

AGING IN A SUBURBAN CONTEXT

An exploration of how design can help maintain the quality of life and social connections, reduce cost of daily life, and reconnect with nature and memory in the suburban context.

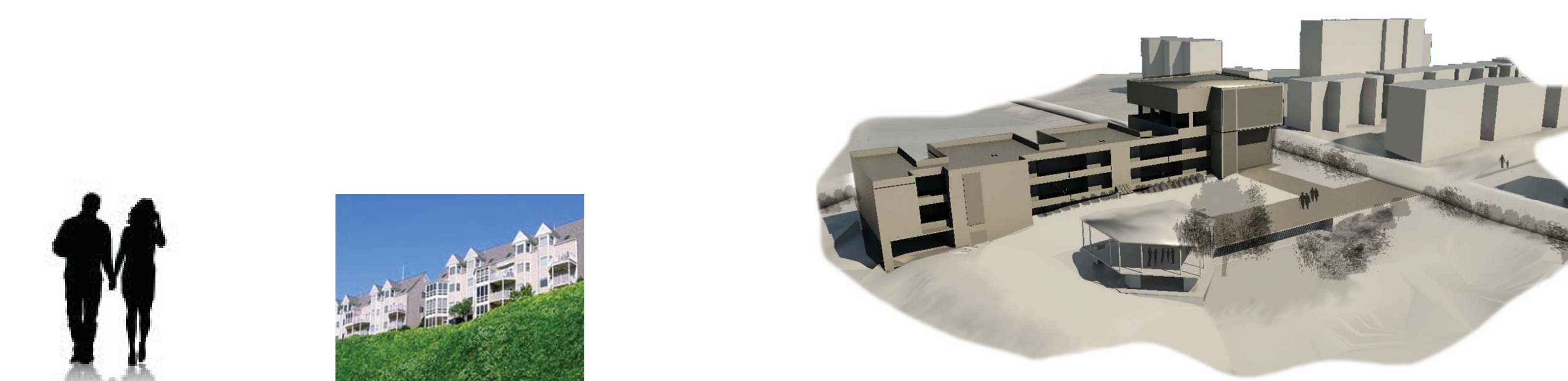
M. Arch Thesis, Deepa Surendranath , Spring 2013 Committee: Moir McClean, Akerman, Sachs

Retirement and Aging are very important aspects of a person's life. Yet, this is the most neglected aspect as well. The many changes in environment and quality of lifestyles after a person retires are often associated with the conditions faced in old age like diminishing physical ability, disenchantment to name a few. The once advantageous suburbs do not help alleviate the situation the elderly face and infact turn disadvantageous and contribute to the physical or psychological issues faced by the population.

These can be addressed through designing a community in which the residents continue to feel independent, get adequate stimulation of the brain and good physical activity as they age. Living arrangements, food, gardening, water and past memories, all affect the lifestyles of the elderly retirees.

The quest of this thesis is to design a community that maintains and even improves the quality of life for people after retirement by providing them with a living arrangement which is still connected to the suburbs, a condensed neighborhood that ties into it, the proximity of water, gardening and food production and reliving past memories.

The goal of this thesis is to design a sustainable Senior Housing community that provides a smooth transition from being employed to being retired. A successful 'Aging in Place' program maximizes the personal dignity and the functional independence of the resident being retained. Support should be provided only with respect to the individuals needs alone (Heumann & Boldy, 1993).



apartments



starter homes



larger homes

TRADITIONAL



apartments?

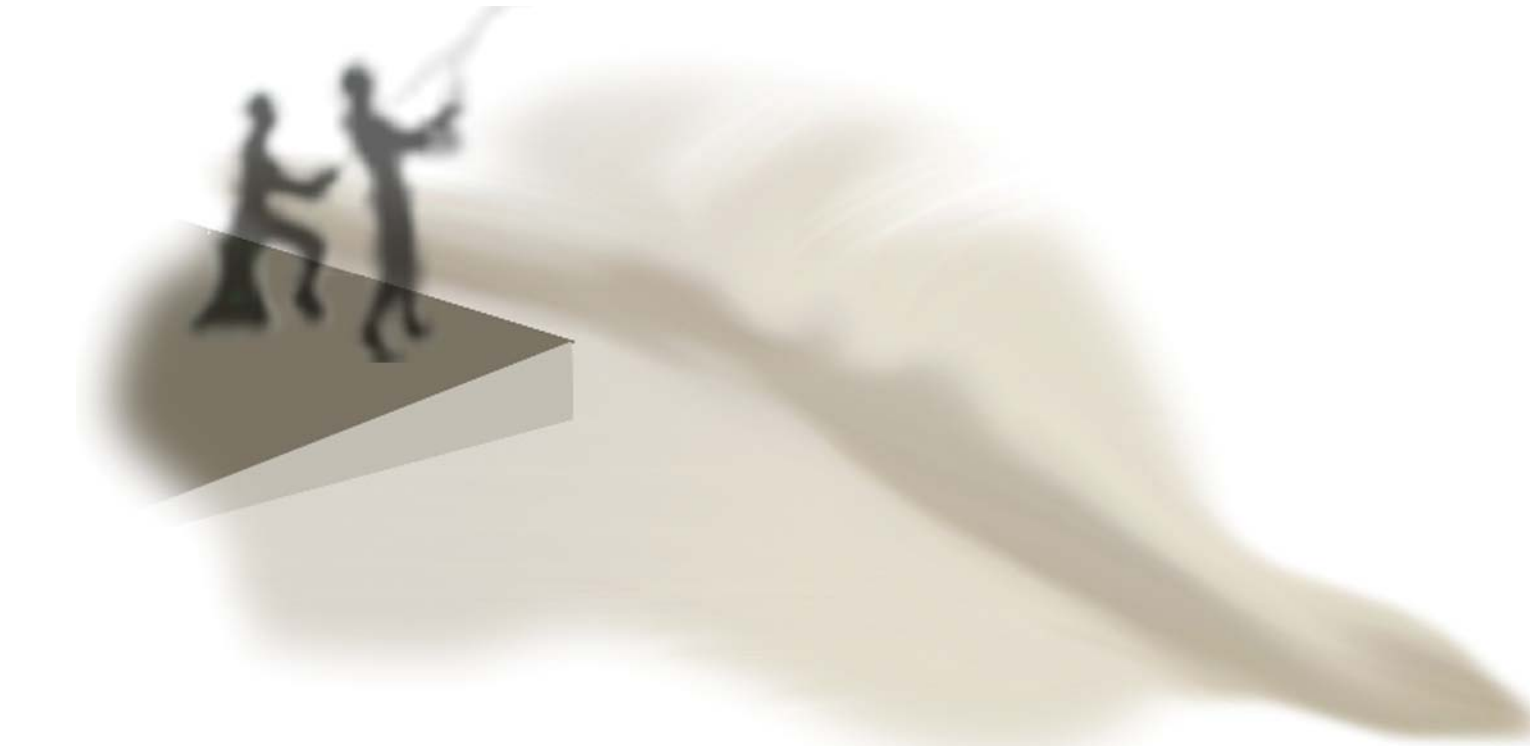
manageable homes
condensed neighborhood
reduced transit

EFFICIENT LIVING ARRANGEMENTS



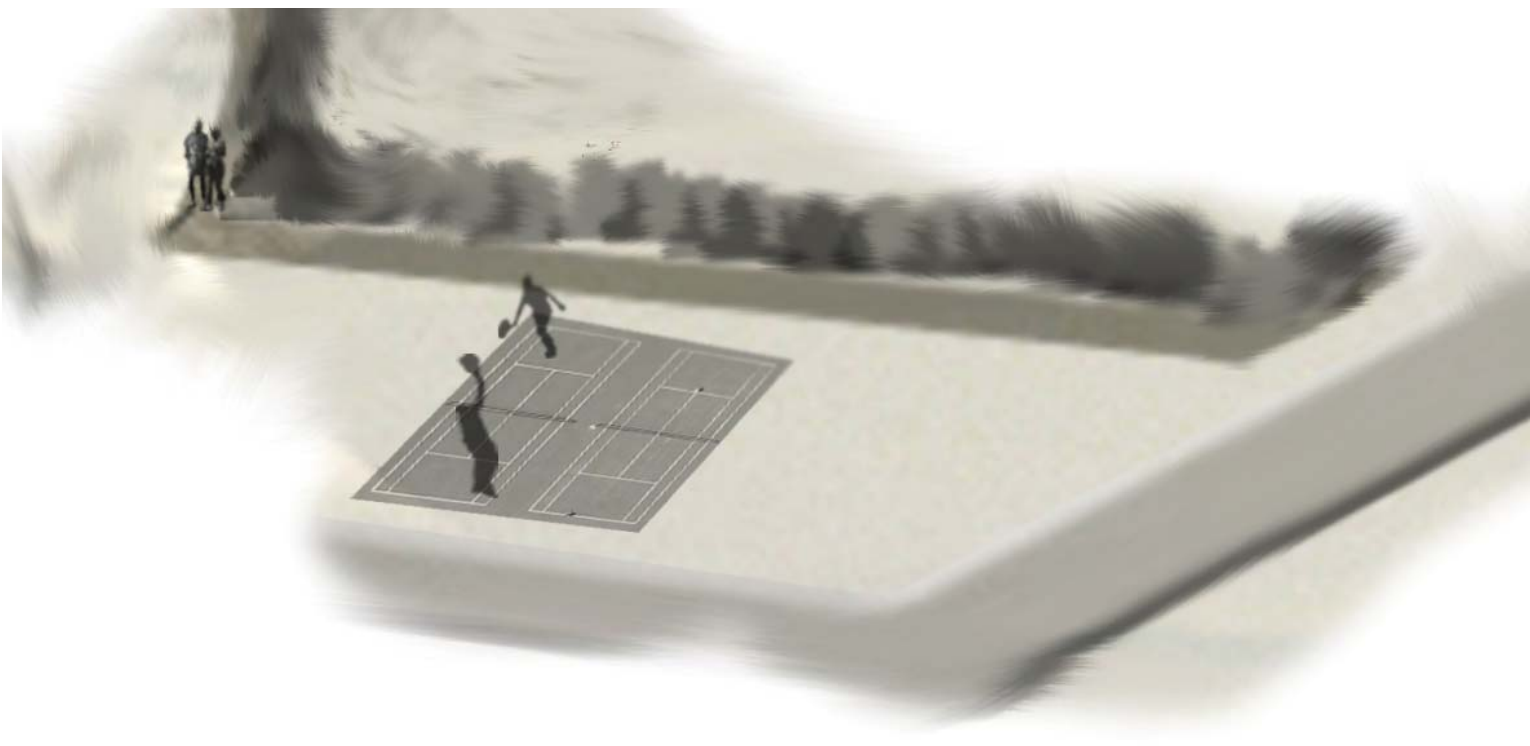
community garden
food preservation
education for children

FOOD AND NUTRITION



visible storm water
bioswales
rain water harvesting

WATER AS AN EXPERIENCE AND WATER CONSERVATION



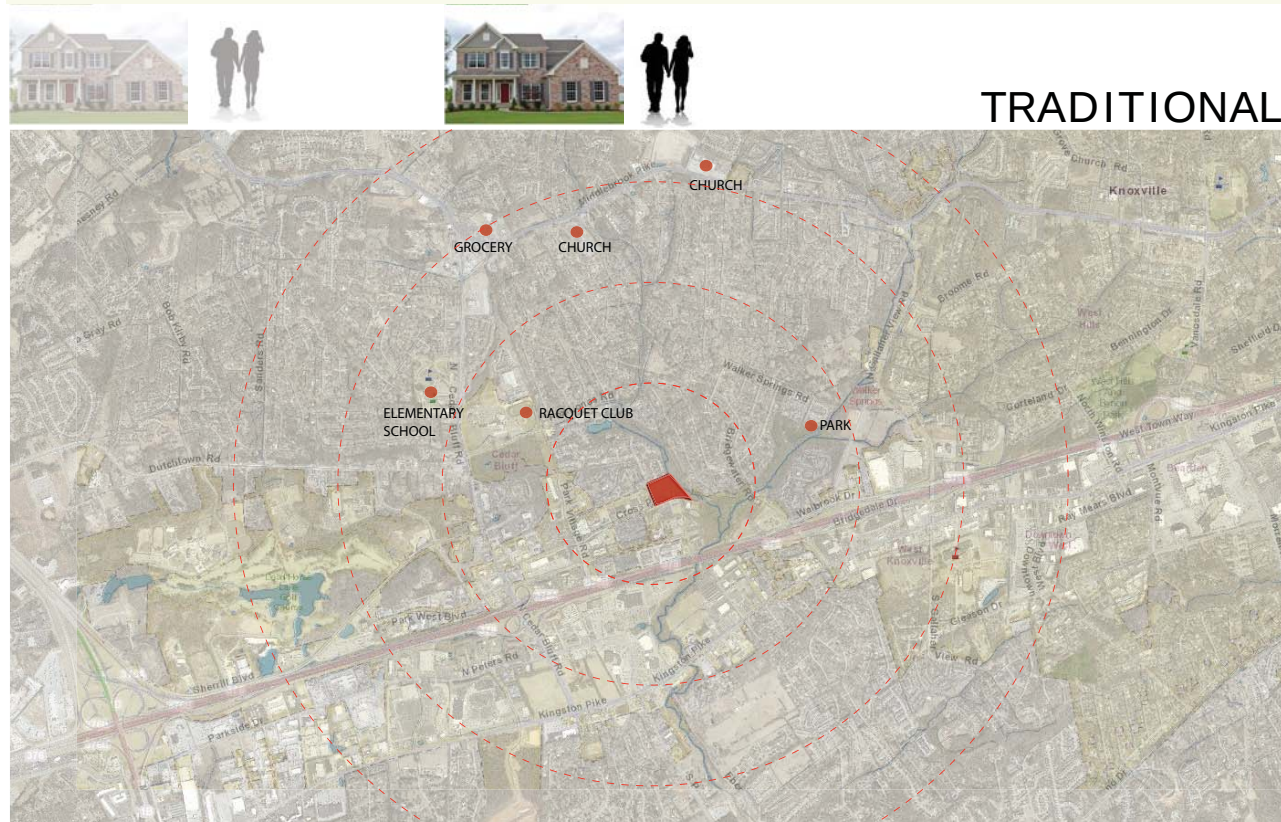
walkable community
walking trail
tennis, fitness center, pleasant stairways

HEALTH AND EXERCISE

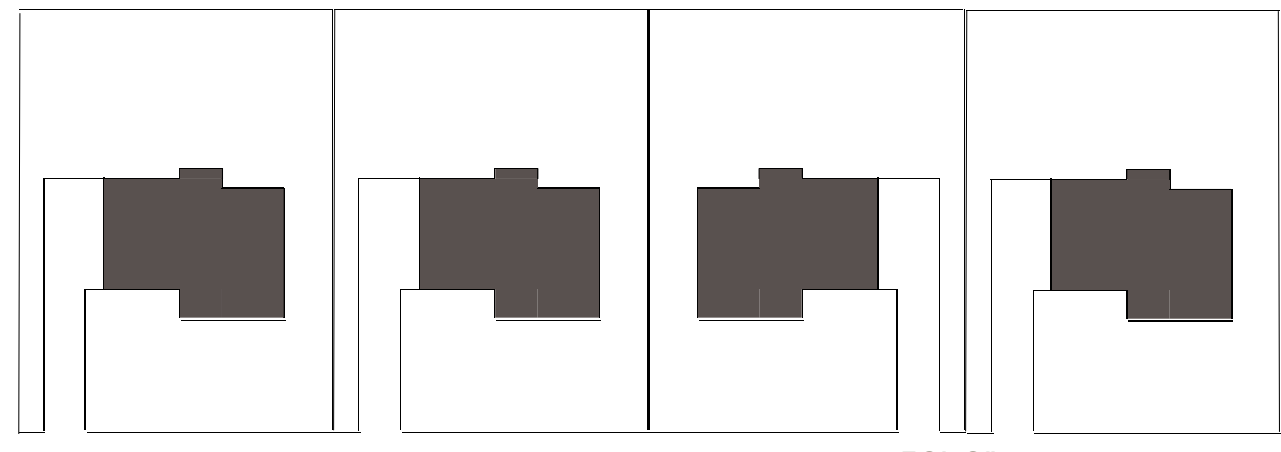


opportunities for meeting
storytelling, canning, gardening, fishing
waterwheel, henhouse, picture wall

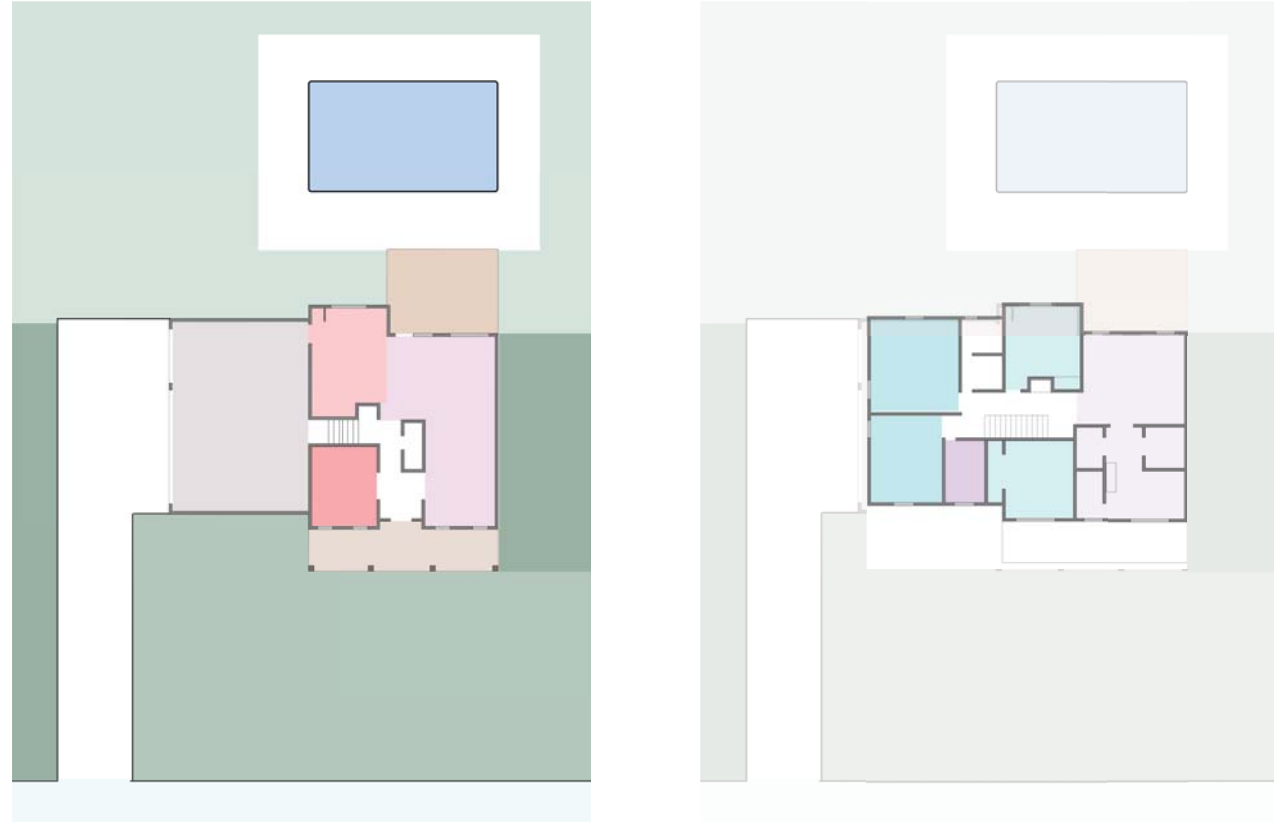
CREATING AND CHERISHING MEMORIES



EXISTING CONDITION



PROPOSED WALKABLE COMMUNITY



FIRST FLOOR PLAN



SECOND FLOOR PLAN

avg. size - 2200sft
avg. lot size - 0.5 acres
dist between - min 50'0"

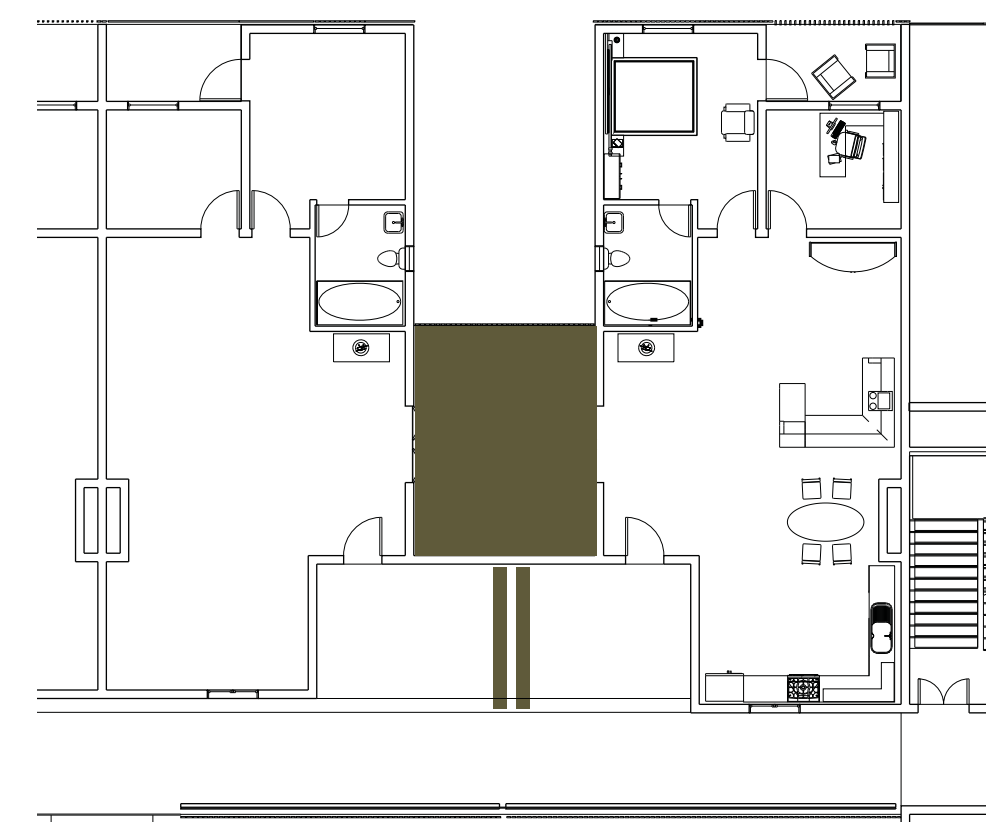
TYPICAL SUBURBAN CONDITION IN 37923



NEIGHBORHOOD

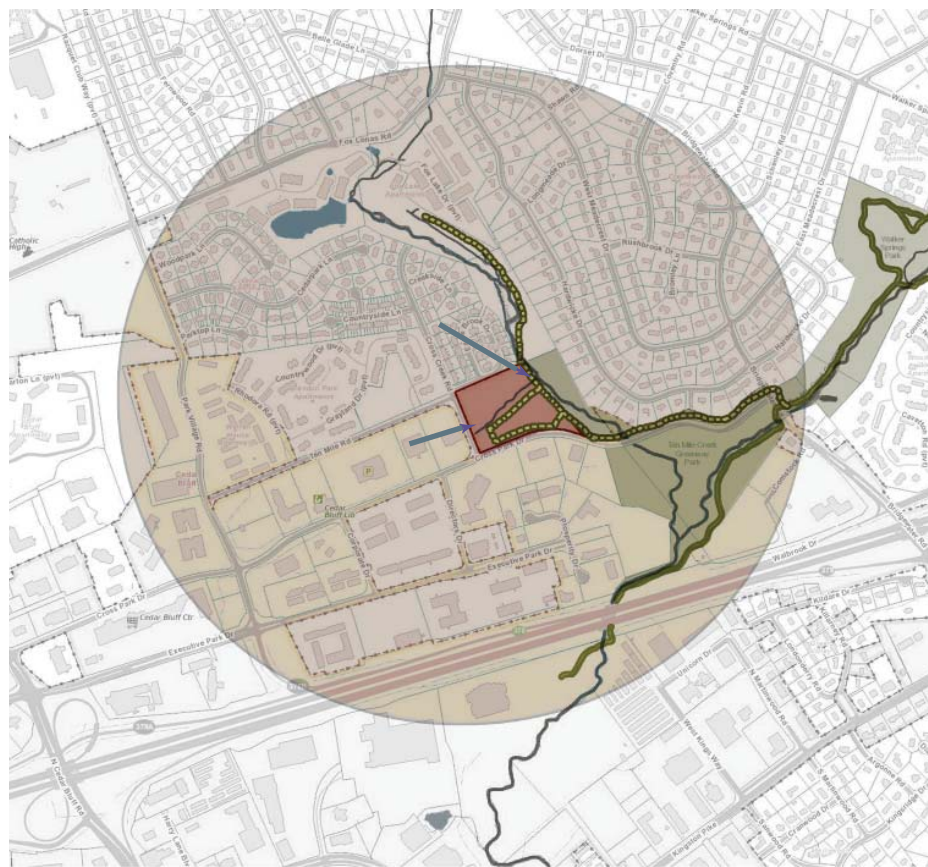


SITE



UNIT

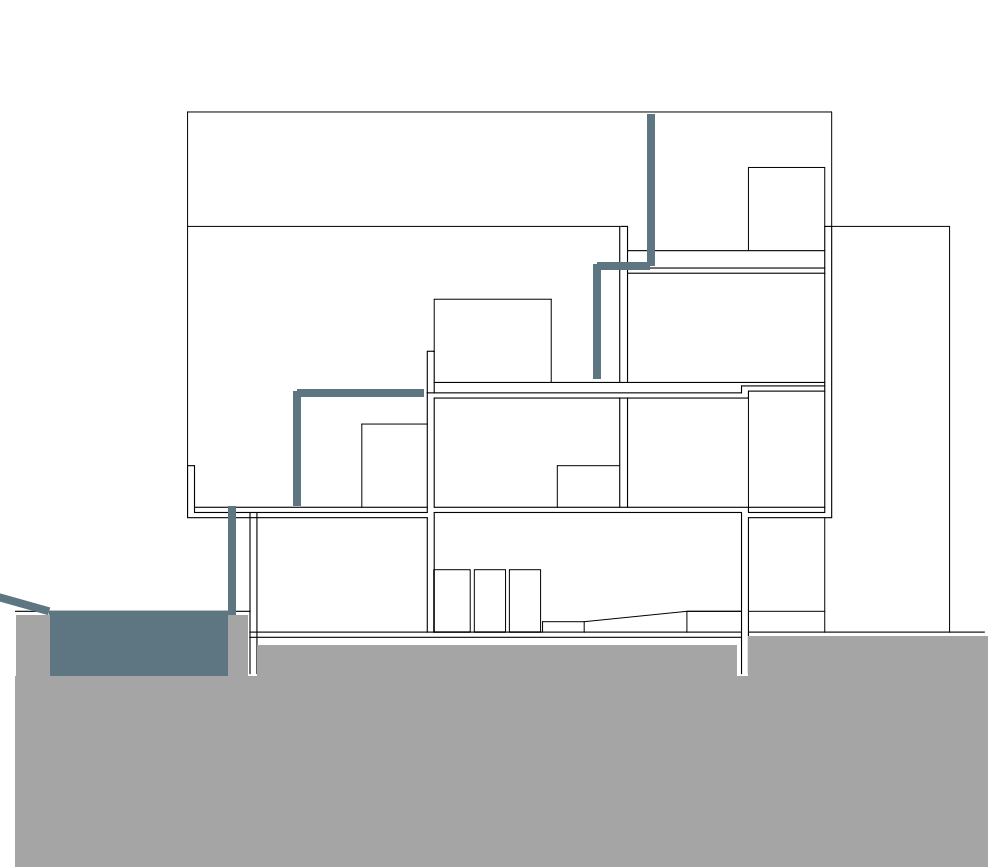
engages the community and provides intergenerational connection
possible good nutrition and food for the whole year, farmers market and education for children
personal garden spaces



NEIGHBORHOOD



SITE



UNIT

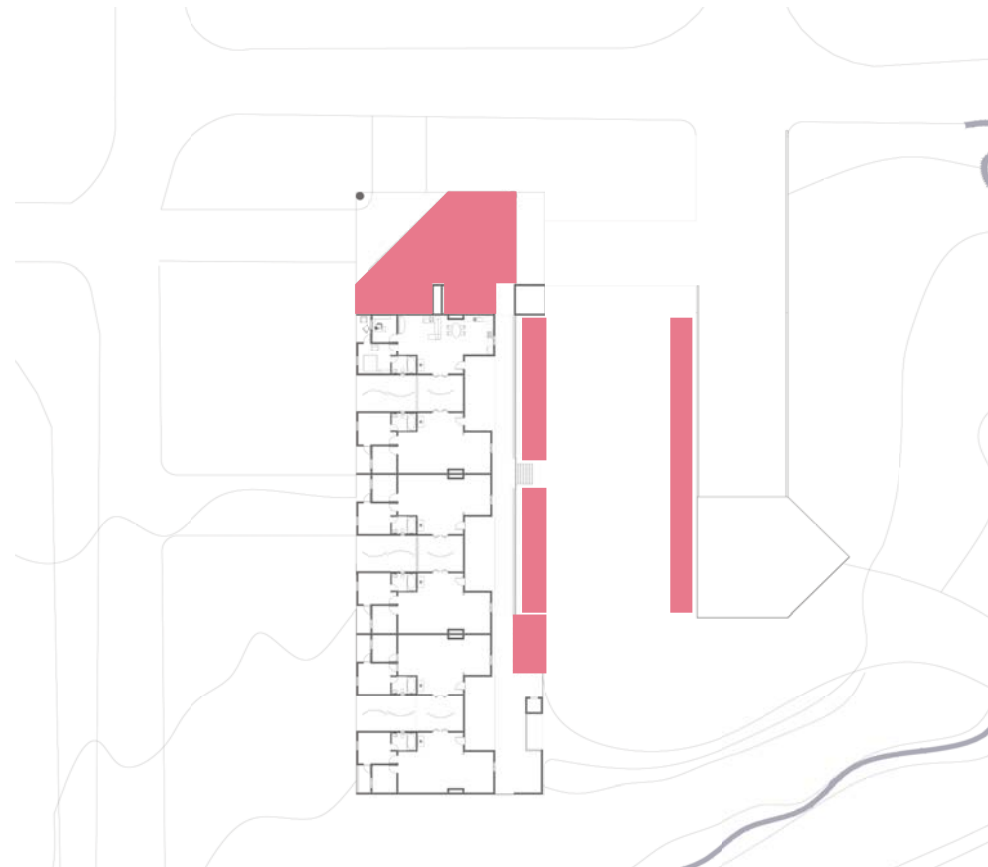
reduce run-off, reduce erosion in the flood plain
water conservation
provide experiences of water



NEIGHBORHOOD

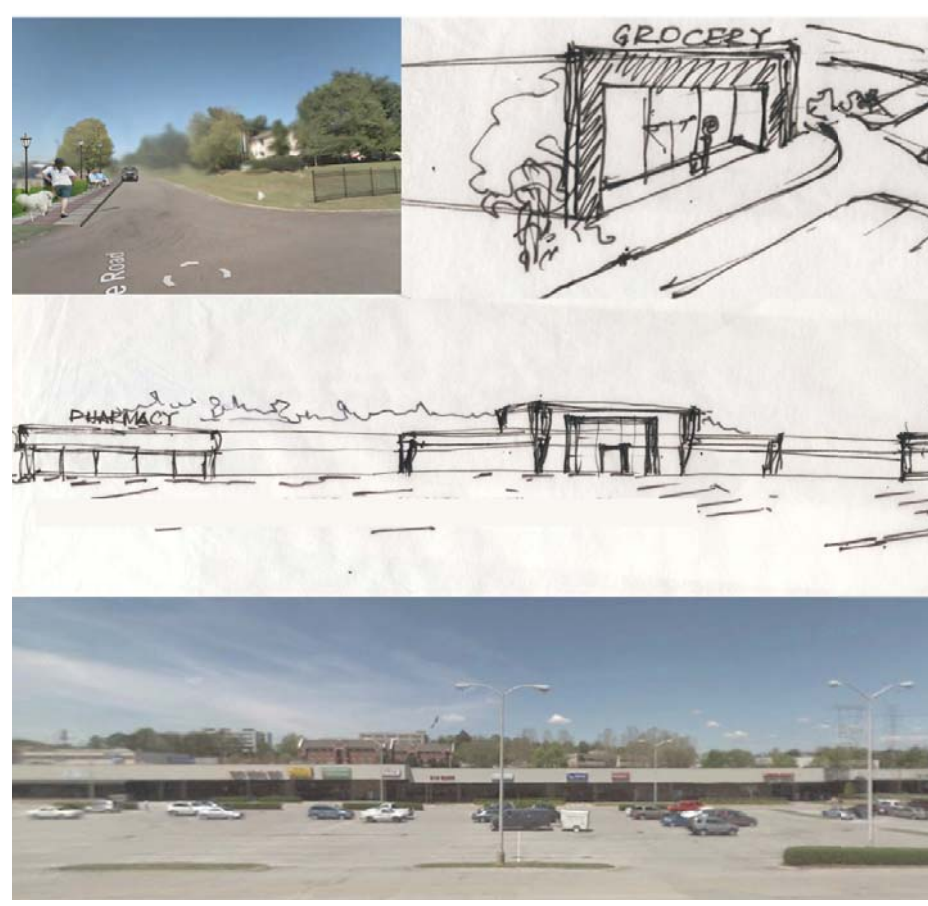


SITE



UNIT

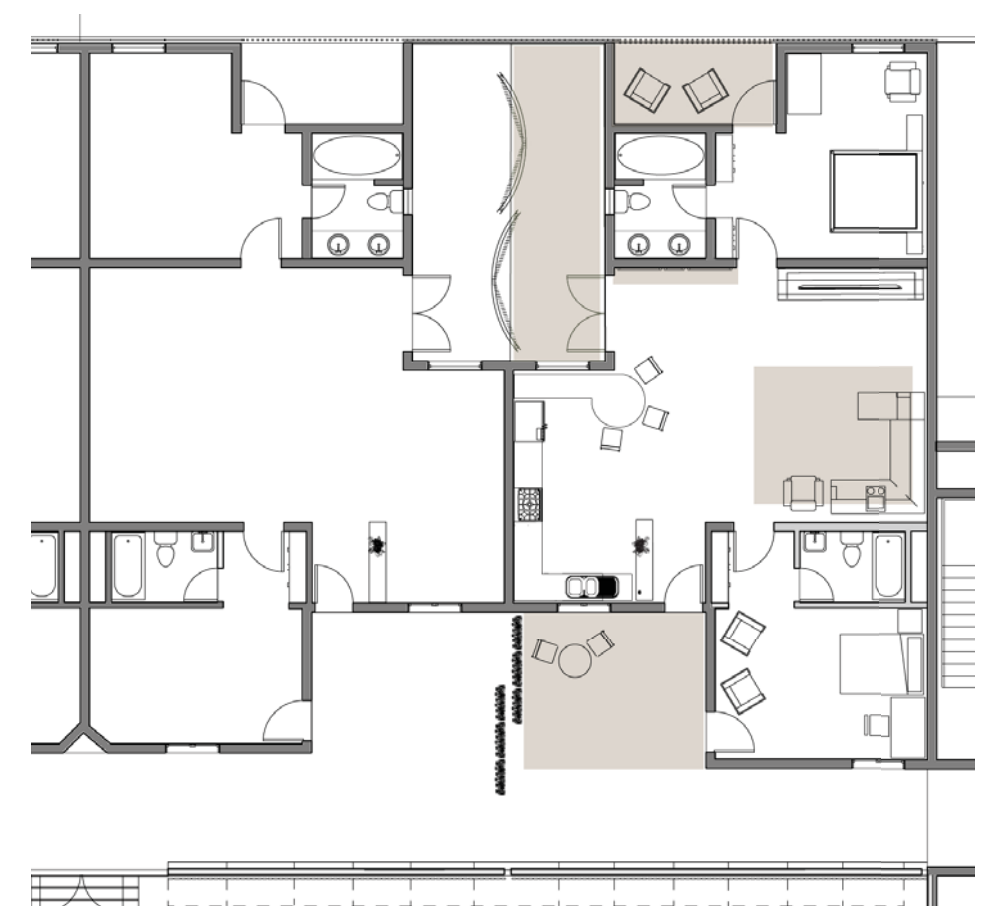
reduces requirement of driving
helps maintain physical ability and slows down aging



NEIGHBORHOOD



SITE



UNIT

help boost morale and give a sense of importance
provide intergenerational contact

aging in a more manageable neighborhood

assisted living

final care

TYPICAL SCENARIO

The usual tendency is to go up on the size of the living quarters as the family grows and then go down when faced with an empty nest