

An isometric architectural rendering of a residential complex. The scene features several blue buildings with white window frames and doors. In the foreground, there are three smaller blue houses with white roofs. The central area is a courtyard with various orange-colored outdoor furniture, including benches, tables, and umbrellas. Numerous small orange figures of people are scattered throughout the courtyard, some sitting on benches, some walking, and some standing in groups. The background shows more blue buildings and trees. The overall style is clean and modern, with a limited color palette of blue, orange, and white.

URBAN DESIGN MASTER'S THESIS

RESSOURCE FÆLLESSKABET

A new vibrant Neighbourhood &
Care Home in Aalborg Vestby

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Group 3 / May 2023

Et samfund kan være så stenet
At alt er en eneste blok
Og indbyggermassen så benet
At livet er gået i chok

Og hjertet er helt i skygge
Og hjertet er næsten hørt op
Til nogen begynder at bygge
En by der er blød som en krop

– From Inger Christensens "det" (1969)



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Abstract

The master thesis presents a new perspective on the aging society through a design proposal, "Ressourcefællesskabet". The project is located on the outskirts of Aalborg Vestby, between the racing track and Freja soccer club.

The focus is on creating intergenerational public spaces, where people of different ages and abilities can interact. A dedicated focus on the development of an elder care home and a kindergarten has been prioritized as the two functions is already planned in the area.

The area is framed by two heavily trafficked roads, Annebergvej and Skydebanevej and is characterized by a lack of an overall strategy, large unprogrammed areas, and scattered development plans. The surrounding context consists of garden allotment communities, institutions, and rich community life with a lot of different cultural and spare time activities used by people of the area and city. The site is enclosed by physical barriers of untrimmed trees and bushes, and a fence around the racing track, project site, and Freja soccer club.

The project aims to showcase that old people are more than their age, and that it is not always the best option to keep people isolated in their own homes for as long as possible, which is the strategy in today's society and design of elder care homes, to be 'aging in place'. Old people must be seen as and helped in relation to their mental and physical abilities. This more nuanced view argues that old people have a long time left then they leave the job market, these years they can still help and contribute to communities and gain new relationships. This could be done by volunteering at the elder care home or by helping to pick up kids in the kindergarten. The project tries to shed light on what urban design has difficulty tackling, urban design can set the possibilities for interactions, meetings, and community life, but that does not always ensure that social life will flourish.

The project proposal for the new neighborhood focuses on strong indoor and outdoor relationships from an urban design perspective to secure optimized use and function. It is communicated through a concept and a design that unfolds a masterplan with a program, road network, and chosen urban spaces. The program focuses on a mixed settlement of public facilities, institutions, green recreational areas, senior communities, and family housing. The design proposes a new elder care home and a kindergarten in a combined house to enhance intergenerational interaction in everyday informal- and pre-planned settings. The road network secures new connections, parking, and streets for both soft and hard traffic. The urban spaces are highlighted with different identities, uses, and characteristics of the public shared spaces in near coherence with the indoor facilities of the buildings.

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01 PROLOGUE

Reading guide

Where are we?

Problem statement

Urban care and people care

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Methodology

Sub-methodology

Care for spatial planning & people

Insights

Criteria for physical planning

Reading guide

The report is structured into four main parts with an additional fifth appendix placed separately. The appendix contains a full-size masterplan in a 1:500 scale on a folded A1, thus an opportunity to have it folded out to continuously be able to study the design throughout each section of the report. The masterplan is presented within the report in section 3, presentation.

Prologue- theme and research interest

Part 01 presents an overview of the point of departure for this master's thesis; the project reports physical parts and applied methodologies, the general theme and research interest of care for old people, and care for urban spaces, along with the presentation of the site of engagement in Aalborg Vestby.

At last, the theoretical framework for the theme, research interest, and design proposal is presented along with additional insights from conducted fieldwork, case studies, and interviews. Concluding with specific design criteria of collected knowledge.

Analysis - the physical place and its people

Part 02 presents an in-depth analysis of the physical place of intervention, the site in Aalborg Vestby, and the surrounding spare time activities and communities. Concluding with a summary of possibilities and constraints along with selected design criteria from the collected knowledge of the project site and context.

Presentation - design of generational spaces

Part 03 presents the overall design concept, the masterplan of the area on an A4 in 1:2000. This section of the report also contains visual material of the five main plazas (urban spaces) of the design accordantly to the ground floor plan of the combined care home and kindergarten, and the surrounding senior communities and family homes. Several sections and plans of detailed areas are presented in 1:200 and 1:500 along with spatial axonometric diagrams.

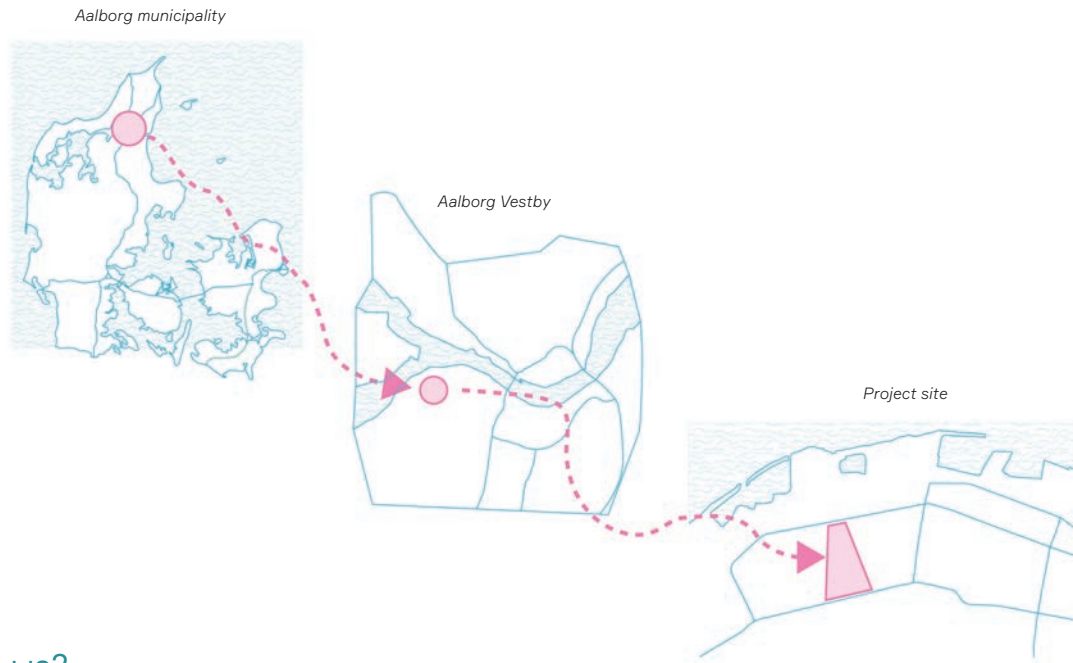
Epilogue - concluding remarks

Part 04 presents a written summary of the project and a reflection on both conducted methods and the specific design proposal.

Appendix - masterplan 1:500 and extra notes

The appendix contains a full-size masterplan in 1:500 scale on a folded A1. Additional information from conducted field studies and interviews, and selected information from completed public debates facilitated by the municipality of Aalborg is included in the appendix.





III. 1: Diagrammatic map of project location.

Where are we?

The project site chosen in this thesis is situated in Aalborg, the fourth largest city in Denmark.

More specifically on the outskirts of the district, Aalborg Vestby. The project site is situated between a rich community life, with a soccer club, garden allotments, a boy scout club, racing track, and more.

Problem statement

How can a new societal view on aging be supported by an urban design perspective that focuses on the spatial planning and design of an elder care home, as an integrated solution to the design of a neighborhood in Aalborg Vestby? Thus, creating the opportunity for the spatial design practice to create intergenerational spaces with a vibrant social life.

Urban care and people care

Societal challenges and perception of aging

"[...] old age in our society too often viewed with horror... as a reminder of death in a culture where death is a terrible final act." (Hauderowicz and Serena, 2020:28).

In a global context aging trends are creating many societal challenges, the current debate on future scenarios demands further care and social provision resulting in a great impact on the economic sustainability of public welfare (Gabauer et. al., 2022). Equally important, is the impact that the aging trend has on the sustainability of local communities. Old people present a great potential for supporting our living environment, our cities, economies, families, and communities (World Health Organization, 2007).

The global challenges of growing life expectancy and a larger share of old people in cities are to be met with opportunities for health, participation, and security to ensure the quality of life as people age. The concept of 'age-friendly-cities' is presented by The World Health Organization (2007), as an approach to ensuring the quality of life for the growing elder population and tapping into the collective potential of old people in cities and communities worldwide.

Aging in place

'Aging in place' has become a dominating element within the planning of cities and health policy but the practice has raised a wider international debate about healthy aging environments (Gabauer et. al., 2022). In Denmark the political priority of 'aging in place' from the 1990s (Plejeboligreformen 1996), where meant for keeping the elders in their own

homes as long as possible (Fristrup, 2010; Høj, 2022). The priority was to increase the quality of life for old people, and at the same time decrease the economic cost and drain on public resources, postponing the move of the elderly into public health care institutions. This political discourse and societal perception of senescence and old people have rooted deeply and negatively within the current societal perception of the 2020s (Høj, 2022). The development of social services of (health) care for old people has developed throughout history in parallel relation to the development of the Danish welfare system. The evolution of the care home and institution that we know today has undergone many changes. The different typologies and the services that they each have offered for elders have been directly influenced by societal perceptions of aging (Høj, 2022).

In the 1900-1920s the elders are for the first time in history recognized as an independent group in Danish society. Meaning they now could receive help and care for illness in senescence. They were placed in elder homes, in common rooms of 8 people. Following these societal changes in the perception of aging, the Danish social welfare reform was formed in 1933 to ensure universal care (Høj, 2022).

Within the 1960s the elder care home became a total elder institution focusing on the medical treatment and rehabilitation of old people. Within the same period, the concept of public care for elders without illnesses emerges (Høj, 2022). 1970-1980s the universal perception of one-size-fits-all is strongly criticized. Posing a demand for larger continuity in the elder life, more freedom, and self-



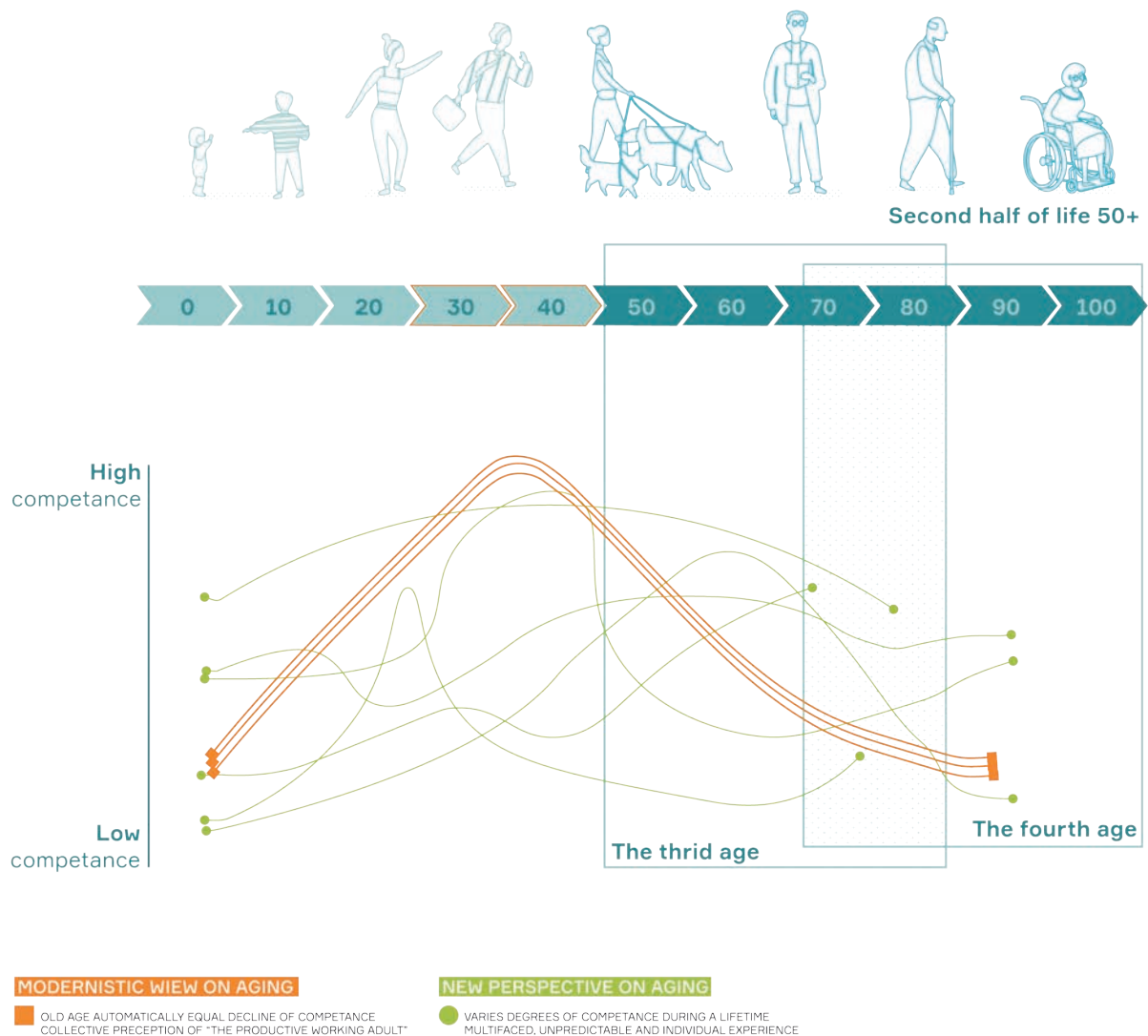
Ill. 2: The big move - a consequence of historical institutionalized care, current aging trends, and the political agenda 'aging at home'. The big move between residential housing (especially from the single family home with heavy maintenance requirements) to an appointed elder home/ residential care home (Urban Goods, 2019).

determination, elder homes and senior communities are built in close relation to the elder care center, which contains an activity center (day center) for the healthy elderlies to visit. This typology and perception of aging from the 1970-1980s presents the healthy elderlies with the opportunity to form a relationship with the elder care center, in physical terms, as with its people thus creating more awareness and continuity for the elder who in a later time might move into residential care at the care center (Høj, 2022).

From 1987 to 1995 the first two senior communities of 18 elders were established as private initiatives and means to avoid isolation and loneliness in senescence. Professional actors gradually take over, becoming the primary driving force for the establishment of senior communities (Høj, 2022). Many healthy elders are currently expressing a desire, both curiosity, and interest in living in a senior community, mainly due to loneliness or the inability and lack of interest to maintain a larger household. But with long waiting lists, very few who wish to live in a senior community get to move into one (Pedersen, 2013).

The focus on 'aging in place' has since the political reforms of the 1990-2000s sought to improve the quality of life for old people. Unfortunately, the political agenda of 'aging in place' historically poses a stop to the planning and construction of institutional buildings of health care services (care centers) in Denmark. At the same time, society faces the challenge of aging trends - an increasing population of old people and life expectancy, thus creating an issue of not having sufficient resources to provide for the increased need for public care (Høj, 2022).

Considering the current need to create 'age-friendly-cities', inclusive cities that foster a great quality of life for the aging population. The political agenda of 'aging in place' from Ældrekommissionen (1980) had great ambitions to connect the planning of care for old people in relation to other public matters than social services, like national-, regional-, and municipal planning, the labour market, culture- and leisure life, etc. Instead, the negative effects of this societal perception of age have fostered that elderlies are increasingly receiving care at home, isolated from communities and people. This current model of care for old people is battling with aging trends and struggling to provide universal care, meet the individual needs of the elderly, and ensure a great quality of life.



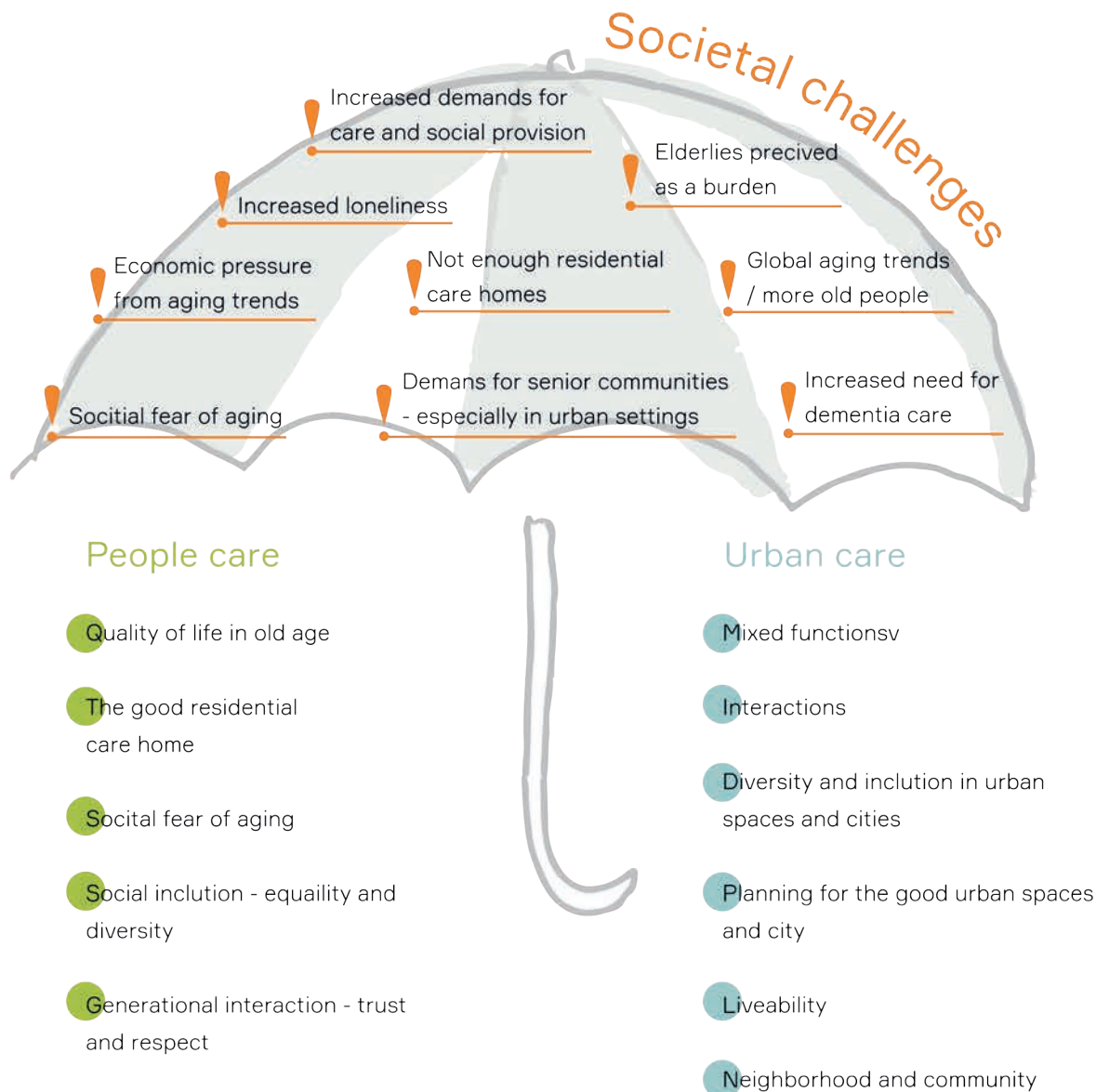
III. 3: Definition of age in modernistic terms and a new perspective on aging. Senescence in light of aging trends, longevity, focus on the second half of life - the third and fourth age. (Hauderowicz and Serena, 2020:17-27; Urban Goods, 2019).

What is age - the second half of life?

Age has in modernistic and current terms been defined as old age equals decline. Aging as a process is fixed for all lifetimes and it is collectively perceived that children and old people are unproductive members of society and a drain on public resources, while the societal narrative is centered around "the productive working adult" (Urban Goods, 2019; Gabauer et. al., 2022).

The discourse of 'active,' 'productive,' and 'successful' aging is related to active elderly, a group of people in adulthood who could be defined as being in 'the third age'. These old people are more commonly to be considered as a resource for the communities and society, as they can easily be considered a resource for the paid labour market, for

families, and for voluntary activities (Gabauer et. al., 2022; Frstrup, 2010). Very different is the view on old people in 'the fourth age'. They are often excluded from the discussion of an 'age-friendly-city' and the possibility to be a resource for the community, only perceived as old people of decline, loss, and inability. Especially in developed countries, like Denmark, where societies praise youth, change, and the productive working adult, feeding on the common negative view of aging. Worst situated in this perception are older people with illness and disabilities, who are most likely to be viewed negatively as to be a burden, as they are useless, less intelligent, demanding, and a drain on public resources (World Health Organization, 2007; Hauderowicz and Serena, 2020). There is a great lack of public awareness and the



III. 4: Project theme and research interest, centered around the care for people and cities

issues of aging (World Health Organization, 2007), and an urgent need to understand that during a lifetime, we all go through varying degrees of dependence and independence, autonomy, and vulnerability, therefore acknowledging that receiving care is a part of life. This perception could help a new societal perspective on aging, abandoning the idea of being self-sufficient and independent, and instead promoting equality through our relationality (Gabauer et al., 2022).

For any hope of changing the negative societal perception of aging and moving closer to the design of 'age-friendly-cities', one must abandon the modernistic view of aging that fixates on defining "the elderly" accordingly to age as a number (Hauderowicz and Serena, 2020). Instead, a new perspective on aging rather focuses on "the elderly" as:

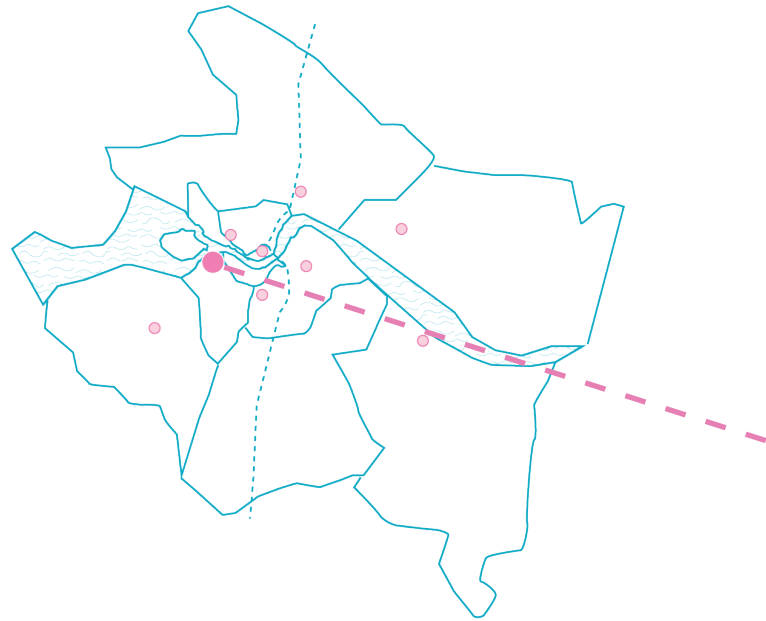
"people in their adulthood who are experiencing changes related to the passing of time. Age-related changes may be manifested impermanently, vaguely, or in partial ways throughout life, but with greater frequency in later life." (Hauderowicz and Serena, 2020:20).

In an urban design context, the current societal challenges shine a light on several questions, one is how to ensure the planning and design of age-friendly-cities for the growing group of elders, which increasingly are becoming a diverse group of people. Both in matters of inclusion, accessibility, and community. How do our cities and communities' function, and what do the public spaces within them look like? "The city planner has not yet come to realize the full nature of his task: the provision of an environment suited to every phase of life and growth, from infancy to senescence." (Hauderowicz and Serena, 2020:9).

Planning for elders and children in Aalborg municipality



A future increase in group of 50+
Ill. 5: Population projection of elder in Denmark (Danmarks Statistik, 2018)



9 New elder Care Centers are planned in Aalborg Municipality
Ill. 6: 9 new elder care centers in Aalborg municipality (Aalborg Kommune, 2021)

An urgent need for qualified Elder Care Centers

Aalborg Municipality has decided to develop 9 new elder care homes distributed in the municipality to meet the future demand for elder care. The group of elders 80+ is increasing in the future which indicates pressure on the existing elder care homes. Both in regard to capacity and quality as research in the field of dementia sets specific requirements for the built architecture and landscape shaping the frames of elder care homes and is a foundation in all new projects. All care homes must be qualified to meet the demand for special care regarding dementia (Aalborg Kommune, 2021).

A new Elder Care Home and Kindergarten in Aalborg Vestbyen

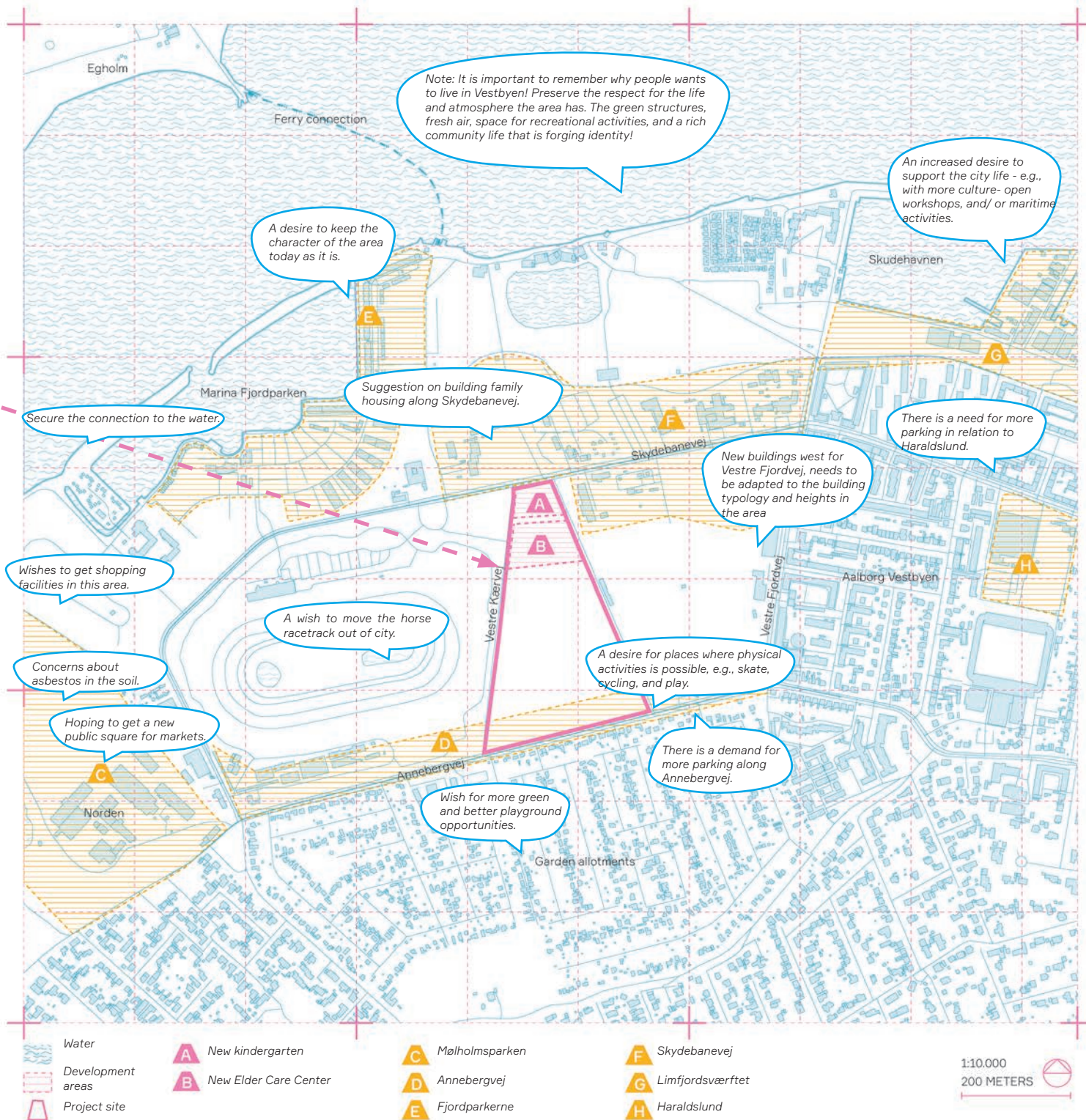
One of these 9 new elder care homes is to be built in Aalborg Vestbyen as a replacement for the existing elder care home, 'Annebergcenteret'. The care home must be dementia-friendly with 70 elder care apartments. The development of the elder care home has already begun and is planned to be built on an area with a footprint of 9500m² along

Vestre Kærvej in Aalborg Vestbyen. North of the planned elder care home a new kindergarten is about to be built. The kindergarten and the care home have no planned relation to each other than the near physical location (Aalborg Kommune, 2021).

Aalborg Vestbyen on the verge of development

Aalborg Vestbyen is slowly extending with new development plans across Vestre Fjordvej. However, it is visible that no masterplan for the large area is yet to be seen. Smaller development areas and ideas are scattered, and wide areas are left blank leaving limited and bad connections between the areas and the established Aalborg Vestbyen.

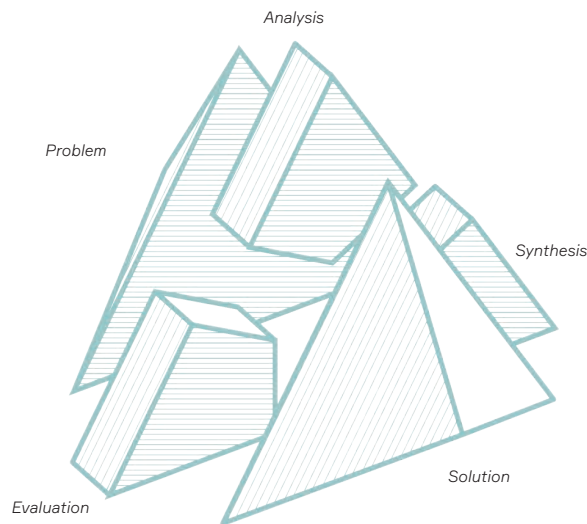
The following master's thesis will rethink the development of the kindergarten and the elder care home in regard to placement and design. It will focus on incorporating the projects as part of a larger masterplan that secures connections to the context.



III. 7: Map in 1:10.000 of development areas in Aalborg Vestbyen

Quotes from the preliminary debate 16 January – 13 February 2023, about Aalborg Vestby and the resume (appendix 3). Quotes are placed in relation to the debated area of interest.

Methodology



III. 8: Diagram of the Design Process by Bryan Lawson (Lawson, B. 2014)

The Design Process

Bryan Lawson's perception is that the design process is often complex and difficult to portray accurately and often tends to be too linear or oversimplified when portrayed (Lawson, 2014).

"It rather resembles [the design process] one of those chaotic party games where the players dash from one room of house to another simply in order to discover where they must go next." (Lawson, 2014:39).

The process

Bryan Lawson uses the parallel to the chaotic party, to explain the unpredictability of the design process. His theory of an overlying framework consists of a part with a problem, a part with analysis, syntheses, and evaluations, and then a part with the solution. He argues that there is a starting point for a problem, but this can change as the analysis is conducted and new knowledge is obtained. So, the purposed solution is not necessarily the solution to the initial problem (Lawson, 2014).

In our thesis project, the theme sprung out of an interest in the field of creating a care home, with a focus on inside and outside relationships, the edge zones, and nature, as the

main themes which created the initial problem and point of departure.

The process of knowledge and literature collection naturally challenged and reformulated the initial problem and developed the overall framework of the project with a new site location, thematic, and focus.

Analyses were conducted and formed syntheses that were evaluated to progress in the design. Through the process, the focus and the theme of the project have changed and developed with new evaluations, new knowledge, and suggestions for the design. All the work has led to the proposed solution for the project site.

The iterative process of back and forth

The designer can properly recognize that the design process is going in loops with highs and lows in the process. Lawson pictures the loops as a representation of analysis, synthesis, and evaluation. The loop feeds the design and the problem with knowledge, and ideas, that can lead the design forth or be inadequate and therefore feed the need for new analysis or research (Lawson, 2014).

The process of the project has been moving back and forth a lot, from the start of the project and to the submission, and the theme and problem have taken many turns and

nuances through the process shaping the design in different directions.

As the project progressed the theme and problem changed, and different analyses have been conducted which moved the focus in diverse ways e.g., focus on the whole masterplan, the design of the care home, the zoom-ins in chosen areas of the project site, and the interactions between people. In retrospect, the focus on creating physical spaces to enhance interactions between people, especially regarding the elder care home, has been an underlying red thread through the project.

The point of engagement

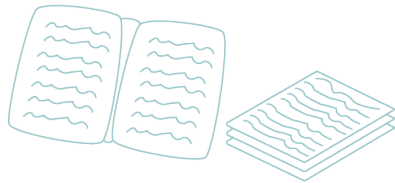
Lawson states that there is no logical or correct way of approaching a project, often it is a mix of directions. Tackling a problem from different perspectives and media can help the progression of a project. Some begin with a focus on the overall organization, others with detailing of the junctions. (Lawson, 2014).

"We have a rule that says sometimes the detail wags the dog. You don't necessarily go from the general to the particular, but rather often you do detailing at the beginning very much to inform." (Lawson, 2014:39).

Working in groups, people tackle problems differently and our group has been no different as we bring different skills, perspectives, and main interests that are utilized during the process. One preferred to work with communication through diagrams e.g., concepts, themes, etc. Another one prefers hand sketching to communicate ideas and perspectives while the third is searching for literature and knowledge from research.

This is of course set up in a two-dimensional way, the reality is that it is not black and white, and we have all shifted between different methods and media to form the design.

Sub-methodology



III. 9: Literature research



III. 10: Analysis methods

Knowledge

Literature

Having an in-depth understanding of the topic of interest, which in this project could be argued to be “care”, is key to informing the problem and the design solution. This understanding is achieved through literature research. Literature reviews are reflected upon, discussed, and used during the process of design. Revisiting preliminary literature and searching for new literature throughout the process has helped to inform both theme, topic of interest, research questions, and the physical design. In the search for scholarly knowledge, it has been evident to search for academic publications and books. For knowledge regarding the physical design and experiences of elder care homes, senior communities, and kindergartens best practices publications and pilot projects have been studied, along with qualitative interviews and external supervision from practitioners, and lastly, case studies and field trips to existing projects.

Interviews

Interviews are in this project performed for additional knowledge in relation to the physical design, problem formulation, and theme of research. The type of knowledge obtained through an interview varies in relation to the person who is interviewed and the type of interview. For analysis of the interviews/collection of knowledge, it is important to know if the person is presenting first-hand knowledge, experience-based knowledge, or research knowledge since each has different credibility for the conclusions made and potential application of knowledge in the design proposal.

Methods for conducting interviews in this project are both structured, semi-structured, and unstructured interviews methods (Leavy & Brinkmann, 2014). In most cases, the semi-structured interview method was applied as it helped collect the correct type of information from interviews performed with the managers on visits to the two care homes ‘Fremtidens plejehjem’ and ‘Tørnhøjhaven’. In relation to those visits, we also did some short impulsive unstructured interviews with a resident (first-hand knowledge) and an activity coordinator (experience-based knowledge). Also, during the project we conducted a phone interview, as a more structured interview method, with a kindergarten teacher, for experience-based knowledge on insights for the design of kindergartens in relation to a care home. (Appendix 3).

Analysis

Mapping

Mapping can be done as a desktop survey and/or on-site. The most common is to make digital desktop analyses based on GIS data and later validate the information on-site. Some mappings make the most sense to do on-site.

Mapping out the project site and the surrounding can help address the possibilities and constraints that are site-specific.

In the project, we have used GIS data to support analyses to get a better understanding of the physical structures of the site e.g., mapping of local communities, districts, flow at the site, etc.

Site visit

A physical visit to the project site gives an in-depth understanding of the area, the phenomenology of the place, the scale, characteristics, and the landscape, which helps to validate the desktop analyses.

We have visited the site a couple of times during the process, first to get an impression of the site, with size, and qualities. Later we have been back to take photos and see the site on a spring day. The visits gave an impression of the characteristic green identity of the area and the rich community life, which had a big impact on our design process. The physical barriers dominating the area through fences and dense green belts were experienced, making the movement limited.

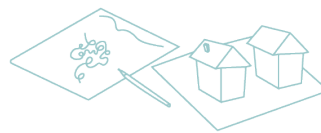
Photography

Photos are good to document the physical place and to give an idea of the atmosphere and materiality. Photographs are partial because the photographer sets the perspective and size of the frame, adjusting it to support the best argument.

During the process, we used photography of the site area to document the atmosphere and physical place at different times of the season. The method was also used on field trips to existing care homes and a senior community to document physical design solutions used in practice to validate the design in use.



III. 11: Participatory & insight



III. 12: Design development

Input

Insight from development process

It can be beneficial to gain knowledge and input from different actors within the building sector and development projects to gather new perspectives and subjective knowledge.

The development process usually takes a lot of time, but as the plans and development of the new elder care home in Aalborg Vestbyen have already begun with the initial processes, we were lucky to get invited as observers to 4 workshops regarding the development of the care home, which was held by the architecture company, Friis & Moltke, as advisors for the building owners: Viva Bolig and Aalborg municipality. The workshops were also accompanied by sub-contractors, the future manager and other employees of an existing care home, senior representatives, representatives from Senior- & Omsorgsudvalget, and specialists within the physical design and planning of care homes. The workshops had a specific focus on the program and development of the building and architecture, which contributed to an in-depth understanding of the needs and criteria of an elder care home building.

Participatory insight

Reaching out to nearby local actors in the area can give new perspectives on the project and area, and help drive the project forward with new aspects, ideas, etc. Getting insights can be done in various ways and in various phases of the project. It can be done as workshops for the people affected by the project, it can be done online as surveys or at meetings where people can speak their minds.

In our project we did a survey of the garden allotments, to get insights into how they used the area. The results gave us some good insight that we could bring forward in the design, e.g., the need for places to meet, playgrounds, and places to shop locally. (Appendix 3).

Expert insight

Reaching out to experts in the field, often give valuable input with new perspectives and ideas to pursue. We have been in contact with different experts during the project, the most influential was architect Kristina M. Hansen from Friis & Moltke, who is specialized in designing, planning, and developing elder care homes.

During the process, we have had two formal meetings, and a few informal conversations with her in relation to the workshops, which has helped widen our perspective on the design and build upon our knowledge within the care sector.

Design development

Hand sketching

A sketch is based on ideas, analysis, brainstorm, references, or mood boards from earlier in the project process. Sketching is intuitive and can be a fast method to visualize and communicate ideas.

In the process the hand sketch has been used a lot, both to generate ideas and to sketch diagrams before moving into digital media.

Computational modeling

Shifting between 2D and 3D can be beneficial in the process. 2D normally has a faster workflow, so it can be good to create different iterations or variations on proposed ideas. 3D tools can give a spatial dimension and understanding, where they can unveil some untapped potentials or challenges in the purposed design.

During the process, we have worked both with 2D and 3D media. We have used 2D media the most to develop the masterplan and to make the overall structure with roads, building programs, etc. The 3D media has helped in the design of the care home building and senior communities to get a sense of scale and spatiality and in cut-outs to get a sense of details, scale, and spatiality.

Physical modeling

Like computational modeling, a physical model can give a spatial understanding of the project site or specific zoom-ins. A physical model can be practical in the earlier phases of the project to start the generations of ideas, scales, and materials. Physical models can also be a good way of presenting the design proposal in the end to give the spatial aspect of the project.

In the start, we created a physical context model in scale 1:500 to work with blocks of buildings as a tool to develop the masterplan in terms of size, scale, proportions, and placement of buildings.

Care for spatial planning and people

Why care?

Care is not usually concerned with the spatial planning and design of cities, but it can be highlighted that care is always present within urban design, not just as urban care for physical spaces, aesthetics, and functional use, but as care for people because of urban life and livelihoods are playing out in relations of care. As we have witnessed, especially throughout the recent covid period, care is present in the city, in those community expressions of collective action (Gabauer et. al., 2022). It is not a new perception that relationships between people are often mediated within our public spaces, of objects within the physical environment, and can therefore not escape the material and spatial dimension of social interaction. In other words, there is a need to see the two, physical spaces and social relations as mutually independent; and see the city and public spaces as a socio-spatial phenomenon (Hauderowicz and Serena, 2020).

The ethical practice of urban design

Before exploring the spatial dimensions of care arrangements in an urban context, we seek a definition of ethical care within urban studies, that focuses on why care models and strategies play out in the urban realm and how they relate to spatial conditions. How an ethic of care perspective allows us to be critical of the notion of 'aging well' and age-friendly-cities. Care ethics puts care at the center of the question of how to create positive interactions between people in public spaces and is therefore very different from the thinking of rights and justice within urban spaces (Gabauer et. al., 2022).

Before exploring the spatial dimensions of care

"[...] care encapsulates what people do (spatial praxis) when they care, how they mutually interact (social relations) when caring, and how and why they tend to reflect on these doings and interactions in a morally informed way (care ethics)." (Gabauer et. al., 2022:5. Emphasis, and brackets in original)

The ethical practice of urban studies and design presents the idea of the urban as being a constitution of mutual relations, the urban space is produced through spatial practices and social relations. Regarding spaces we age, residential neighborhoods where publicness and privacy intertwine have proven to be essential spaces where practices of care take place in various spatial settings. Another crucial space of urban care is the public library as the space becomes a place of civic encounter, education,

and recreation, and a place for informal networks and exchange (Gabauer et. al., 2022). Care becomes much about relationality, about meeting the needs of people. Therefore, it requires a fundamental shift in perspective focusing on processes and relationships when planning and designing cities, neighborhoods, and physical interventions in public spaces. This means that responsibilities to care are not just limited to the creator or builder but involve all that is in contact with the object or space, meaning the people of the community, visitors, or other actors.

Consequently, there is a need for a multidisciplinary and integrated design approach on the topics of 'accessibility for all' and age-inclusive public spaces, as they too are matters of an urban care ethics.

Societies are barely getting a grasp on the consequences of longevity and the built environment at large – therefore the practices of how we view aging are essential to the future spatial development, how the aging population is accommodated, and the view of society (Hauderowicz and Serena, 2020). The spatial practice of accommodating seniors and elders is widely examined but is still being researched and developed. Our public spaces say a lot about how we collectively treat the elderly.

There is no doubt that designing age-inclusive public spaces is of value for aging individuals, but they also bring diversity to the public spaces creating value for public life (Hauderowicz and Serena, 2020). Referring to inclusive design often still suffers from the discourse and thinking of accessibility in technical terms and solutions related to the confinement of movement for people with disabilities in dedicated public spaces thereby producing 'spatial stigmatization' and as a result preventing social interactions (Gabauer et. al., 2022). Therefore, aiming for the removal of obstacles within urban spaces is not adequate for ensuring age-inclusive spaces, where individuals are offered material conditions which allow them to move independently, perform healthy behaviors, and in social interactions. Accessibility must be used as a framework for many interventions that affect the usability of public spaces (Gabauer et. al., 2022). To name a few are public transport, communication, and wayfinding, interiors of public spaces and buildings, acoustics, programming of public spaces and buildings, and activities, etc.

When planning and designing care homes for the elderly in 'The fourth age' they demand the same care as planning for kindergartens or family homes, libraries, etc. As they too

must be ensured accessibility to become an integrated and valuable part of the city, communities, and society. Ensuring access to public spaces, functions, and activities will help to move away from 'spatial stigmatization' that are excluding the elderly in 'The fourth age' from social interactions. It is known that both physical as well as social distancing and limiting the use of public spaces produce significant negative effects on physical- and mental health, and that is especially the case for those who are already experiencing vulnerabilities like aging, loneliness, illnesses, lack of economic or social resources, etc. (Gabauer et. al., 2022).

Intergenerational public spaces

The term intergenerational public space is described in research as concerned with the physical environment as well as the social well-being of different age groups (Nelischer and Loukaitou-Sideris, 2022). Intergenerational public spaces reach beyond the spatial thinking of urban studies and design and call for an interdisciplinary approach across politicians, operators of care, stakeholders such as municipal planners, architects and urban designers, developers, and investors, etc. An understanding of public spaces as intergenerational can ensure not only that physical spaces and cities are age-friendly and do not exclude but become spaces that can foster meaningful interactions across ages. The aim of such public spaces is for them to be a resource for different age groups in the way that they respond to age-based needs that create the possibility for generations to meet, interact and understand one another through shared use of the physical environment thus enhancing livability in communities (Nelischer and Loukaitou-Sideris, 2022). It is argued that there is a need to connect physical and social approaches when researching and designing intergenerational public spaces, as the physical and social environments meet in these spaces. Buildings, plazas, interiors, and other tangible "hardware" meet the social infrastructures, networks of people, communication, and other intangible "software" – the two must work in hand to foster intergenerational spaces (Nelischer and Loukaitou-Sideris, 2022).

The use of the word intergenerational public space is related to the descriptions and distinctions from both monofunctional- and multifunctional spaces. Understanding this distinction and the characteristics of public spaces helps to define approaches for research and the design

of spaces for generational meetings and interaction. A monofunctional approach and design focus on one specific age group creating age-segregated environments. This approach risk prioritizing or even misunderstanding the needs of a single age group and failing to recognize synergies where overlaps occur between different age groups and their specific needs (Nelischer and Loukaitou-Sideris, 2022). Multigenerational planning and design approaches often focus on accommodating the needs of children and adults and extending benefits to other users. Such practices and spaces risk Simplification and the assumption that the needs of ages within that spectrum of age cover the needs of all public space users (Nelischer and Loukaitou-Sideris, 2022).

At last, an intergenerational approach to public spaces reaches beyond mere physical space, as it concerns itself with the social and emotional well-being of different age groups. The focus is to create "generationally spaces" that can be the basis for meetings, interactions, and exchanges between different age groups – who through a shared use of the physical space are provided with the possibility to understand one another. The intergenerational spaces focus on fostering meaningful interaction, communication, engagement, and connection among generations. The effect of such spaces may also enhance empathy between people of different ages and thereby foster harmony and respect within communities and society (Nelischer and Loukaitou-Sideris, 2022).

Why care?...

Considering the aging trends of societies and the need for creating a senior-friendly society and age-friendly-cities we are facing challenges to uphold and develop the current level of welfare services, as well as creating an increased quality of life for old people within communities. Designing intergenerational spaces and maybe expanding that understanding to the design of intergenerational neighborhoods or cities – what do such public spaces, neighborhoods, and cities look like? Research points out, that despite the growing interest and practice of intergenerational spaces there is little research on the physical environment's role in supporting intergenerational interaction. Additionally, practitioners tend to focus on creating age-specific solutions rather than engaging in promoting interactions across ages in the physical environment (Nelischer and Loukaitou-Sideris, 2022).

Care for cities and social life

People moving through public spaces are navigating both physical and social environments. Everyday interactions occur within these materially, socially, and mentally complex environments. Many old people can experience a sense of 'quality of life' in this simple engagement and re-engagement with their familiar environments (Hauderowicz and Serena, 2020).

'Soft city' is a concept described by Sim (2020) at Gehl Architects, as a concept of density, diversity, and connectedness. A traditional urban design and placemaking practice of spaces in a soft city bring forward known aspects of 'good urban spaces' - meaning spaces that people like to use, for multiple purposes and where public life flourishes. Soft city is much about neighbors, time, and quality of life, to ensure the design of resilient and sustainable communities. The description of the city as "soft" means a range of different things associated with the word soft - ranging from lightness, well-being, and care in everyday life. The concept of a (Sim, 2020). This well-known theory and practice can be put in juxtaposition to current research on intergenerational public spaces, for a combined understanding of which design strategies we might investigate in the future planning and design of public spaces.

The concept of a soft city is essentially about spending more time outside, in public spaces, being in the company of others, moving, and experiencing life between buildings. The potential of a soft city is moving closer to one another, to be closer, and the connection of people, and with all the aspects of life that surround them. Therefore, distancing the practice of designing cities and public spaces from a former isolated approach of separating functions and activities - essentially people and urban life (Sim, 2020).

The neighbor

"A neighborhood is not a place, it is a state of mind."
[Translated] (Sim, 2020:11)

In the world of rapid urbanization, density, and diversity the word neighbor is essential as it describes that we coexist with others. It is what creates social life, an ecosystem of human interaction, which is what enables people; to organize, create, act, and learn, for the very existence of community,

economy, education, culture, and innovation (Sim, 2020; Walljasper, 2022). For all that is important connectedness is what fosters opportunities for communities and society. Connectedness can be described because of proximity or density and diversity (Sim, 2020). A physical connectedness to places and people creates a common sense of identity within communities. Created by the fact that people are sharing the same places and resources - fostering a local identity of place and people (Sim, 2020). Physical proximity enables people access to work, home, shopping, schools, public services, and other functions. It makes a difference when proximity can be translated into time, meaning things you can do in a day, in an afternoon, or in an hour (Sim, 2020).

Intergenerational contact zones have been developed as a framework for translating the theoretical values of generational interactions in public spaces into the physical practice of urban design strategies. Presenting that intergenerational contact zones are more than the co-location of facilities, as they are interactive environments that facilitate contact between diverse groups of ages (Nelischer and Loukaitou-Sideris, 2022). Intergenerational contact zones can be seen as spatial zones or points of focus for generations to meet and build relationships. One key element in this understanding of spatial planning and design of cities and public spaces is the need for such zones to not be deterministic environments, as they must leave room for the users to play an active role in shaping and creating the spaces so that they can indeed support intergenerational relationships and exchanges (Nelischer and Loukaitou-Sideris, 2022). These public spaces that act as intergenerational contact zones are a result of the social life - practices and processes that the users embed in physical spaces. In this way, the concept of intergenerational contact zones can be understood not only as a tool for spatial design, but as a tool for studying environments, programming, and developing activities in public spaces (Nelischer and Loukaitou-Sideris, 2022).

Ensuring social life and interactions, diversity is what creates opportunities for unexpected situations, events, and possibilities within urban spaces, where people meet one another in informal encounters and unplanned activities. The flow of people in public spaces is full of opportunities that are essential for urban life and can have a real sense of meaning for places and people (Sim, 2020).

Et samfund kan være så stenet Society can be so stony
At alt er en eneste blok That everything is a singular block
Og indbyggermassen så benet And the citizen mass so bony
At livet er gået i chok That life it has gone into chock

Og hjertet er helt i skygge And the heart is all but in shadow
Og hjertet er næsten hørt op And the heart almost stoped softly
Til nogen begynder at bygge Until somebody starts the building
En by der er blød som en krop A city soft as a body
(Christensens, 1969) (Ibid. Own translation)

To the streets – and the social life

Thriving public spaces are places of community and a great social life. The relationship between inside-outside spaces is essential for providing the material and spatial needs for people to forge community interactions, connectedness, and a thriving ecosystem. Jane Jacobs describes with the metaphor of “the sidewalk ballet” a Simple everyday life but powerful shared experience of many individuals coming together in the public space that is the streets (Kent, 2022a). There is a great possibility for the indoor private life to meet the outdoor public realm on the streets – a valuable spatial edge zone, both a mental and physical link of activities and people. More than anything else the ground floor of buildings brings life to the streets contributing to a diverse use and experience of the public space. Even the presence of residential and personal possessions can provide the street with a sense of intimacy and community (Sim, 2020). Designing our buildings with the purpose of blurring the lines between indoor and outdoor life presents us with the opportunity to create better connections between buildings and streets, utilizing indoor life to help foster and take a bigger part in fostering thriving social life in public spaces. The street-facing parts of buildings must reach out and open up instead of closing themselves off like a fortress – disconnecting from social life outside the building, thus ensuring that we create cities of more just, that is more accessible, and equitable for people of all ages to experience meaningful connections through interactions in public spaces (Kent, 2023).

Caring for cities and social life...

Is a matter of understanding the city is a complex system of connections – of spaces and people. As a soft city where the intention of planning, and design of the physical environment is to move closer to one another (density), to be closer (diversity), and to ensure the connection of people (connectedness), and all aspects of life surrounding them. Public spaces become overlapping systems of interaction; between public- and private spheres, between common and individual needs and actions, and between formal and informal spaces, activities, etc. The layers are interconnected

creating a social life that flourishes because of the many parts and phenomena that units in the public spaces increasing the livability of such places. Ultimately resulting in a more sustainable city and communities because they are designed and lived with care and sensitivity – and such a soft city is hard to break (Sim, 2020).

What cannot be designed?

“Generational disconnect leads to distrust, prejudice, and disrespect between the generations, resulting in age discrimination, age-based conflict, and consequently perceived unsafe public space.... The lack of intergenerational support and care increase vulnerabilities and social isolation of both the old and young” (Hauderowicz and Serena, 2020:19).

Flourishing social environments

The purpose and aim of designing intergenerational spaces are essential to disrupt the spatial and social segregation of generations in public spaces, to instead focus on the opportunities for interaction and community organization. Designing for parallel co-existence in public spaces, meaning attracting various ages of users, produces the possibility for informal meetings in public spaces, but for the creation of true interactive environments between various ages it may not be sufficient (Nelischer and Loukaitou-Sideris, 2022). The possibility of public spaces is a great scene for supporting the creation of respect, trust, and community across generations, but it is also known that physical interventions in our urban environment are not sufficient to tackle the disconnect of generations and create flourishing social environments. For the planning and design of cities and public spaces, there is a need to incorporate other disciplines of knowledge and practice, social support and services, public participation, and community care (Nelischer and Loukaitou-Sideris, 2022).

The facilitators of interactions

An investigation of meaningful interactions between children and old people at a residential care home points to a similar need for strategies and other means of social support and services. It is seen that for an intergenerational practice, where children and old people come together in shared activities both experience great benefits from the relationship, 'in the moment interactions, and activities (Lydon and Moss, 2022). For old people, the qualities of such intergenerational relationships include well-being, social interaction and engagement, improved sense of purpose, confidence, self-worth and acceptance, and stimulated memory (Lydon and Moss, 2022). For children, reduced negative attitude towards aging, awareness of age-related conditions, creation of friendships, enjoyment, empathy, communication skills, and self-esteem (Lydon and Moss, 2022). The investigation highlights various meaningful interactions for both children and old people that occur from both pre-planned structured activities and informal unstructured activities that arise organically. In many interactions, especially the structured activities, support from other practitioners to facilitate the interactions is important (Lydon and Moss, 2022).

The need for planning and design of intergenerational as well as multigenerational spaces needs to incorporate other people, disciplines, and services – because the impact which the physical design has may be limited to, breaking down physical barriers like a fence between children and old people. The power of that 'fence' is strong – when the barriers of the physical environment are gone, the possibility for a stronger and continuous relationship between the two age groups will be sustained by the informal meetings and activities they now can benefit from.

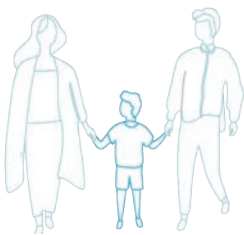
Insights



Toddler
1-3 yrs.



Youngest group
3-5 yrs.

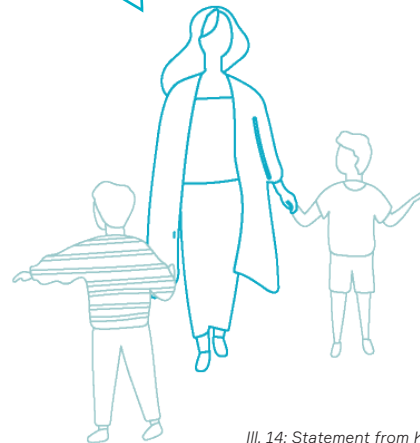


Oldest group
4-6 yrs.

III. 13: Kindergarten age groups

Kindergarten teacher:
Our focus is on the kid's personal development, we make the frame for them with structure and repetitions, so they notice their improvements with their motor skills, their senses, and their ability to communicate. Once a week we go out in the neighboring community with the kids. Going out give possibility for the kids to find interest, and things they have in common others.

I would like to work together with other institutions in near area, but there is a need for someone to coordination it all, which could be a problem.
(Based on a phone interview with kindergarten teacher, appendix 4)



III. 14: Statement from Kindergarten teacher

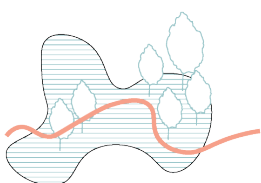
The kindergarten

A new kindergarten is already planned to be built in the site area making it relevant to point out the users, the staff and the children in different age groups, and their needs. Through an interview with a kindergarten teacher, it is highlighted that a focus on age-specific facilities and activities is important to improve the children's personal development.

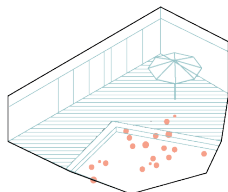
Arrangements with other institutions and trips outside of the kindergarten benefit the development of the children but the arrangements often require a lot of resources in despair of time, logistic and communication across. It is relevant to investigate shared and nearby facilities and spaces to improve interactions between the kindergarten and other institutions and/or public facilities.

Keypoints for the kindergarten

Keypoints based upon interviews, best practices, and references.



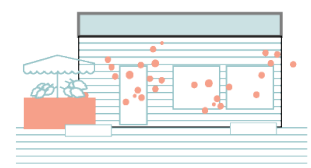
III 15: Outdoor spaces with elements of play, learning and preoccupation specified for all age groups



III. 16: Safe enviroment indoor and outdoor.



III 17: Spaces for interaction and personal development

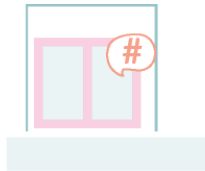


III 18: Shared and flexible spaces to gather small and large gatherings and arrangements.

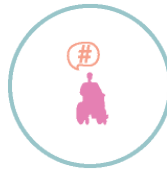
Push-factor



Unable to maintain a big house and garden

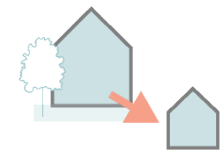


Insecurity & fear of crime



Loneliness & isolation

Pull-factor



Smaller housing and less maintenance



Live in a safe neighbourhood



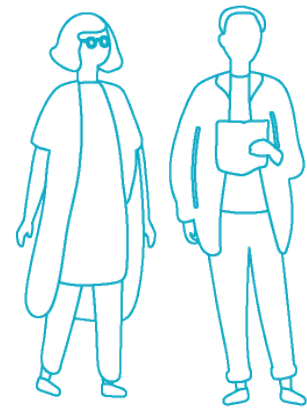
Community and relation with peers

Ill. 19: Push & pull factors for moving into a senior community

Seniors

55-90+ years

Average between 70 - 79 years



Demography

Women 62% Men 38%

Ill. 20: Demography of woman & men on senior communities - (Pedersen, 2013)

The senior community

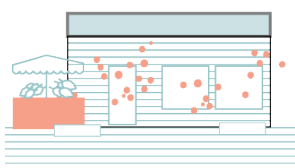
The demand for senior communities is growing and long waiting lists keep people from moving to a senior community even though the interest is high. Senior living communities are attractive to especially single seniors or seniors in couples who struggles with loneliness and isolation or prefer to live in a safe neighborhood with people of equal interest or wishes to live in a house with less maintenance.

The senior community differs from senior houses due to the element of shared spaces and facilities to enhance interactions and community in different scales.

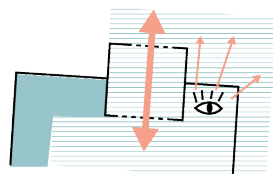
Private apartments with necessary facilities should be in close relation to shared spaces that utilize the small, the medium and the large community. The small interactions could take place at communal dinner together with the household, the medium interaction could take place in a garden shared with other households, and the large interaction could take place in an assembly hall at a bingo arrangement together with a neighbourhood (Realdania, 2023).

Keypoints for Senior community living

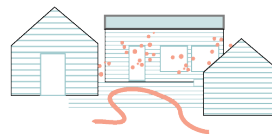
Keypoints based upon interviews, best practices, and literature (Pedersen, 2013)



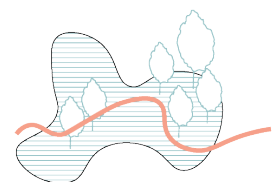
Ill. 21: Shared spaces for different scales of community and joint interest



Ill. 22: 1-floor houses with high degree of connection to outdoor areas and communities



Ill. 23: Houses placed in clusters to form frictional areas of shared spaces

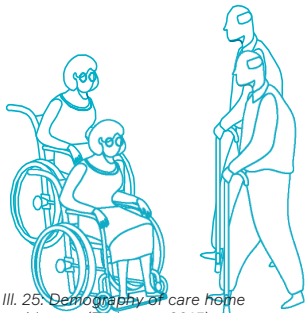


Ill. 24: Shared outdoor spaces with recreational value and activities

The elder care home

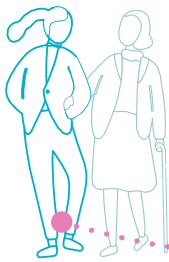
Care home residents

70-90+ years
Average between 80 - 89 years
62% Women 38% Men



III. 25: Demography of care home residents - (Pedersen, 2013)

Activity coordinator on Fremtidens Plejehjem



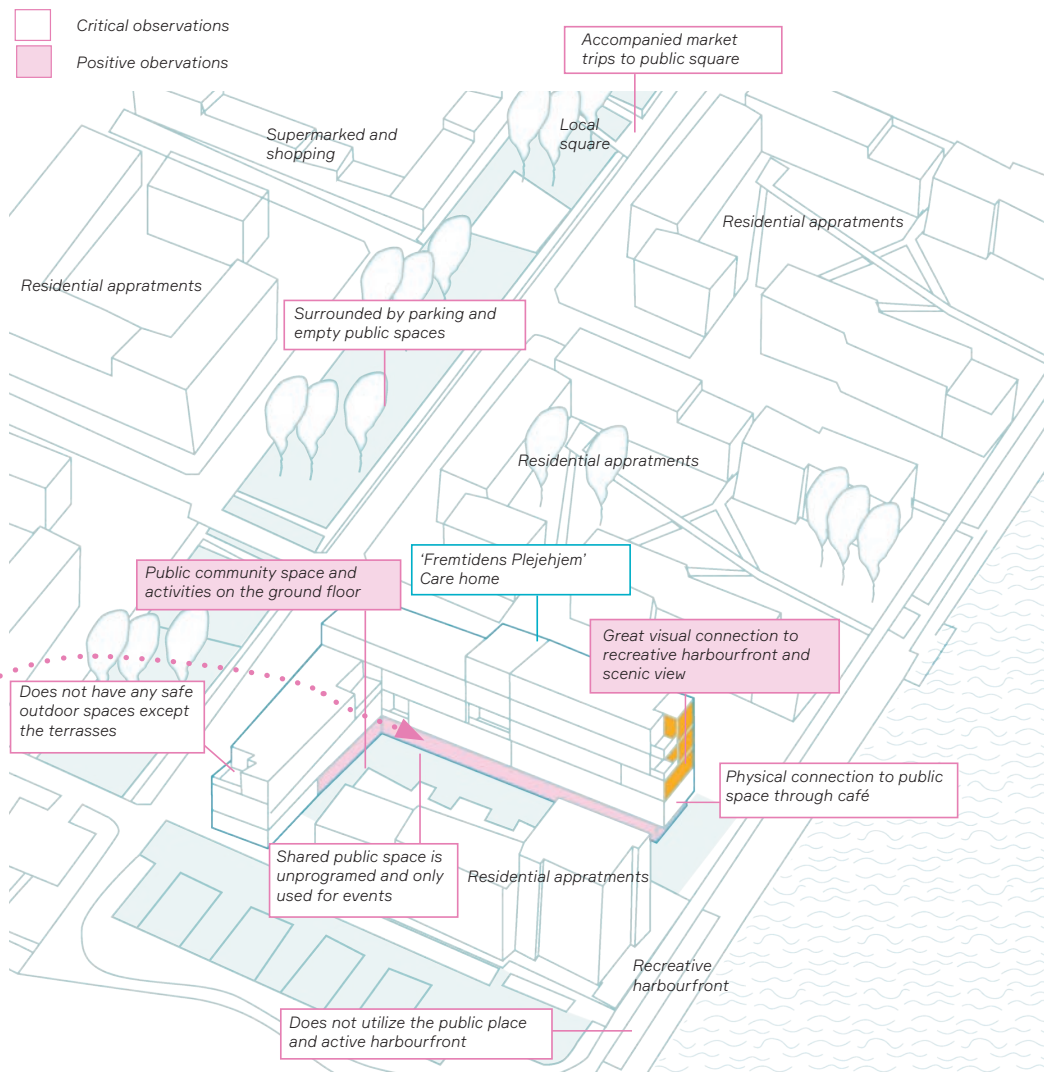
III. 26: The activity coordinator at Fremtidens plejehjem. Based on the visit at Fremtidens plejehjem

The activity coordinator, is on a regular basis affiliated with the care home, she is the link between the residents at the care home and the seniors (65+ yr. and early retirement pensioner) in the local area.

She arranges activities with creative or exercise in focus, all can join regardless of physical ability or interests. This creates friendships and relations across the residents and local people, and the seniors get familiar with the elder care home. Making it natural to move on if necessary. Jettes job is also to get new volunteers to join the activities and visit residents at the care home.

Fremtidens plejehjem in Nørresundby

An elder care home with focus on an open groundfloor, shared facilities and daycenter activities within the care home.



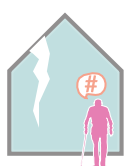
III. 27 - Fremtidens Plejehjem in its context with comments and key points

Push & pull factors of moving into an elder care home

Push-factor



Chronic Physical or mental illness



Unable to maintain a private estate

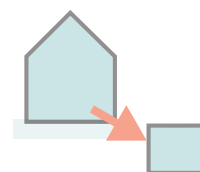


Loneliness & isolation

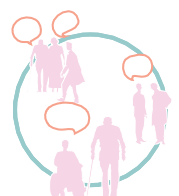
Pull-factor



Specialized health care and nurse 24/7



Smaller apartment with no maintenance



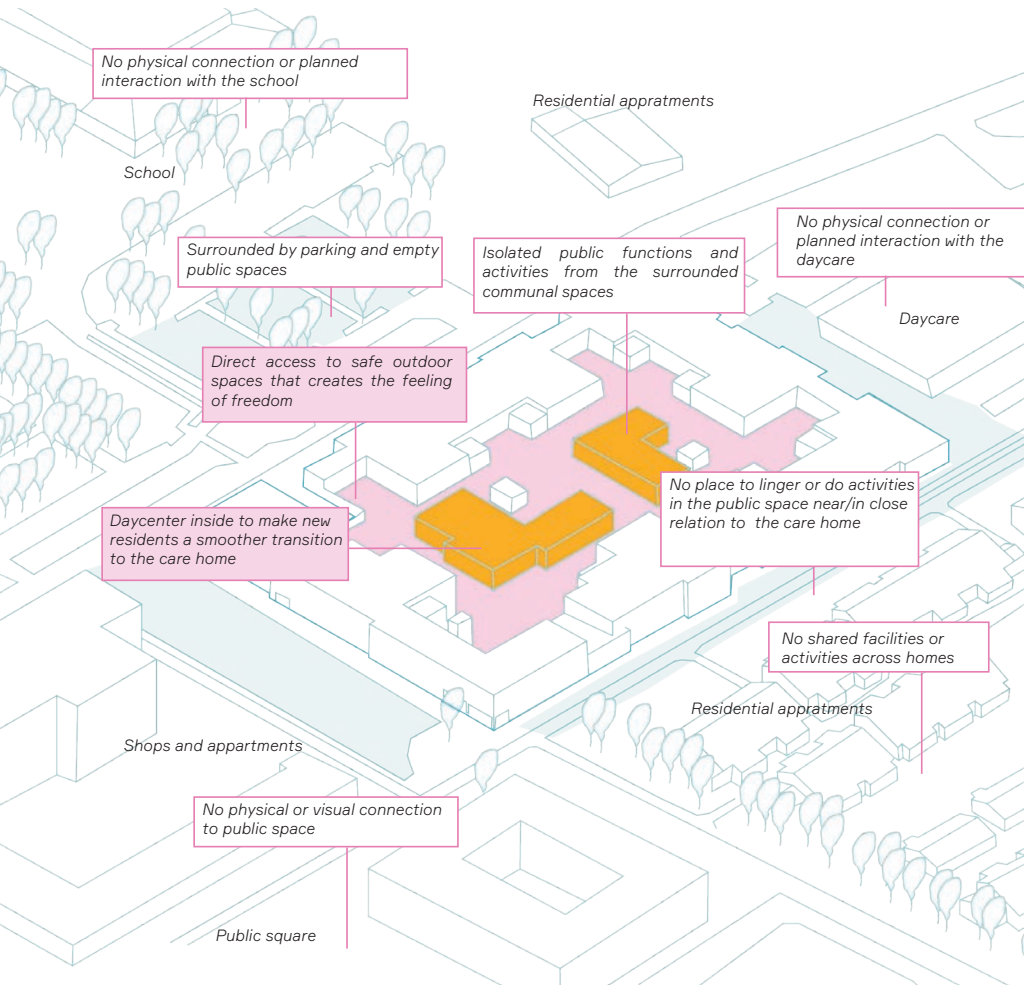
Community and relation with peers

III. 28: Push & pull factors for moving into an elder care home (Hurley, 2015)

Tornhøjhaven, dementia friendly care home in Aalborg

An elder care home with a high degree of safety and dementia. A priority of easy access to safe outdoor areas from care home units in low 1- and 2-floor houses.

Critical observations
 Positive observations



III. 29: Tornhøjhaven care home in Aalborg with comments and key points

Resident on Tornhøjhaven with dementia
Her apartment is on the 1 floor and have a view over the felt roof.

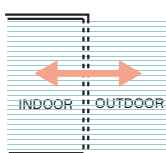
Anna; "it could be nice to jump out of the window to sit in the sun, or there could be grass on the roof to children could play ball or play. But there is not... it is okay, I have seen my own or others through time."

The manager tells Anna, that she some time takes the elevator down walk in the courtyard, and visit other clusters with residents, Anna; "Do I do that? ah yeah I do that once a week."

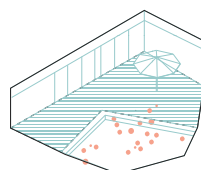


III. 30: Statement from resident of Tornhøjhaven - based on interview with Anna and the manager of Tornhøjhaven

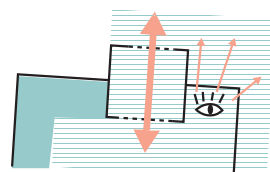
Keypoints for the elder care home



Direct access to Safe outdoor areas from each resident units



Shared spaces for community, stay, relaxation, stimulation and visits



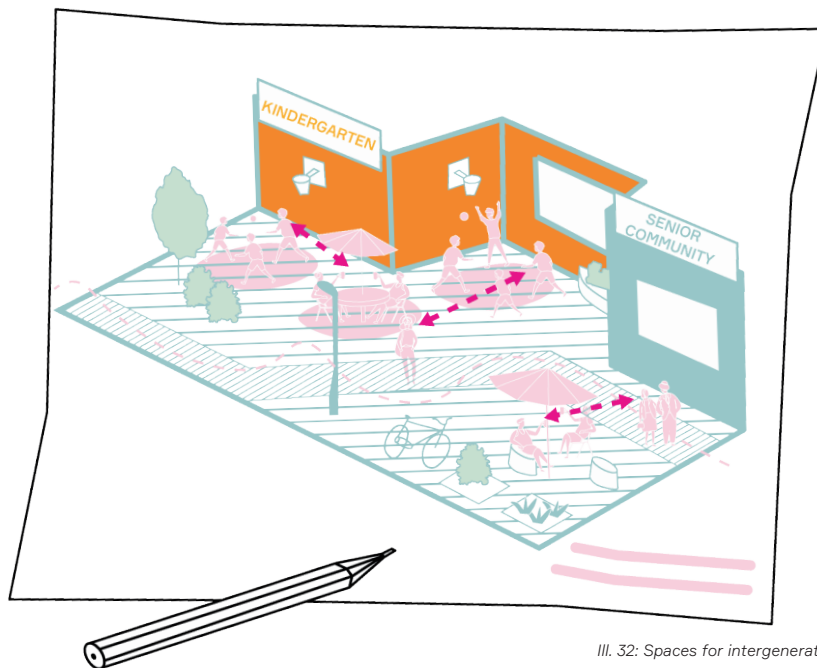
Spaces with the ability to follow the life on the street



Various spaces for interactions and offers of activities to suit the different residents and a facilitator

III. 31 Keypoints for the elder care home - based upon observation, interviews, guidelines, visits and references

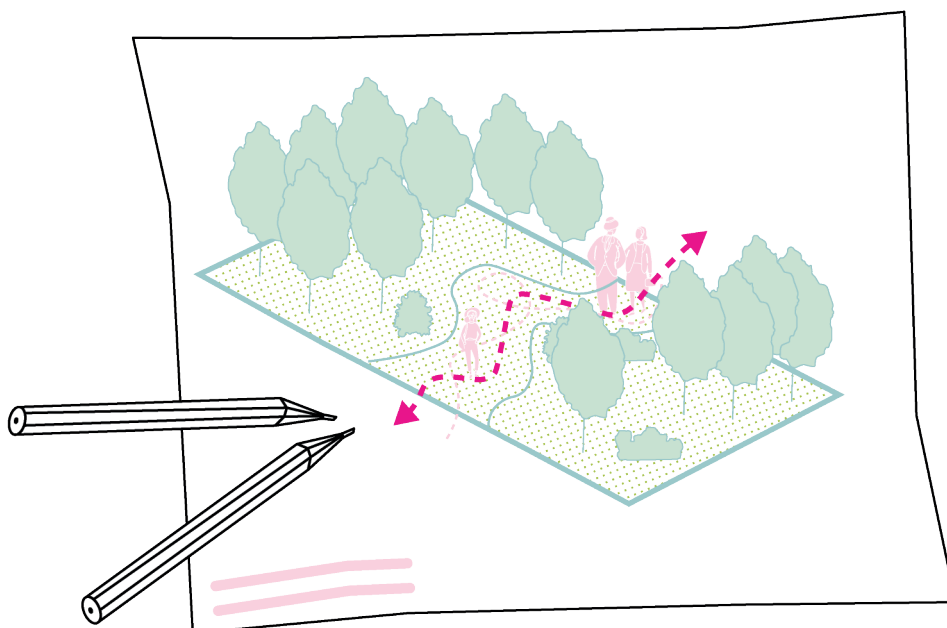
Criteria for physical planning



III. 32: Spaces for intergenerational meetings

Spaces for intergenerational meetings

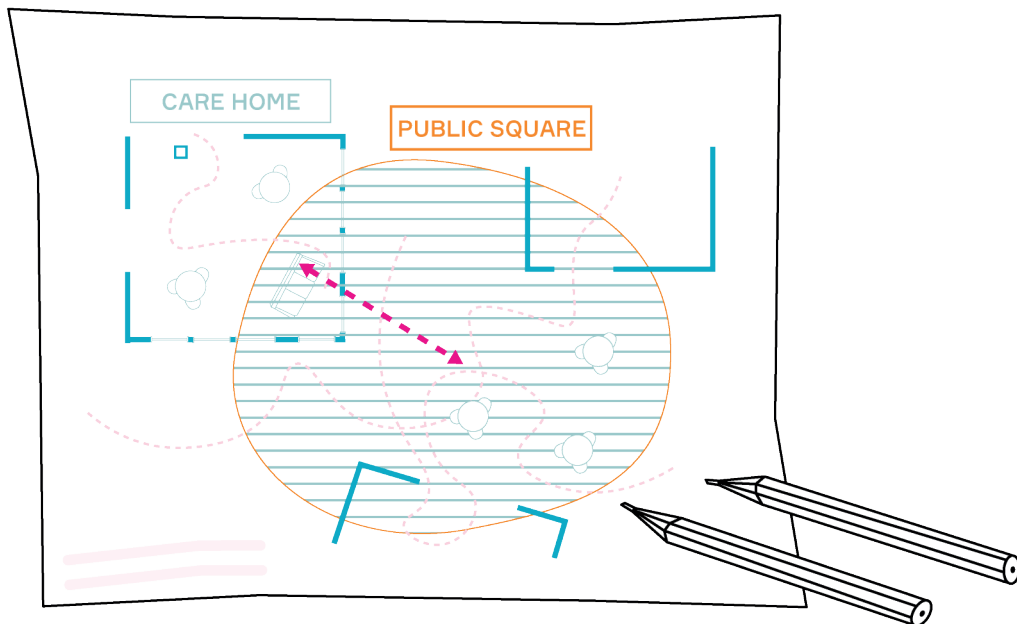
Creating spaces that aim at more user groups, like creating a playground that can be used both for the senior community, the allotments gardens, and maybe also the elderly, can both be of urban, and green character.



III. 33: Green recreational space

Green recreational space

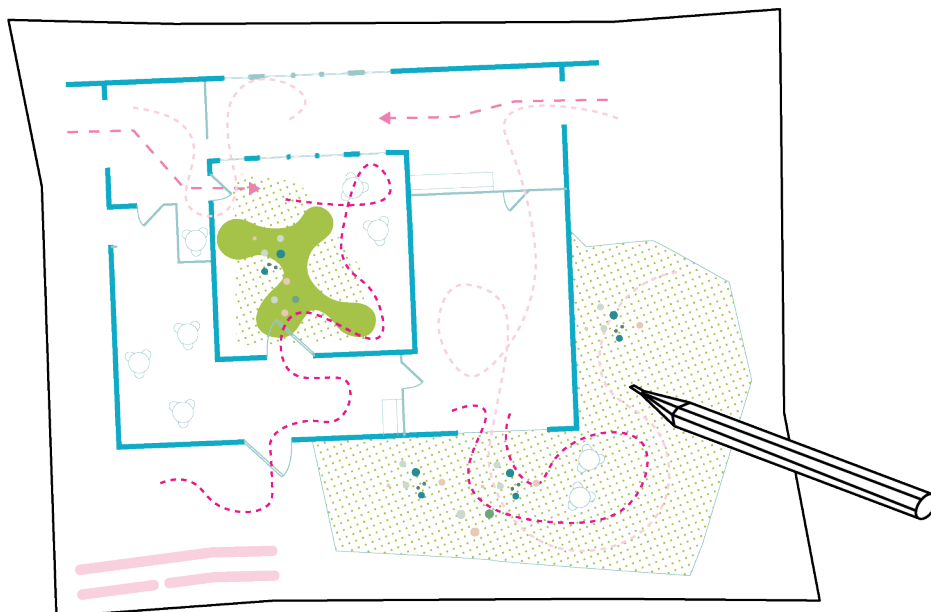
Having green spaces to be used as paths for daily exercising, for old people. Places for the kindergarten to go out, explore, and learn, and an attraction from the outside of the project site to go visit.



III. 34: Active groundfloor in relation to a public space

Active ground floor in relation to a public square

Reflecting the outdoor public spaces to the indoor facilities can make a public square more resilient and used all year around while having a care home nearby can give the old people life and activity to observe in the daytime.



III. 35: Safe indoor and outdoor areas

Safe indoor and outdoor areas

Having safe and accessible outdoor areas where people can move around. It can be safe areas for the kids at the kindergarten and old people or safety regarding safety for pedestrians and cyclists.

02 ANALYSIS

Aalborg Vestbyen

Movement & use in the area

Photos of the area

Edges & neighbours

Possibilities and constraints

Criteria for masterplanning

Aalborg Vestbyen

The project site is situated in Aalborg Vestbyen which consists of two main areas:

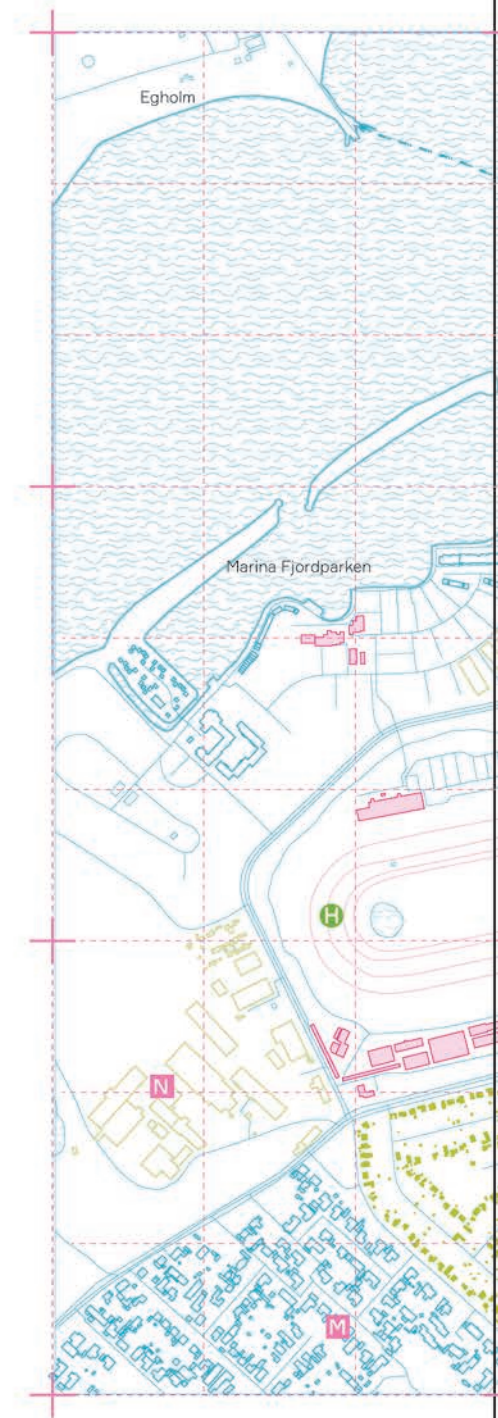
The eastern part of Aalborg Vestbyen

Is well established with characteristic courtyard housing buildings, a high plot ratio, the train tracks leading over the Limfjorden, a few cultural landmarks such as Haraldslund Aqua Center and the stadium of Aalborg Portland Park, and the northern harbor front with a mix of industry and cultural offers.

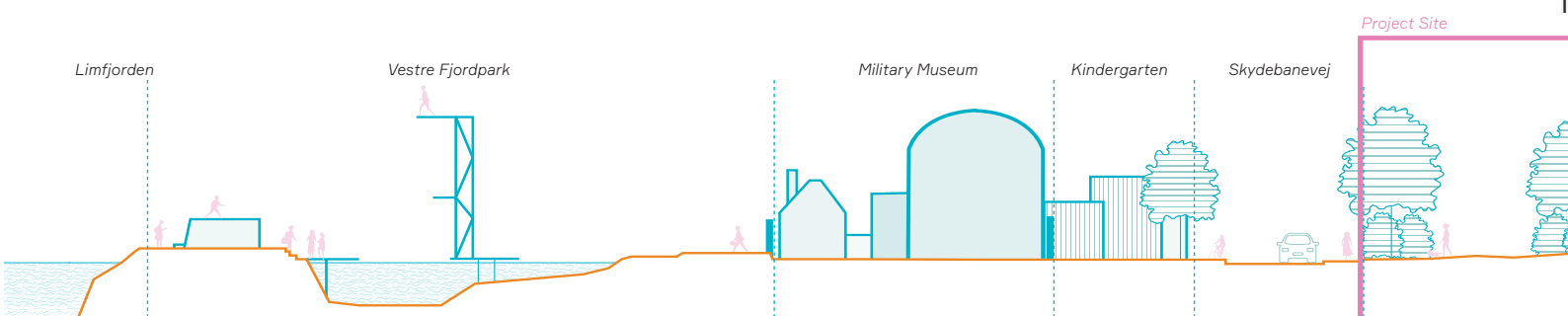
The western part of Aalborg Vestbyen

Is characterized by large open areas, and a wide variety of landmarks, cultural and leisure offers, and several institutions. industrial remains, and garden allotments. The area is less established with few scattered development areas, a low plot ratio, and minor housing establishments around Marina Fjordparken and along Annebergvej.

The harbor front is the largest landmark in the area and especially Vestre Fjordpark and Street food attract a lot of people in the summer season, while other landmarks such as the Military Museum, Aalborg Racing Arena, Freja Soccer Club, and Church attract people with a specific interest or religious engagement. The institutions consist of an elementary school, children's daycare facilities, and elder care centers and housing. The garden allotments create an edge of low housing and gardens between Aalborg Vestbyen and the housing areas; Hasseris and Mølholm. The mobility in the area is structured by the two main roads: Skydebanevej and Annebergvej.



Principal section





SIGNATURES

- WATER
- PROJECT SITE MARKING
- HOUSING

- INSTITUTIONS
- GARDEN ALLOTMENTS
- INDUSTRY
- CULTURE & LEISURE

DISTRICTS

- N** NORDEN DEVELOPMENT AREA
- M** MØLHOLM
- W** WATERFRONT / MARINA
- G** GARDEN ALLOTMENTS
- H** HASSERIS
- V** VESTBYEN

LANDMARKS

- H** HORSE TRACK
- M** MILITARY MUSEUM
- V** VESTRE FJORDPARK
- C** CHURCH
- R** STREET FOOD
- F** FREJA SOCCER
- S** HARALDSLUND AQUA CENTRE
- A** AALBORG PORTLAND PARK
- T** VESTBYEN TRAIN STATION

1:10.000

200 METERS



III. 36: Districts & landmarks in Aalborg Vestbyen in scale 1:10.000



Movement and use in the area

Movement and barriers

It becomes clear that the area along Skydebanevej and Annebergvej is highly affected by physical barriers in the shape of either dense green belts or fences that block free movement in the area and isolate large areas.

The horse track areas consist of both dense and green areas with paths and two smaller lakes. However, the recreational value benefits very few people as the area are very isolated and closed off with few entrances and blind ends.

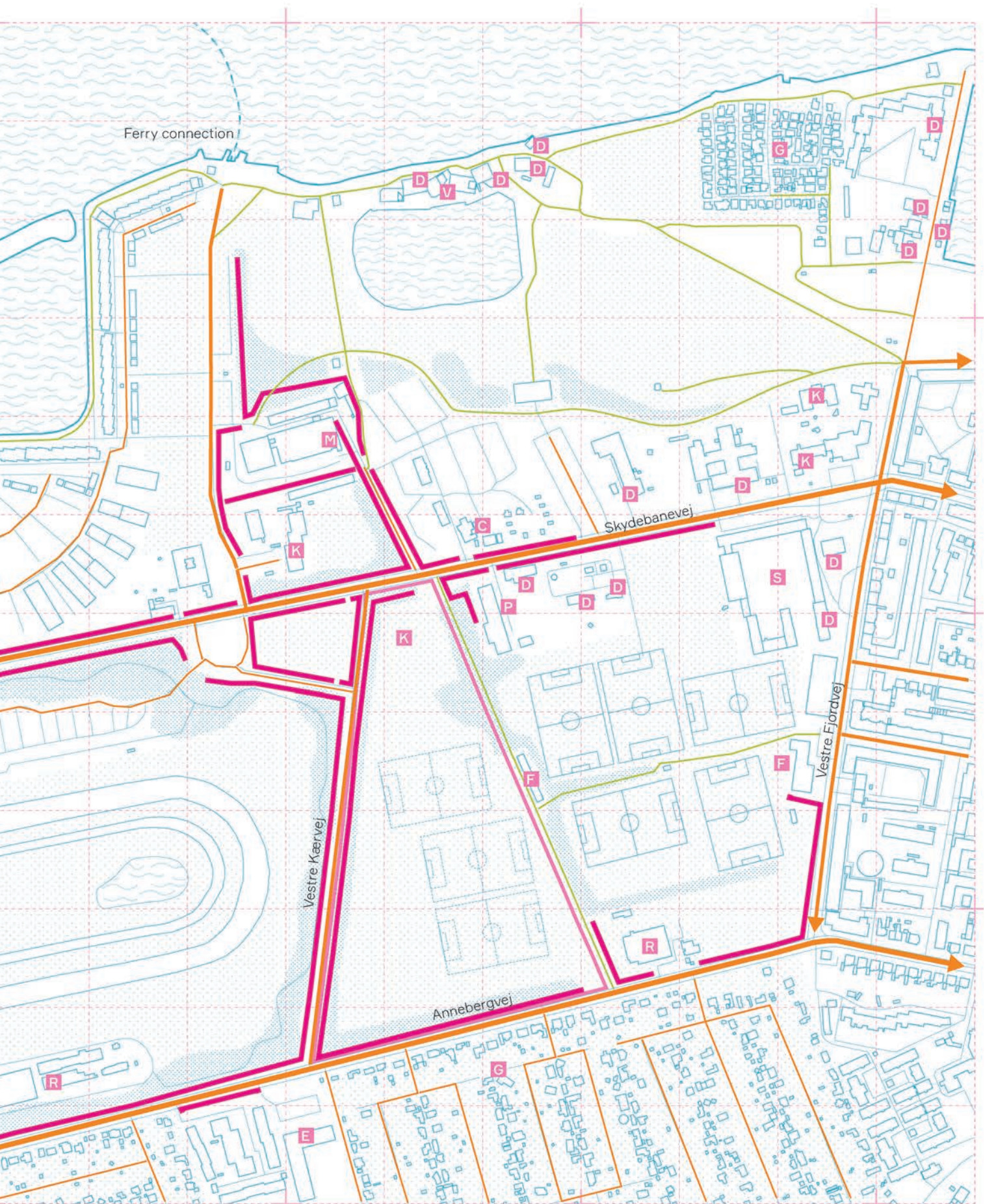
The project site is dominated by a dense green belt that closes off both physical passage and visual connection to the area from the two main roads. The green belt dividing the project site and Freja soccer fields are more cultivated and consist of recreational paths used by dogwalkers and people passing through.

The northern part of the harbor front is enriched with several recreational paths along cultural offers and green spaces that continue along the harbor front to the west and east. Between the northern part and the project site the Military Museum appears physically and visually isolated with fences and green dense areas creating a blockage between the two areas.

Local actors

The area has a rich and healthy community life consisting of several clubs of training, water sports, football, scouts, swimming, minigolf, garden communities, and climbing. The institutions along Skydebanevej bring a lot of activity and life in the daytime and can benefit from the many outdoor facilities such as the soccer fields, Vestre Fjordpark, and the racing arena.





SIGNATURES

- WATER
- GREEN
- TREES AND SCRUB AREA
- BUILDINGS

- CAR DOMINATED ROADS
- PEDESTRIAN PATH
- PHYSICAL BARRIERS
- PROJECT SITE MARKING

LOCAL ACTORS

- G** GARDEN ALOTMENTS
- H** HORSE RACING TRACK
- R** RIDING CLUB / STABLES
- E** ELDERLY DAY-ONLY CARE CENTER
- K** KINDERGARTEN
- F** FOOTBALL CLUB / FREJA
- P** POWERLIFTING CLUB
- S** SCHOOL

- M** MILITARY MUSEUM
- V** VESTER FJORDPARK
- D** CLUBS
- C** CAMPING SITE

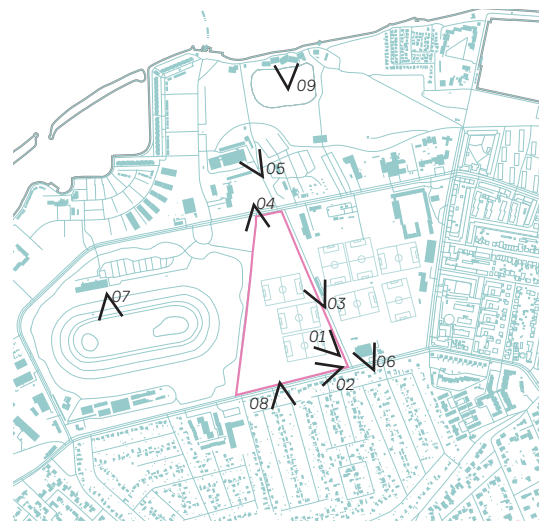
1:5.000
400 METERS



Photos of the area

The project site

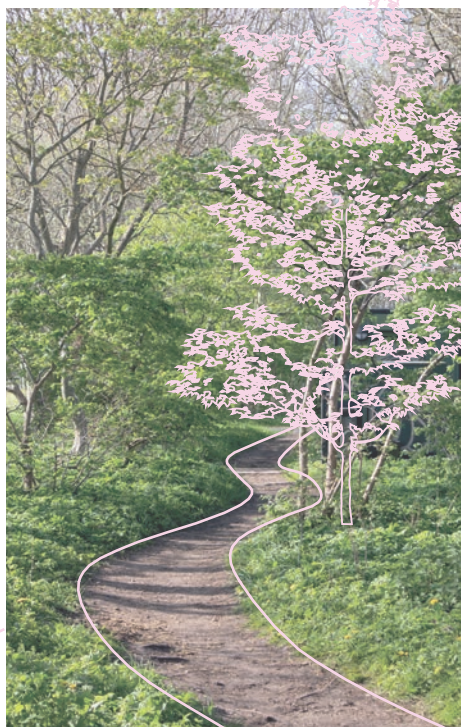
01
The project site is dominated by a large open grass area surrounded by green belts. The area are used for soccer activity in limited hours in the soccer season.



02
The dense green belt towards Annebergvej blocks off all visual and physical connection and is poorly maintained.

03
The green belt towards Freja Soccer club consists of recreational paths and planting.

04
Vestre Kærvej is a narrow street with no sidewalk and very dense green belts and fences on each side.



The neighbors

05 Military Museum



06 Riding club



07 Horse track



08 Garden Allotments

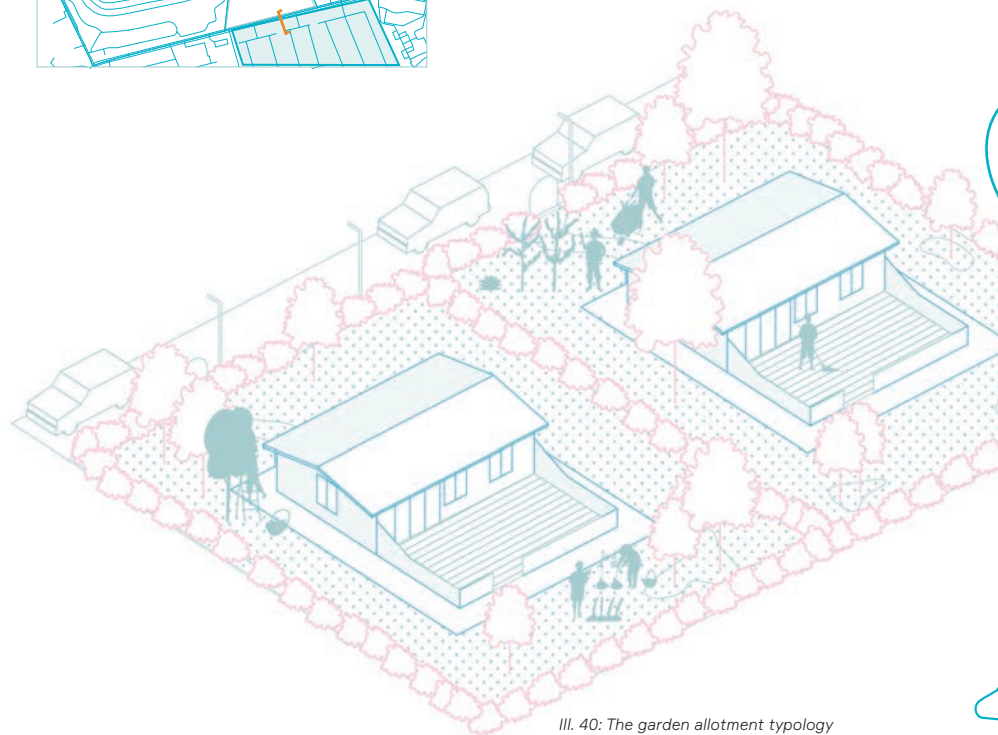
09 Vestre Fjordpark



Edges and neighbours

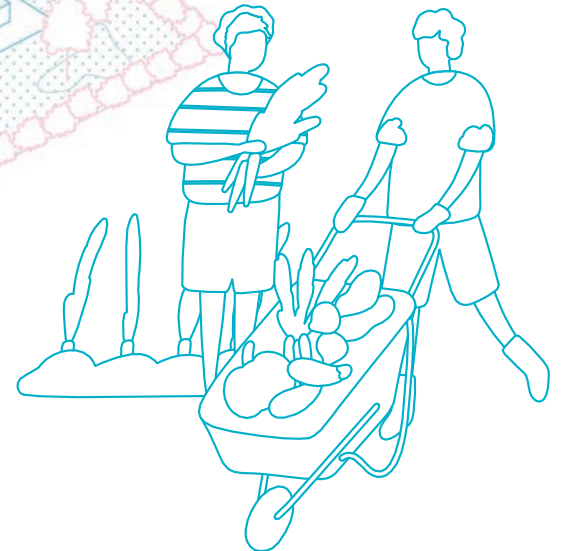


III. 39: Seasonal use of garden allotments



III. 40: The garden allotment typology

Garden house owners:
We love the close nature areas and diversity of the area, but we are missing a good playground, a house to meet and arrange events, and near grocery- and everyday shopping facilities. We often go to the harbour front and Vestre fjordpark but the connections on foot and bike are not very nice.
(Based on questionnaires, Appendix 3)



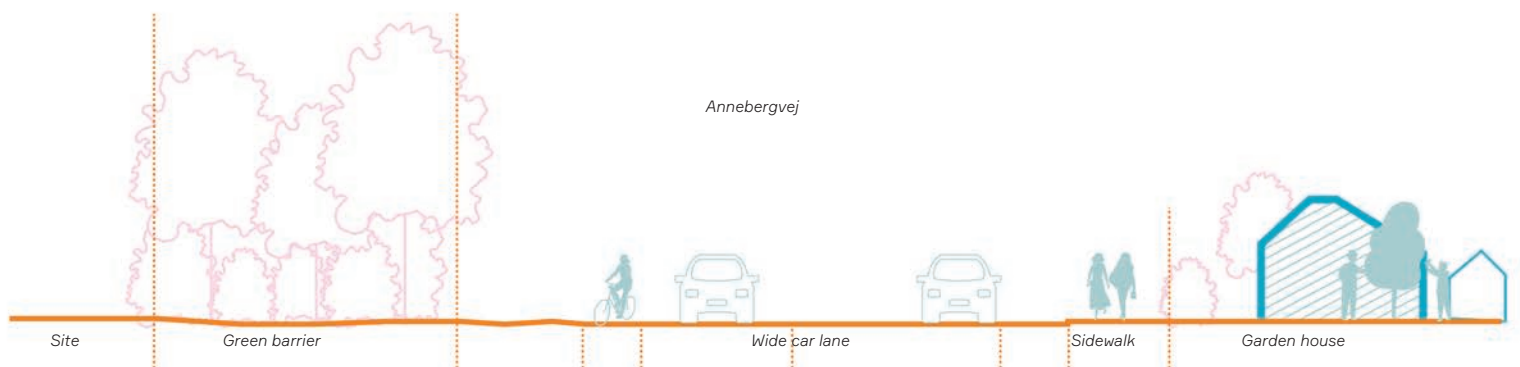
III. 41: Collected keypoints from owners of the garden allotments. Based on questionnaires.

The garden allotment communities

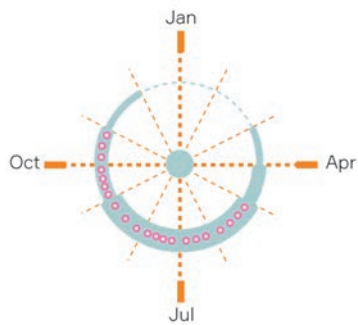
The large area consists of 4 different communities of garden allotments (kolonihaveforeninger) with a total of 730 gardens. The typology is a community of smaller private residences and gardens. The residences are only in use in the garden season from April to October and in the winter holidays.

Outside season the 325.000m2 area is darkened and with no/limited activity. The garden houses are smaller houses of <50m2 footprint and <1,5 floor height. The typology often consists of a strong community feeling with different yearly traditions and gatherings.

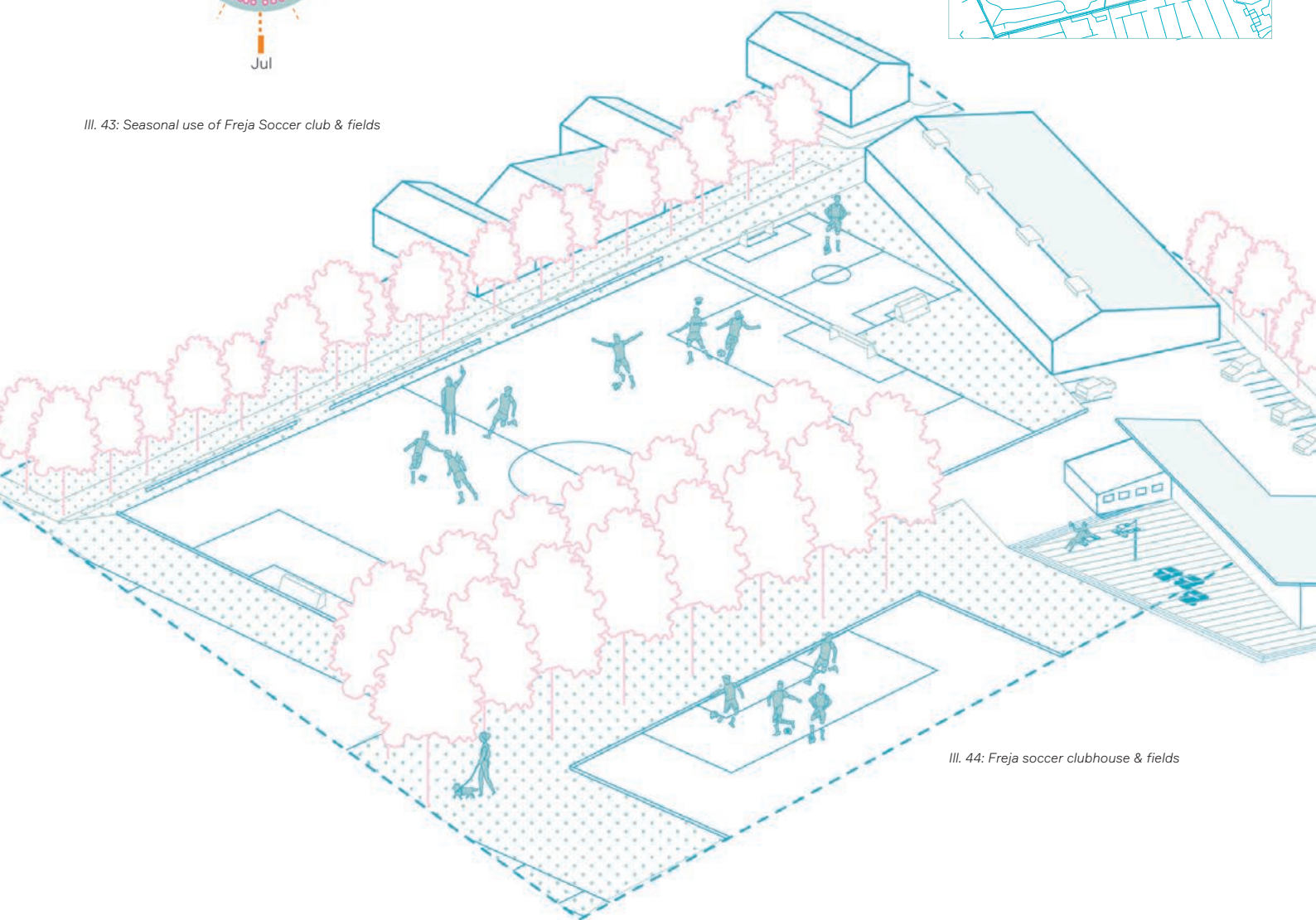
Function: Private seasonal residence, Community
Area size: 325.000 m²
Floors: < 1,5 floor



III. 42: Section of Annebergvej in 1:200 scale



III. 43: Seasonal use of Freja Soccer club & fields



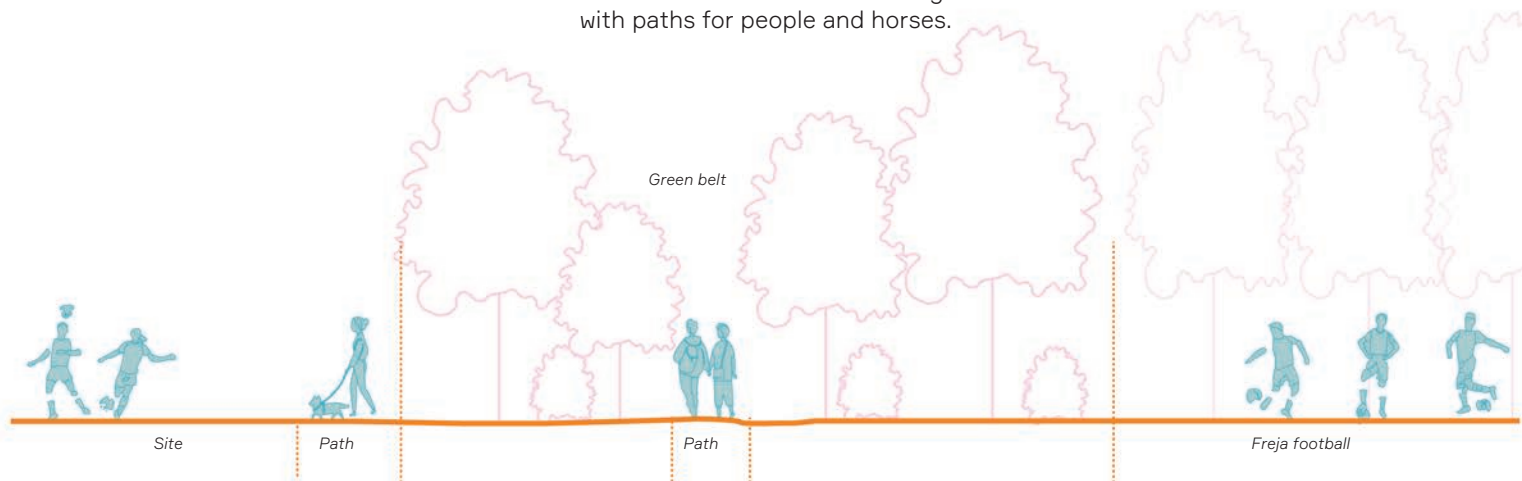
III. 44: Freja soccer clubhouse & fields

Freja soccer club

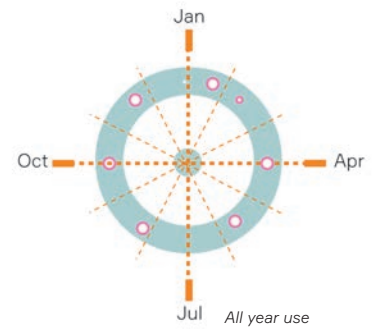
The soccer club attracts members of the club. Outdoor soccer is a season-based sport and activities mainly take place from spring-autumn in the afternoons, evenings, and weekends.

The soccer fields occupy large open grass areas that cannot be used for other activities outside the season other than dog walks. The soccer fields extend on the other side of the recreational green belt with paths for people and horses.

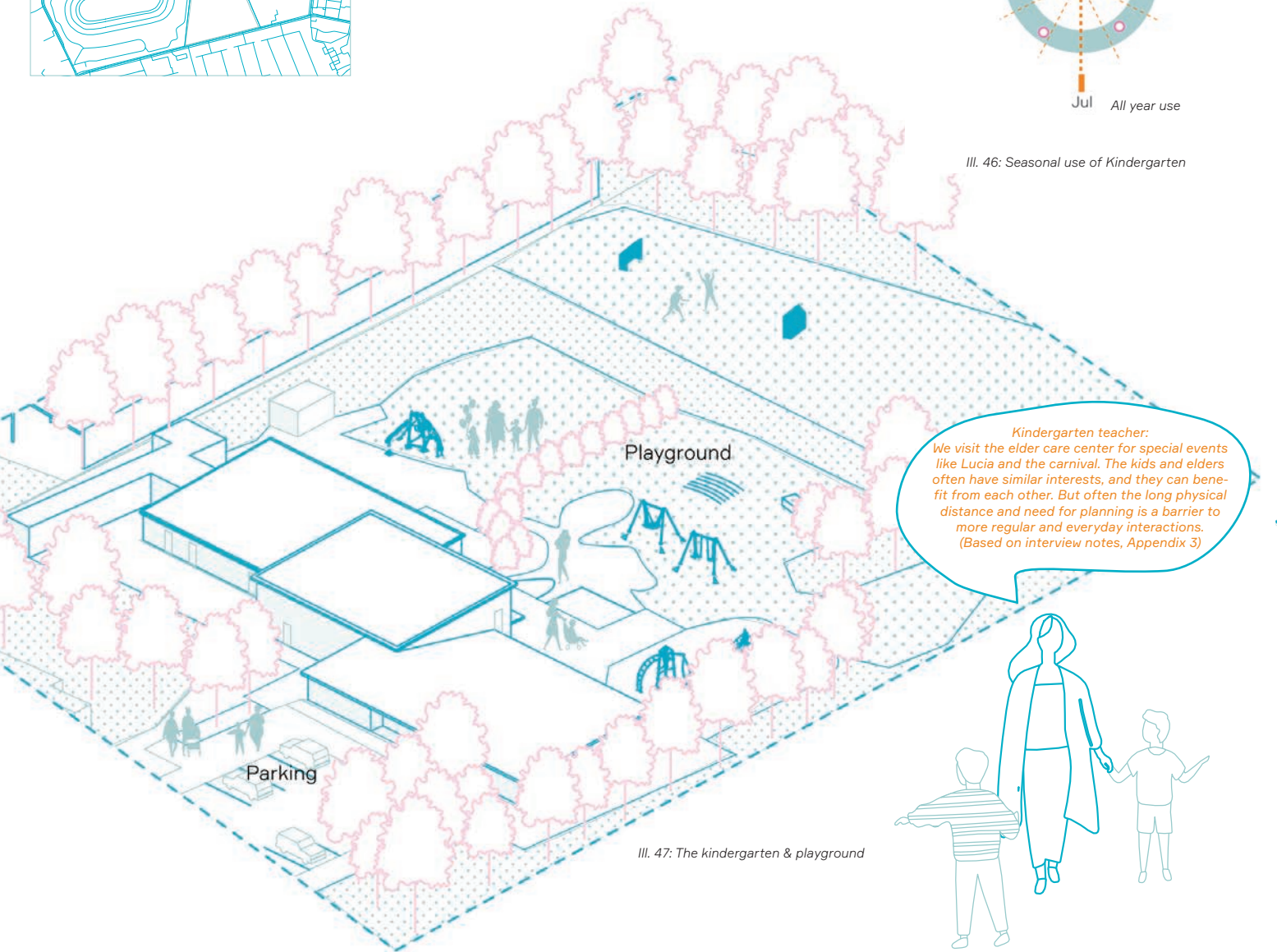
Function: Club, entertainment.
Football, large green grass area
Area size: 69.500 m²
Floors: 1 floor



III. 45: Section of green belt in 1:200 scale

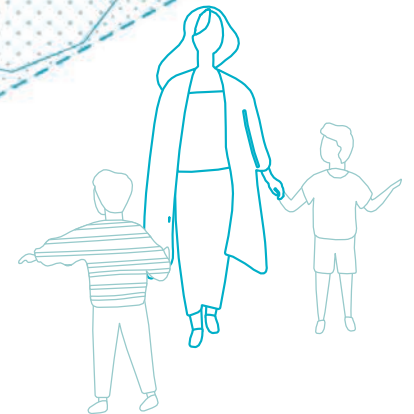


III. 46: Seasonal use of Kindergarten



III. 47: The kindergarten & playground

Kindergarten teacher:
We visit the elder care center for special events like Lucia and the carnival. The kids and elders often have similar interests, and they can benefit from each other. But often the long physical distance and need for planning is a barrier to more regular and everyday interactions. (Based on interview notes, Appendix 3)



III. 48: Collected keypoints from kindergarten teacher. Based on phone interview.

Kindergarten

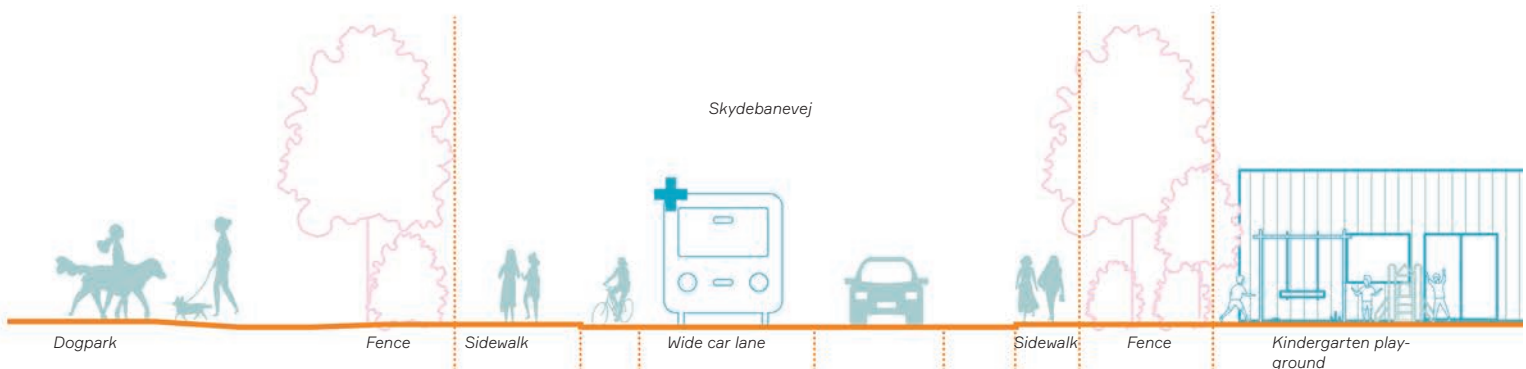
North of the site an existing kindergarten with a larger playground is placed. Due to the demand for safety, the outdoor areas are fenced. The kindergarten has regular activities all year around during work hours and is left closed for activities in the evening.

Skydebanevej has recently been developed to allow the new +bus route to pass. Across from the kindergarten is a fenced dog park that mainly consists of large open grass areas.

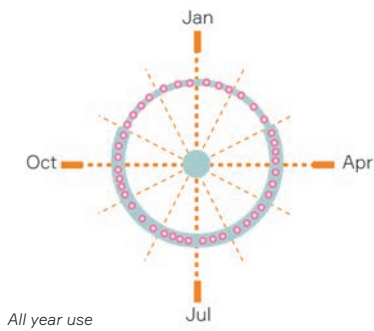
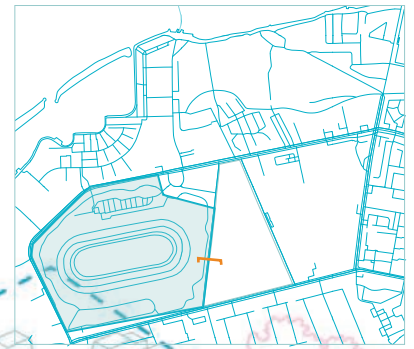
Function: Children institution, outdoor playground

Area size: 15.000 m²

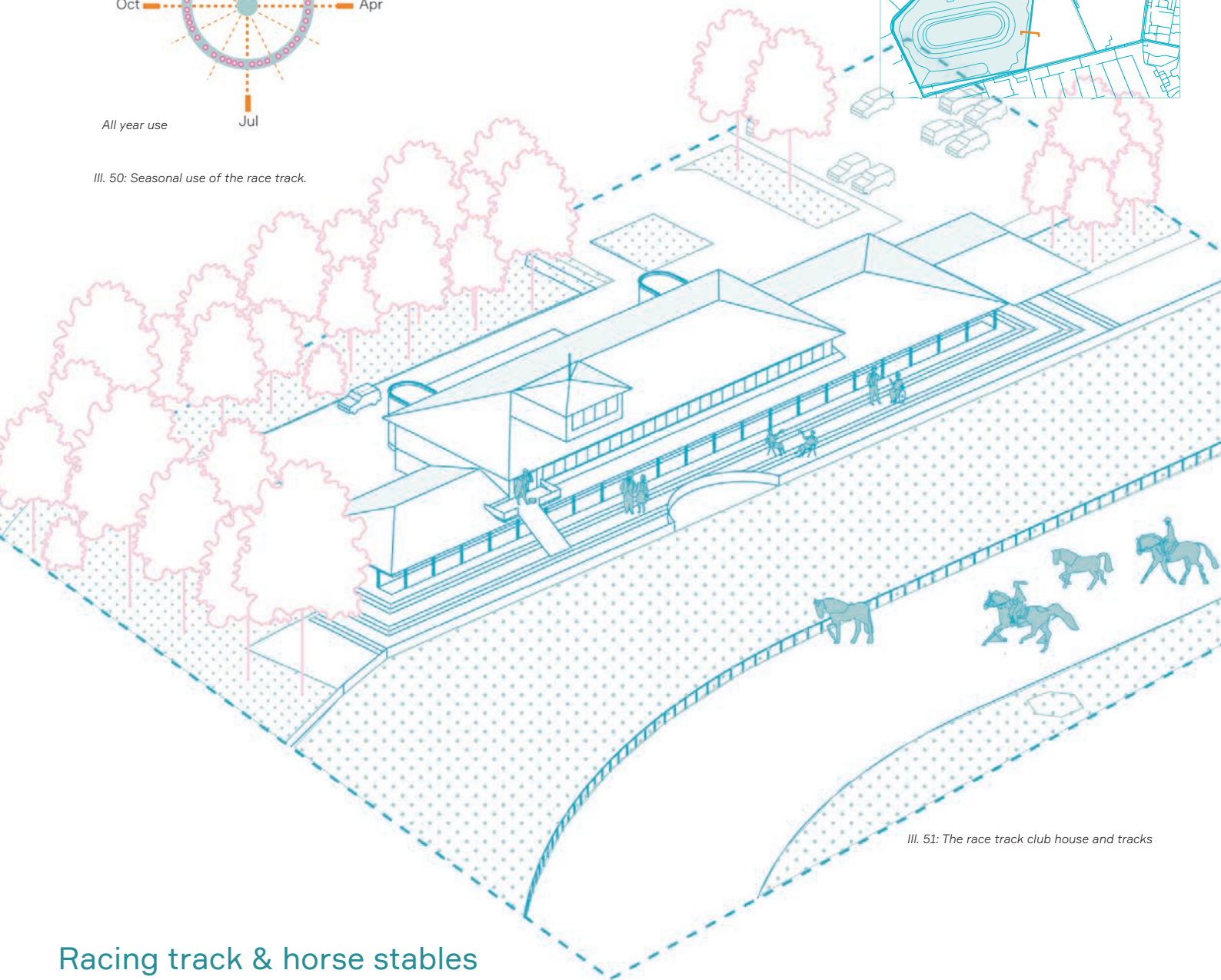
Floors: < 2 floor



III. 49: Section of Skydebanevej in 1:200 scale



III. 50: Seasonal use of the race track.



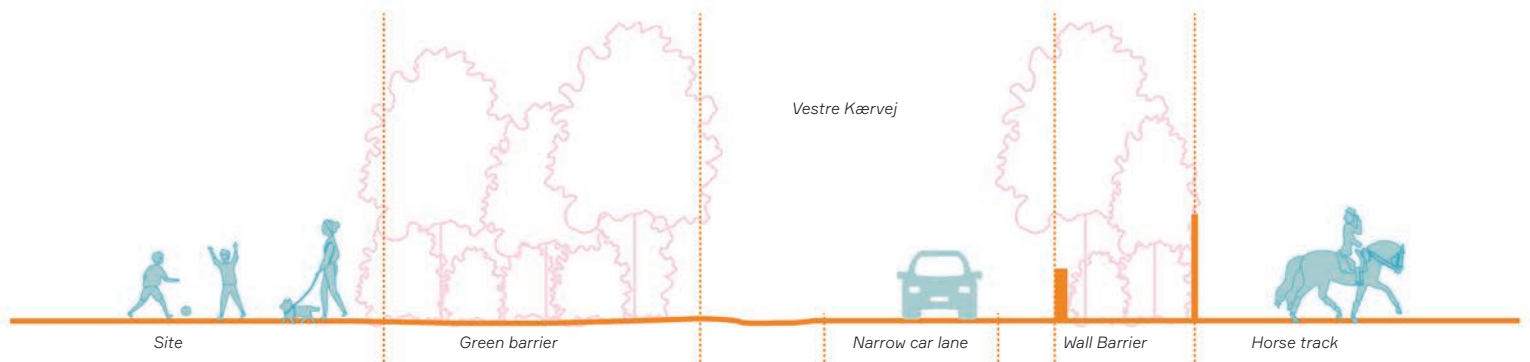
III. 51: The race track club house and tracks

Racing track & horse stables

The racing track area is an old establishment from 1954 and arranges 3-4 horse sports events and races a month all year around. Besides the large clubhouse, the area also consists of horse stables. The area attracts primarily club members, horse-interested people, and visitors.

The user group is very narrow and keeps the activity of the area low. The area only has one public entrance and is closed in with either fence or dense green barriers making it a very physically and visible inaccessible and unavailable area for people outside the user group.

Function: Club, entertainment, horseriding, horse stables, Large green grass areas. Horse tracks
Area size: 242.500 m²
Floors: 2 floor



III. 52: Section of Vestre Kærvej in 1:200 scale

Possibilities and Constraints

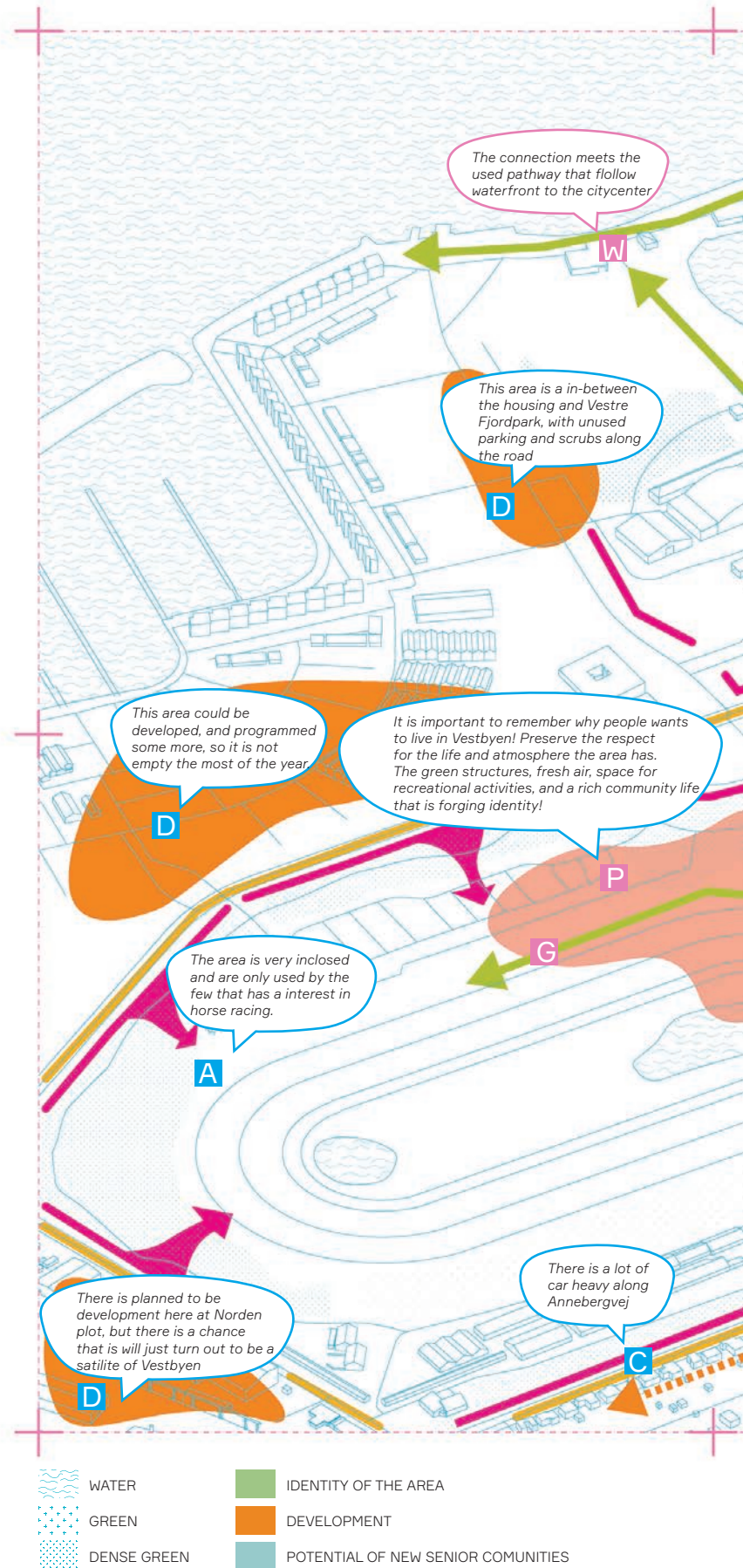
Possibilities and constraints appear on and around the project site and can be used intentionally in the design proposal to keep and enhance the qualities of the area and eliminate or upgrade the constraints of the area.

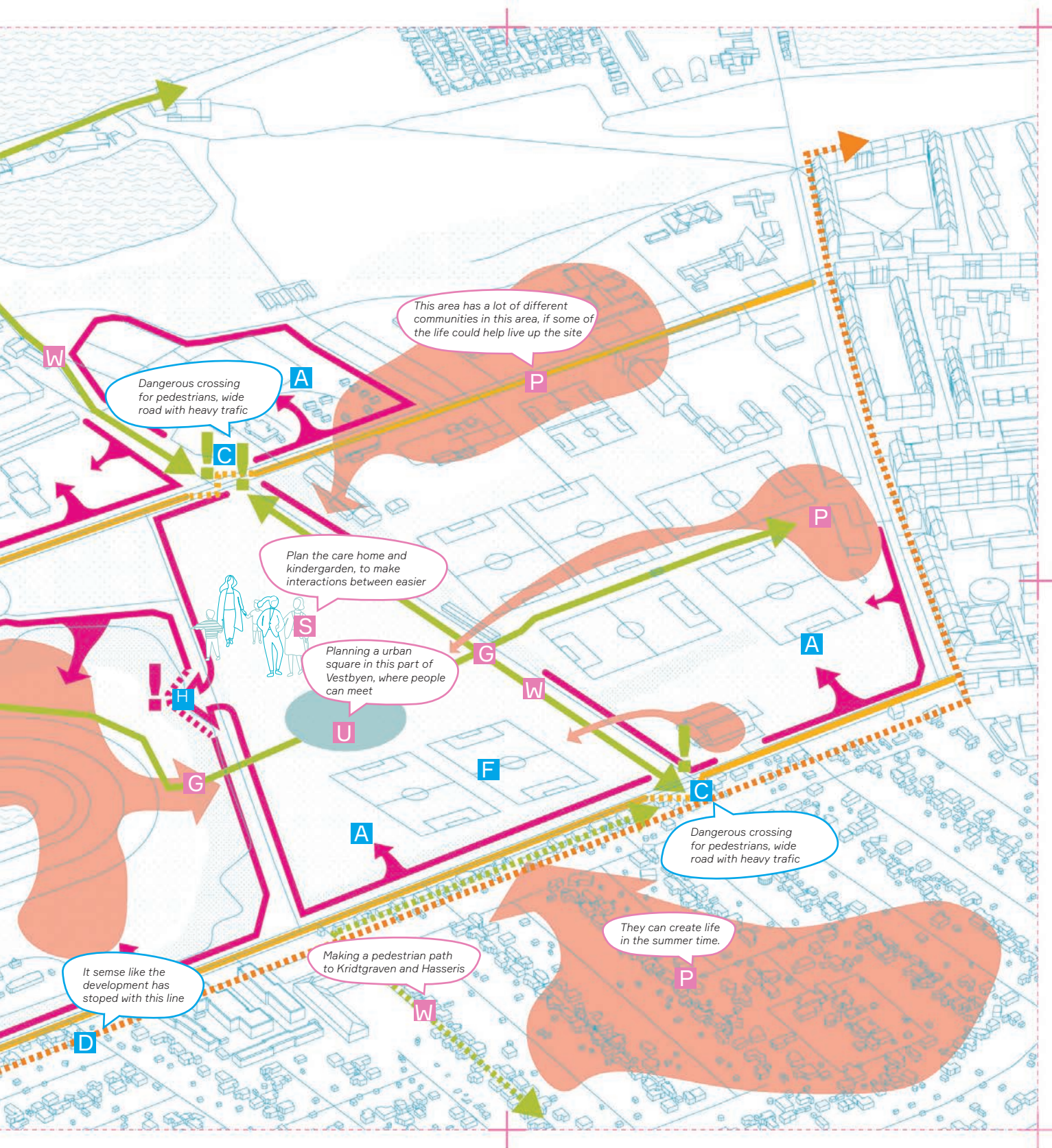
Possibilities




- W** Create a strong connection from the waterfront to the garden allotments with a special focus on soft traffic to enhance the movement in the north-south direction.
- G** Create a green connection across the area and enhance and extend the green identity of the area thus connecting the racetrack and soccer fields.
- P** Preserve the rich identity of community life.
- S** Create a synergy between the care home and the kindergarten that is planned on the site.
- U** Create new urban spaces in Vestbyen for the local area.

Constraints

- C** Car is favored in the area which creates constraints for the pedestrians to cross the heavy roads.
- F** A conflict could arise if the soccer fields of the Freja club is removed.
- A** The area is very enclosed and creates physical barriers, as fences, bushes, or walls which limits movement in the area.
- D** These spaces shows that there is scattered planning in the area with a lack of programming and long empty distances to Aalborg Vestbyen and city center.



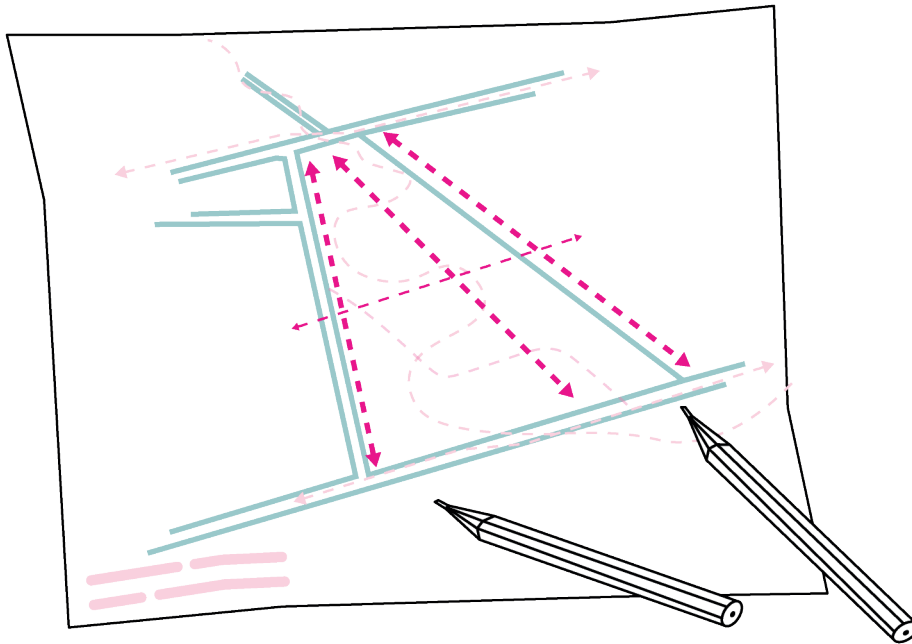


 BARRIERS
 CAR TRAFIC
 PEDESTRIAN TRAFIC

 DEVELOPMENT vLINE

III. 53: Possibilities & constraints of project site and area

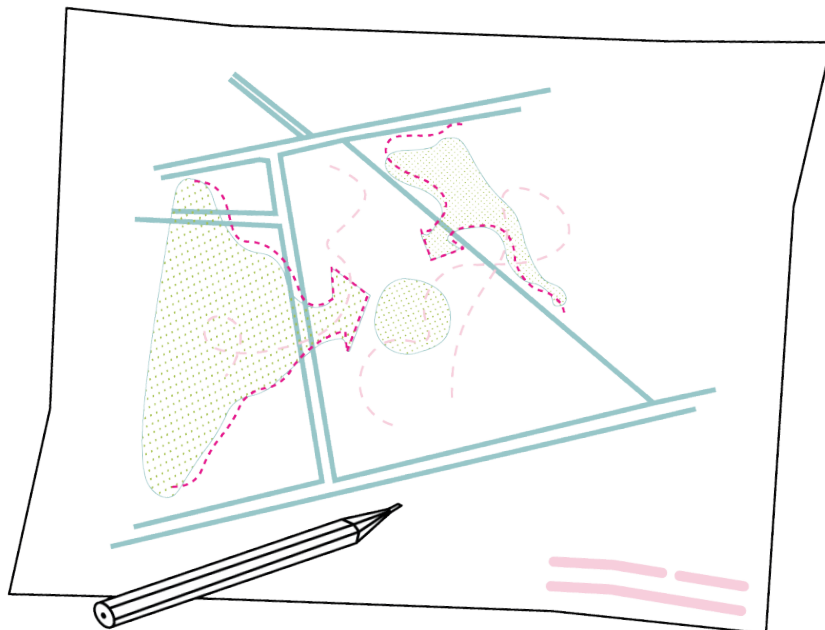
Criteria for masterplanning



Ill. 54: Connections across the project site

Connections across the project site

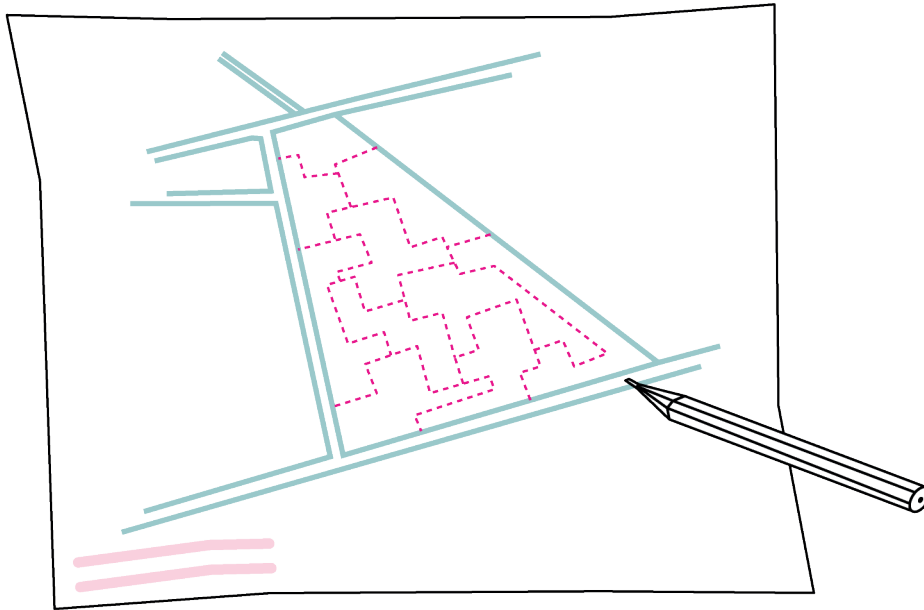
Create physical connections for soft and hard traffic across the site to secure free movement and connections to the surrounding context and erase the presence of barriers. A north-south connection links the recreational area along Limfjorden with the garden allotments and Hasseris allowing for better movement in between. A west-east connection creates movement and access between the racing track and Aalborg Vestbyen.



Ill. 55: Extend the green identity of the area

Extend the green identity

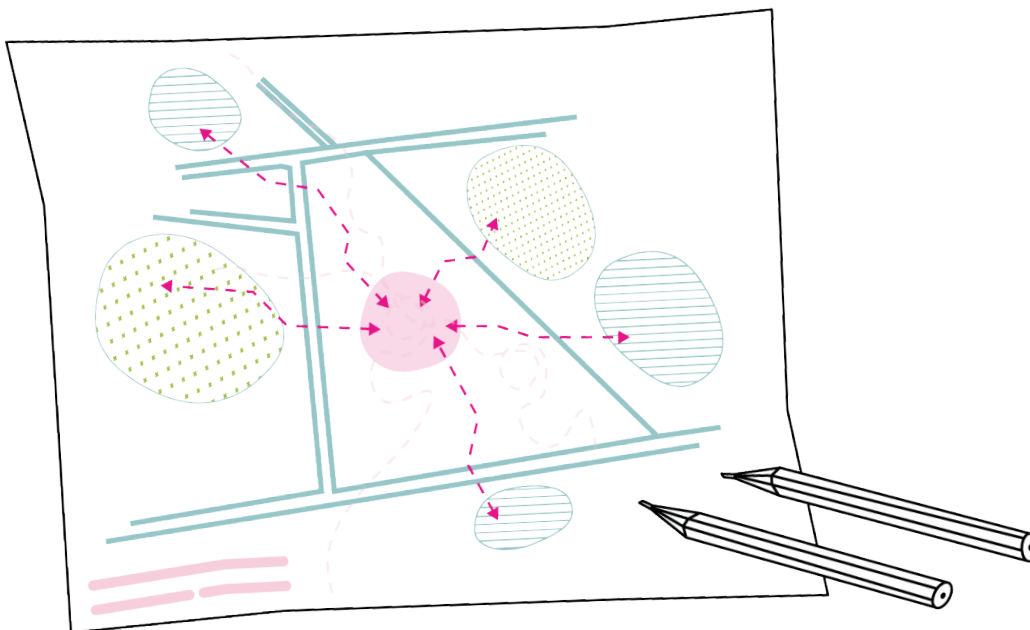
Remove the physical barriers within the area, allow for movement across the edges, and extend the green identity. By cleaning out the scrubs and fences that are surrounding the project site it is possible to create coherent green and recreational spaces for more people to enjoy.



III. 56: Mixed functions & people

Mixed functions and people

A mixed settlement with different people and functions can provide better opportunities to create public urban spaces that enhance intergenerational meetings and diversity. Diverse interactions create better understandings between people and can create friendships across ages and interests. With physical design and planning of urban spaces that aims at more user groups, like a playground that can be used both for the kindergarten and care home may enhance everyday interactions between generations.



III. 57: Utilizing the surrounding city

Utilizing the surrounding city

Through close dialog and collaborations with the surrounding city and local actors, the area can utilize the existing rich community life and identity by drawing upon experience and common interests for a better planning and design of the area.

03 PRESENTATION

Concept

Masterplan

Bypladsen

Nabopladsen

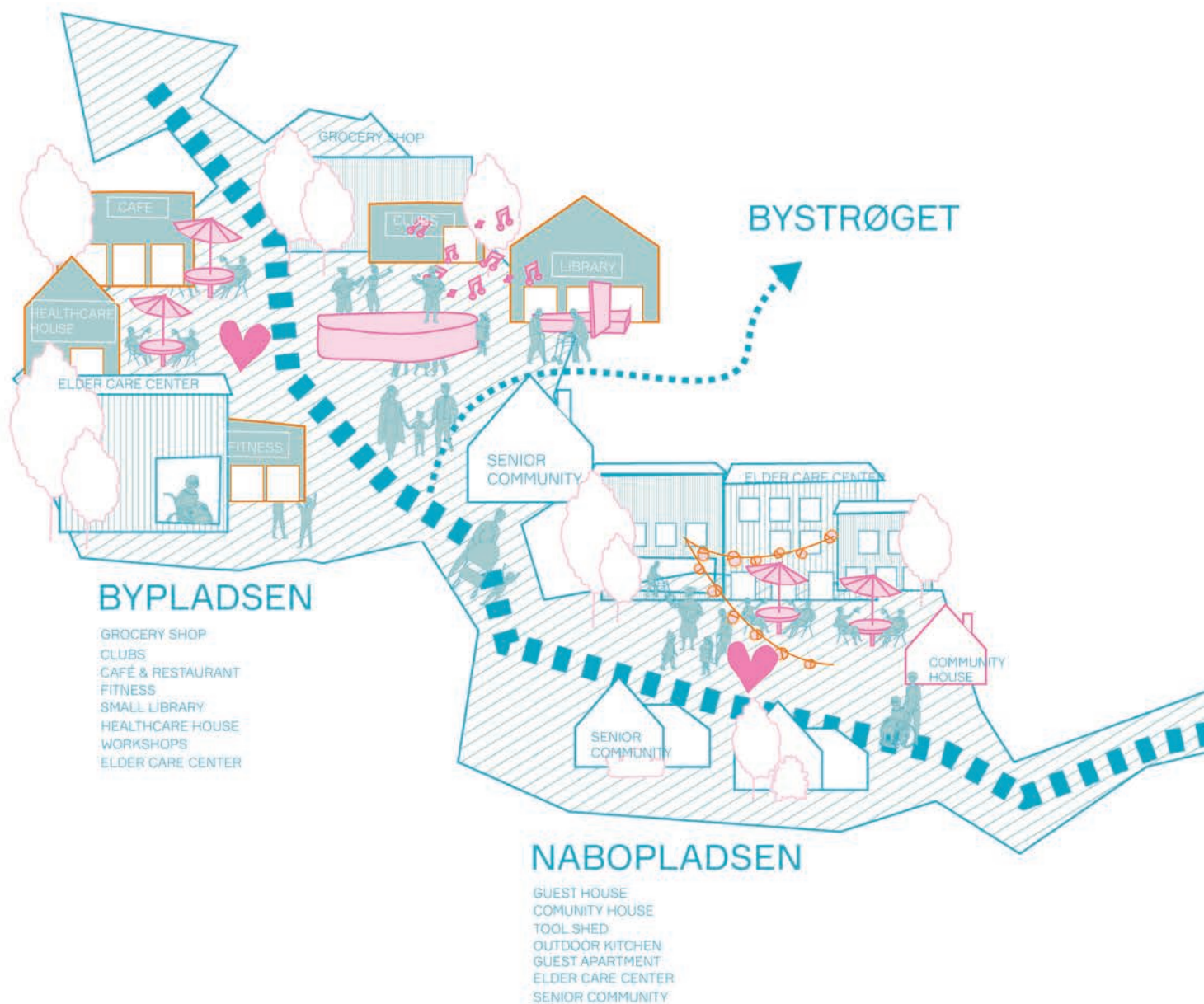
Legepladsen

Skovpladsen

Grønsagspladsen

Elder care home & kindergarten

Senior community living

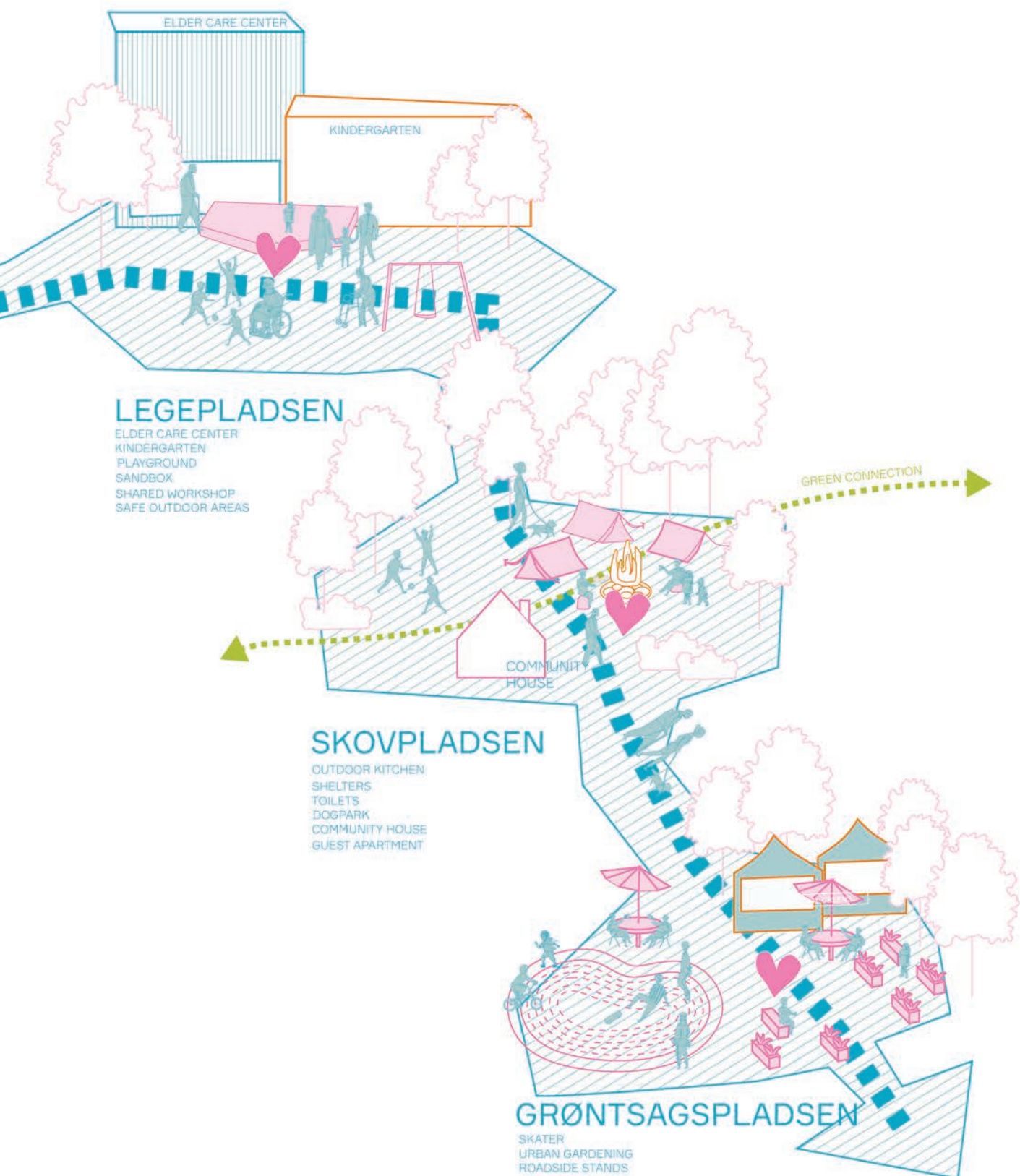


Concept

Ressourcefællesskabet

Ressourcefællesskabet is a new neighborhood in Aalborg Vestbyen that enhances intergenerational interactions and community in urban spaces and public and shared facilities. Bystrøget is an urban vibrant street that secures safe and easy movement through the neighborhood, leading people past a variety of public and shared spaces with facilities that invite activities and interaction of different characters. The public connection prioritizes soft traffic to secure safe passage for pedestrians and

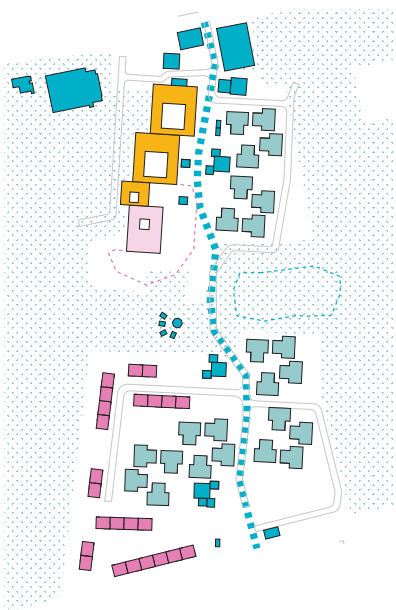
cyclists. Bypladsen, Nabopladsen, Legepladsen, Skovpladsen, and Grøntsagspladsen are all urban spaces with individual identities and usage to attract people of all ages and interests to stop by and interact, play, stay, shop, meet, skate, observe or relax. Bypladsen and Grøntsagspladsen reflect the character and identity of the existing city and surroundings while Skovpladsen secures a connection and movement across, extending and connecting the green identity of the area.



III. 58: Concept diagram of Ressourcefællesskabet

Masterplan

Program

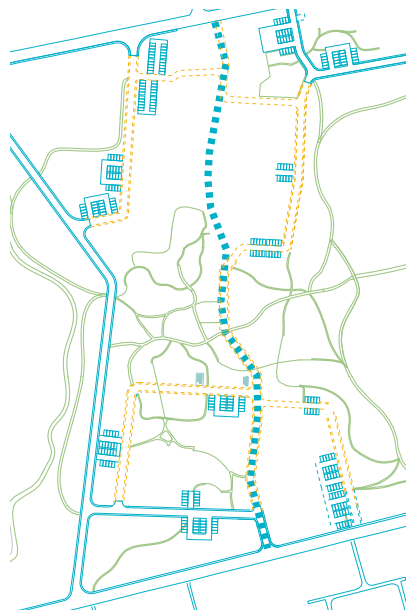


III. 59: Program

- Public / shared facilities (3000 m2)
- Elder Care centre (70 units)
- Senior community (72 units)
- Kindergarten (1100 m2)
- Family houses (24 units)
- Green areas

Plot area ratio 26,5%

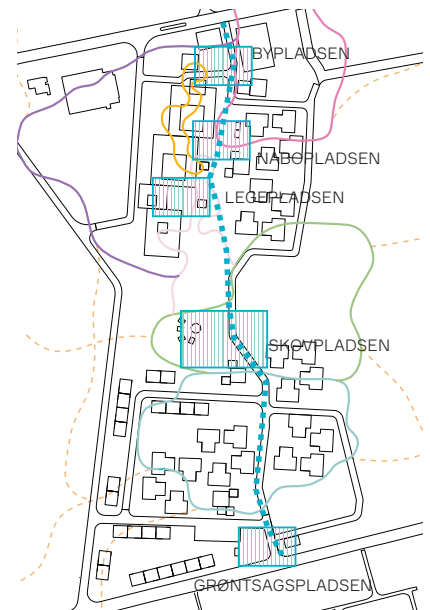
Mobility & Parking



III. 60: Mobility & parking

- Soft traffic
- Car roads
- Service / errand road
- Path
- Parking

Plazas & Loops



III. 61: Plazas & loops

- Bystrøget
- Plazas
- Dyrestien
- Træningsstien
- Havestien
- Børnestien
- Naturstien
- Fælleshavestien

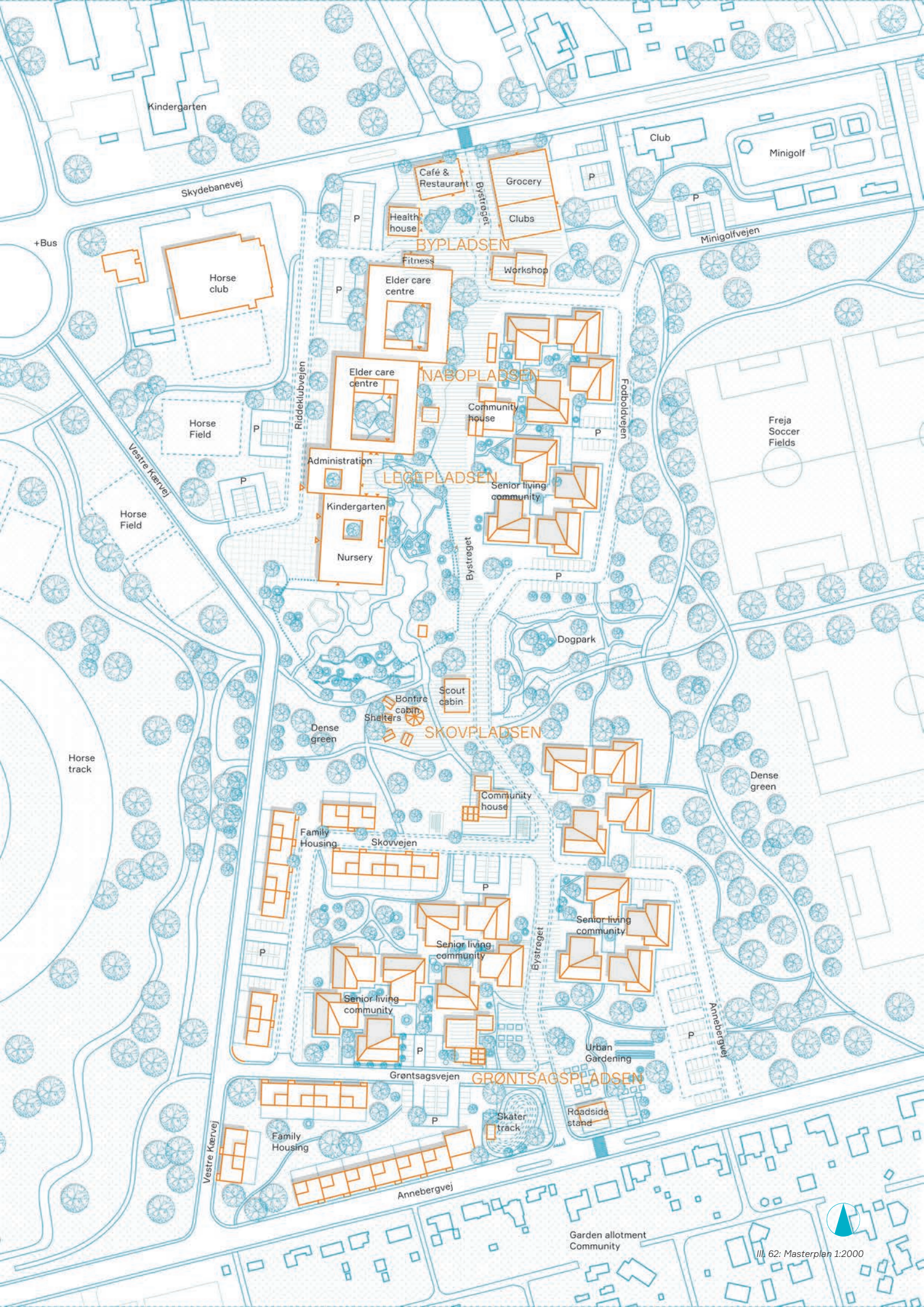
Ressourcefællesskabet

Ressourcefællesskabet is a new neighborhood in Aalborg Vestbyen with a mixed settlement of shared and public facilities, an elder care home together with a kindergarten and nursery, several senior living communities, families, and green areas of recreational character.

Bystrøget connects the neighborhood from Skydebanevej to Annebergvej and is a vibrant public street with a variety of plazas, paths, and pockets of public spaces with different characters. Bystrøget is mainly for soft traffic and driving for occasional service, to secure a safe and walkable passage for people on foot and bike. The safety of Bystrøget has an especially high priority along the elder care home and kindergarten.

Hard traffic and parking are organized along the surrounding streets to secure availability and parking close to the home and nearby public facilities. Central to the neighborhood a green belt connects the racing track and soccer fields securing recreational value on the site with both dense and more open green areas. The green belt offers areas to sit, eat lunch, take a run, do horse walks, play, walk the dog in the park, and places to meet.

The landscape introduces several paths in every direction connecting to the larger structures. Across the site are five loops of paths, each of different characters and lengths, thus ensuring connectivity within the neighborhood and to its surroundings.



Kindergarten

Skydebanevej

+Bus

Horse club

Café & Restaurant

Grocery

Health house

BYPLADSEN

Fitness

Elder care centre

Clubs

Workshop

Club

Minigolf

Minigolfvej

Horse Field

Horse Field

Vestre Kærvej

Rideklubvej

Elder care centre

NABOPLADSEN

Community house

Administration

LÆGEPLADSEN

Kindergarten

Nursery

Senior living community

Bystroget

Dogpark

Dense green

Shelters

Scout cabin

SKOVPLADSEN

Community house

Family Housing

Skovvej

Senior living community

Senior living community

Senior living community

Bystroget

Urban Gardening

Grøntsagsvej

GRØNTSAGSPLADSEN

Family Housing

Skater track

Roadside stand

Annebergvej

Garden allotment Community

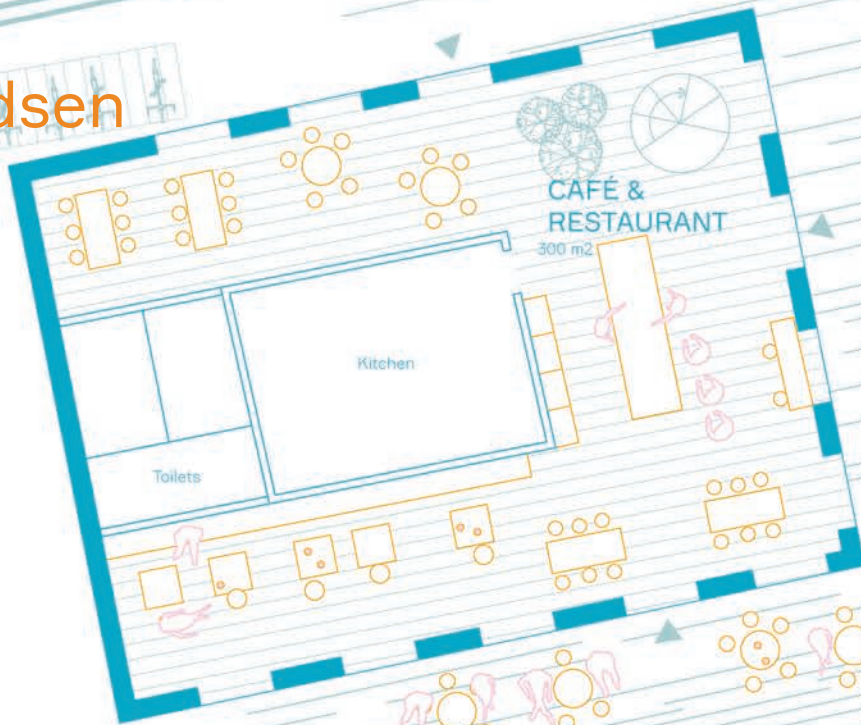
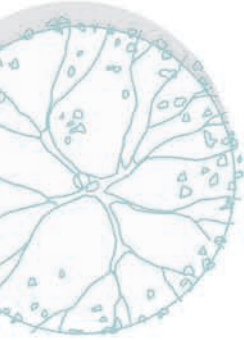
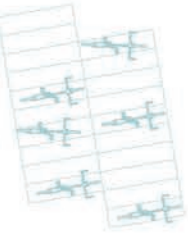
Freja Soccer Fields

Dense green

Annebergvej

Bypladsen

Bike parking

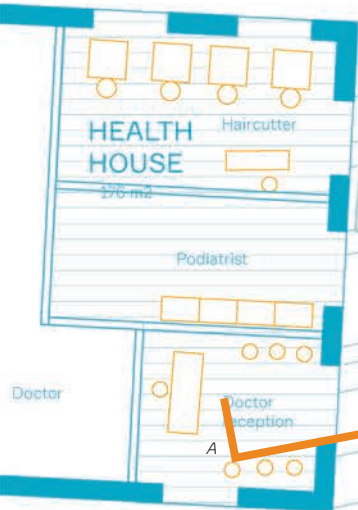


Café & Restaurant
300 m²

Kitchen

Toilets

Outdoor serving



HEALTH HOUSE
176 m²

Haircutter

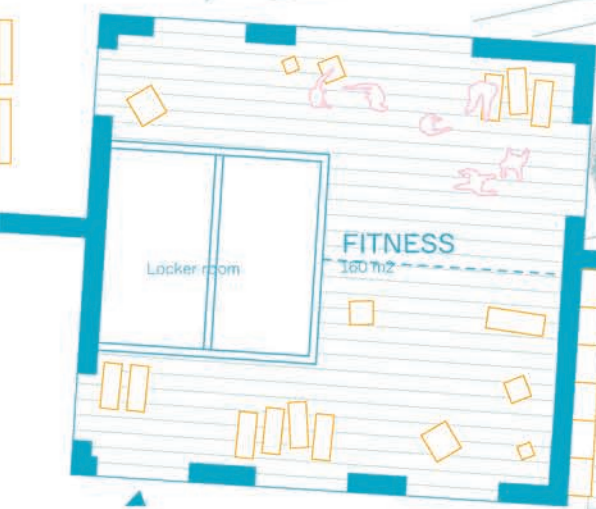
Podiatrist

Doctor reception

A

BYPLADSEN

Market

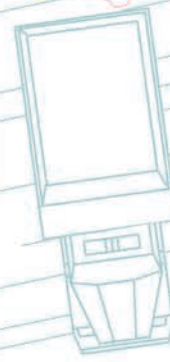


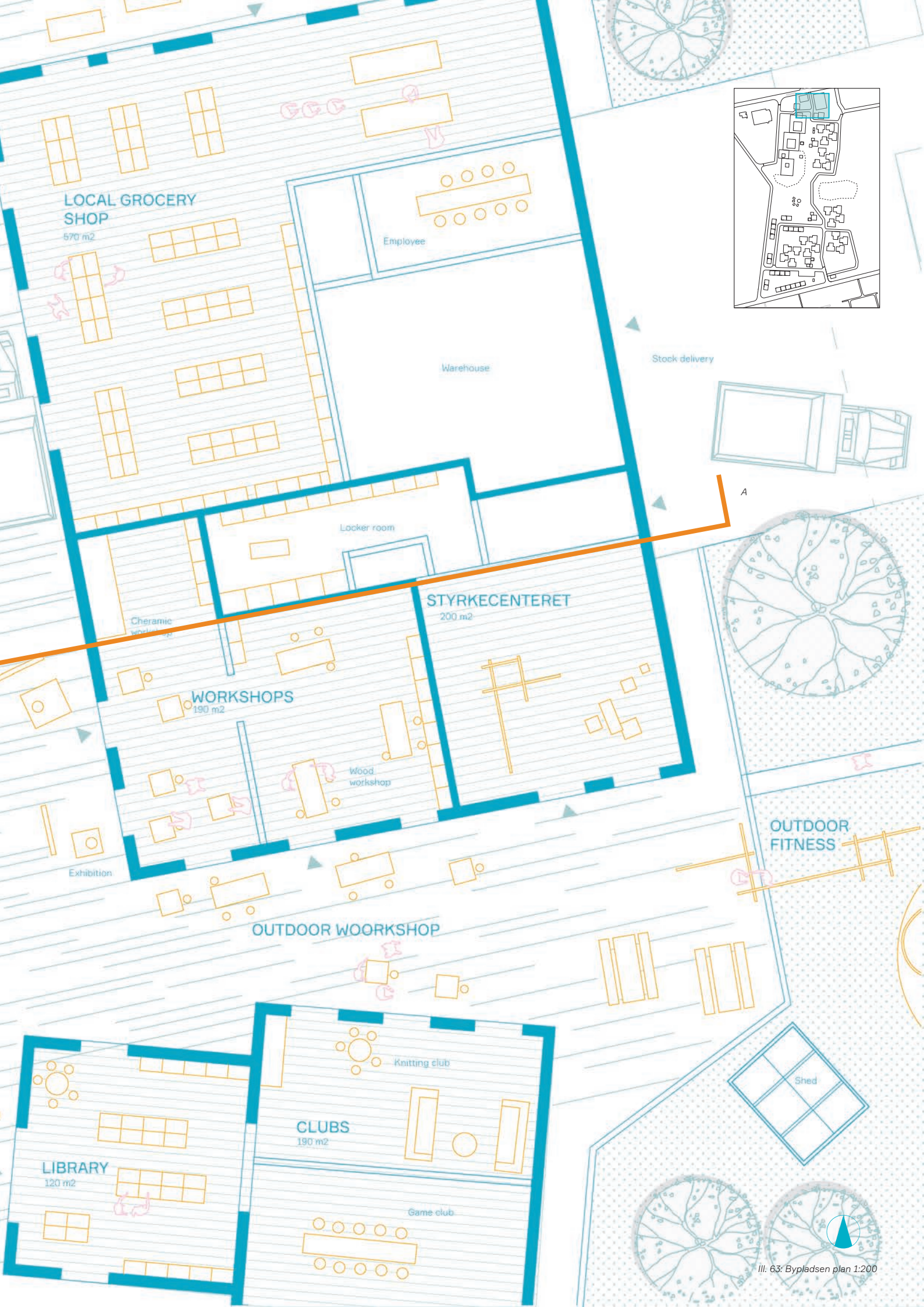
FITNESS
160 m²

Locker room

CARE HOME

Kitchen & dining room





LOCAL GROCERY SHOP

570 m²

Employee

Warehouse

Stock delivery

Locker room

STYRKECENTERET

200 m²

Ceramic workshop

WORKSHOPS

190 m²

Wood workshop

Exhibition

OUTDOOR WOORSHOP

OUTDOOR FITNESS

Shed

Knitting club

CLUBS

190 m²

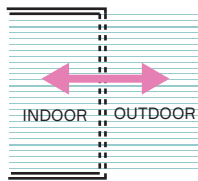
Game club

LIBRARY

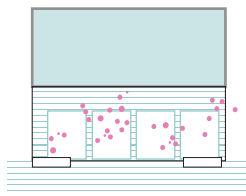
120 m²

Bypladsen

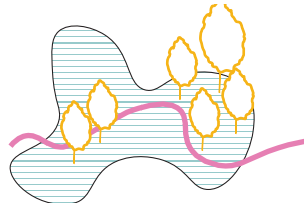
Principles of design



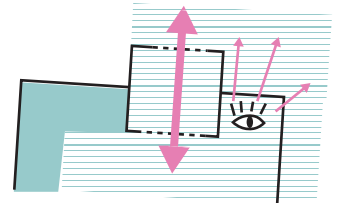
Strong indoor and outdoor relation with use and activity that stretches across physical walls.



Active groundfloors with easy and visible access to public & shared facilities.



Recreational, flexible and active urban spaces for different use.



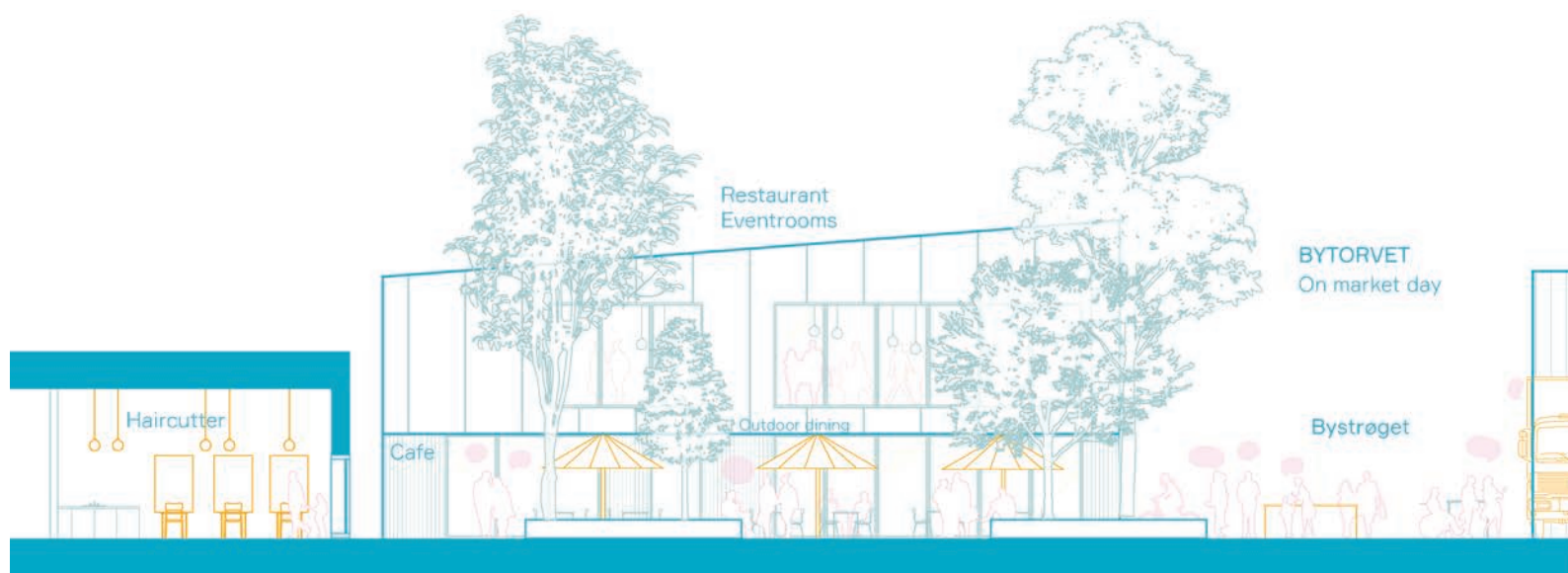
A close physical and visible relation to elder care center to secure easy access to Bypladsen for the elder residents.

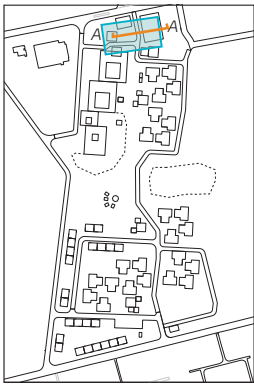
Ill. 64: Principles of design for Bypladsen

A public urban space

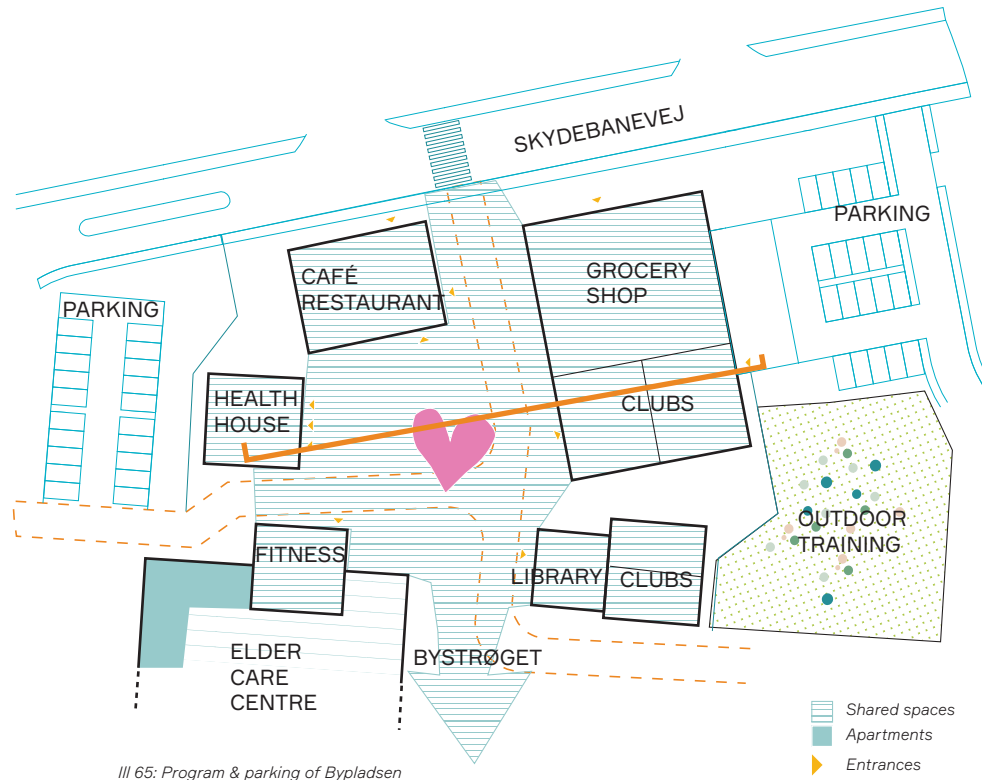
Bypladsen is the urban space for all residents of Ressourcefællesskabet and Aalborg Vestbyen to enjoy, meet, eat, and work out. With direct access from Skydebanevej and Bystrøget people can easily walk, bike, and drive to the plaza. The buildings secure public and shared facilities with active and transparent ground floors for people to walk freely between indoor and outdoor spaces. The buildings' shapes, scale, and orientation form a central urban space suited for recreational and flexible outdoor use, for passage, stay, and activities. Hard traffic and parking facilities are organized on the outskirts to keep the plaza safe for soft traffic. The Elder Care Home is located on the edge of the plaza to

secure visual connection and short and safe passage for the elder residents to important facilities such as the fitness and health house. The close distance optimizes the elder's interest and engagement in club and workshop activities or reading a book in the library. The café, restaurant and event room can provide a warm cup of coffee and a meal for residents of the area or spaces for larger events held by the elder care home, the children's daycare, the garden allotments, the communities, or private parties. The local grocery shop ensures the essential need for grocery shopping for residents of the neighborhood within walking distance.

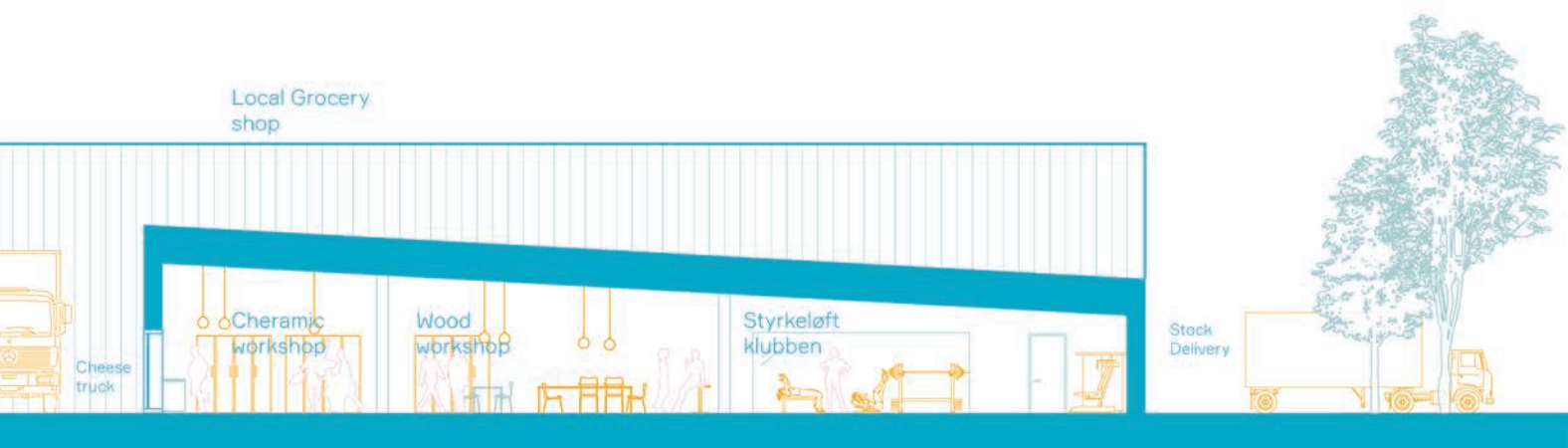


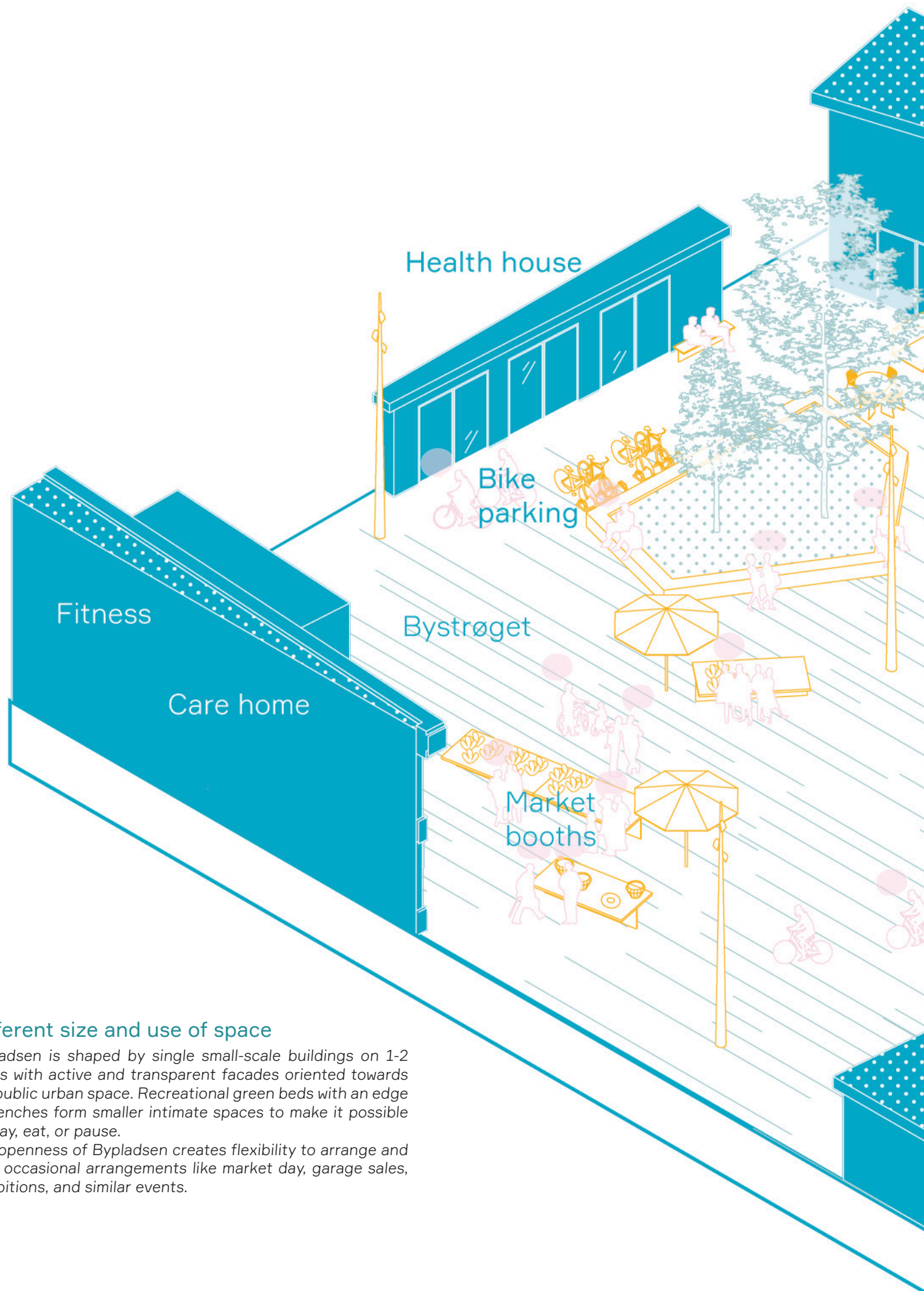


Program & parking



III 65: Program & parking of Bypladsen

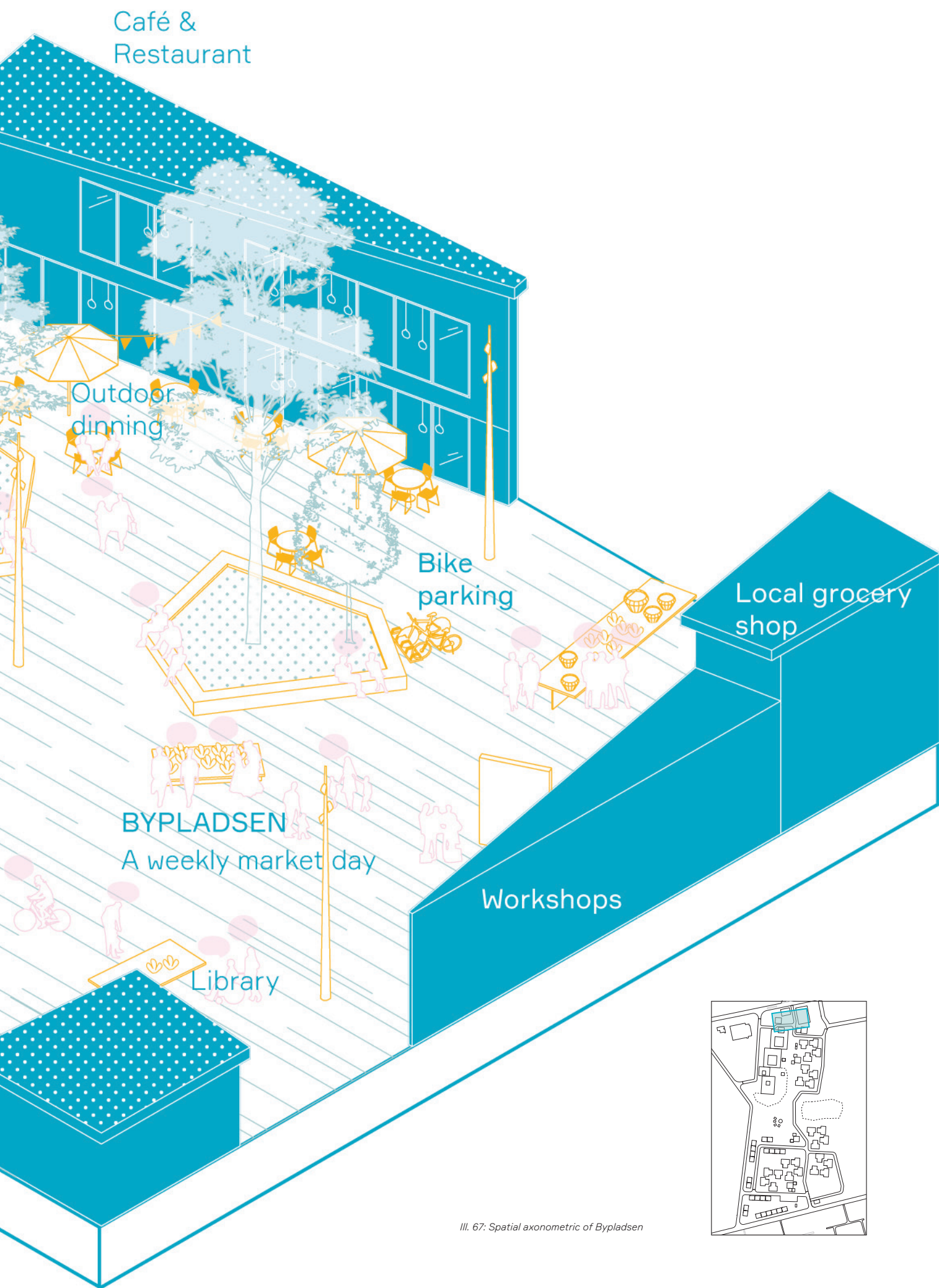




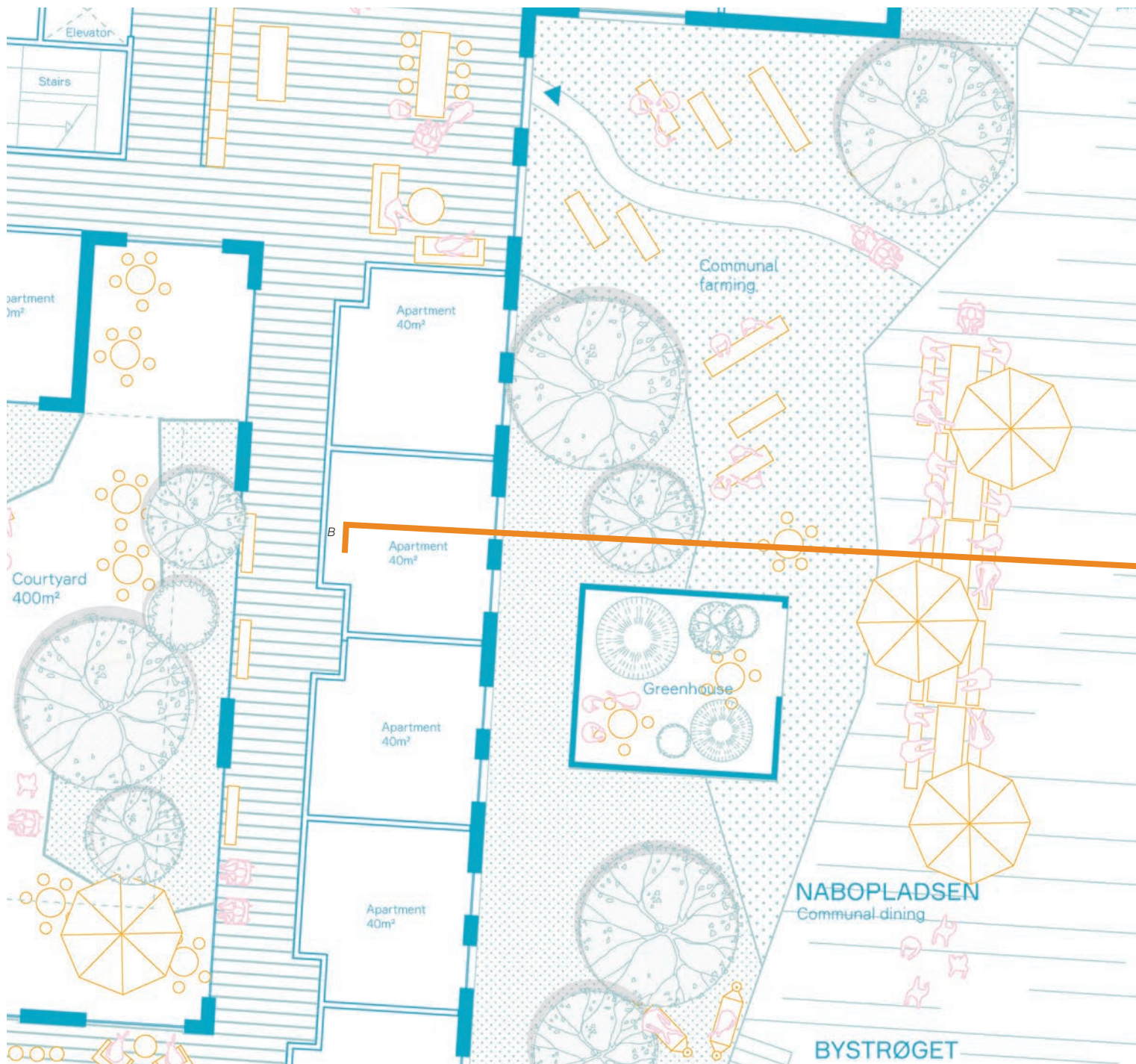
Different size and use of space

Bypladsen is shaped by single small-scale buildings on 1-2 floors with active and transparent facades oriented towards the public urban space. Recreational green beds with an edge of benches form smaller intimate spaces to make it possible to stay, eat, or pause.

The openness of Bypladsen creates flexibility to arrange and host occasional arrangements like market day, garage sales, exhibitions, and similar events.

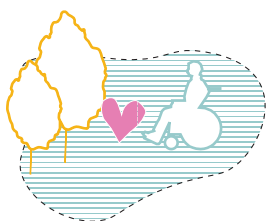


III. 67: Spatial axonometric of Bypladsen



Nabopladsen

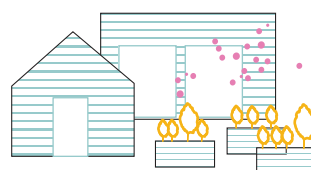
Principles of design



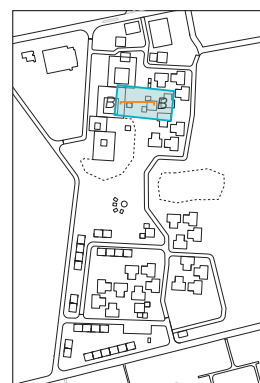
Safe outdoor areas for the elder care center

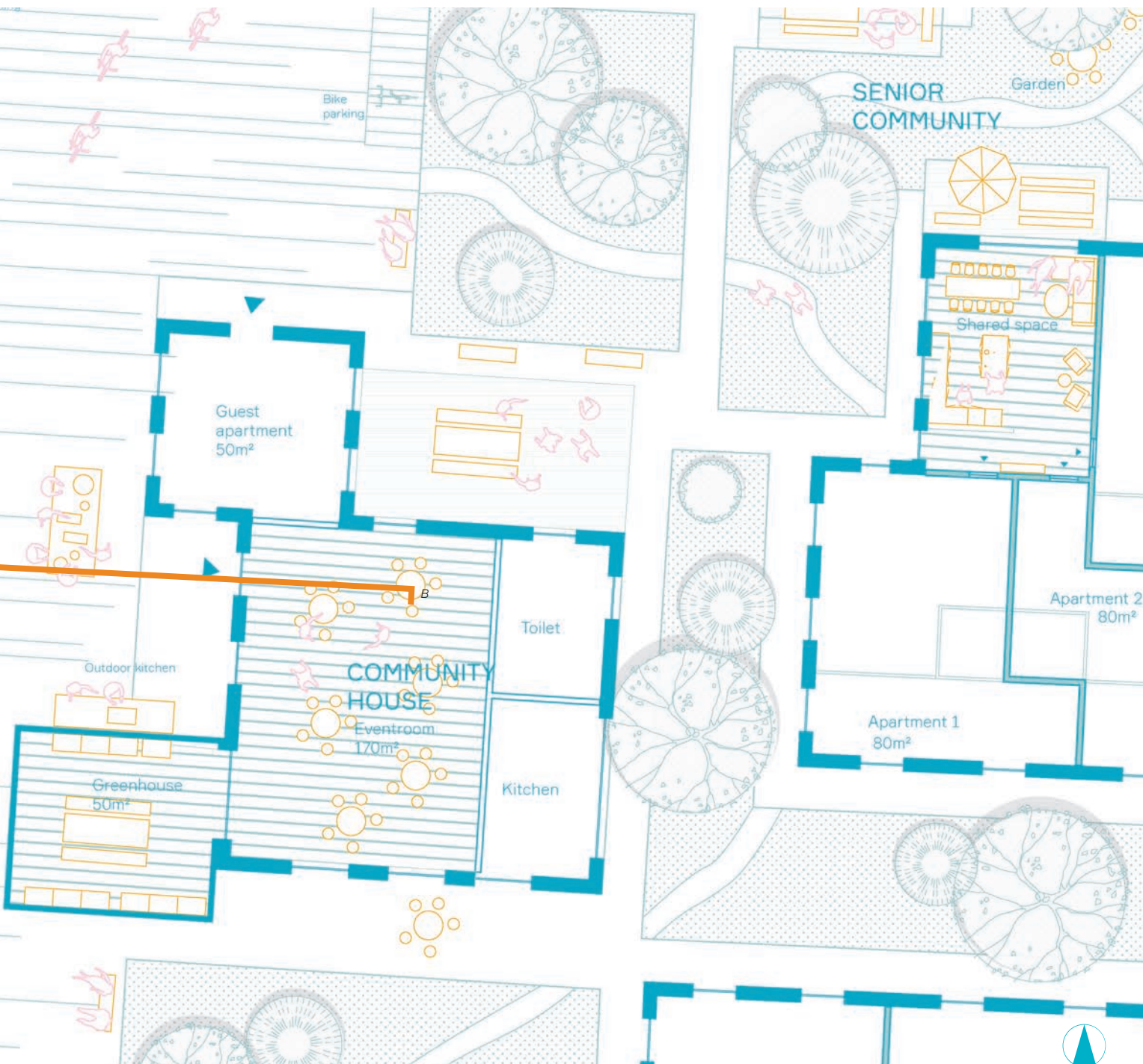


Close physical and visible relation between the elder care center & the senior community.



Shared facilities, green urban activities and flexible urban spaces.

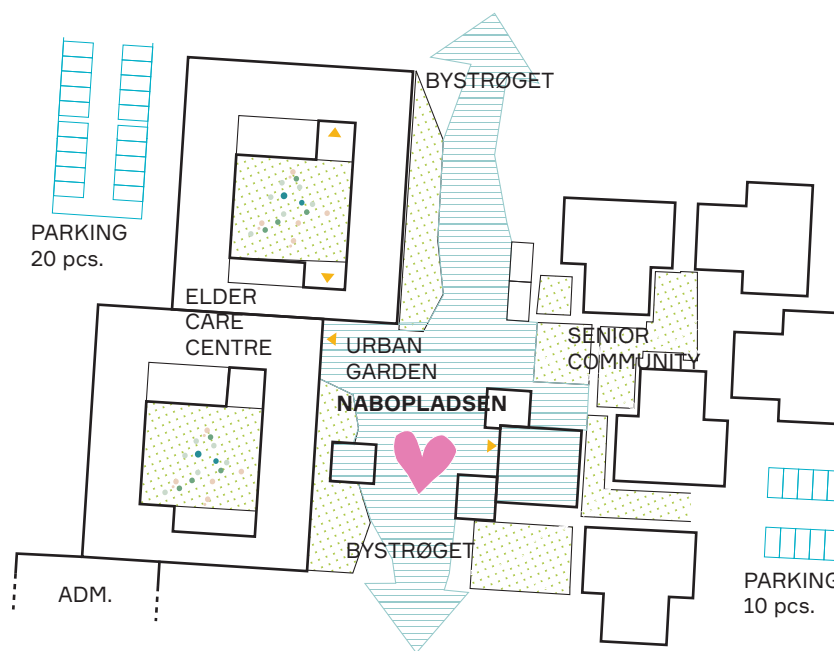




III. 68: Nabopladsen
Plan 1:200



Program & parking



III 71: Program & parking of Nabopladsen

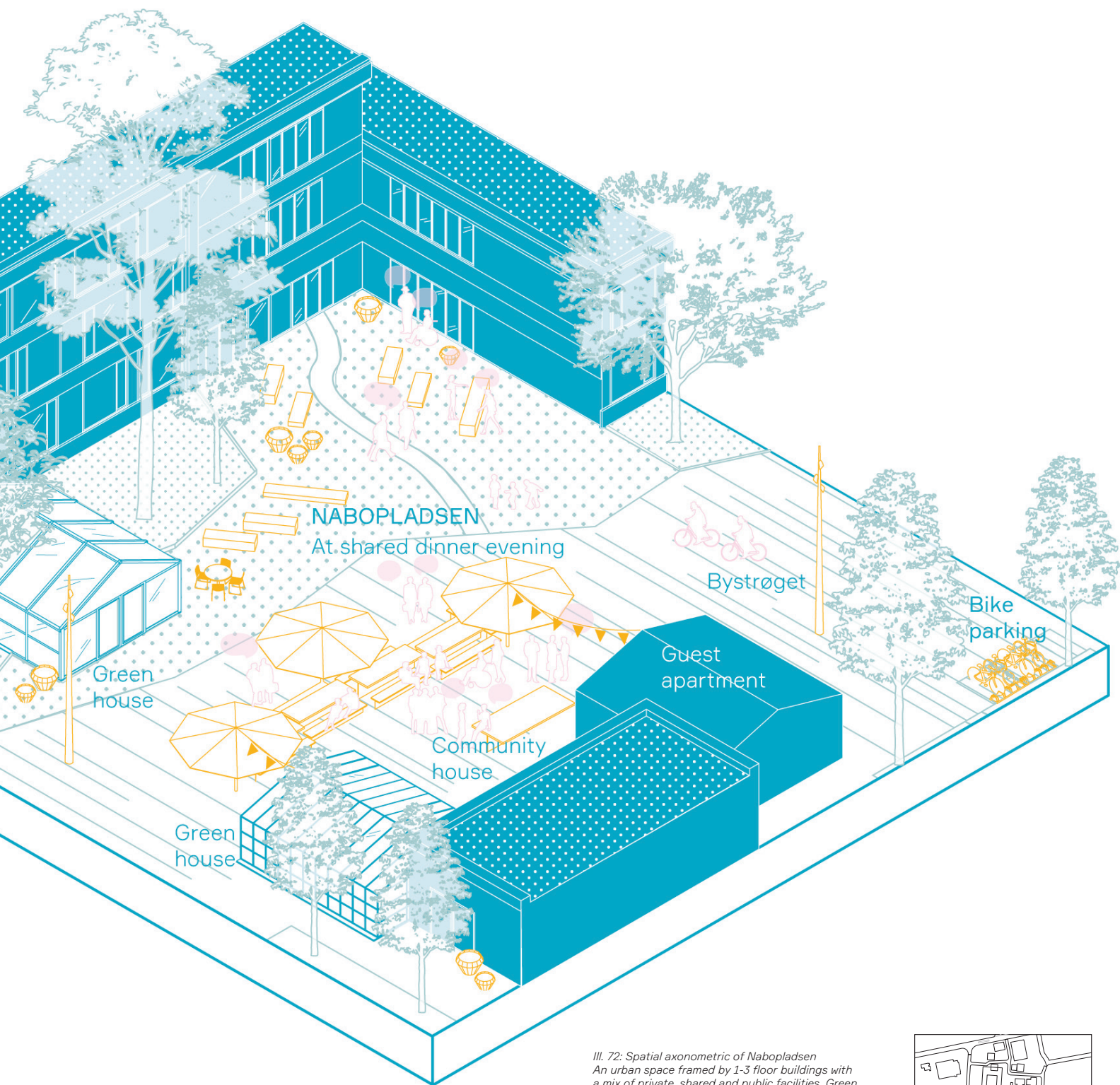
Shared spaces
 Entrances



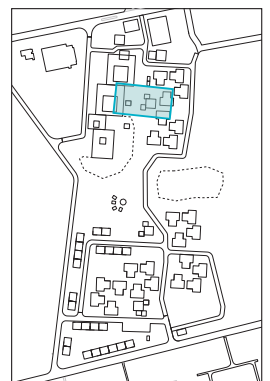
A place for neighbourly meetings

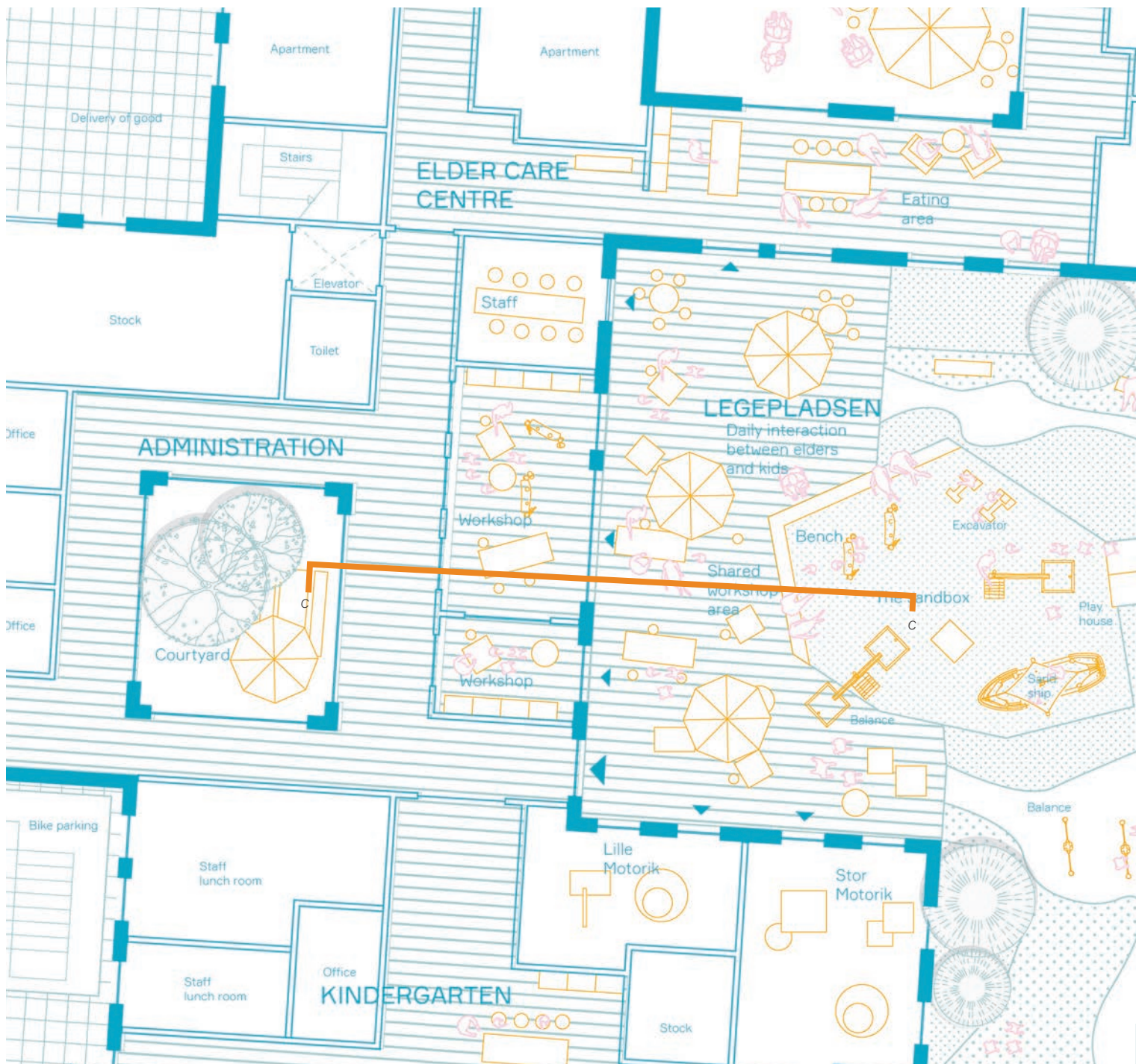
Nabopladsen offers an urban space along Bystrøget for residents of the Elder Care center and seniors of the senior communities to interact with each other through everyday encounters and arranged activities. All hard traffic are led around the plaza to secure safety for the elders of the Care Center allowing residents who are well enough to enter the urban plaza. The shared dining area of the center are faced to the urban

garden area providing visual connection to the activities and movement on Nabopladsen and Bystrøget. A green edge between the apartments and the public Bystrøget secures privacy and a green view to the elder residents. The community house offers shared kitchen facilities, an indoor space to house gatherings and a guest apartment for overnight visitors of the elder care center and senior communities.



III. 72: Spatial axonometric of Nabopladsen
An urban space framed by 1-3 floor buildings with
a mix of private, shared and public facilities. Green
edges makes an edge between private apartments
and shared spaces.

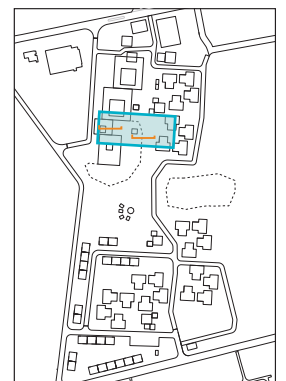


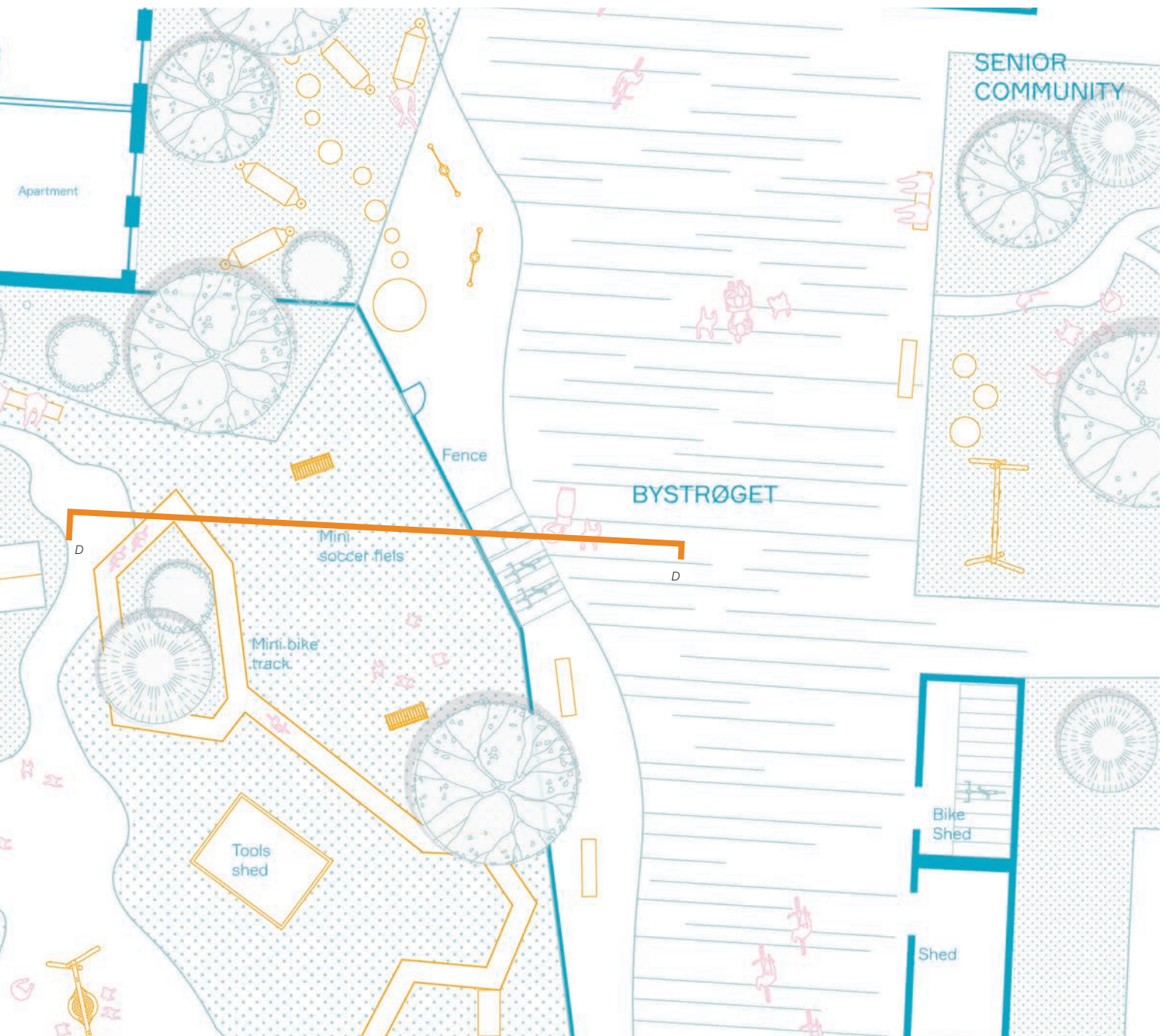


Legepladsen

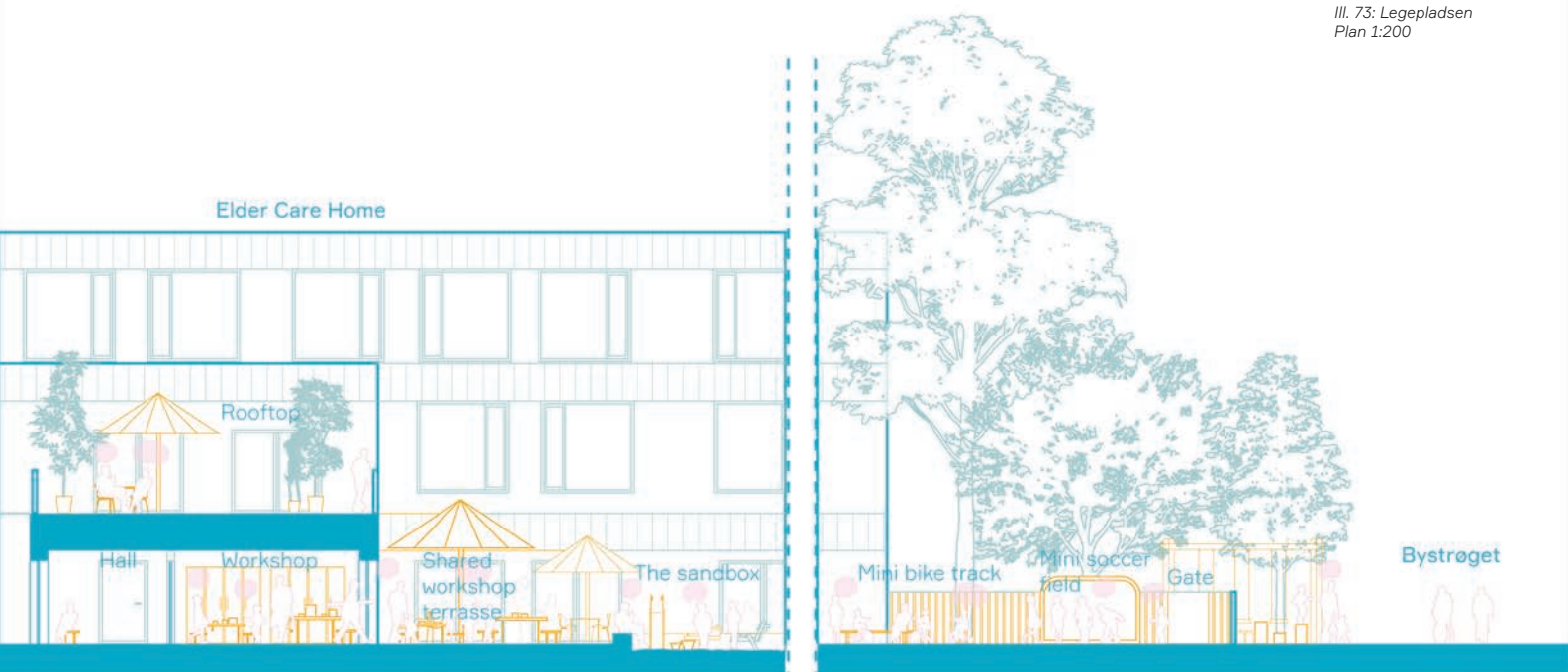
Legepladsen is a place for generations to interact in everyday encounters and planned arrangements. The playground is for both the children and old people to play, talk, create things at the workshops, cooperate, walk barefeet in the sand and sit on the swing. The shared workshop terrace connects the elder residents, the children and the staff of both institutions in an outdoor setting with easy and direct access from shared indoor facilities and spaces. The users can interact directly or observe each other from

a distance. Perhaps even form friendships and highlights of both the children and elder resident. The direct and easy connection between the two institutions create a better framework for the staff to plan and organize arrangements across. The fence surrounding the playground keeps both the children and elder resident safe within the area. By sharing the fence with the children the fence will appear less offensive for the elder resident as it is natural to have a fence around a kindergarten playground.





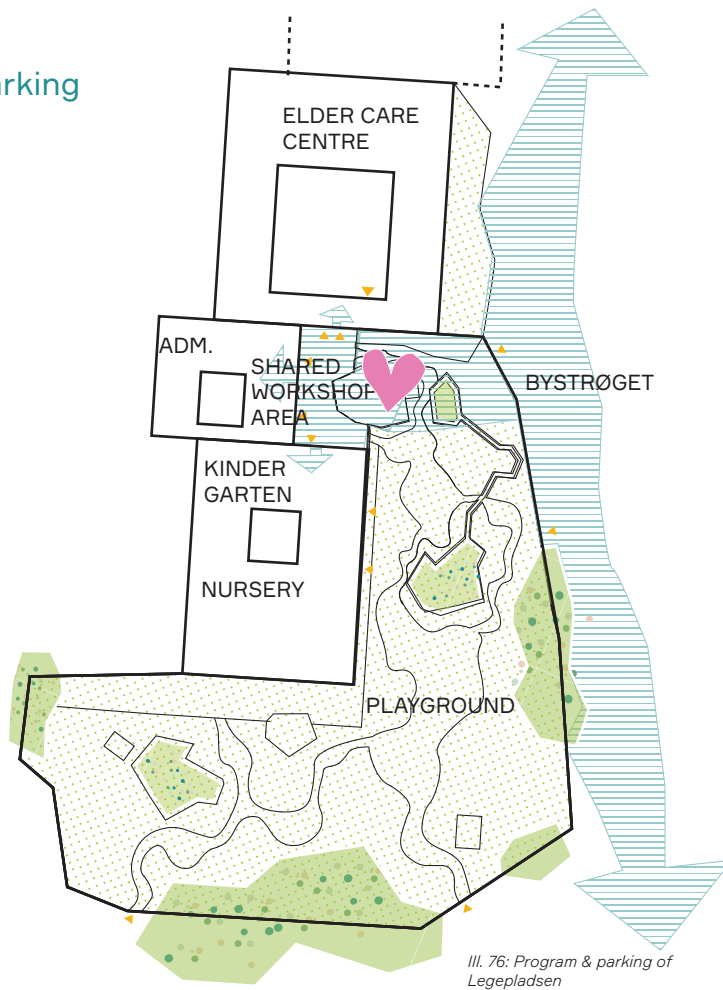
III. 73: Legepladsen
Plan 1:200



III. 74: Legepladsen
Section CC 1:200

III. 75: Legepladsen
Section DD 1:200

Program & parking

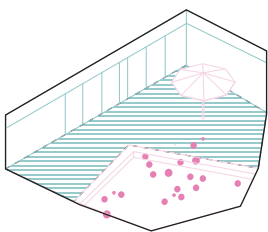


Ill. 76: Program & parking of Legepladsen

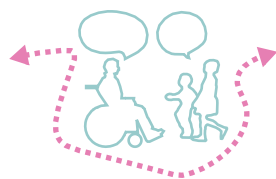
Kindergarten



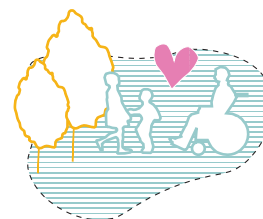
Principles of design



Shared indoor & outdoor facilities with diverse use for all age-groups



Close relation between elder care home & kindergarten



Safe outdoor areas for the elder care home & kindergarten

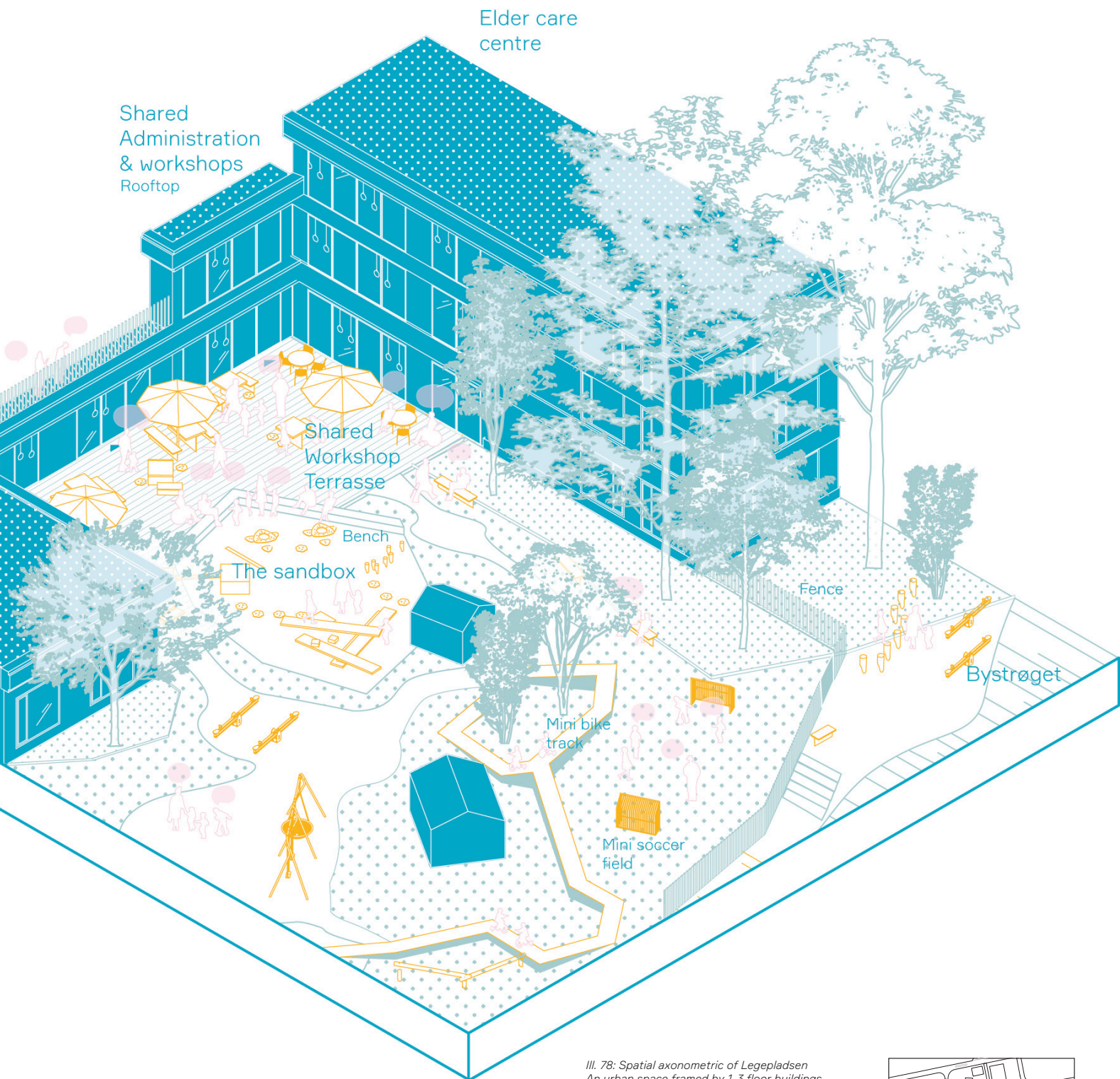
Ill. 77: Principles of design for Legepladsen

Diverse use

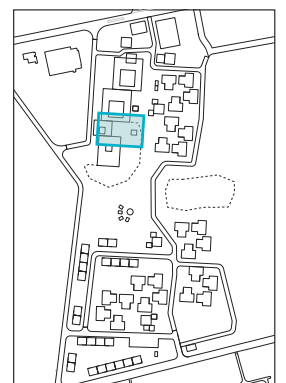
The playground is flexible with different zones and play area to secure age-specific and diverse play and activities. It is a possibility to implement a flexible division between the shared workshop area and the rest of the playground if daily routines within the two institutions require privacy or single use.

Elder residents living on the 1st and 2nd floor can enjoy and observe the life and activity unfolding on the playground and Bystrøget directly from their apartments or the shared areas.

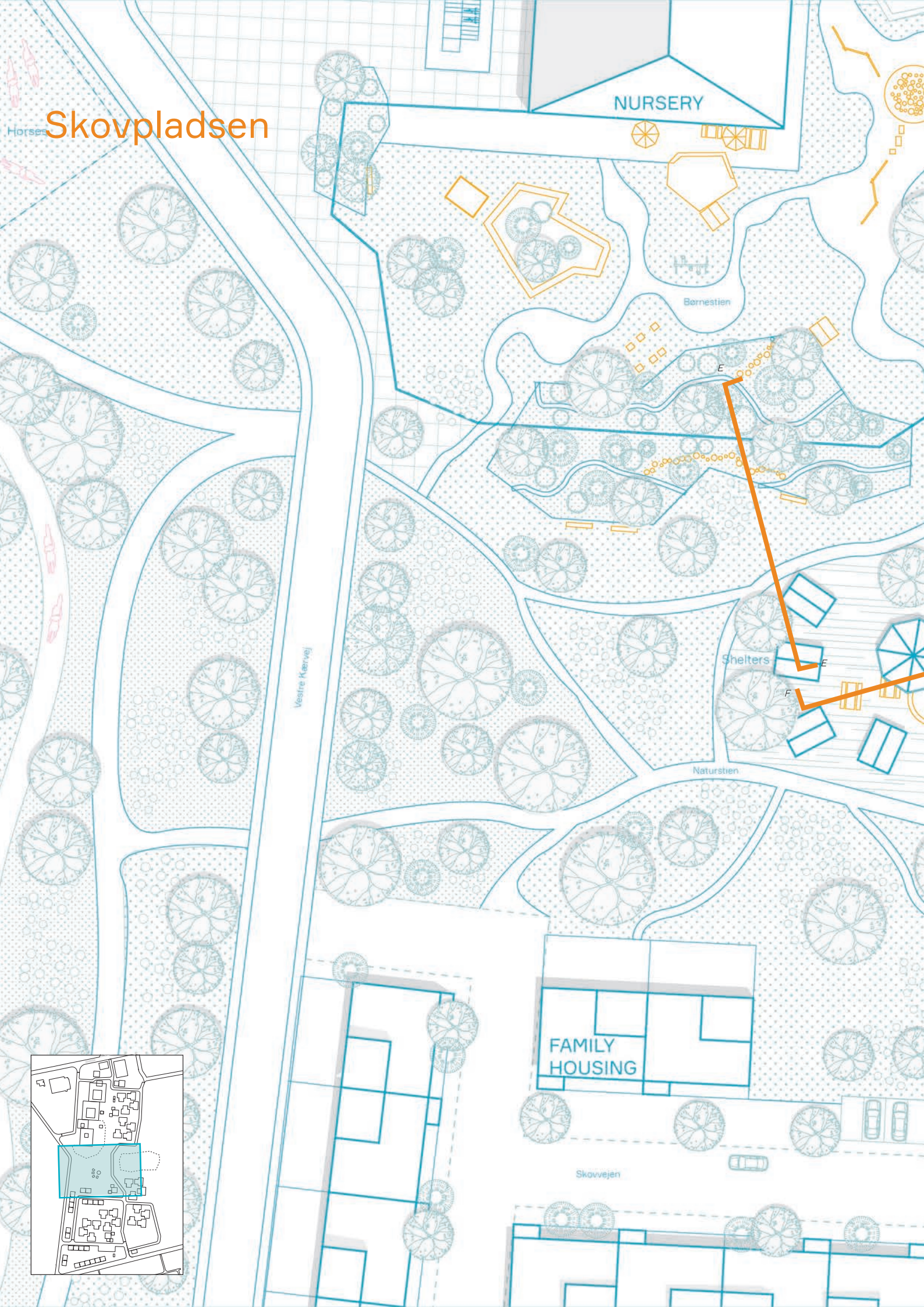
The close connection between the playground and Bystrøget makes daily interactions between users of the playground and passers-by of Bystrøget possible. Green dense zones across the fence creates edges and a dynamic sense of the fence while the small playground activities outside the fence extends the playfull identity to Bystrøget.



Ill. 78: Spatial axonometric of Legepladsen
An urban space framed by 1-3 floor buildings with a mix of private and shared facilities. A fence secures safety for both children and elder residents of elder care center and visual connection to Bystrøget. A shared workshop terrace is captured by active facade allowing easy access from both the Kindergarten and elder care Center.



Skovpladsen



NURSERY

Børnestien

E

Shelters

E

F

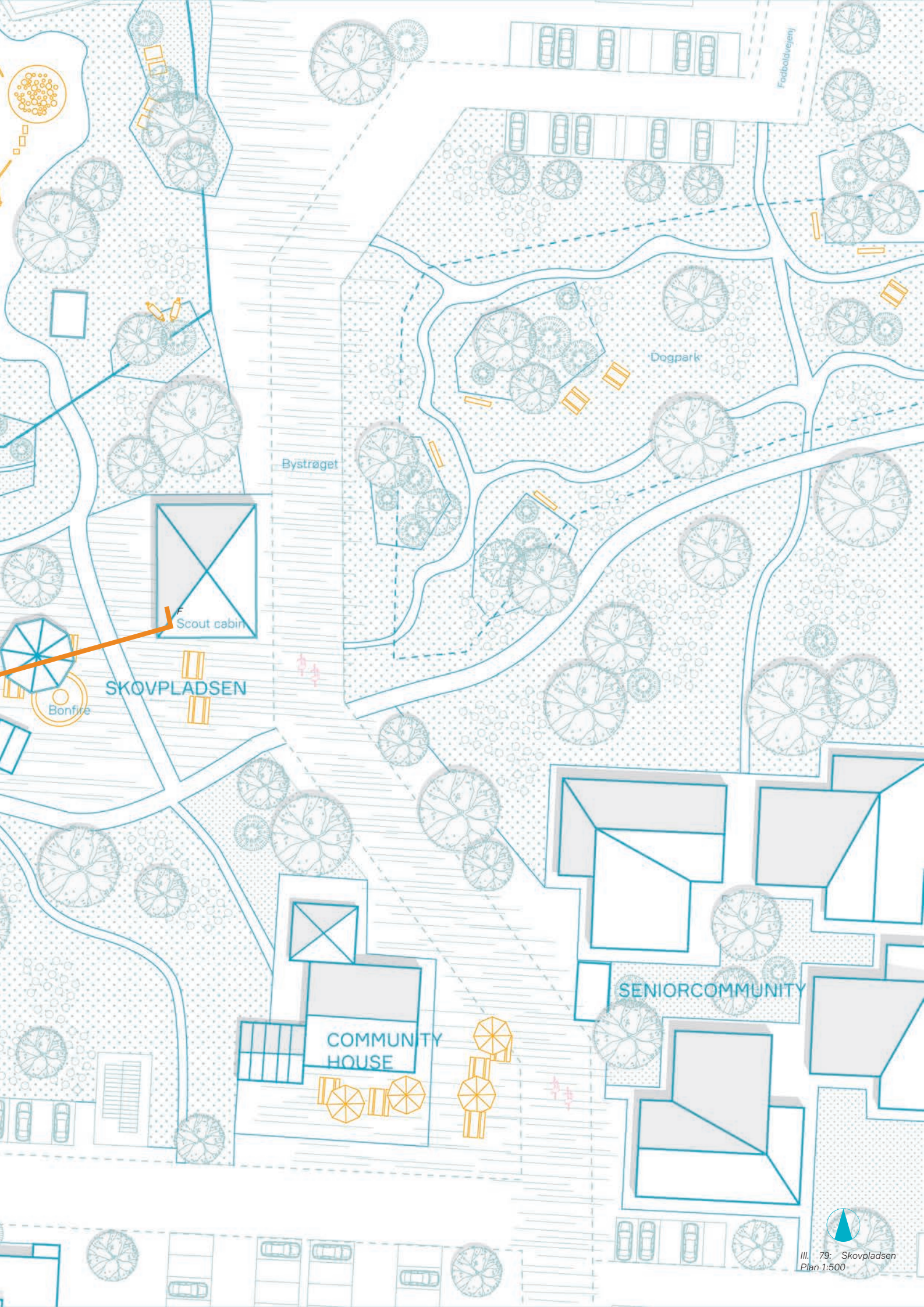
Naturstien

FAMILY
HOUSING

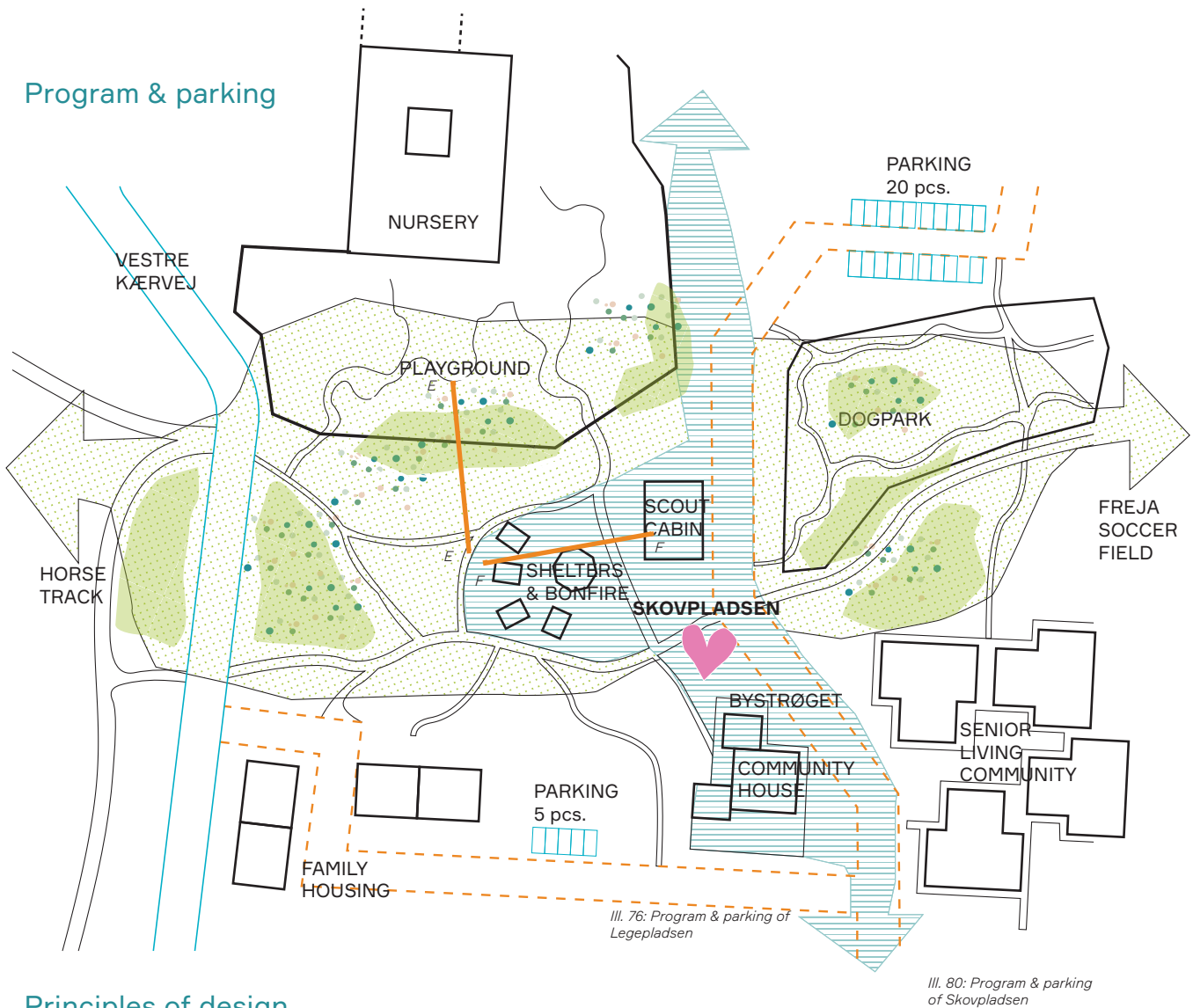
Skovvejen

Vestre Kærvej

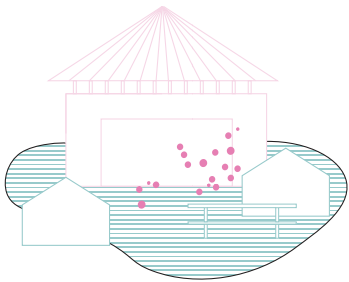




Program & parking



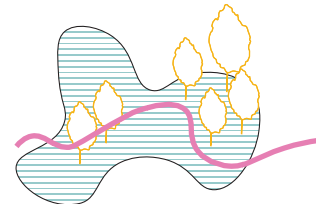
Principles of design



Shared facilities for people from Ressourcefællesskabet and Aalborg Vestbyen to use and enjoy



The Kindergarten has direct and easy access to larger outdoor and green areas.



III. 81: Principles of design for Skovpladsen

A knot in the neighbourhood

Skovpladsen is the urban and green space where Bystrøget meets the recreational belt connecting the race track, Ressourcefællesskabet and Freja soccer club. With a knot of shared facilities to engage meetings, club arrangements, bonfire, camping and birthday parties Skovpladsen brings together people of all ages in everyday encounters and arranged activities.

The kindergarten and elder care center can naturally access Skovpladsen to do special trips beneficial for both the children and elder residents. The playful character of the playground continues across the fence creating a playground with a forest identity that are accessible for all children and playful spirits of the area.

Bystrøget creates a connection between the bonfire area and the community house shared by the family houses and senior community living families and seniors of the area.

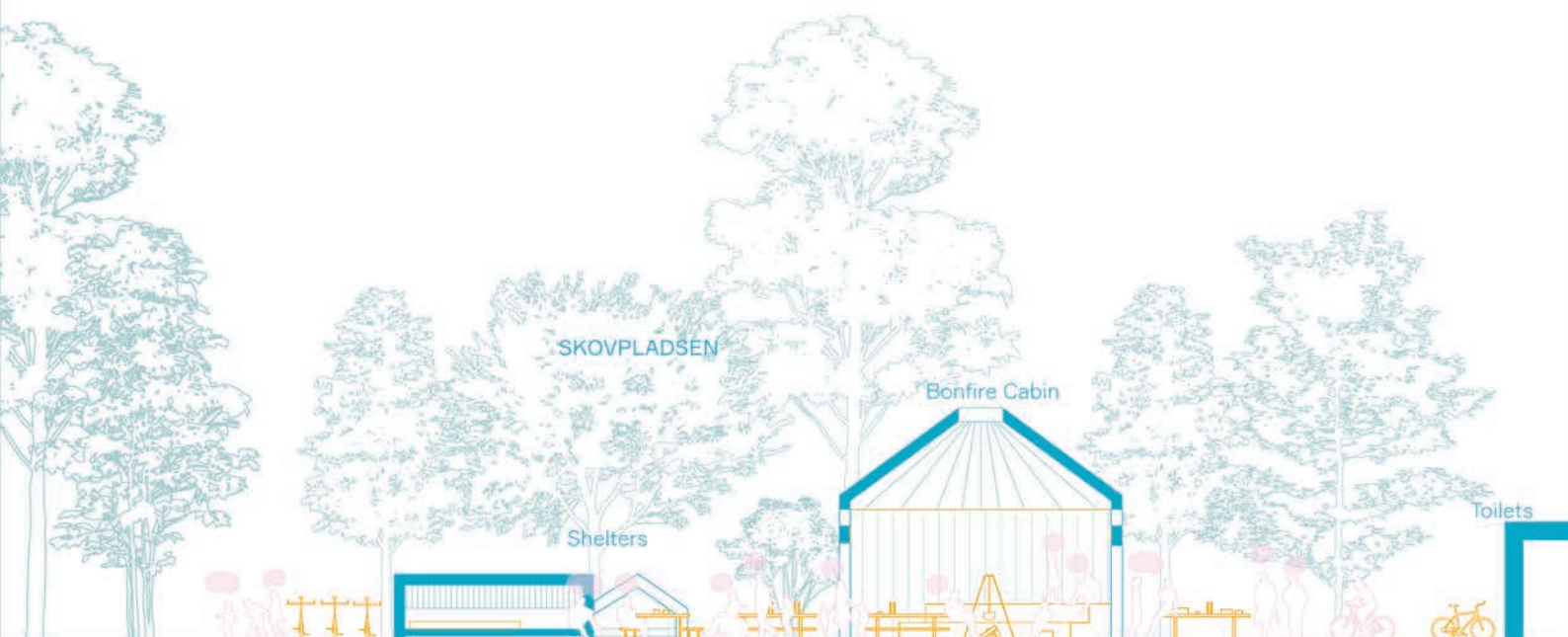
The scout cabin makes it possible for the cultural identity of the area to reflect and move in the neighbourhood with clubs and community activities.

The dog park has become an integrated part of the park and forest area making it possible for dog owners and dog interested to take a walk or eat a picnic in recreational outdoor areas. Skovpladsen is the center of a net of paths and connections leading in every direction.

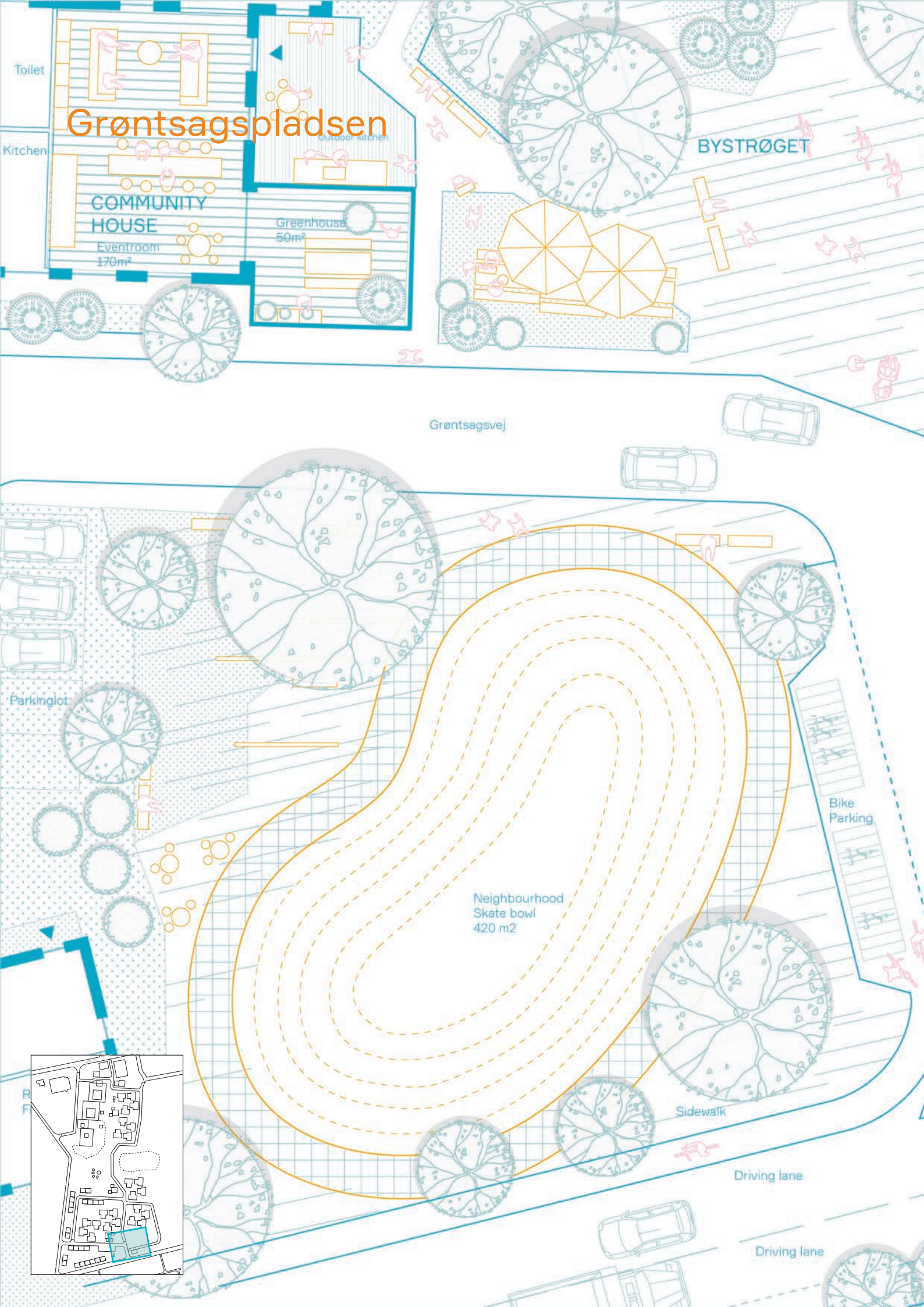
The green belt varies in identity with dense and open spaces for different atmosphere and landscape.



III. 82: Skovpladsen
Section EE 1:200



III. 83: Skovpladsen
Section FF 1:200



Grøntsagspladsen

BYSTRØGET

COMMUNITY HOUSE

Eventroom
170m²

Greenhouse
50m²

Grøntsagsvej

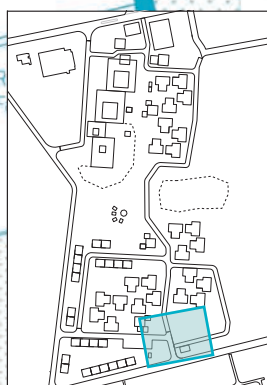
Neighbourhood
Skate bowl
420 m2

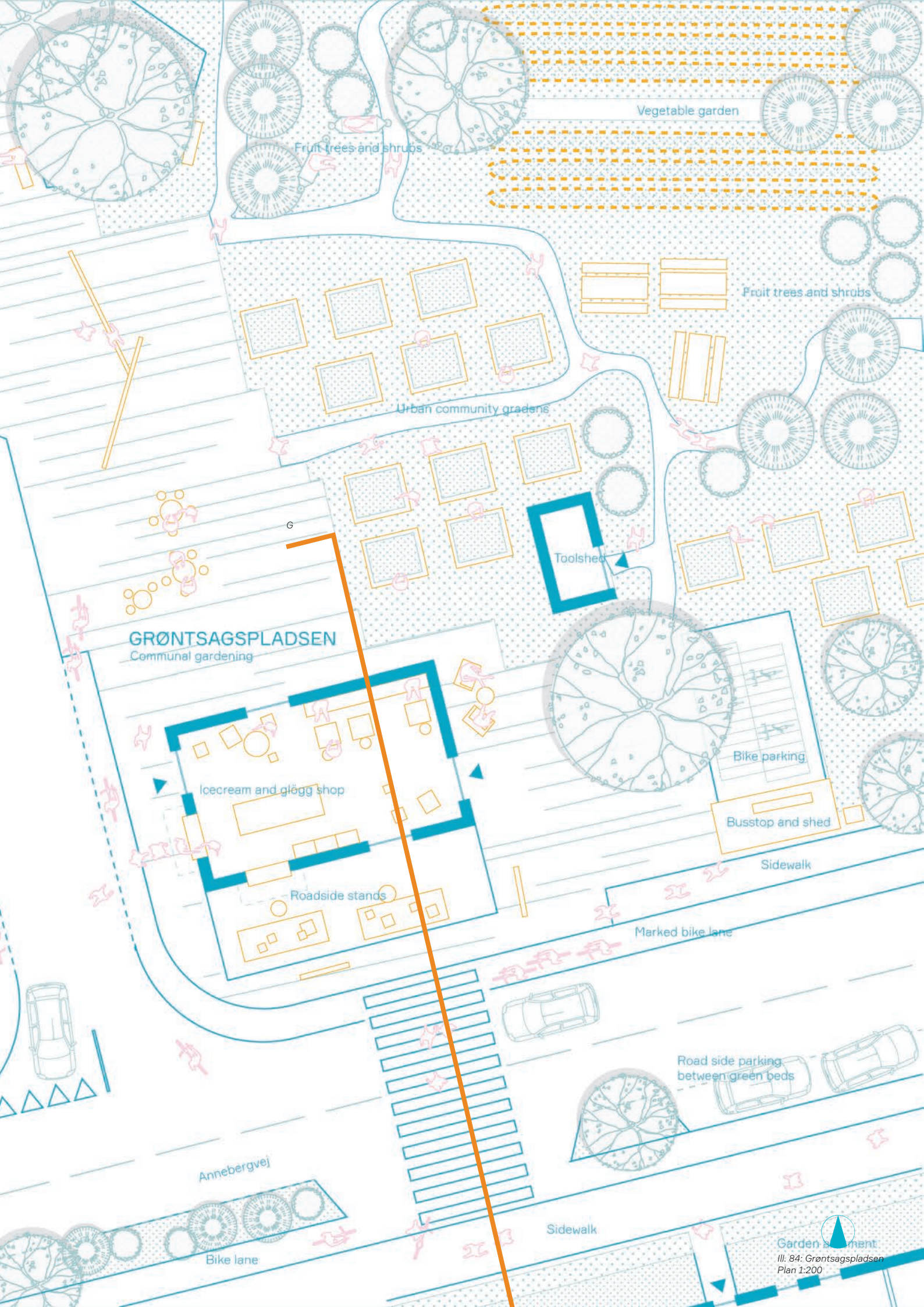
Bike
Parking

Sidewalk

Driving lane

Driving lane





Vegetable garden

Fruit trees and shrubs

Fruit trees and shrubs

Urban community gardens

Toolshed

GRØNTSAGSPLADSEN
Communal gardening

Icecream and glögg shop

Bike parking

Busstop and shed

Sidewalk

Marked bike lane

Roadside stands

Road side parking
between green beds

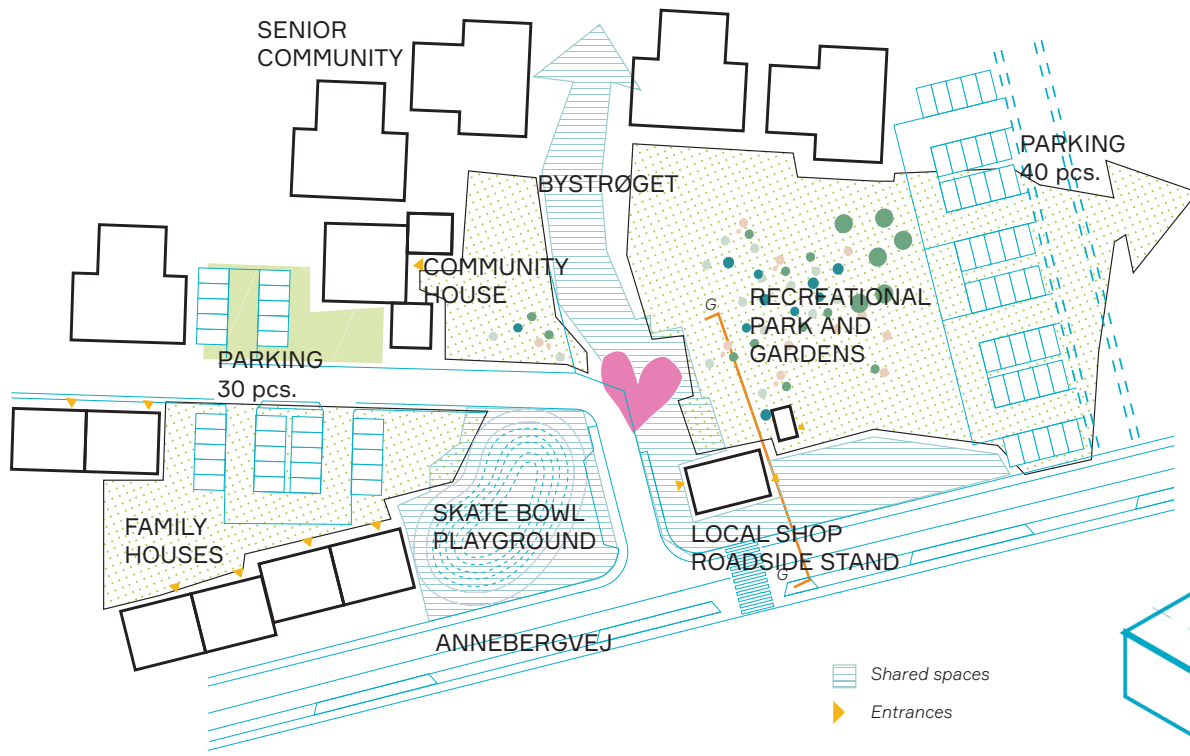
Annebergvej

Bike lane

Sidewalk

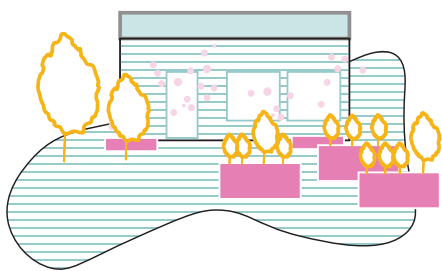
Garden document
Ill. 84: Grøntsagspladsen
Plan 1:200

Program & parking

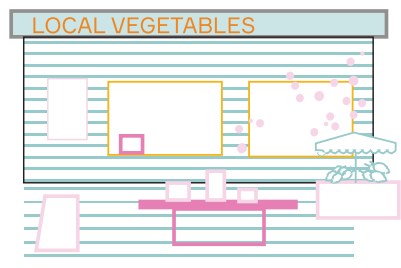


III. 85: Program & parking of Grøntsagspladsen

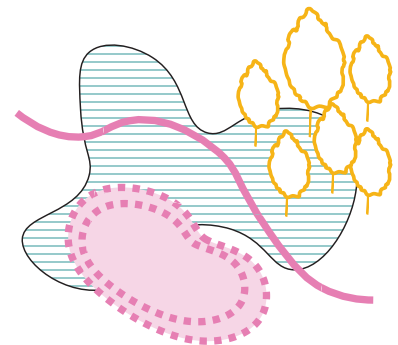
Principles of design



Public and shared facilities inviting the surrounding community & connecting to Annebergvej



Facilities for local entrepreneurship and temporary local shop



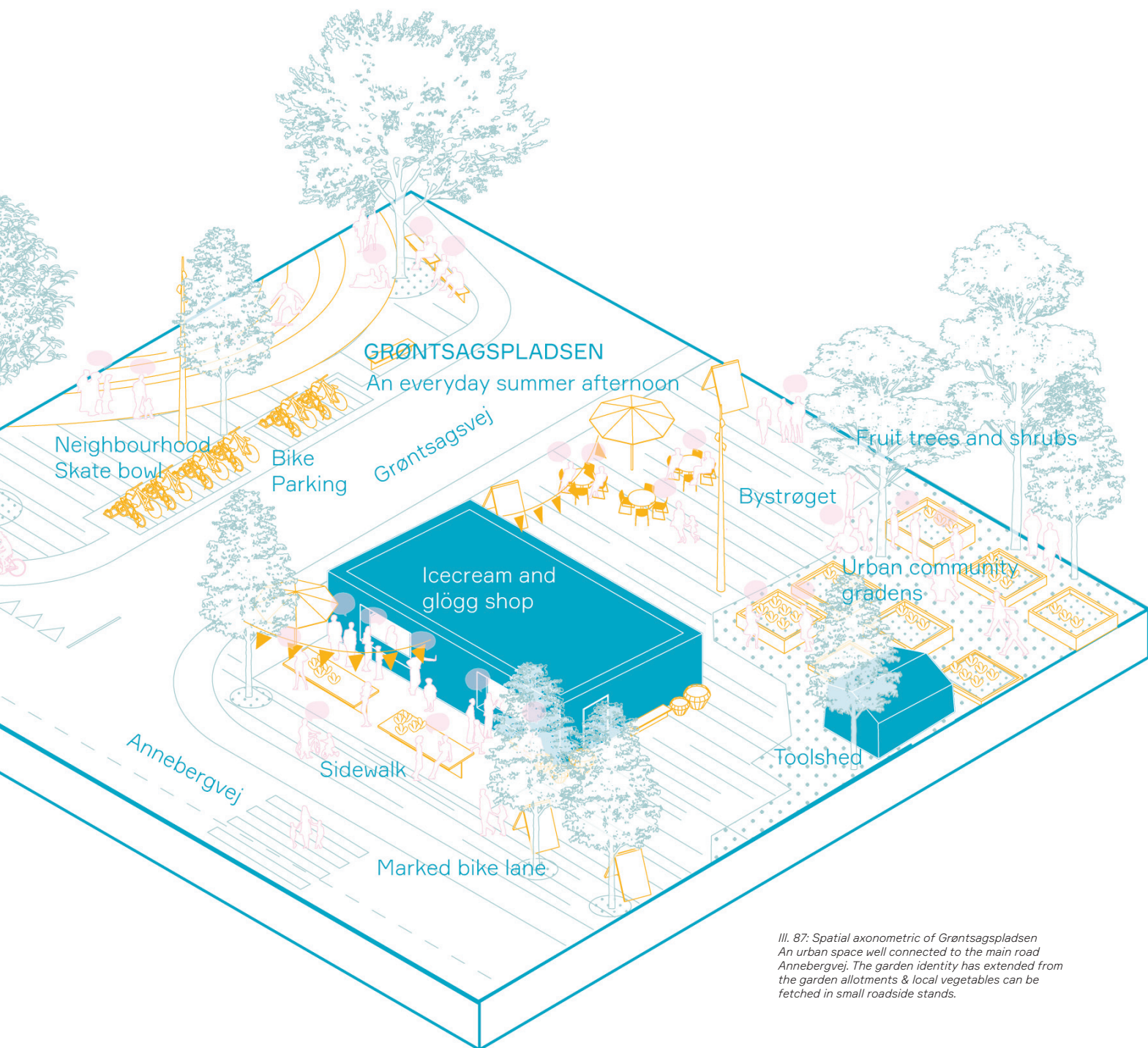
Recreational, flexible & active outdoor space, park & playground

III. 86: Principles of design for Grøntsagspladsen

Locally grown vegetables

Grøntsagspladsen is the urban space that connects and attracts people from the neighbourhood, Aalborg Vestbyen and the gardens allotments across Annebergvej. The area of the green beds can be used by residents of the area with an interest of homgrown vegetables and plants. With a flexible and rentable roadside stand people from the neighbourhood and garden allotments can sell vegetables or local entrepreneur spirits can sell ice cream in the summer or homemade pastries in Christmas time.

The skate bowl playground can entertain and attract children and young people in the area to meet up and practice a variety of skills or throw competitions in the weekends. The multiple parking facilities can benefit both the neighbourhood and the garden allotments as they are in big need of more parking facilities.

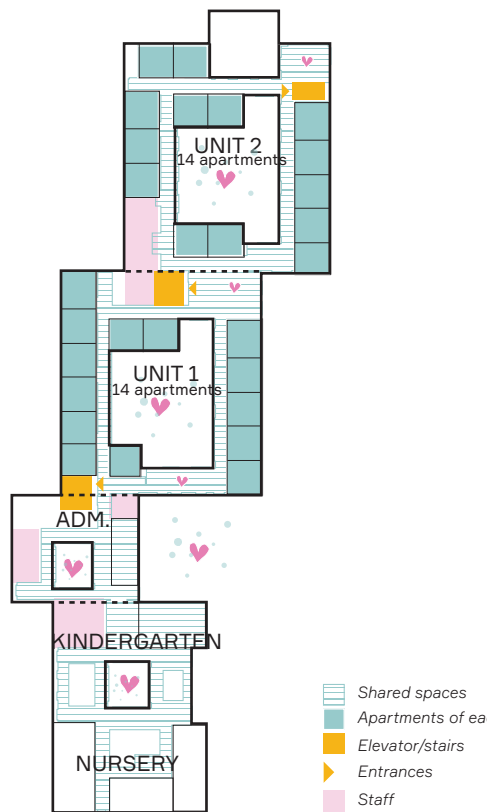


III. 87: Spatial axonometric of Grøntsagspladsen
An urban space well connected to the main road Annebergvej. The garden identity has extended from the garden allotments & local vegetables can be fetched in small roadside stands.



III. 88: Grøntsagspladsen
Section GG 1:200

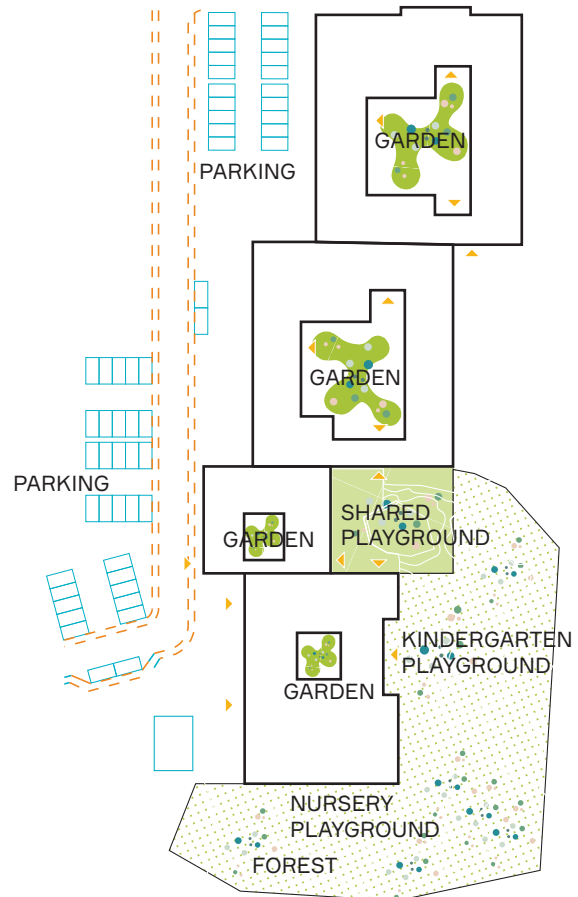
Elder care home & kindergarten



Ill. 89: Care home x kindergarten Indoor program, groundfloor

INDOOR PROGRAM

The shared spaces allow interactions and community within the Elder Care Center and with the Children Daycare. The house also allows flexibility to close off different areas if needed.



Ill. 90: Care home x kindergarten Outdoor program

OUTDOOR PROGRAM

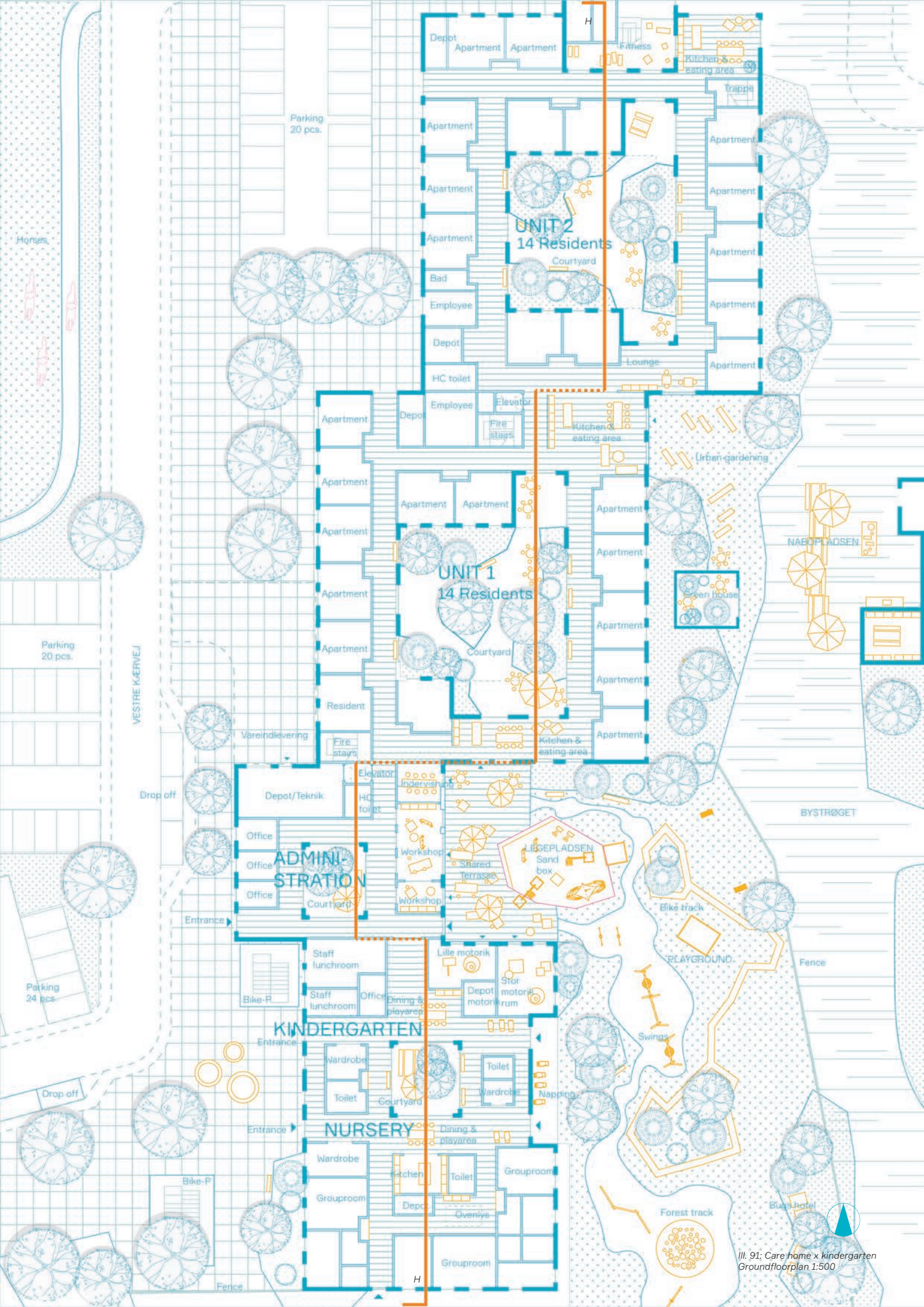
Recreational outdoor areas are offered for the elder resident, the children and the staff through 4 courtyards incorporated in the building stock. The courtyards allow sunlight to distribute in the building, garden-like spaces to eat and rest, and secure conditions for the elder and children to move freely around. The Playground allows both shared play and age specific play.

A combined house

The combined house of an Elder Care Center together with a Children Daycare creates a physical framework that allows the typologies to share resources and for the elder care center to benefit from the children daycare and the children daycare to benefit from the elder care center. With shared facilities such as the workshops, outdoor terrace and playground the elders and children can engage with each other in different levels in both an arranged setting and in an everyday setting. The staff of the daycare and elder center can share facilities, knowledge, courses, and lunchbreaks and easily arrange and organize activities across

The 70 residents of the dementia friendly elder care center are distributed in 5 housing units of 14 apartments across

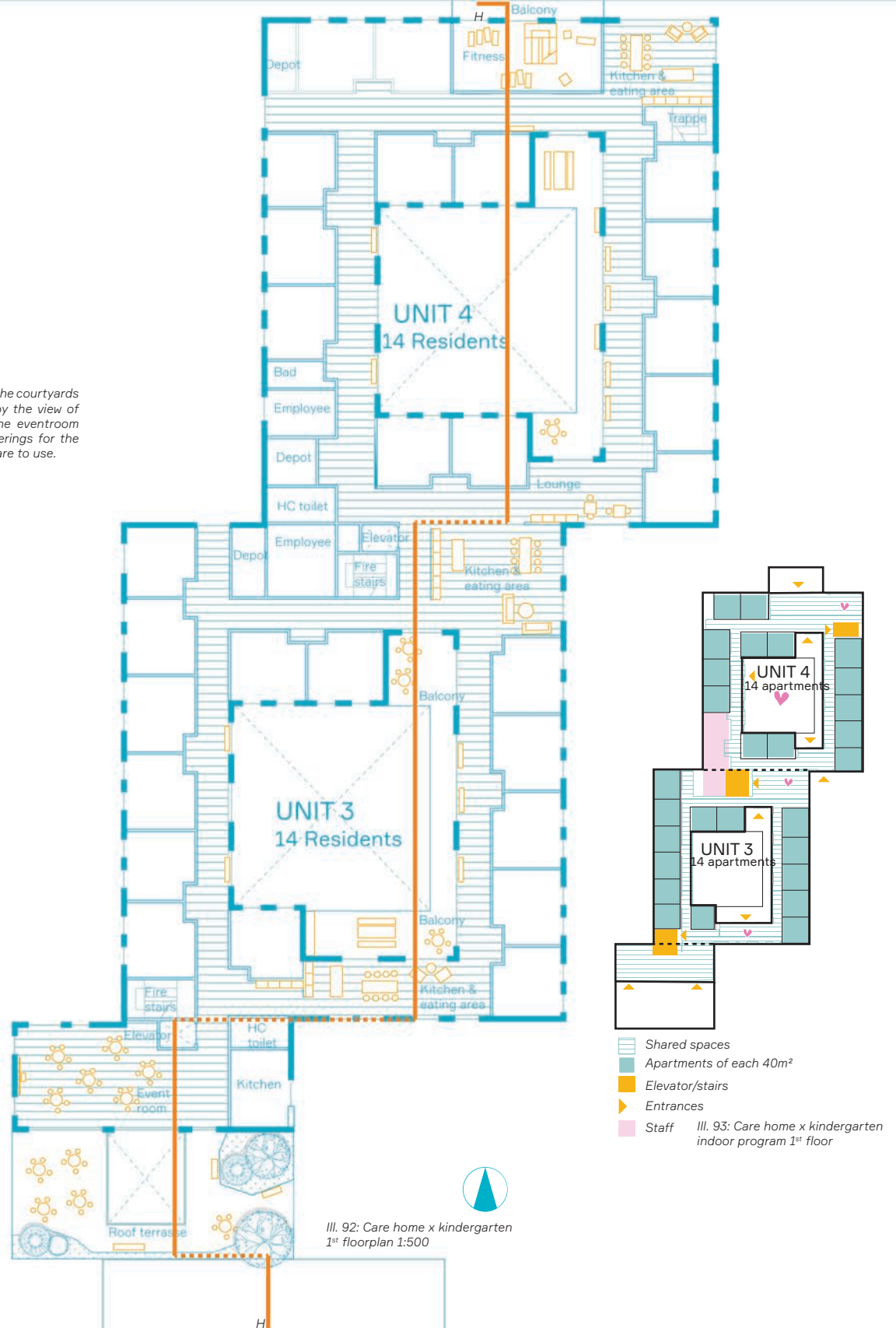
three floors. The residents can beside the playground access more private outdoor spaces with direct and safe access to the two courtyards from the common areas. The two courtyards are designed as gardens with recreational planting, small pockets to sit, to smell, to listen and to socialize. Most importantly, the outdoor areas are safe for the elder resident to move freely around in. From the apartments the elder residents can always join the community in the shared areas and find their way back to their apartment as the movement in each unit is organized as a loop around the courtyards. From each apartment the resident can enjoy different views to either Bystrøget with a green edge in between, to Bypladsen or to the Horse Track and stabled horses on the side of Vestre Kærvej.



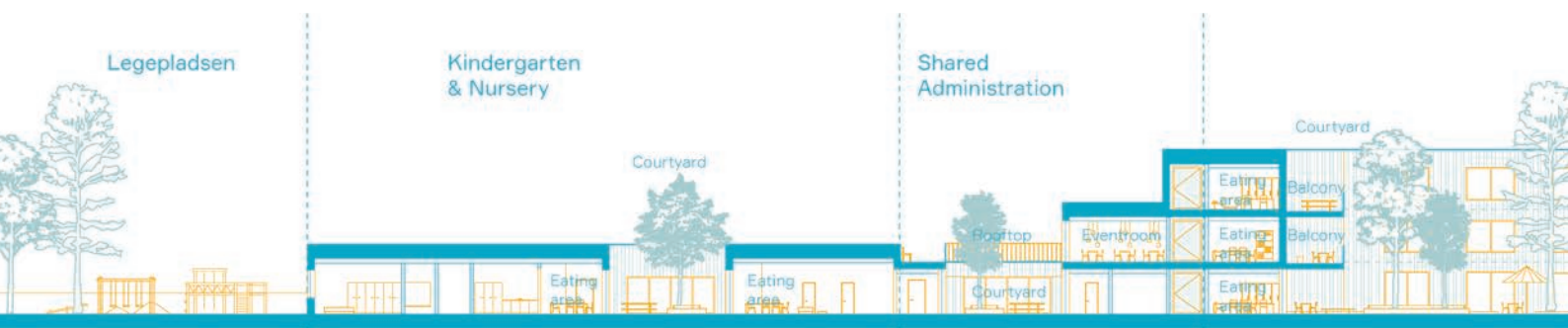
III. 91: Care home x kindergarten
Ground floor plan 1:500

1st floor

The residents of 1st floor can access the courtyards through the central elevator or enjoy the view of the treetops from the balconies. The eventroom is meant for smaller events or gatherings for the Elder Care center and Children daycare to use.

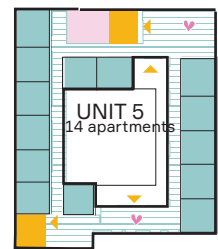
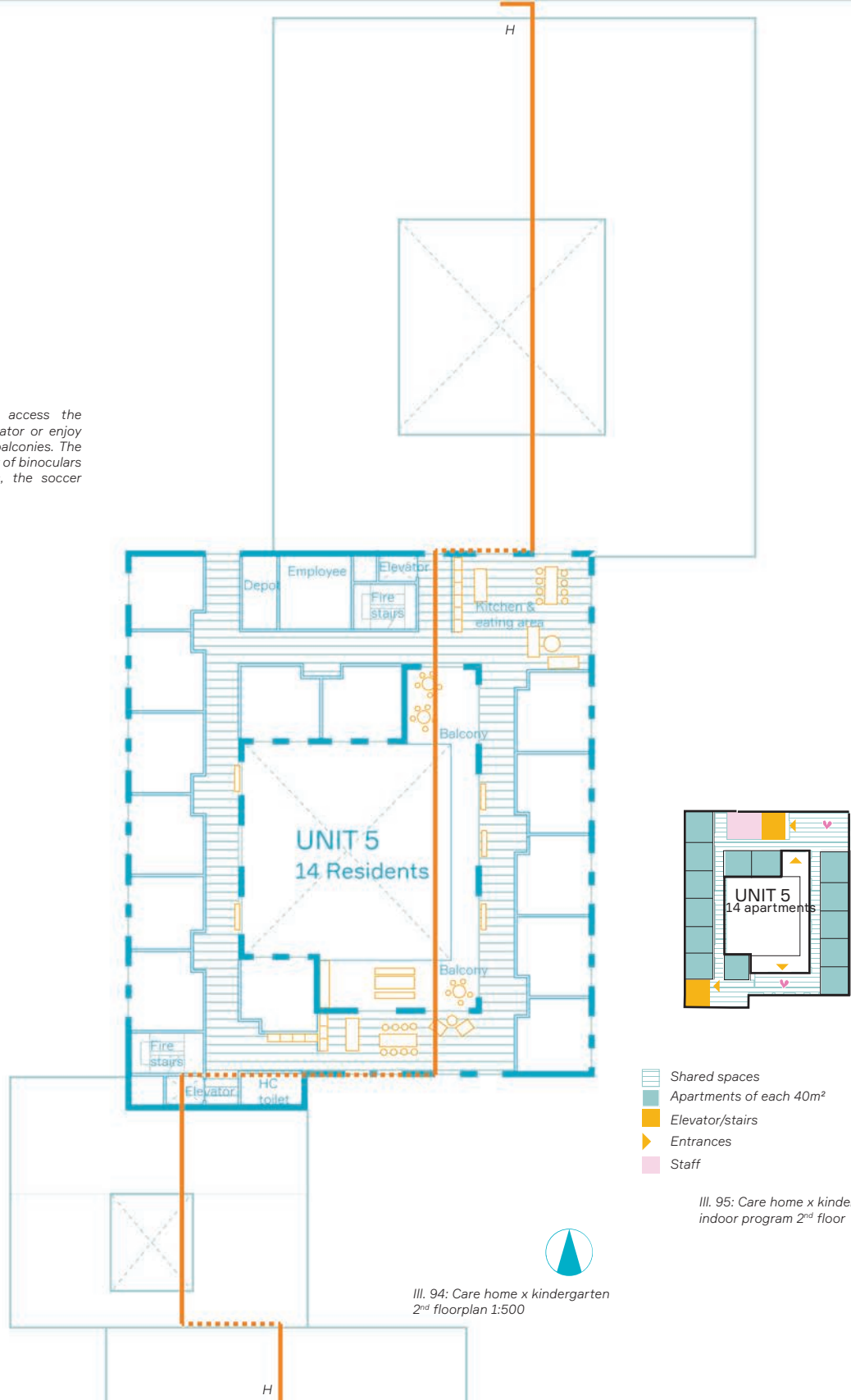


Access to outdoor areas

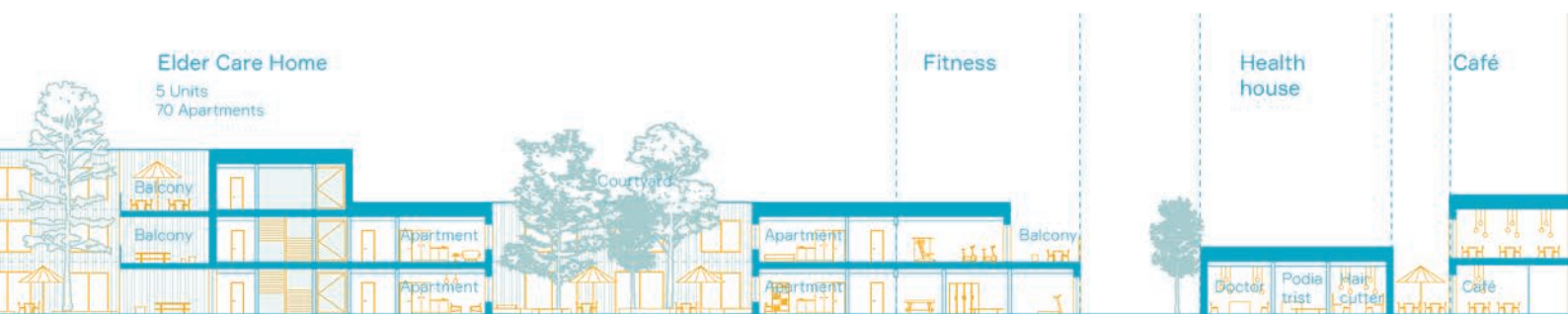


2nd floor

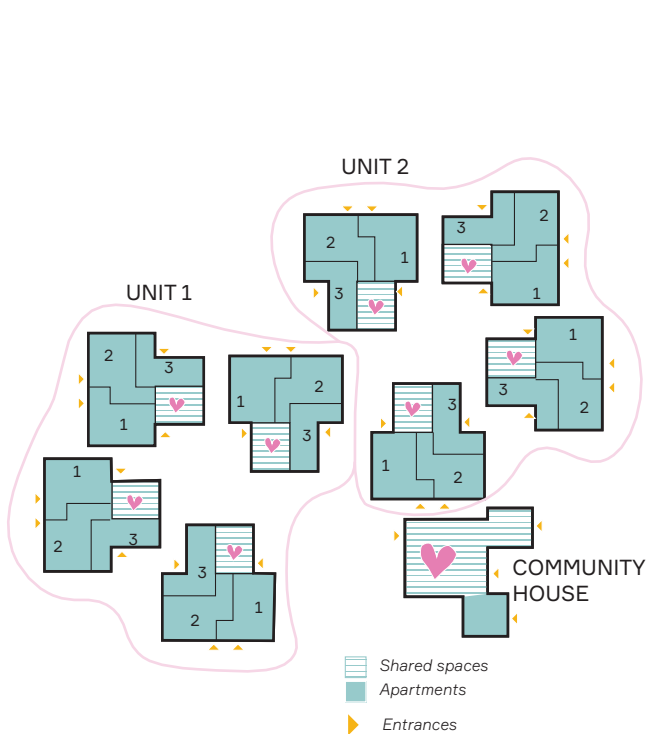
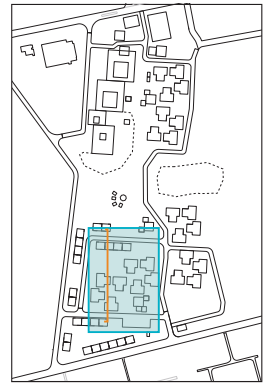
The residents of 2nd floor can access the courtyards through the central elevator or enjoy the view of the treetops from the balconies. The height allows the residents with a pair of binoculars to keep up with the horse tracks, the soccer matches and Limfjorden.



III. 95: Care home x kindergarten
indoor program 2nd floor



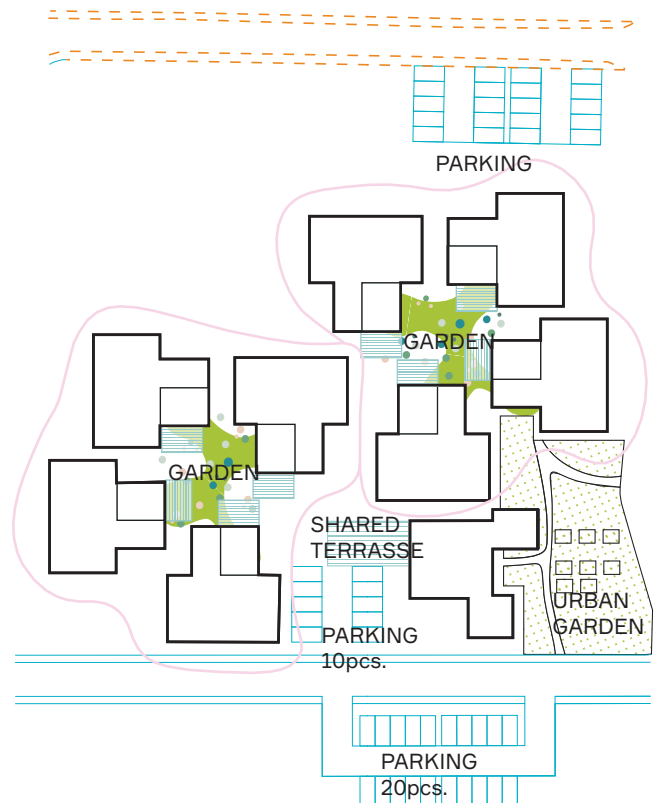
Senior living communities



III. 97: Senior community indoor program

INDOOR PROGRAM

Each community of 12 apartments are organized in pairs together with a community house. The structure allows privacy and different scales of social interactions and community.



III. 98: Senior community outdoor program

OUTDOOR PROGRAM

Each community has access to a garden area while a larger urban garden area is located between the community house and Bystrøget. Parking lots are arranged close to the houses.

Different scales of community

Ressourcefællesskabet consists of 6 senior living communities organized in pairs. Each community houses 12 residents making it possible for 72 seniors to live in Ressourcefællesskabet. The physical framework of the communities allows both the privacy of the individual resident, the small social interaction, the middle social meeting and the larger social gatherings and events.

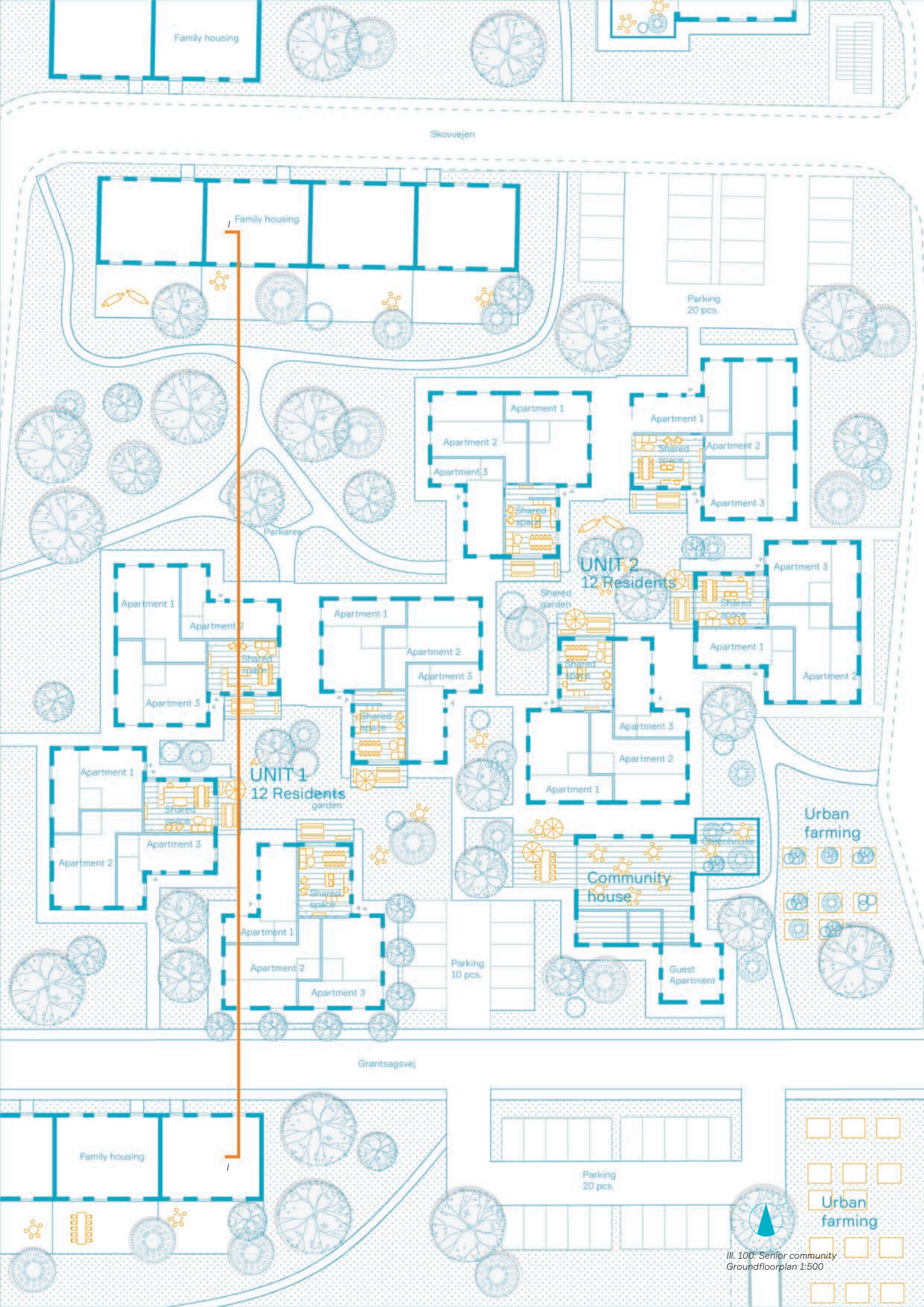
Each pair of senior communities has its own community house that is located along Bystrøget which allows larger social events across the communities. Together with the

community house is a guest apartment that can be used by friends and families of the residents for occasionally sleepovers.

Each community is structured with 4 residential houses with each 3 apartments that is full functional. Each apartment has an individual entrance from outside and a direct access to a shared kitchen and dining room which allow smaller social interactions within each house. The shared dining room and terrasse of each house faces towards to a shared garden area.



III. 99: Senior community Section II 1:500



III. 100: Senior community
Ground floor plan 1:500

05 EPILOGUE

Conclusion

Reflection

List of illustrations

List of references

Conclusion

Care from an Urban Design approach

The project aims to contribute to the debate on 'age-inclusive' public spaces in relation to the need for a new societal view on aging and how old people in need of care are left out of the planning and design of cities – becoming excluded from the local neighborhoods and essentially people.

An urban design approach to the planning and design of care homes enables a change of heart and focus - shifting from the physical design of interior spaces, thus, extending beyond the volume of the buildings trying to connect inside and outside life. The essential line of thought is to create a spatially integrated solution to the design of care homes and neighborhoods, thus creating the opportunity for intergenerational public spaces which push forward the needed change of perspective on old people and senescence.

Conducted methods

A variety of urban design methods were conducted for the purpose of gaining insight into current global challenges concerning aging trends, and the design of care homes, kindergartens, and senior communities, in addition to the understanding of the physical possibilities and constraints for the future development of the site in Aalborg Vestby. In

summary, the methods can be listed as, academic research of state-of-the-art papers within the field of urban design. Traditional urban design methods, the analysis of physical conditions of the site and context, and lastly, interviews with local experts and specialists on care home architecture, along with observations, and study trips to build projects.

Intergenerational public spaces

For designing a neighborhood of intergenerational meeting places, that focuses on the inclusion of a care home in the planning and design of the physical spaces, the care home is centrally placed in the neighborhood and in close relation to other urban functions and plazas. The concept presents a north-south urban street space prioritized for pedestrians to create a sense of safety around the central care home and kindergarten. It also creates the better condition for the overall walkability of this specific area of Aalborg Vestby which is experienced as a place with a lot of barriers and long distances between functions and activities, risking that the otherwise rich community life of spare time activities become introvert and excluding. The design opens and reaches out to the local community, activities, and physical context to invite them to the different public spaces, the plazas along the main street space 'Bystrøget'.

Bypladsen ...a place for public interests to meet, among buildings containing multiple activities, different everyday functions, and lots of other spare time activities and interests that gather people, within the neighborhood and across Vestbyen.

Nabopladsen ...a place for neighborly meetings between a diverse group of old people. The senior community and care home have a safe space to meet across the street in both indoor and outdoor spaces, often over food, gardening, games, and other activities. Not to forget simple neighborly everyday hellos and smiles.

Legepladsen ...a place for playful meetings and enjoyment. It becomes an everyday moment of joy for the old people at the care home to be able to follow the rhythms of the everyday life of the children. To watch them, and to play and laugh with them, through the small informal interactions and the pre-planned shared activities.

Skovpladsen ...a place for the public to meet in nature that connects the open characters of Vestbyen on each side of the site. The recreational and communal activities can extend onto the site and blend with the urban life on 'Bystrøget' and the connected urban plazas. The green recreational space supports the openness, flat, and recreational character of Vestbyen.

Grøntsagspladsen ...a place for all to meet across the street and engage in local activities, such as communal urban gardening, local flea markets, and play, activating the street, Annebergvej, and inviting people to walk north across the site, an on the way to linger and interact with the people in the neighborhood, and none the least the old people at the care home.

Each public space presents opportunities for different activities and interactions of people, all connected with the same street, which takes one across the area connecting to the popular recreational space at Vestre Fjordpark.

A new perspective

Ultimately, the proposal seeks to utilize the surrounding city, and its urban potentials such as the recreative characters, the infrastructure, and functions. To improve the connecting street spaces along Annebergvej and Skydebanevej while proposing new pedestrian connections that should improve the walkability of Vestbyen and remove the experiences of multiple barriers and prioritization of cars.

The 'urban care' intertwines with the intentions of inclusive planning and design of a care home, the discourse we call 'people care', which focuses on the social life of old people in this project, trying to improve their quality of life. And with the design proposal we seek to push for a change of perspective on aging, to replace it with a new and positive view, that focuses on the inherent value of people and has a more nuanced view of age, abilities, and how old people contribute to the social life in this neighborhood – and in our cities in general.

Reflection

Site location

The choice of site and location for the project was based on the municipality's already existing and initiated plans for an elder care home along Vestre Kærvej. As urban designers, the specific building plot seemed rather isolated, small, and incidentally based on the guidelines of how to design an elder care home published by Aalborg Municipality which does not focus on urban planning and the design of cities (Senior & omsorg, 2021). With an ambition to approach the design of the elder care home from a wider perspective in better relation to the context, and local conditions, becoming an integrated part of the social life in our cities, the project focuses on widening the physical boundary, to work on the entire area between Skydebanevej, Vestre Kærvej and Annebergvej (see own illustration no. 7). The location of the elder care home in this area in Aalborg Vestby does for some part make sense as it supports the existing institutional character of the area with kindergartens, schools, and other elder care facilities. However, the area is also very highly affected by the lack of development, large unprogrammed areas, and a lack of overall strategy. The area is closely related to the characteristic and dense Aalborg Vestbyen, and yet has a totally different atmosphere, as the area appears abandoned with few, isolated, and scattered urban structures, and with equally scattered plans for development, with no strategic relationship to one another. An aspect that has caused many challenges and difficulties in the development of this project proposal, making us second-guess if we even widened the physical site boundary enough or if the project is still too narrow-sighted. The new neighborhood: Ressourcefællesskabet, and appurtenant densification of the area within the site boundary, can appear like an independent island in the middle of an, otherwise, very open and unprogrammed area. Leaving a wide and open gap between the dense Aalborg Vestbyen and the new neighborhood. A strategy that is sought in other cities like Aarhus as an example with the large development of Aarhus Ø. The development of the area began with the building plots farthest away from the established city center and slowly over the years, individual build projects have filled out the gap in between. A strategy that requires well-established development plans to ensure the coherence of the area as a whole and most importantly good physical connections.

The missing cohesive and robust strategy for the development of the entire area between Vestbyen and Mølholm also affects the condition for creating a flourishing urban area on the chosen site for this project. Planning

and designing for better connections to the vibrant urban life in Aalborg Vestby along Annebergvej and Skydebanevej would have ensured a greater success of Ressourcefællesskabet as a neighborhood, as the design risk being experienced as an isolated island, as a condition of the existing large roads and open unprogrammed land. The project has sought to accommodate these aspects by dissolving dominating physical boundaries in the form of fences and dense green belts in the area to facilitate better connections across the site boundary. The design and focus on Bypladsen, Grøntsagstorvet and Bystrøget aim to connect and offer another way to activate the main roads; Skydebanevej and Annebergvej which connect the neighborhood with Aalborg Vestbyen by creating functions, edges, and a design that opens and connect instead of closes off and builds fences. A further exploration of the surrounding nearby public spaces, beyond the chosen site of interest, could have had great potential to create better urban connections on a larger scale, essentially creating better conditions for urban life.

The Elder care center - safety or inclusion

Ressourcefællesskabet was raised from an empathic belief that residents of elder care homes would have better conditions and increased quality of life if the development of the institution went beyond the architecture and built form expanding into the realm of urban design. Ambitions were to push for a new perspective on the planning and design of care homes to include the design of urban spaces, connections, neighbors, and other facilities. So that it could be possible to "design" a neighborhood with a rich social life, for the purpose of creating a better life for the residents of the elder care home, but also raising the quality of our built environment, to become more age-inclusive and to challenge the negative perception of old age and elder care homes. By including old people in the design of cities and neighborhoods, they are easier to be thought of as a resource instead of a burden of the welfare society. An age-inclusive design of our cities, for the elder care home to take part in the physical planning and design of our urban spaces, it might change the perception of how we live out our old days. On average residents of an elder care center lives at the care center for two years and eight months. A third only live there for a year (Ældresagen, 2022).

Dementia is a frequent reason why elders move to an elder care home today and the illness sets specific criteria for how to secure safety without causing isolation and loneliness. Ressourcefællesskabet has attempted to balance the perspective of safety in this matter. Visits to the two existing elder care homes: Fremtidens Plejehjem and Tornhøjhaven have been great examples and inspirations on how the physical design and context impact the safety and degree of isolation or inclusion in the surrounding city.

Fremtidens Plejehjem is an example of an elder care center that is not designed for the care of dementia residents because of the lack of safety due to the openness and in-house activities (day center) which are directed to people and seniors from the surrounding community. The residents have limited access to safe outdoor areas and poor connections to the local neighborhood due to apartments placed on the 1st. floor and above.

Tornhøjhaven is a fully safe and dementia-friendly residential care home with a courtyard building structure that turns inward towards itself, ensuring safe outdoor areas, with easy outdoor access from the ground floor apartments and a centrally placed activity center (day center) that is directed to old people from the surrounding neighborhood. However, the connection to the context and feeling of inclusion within the city is compromised by the level of safety and its residents become isolated from the life outside the elder care home on an everyday basis.

Ressourcefællesskabet attempts to create a positive coherence between the elder care home and the children's daycare to exchange resources, everyday encounters, and interactions. The combined house aims to create flexibility to secure necessary everyday routines within each institution and at the same time create a better foundation for communication and community across the staff, children, and elder residents. The house is dementia friendly with safe movement in-house and to outdoor areas, recommended unit structure, number of apartments, and shared spaces for the community. Meaning that safety and interaction with the children's daycare have been a high priority while the activity center (day center) facilities and activities such as the library, café, haircutter, doctor, and workshops have moved out of the elder care home. The decision of taking the facilities out of the elder care home was made with the intention of creating an urban inclusive public space with activities, flexible urban spaces, and facilities for active old

people to meet and interact, all intentions that have shaped the design of Bypladsen. However, the physical division of these facilities and the elder care home can potentially keep the residents of the elder care home from freely using the facilities as the issue of safety is challenged and the residents would potentially need assistance to exit the elder care home to access Bypladsen. Another potentially negative effect of this division is the lack of acquaintance seniors from the area otherwise would make to the elder care home if they were to enter in-house activities and functions of the day center – like on Fremtidens Plejehjem or Tornhøjhaven. The effect of making the elder care home more familiar and natural for seniors to move into, if necessary, can be lost in the chosen structure and design of Ressourcefællesskabet.

Different design solutions and arguments try to compensate for these possible challenges; the short distance between the elder care home and Bypladsen is essential as the northeast corner of the care home faces towards Bypladsen. Not only does it secure a short walking distance along Bystrøget which is mainly car-free, but it also secures visual connections from shared spaces in-house making it possible for the elder residents to observe the life and activity taking place on Bypladsen. The fitness facility becomes a physical link between the care center, the elders from the surrounding community, and other citizens at Bypladsen as it physically attaches to the care center and creates free and safe access for the elder residents to do physical activities, while it is an integrated and public facility from Bypladsen. Another argument would be that the elder care home has close access to more facilities as they are part of the city, becoming an everyday resourceful user and part of public life, beneficial for the local economy to facilitate a wider variety of offers and activities that otherwise would be less due to financial costs. The division and location of shared public facilities towards Skydebanevej is a conscious decision to create a better connection to the existing identity within the context, the different public cultural offers, clubs, and community activities.

The discussion has fed several design proposals and solutions in an attempt to solve and balance the matter of urban and people care, and the issue of safety and inclusion of the elder care home in urban planning and design, trying to create more age-inclusive-cities through intergenerational public spaces that focus on the combination of functions, activities, and people across ages.

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