellesrommene bør ligge sentralt i bebyggelsen. Et sted alle bevegser seg forbi. Fellesskapet skal utvikles rundt dagligdags og innholdsrike gjøremål, kontakten mellom beboerne og fellesskapet fungerer best der beboerne har valgt å bo sammen.
 Fordel med anvisingsnett (Bruksnett)

Engasjement og helhetssyn
 - I bebyggelser med suksess er det som regel et resultat av engasjert samarbeid mellom de involverte. Brukere og byggherrer skal stille krav og formulere hvilke kvaliteter bygget skal oppfylle, arkitekter skal skissene og utarbeide forslag basert på stedets muligheter

VALGMULIGHETER S. 16

Hvorfor har man vært vant til å leve tidligere?
 - arbeidsomt og tradisjonsbundet liv på landet
 - rutinepreget arbeidsliv på fabrikk eller kontor
 - skrivejobb i byen.
 - Når ser dem til pensjonisttilværelsen, ønsker til å dyrke roser og frukttrær, andre planter av samme natur- og fellestemaer
 → Erfaringer, holdninger, ressurser og økonomi.
 - Nye, eklektiske liv når man bygger utleiesboliger

EKS PÅ MULIGE FORFORMER:
 Eget hus:
 Ellen og Jens har vært ledere og tjener alle i byen. De har hele livet sett hvor og ønsker å bli boende i huset med stor hage og plass til forskjellige gjenstander.
 Fellesskap:
 Birgit planer på formidling hvordan hun ønsker funksjonstet og bli med på planlegging av bolifellesskapet med utsikt mot stranden. De har daglig kontakt og spiser sammen i felleshuset

Beskjuttet bolig:
 Herr og fru Scharff flyttet til en beskyttet bolig nær helsen sjukehus. Her klarer de hverdagen og møter gamle venner i sentret
 Eldreegnede bolig:
 Viggo ønsker ikke å bli værende i huset sitt når han blir eldre. Det var hans barn, unge og eldre, i området, pensjonistene tar hånd om hverandre og pensjonistklubben møtes ukentlig i felleshuset

Handicapvennlig bolig:
 Herr og fru Mortensen er bygere og har bodet med i leilighet, flyttet i handicapvennlig leilighet og opplever det trygt med skrantende helse. God adgangsforned, nei så god belysning
 Pleiebolig:
 Fru Birch fikk problemer med balansen og var nå i en etroms med terrasse. Det er begrenset plass men hun var glad med seg men av de viktigste gjenstandene som hun beklager er gamle napp og støtten av søster jenny skulle gjerne også vært forom på pleiehem

BOLIGENS BOLIGENHET I BYEN: s.18
 - Gode boliger til eldre ligger sentralt i byen, hvor livet er, med nærhet til butikker, service og offentlig transport.

- Hvis man ikke kan komme seg til byen for daglige gjøremål blir man avhengig av andre, mister innflytelse på sin egen hverdag og mister kontakt med omgivelsene og det som foregår i byen.

Det er viktig å være endel av bylivet, både om man deltar aktivt eller observerer. For med seg bypulsen eller dagens gang, ha steder man kan gå for å dyrke interesser, finne inspirasjon eller samvær. Både organiserte og fine steder. Kan man ferdes trygt, gode overganger, belysning, fortau, grøntområder, benker for en hvil.

SENTRALE STEDER I BYEN:

Torvhandel: kjempe ansikter, sosialt, se og føle på varene, inspirasjon.

"Listige steder": En stille bajer og ordne verdens-situasjonen. Møte en gammel flamme

Bylivet: Variert aktivitet. Arrangementer. "teft med musikk, dans, swing eller lyttel"

Steker ferde: unngå farlige snarveier eller store omveier, mange er ikke like gode til bens

Gatekjøper: kiosken med det nødvendige hvor man møter gamle sjenke.

GODE UTEROM: s.24

Eldre kan ofte ha begrenset mulighet til å komme seg rundt, noe som stiller krav til de nære omgivelser.



MØTESTEDER OG FELLESRUM s.26

- mulighet for kontakt og samvær med andre hvor man bor. Gode nabostreper er både et positivt innslag men kan også være viktig om man skulle trenge hjelp. Noen steder fungerer nabostreper bra på egenhånd, gjerne er de som bor der har lyst, anene steder hvor man er mer i stiller kan møtesteder og fellesarealer inspirere til samvær

Uformelle møtesteder - hvor man allerede kommer forbi, har et reneid, ved inngangen fra gaten, trappoppgangen, vaskeriet, tørkeslinen.

Stedene kan utformes så de ikke kun oppfyller sin umiddelbare funksjon, men også er gode oppholdsrom.

Arbeidstfelleskap - Kjækknehage, Hønsesjøl, Veksthus, Værsted, Samvær omkring dyrking, produksjon, reparasjon og vedlikehold, kan gi glede og opplevelser, innholdsrik og meningsfylt fellesskap

- Felleshus - mangfoldig, rom til forskjellige aktiviteter, rom man tilfeldigvis kommer innom

SPISE SAMMEN
 - ønskelig med et tilbud om å spise sammen.
 - Enten tilberede sammen eller for tilbudt av noen andre.

Studienetser, felles avisabonnement, felles påsamling

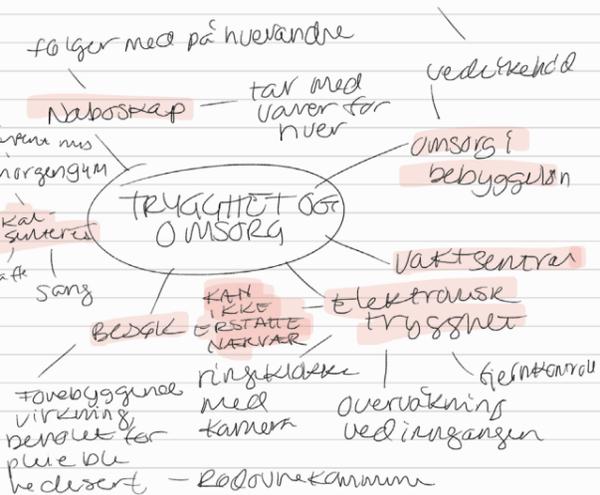
Velvære og pleie - svømmehall, yoga, fysioterapeut, gymnastikk, massasje, instruktør utentru

Felleshuset = Forsamlingshus, åpne for arrangementer i bydelen, festlokal, kursdager og begivenheter

FELLESAREALER SKAL VÆRE SENTRALT I BEHAGLIGHETEN

TRUKKETHET OG OMSORG s.28

- oversiktlig og enkelt å fordeles i romkjøper
 - overkommelig og hensiktsmessig innredede boliger
 Trykknapp - kontakt og fellesskap, dagslig misen, småprat, anvisning, vennskap - gjensidig omsorg og hjelpemiddel, vaktmester?



ADGANG TIL BOLIG s.30

- Hensiktsmessige for alle, rask, synliggjort, forvint, derig til å se eller bruke rullestol.
 - man skal kunne å komme seg ut av egen bolig og rundt i bygget på egenhånd, + ut i byen
 - lett å orientere, alle skal kunne bruke sammen inngang, ingen bakdør.
 - installasjoner til handikaperte skal være en naturlig del av miljøet.
 Trapperom som oppholdsrom, planstedsfrie, harmonisk, lyd, samme belegg som fortauet, kontakt og utsyn, Duet, Planter, Belysning, ORIENTERING, Pindstruktur, Stille gate, TRUKKET VED INNGANGEN, KONTAKT, Ingen nivåforskjell, overbygd, oversikt, Nisjer/benker ved boligen men mot gaten, del av bylivet, KAN IKKE ERSTATTE NÆRVÆR, Elektronisk trykknapp, Førebegrunnelse, ringkledde med kammer, overvåking ved inngangen, Rødovrekammer, Lokal server, Koff, Sang, Førebegrunnelse, ringkledde med kammer, overvåking ved inngangen, Rødovrekammer.

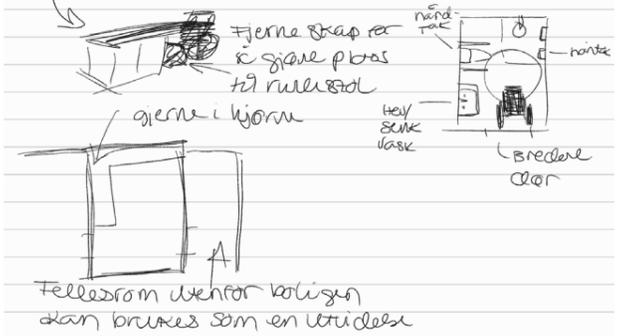
FLEKSIBLE BOLIGEN s.32

Fleksibilitet - tilpassing til ulike stadier - unngå unødvendig flytting

Mødernes på flere måter, dører og vinduer kaner, felle møderingen, sammenheng mellom rom.

Både separat og et stort rom om det er stor åpning

Kjokken og bad skal kunne tilpasses rullestol.

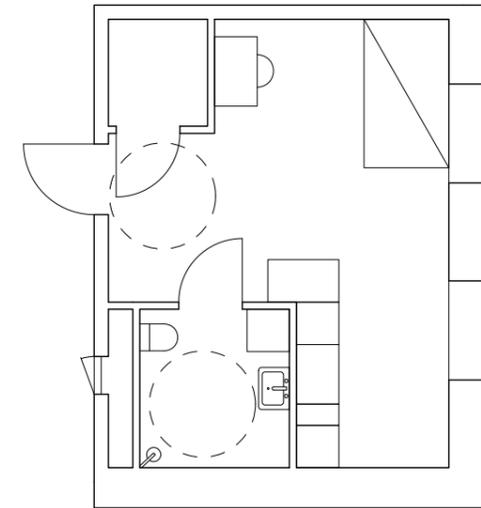


Existing student housing in Oslo

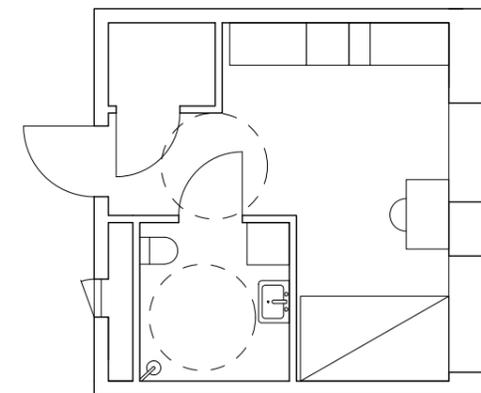
Nydalen Studentby

Architect	Arcasa Architects for Sio Oslo
Date of construction	Renovated in 2021
Location	Oslo, Norway
Single unit surface area	21-33 m ²
Number of single units	63

Unit adapted for wheelchair users, floor plan 1:100



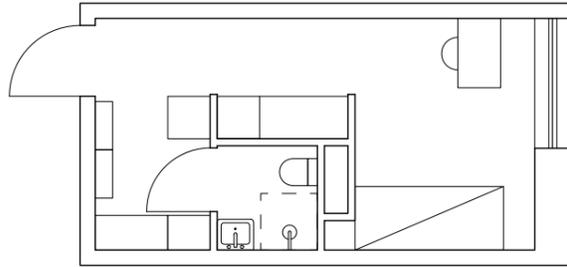
Unit adapted for wheelchair users, floor plan 1:100



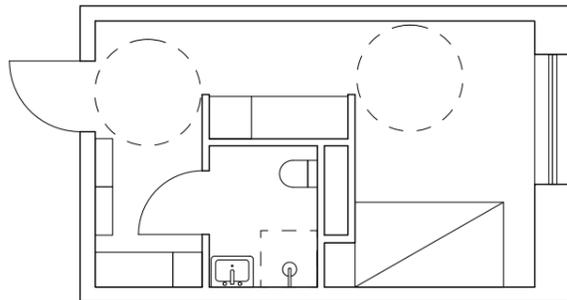
Kringsjø Studentby

Architect LMR Arkitektur for SiO Oslo
Date of construction Renovated in 2017
Location Oslo, Norway
Single unit surface area 10- 25 m²
Number of single units 2140

Single unit, floor plan 1:100



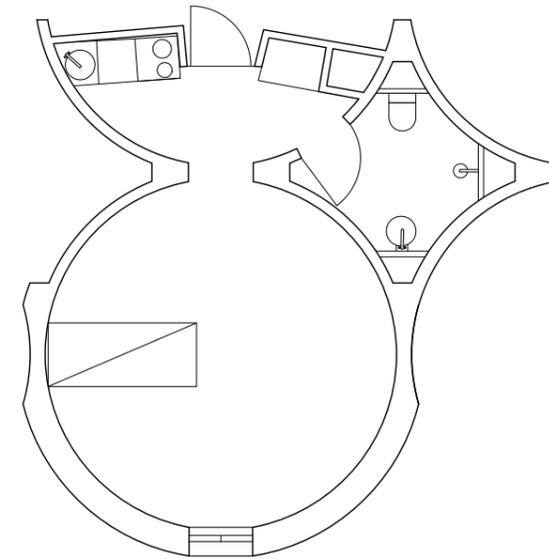
Unit adapted for wheelchair users, floor plan 1:100



Grünerløkka Studentby

Architect HRTB Architects for SiO Oslo
Date of construction Renovated in 2001
Location Oslo, Norway
Single unit surface area 12- 31 m²
Number of single units 185

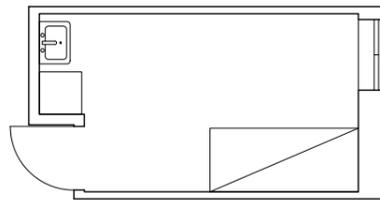
Single unit, floor plan 1:100



Nordnorsk studenthjem

Architect Erling Viksjø
Date of construction 1960
Location Oslo, Norway
Single unit surface area Approx 13-15 m²
Number of single units Approx 150

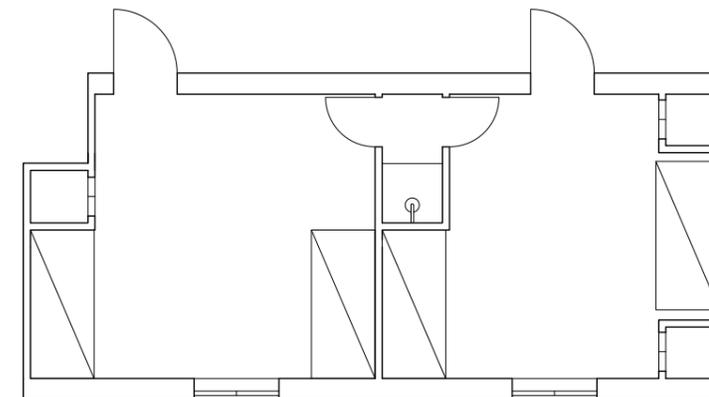
Single unit, floor plan 1:100



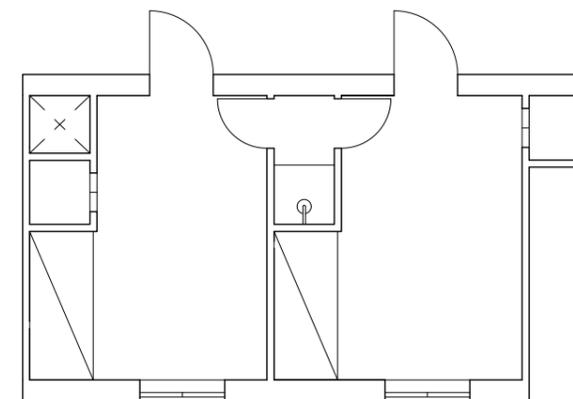
Blindern studenterhjem

Architect Nicolai Beer
Date of construction 1922-26
Location Oslo, Norway
Single unit surface area Approx 10-44 m²
Number of single units 204

Double unit with shared bathroom, floor plan 1:100



Single unit with shared bathroom, floor plan 1:100



Student housing guidelines

The size of the government funding is based on the number of housing units.¹ One unit must have access to a kitchen, bathroom and WC. The living room (private unit) should not be smaller than 12 m². The usable area per unit, (incl. share of common areas) should not be below 20 m². The student associations and housing foundations choose for themselves whether they want to build single units, couple units, shared units or family units based on needs. The following definitions are used to calculate the government funding for new student housing projects:

Single unit:

Housing for one student. The apartment is equipped with its own kitchen, bathroom and WC. The usable area of the unit should not be under 20 m².

Couples unit:

Housing for two people living together without children. The apartment must have a living room, bedroom (or sleeping alcove), kitchen, bathroom and WC. The usable area of the unit should not be under 35 m².

Shared unit:

Housing unit for two or more students who have their own private bedrooms, but who share a kitchen and in some cases also bathroom/WC. In terms of sound, the units must be in line with the requirements of the current Building Technical Regulations.

Small family unit:

Housing unit for a family with at least one child. The apartment must have its own living room, bedroom, kitchen, bathroom and WC. The bedroom must at least provide space for a double bed, a crib or childrens size bed and a wardrobe. The usable area of the unit should be 45 - 55 m².

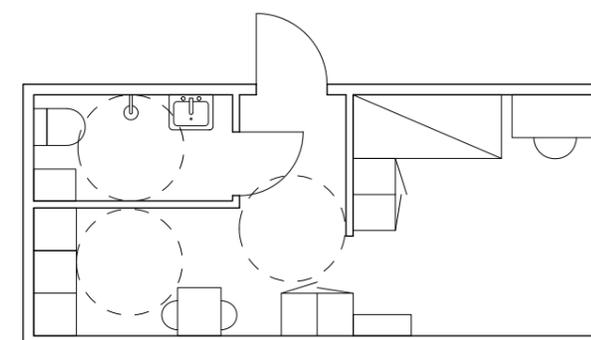
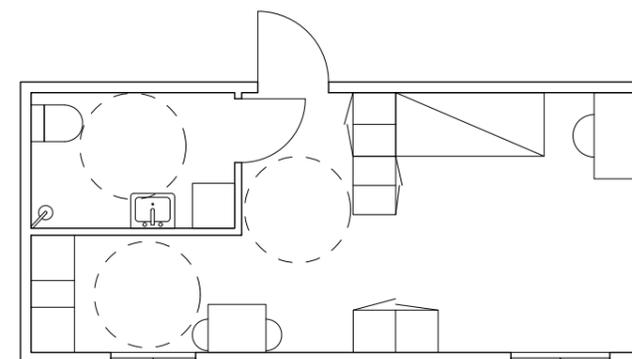
Large family unit:

Housing unit for a family with more than one child. A large family apartment includes a living room, kitchen, two bedrooms, bathroom and WC. The usable area of the unit should be more than 55 m².

HC – housing:

Housing adapted for wheelchair users

Example from Husbanken, single units with handicap standards in line with requirements, Floor plans 1:100



¹ (Husbanken, 2011, p.5.)

A student housing project often consists of different types of housing units (single units, shared units, small family units, large family units, etc.).² It can often be difficult to achieve life cycle standards in the smallest units. To make it possible for a wheelchair user to visit residents in housing units without a life cycle standard, Husbanken can approve housing units without a life cycle standard, if the housing units receive a "Visitor standard". Such a solution must be approved by the building authorities, as it is probably not in line with TEK-10. "Visitor standard" means that a wheelchair user has access to and enters the housing unit, but that a suitable WC is located elsewhere than the housing unit. For this to be approved, accessible Handicap WCs are established in reasonable proximity to the housing units that do not have a life cycle standard. WC for wheelchair users on each floor level is an approved solution. If universal design is part of the planning from the very beginning, a lot can be arranged for flexible design of the housing units. If bathrooms are given visitor standards, one is well on the way to a universal living environment. Furthermore, shared units, couple units and larger family units can be designed with the possible use of a wheelchair in mind.

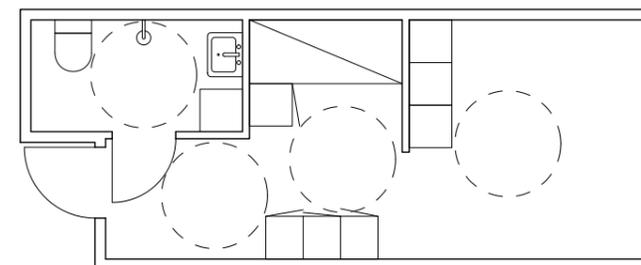
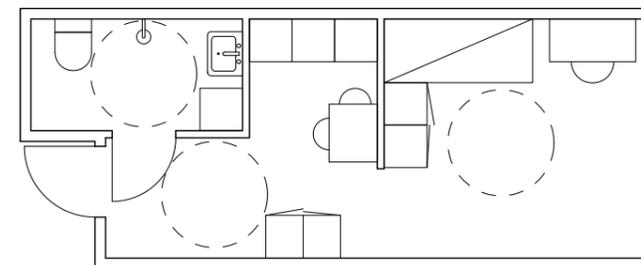
Planning according to the principle of universal design is based on people with disabilities. Impaired functioning is usually divided into three groups:

- **MOTION**
- **ORIENTATION**
- **ENVIRONMENT**

Many people may have multiple disabilities. For example, elderly people can have both poor eyesight and limited mobility. This can also apply to younger people. It is therefore important to think holistically when planning.

² (Husbanken, 2011, p. 7-9.)

Example from Husbanken, single units with handicap standards in line with requirements, Floor plans 1:100



FACILITATING FOR PEOPLE WITH REDUCED MOBILITY

Impaired mobility could mean reduced walking function, mobility, strength and coordination and balance difficulties.³ A wheelchair is often used as a starting point in the planning, this often provides appropriate solutions for others as well. However, all types of impaired functioning should be considered in the planning.

Important considerations to take care of:

- Short distances between important functions
- The least possible climbs and level differences. Preferably step freedom
- Firm, smooth and non-slip surfaces/floors.
- Spacious maneuvering area/space conditions, open solutions.
- Easy-to-operate doors
- Adapted row and sight heights

Examples of current measures:

- Retrofitting of lifts in existing buildings
- Installation of lifts in low-rise buildings
- HC housing (Housing adapted for wheelchair users)
- Lifetime housing
- Arrangement of entrance areas
- Arrangement of shared outdoor areas (living area, communication area)

FACILITATING FOR PEOPLE WITH IMPAIRED ORIENTATION

Impaired orientation includes vision, hearing and failure to understand the surroundings.

For people with a reduced ability to understand their surroundings, simple and clear plans both inside and outside will provide better orientation. Good planning will improve orientation skills for everyone.

Good visual information and lighting are also important for most people, particularly for those who are deaf or hearing impaired. Blind and visually impaired people can have both overlapping and different needs. For the blind it is important with guidelines and markings at transitions, edges and changes of direction. For the visually impaired, good lighting conditions, colors and clear contrasts are needed to facilitate orientation. Backlights, glare and reflections should be avoided.

Important considerations:

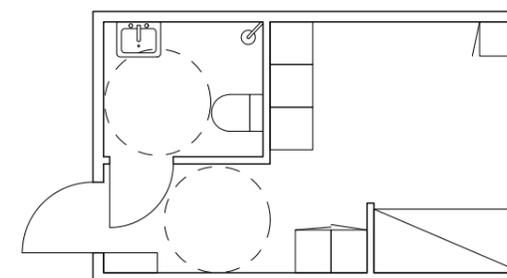
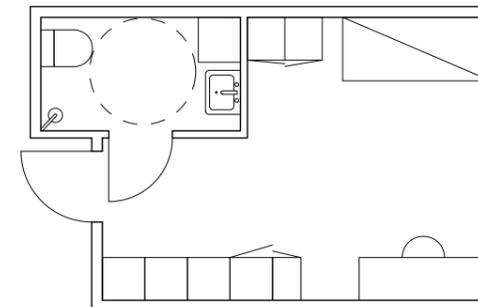
- Use of colour/use of contrasts
- appropriate use of materials
- good lighting conditions
- Use of guidelines and markings
- Signage and lighting

Examples of current measures:

- arrangement of communication areas (lift, stairs, corridors, etc.)
- preparation of entrance areas
- arrangement of outdoor areas

³ (Husbanken, 2011, p. 9-11.)

Example from Husbanken, single units with handicap standards in line with requirements, Floor plans 1:100



6.0 Urban mapping

6.1

Thought on parameters

What are important qualities for elderly? What are important qualities for students?

Is the site in close proximity to higher educational institutions?

Student housing is often located close to or directly at campus, both for social and practical reasons, such as avoiding a lot of time spent on commuting.

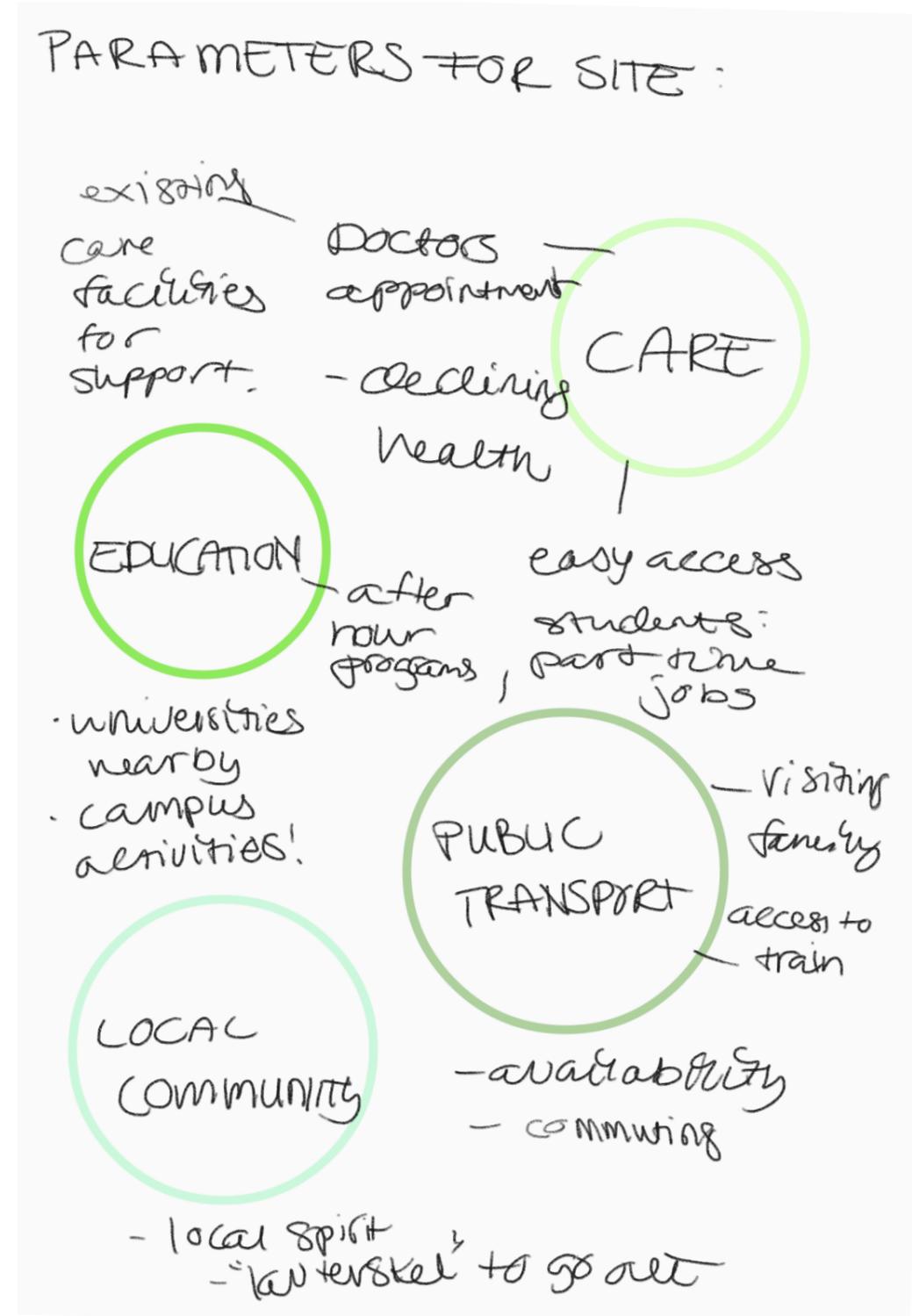
Is the site in close proximity to healthcare facilities?

Many elderly are in need of more frequent follow-ups by the health care system as they age. As many will notice their declining health in the form of physical limitations and therefore not be able to move across longer distances, it would be beneficial to provide housing close to existing health care facilities.

Is the site well connected to public transport and relevant bus/tram/

subway lines? Access to public transport provides mobility and access to important resources both commercial and recreational. The residents may have obligations such as work, education and activities that makes it important to connect easily with the rest of the city.

How well functioning is the existing local community? The project has the potential to both work as an extension of an already well established local community, or be a catalyst and provide a community to a less established area.



URBAN MAPPING

- Student housing
- Institutions of education
- Elderly housing
- Healthcare and medical institutions

The map shows the student housing and elderly housing currently in Oslo. Only municipally owned housing or housing provided by organizations, associations or other companies is mapped. Higher education such as universities, colleges, and vocational school is mapped under institutions of education, while healthcare and medical institutions covers hospitals, private medical centers and other care facilities. The site at Adamstuen is located inbetween Ullevål Hospital and the former Veterinary College of Oslo. The college has relocated to Ås, but the hospital is for now still in operation. Adamstuen is a well established area of care, but has potential to develop more as a local community.

1:20 000

0 km 1 km 2 km

Adamstuen

Adamstuen has been well established and functional for the elderly since 1914. A contentious debate on whether the elderly should continue to live here or be moved have been ongoing for years.³⁷ A well argued point for the elderly to stay in place is the risk of confusion and problematics related to being moved away from home at a very old age. Adamstuen does not have a local square or commercial activities within safe walking distance, meaning the project should provide public functions that can also accomodate for the existing elderly residents in the area.

Adamstuen has all necessary primary healthcare facilities nearby, making it easier for the elderly to follow up on regularly doctors appointments when or if needed. As some of the elderly may be in need of professional care in everyday life, it is beneficial for the project to be close by health facilities for easy access. By transferring the issues regarding health to an existing and well-functioning establishment, time can be spent on solving the social logistics rather than also tackling how to provide care within such a housing complex.

Adamstuen is not directly connected to the subway, the nearest stop is an approximately 20 min walk to the University of Oslo, campus Blindern. The area from south of Ring 2 towards the city centre is less trafficated and suitable for pedestrians. There is also a tram stop right by the hospital at Ullevål that goes through Bislett down to the city centre, making it easy to visit the local area.

Adamstuen is as of now lacking a neighborhood-spirit, but this is something the project can contribute to in the area. Adamstuen contains the infrastructural framework needed for this project to be able to focus on establishing a local community and sense of unity in a divided area. This seems like a social issue this type of project could benefit from working with.

³⁷ (Quaye, 2008)



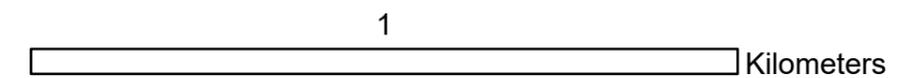
Living

The area around Adamstuen is clearly characterized by Ring 2 and the distinction it symbolizes from the outer to the inner city. Detached and row houses are scattered towards the north, while courtyards and apartment blocks are more in the south towards the city centre. There are two very different types of densities in the area when it comes to housing. The prices are generally high, as the apartments and houses are also bigger than in the more dense, inner city.



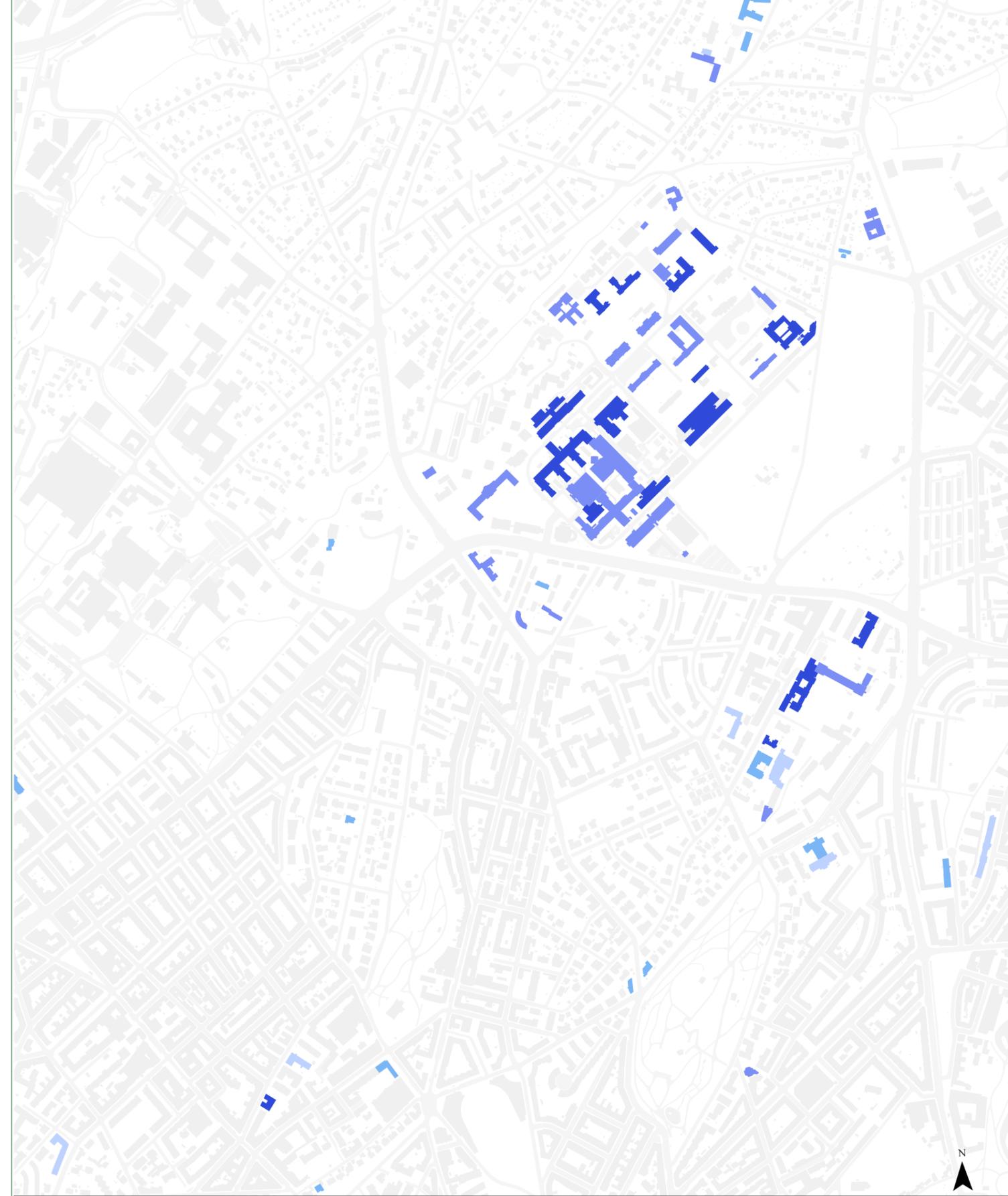
LIVING

- Detached housing 1 unit
- Semi-detached / Row house
- Apartment Block
- Student housing
- Temporary accommodation



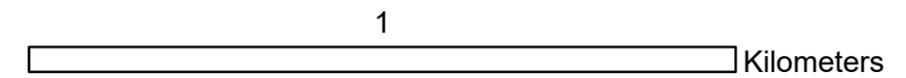
Care

Adamstuen is within close distance to multiple of the largest health facilities in Oslo. Oslo University Hospital, Ullevål, is the closest, located right by Ring 2, one of the main transport veins through the outer city of Oslo. The highly trafficated street divides the area for pedestrians, but is an important route for commuters. Within an approximately 30 min walk towards the north-west, Oslo University Hospital, Rikshospitalet, is located. Lovisenberg Diakonale hospital is located across the Ring 2 to the right from Ullevål Hospital.



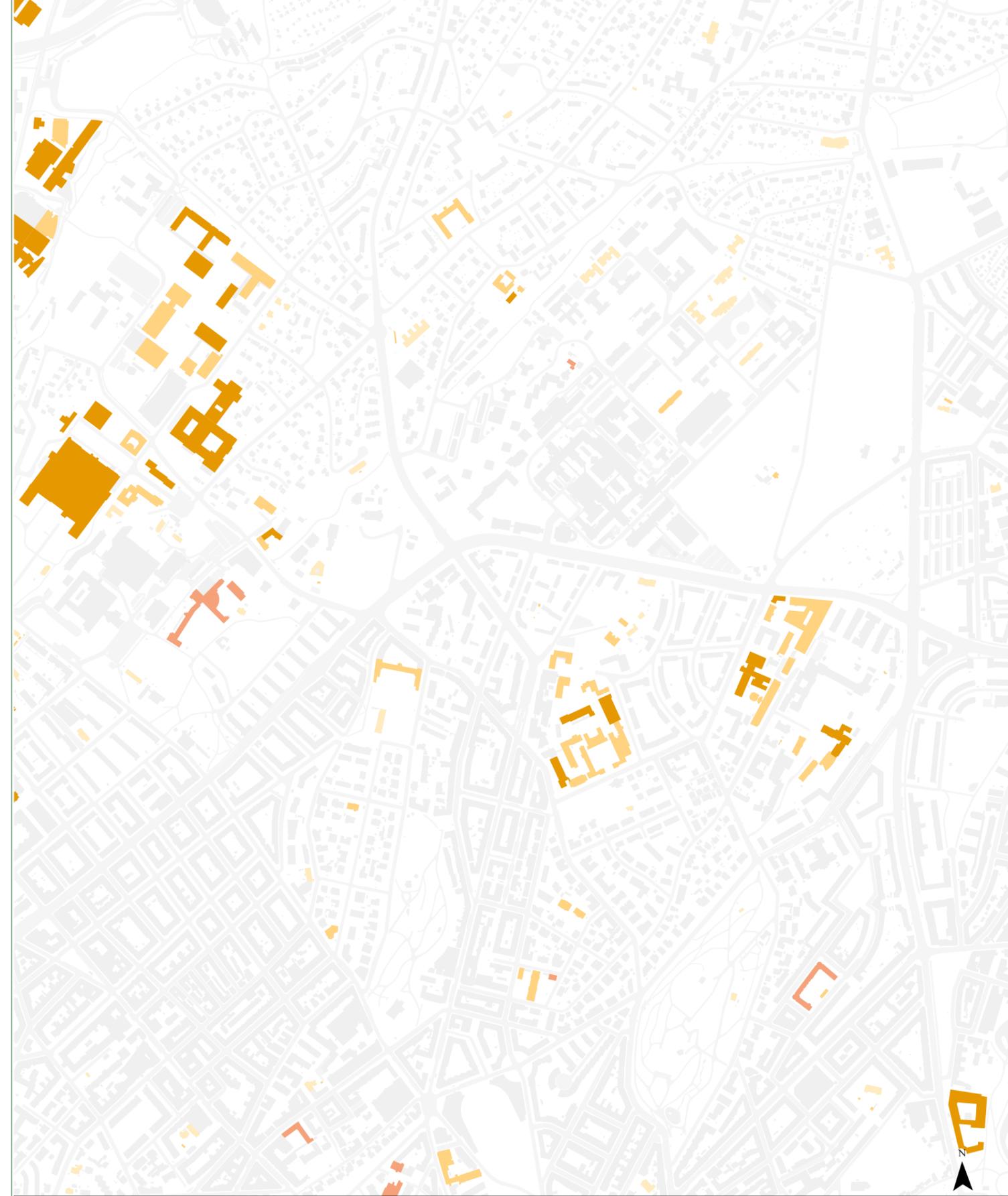
CARE

- Hospital
- Primary care facility
- Nursing home
- Retirement home



Education

Adamstuen is in close proximity to several of the bigger educational institutions, including the University of Oslo campus Blindern, the former Veterinary college and the Faculty of Dentistry. The Oslo Metropolitan University is approximately a 30 min walk away, as are the campuses of Oslo School of Architecture and Design and Oslo National Academy of the arts down the river by Grünerløkka and BI Norwegian Business school up along the river.



EDUCATION

- Kindergarten
- Elementary to high school
- University
- Other educational facility

1 Kilometers

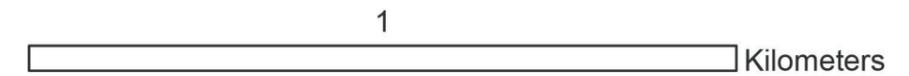
Commercial / Public

At Adamstuen, there is a cluster of commercial activity along the tramline down towards Blislett, but along the Ring 2 and the larger institutions that characterize the area, there are little to none commercial activity or public squares.



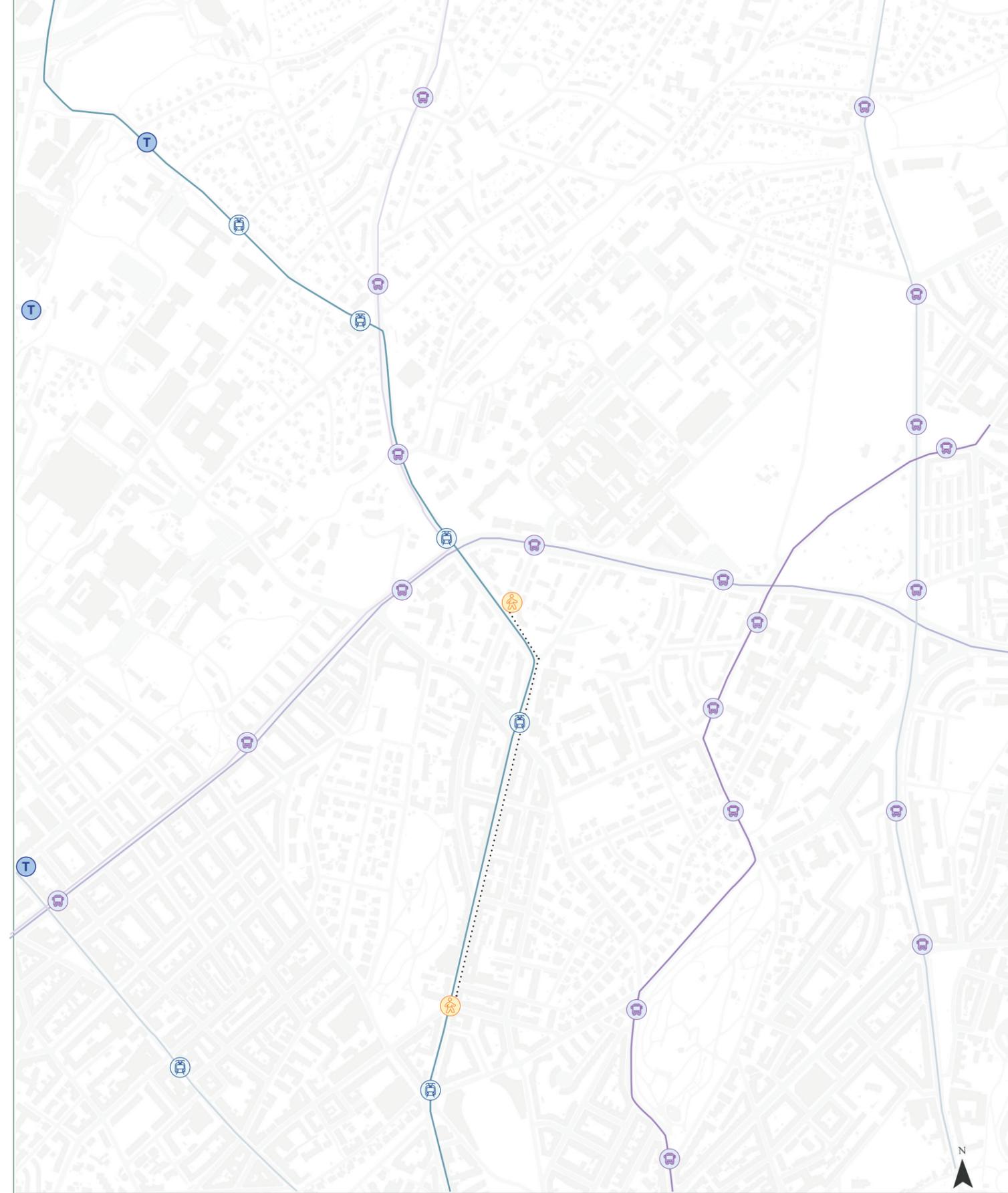
COMMERCIAL / PUBLIC

- Office
- Shop
- Industry
- Cafe / Restaurants
- Leisure
- Culture
- Religious



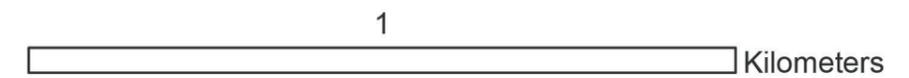
Public transport

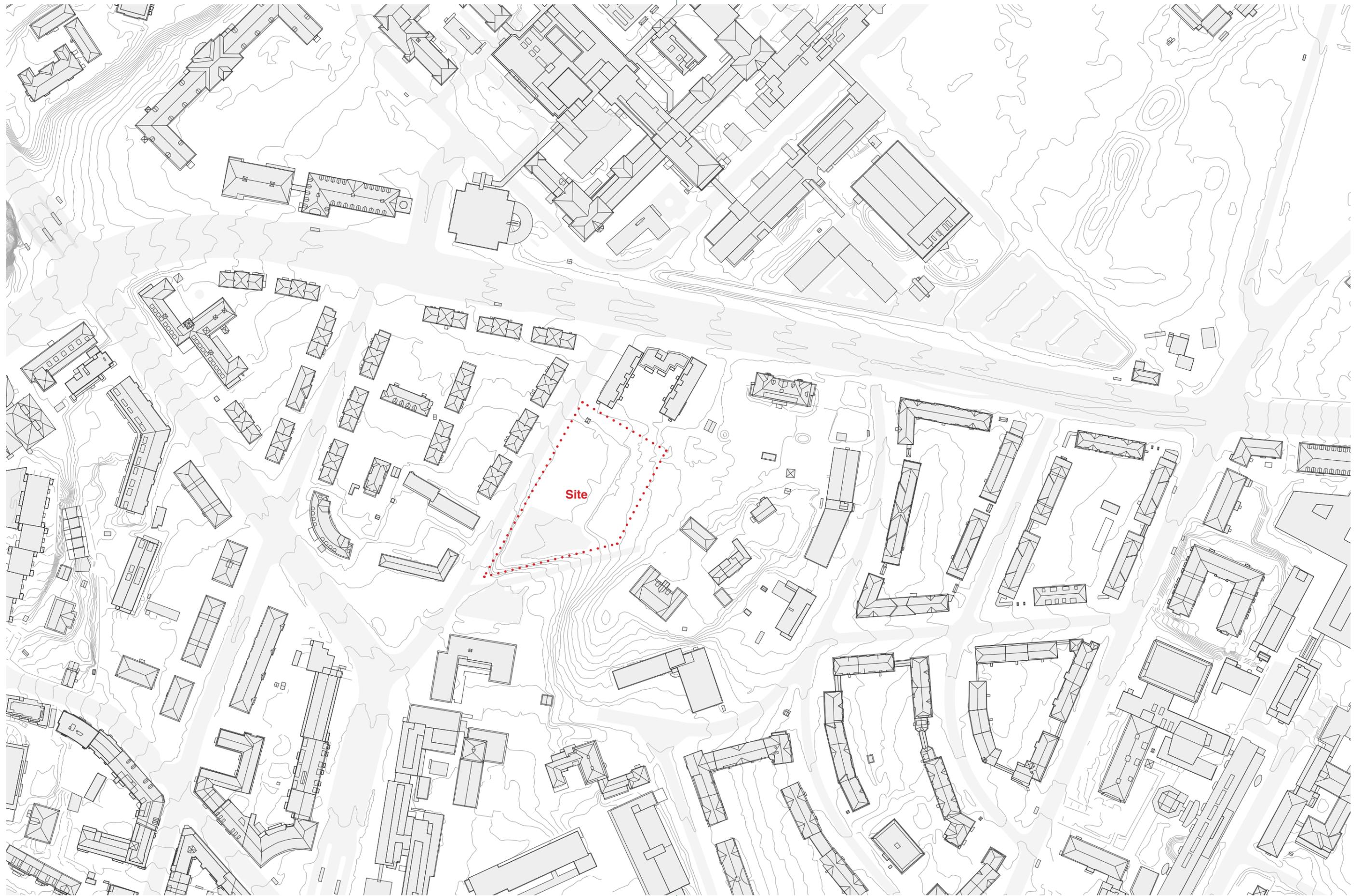
Adamstuen is well connected both between north-south and east-west. The tram line 18 goes all the way from Rikshospitalet up north, through Bislett and St Hanshaugen, down to the city centre and upwards again through Grünerløkka. The tram provides easy access to the commercial area at Bislett in Thereses gate, which is also only a 10 min walk away from the site. Bus line 20 connects from Galgeberg by Tøyen in east to Majorstuen furthest west. The tram also connects to the university at Blindern, where students from other institutions can also easily access the subway to commute.

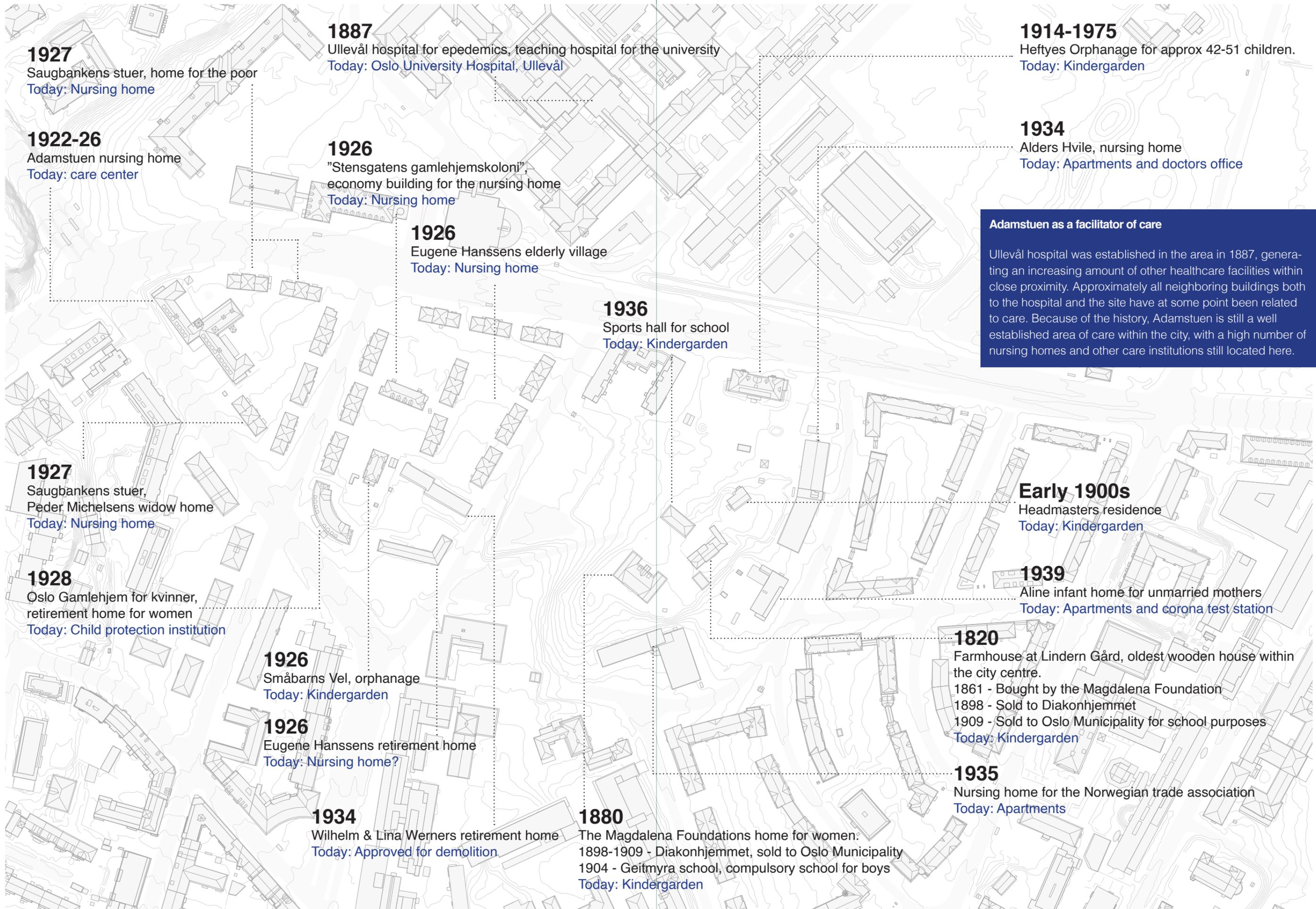


PUBLIC TRANSPORT

-  Subway
-  Tram
-  Bus lines
-  10 min walk to nearest public square







1927
Saugbankens stuer, home for the poor
Today: Nursing home

1922-26
Adamstuen nursing home
Today: care center

1927
Saugbankens stuer,
Peder Michelsens widow home
Today: Nursing home

1928
Oslo Gamlehjem for kvinner,
retirement home for women
Today: Child protection institution

1926
Småbarns Vel, orphanage
Today: Kindergarden

1926
Eugene Hanssens retirement home
Today: Nursing home?

1934
Wilhelm & Lina Werners retirement home
Today: Approved for demolition

1887
Ullevål hospital for epedemics, teaching hospital for the university
Today: Oslo University Hospital, Ullevål

1926
"Stensgatens gamlehjemskoloni",
economy building for the nursing home
Today: Nursing home

1926
Eugene Hanssens elderly village
Today: Nursing home

1936
Sports hall for school
Today: Kindergarden

1880
The Magdalena Foundations home for women:
1898-1909 - Diakonhjemmet, sold to Oslo Municipality
1904 - Geitmyra school, compulsory school for boys
Today: Kindergarden

1914-1975
Heftyes Orphanage for approx 42-51 children.
Today: Kindergarden

1934
Alders Hvile, nursing home
Today: Apartments and doctors office

Adamstuen as a facilitator of care

Ullevål hospital was established in the area in 1887, generating an increasing amount of other healthcare facilities within close proximity. Approximately all neighboring buildings both to the hospital and the site have at some point been related to care. Because of the history, Adamstuen is still a well established area of care within the city, with a high number of nursing homes and other care institutions still located here.

Early 1900s
Headmasters residence
Today: Kindergarden

1939
Aline infant home for unmarried mothers
Today: Apartments and corona test station

1820
Farmhouse at Lindern Gård, oldest wooden house within the city centre.
1861 - Bought by the Magdalena Foundation
1898 - Sold to Diakonhjemmet
1909 - Sold to Oslo Municipality for school purposes
Today: Kindergarden

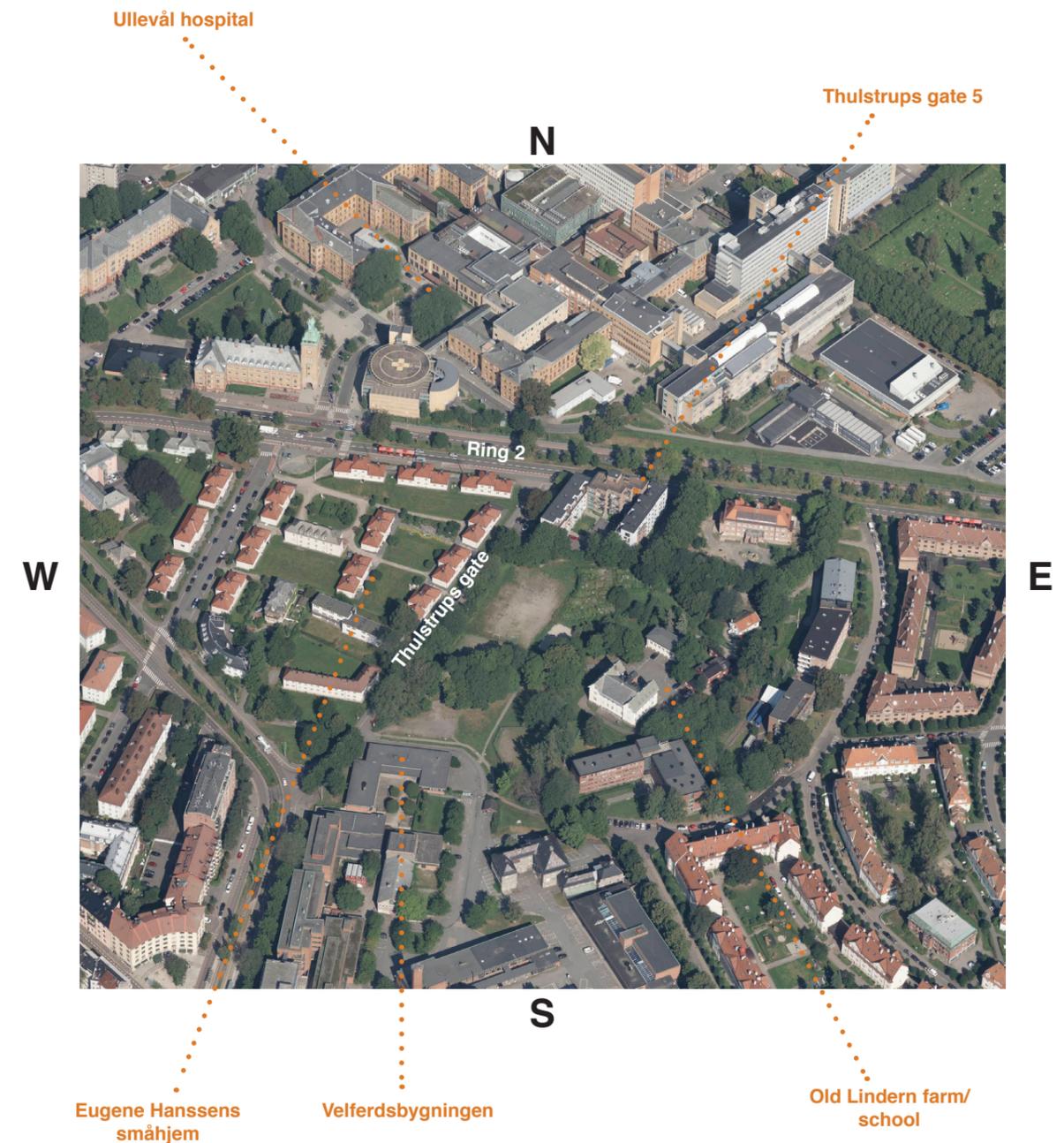
1935
Nursing home for the Norwegian trade association
Today: Apartments

7.0 Observations and defining the site

Existing situation

The site relates to four very different existing situations:

- Directly north is the large institution of Ullevål Hospital just across the street Ring 2, a highly traffi-cated main route through the city of Oslo. The site is shielded from the traffic and noise from Ring 2 by the high rise apartment block on Thulstrups gate 5, tall trees and greenery.
- The site is located along Thulstrups gate, a calm, dead end street towards Ring 2 with little to no traffic other than residents that are driving to and from their homes.
- Across the street, to the west, is an existing cluster of detached housing. Eugene Hanssens Små-hjem is a nursing home community that has been in the area for years. The community is gated.
- To the east is old Lindern farm, also known as old Lindern school. One of the farm houses is the oldest wooden house within the city centre. After the school was closed down, most of the buil-dings are now in use as kindergardens. The street that leads up to the buildings is the old farm avenue, with planted trees on each site. The trees and parts of the buildings are listed because of its cultural value as part of the areas history.
- To the south is a large institution that previously held the Norwegian School of Veterinary Science. The site is also a part of the area that belongs to the campus, and is regulated for public use. Other than a few temporary barracks placed by the school for some time, the site has been left vaca-nt. It has been suggested to use one of the campus buildings, Velferdsbygningen - the one closest to the site, as a temporary location for a Deichman library, which would be a great supplement as the area is in need of public spaces that can provide unity.





7.2

Signs of the elderly



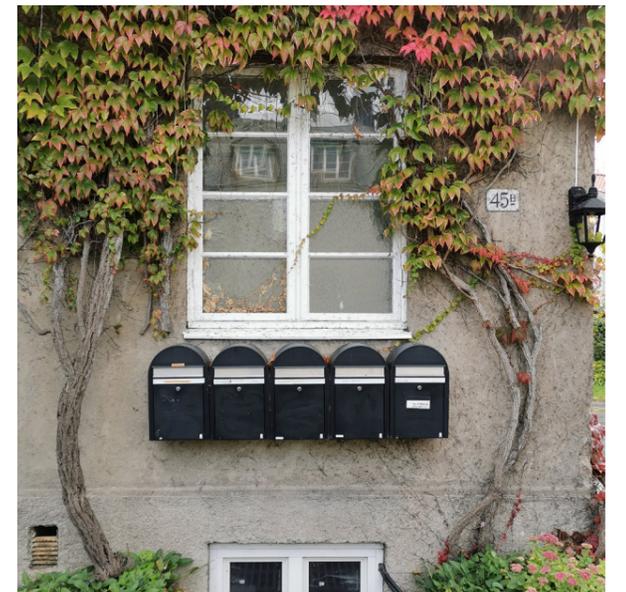
Several of the existing buildings in the area are characterized by additions such as ramps and other aids to accommodate for its senior residents. Some have come up with creative ways to charge their mobility scooters



Neighborhood



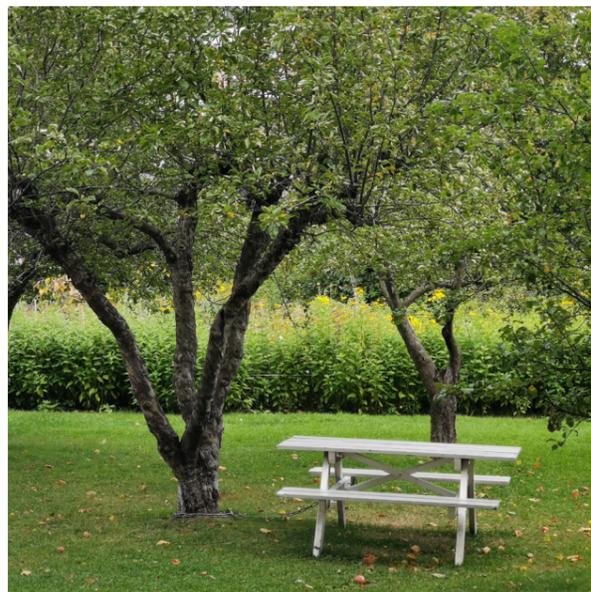
There seems to be an existing neighborhood spirit in the area, as almost all of the residents have either patio furniture or decorations outside with a personal touch to it. The attention of detail suggests that the people here feel safe to leave their personal belongings outside without the fear of theft or damage, which gives an overall impression of a sense of safety and unity in the area.



Recreational areas



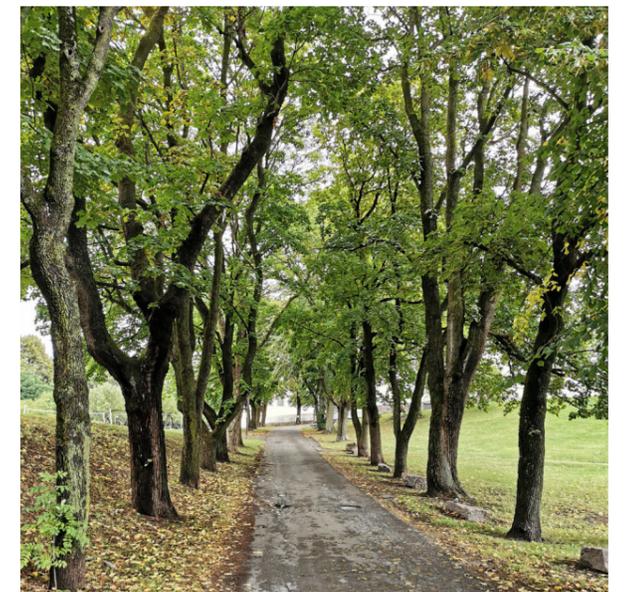
The Veterinary School manages the area and established a sports area on the site some years ago. After the school moved to Ås, the site is left behind and the maintenance have stopped. Curious as to how actively the football and volleyball fields were used on an everyday basis, I spent a saturday in bright sunshine on the site. Other than a few passerbys walking their dogs and the occational families on their way to use the playgrounds at the kindergardens, no one utilized the recreational areas located on the site, but the area around was quite active.



Greenery



When Lindern School closed and all school operations ceased, a parcel garden was established on the grounds of what used to be the old school garden. The size was reduced when the Veterinary school established the sports field on the grounds. The parcel garden is enclosed, but large apple trees are left in the open park. As it is uncertain what the plan is for the site now that the Veterinary School has moved, the future of the parcel garden is also unknown. It is currently not possible to sign up for the garden as the long-term access cant be guaranteed, and the uncertain future has left the greenery less maintained and overgrown. The old farm road is framed by large trees on each side, which are listed because of the areas history.



Public institutions

Many of the buildings in the area are still or have at some point been care institutions. Amongst some still existing are Ullevål Hospital, multiple nursing homes and as many as four kindergartens within walking distance. Where the old farm was previously located, two small detached houses are being used as kindergartens, the large school building is left empty after the Veterinary School moved out and an old sports hall from 1939 is somewhat vacant as well.

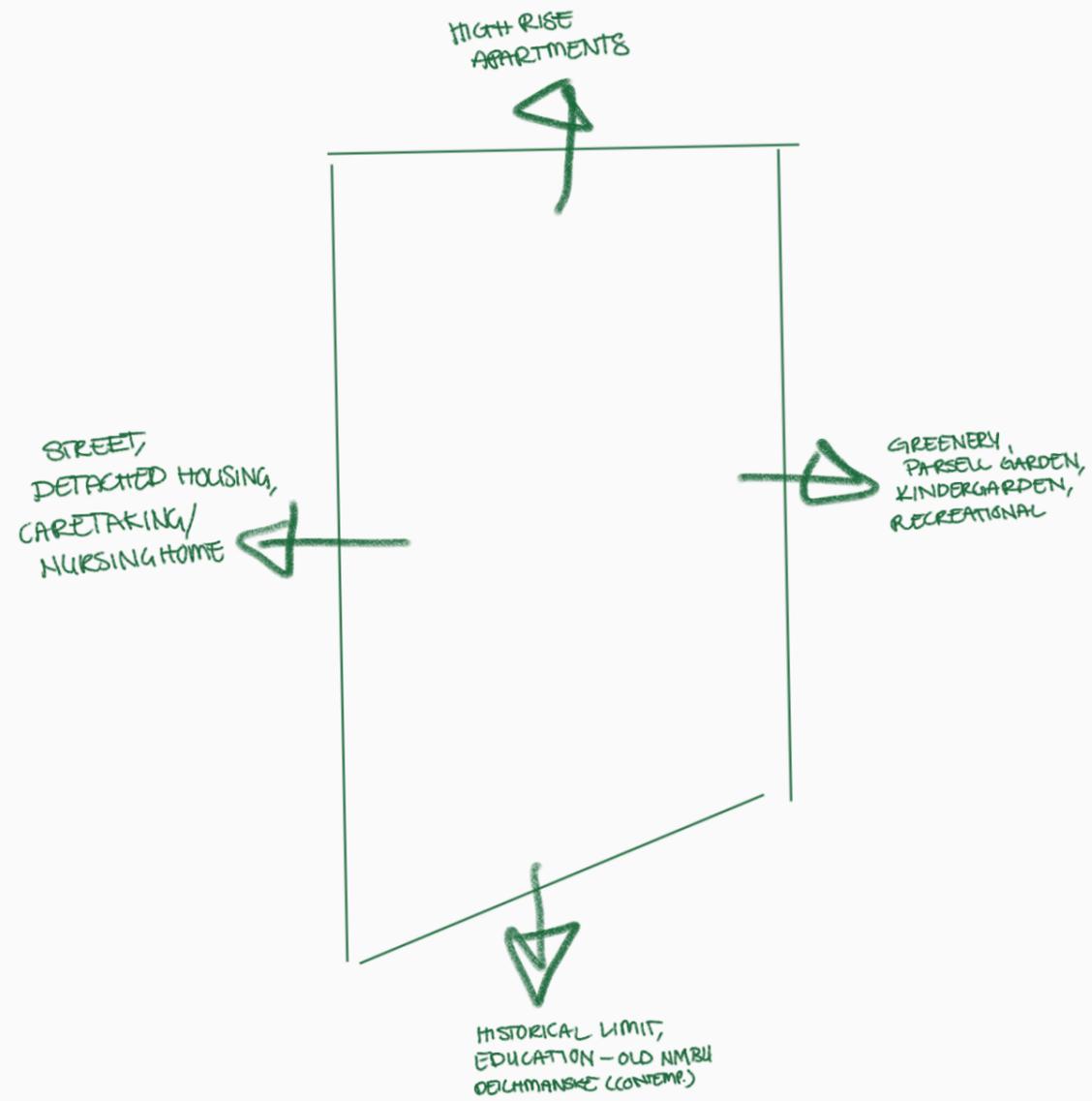


Surrounding buildings



The detached housing units of Eugene Hanssens Småhjem is just across the street from the site. The low rise community was established in 1928. Towards the north is a high rise apartment building which was previously two separate buildings, before the infill middle block was added a recently. Towards the south is Velferdsbygningen, a low brick building from the 60s. The vacant building across the street and just down from Eugene Hanssens småhjem was previously known as Wilhelm and Lina Werners retirement home, but is today set to be demolished.

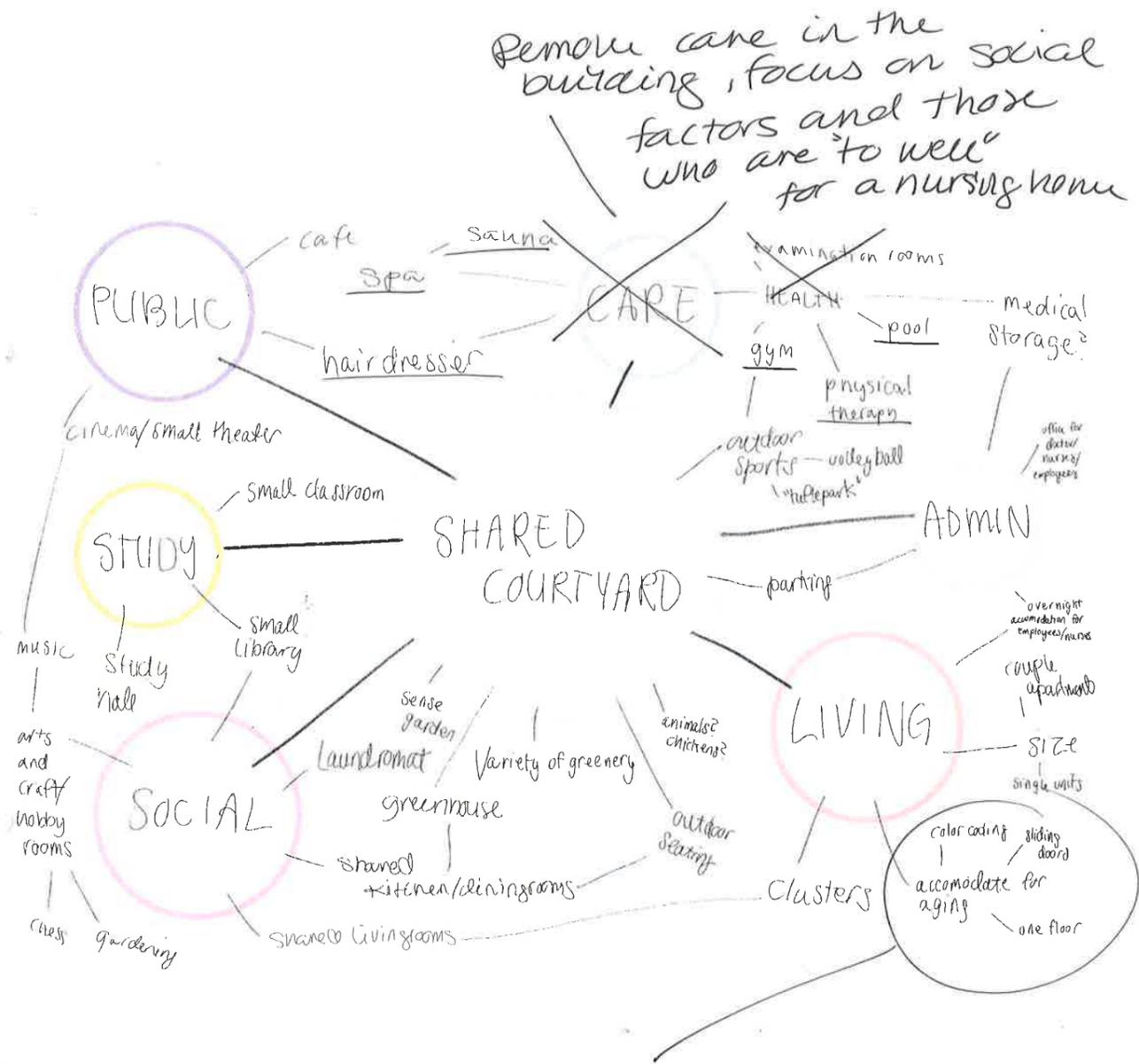




The site boundaries are defined by the adjoining situations. To the north it meets the boundary of the site on Thulstrups gate 5, to the east a green limit that somewhat floats into the defined site, integrating the parcel garden in the project. Towards the south the site faces the historical limit of the old farm road with the listed trees creating a natural boundary, while a similar situation occurs towards the west with the street and aligning trees.



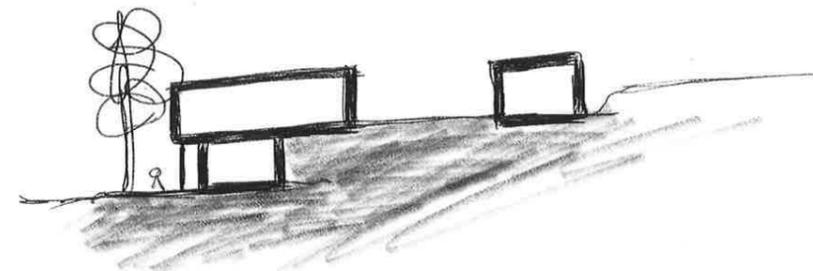
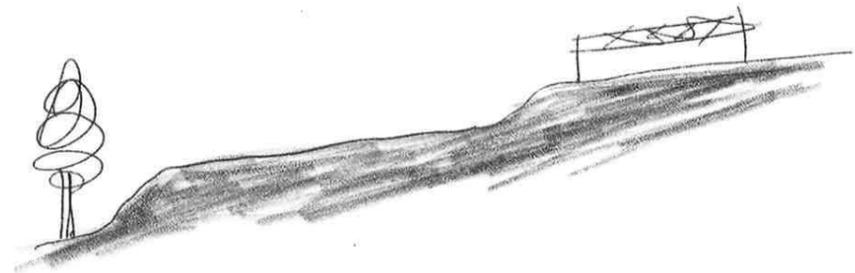
8.0 Sketches



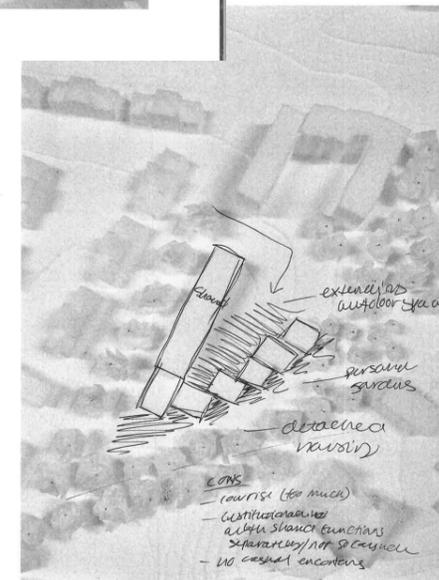
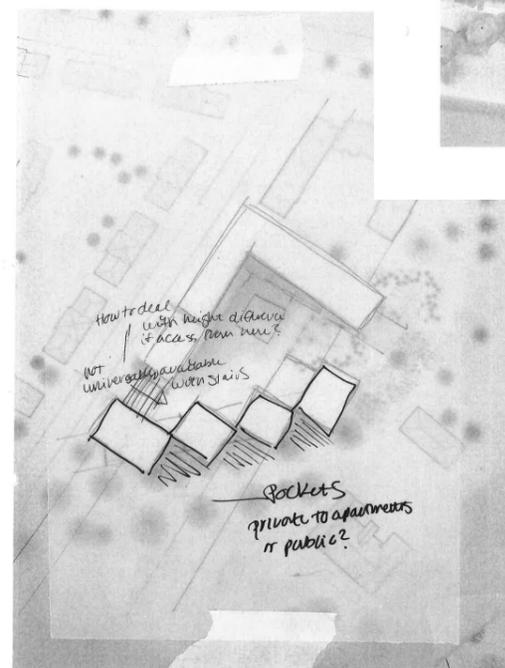
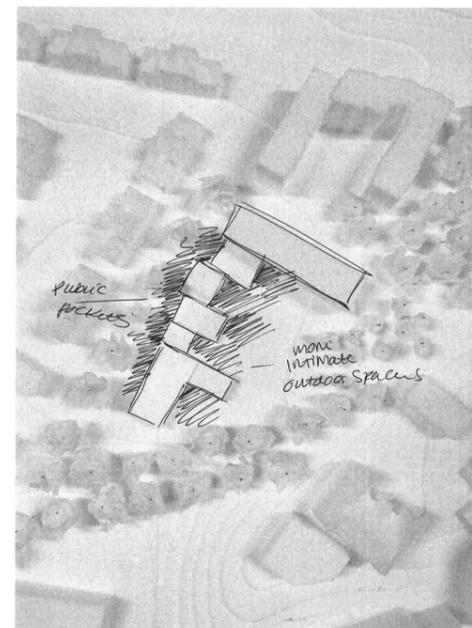
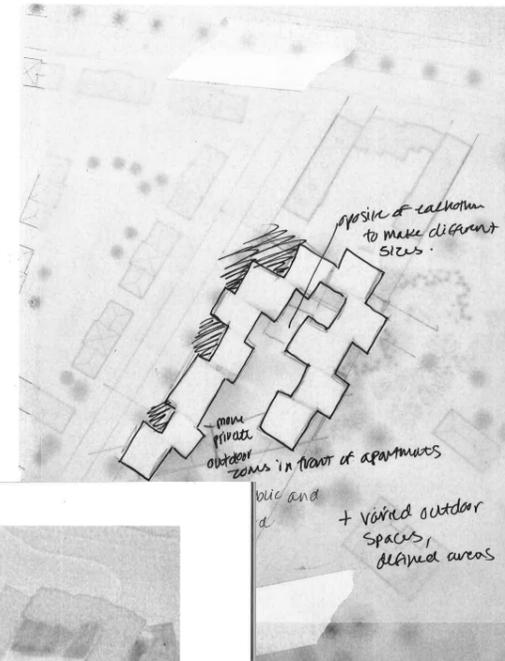
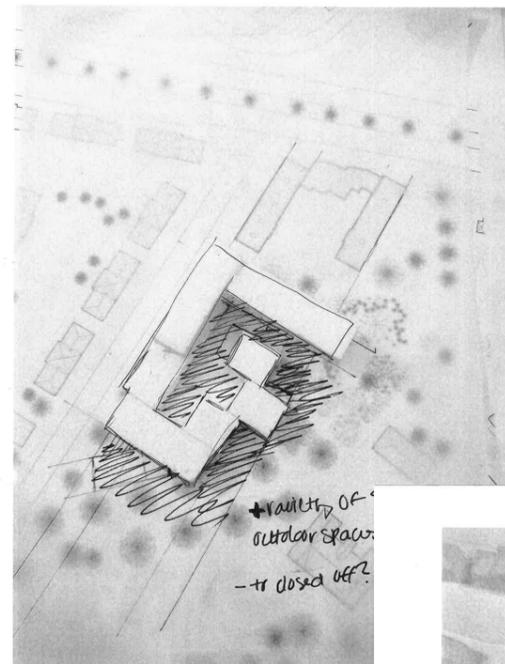
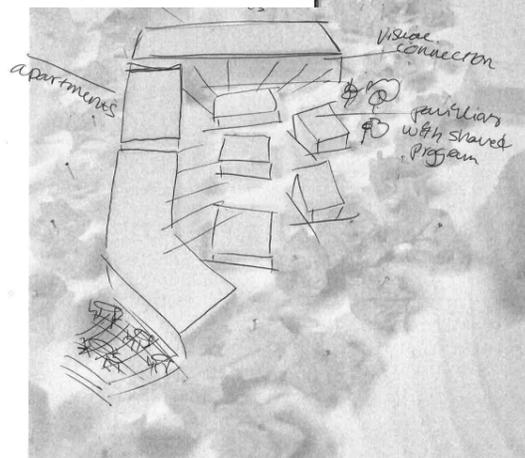
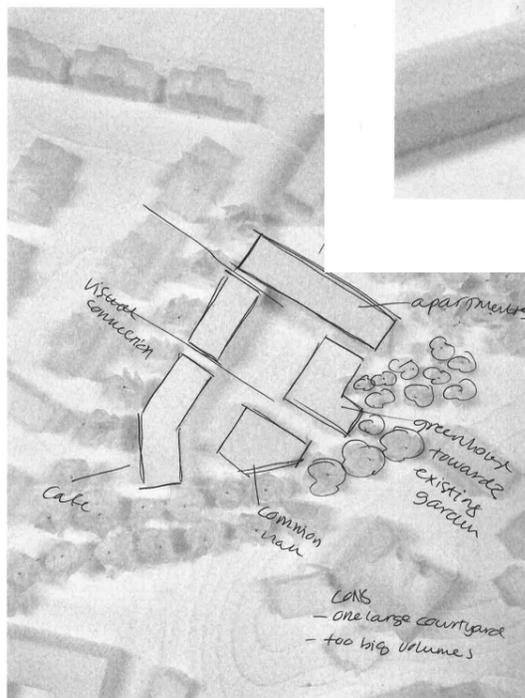
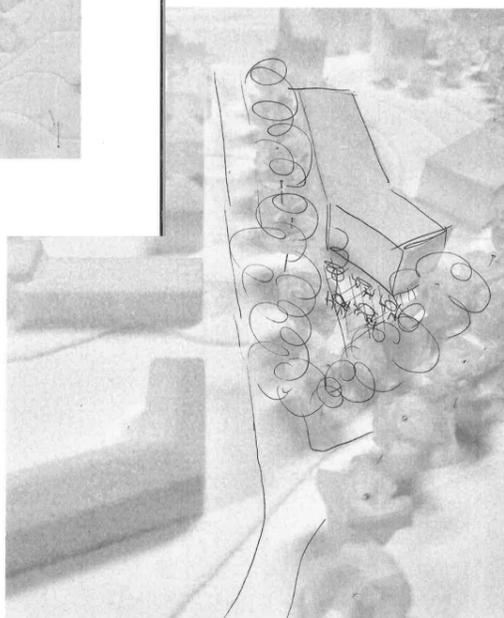
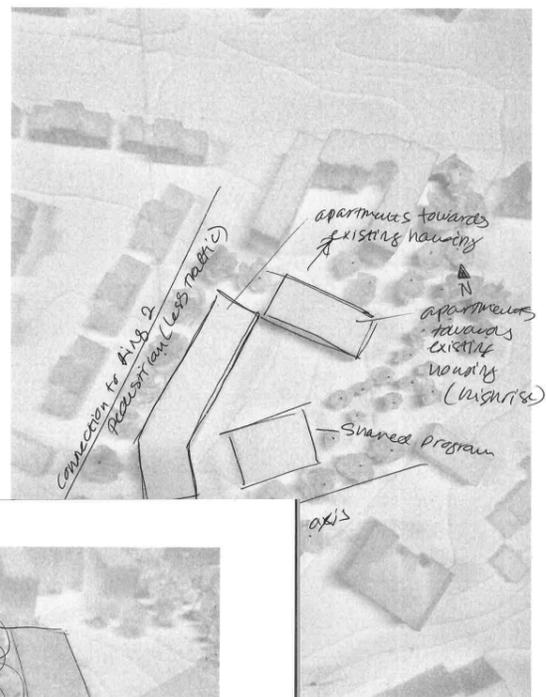
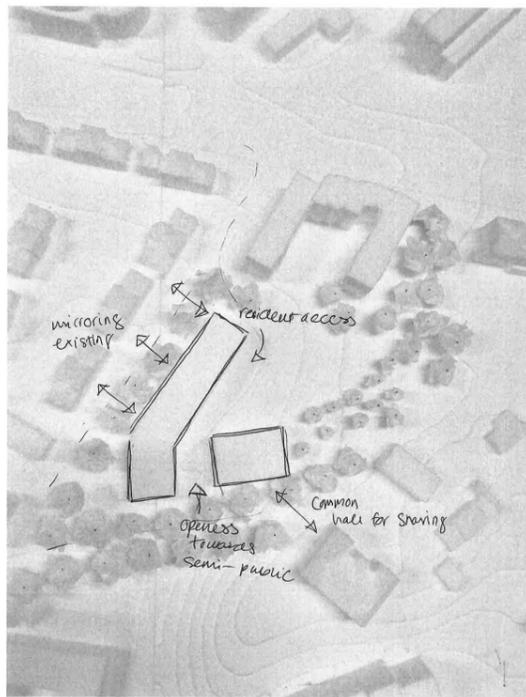
larger apartments for elderly, as many may move from large family homes and may be more open for the idea of cohousing if they don't have to "live small"

Initial thoughts

EXISTING



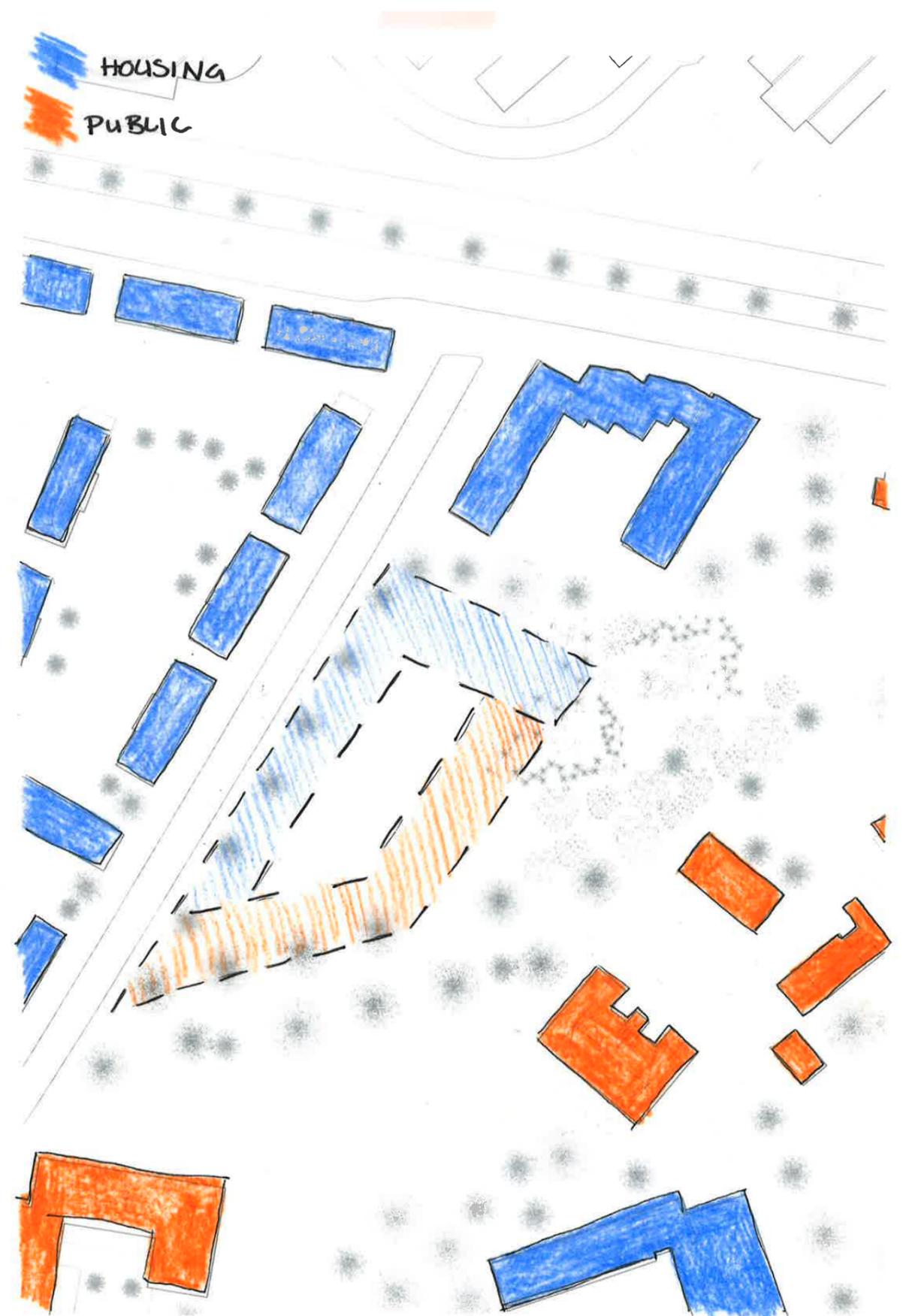
use height difference to create levels of public



GREEN BOARDER



HOUSING
PUBLIC



Strategy



PARSELLHUS

PRINCIPLE

Private units,
visual connection
and shared
outdoor
facilities
shared back-
yard.
Front/back



- UNITS
- COMMONS

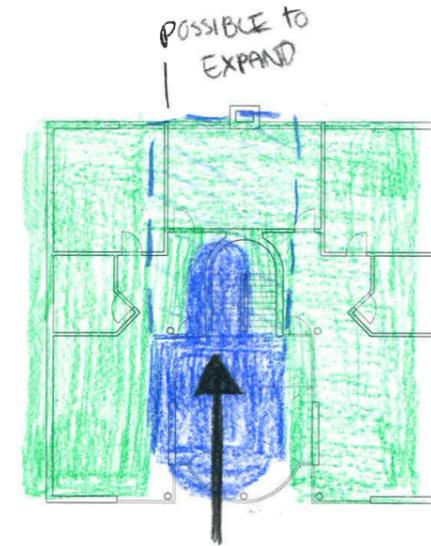
PARSELLVILLA, KLAMPENBORG
1:200



FLEKSIBILITET,
BYHUS SOM ENDRES MED BETID

PRINCIPLE

commons
surrounding
circulation cores,
units surrounding
commons



- UNITS
- COMMON

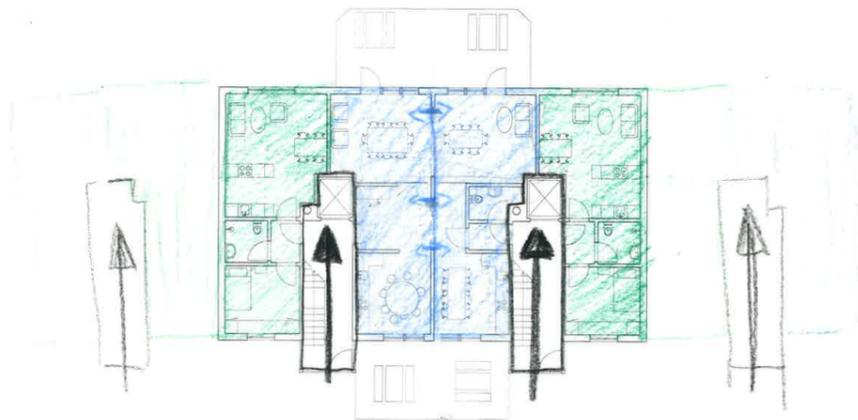
DET FLEKSIBLE BYHUS, 1986 KONKURRANSEFORSLAG
1:200



BOTELLESKAP OMKRING TRAFFEOPANGEN

PRINCIPLE:

commons inbetween

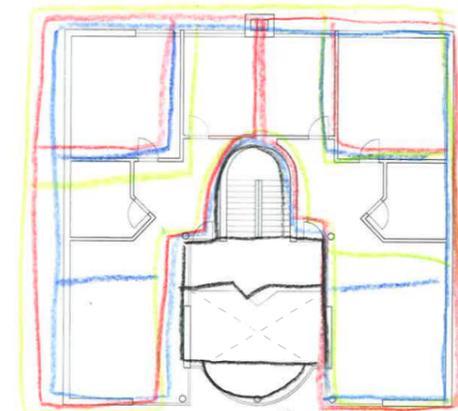


- UNITS
- COMMONS

MIDGÅRDSGRUPPEN, NGRREBRO
1:200



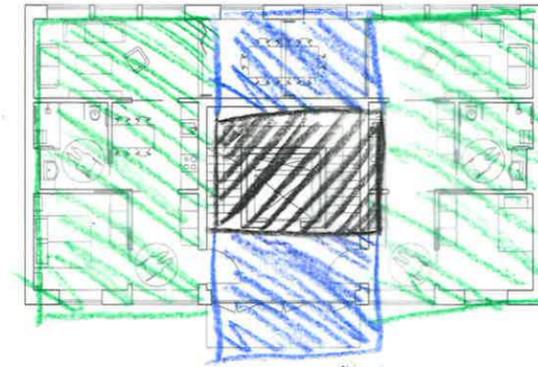
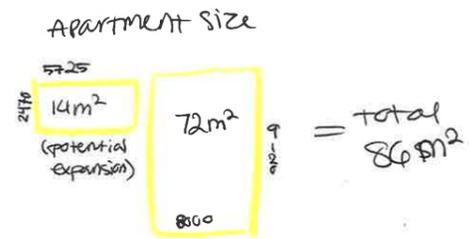
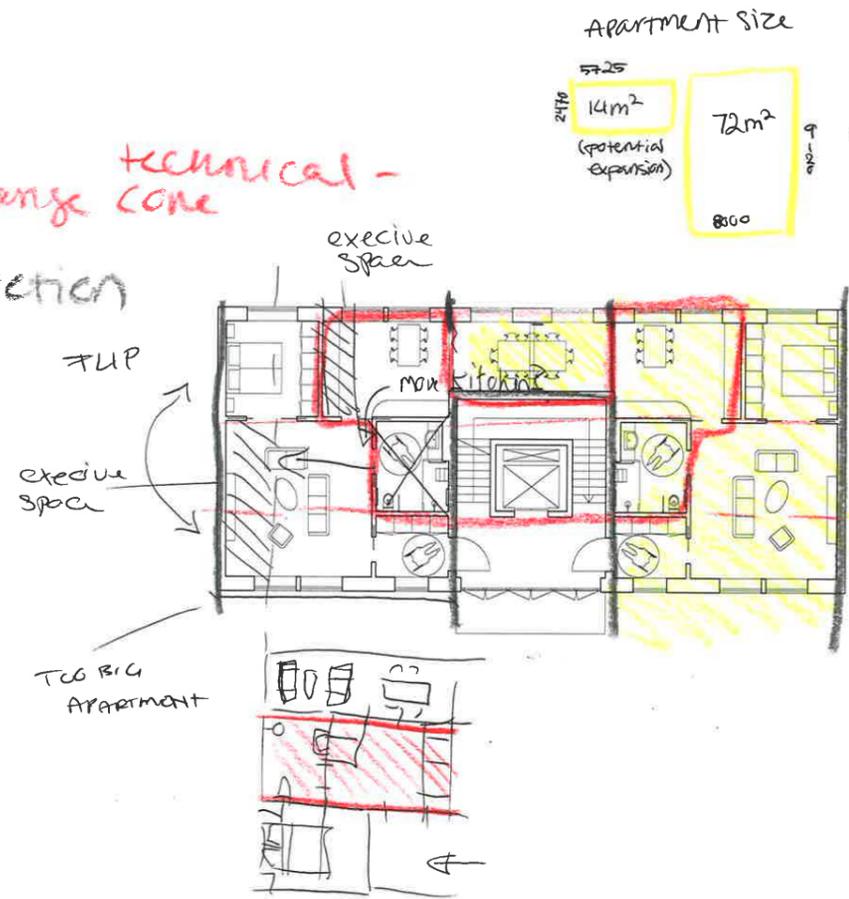
COMMONS
Collective — one unit, 4 bedrooms
two units, one bedroom
family apartment
three bedrooms



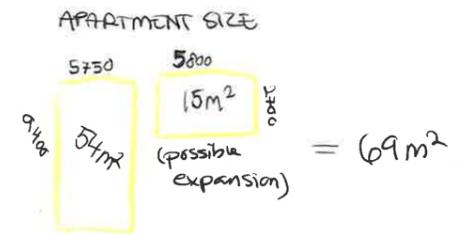
DET FLEKSIBLE BYHUS, 1986 KONKURRANSEFORSLAG
1:200



technical -
change core
CONSTRUCTION



Circulation
commons
units



Technical Core
CONSTRUCTION

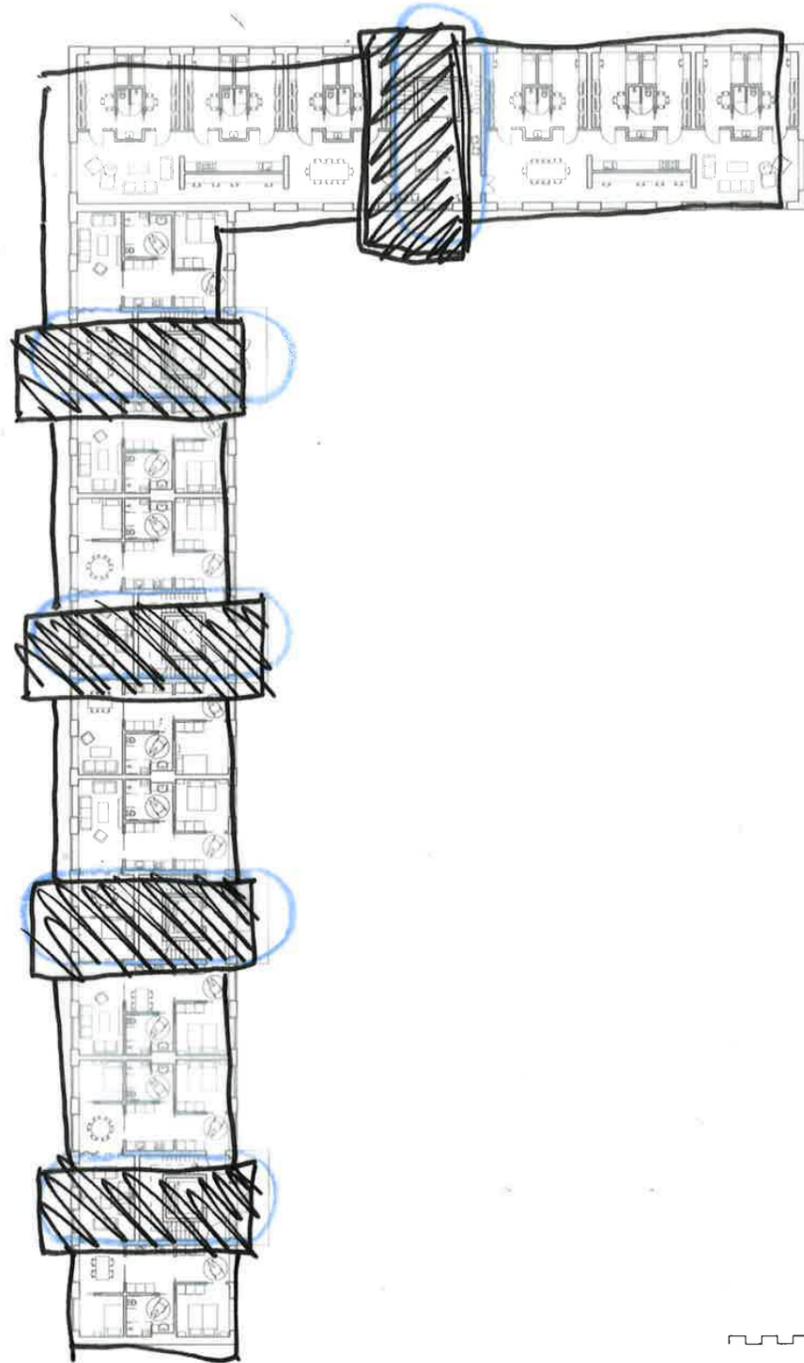




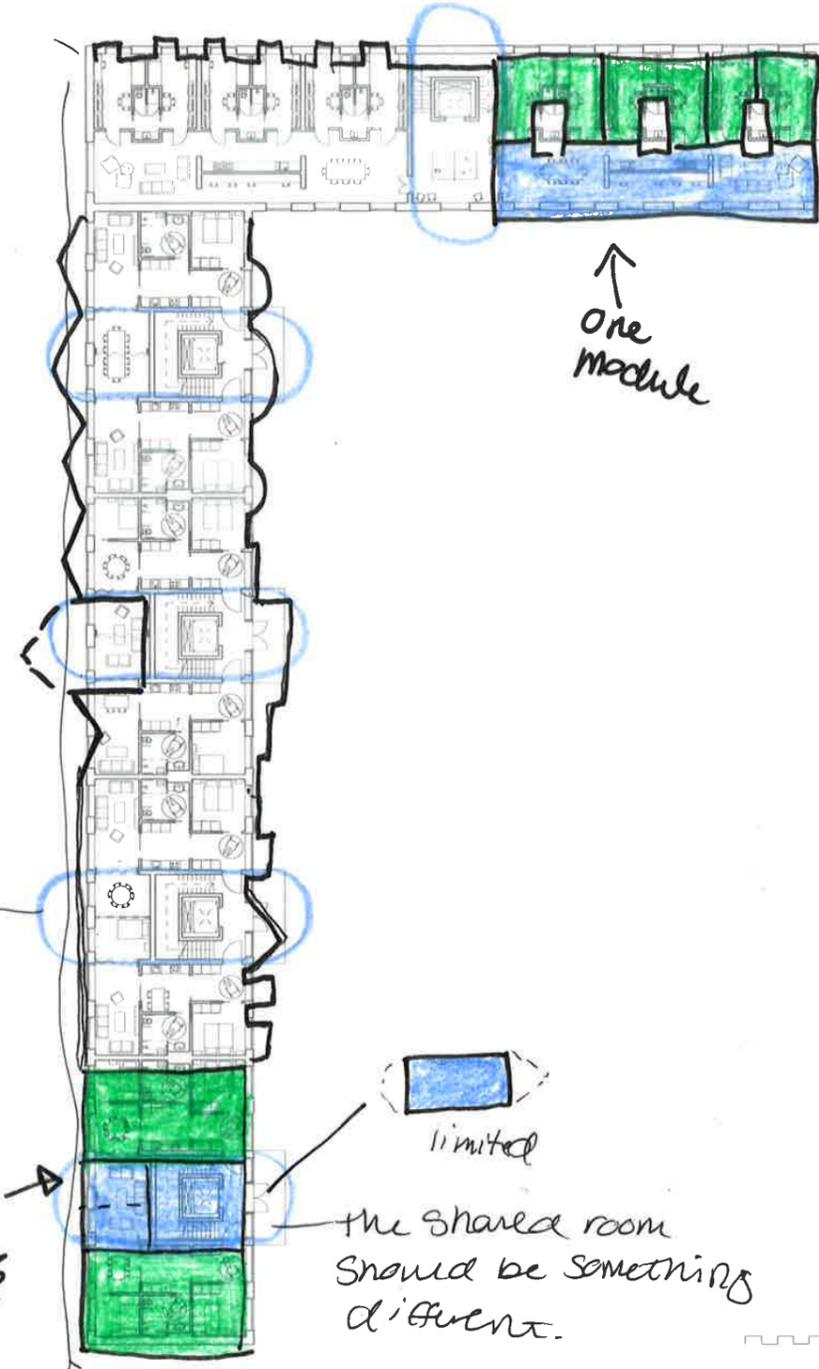
HOUSING CONCEPT



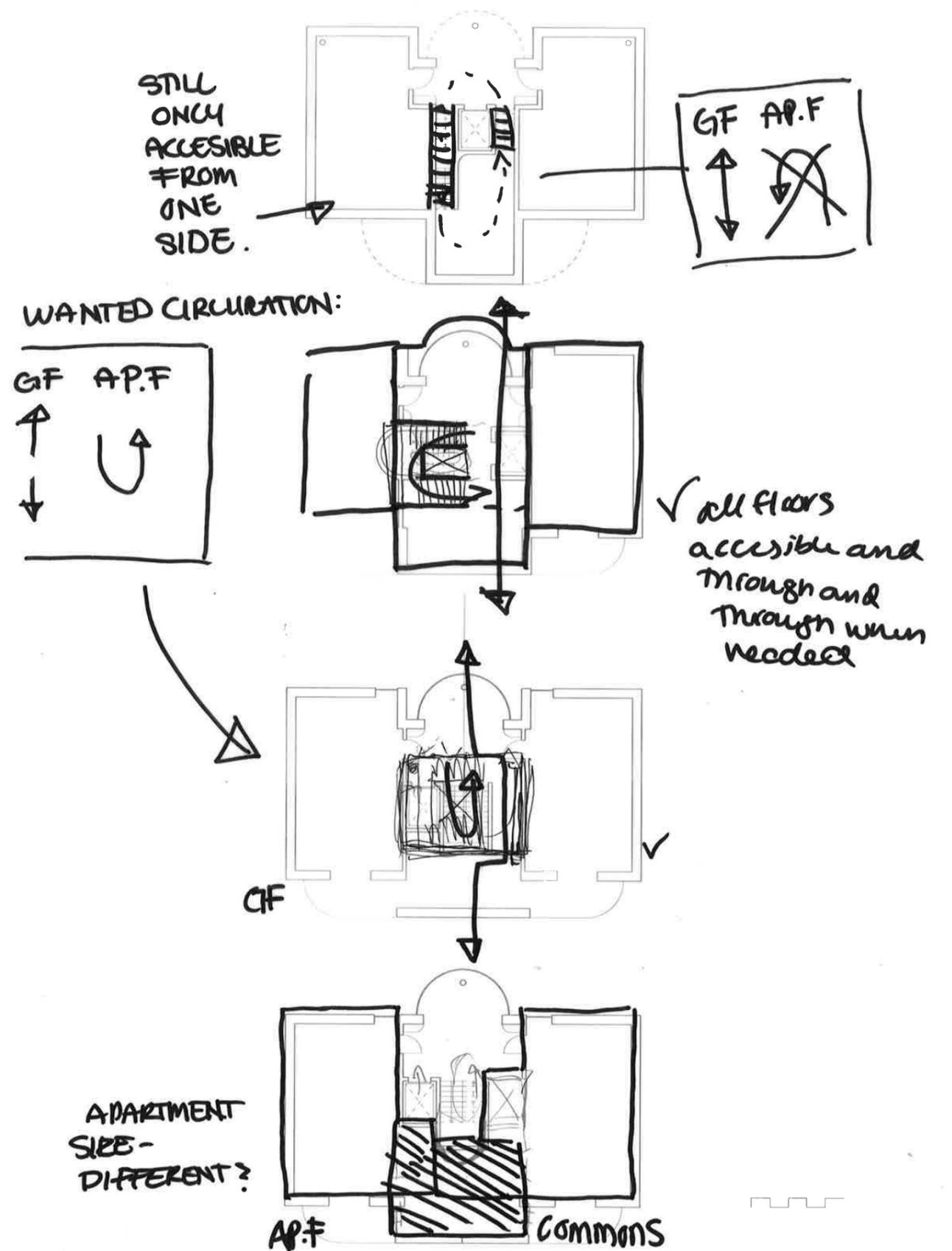
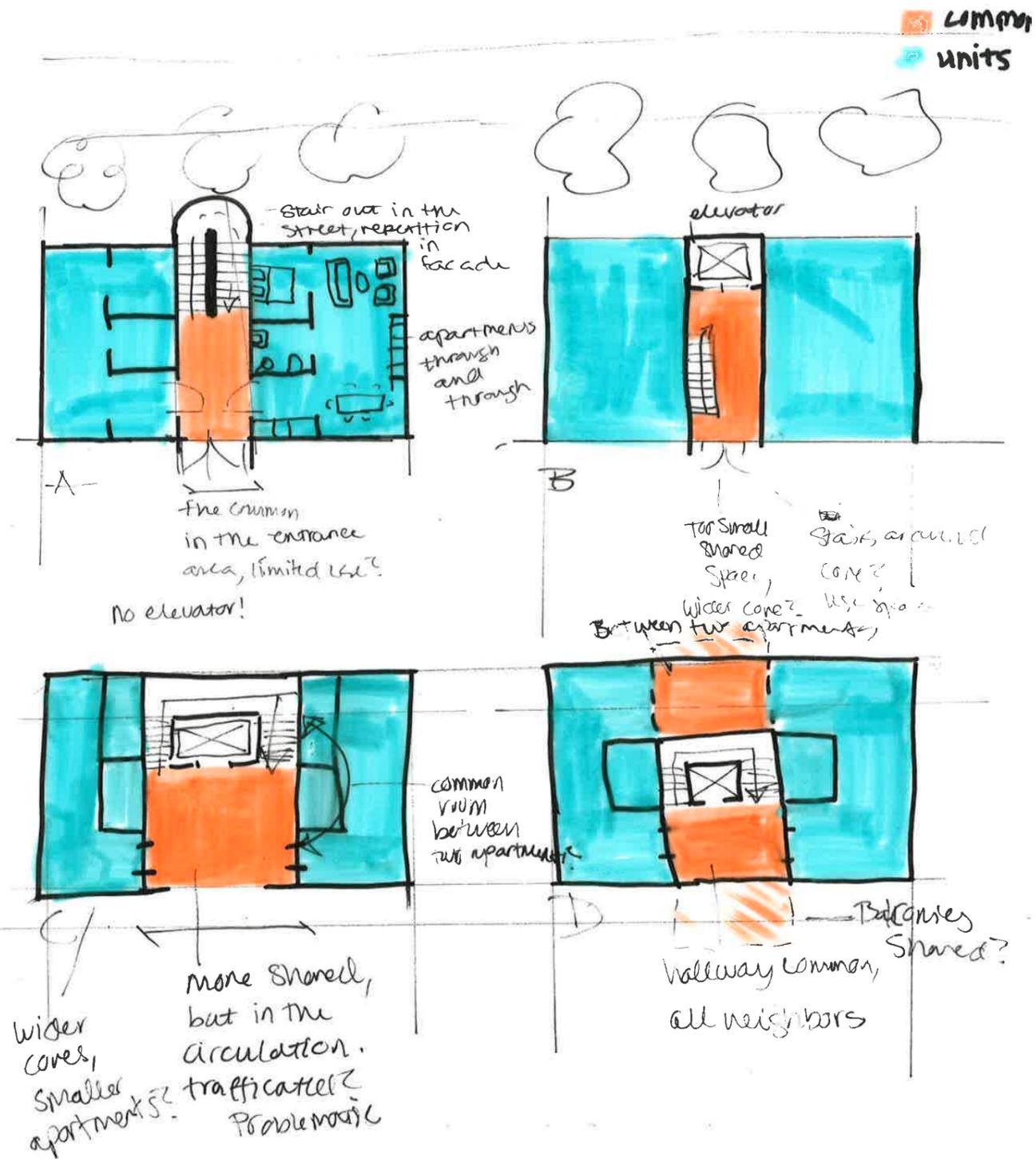
→ clear concept!

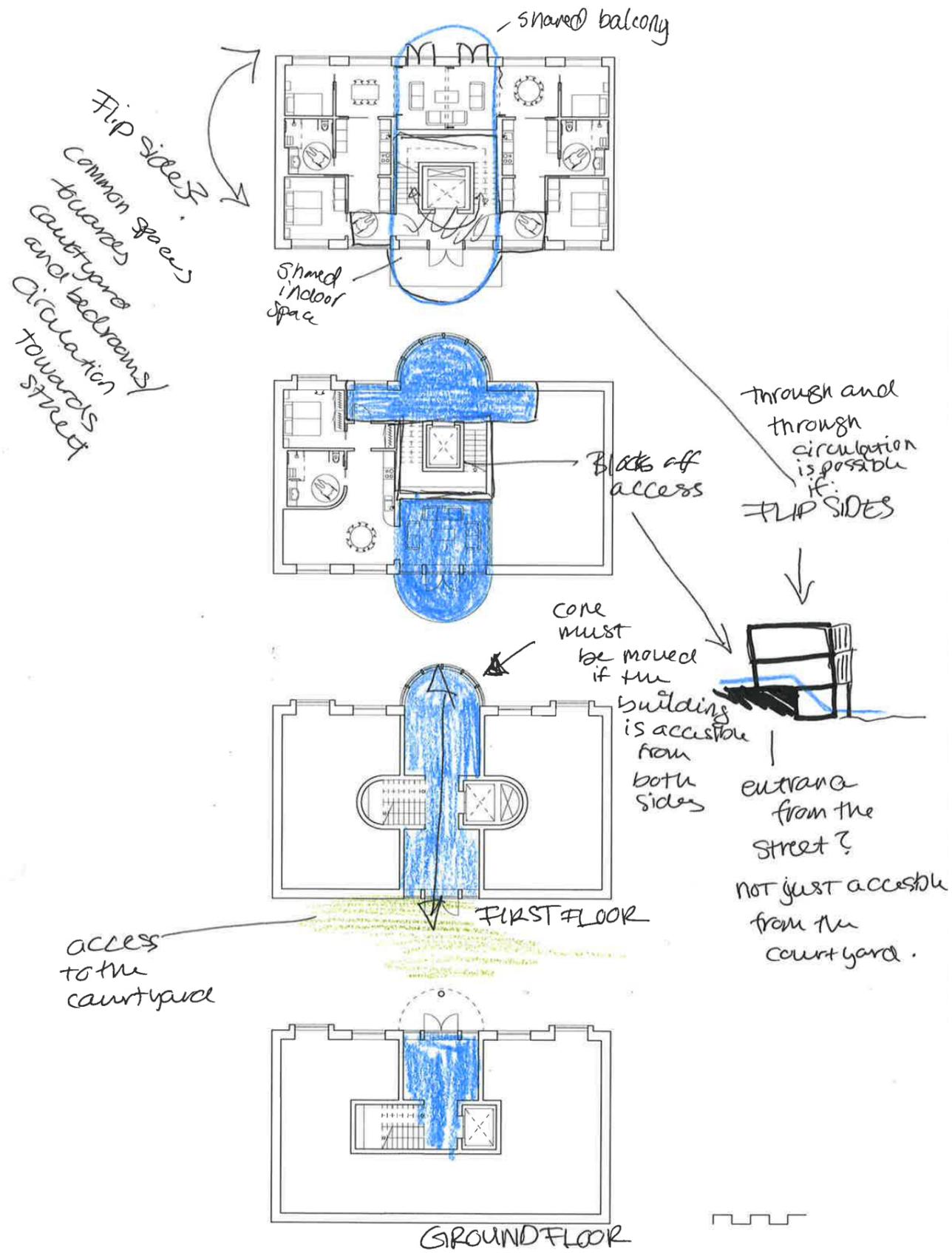


shared circulation → shared space

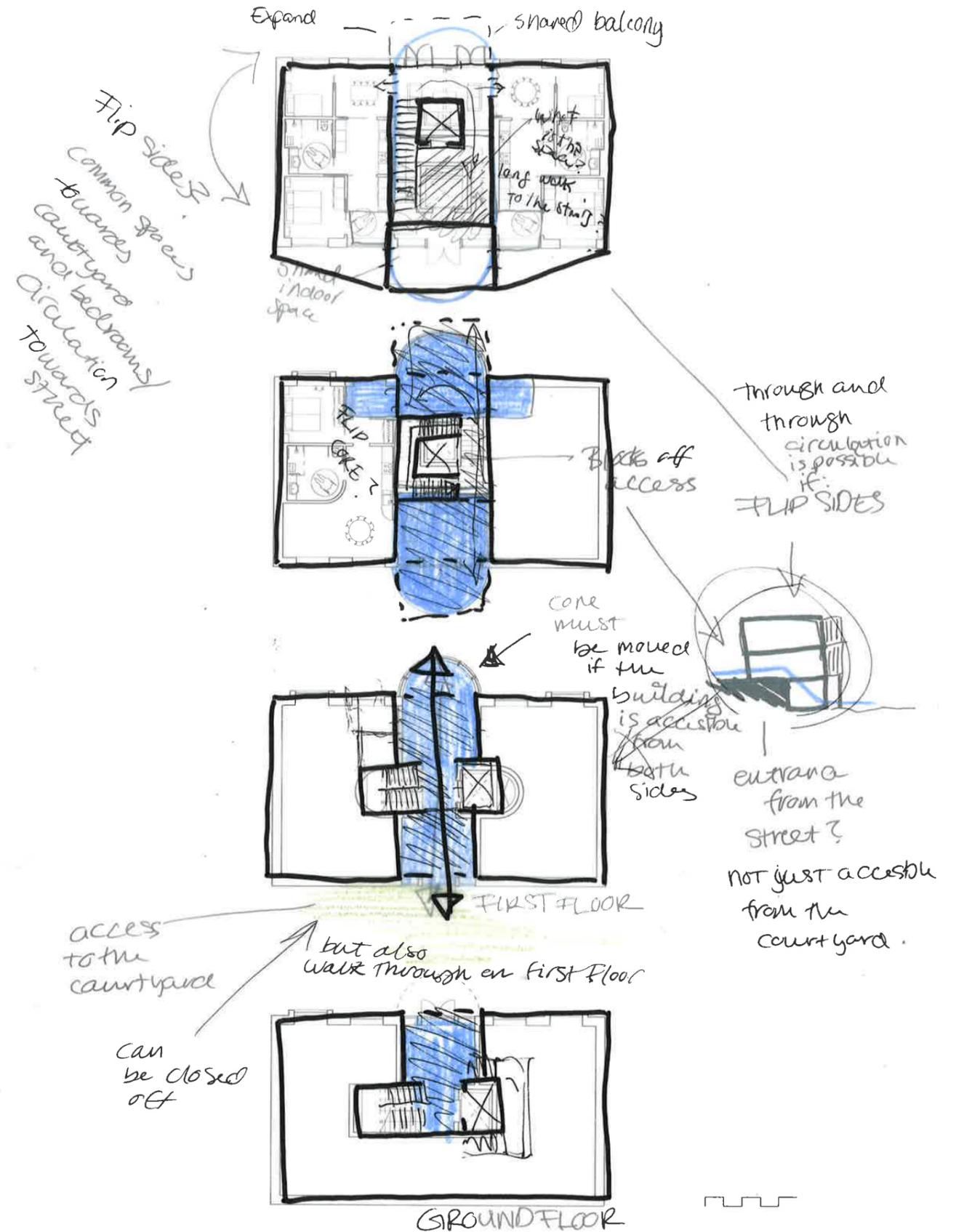


the shared room should be something different.

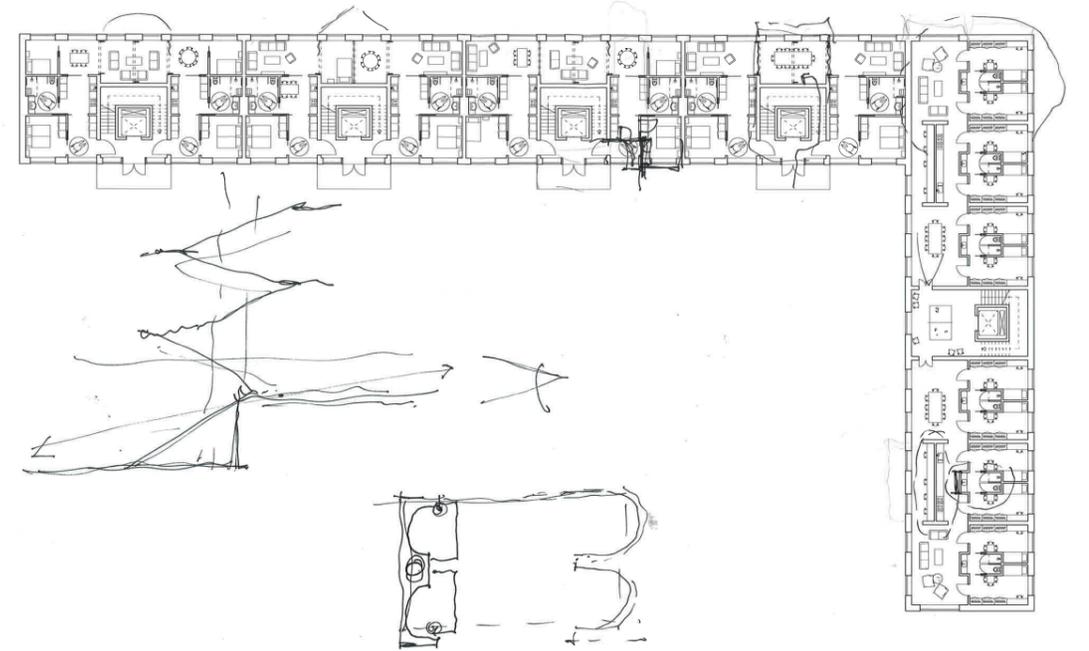
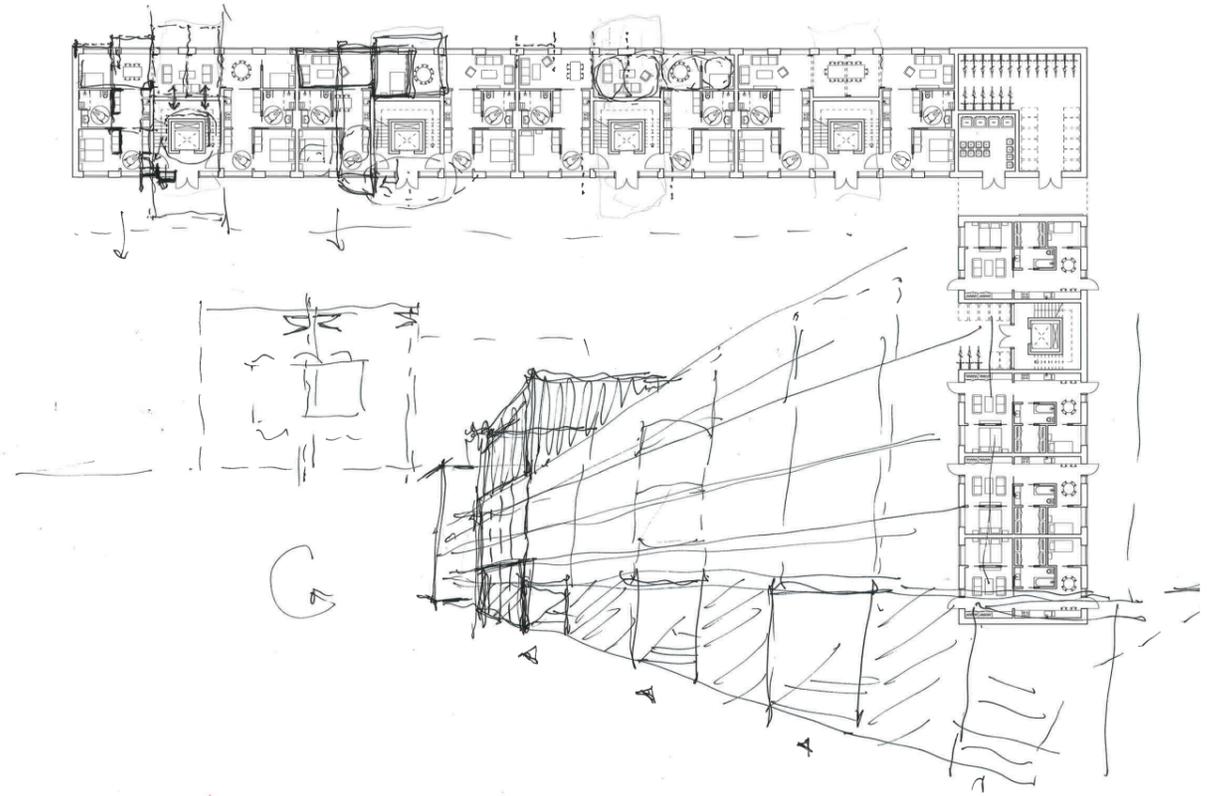
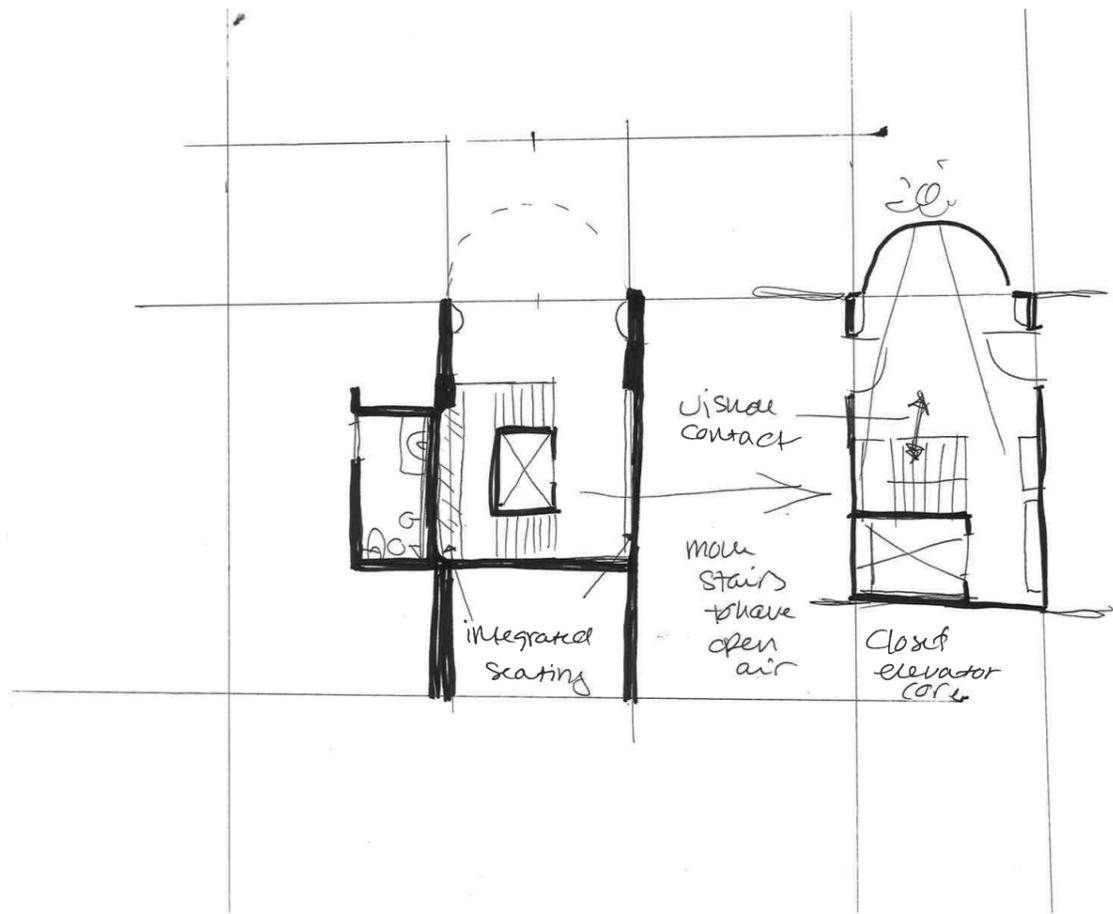




1:250



1:250



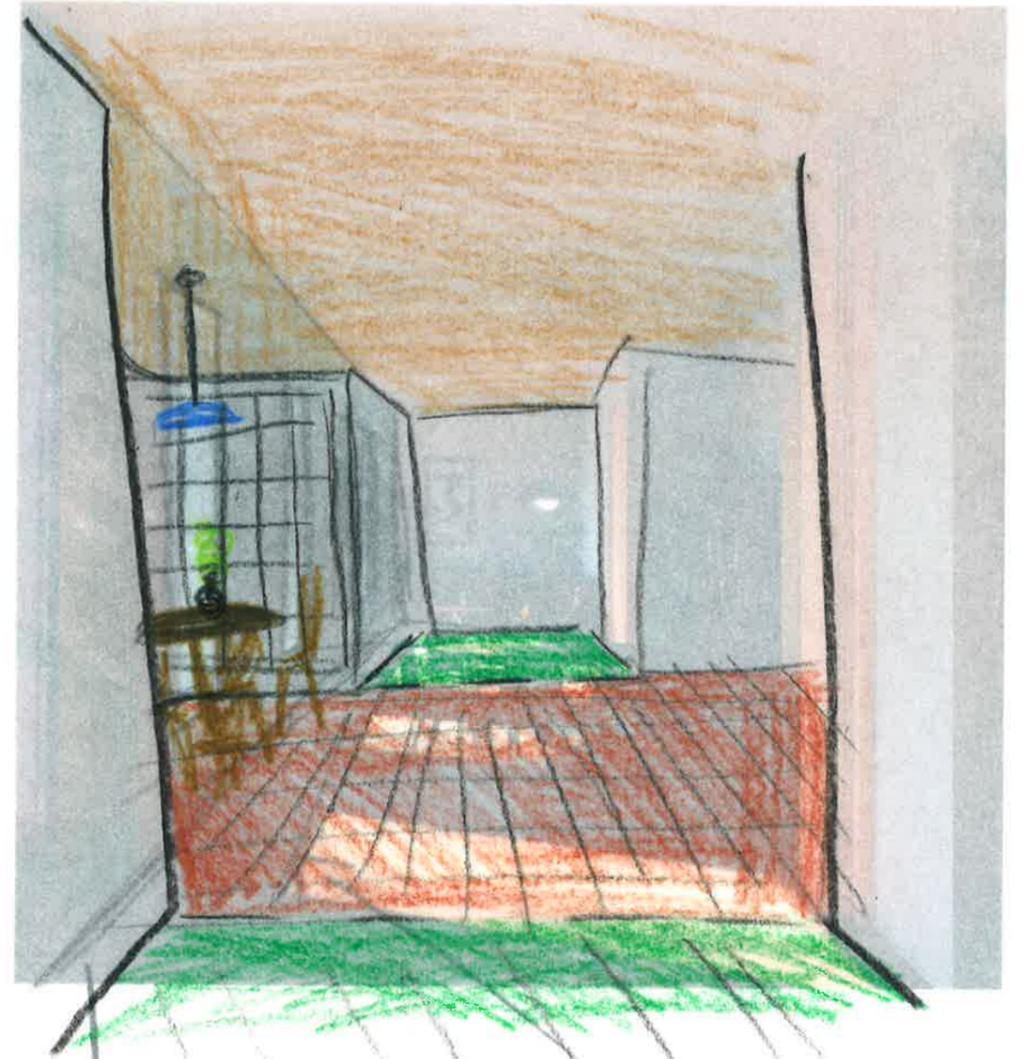
to rigid facade,
"long, simple wall..."
activate



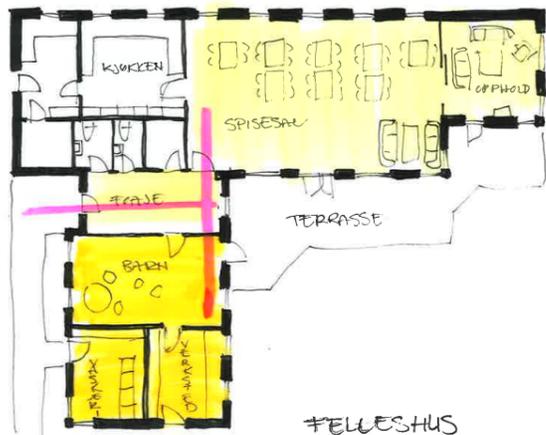
materiality? very visible, large doors
system for sliding doors
How does the material affect the room?



activate thick facade
system for sliding doors



Different flooring/materiality,
too rigid -
in shared room?

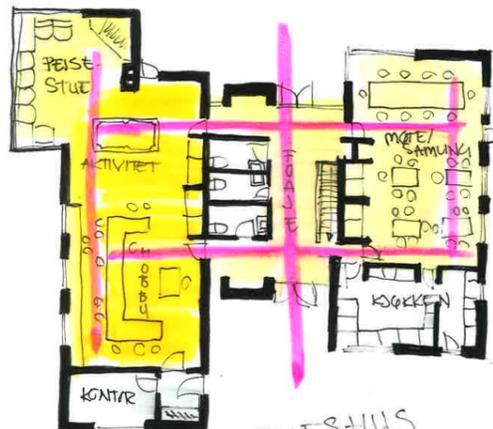


0 5 m

FELLESTHUS
NYMARKSVEJ, MÅRSLET

- Praktiske funktioner
- Socialt koblinger
- Aktivitetsplads
- Møteplads

- FORDELT PÅ
PROGRAM



0 5

FELLESTHUS
VEJBYTOFTEN, AARHUS

- Praktiske funktioner
- Socialt koblinger
- Aktivitet basert møteplads
- Sosiale samlingspunkt

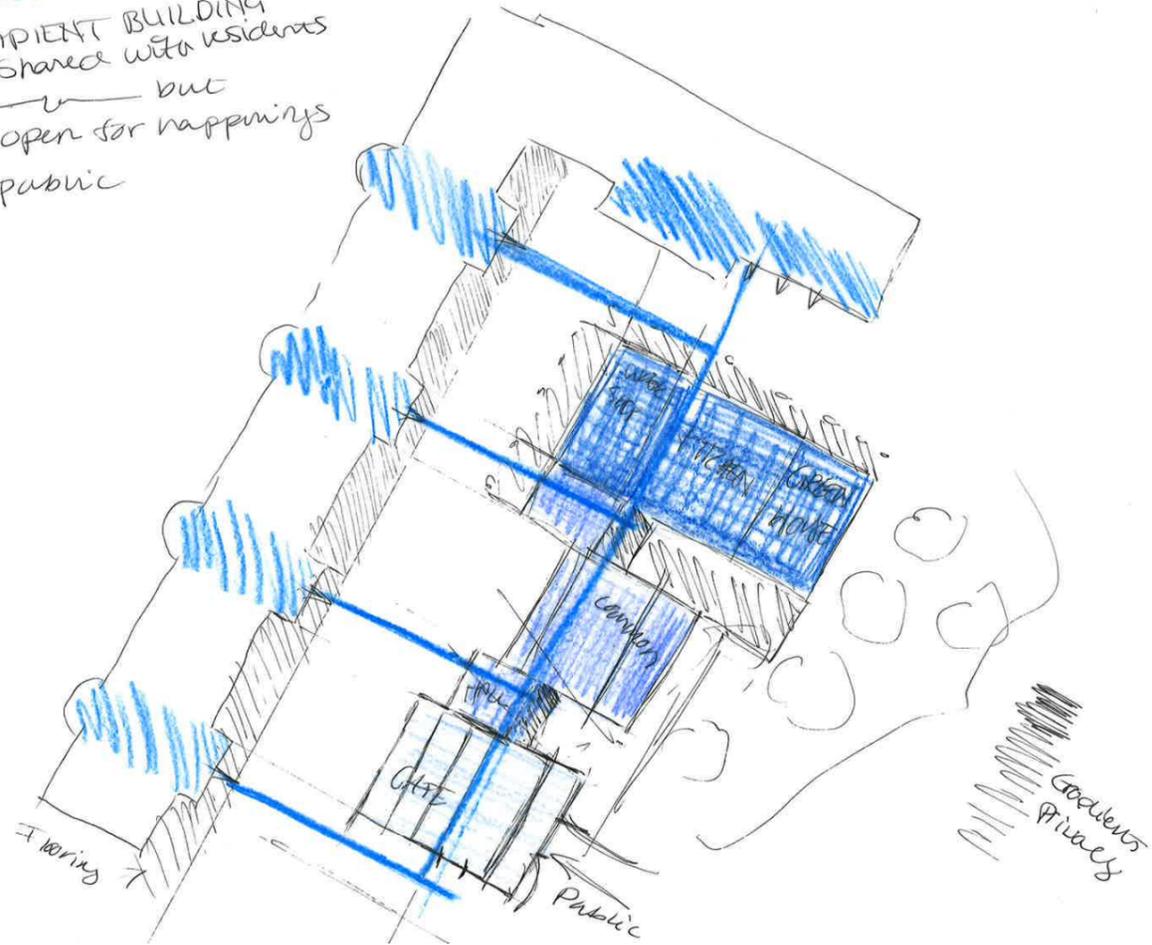
- MIXED USE,
SAMLET



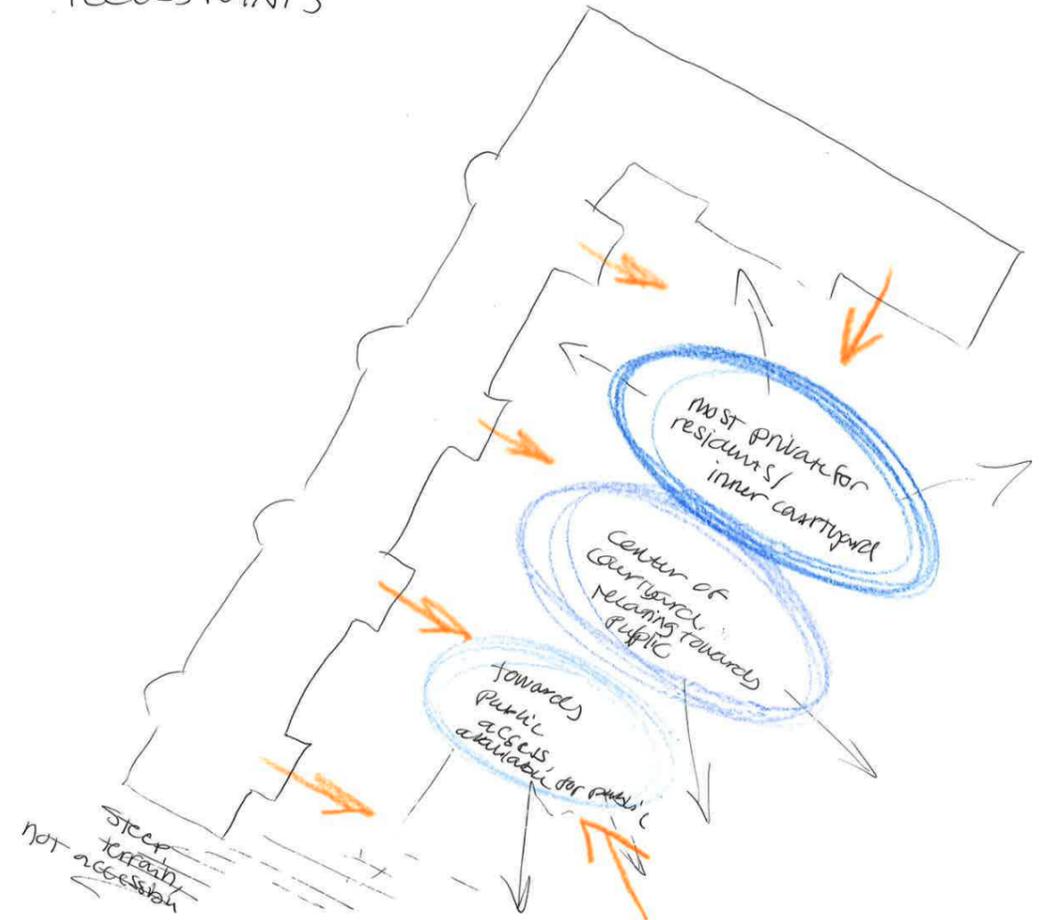
- WORKSHOPS (HOBBI)
- COMMON ROOM
- HALL
- KITCHEN

Social axis SHARED → PUBLIC RELATIONSHIP

- GRADIENT BUILDING
- Shared with residents
- but
- open for mappings
- public



ACCESS POINTS



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