

WHITE PINE VILLAGE AT LONG LAKE

DEMENTIA CARE THROUGH A MULTI-SENSORY AND ABUNDANCE BASED LENS

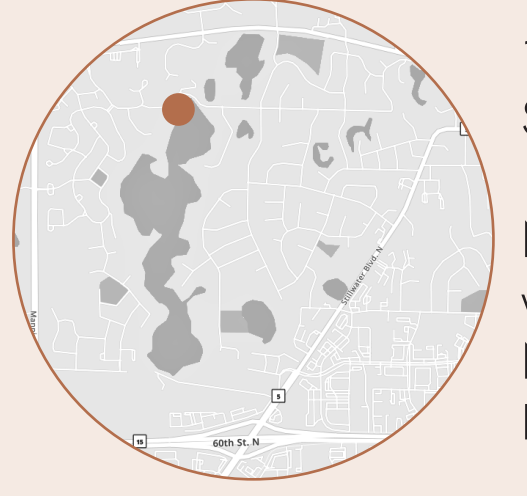
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IDES 4608 2023



CLIENT

Kendal, a non-profit organization rooted in the Quaker values of simplicity, peace, integrity, community, equality, and stewardship.

LOCATION



12355 72nd St. N,
Stillwater, MN

Nestled into the woods on the Northwest side of Long Lake

Kendal's values

- Honoring & respecting every person
- Encouraging **diversity & inclusion** and treating every person as an equal
- **Fostering community** through transparency, collaboration and listening
- Delivering **innovative wellness & dignified care**.

PLANNING

Besides researching senior living facilities and dementia, I also looked at a couple of other things. I looked at the architecture and materiality of Quaker meeting houses, which are both deeply intertwined with how they come together in community through silence and meditation. Quakers use the vocabulary of light to describe spiritual experiences; considering inner and outer light as rooting forces. I also looked at person-centered systems of care; facilities like dementia villages or more freedom-based models of caretaking for our elders. Lastly, I looked at multi-sensory interventions, considering how the building could not only integrate multi-sensory and biophilic experiences, but a space that would support the work of staff and occupational or physical therapists. Because of my research, I started to explore creating my own building shell that would support the relationship between residents and each other, and residents and the natural world.

I took direct inspiration from how Quaker meeting houses are planned and the desired experience of residents to create a plan that is neighborhood based with looped circulation and maintains direct connections to nature for all residents. The enclosed solariums and atrium allude to the Quaker architectural language of keeping light as a focal point and rooting idea.

As I started to think about a multi-sensory experience, part of the design intent became how to activate all the transition space and layer sensory interventions throughout. With the goal that no matter where a resident may be, multiple forms of stimulation or respite are available to them. Not only giving residents opportunities for choice but opportunities to trigger memories or re-engage with the environment. These multi-sensory cues also become a means of experiential and non-verbal wayfinding.

GOALS

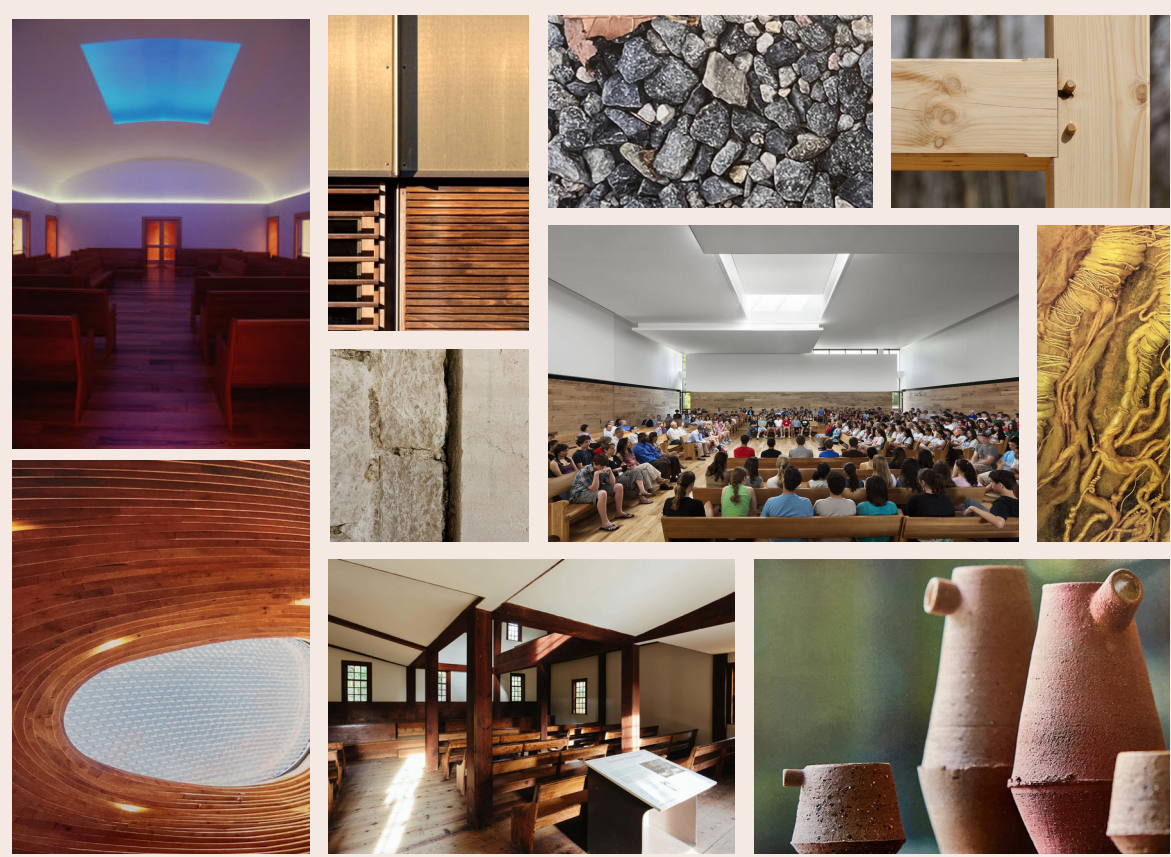
- Design a building that **supports each resident's unpredictable path** through aging and dementia.
- Create an environment that **engages residents' memories through a multi-sensory & biophilic experience**.
- Create a space that balances safety & freedom so that the **environment supports each resident where they are**; creating a life of abundance, not deficits.

CONCEPT

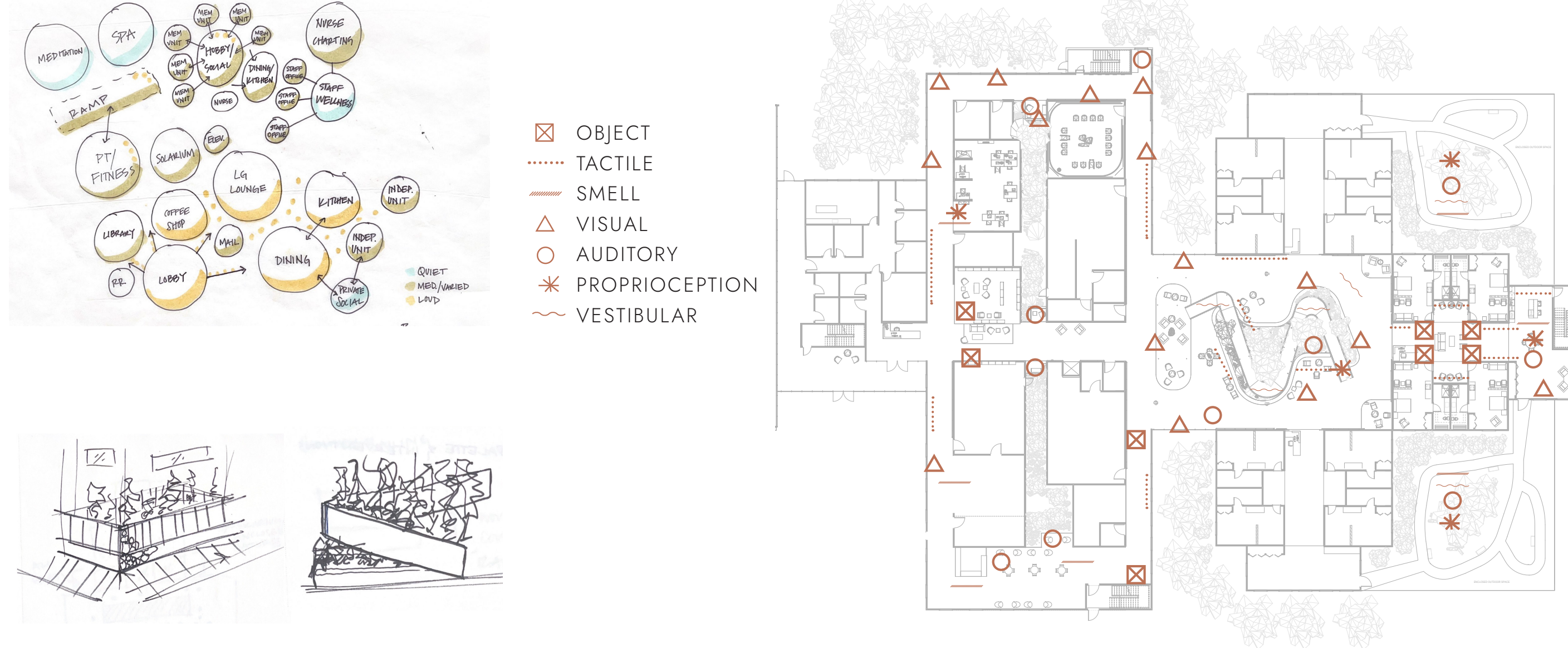
This design is guided by the idea of "islands of the self." This phrase refers to how aspects of one's personality that are key to who they are, can still be seen, even as dementia progresses. Islands of the self informs a **design that engages residents' memories through a multi-sensory experience**. Through biophilia, intuitive space planning, sensory based environments, experiential wayfinding, and adaptable units, the **building supports each resident's unpredictable path through aging and dementia**.

Materiality is rooted in place, bringing textural elements from nature to facilitate engagement while harnessing the **Quaker's use of simple forms and humble materials**.

The design balances safety and freedom while embracing symptoms of dementia through features such as intentional wandering paths. Amenity spaces are designed for previous hobbies or interests to take place as a means to trigger memories. **The interior of the self and the exterior of the environment will be in conversation with each other; an ebb and flow of stimulation and respite, as the environment supports each resident where they are.**



CIRCULATION SENSORY PLAN



FLOOR PLAN



Ramp becomes less about vertical transportation and more about prospect, movement, and offering residents choice in different types of sensory stimuli.

ATRIUM



Circulation utilizes flooring change to indicate a different experience and layers visual, tactile, auditory, and olfactory stimulation.

CIRCULATION



Timbered ceiling helps residents connect form with a specific space and activity. The view into the solarium provides another layer of biophilic stimuli and connection to place.

HOBBY ROOM



Upon entry, users are drawn into the space towards the library and view to the solarium. We can start to see the layers of choice in social stimulation and activity type provided for residents.

ENTRY & LIBRARY



Color, texture, lighting, ceiling height and material change all help support non-verbal wayfinding and familiar objects initiate memory recall.

MEMORY CARE UNIT ENTRANCE

SENSORY PALETTE



TACTILE

- wooden beams
- wooden slats
- plants
- plaster
- linen-like textured wall covering
- smoothness of ramp tread & plaster texture on sides of ramp
- brick/stone
- rocks
- opportunities for baking/cooking
- sunlight warming surfaces



VISUAL

- neutral colors
- wooden beams
- color as wayfinding and spatial identification
- color and mass of ramp as wayfinding
- plants
- familiar objects placed strategically around circulation
- personal objects placed outside of rooms
- fractal patterns



SCENT

- baking/cooking
- coffee shop
- plants/soil
- paint, woodworking, clay in hobby rooms
- cedar wood
- lavender in meditation room
- windowsill herbs in kitchen



AUDITORY

- motion-activated bird noises as users go up/down ramp.
- motion activated tree rustle noises in solarium seating niches
- areas of higher noise/stimulation and lower noise/auditory stimulation
- kitchen noises



PROPRIOCEPTION

- hobby rooms
- opportunity to engage in kitchen
- Physical therapy (pushing ball up wall, balance work)
- yoga, tai chi
- uneven ground available
- movement focused plan



VESTIBULAR

- different types of movement encouraged: ramp vs. flat; loop vs. linear.
- physical therapy
- outdoor walking paths with more tactile input
- rocking chairs in common areas
- movement focused plan and circulation, not containment based.

MEMORY CARE NEIGHBORHOOD

