

Assisted Living and Movement
Regeneration in Oud Charlois
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Abstract

The future demographic outlook for The Netherlands sees a sharp rise in the proportion of elderly people in society and a corresponding increase in the demand of support. As such the current system in which the state takes complete responsibility for their well being will no longer be feasible. Currently elderly people are often grouped together in care homes or nursing homes a solution which will be come too expensive in the future. Current elderly support structures are insensitive to personal needs. Assisted living Zones provide a feasible alternative benefiting state and elderly population alike. The development of Oud Charlois as an assisted living and mobility area should simultaneously bring about urban regeneration.

Assisted living facilities provide a viable alternative to the current system while they also benefit the elderly themselves. By definition assisted living seeks to offer the elderly support in their daily lives in order to allow for the maintenance of the greatest degree of independence for as long as possible. The focus has thus changed from adding years to life to adding life to years, to seeking ways of facilitating an active and participatory social role and the continuation of an independent lifestyle for as long as possible.

Cultural diversity in the area requires attention to specific demand requirements. Taking advantage of existing social networks is a good starting point for development. Program diversity should be instated as a means to support this and achieve sustainable solutions.

It was necessary to carry out research into

- The requirements of an assisted living and mobility and
- The designated area of study; Oud Charlois in order to understand how adaptable it was to the concept.

This initial research was mainly carried out in collaboration as part of the initial group work.

The Requirements of Assisted Living and Mobility

The variation of cultural backgrounds within the class itself demonstrated many different attitudes to and methods of caring for the elderly. It also revealed a range of desires and expectations in the group as to what care would be received in the future.

For the most part those from the Eastern cultures received little Government support and depended primarily on their family and their local social network for assistance. Southern European cultures still relied a lot on the family but there were some support systems in place for the elderly. Finally in the Northern European countries including The Netherlands the responsibility fell mainly into the hands of the Government with a variety of types of care and nursing homes, with family assistance as a secondary mechanism. There was also a variety of expectations in relation to social standing, financial capability, retirement possibilities etc.

Secondly a study was conducted into what the differences in the needs of the elderly are and into the effect this may have on daily life. Five themes were identified. These were;

(i) Mobility; The reduction in physical capability means older people may only be able to travel shorter distances or it may take them a longer time reach a destination. They also may need places to take a break or rest. Falls may be more likely. Public transport may be less accessible such as steps up onto the bus. There are various aids to their mobility such as the scooters, motorised bicycles, walking aids, walking sticks, wheelchairs etc. which should be considered and facilitated. Even within the home stairs or steps between rooms can act as major barriers.



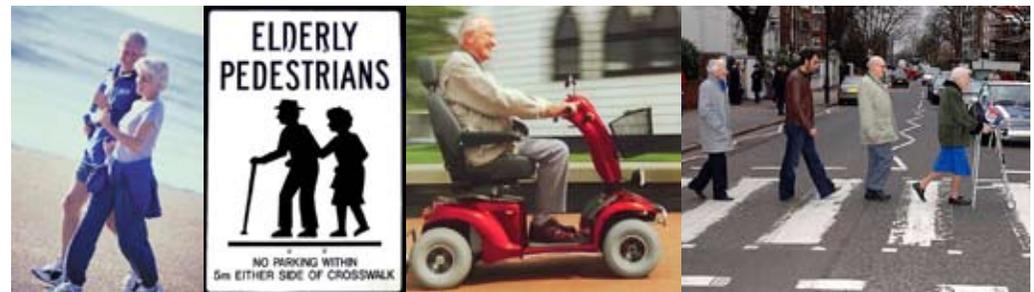
Vietnam (Thao)



India (Sayali)



Ireland





(ii) Safety & Security; This again is also depreciated by the physical capacity of the person when they age. Ones ability to run in a threatening situation or to fight back should the occasion arise is greatly diminished creating a greater sense of vulnerability. Physcologically this could greatly influence the well being of a person. However this may also relate to the knowledge that should they take a fall or should something happen assistance is nearby.



(iii) Isolation & Integration; The reduction in the extent of the social network is also a common feature of ageing. This is partly due to the reduction in mobility but also due to factors such as grown up children leaving the home, retirement etc. There may be little opportunity to interact with other members of the community outside of the family. It is important for older people to feel needed and to be social participants rather than segregated outcasts. They may take advantage of newfound freedom to do the things they had not time for before such as hobbies, trips or voluteer work.



(iv) Orientation; This is closely related to the mobility of the elderly. How exactly they move around in space ,what barriers impede them, the choice of routes they choose and the reasons why. Their ability to read and understand signs and the ease with which they can do this. Bigger writing may be needed, and the choice of colour chosen can also be of assistance.



(v) Dependency; Within the elderly themselves there are various levels of dependency from those who are almost independent to those who are in need of constant care. Their requirements will vary depending on their level of dependency.

Finally it is worth noting that within each of these themes are physical and psycholological elements. How far can the old man walk and how far does he feel comfortable walking. Improving the elderlys perception of themselves is massive in increasing independency levels and reducing depression levels.

Existing Conditions in Oud Charlois

The second part of the study focused on the existing conditions in Oud Charlois, a neighbourhood to the southwest of Rotterdam situated on the River Maas.

Historically the area prospered from its close connection to the harbour with a community thriving off its waterfront. However, in recent times it has fallen into decline, developing a negative image and has been earmarked for regeneration.

Population Composition

The overall population of Oud Charlois according to the municipality's 2004 figures is 13,178. Approximately 10% of this is over the age of 65 accounting for a little less than 1400 people.

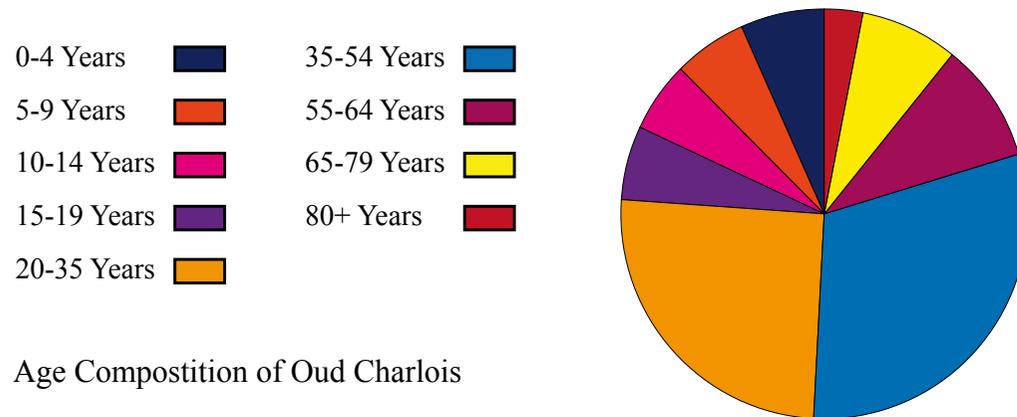
More specifically;

1234 people are between 55 & 64
973 people are between 65 & 79
413 people are over 80.

There has been a gradual but constant decline in the people over 65 which is expected to continue, especially in the over 70 group. In 15 years, since 1994 the over 65 group has dropped by 797 people or 37%.



Rotterdam showing district of Charlois and Oud Charlois



Age Composition of Oud Charlois

Population Ethnicity

There have been 3 “waves” of immigration to the Netherlands.

1. From the Dutch colonies- Indonesia in the 50s and Suriname and The Netherlands Antilles in the 60's
2. Southern Europe; Greece, Spain, Italy and Portugal in the mid 50's and From Turkey and Morocco in the 1960s.
3. Eastern Block countries in the 1970s.

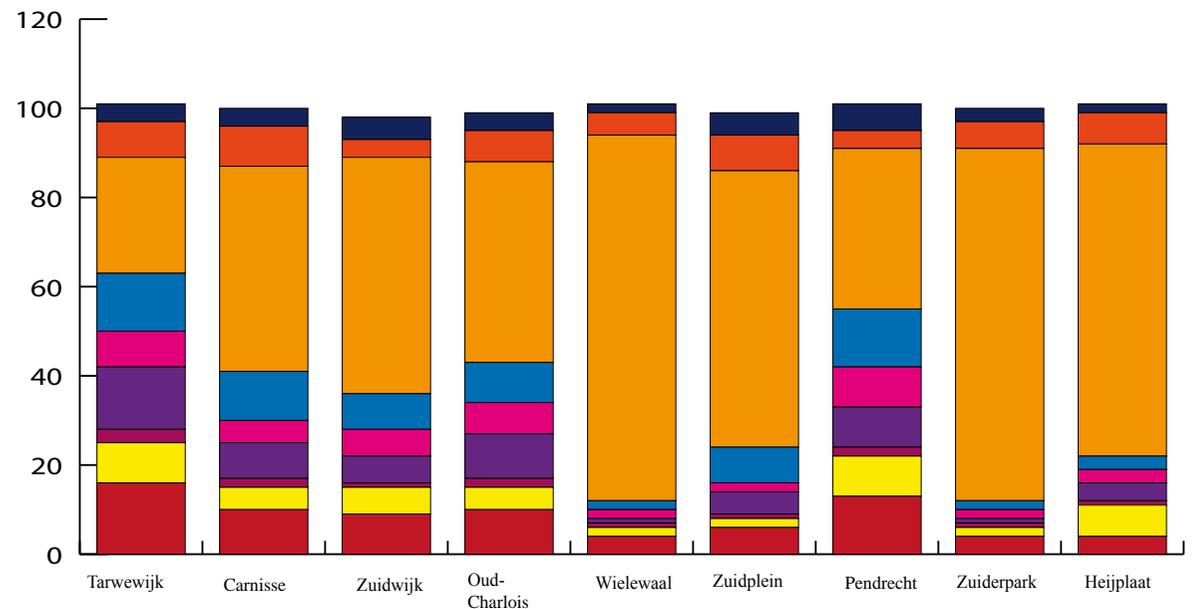
(Tilburg University, *The Netherlands 2005*)

Cheap prices in the neighbourhood have made it an attractive place for the development of these different immigrant communities. The proportion of immigrant population is currently 50.9%, while the following groups have a higher share:

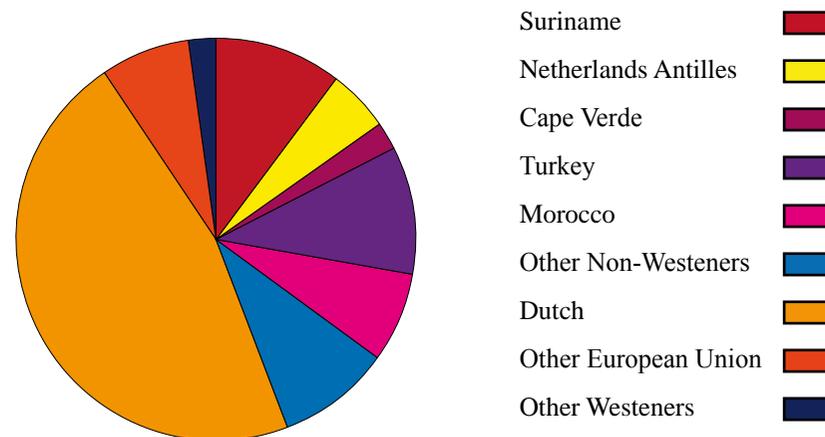
- Surinamese (9.7%),
- Turks (8.4%),
- Moroccans (6.1%);
- Antilleans (6%)

A large section of this age group are approaching the age where they will be in need of assisted living. It must be taken into account that some immigrants will be more integrated than others (subcultures within the culture)

It is likely that the first generation may be taken care of by their children if the children grew up in the original country or if they are quite strict with focusing their cultures on them. However difference between the cultures is likely to be diluted in the second and third generations and this must be considered in terms of sustainability.



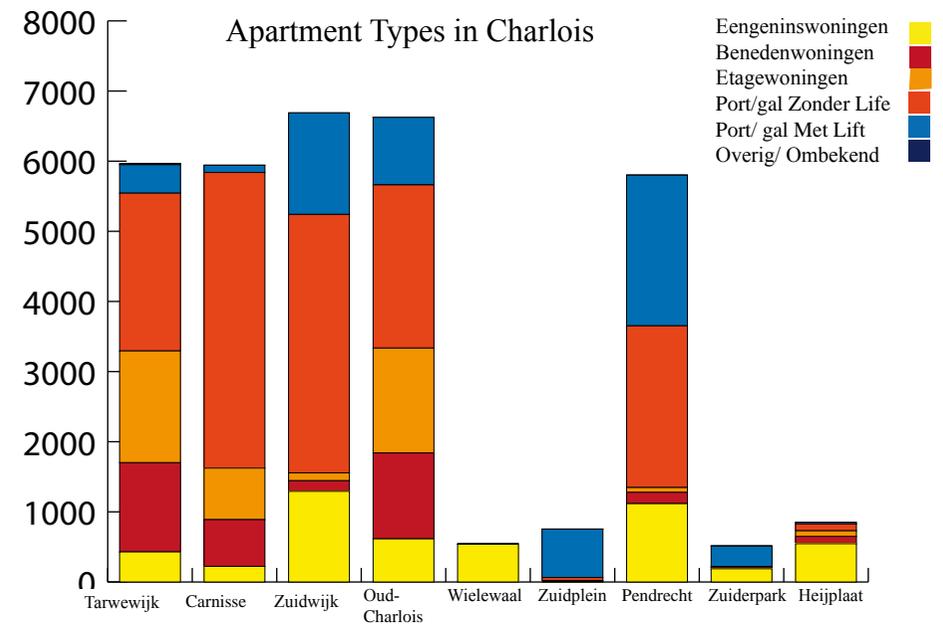
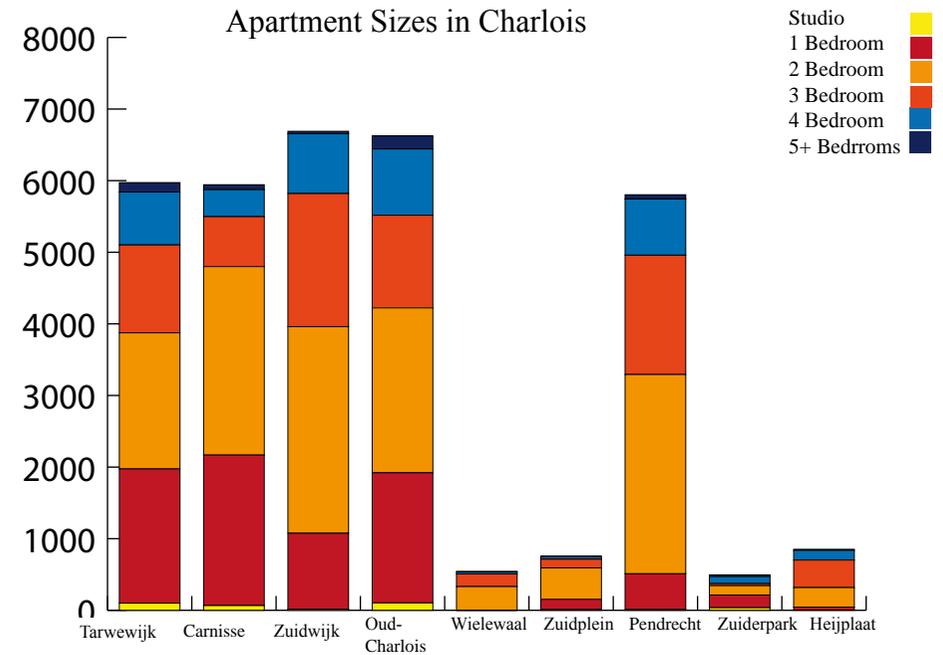
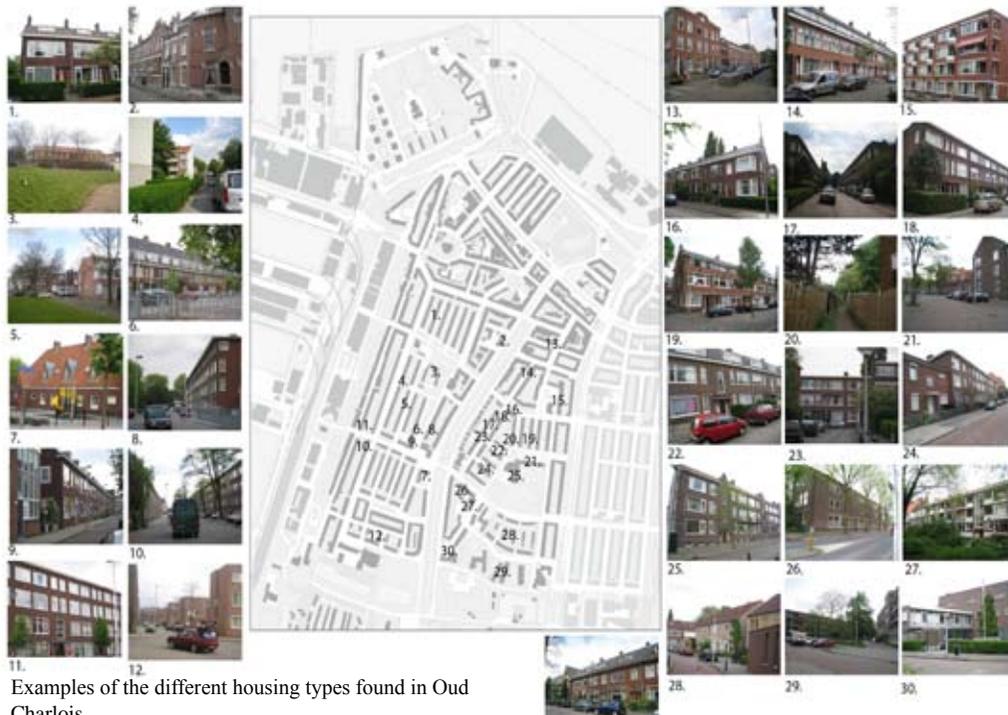
Proportions of Ethnic Groups in Charlois



Ethnic Composition of Oud Charlois

Existing Typologies Study

70% of the current building stock was built before 1960. It is for the vast majority not possible to add a lift and is not readily adaptable to assisted living. Apartments with lifts consist of only 15 percent of the building type or 963 units. There are 1225 lower houses (18%) which could be suitable for elderly people although it must be considered that some of these also include on upstairs part with the middle floor split between units. The advantage over another house of not having stairs would therefore be lost. The majority of units are 2 bedroom houses. 27% have one bedroom and 37% have 3 bedrooms or more. An interview in the real estate office revealed that there is a strong demand for 3 or more bedroom family housing and it is considered to be lacking in the area. The majority of bigger units are apartments and they therefore do not have a back garden.



Classification of Public Space

The area features a huge amount of open public space which is underused and not well maintained. The excess of public space means that they lack natural social controls with the space often being perceived as unsafe or as the location for illegal activity. This is especially true at the Karel de Souteplein (1) where the size of public green is out of scale with the surrounding urban context. The community is unable to arrive at a sense of ownership over the space and gains little or no benefit from it. A lot of the space is also ill defined with by surroundings buildings, with gable ends (2) or the backs of houses (3) lending them their edges. There is therefore no clear function, no sense of ownership and reduced connection to the surrounding area. The streetscape is quite repetitive with long blocks running from north to south. Parking often lines both sides of the streets and in some areas the paving is uneven and in need of maintenance.



Legend

- Functional
- Supportive
- Other

The classification of public green space according to "Functional" (as in playgrounds, sitting spaces...) "Supportive" (where the green is used to create a pleasant atmosphere/view for buildings around or within it) and "Other" (which would be the buffer green or the left-over spaces which have been turned into green).



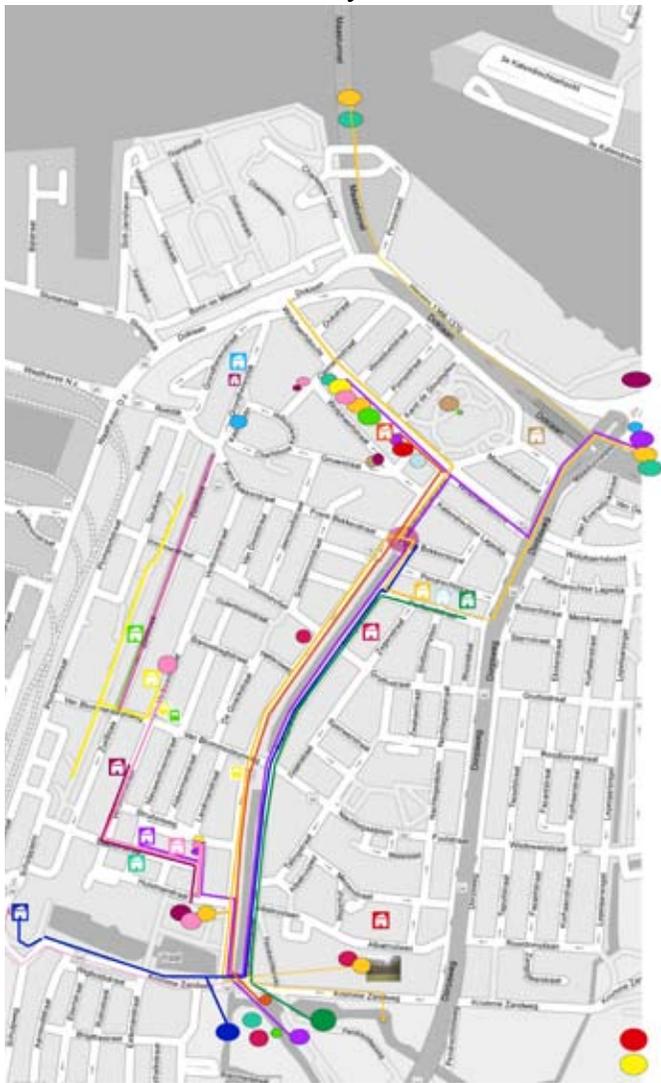
The Karel de Souteplein in its surrounding context is not defined on its edges by street fronts or even built mass and is out of scale to the surrounding context. Historically it was a vibrant and active park but has now fallen into disuse. (Google Maps)



Gable ends of houses defining public green space

Neighbourhood Interviews

As a further part of the group study into the area, a series of interviews with people living and working in the area was conducted. Those interviewed were of different ethnicities and of different age groups in order to gain a comprehensive picture. However emphasis was placed on those over 55 in order to see what the elderly missed and liked about the area. It was necessary to conduct the interviews in Dutch in order to gain the maximum amount of information and was therefore carried out by the Dutch member of the group. (Eline).



Interview Results

The shops available in the North are too expensive and as people normally drive to do their shopping it makes sense to shop outside the area in Pendrecht or Masshaven. A lot of people also missed having a local shop in the south for convenience items or shopping they forgot at a more walkable distance. People drive within the area itself, as the distance between north and south is too far. This may be to carry shopping or simply to be able to get home quickly if necessary. Contrary to the municipality statistics most people felt safe with the top of the single and Zuidhoek the only places avoided. Walking along the single, to the Zuiderpark, going to the playground in the south and the childrens farm were all popular activities. Most of the immigrants live to the east and the dutch to the west with the seperation occuring along the single. Facilities which were mentioned as needed were an ATM machine to the south, shops to the south, a hairdresser, a therapist, daycare facilities.

Basic Statistics

	Age	Gender	Ethnicity	Stay
1.	69	Male	Dutch	alwasys
2.	60-70	Male	Dutch	12 Years
3.	45	Male	Dutch	35 Years
4.	34	Female	Dutch	13 Years
5.	37	Female	Dutch	3 Years
6.	13	Female	Eastern	unknown
7.	75+	Female	Dutch	50 Years
8.	67	Female	Dutch	6 Years
9.	60-70	Male	Dutch	-
10.	37	Male	Surinamese	-
11.	30-40	Female	Turkish	25 Years
12.	80	Male	Dutch	15 Years
13.	65	Female	Dutch	40 Years
14.	80	Male	Indonesian	16 Years
15.	52	Male	Surinamese	2 Years
16.	51	Male	Dutch	16 Years
17.	64	Female	Dutch	Always
18.	36	Male	Surinamese	20 Years
19.	35	Female	Turkish	20 Years
20.	70-80	Female	Dutch	unknown

Design Problem

The current demographic situation in Oud Charlois and the need for consideration in the variation in demand due to background led to the project focus on cultural identity. In the Netherlands it is expected that the number of foreign elderly will increase by 200-300% to almost 10% of the elderly population by 2015. The proportion of immigrants are higher in the four major cities (Amsterdam, Rotterdam, The Hague & Utrecht) and are likely to be higher again for Oud Charlois given its current demography. Different proportions of immigrant communities lead to variations in assisted living demands which need to be addressed, especially within the context of Oud Charlois.

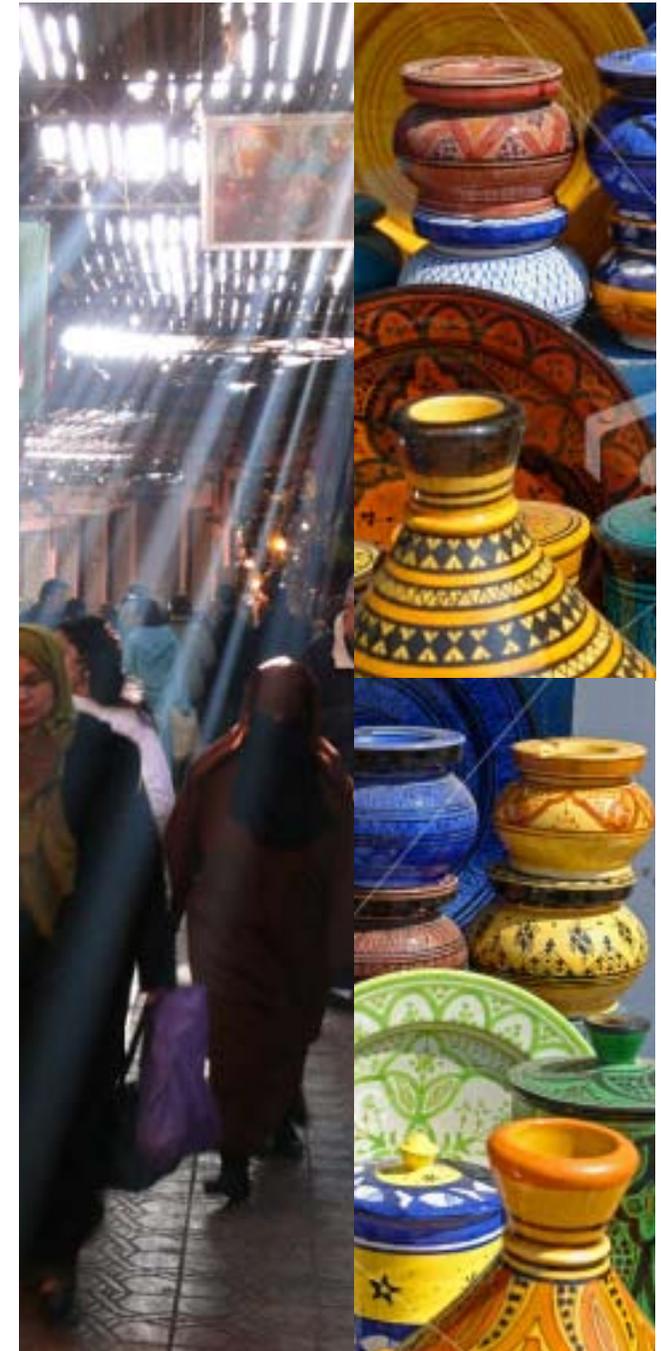
It is necessary to develop an assisted living facility which caters for all cultural identities and ways of life. If all the range of cultural identities are catered for it is likely that differences in personal choice are also. The project should facilitate people to continue to live as similarly as possible to as before; age should negate lifestyle preferences as little as possible.

- It should
- be well integrated into the community
 - offer connection to all necessary facilities
 - adapt to how these cultural identities may change over time
 - be of benefit to the entire area by acting as a catalyst for regeneration.

Focus on Cultural Identity

Immigrants from Western countries are likely to be used to a similar system in their countries and the cultural variation is unlikely to be significant for them. The requirements for the main immigration populations of Oud Charlois; Moroccans, Turkish, Surinamese and Antilleans are however likely to be more varied and the focus will therefore rest on them. In considering the needs of different cultures it is necessary to take into account how this need will change over time.

Future immigrant figures are dependent on future migration trends but also on whether current immigrants decide to re-migrate to their country of origin. Many expect to return to their home countries but stay in The Netherlands in order to be close to their children or to avail of Dutch care facilities. Also immigrants who have spent a long time in the Netherlands may find re-adaptation to their native cultures difficult, although this is reflective of differences in levels of integration. In the more traditional societies the elderly demand authority and respect. Staying in the Netherlands can mean sacrificing this social prestige.



The extended family is often divided into core families as a result of migration to Europe. Traditional cultures are often maintained to an extent within the Netherlands by their close social network. For example the Turkish community keep close links with their families and with Turkish associations and mosques. The mosque often performs a social role, acting as a meeting place and centre of activity. However although the closed nature of this community supports the population in creating a sense of solidarity, it also reduces their contact with the Dutch community. As they age and their mobility lessens and more integrated children leave home, the support of the immigrant community may be weakened and they can come to feel isolated.

There is also a communication barrier between elderly and support services. The elderly do not appeal to supplies because they do not know about support services offered and the institutions have no special offers for the foreign elderly because they do not appeal to these supplies. Although immigrants are often aware of the intramural facilities available they often have a bad view of it considering it as something shameful. The knowledge of extramural supplies varies depending on the place of origin.

Variations in demand are often quite subtle but may contribute significantly to the quality of life achieved. Transcultural nursing ensures that health care providers learn cultural norms and beliefs as part of their training. Specific needs of Immigrant elderly may include

- Employing some staff from the country of origin who can act as an interpreter. Improving communication through tackling the language barrier and allowing them to practice their Dutch together.
- Halal Food- Islamic cultures have strict rules relating to food preparation and restricted foods. Care must be offered to make sure foods are not mixed up and prepared correctly. A separate chef and kitchen is a possibility as it would be more trustworthy. During Ramadan there is also restrictions as to the times at which they can eat.
- A Prayer Room-is a simple arrangement with a carpet on the ground and a wash hand basin. It may be a common room of worship for various religions.
- The traditional approach of Muslims enforces a strict separation between the sexes. There is variation in the importance placed on this rule but in some places it would be preferred if women are looked after by women and men are looked after by men.
- Putting a visitors or guests room available.
- Ensuring native newspapers and television can be received.
- Possibility of living with their families.

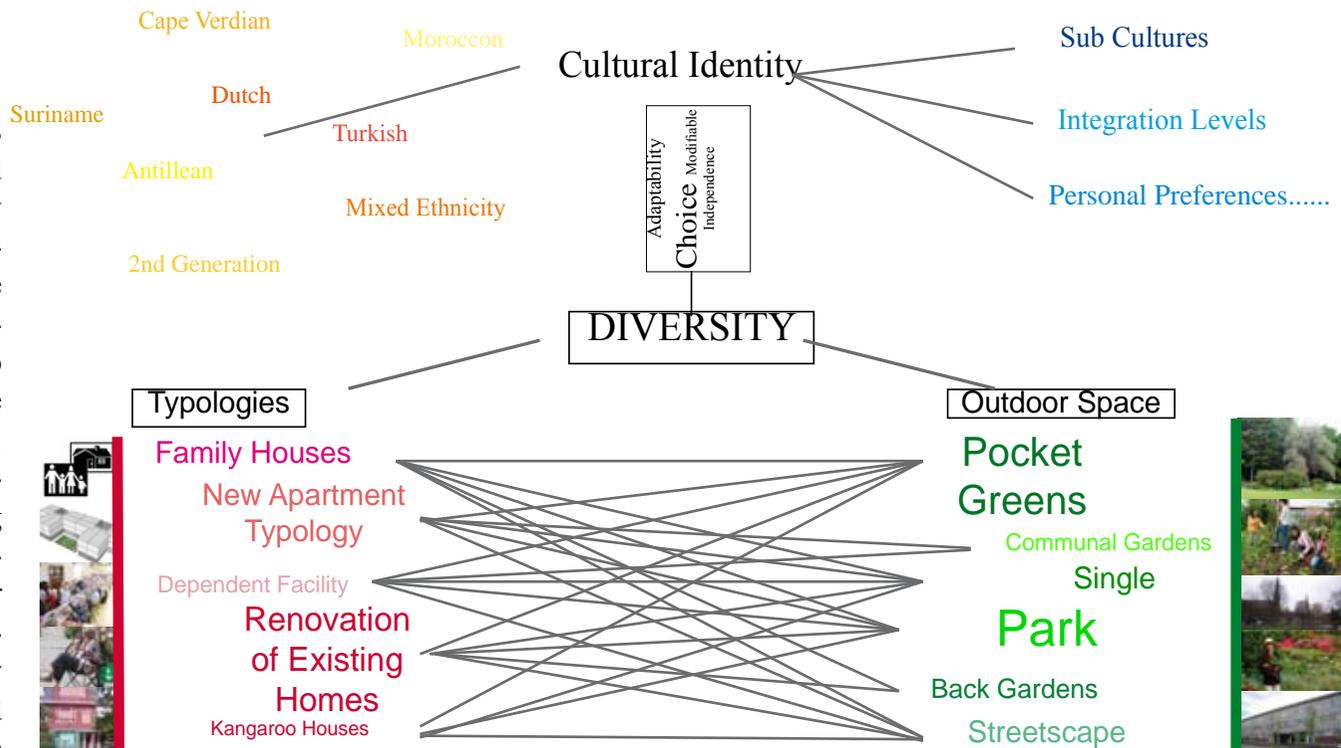


Process Development
Diversity as a Provision for Identity.

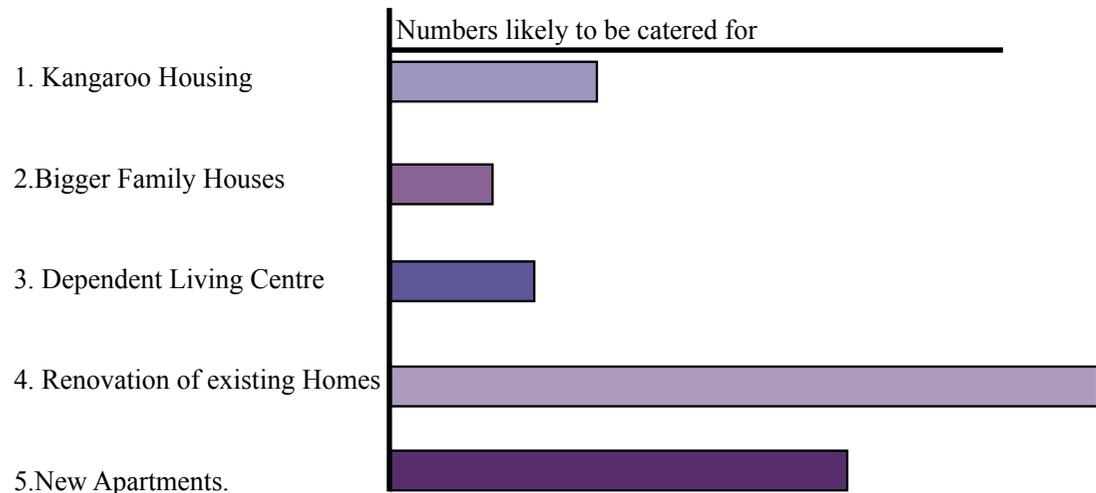
A study of cultural identity revealed that the differences in demand were quite subtle and as such could be catered for through quite subtle interventions such as those already mentioned. However there are certain typologies such as family housing and kangaroo housing which become more significant in catering for the needs of immigrant communities. In order to offer a complete assisted living facility to cater for all cultural identities five housing typologies were identified and the proportion of their availability considered. Large family housing and kangaroo housing provide the possibility of maintaining traditional care systems by allowing the parents to live with or next to their families. New apartment typologies can facilitate them to be grouped together in communities if they so wish while the renovation of existing homes supports independence. Through this diversity the needs of an immigrant community and people of mixed social customs can be met. It also allows for a range in the degree of integration and as well as for changes in demographics which will occur.

The ability to make our own decisions to choose for ourselves is significant in the formation of our own identity. Preventing old age from placing restrictions on the diversity of choice available could potentially greatly benefit the elderly population psychologically, enforcing their own independence and interest in life. This diversity of typologies creates various typologies and relationships with outdoor space.

This diversity is necessary to accommodate the variety of cultural identities.

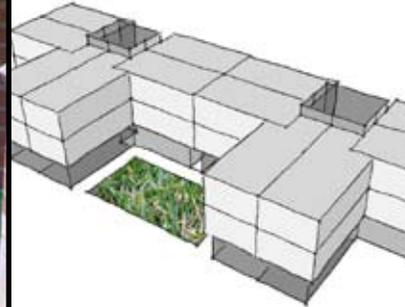
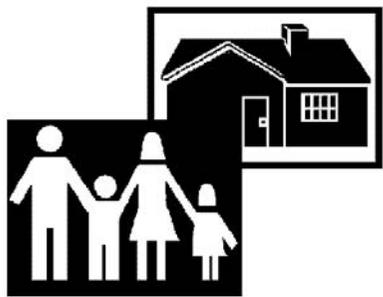


Design Typologies



Design Typologies

1.Kangaroo Housing	2.Bigger Family Houses	3.Renovation of Existing Homes	4. New Apartment Typologies	1.Dependent Living Facility
<p>Houses with an upper and lower independent living unit. Each has a seperate door and they share a back and front garden. Houses are likely to be quite small however as are they apartment units.</p>	<p>Houses with 3-4 bedrooms for families with 2 or 3 children. Would also include a back garden.</p>	<p>Whatever dwelling type the elderly person occupies can be adjusted to facilitate assisted living. This may involve extension of door widths, lowering of counters etc.</p>	<p>May include a variety of sizes. Specially adapted to the elderly but not exclusive to them.</p>	<p>Private rooms in a facility where the dependent elderly in need of constant supervision can be taken care of. Ideally seperate from the health centre but near to it in order to reduce the sense of being in a hospital.</p>
<p>PROS Can live very close to their families but maintain independent lives. Support is nearby. Allows for passive integration- mixing of different age group</p>	<p>PROS Larger houses are suited to bigger families but they also facilitate and older parent moving in. -can therefore live with their families.</p>	<p>PROS Elderly can remain in their own homes. Their old social networks are maintained and they do not suffer the upheaval of moving from their family home</p>	<p>PROS Allows facilities to be grouped together. Completely adapted to elderly living. Internal communities and support networks can develop.</p>	<p>PROS Ensures that all elderly are sufficiently taken care of. Constant care and attention. Facilities can be grouped.</p>
<p>CONS Small houses for the families. Could be sold as a whole house but may need to find someone to rent then.</p>	<p>CONS Likely to be more expensive.</p>	<p>CONS Homes may be less suitable for old age and put stress of the elderlys capabilities.</p>	<p>CONS Not as naturally integrated into the community.</p>	<p>CONS Lack of independence and privacy.</p>



Outdoor Space Typology

1. Pocket Greens	2. Back Gardens	3. Communal Gardens	4. Park	5. Single	6. Streetscape
<p>Green space containing planting trees, benches etc available to the public but not as big as a park. It is normally distinguished by the mass of buildings surrounding it.</p>	<p>Relates to private housing.</p>	<p>Semi-private space shared between members of an apartment complex. Contains some storage facilities and possible personal garden patches</p>	<p>Large expanse of green space containing many various functions including playgrounds, sports areas etc.</p>	<p>Features continuous green line along the water. Acts as a green connecting corridor</p>	<p>Defined by buildings on either side and edges of public space. Interconnecting network of various scale routes.</p>
<p>PROS Smaller in scale and relates more easily to the residential typology. Can break up repetitive syntax of long streets. Smaller space offers greater sense of ownership to those living around it.</p>	<p>PROS Smaller in scale and relates more easily to the residential typology. Relates specifically to house. Large amount of privacy, very safe.</p>	<p>PROS Responsibility of maintenance does not fall on the elderly person but they still have the advantage of a garden close by. Can have more specific quality than public green</p>	<p>PROS Provides opportunities for a lot of activities. Serves the entire community. Can be aesthetically very pleasing.</p>	<p>PROS Quite aesthetically pleasing. More accessible to a large amount of the area. Busier area as can meet people in transit.</p>	<p>PROS Necessary for mobility. Allows for unplanned meetings. Belongs to everyone. Can significantly to the quality of an area.</p>
<p>CONS Not as efficient in terms of maintenance. Not a place you could go for a walk but more likely to be a place you can go and linger, sit or play.</p>	<p>CONS Dependent on personal maintenance and upkeep.</p>	<p>CONS Necessary cost of maintenance, may want more privacy such as in the back gardens.</p>	<p>CONS May not be as accessible to those who live further away.</p>	<p>CONS Barriers created by traffic, tram etc.</p>	<p>CONS Large volumes of traffic or other barriers. Location of unwanted activity or unsafety.</p>



Programme Content

It was then necessary to apply the accommodation of cultural diversity to Oud Charlois. There has been quite a steady but small increase in the age group of 55-64 in the past 5 years. However there is a drop of between five and six hundred people in the age group between 65 and 79 while there has been a minor drop in those in the age group above 80. This may be due to the lack of suitable housing for people in this age group and they are forced to move elsewhere to find it.

Population	Overall	+65	+80	+65%	+80%
1995	13207	3258	2103	24	16
2000	12884	2849	1713	22	13
2005	12763	2620	1386	20	10
2009	13188	2774	1549	21	11

It is difficult to predict if the trend in the declining elderly population is likely to continue. There are a number of scenarios and influences which may impact on it.

1. The ageing population do not like Oud Charlois, and move to a different area in the country or due to some other reason.
2. The decrease will balance out and stabilise, due to interventions in the area.
3. The ageing population in the Netherlands and interventions made will cause the elderly population to increase again to previous levels.

50% of the population belong to the immigrant community. They are now reaching the age in which they can be considered for assisted living. However it is unlikely that this proportion is maintained in the older age group and we can assume that approx 35% of the older age group is of different ethnicity although this is something which is likely to increase again in the future. Within this group they may be living in the area for greater or less periods of time have various levels of integration. Some may have lived in Holland a long time and some may feel quite at home.

There are 6629 dwellings in the area. 20% of this were to become suitable for assisted living this would equal 1325 houses. Within this we can consider that some houses in Oud Charlois are already suitable for elderly people such as the new houses built of Bakkerstraat, the current elderly housing and the apartments beside the harbour.

It can also be assumed that some elderly will remain in their own homes, and possibly renovate or adapt them to their needs as they grow older.

The aim is therefore to provide **approx 500** new and renovated homes for assisted living in the area.

There is also a demand for 3-4 bedroom houses with a garden for young families. Where larger dwellings exist in the neighbourhood they are often part of apartment complexes and therefore do not have a back-garden. Combining creating new family housing with the development of assisted living can aid overall regeneration of the area and allow the new facilities to be integrated together. These larger new family houses while also desirable for Dutch families with a bedroom for each child may also be more suitable to immigrant families, allowing room for an elderly parent or relative to move in.

In relation to the aforementioned typologies the 500 new dwellings should be divided up between kangaroo houses, family houses and new apartments. Family housing kangaroo housing are of greater importance in this area due to the large amount of immigrants, while care must be taken to allow for adaptability within the new apartments.

Strategy Clusters and Groupings

Creating individual but separate clusters ensures the assisted living is not isolated from the rest of the community, in an elderly “ghetto” type of situation. Designating smaller areas allows for passive integration and interaction between different communities and social groups, young and old, immigrant and dutch.

Physiologically the transition into older age is unappealing for most people. Many become isolated and their confidence level dwindles as their capabilities are reduced. It is important to allow them to remain active and included members of society. One aspect which influences our sense of independence massively is the ability to make decisions for ourselves. It is not necessary to live in that area because it is the only place in which I can live independently with my disability. This idea is very limiting- the ability to choose is a reflection of our independence. The preferred choices of the immigrant community are less likely to be recognised.

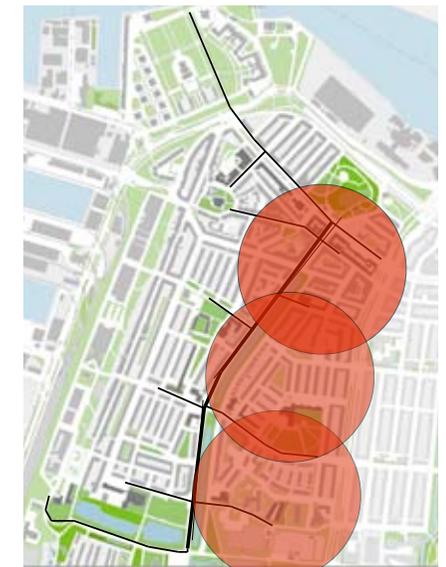
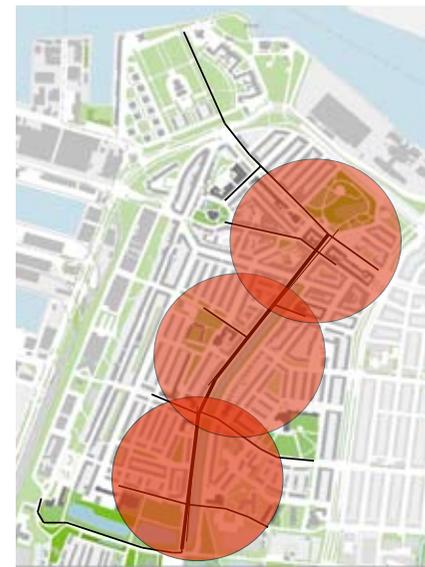
Dispersion allows for a greater degree of choice in the area elderly people may choose to live be it closer to the home of a family member, their old house, beside the park or near to the school where their grandchildren attend. Spreading the facilities impacts directly are larger proportion of the area and creates a reason and a destination for elderly people to venture out of their own cluster if they wish.



Cluster Locations

Focus on the Single

The single is used as the main axis off which the clusters would work. Its central location in the neighbourhood allows it to connect to both sides of the neighbourhood (immigrant communities and Dutch as the immigrants tend to live more to the west). The facilities such as the schools which are not located to the north are mostly located along the single. Introducing new facilities along the single gives them a greater presence than in the middle of the residential streets.



Reach of 500m Radius in the Area

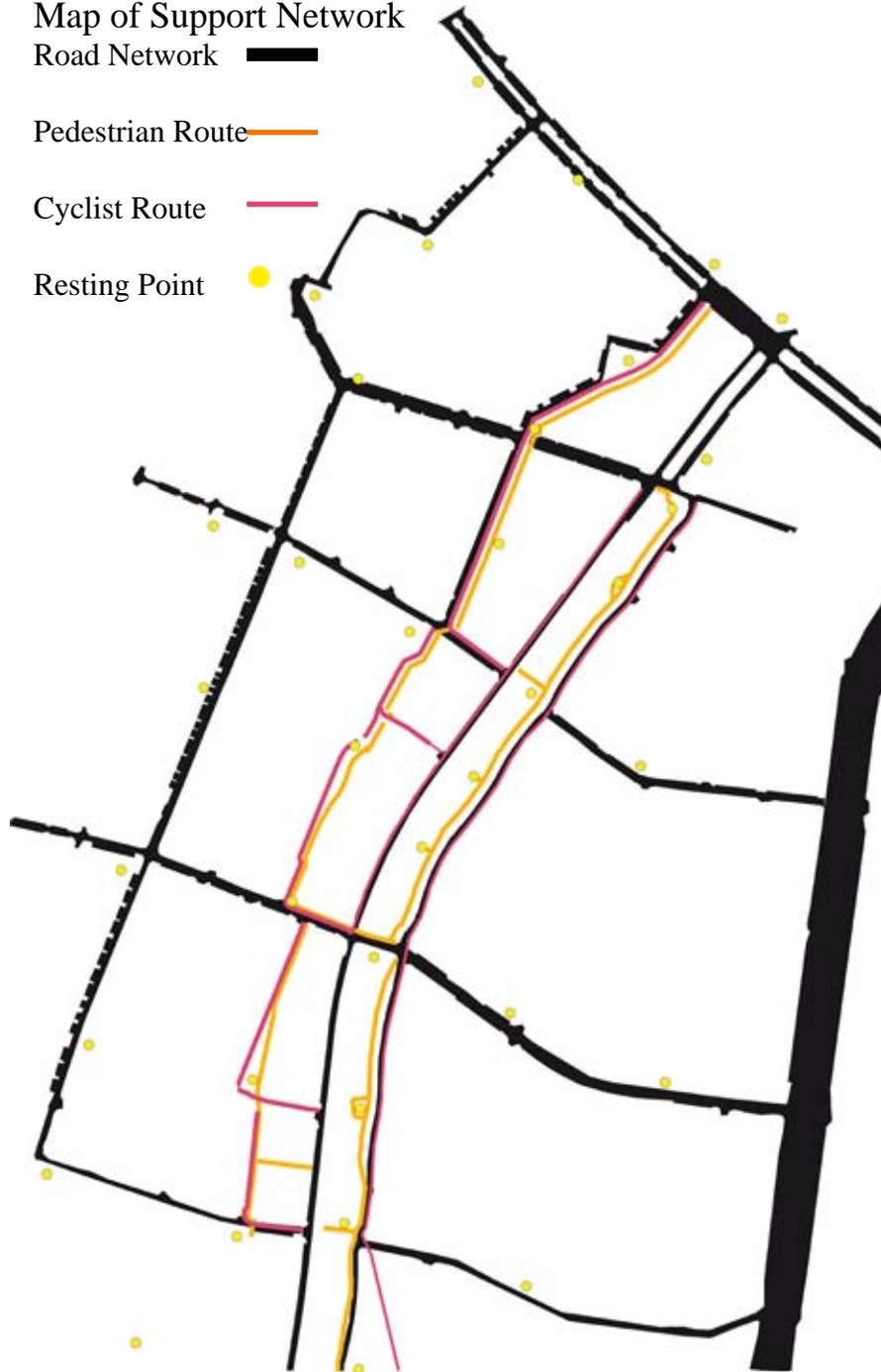
Map of Support Network

Road Network 

Pedestrian Route 

Cyclist Route 

Resting Point 



Network Connection with Green Space



Phasing Connection (30 Years)



Creation of Support Network

The support network could be a combination of roads, paths, green spaces, water and resting points. In order to facilitate those already living in the area who want to remain at home and to create unrestricted accessibility it is necessary to strengthen the route structure and the support between the clusters and around the neighbourhood.

In comparing the urban syntax between east and west of the single you can see that the north to south direction is much stronger to the west with long uninterrupted blocks of building. The north-south element is less strong in the east and the spaces created are more varied. The support network therefore identifies the main routes likely to be taken for traffic, with a pedestrian and cycling route also developed in the west. Emphasis should be placed on the support of this network in order to connect with the neighbourhood in its entirety.

The secondary elements should be strengthened to connect with harbour developments which are likely to happen in the next 30 years.

In support of this small pocket green spaces are used to break up the repetitive syntax and enhance the route network. These greens are smaller in scale than the parks already provided and should be clearly defined by the surrounding street front. For the most part they include one or two benches, a lawn, and some trees, although they would naturally vary depending on their context. Some may have a shelter for example. They therefore have a clearer sense of ownership. Trees planted can provide shade. Water could also be added within these smaller green as part of distributed rain water management plan.

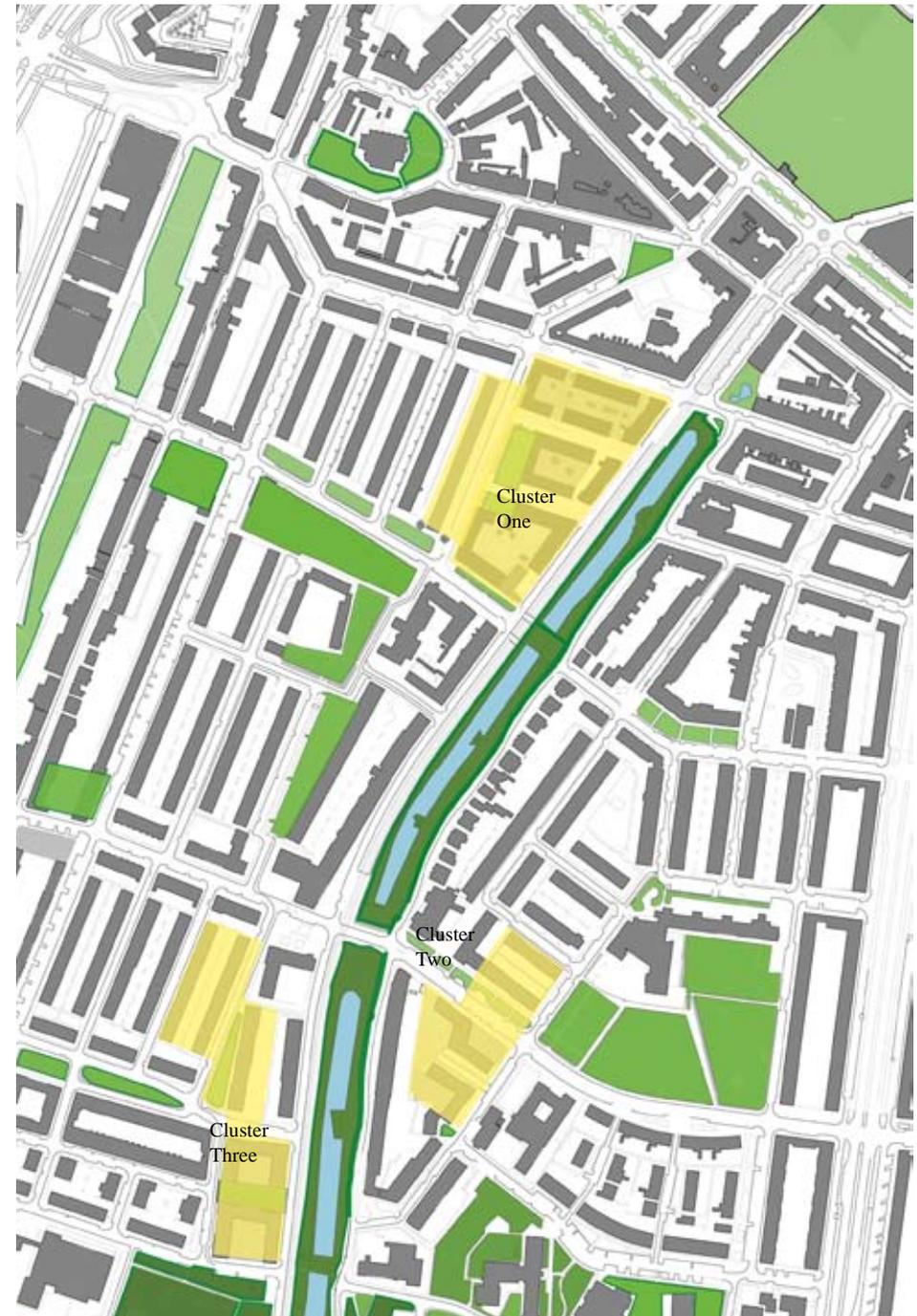
Cluster Locations

The clusters are all located in areas in need of regeneration. Cluster 1 & 3 are both areas suffering from extremely high levels of vacancies. Cluster 1 is currently known as a “hot spot” area and has problems with lack of care of owners, too many people in one apartment, while there was also some illegal activity.

The clusters are located so as to support the established network with facilities therefore being given a good presence along or just off of the single. They can connect in easily with the schools. There are advantages to the sites which therefore can be used while also ensuring that the project can lead to urban regeneration.

The program introduced is therefore spread between the clusters with public facilities being more strategically located in each.

While each cluster should have its own service point in order to ensure the administration does not become fragmented a hierarchy should be in-stated with the cluster to the north working as the administrative centre.





Masterplan

The clusters are therefore carefully distributed across the neighbourhood. The support network enables accessibility between them and within the rest of the neighbourhood.

The public program includes office facilities in Cluster 1, a Leisure centre and Creche in cluster 2 and health centre, and local shops in cluster three.

Cluster One is the administrative centre. People living independently in the area can go there to receive help and information on adapting their homes to assisted living or to apply for specific services such as help with housekeeping, meals, gardening etc.

The dependent facility and health care unit are located to the south. Those is the dependent facility can therefore benefit from views of the park while going outside to enjoy nature etc is more realistic. The health centre is adjacent but independent to try and reduce the institutional feeling of the dependent facility as much as possible.

- Apartments
- New Family housing
- Existing Redeveloped Housing
- Kangaroo Housing
- Public Program
- Dependent Facility

Development of Network Support

A combination of different elements should be used to varying degrees in order to remove barriers and to create support. A lot of what is required is simple gestures, often already existing and a good attention to detail. For example paying attention to something such as paving surface- (how level is it?) and footpath dismounts- (are they blocked by parked cars?) can significantly improve its. Features examined in such development should include

- paving
- benches
- shelters

- path dismounts
- lighting
- parking

- placement of trees to provide shade
- crossing points of the single/road
- traffic speed/ volume



Resting Points

Ensuring there are resting points makes elderly people feel more secure about travelling longer distances they may stop and take a break if they have to. Psychologically they are also supportive and can instill greater confidence in their ability to move around for themselves, breaking up longer routes and aiding orientation around the neighbourhood. They also provide places for them to sit outside and enjoy the sun, watch the neighbourhood or feed the birds and enjoy nature, where they can come into “passive contact” with other members of the community passing by.

A resting point is simply an accessible bench or seat, it may include a table. There is likely a dustbin and streetlight beside it or some trees to provide shelter from the wind or shade. Larger resting points may provide physical shelter and could be combined with bus stop/ tram stops and exhibition areas.

Resting points along side the single and other main routes should be larger in size as a greater volume of people are likely to use them. the pathway along the single could be extended out at certain points in order to allow it to have a greater connection with the water.

The rest points which step out along the single occur approx every 100m. However they can also be used to take advantage of the artists living locally acting as exhibition points Displays at these exhibition points may involve the local schools and cultural communities and should be used to express the cultural diversity of the area. They would;

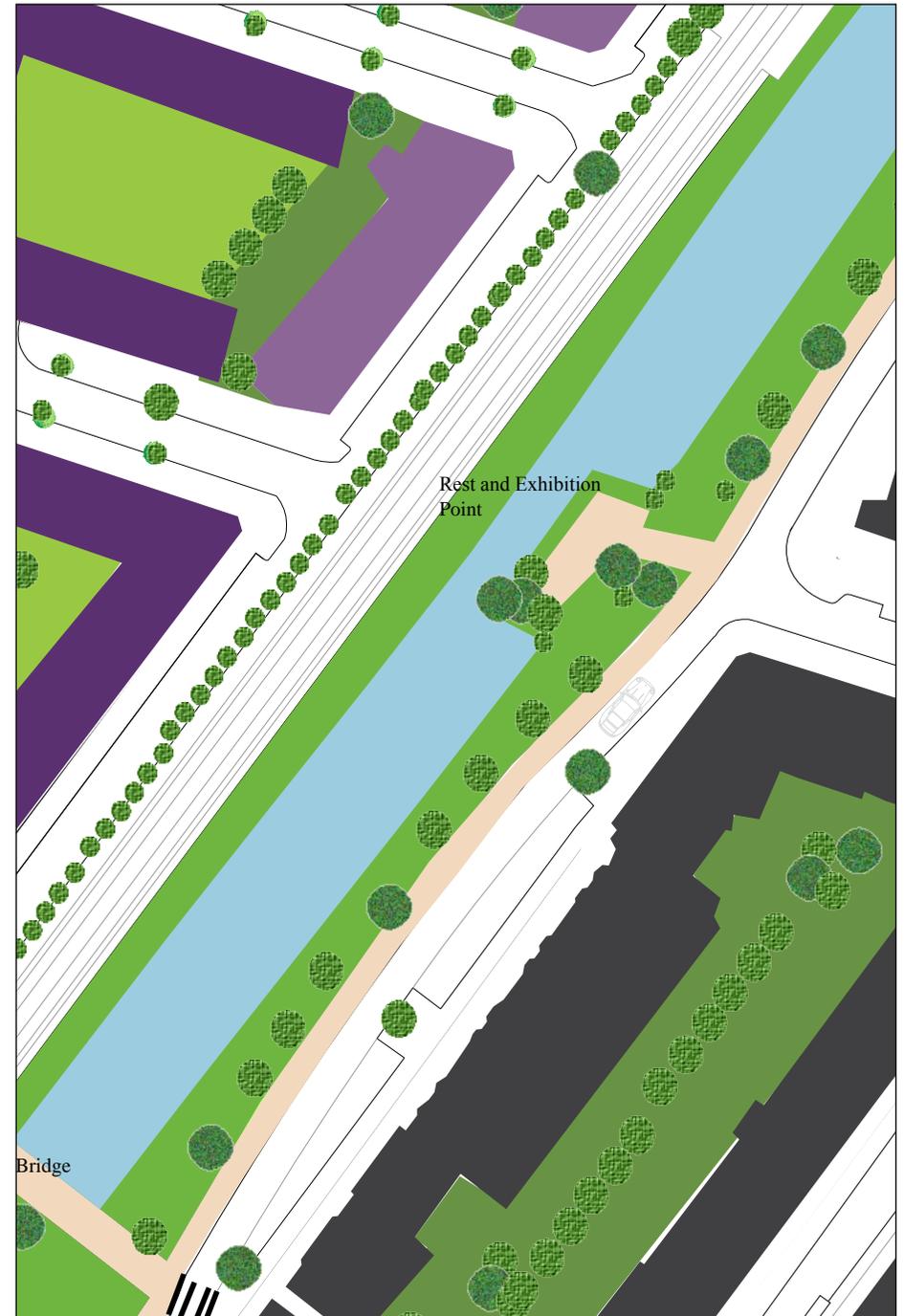
- gives a sense of ownership and belonging to immigrant communities
- Can be used to offer facilities and services
- Can help elderly people orientate themselves
- Help second generations connect to their heritage
- Add significantly to the character for the area, express its identity and recognise the contribution of new groups
- Facilitate the bringing together of different groups.
- Would be of interest to elderly people- they do not have to participate but they can watch even if they like



The crossing of the single is interrupted by a series of barriers. The pedestrian must cross a traffic lane, the tram lines, the single water itself and then another lane of traffic before crossing to the other side. In some cases they may have to walk a distance in order to cross the water. Two new bridges and accompanying pedestrian crossings have therefore been introduced, one at a location which the municipality is currently considering and a second one closer to the Zuiderpark. These bridges also make a link across what is also essentially a visual barrier allowing for greater enjoyment of the walk along the single.

People in Oud Charlois are quite dependent on their cars as a means of transport with the Maas tunnel as the only direct link to the city centre. Although the volume of traffic is not an issue traffic speed is often encouraged and facilitated by the length of straight streets through the neighbourhood. Introducing a slight curve would make drivers more aware and force them to slow down making the streets safer for children, elderly and the community.

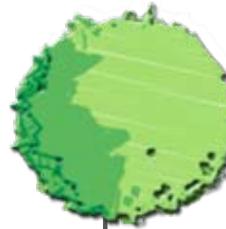
Oud Charlois is served by both a tram line and a bus line, however the service is limited with no direct route to the centre. Although there is a "Wijkbus" in operation in the area which works on a volunteer basis it requires a booking one week in advance. As part of the main assisted living facility an on call elderly friendly shuttle bus could be made available for distances within 30 minutes of the area. The driver could function as part of the administration of the facility, when there were no drop offs to be made and would allow more flexibility for the elderly, with no restriction no booking times besides what reservations have already been made.



The network needs to cater for barrier free movement. This should include curb dismounts for the motorised wheel chairs, people with walking sticks etc every 100 hundred meters. These should happen where necessary in between parking places so as that they cannot be dis-mounted and combined with resting points and planting where appropriate.

When revising paving in the area it may be possible to incorporate rainwater management with the inclusion of porous paving. This should be possible along the single especially as well as on some of the main route network. It involves incorporating underground water channels but removes the need to pump water out of the area.

Planting and vegetation along the street can provide shade, and a greater area for the re-absorbtion of water. Although the water level is very high, extra water absorbed by the soil it is likely to be used by the planted vegetation.



Dismount Points interrupt Parking every 100m



Porous Paving and Planting of Vegetation



Cluster One

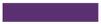
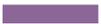
Within cluster one the diversity of typologies implemented are apparent. The variation of housing types can be seen to lead to greater variation in the outdoor space typologies- houses and apartments create different streetscapes, houses relate to back garden, the single and public green while apartments can also relate to semi private communal garden spaces.

Within this framework;

- a Turkish family can live in a large 4 bedroom family house which is big enough to allow their grandmother to move in also and be cared for by them.
- an elderly Moroccan couples children have flown the nest. Their house is too big for them. They move into the lower section of a kangaroo house. Their nephew who has just moved over rents the apartment above them.
- an elderly Turkish lady whose children do not want to take care of her moves into the a new apartment. She is not well adapted to Dutch culture and does not know the language. She chose to live with a group of other Turkish women so she can avail of specific services offered and gain from the sense of community.

- Apartments
- New Family housing
- Existing Redeveloped Housing
- Kangaroo Housing
- Offices and Administration Centre

Cluster One Sections

- | | | | |
|--|---------------------|---|-----------------|
|  | Apartments |  | Pocket Green |
|  | Redeveloped Housing |  | Communal Garden |
|  | New Family Housing |  | Back Garden |
|  | Kangaroo Housing |  | Single |
|  | Other Building |  | Footpath |
| | |  | Road |



Section One



Section Two

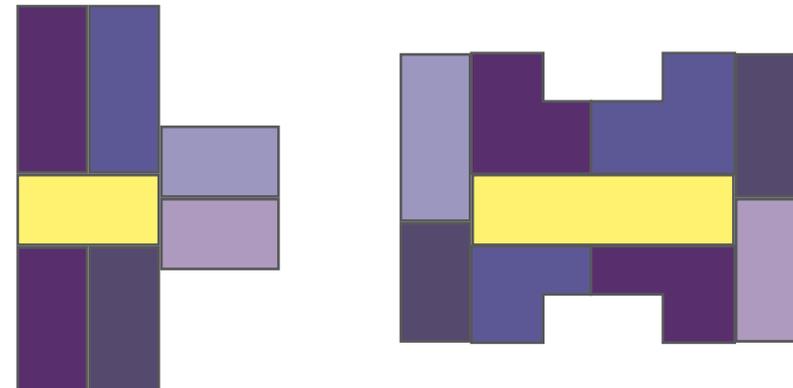
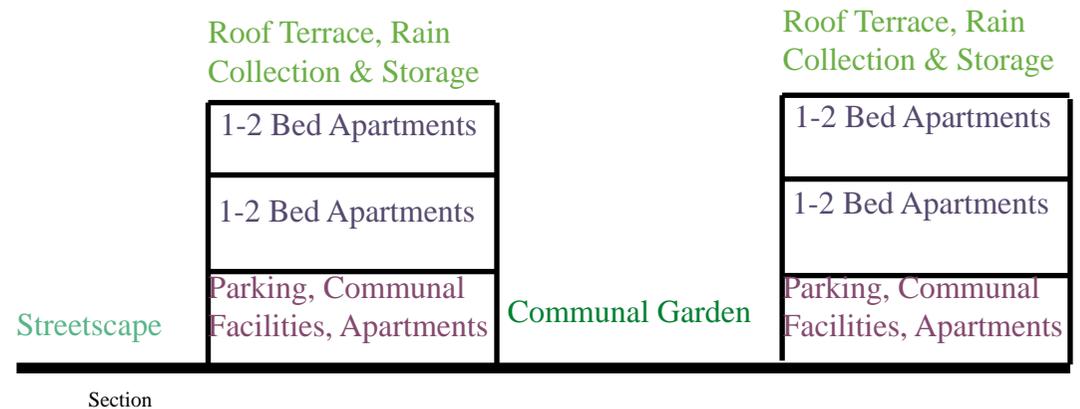
Modifiable Apartments

Apartments are available in groups within the clusters. Entrances are grouped around lifts ensuring that they are welcoming and are financially viable. Between ten and sixteen apartments could be grouped together depending on the arrangement. This gives a greater degree of familiarity- there is a better chance to know your neighbours. In this way immigrant communities may also be grouped in they wish and specific needs addressed communally if necessary.

Allowing of various cultures to be grouped together or partly mixed within the apartments enables them to maintain their existing social networks, talk to people in their own language who may have more in common etc. However it does not force them into a specifically designed "turkish apartment" block seperated and exclusive from the rest. This solution would be unsustainable as in thirty years the culture may have changed, the number of immigrants may be seriously reduced and second and third generations will have become more integrated.

However it is possible to include some common rooms, which may include a kitchen, tea rooms and mixed use room. While in some apartment block it may be used as a prayer room in others it may simply act as a club meeting room or television room. Providing a common kitchen/ seated area provides a semi-public space where elderly people can meet and play cards etc but would also be a suitable venue for the Turkish womens meeting for tea and sitting around without feeling the need to move on elsewhere.

Parking can also be included in part of the ground floor to take pressure off the streets. Each apartment should have a balcony, and there may be more communal terraces also. It should be possible to use the roof for rainwater collection for the entire block which can then be used as grey water for water plant, toilets etc.



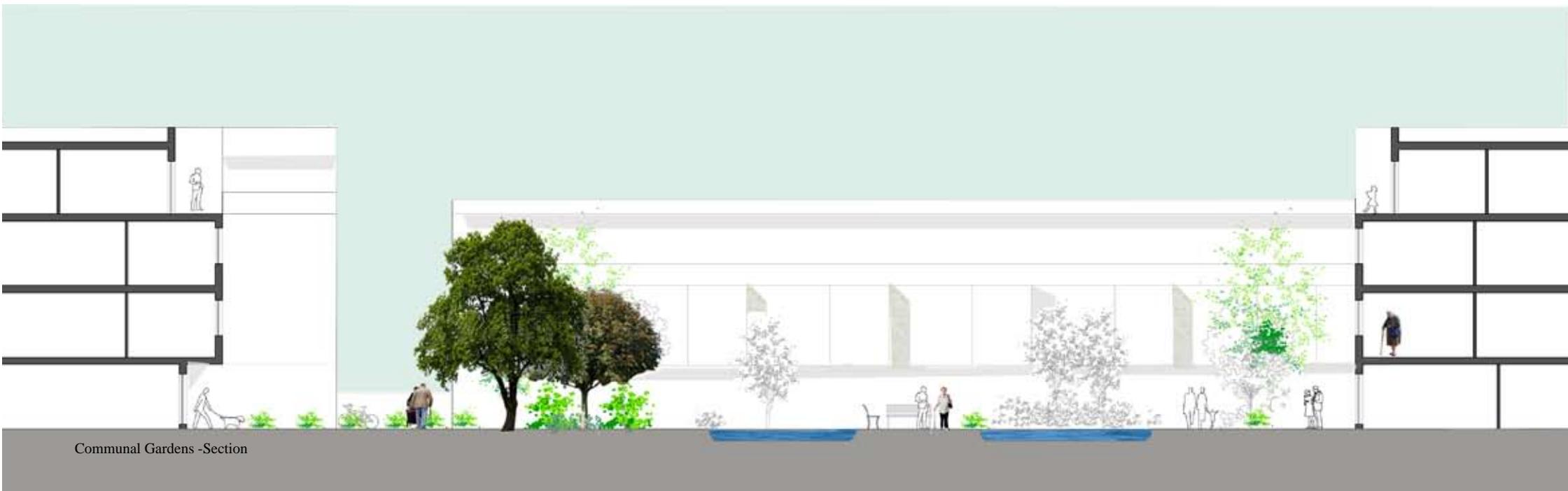
Possible Methods of grouping Apartments around Entrance Areas (yellow)



Communal Gardens

Communal gardens removes the burden of maintenance from the elderly but grants them the benefits of their own garden, operating as part of the building management. They may grow some of their own vegetables- each resident can have their own patch of ground if they want. Flower patches can be cultivated. Allows for more informal meetings and arrangements. If they are not feeling well there is a connection to nature or to green space without having to go far. They can simply sit outside and enjoy the sun or the breeze. It also provides nice views from their apartments.

As we get older the sensitivity of our senses is reduced. This is true for sight in particular. This can be compensated for in design in terms of signage and colour schemes. However it is also possible to include things which appeal to our other senses, a fountain for the sound of water or including flowers or trees with a strong fragrance, bird tables.- Old people like to feed the birds and its nice to hear them sing !



Example of Pocket Green Spaces



Cluster Two

Includes a leisure centre, gym and accompanying meeting rooms. Water aerobics and activity are good for muscle and would be a less risky form of exercise for the elderly while helping them to relax and exercise. Senior fitness class could also be included in some of the spare rooms. Could be designed so as to include a meeting point for teenagers to meet, hang and “chill out”- something which is lacking currently in the area and would be of great benefit to the entire community.

A creche or daycare facility was also listed by people we interviewed as something missed. Given the very high proportion of schools in the neighbourhood it is likely that people travel here from outside to bring their children to school. Parents who have younger children then may choose to use a daycare facility or creche nearby.

This could be run in conjunction with the centre for the elderly. Many elderly take care of their grandchildren and it could provide them with an opportunity for part time work they may enjoy, mixing with young children while at a lower cost to parents. If this took advantage of the mix of culture in the area it would be good for promoting appreciation and understanding of people of different cultures and ethnicities. Introducing games and activities from different places would also be very exciting for the children. Second generation immigrant children may have a secondary influence of someone from their parents culture of origin to help nourish their heritage.

Cluster two also includes new apartment units and kangaroo houses.



Kangaroo housing

Creche and Leisure Centre

Apartments.



Cluster Three

There is a large demand for a newsagent or some small shopping facilities to the south. At the moment there is only a turkish shop there now. A lot of people orientate themselves more towards the south and even travel there so as to reduce travel distance and avoid cost. The Wolphaersbocht is too far away if you forget one or two things. In the past there were shops there but as the owners grew older they gradually died out.

According to Douglas Farr (Sustainable Urbanism) a population of 1000 is needed to support a small shop such as a corner store, and a population of approx 2000 is required to support a convenience centre comprising about 5 shops. Some small shops would therefore be economically viable including perhaps a bakery, an ATM machine, a newsagent, a hairdresser and a cafe, facing out onto the park. The cafe was identified by some of the Turkish women spoken to as something of great importance for them, providing a meeting point for tea and conversation.

The health care facility works for the neighbourhood as a whole as there is unlikely to be a demand for anything more. Although it is not exclusive to the elderly due to its attachment with the dependent facility it specialises in geriatrics. It would include an on call nurse and panic calls received from locals carrying personal alarms would be received here. Located to the south near to the accommodation for the most dependent elderly. It includes a doctor, geriatrics, physiotherapist and therapist. and a pharmacy.

Cluster three also includes kangaroo housing, new apartments and new family housing.



Conclusion

An assisted living and mobility programme in Oud Charlois would be a realistic and worthwhile project. Such a project may function as a catalyst for regeneration and development in the area.

It is necessary to pay careful attention to the context and target group of such a development. Oud Charlois is particularly distinguishable by its cultural diversity and could become an example of how such a range of people can be accommodated in an assisted living facility. Although neighbourhood support systems are necessary and important, programme diversity is key in allowing for this. Adaptability ensures sustainability, as facilities for the current elderly do not go into disuse if culture is diluted in second and third generations. However within the various typologies the preferences of all cultures and the reality of different situations can be catered for.