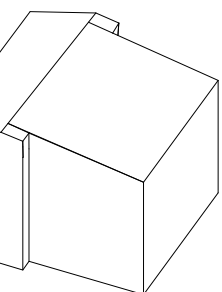


MANY GENERATIONS COMMUNITY HOUSE

COMMUNITY HOUSE AND ACCESSIBLE HOUSING IN LAUTTASAARI

DIPLOMA WORK BY LAURA NENONEN
OULU SCHOOL OF ARCHITECTURE
IN COLLABORATION WITH AALTO UNIVERSITY



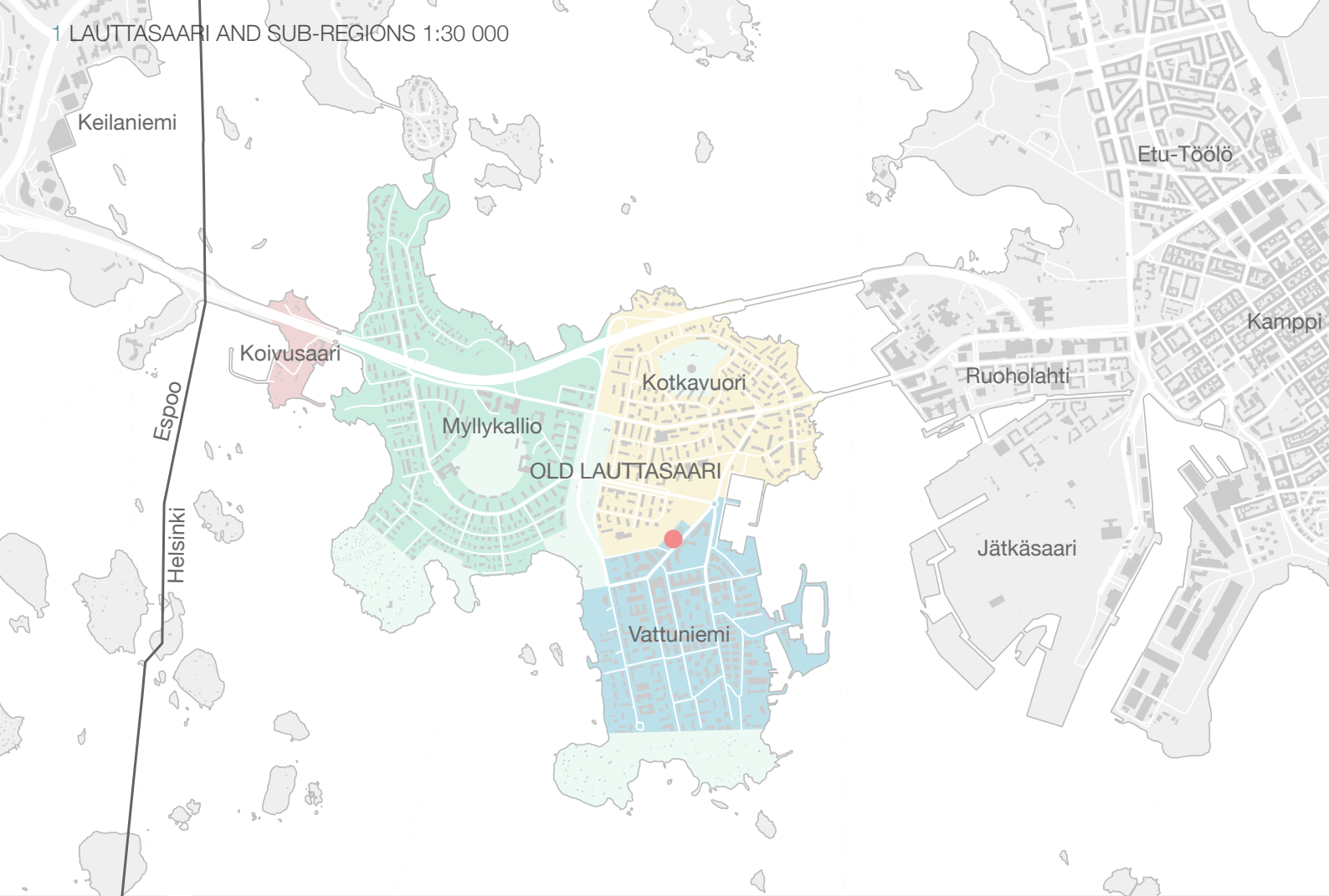
MANY GENERATIONS COMMUNITY HOUSE

The Many Generations Community House is my Master's thesis project in architecture that I'm doing for Oulu School of Architecture in the University of Oulu in collaboration with Aalto University. The thesis work is related to the Lauttasaari Service Network research project of Aalto University and City of Helsinki. I'm working as a research assistant in the research project and the thesis is scheduled to be finished during the spring and summer of 2014. The Many Generations Community House is a design project consisting of a Community house and accessible and affordable housing for all age groups and life circumstances. Although all the apartments are to be made accessible and the focus on the services of the Community house is in the elderly, the main idea is to bring all the age groups together and see what they have to give to and gain from each other in the community of one block. The Community house provides activities and services to the whole area of Lauttasaari and it is open to all the residents. It serves as a day care for the elderly but it might also be a meeting place for the stay home mums and a starting place for the unemployed to enter the working life. My thesis is to design the framework but it is the residents who would build and shape up the community.

BASIS OF THE PROJECT

The number of the elderly is growing in relation to the rest of the population in Finland and elsewhere in Europe due to the increase in life expectancy and decline in fertility. Hence the dependency ratio is also going to increase. If the population growth remains constant in Finland, the dependency ratio is going to rise from 55,8 to 73,4 percent by the year 2050. Respectively in Helsinki, the dependency ratio is going to increase from 42,5 to 57,1 percent. (Source: Population Statistics 2012, Statistics Finland) However, as well known, the dependency ratio ignores the fact that the people aged over 65 are often not entirely dependent of others. For example in Helsinki only 11,4 percent of the inhabitants aged over 75 fall within the scope of home care. (Source: THL / Statistical Report) A great number of the elderly in Finland live entirely independent lives. It is the aim of the Finnish Government to have 92% of the population aged over 75 to live in their own homes by the year 2030. In the end of 2011 the percent of elderly living at home was 89,6%. (Source: Ministry of the Environment, Elderly housing development program for 2013 - 2017) This is why it is important to use the principles of universal design in the new housing projects and design the apartments for everyone: to provide the needed amount of accessible apartments for near future and to ensure the attractiveness and flexibility of these apartments for the distant future when the growth of the elderly population slows down.

1 LAUTTASAARI AND SUB-REGIONS 1:30 000



2 WORKSHOP RESULTS

WORKSHOP: WHAT I WOULD LIKE TO HAVE IN THE MANY GENERATIONS HOUSE

- RESTAURANT
- PARKING
- SMALL SHOPS
- CARETAKER
- HOMESHARING
- PLANTS
- SWIMMING TOGETHER
- ROLLATOR PARKING
- BEAUTIFUL BEACH
- PRIVATE HOME CARE
- AGORA
- FIXED BENCHES
- JOINT ACTIVITIES
- SYNERGY BETWEEN OTHER SHELTERED HOUSING
- REST OF THE LIFE IN LAUTTASAARI
- CAFE
- COMMON LIVING ROOM
- CUSTOMERS OF VARIOUS AGES
- GARDEN
- CATERING
- CLEANING
- CARE
- LIVING IN THE SAME HOME UNTIL THE VERY END



WHAT I WOULDN'T LIKE TO HAVE IN THE MANY GENERATIONS HOUSE

- DARK CORRIDORS
- RISKS OF LIVING AT HOME: FALLING
- LONELINESS
- CHARGES FOR THOSE OF LOW-INCOME
- POOR CONSTRUCTION
- INFORMATION BASED ON COMPUTERS
- NO VEGETATION



3 CONCEPT DIAGRAM FOR ROOM PROGRAM

MANY GENERATIONS HOUSING COMMUNITY HOUSE

- GOOD TRANSPORTATION METRO BUS STOPS PARKING LIGHT TRAFFIC ROUTES
- GOOD SERVICES IN THE VICINITY OF OTHER SERVICES SHOP HEALTH CENTER PHARMACY RECREATIONAL AREAS
- ATTRACTIVE COURTYARD URBAN FARMING SEAT AREAS WALKING ROUTE
- ATTRACTIVE GREEN AREAS
- VERSITALE COMMON AREAS SAUNA AND POOL GYM COMMUNITY KITCHEN/MEALS LAUNDRY LIVING ROOM/PUB HOBBY ROOMS SERVICE ROOMS
- SPORTS FACILITIES RESTAURANT HOBBY ACTIVITIES
- COSY APARTMENTS BALCONIES ACCESSIBILITY DRAFT-FREE LIGHT COLOURS/WARM MATERIALS SILENCE
- OPENING TO THE COMMUNITY OPENING TO THE COMMUNITY AGORA GLASS FACADE COMMON ACTIVITIES
- MARINE ENVIRONMENT

LAUTTASAARI AND THE SITE

The Many Generations Community House is situated in Lauttasaari, a borough in western Helsinki with a strong identity and a great number of elderly. 18 percent of the 20 800 inhabitants in Lauttasaari are over 65 years old. Lauttasaari area consist of an 3,75 km² island that is connected to Espoo and the center of Helsinki by two bridges. The limitations and solitude of an island have given the area and it's people a distinctive character and strong will to defend the uniqueness of the area. The inhabitants in Lauttasaari perceive that the island is divided in two parts: the old Lauttasaari which consists of mostly old residential houses, and Vattuniemi, the old industrial and work area which has been slowly transforming into a residential area during the last decades. The residents do not think that Vattuniemi is part of Lauttasaari though it officially is one of the four parts of the island. As many of the older residents of old Lauttasaari have lived on the island whole or most part of their lives, the Vattuniemi area is full of contemporary housing projects with many inhabitants moving outside the borders of Lauttasaari. The project creates a Community center that brings not only the elders, but all the residents of Vattuniemi area together and gives a new more communal and attractive identity to the Vattuniemi area. The situation of the projects on the borders of Vattuniemi area still within the old Lauttasaari enables the center to be part of the both areas, thus bringing the two areas closer to each other. (Picture 1) The place chosen is also relatively near some other popular meeting places especially among the elderly population of Lauttasaari. (Picture 5 and 7) The Library and the Church of Lauttasaari are important places for groups and old friends to meet. There are also two quite popular restaurants near the building place. Most importantly three major supermarkets are situated right by the spot and also a pharmacy is situated close by. The aim is that the Community House provides only services that are missing from the nearby area. The residents have to move outside the new development to shop for groceries and medicine. This way the life also on the streets is secured.

THE CONCEPT

The program of the Many Generations Community House is based on the feedback and hopes given by the residents of Lauttasaari during the research project. The biggest need for the residents seems to be having a place where they could go and socialize any time during the day, without timetables. In the workshops the elderly of Lauttasaari often spoke about the Kamppi Service Center, which has services for the whole elderly and unemployed population of Helsinki. The thing that makes the Kamppi Center so popular seems to be the vast common spaces of the center, where anyone can go and spend their day without actually doing anything scheduled. The big lobby of the center in three floors takes up to 20% of the Centers acreage. The other notable fact is the huge number of volunteer workforce in the Kamppi Day Center. The Day Center has 1100-1500 visitors daily. There are 220 regular volunteers working in the Service Center and most of them are also clients of the Center. The volunteer work of elderly serves a dual purpose: as the healthy seniors decrease the impact of rising dependency ratio, the volunteer work they are devoted to



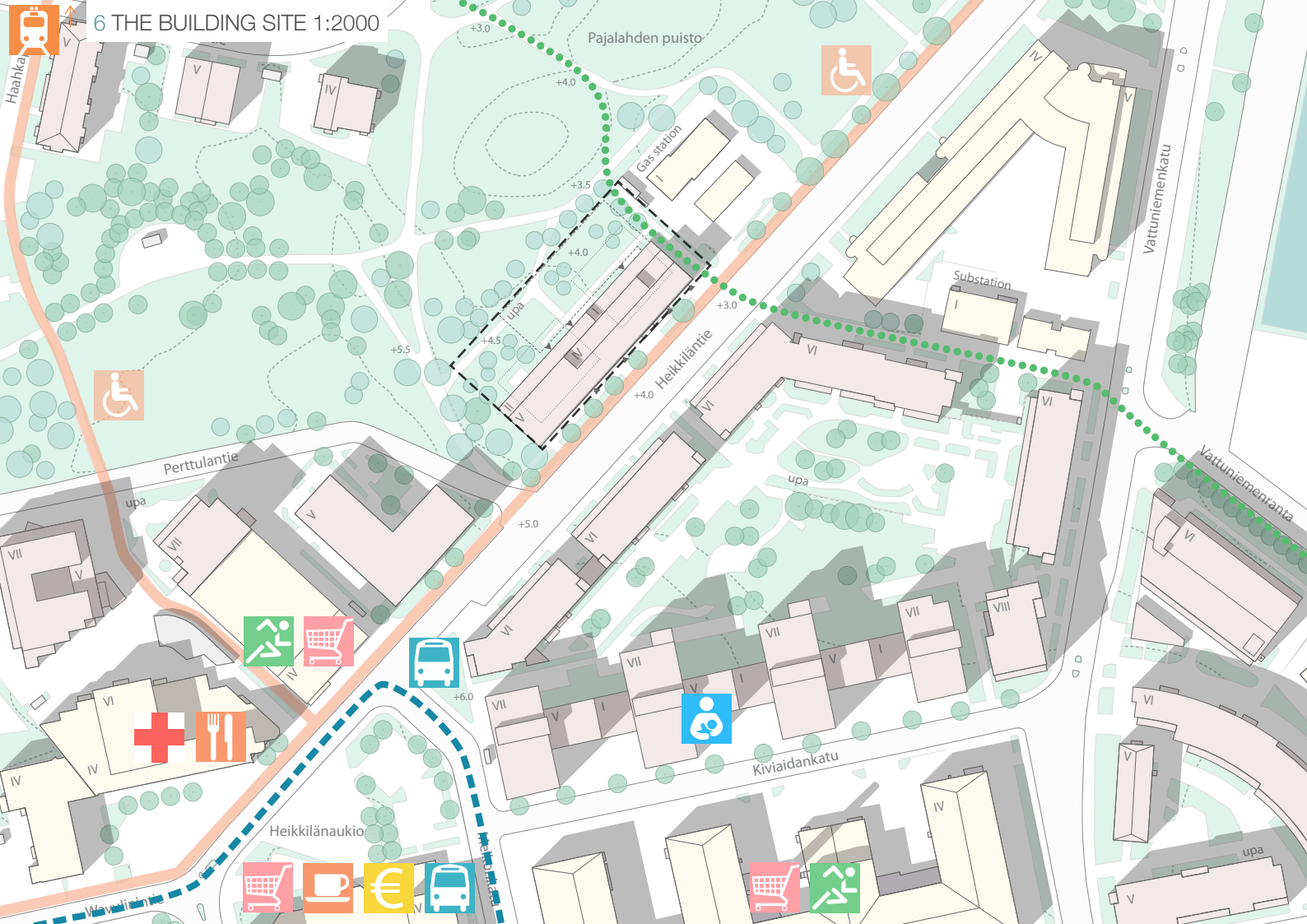
can keep them fit and active longer. This is why also the Many generations community house is designed to be mainly run by volunteer workers.

During the research project there has been two workshops for the elderly in Luttasaari and another one was focused to know what they would hope from the project. (Picture 2) Some hopes were more concrete and had to do with functions of the Center, others concentrated more on the quality of life. The elderly wished for affordable restaurant, parking spaces for those with cars and gardens around the building. From the housing they wished for adaptability and possibility to live in the same apartment the rest of their lives. Most had a strong will never to move outside of Luttasaari. The research group also executed a survey for the elderly of Luttasaari. (Picture 7) Views, balconies and closeness to the sea were the best valued qualities in the respondents apartments and apartment buildings. The worst qualities in the apartment buildings were long distances to the services and the lack of elevators. In the respondents apartments the worst qualities were poor acoustics or insulation/heating. The open answers were varied but most of them had also to do with the lack of elevator or the poor condition of the apartment buildings.

THE PROGRAM

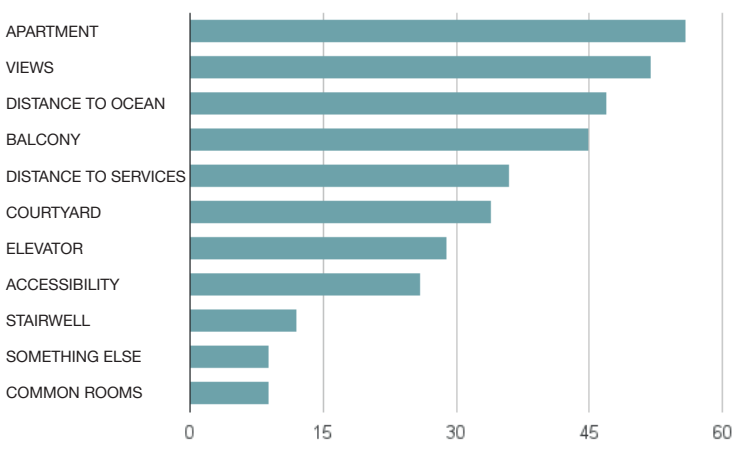
The project is still in the design process but some targets for the result have been set. The basis of the construction will be in ecology, adaptability and sustainability. The long life-span of the building will be guaranteed with durable building materials and flexible floor plans. There will be extra focus in designing the common spaces and apartments as attractive and homey as possible. There will be large roof terraces for apartments and probably green roofs for gardening. Wood will be the main building material. The construction is based on Cross-laminated timber elements. Wood is a sustainable and recyclable material with a positive CO₂ balance and the elements have a very short and safe set-up time. Wood as a material also creates an excellent indoor climate and comfortable spaces.

The Community center will offer various activities that locals feel the area is missing. (Picture 3) The communal functions of the building are situated in the ground and first floor of the building. There will be an affordable restaurant in the ground floor, serving lunch and working as a cafe in the afternoons. The same restaurant space can serve as a common kitchen for the residents in the evenings. The building will also offer sport facilities. There will be a gym and a small indoor pool in the ground floor. The gym can be used as a one bigger space or divided for two smaller exercise rooms. There will also be a therapy room in the ground floor, which can be rented out for physiotherapist, hairdresser or whoever is needed by the users and residents. In the first floor will be meeting rooms for different hobby and meeting groups and happenings. These meeting rooms can be combined and used as a bigger hall for sing-alongs or performances. There will be a caretaker working in the building, who can be responsible of organizing the events and helping the residents with questions considering the building. The caretaker will also be in charge of the information flow

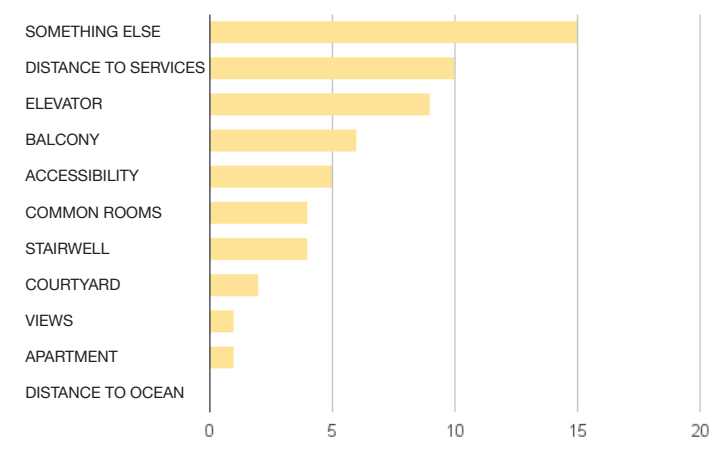


7 DIAGRAMS OF ANSWERS TO THE SURVEY

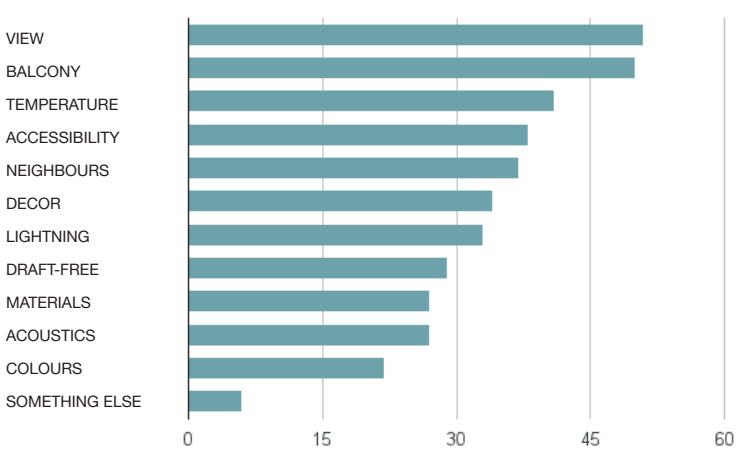
THE BEST QUALITIES IN MY APARTMENT BUILDING



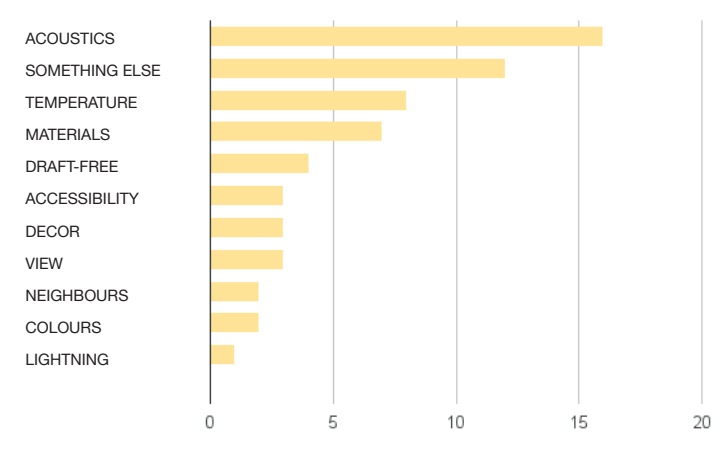
THE WORST QUALITIES IN MY APARTMENT BUILDING



THE BEST QUALITIES IN MY APARTMENT



THE WORST QUALITIES IN MY APARTMENT

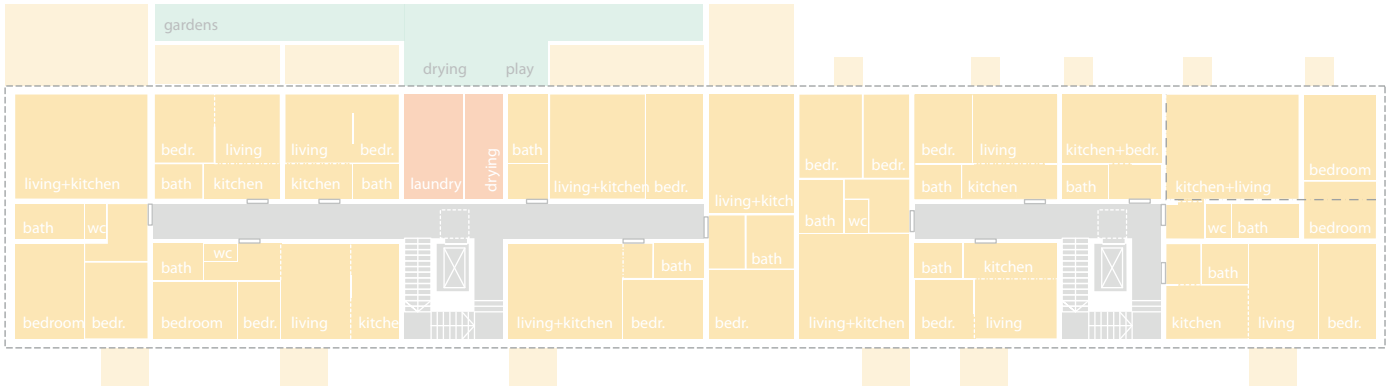


in the building and have responsibility of info and notice board in the ground floor. The Community Center will also have spaces outdoors, as the yard of the building serves as a common park for the neighbouring area. The yard will have common functions such as grilling, game and play areas, urban farming areas and common gardens.

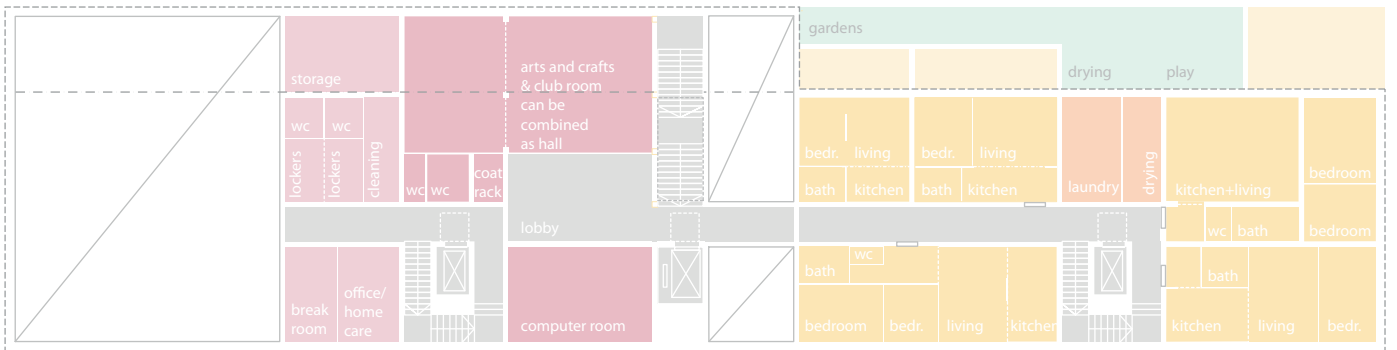
The apartments are located above the Community Center from first to fifth floor. There will be approximately 34 apartments with average size of 58 square meters. The apartments are mostly studios or two or three room apartments. All of the apartments are accessible or can easily be modified as such. Five of the apartments will be very small accessible studios serving as hotel apartments. These apartments are meant to be rented by persons needing care for a shorter periods of time. For example for people recovering from hospital treatment or persons whose caregivers are on vacation. There will be common spaces only for the residents scattered between the apartments along each floor. Because of the layout of the building some of the corridors increase in length and these communal spaces are meant to bring light and space through large windows to these corridors. There will be a large laundry room for each staircase serving also as a meeting place for the residents. Furthermore there are greenhouses on the top floors of the building for the residents to garden during the winter and to have parties and small events organized in them. There are also some community rooms without a specific function to help the residents create some of the buildings program themselves. In the fifth floor there is a sauna with small kitchen for the residents. All the apartments have either a balcony or a rooftop terrace. Some of these terrace areas are communal and have some communal functions often situated in the yard such as drying the laundry and small play areas.

The main focus of the project will be in the users of the building. It is the aim of the Community house to encourage the resident's to participate and organize different kinds of events and courses in the building. It is also the idea of the project that the residents will help each other live more easily and more socially in the urban fabric. This might be through the common dinners in the dining room or with resident organized child care during the evenings. It might also be direct service exchange between the residents or simply social exchange. The accessibility of the apartments and the help of the neighbours will bring security and certainty to the lives of the elderly. In the end, within the diploma work it is only possible to design as attractable and functional common spaces and apartments as possible. It is the residents that shape up the final functions and identity of the building. The Many Generations Community House will be a home where the residents can live their whole lives, surrounded with a safe social network and familiar community.

8 PLAN DIAGRAMS 1:400



SECOND FLOOR



FIRTS FLOOR

hobby rooms

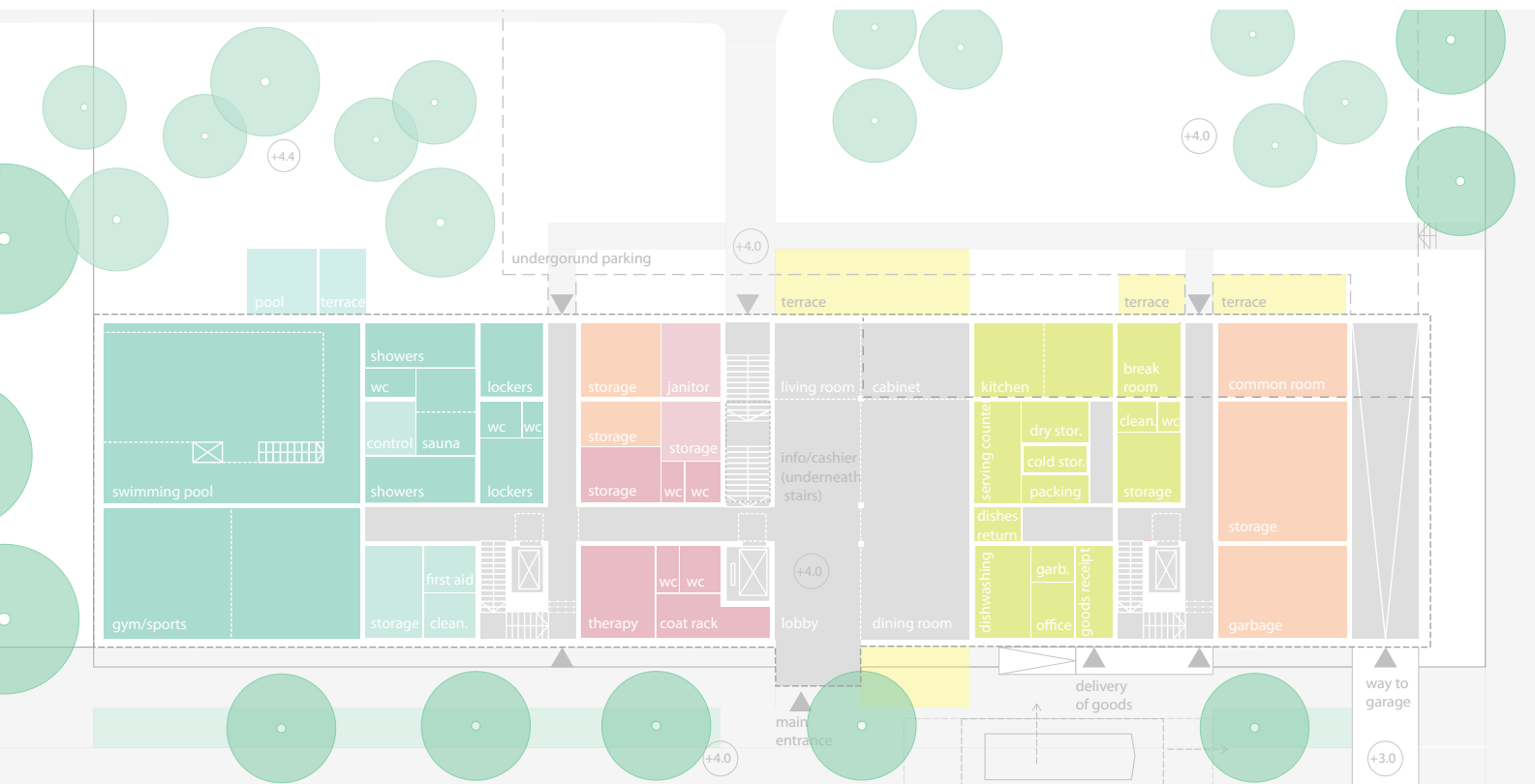
apartments

outdoor

- public
- staff
- circulation/public

- private
- common
- circulation

- private
- common



GROUND FLOOR

sports

lobby

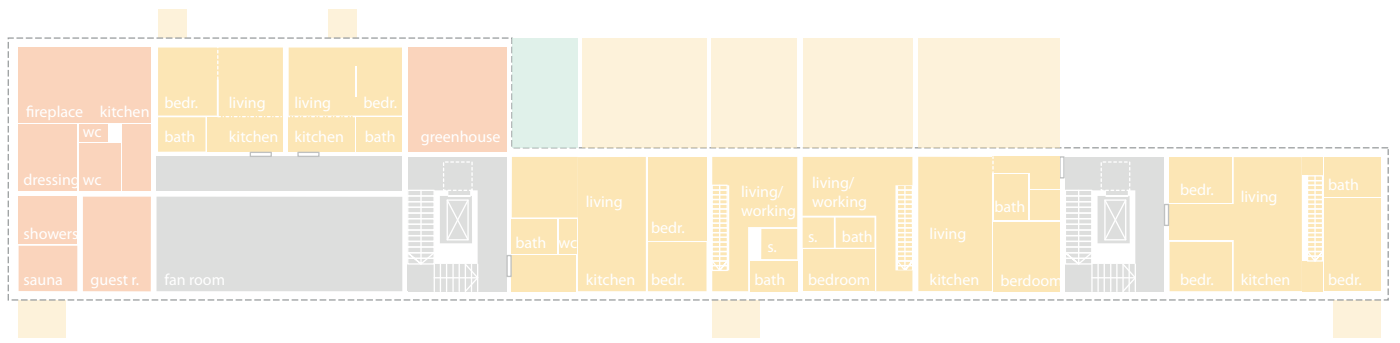
restaurant

common rooms

- public
- staff
- circulation
- public
- staff
- circulation/public

- staff/kitchen
- circulation/dining

- resident
- circulation

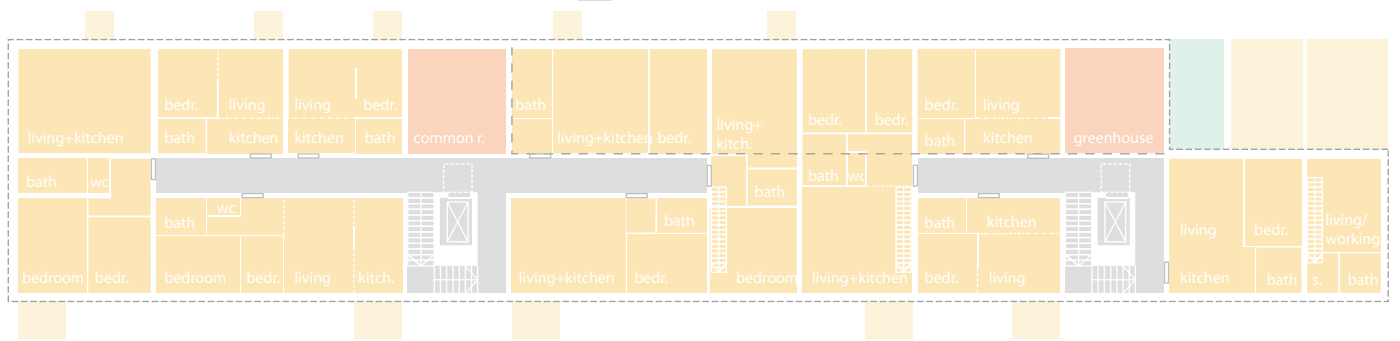


apartments

- private
- common
- circulation/staff

outdoor

- private
- common

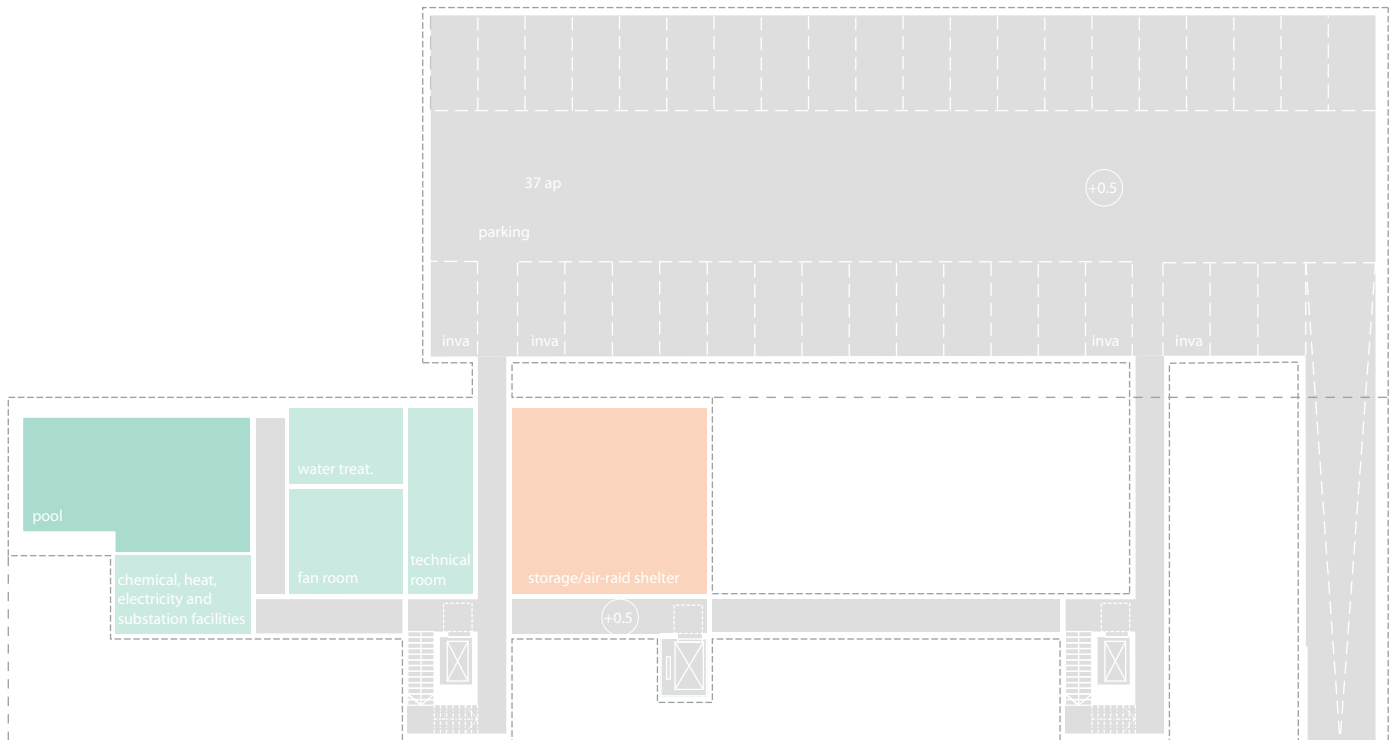


apartments

- private
- common
- circulation/staff

outdoor

- private
- common



sports

- staff
- circulation

common rooms

- resident
- circulation