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Master's degree in Architecture for the Sustainability Design

Master's degree thesis

*Elderly in the post-pandemic city: a critical understanding towards
a multigenerational housing strategy*



**Politecnico
di Torino**

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Abstract

The COVID-19 pandemic prompted a complex debate on social and spatial inequalities, by publicly revealing and intensifying inequalities that were already there. As the pandemic unfolded, it became clear that there were higher levels of infection, hospitalisation and death especially in the older adults which were the most affected. But the higher risk of getting the virus due to being old was not the only problem they were facing. Older adults nowadays are marginalised from society, both on the outside and inside scales, being forced to go and spend the last years of their lives in pensions or asylums, which generates feelings of loneliness and isolation from society.

Outside meaning risks and problems that emerged for the elderly in the post pandemic city; while inside is related to the mental and spatial inequalities that old people suffer due to being isolated in their homes or pensions. This feeling of loneliness comes because of considerable societal changes in contemporary societies, that make the naturally occurring opportunities for interaction between the generations are not as prevalent as it once used to be (Buffel, et al., 2014). Therefore, it is crucial to address loneliness both on an individual and community scale. To address this challenge, it is essential to facilitate inclusive and varied meeting places that lower the threshold for participation and natural meetings between social groups. In this sense, the development of multigenerational and intergenerational approaches towards community planning gains importance, as a mechanism for strengthening generational proximity, improving understanding and communication, and fostering a commitment to reciprocity and solidarity.

The thesis questions the role of architecture and urban design by exploring the concept of multigenerational housing as a strategy facing these existing social inequalities and how those can affect the integration of the elderly.

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INTRODUCTION 00

00. Introduction

According to Lefebvre (1992), “moments are significant times when existing orthodoxies are open to challenge, when things have the potential to be overturned or radically altered, moments of crisis in the original sense of the term.” Lefebvre was privileged by the importance of the instant, and the instant is now. The COVID pandemic of today is the crisis we need to overcome. A crisis that can be seen as an opportunity to do things we did not think we could do before or to rethink the very way in which we came to understand them in the first place.

The outbreak of COVID-19 since January 2020 makes a tremendous shift on people's life and behaviour. Social distance and continuing lockdown give a sudden pause in the active urban life and people are forced to fit in an extreme situation with a quick response. The pandemic had and will have enormous economic, social and structural impacts, and the consequences are yet to be defined. It is precisely these unanswered questions capturing the interest of many researchers in a variety of research fields. Besides the focus on medical studies, a great interest has been recorded in studies connecting loneliness and how this affects people over 65 years old, revealing the already existing debate on social inequalities.

The pandemic affected people of all ages, but one of the groups that was most impacted by these changes were the older adults, and those with underlying medical conditions. Social isolation has also negatively impacted people's mental health, but the older population has suffered most being away from their family and friends and community out of fear of catching the virus. In addition, the population of older adults is growing in Europe therefore, the necessity for long-term care facilities to cater their specific needs, while keeping them safe and engaged with the community is important. Facing this issue, a new approach named multigeneratio-

nal living unfolds, a place where people from different generations can live together and share the same spaces, creating a sense of community.

In this context, the interest in making a research with a framework composed of a variety of fields that are interrelated comes to light, including pandemic, the city, ageing population, loneliness and multigenerational approach. Using our hypothesis as a guide: Elderly in the post-pandemic city: a critical understanding towards a multigenerational housing strategy, the goal is to arrive to explore through a theoretical framework the multigenerational approach and see if this can actually be a solution to the ageing population problem that most European countries are facing. In light of this, the article by Buffel (2021) *Locked Down by Inequality: Older people and the COVID-19 pandemic* is taken as a base of inspiration, awakening several doubts and uncertainties regarding the issues presented.

During the realisation of the thesis, two concepts are presented in order to better understand how the city and the individuals are connected to each other and in constant relation. The concept of outside arose as a way of understanding the city and transient urban densities, with the purpose of creating a scenario that displays the infrastructure of the city and its components. Interpreting components as the fluxes, networks, densities, population, economies, cultures, politics and many other aspects that interact with each other. The emphasis is placed on how the individual is related with the outside, and the importance of it in moments of crisis. Is under this paradigm that the concept of inside arises, being a space composed by the rhythms that form part of the backdrop to daily life, often unnoticed or habitual in nature, but affecting how we inhabit spaces. During the elaboration of the thesis, these two concepts are analysed from several points of view according to each chapter, imposing a debate about the possibility of the existence of one without the other.

The thesis is structured in three parts. The first part is composed of three main chapters in which the field of urban studies is introduced and a theoretical critical understanding is made. Starting from the first chapter, the main problem is developed: the COVID-19 pandemic. A study of the context of the pandemic and its relationship with the city is made, in which the problems that emerged from it are analysed. The role of the city in relation to the concept of the outside is introduced with the aim of exploring how the crisis can be taken as an inflexion point, using the urban design as a tool for the integration of people and spaces. During the pandemic, the most affected group of people were the elderly, who not only suffered due to being more vulnerable to the virus, but also because of the loneliness that the social isolation brought, which deepened an already existing inequality.

Further on, in the second chapter, a deep analysis is made on the previously mentioned inequalities, with a focus on the loneliness that old people suffer on a day to day basis. Aggravating this, the amount of old people in European countries is growing and it is expected to continue doing so in the next 30 to 50 years. To that end, this chapter is specifically made under the exploration of quantitative data and theoretical information in order to reach a knowledge of the existing ageing phenomena in Europe.

As a response to this problem, the third chapter studies the multigenerational concept, where a critical understanding in addressing loneliness both on an individual and community scale becomes crucial. The concept of multigenerational architecture unfolds as a response and as a possibility, making a comeback with homes defining new models of coexistence, bringing people from different backgrounds and generations together under one roof. And showing that living together can lead to greater independence, always creating a sense of community. The different characteristics of multigenerational spaces are explored, proposing

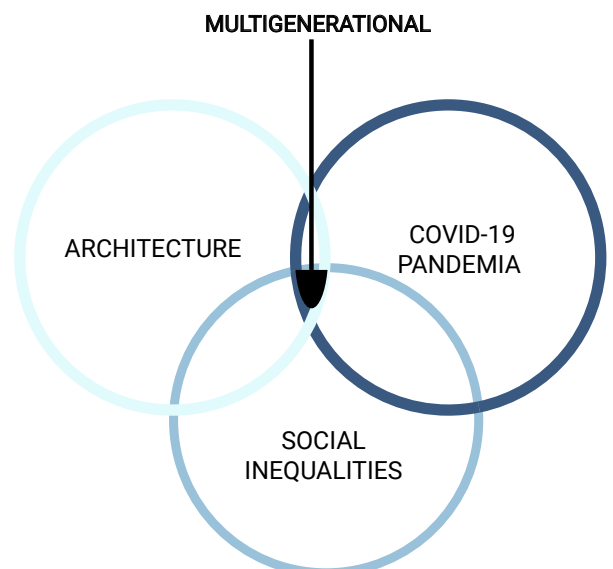
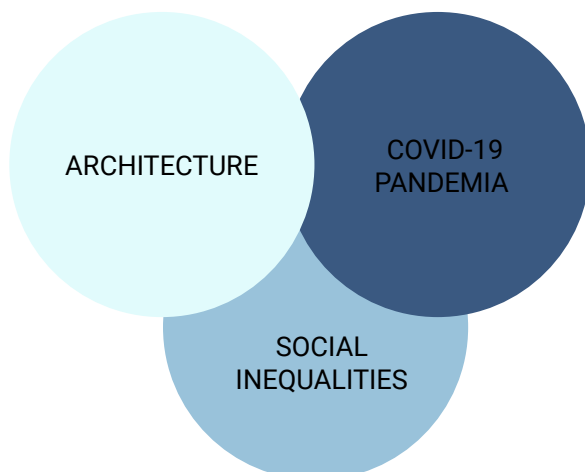
different typologies and forms of designing spaces that promote social interaction and connection between the inhabitants of the buildings.

The second part is composed of an exhibition of catalogue that are chosen to have a profound investigation on the domain presented. An horizontal investigation is proposed sustained by a theoretical framework and use of secondary sources. The aim of this chapter is to show how the multigenerational approach works in different countries in Europe, by understanding the conceptualization of the approach as existing solutions around the continent. The analysis exposes the importance of the relation between the inside and the outside, meaning the link among the building and the city. The examples were chosen not only due to the fact that they are multigenerational buildings, but also because of the relation that exists between them. The analysis is focused on creating a pattern connecting the different examples, finding in common that they share a strong bond between the building and its surroundings, between the young and old people, and with the creation of common and shared spaces.

The third part will provide a vertical analysis of two different case studies. The achievement of the analysis is obtained by different methodologies, such as qualitative methodology investigation, theoretical and graphical data research and realisation of interviews. The choice of both case studies is made through the conception that they represent the values and main parameters of the multigenerational approach. The goal of this part is to make a deeper study on two real and different cases. On the one hand, starting with an existing multigenerational building in Alicante, Spain. On the other hand, a project that has not been built yet in Turin, Italy, which has a slightly different approach, focusing more on the disabled people rather than on the elderly, but still with the same goal of creating a community. This investigation is deepened by interviewing diverse

actors that form part of the project, starting from the architects, the social associations and going all the way to the people that live or will live in these buildings. A controversy is produced, between what is already existing and what is expected. The objective is to expose these samples in a vertical way in order to understand if they can be considered as a response to the hypothesis presented. The last chapter of the thesis gathers the conclusions of this work.

Against this particular problem that was deepened by the pandemic, the city and its infrastructure's possibility to change and adjust to this new type of life is analysed. Would it be possible to see architecture as the tool that gives response to the injustices and inequalities?



PART 01

THE OUTISDE: POST
PANDEMIC CITY

01.1

01.1 The outside: Post pandemic city

"The word crisis, after all, has two meanings. It can describe a time of extreme stress and danger when a whole array of threats are lined up against us; but it also refers to a critical inflection point, a time when, depending on the choices we make, things can still tip one way or the other." (Florida, 2020).

Pandemic

COVID-19 is not the first virus to strike our cities, nor will it be the last. Over the course of history, cities have often been hotbeds of contagion. The Black Plagues of the 14th century killed one-third of Europe and the Middle East. The Cholera outbreaks of the 19th century decimated London, Paris, Moscow, Hamburg, New York and Chicago, among other large cities. The 1918–1920 Great Flu took the life of 50 million worldwide. In the USA it killed more people than the two World Wars and the Korean and Vietnam wars combined. It ravaged cities such as Pittsburgh, Philadelphia, Louisville and Nashville.

Coronavirus was born in the mid-1960s and has identified itself by infecting humans thanks to the easy spread and adaptation of the animal origin virus. The new coronavirus came in December 2019, with the first case being identified in Wuhan, China and named by the World Health Organization as Covid-19.

Initially the news of an abnormal pneumonia in a city in central China, very populated but sparsely known, made little fuss in the world, but day after day it became more and more relevant. The infections begin to spread to other cities of the country at an impressive speed and later to the rest of the world (CDC, 2021).

Ghost city

The COVID-19 pandemic had an immediate impact on the way in which cities work, changing almost every city in the world, from Asia to Europe, to North and South America. The governments arrangement to contain the spread of the virus have caused as a result metropolis, cities and roads to be completely deserted. Most people, excluding those working in necessary jobs, were forced to stay at home and reinvent their way of working and living. These new urban scenarios open up a set of new reflections looking into the future. The ghost town revealed to us, on the one hand the importance of the relationship between the city and the people, and on the other hand, numerous ideas for a different design in the years that will be dictated by creation of new needs and new constructive and typological approaches achievable for any other pandemics that may occur in the years to come.

Adverse effects and consequences unfold on this deserted scenario. A social damage of paranoia and fear was created by the pandemic, a concept also known as social scarring. Social scarring refers to the fears that humans and, especially, residents of large cities, have acquired during this pandemic, the most pronounced of which is 'enochlophobia', or fear of crowds (Florida, Storper, Rodriguez Pose, 2020). The fear of the outside, generated a paranoia of what can be "out there", intensifying the feeling of wanting to stay inside, safe from the virus and the danger. The relationship between the outside and the inside is tense, generated by this panic that instilled has pulled citizens apart and caused people to avoid crowded spaces and situations for a certain post pandemic period. This will likely have an impact and influence on residence choice, how they travel, and how profitable certain companies and social gathering locations are. Another experiment that produced isolation was the forced lockdown and lengthy confinements imposed by the governments. These changes will leave a legacy on how we interact,

work, shop and, consequently, live. Lockdowns have shown that there are radically different ways of living and working made possible by digital tools (Florida, Storper, Rodriguez Pose, 2020). Paradoxically, the more efficient telecommunication technologies become in spreading out certain kinds of routine interactions, the more we invent creative new cutting-edge collaborations that demand face-to-face interaction. This is fundamentally because, throughout history, large cities have rebounded from the devastation of epidemics and many other types of crises and catastrophes.

The outside and the inside

Questions about the role space plays in our lives folds out, from the conceptualisation of the world to cities and rural environments, and to the homes we live in. A link between spaces ensures a link between times: between the time of architecture is the house, the enclosure, the inside; and the urban time, that is the street, the open space, the square, the outside (Lefebvre, 1992).

The outside can be defined as a human settlement with a high population density and infrastructure of built environment, concept most commonly known as the urban. In this scenario fluxes, networks, densities, population, economies, cultures, politics and many other aspects interact with each other. In the early period of the pandemic, compressed urban spaces in general streets, transit systems, anywhere in which densities might surface were linked in public and political imaginations to increased risk of infection. The immediate aim was to rapidly reduce, avoid and temporarily suspend the transient urban densities of the city. This was associated with a 'density pathology', in which densities 'out there' were rendered dangerous. The response, given that the risk was predominantly attached to a 'moving target', was to instigate, through lockdowns, the biggest episode of urban de-densification in global history. Over time, this density pathology gave way to an imaginary process: a shift

from urban densities in general to a more specific focus on particular connections and interior spatial conditions (McFarlane, 2021).

The concept of the inside, can be defined as the space composed by the rhythms that form part of the backdrop to daily life, often unnoticed or habitual in nature, but affecting how we inhabit spaces. The inside arises through the confluence of people, objects and experiences in space. The term also describes the generation of particular events, actions, feelings and emotions (Preece and others, 2010). This space is related to 'forms of enclosure', in which densities are found in the inside domestic realities with different shapes and restriction of certain practices (Preece and others, 2010). Regarding the pandemic, the lockdown acted as a mechanism of exception by imposing new rhythms; in reflecting on whether their feelings about their home had changed during lockdown, participants noted the way in which new routines, particularly related to home working, had affected their home life. This was not just about lack of physical workspace but also about emotional separation, creation of atmospheres of monotony (Preece and others, 2010). Throughout the analysis, these two concepts will put in evidence their relationship, being more tense and sometimes more integrated. Considering them as something that is not divided, but mixed and unique.

The city and the pandemic

How resilient will the world's cities be to the COVID-19 pandemic and the risk of future global outbreaks? What does the term resilience refer to? The long view of urban resilience suggests that cities are far more vulnerable to economic and political dislocation than to earthquakes, wars and even pandemics. The COVID-19 pandemic is dangerous for the world's cities because it has exacerbated existing challenges, including adapting to virtual life and the political instability associated with growing urban dis-

content (Glaeser, 2020). Resilient urbanism posits that the divergence between resilience to physical shocks and vulnerability to economic and political headwinds reminds us that cities are more than their structures. If those structures are destroyed, but there remains a good reason to live and work in that place, then the cities can be rebuilt. Rather we need to focus on 'pandemic-resilient' urban places, and develop economic, social, physical and governance systems accordingly (Nathan, 2021). These postures are embraced with an optimistic point of view in which urban resilience is analysed in a purely place based sense, so that a city is resilient to a shock if it has recovered its population, economic vitality and most of its physical structures after a period of time. The lesson of this history for the COVID19 pandemic is that the disease itself is likely to have a long-term effect only if it unleashes other economic and political forces that can engender urban decline. But the pandemic has also hit cities during a period of discontent over gentrification, racial disparities in policing and inequality. For others, generalised 'post pandemic' or 'post-COVID' urban recovery framings of urban futures are unhelpful. Hesitation and certainty in the expression of this idea places a debate presented by the relationship between the pandemic and the city. Is it possible to see resilience as the positive mechanism that will recover the weak urban areas? Or is it just not more than a theoretical construct? Reitan (2020) and others posit that sustainable and resilient cities are no more than ideas supported by the new urbanists, who believe that cities work as ecosystems able to be regenerated. Yet it is important to place arguments about the present term because the challenge for designers is to understand how to see dense cities that accommodate the natural world that goes in dispute with the understanding of believing that the city is always in a continuous crisis in which there is no end. The uncertainty and place of doubt of these postures puts in evidence the way in which we understand cities. If we note that cities, from ancient times onward, have functioned as

systems of dense local interactions imbricated in complex long-distance movement of people, goods and information, we should concede at once that cities are strongly and increasingly intertwined with one another in relational networks.

The central constructs in such thinking involve ways in which cities can be disrupted by new technologies, and how a myriad of networks define the way energy, materials, people and information come together to generate levels of complexity, unimaginable before the industrial revolution (Batty, 2020). If a city is conceived of as a network, then we should be able to figure out the set of cascading consequences that rapidly diffuse from some break in transmission, which is strictly related to the spread of SARS-Covid19. The fact that we are all connected so closely to everyone else due to global travel and global supply chains has spread the disease much faster than we were able to grasp. Over the last 20 or so years, there has been some limited progress in figuring out what happens when a large network composed of tens of thousands of nodes and even more links goes down, that is, experiences some break in connectivity or transmission. We know that networks usually have a distinct structure and social and communications networks are usually composed of different clusters of nodes that reflect our competitive nature and our need to agglomerate. The term agglomeration is strictly related and often confused with the concept of density. Both terms can be generally understood as a mechanism of sharing interlinkages within production systems of urban services as public goods, matching people and jobs and learning dense formal and informal information flows (Scott, Storper, 2015). This network of flows and people has opened a complex debate on the relationship between the density and the COVID-19.

The COVID-19 pandemic is a perfect case study to investigate the relationship between density and the spread of highly contagious infectious diseases because, in theory, den-

se areas lead to more face-to-face interaction among residents, which makes them potential hotspots for the rapid spread of pandemics. In an article in March 2020, the New York Times argued that pandemics are 'antiurban', a piece summed up by its quote from epidemiologist Steven Goodman that 'density is really an enemy' (McFarlane, 2021). In other cities that were initially badly impacted by COVID-19, including Milan and Madrid, density was often identified as the progenitor of transmission. On the other hand, dense areas may have better access to health care facilities and greater implementation of social distancing policies and practices (Keil, 2020). As Jane Jacobs said: "Cities were once the most helpless and devastated victims of disease, but they became great disease conquerors" (Jacobs, 1961).

The primary focus of these early posts was the ephemeral density brewing in cities every day, and the answer that emerged was to avoid or reduce it, most notably through systemic nationwide lockdowns. In some cities, this pathological view of density is associated not only with temporarily busy areas, but also with densely populated neighbourhoods identified as potentially high infection areas.

It is also important to take into account that this depends on diverse factors such as different social classes and races, historical, political, economic, geographic, physical, social, cultural, demographic, technological, and ecological contexts that generates an unequal outside landscape. So a controversy is placed for debate, are high-density cities more vulnerable to the rapid spread of diseases? Or these powerful centres are the ones that own the health systems and the infrastructure to bring the services and spaces for these kinds of situations?

Density is an essential dimension of the city and its built environment. In the concept of density, if we assume that "when we think about what makes a city a city or what

makes society a society,...when we negotiate urban design projects and their social and ecological effects and not least when we discuss planning objectives and guidelines, there is always talk of 'density'" (Cervero, Kockelman, 1997).

The term can be understood and measured in four ways: density as numbers of people living in an urban area, often a neighbourhood, district, ward or county; density as numbers living in a house, that is, 'overcrowding'; density as numbers gathering at sites, including city centres, urban beaches and parks, shops, bars, cafes and restaurants, and so forth; and density as numbers moving through space, including transport systems, streets and the in-between spaces of city-centre shopping, and so on. While these four measures have long been associated with understandings of density in policy and public imaginations, the pandemic brought them to the forefront of public debate, intensified concerns around them and their inter-relations, and more vividly revealed their inequalities (McFarlane, 2021).

The COVID-19 crisis is an urban crisis in an eminently urban world (Fernández Losada, 2020). The relationship between the outside and the pandemic has forced city governments to reconsider the connection between mobility, urban space and health in order to ensure physical distance while meeting the travel needs of inhabitants. This new pandemic is transforming lives and ways of living across the globe, and it is becoming increasingly clear that adaptations involving both physical and institutional infrastructure are warranted.

The issue in this relation between the outside and the pandemic is that the urbanisation for itself has its own little crisis and factors in terms of agglomeration, overcrowded spaces, density, accessibility problems, lack of public and green spaces, need for private transportation such as the car, and lack of planning at the urban level with public transportation connectivity. Given this sce-

nario, the relationship between the outside and the pandemic was already starting with disadvantage. While the pure urban physical structure, as measured by density, may contribute somewhat to the pandemic, it is the structure of interactions, from global to regional to neighbourhood to family.

Components of the outside

In the face of this pandemic situation, many cities have proven to be unprepared for the standard of living and quality of life of their citizens in extreme situations. As key nodes in our complex and highly connected global society, cities facilitate the rapid flow of people, goods, money and services. In the same way, they are the most exposed areas to the risk of infection. Cities are making new commitments to fight the spread of the disease, implementing new strategies, actions, rules and planning tools with the aim of building a post-pandemic urban environment that is able to deal with future health crises. In order to overcome this global crisis, a unified response from governments and society at large is required. Individuals and political leaders are being called upon to put strong measures in place to end the pandemic. It is a major challenge to respond to this global health crisis by planning an equitable and sustainable path of recovery for people, economies and the planet as whole. In this framework and context, four components of the outside are presented as the centre of the pandemic.

Based on both historical and contemporary views, addressing the city design and urban planning pertains to the health of the population during the pandemic, when cities face major risks, with increasing numbers of positive cases and deaths related to the size of cities and population density (Eltarabily, 2020). COVID-19 pandemic may be a chance to optimise cities by integrating the social behaviour at a pandemic time through a health perspective in planning and design. In this context the role of urban design takes place by presenting different components

that structure the relationship between the pandemic and the city. The strength of these components is based on the correlation of promoting healthy and sustainable communities. Meaning that the stronger and healthier the city and the areas that compose it, the stronger it will be in the face of possible pandemics. Is it possible to see the COVID-19 pandemic as an opportunity for the integration of public health more broadly into urban planning? What role does urban design play with the components of the outside? Urban planning can play a leading role in outlining strategies to support the recovery of our cities and lay the foundations for efficient post-pandemic cities. In a recent sourcebook edited by UN Habitat Planning and the World Health Organization (WHO, researchers argue the central role of urban planning in the prevention of future disease outbreaks. Urban policies determine the quality of urban spaces, the way we move, how we have access to food and health care for all. Planning choices can create or worsen health risks for citizens, or they can promote healthier environments which results in clean and resilient cities. The first component is focused on street design. The 21st century faces major public health problems, triggering calls to reconsider approaches to disease prevention. A key part of the solution is street redesigning, which adds another lane like cyclists and pedestrians. It aims to create healthier and more social-sustainable cities that affect citizens' behaviour in the time of pandemics (Eltarabily, Elghezawy, 2020). A study by Todd 2020 addressed pandemic-resilient urban spaces where people live in a walkable community with low-risk and affordable accessibility opportunities. Also to achieve the principle of social distancing and allow wider spaces among users, many planners find this as a good opportunity to rethink the design of the streets by barring cars from some streets and providing more spaces for pedestrians and cyclists which would turn the city into green and low carbon (Kelly, 2012). Several cities, such as Vienna, Boston, Oakland, Philadelphia, have closed some roads to increa-

se the area for pedestrians and cyclists as a kind of response to the pandemic. In addition, when redesigning the streets and taking into account increased pedestrian spaces and active mobility, many public health goals can be achieved (Kelly, 2012).

The second component has a dense impact on the infrastructure of the city: the public transportation. Transportation is a key part of every city and urban environment, and thus at the time of pandemics, it is often a gateway to diseases, it becomes a primary public health concern. This can make public transit rather problematic, as the physical and economic efficiency of trains and buses lies in their ability to move many people together at once, often in close physical proximity. Not surprisingly, many cities around the world have experienced a sharp decline in transit ridership since the beginning of the pandemic (Moreno, 2020). The issue in this relation between the urban and the pandemic is that the urbanisation for itself has its own little crisis and factors in terms of agglomeration, overcrowded spaces, density, accessibility problems, lack of public and green spaces, need for private transportation such as the car, and lack of planning at the urban level with public transportation connectivity. These risks are difficult to control without changing health safety strategies within public stations or vehicles in times of reoperation (Eltarabily, Elghezawy, 2020).

Not leaving aside its importance, public spaces can be analysed as a third component. The importance of outdoor recreational space, including parks, riverfronts, and greenways, has become particularly evident during the COVID-19 pandemic. Quarantined in their homes for extended periods, city dwellers have flocked to public green spaces as soon as restrictions have lifted, balancing the risk of infection with the physical and mental health benefits these spaces are expected to confer (Day, B.H., 2020). Perhaps there is an opportunity here for planners to re-consider the importance of these public spaces. In cities around the world,

greenways and bike paths have recently experienced a surge in use. Wide and well-maintained bike and walking paths, if well executed, can encourage active transportation. The pedestrian infrastructure, particularly bike lanes and functional greenways connect residences to employment centres, shopping, and other daily destinations (Pucher, J.; Buehler, R. 2010). Cities that already have an abundance of green spaces and corridors, spread throughout the urban fabric are likely at an advantage amid the current need for social distance and may serve as examples for other cities. Increasing not just the amount but also the accessibility of green spaces would likely help more residents connect with nature on a frequent basis, potentially resulting in psychological and physiological benefits. Green spaces as a four component is in evident relationship with the pandemic since the provision of access to outdoor parks and green areas is a human need that reduces stress and improves physical, psychological, and mental health (Rojas, 2019). Maintaining safe use of green areas is a challenge in terms of controlling Covid-19 transmission in the outdoor environment. Naturally, the trend in healthy design will be accompanied by increased demand for green areas, where many studies dealt with the importance of visual access to nature, which would enhance the physical and psychological health of individuals. A great suggested idea of green infrastructure, which improves public health benefits, is having a connected system of green areas (Eltarabily, Elghezawy, 2020).

The structure of these components and how they work together with the city and its outside are the elements that prepare the cities to confront outbreaks. Is it possible to see the COVID-19 pandemic as an opportunity for the integration of public health more broadly into urban planning? The challenge is to guarantee a new "right to the city" which encompasses essential services, as well as a different way of life that is adapted to the new health crisis. The "right to the city" is also the right to reinvent and change the form of the

city and the urban environment according to the new needs (Lefebvre H, 2014), it is the right to create a new paradigm of city equity, opportunity and social innovation, which fights inequality, reinforces the sense of community, builds local resilience and sustainability and aids cities in their recovery from this crisis (Secchi, B. 2013). This new paradigm becomes necessary since the existing scenario reflects a city full of injustices and inequalities. The relationship between the spatial features of cities and the dynamics of the pandemic is still relatively understudied, especially when it comes to injustices reflected in the spatial dimension of the urban. The dissertation aims to show that the effects of the pandemic have not been homogeneous throughout cities; instead, they have been more severe in urban units which feature long-standing spatial inequalities. In the following chapter, the ageing phenomenon as an essential focus of the thesis will be analysed to detect how existing inequalities deepened due to the impact of the pandemic. Through exploring how interrelated social inequalities at both the individual and spatial level, a new debate about the city and the elderly will be discussed.

AGEING AS AN ISSUE
ON TODAY'S CITY

01.2

01.2 Ageing as an issue on today's city

“Coronavirus exploits and accentuates inequality.’ Inequalities in later life are the product of cumulative advantage or disadvantage over time (Dannefer, 2003).”

Following, the ageing population phenomena is taken as a starting point, being a problem that is strictly related to one of the main issues that the pandemic intensified, loneliness. Population ageing and urbanisation are nowadays identified among the most significant social trends of the 21st century. Population ageing is taking place across almost all European countries, raising major issues for the direction of public policy. In Europe, people are living longer than ever before and the age profile of society is rapidly developing. Demographic ageing means the proportion of people on working age in the EU is shrinking, while the number of older people is expanding; this pattern will con-

tinue in the next couple of decades, as the post-war baby-boom generation completes its move into retirement. These kinds of developments are likely to have profound consequences for individuals, governments, businesses, civil society, health and social care systems, labour markets, public finances and pension entitlements (Eurostat, 2020). However, our focus here is to show through graphics and data the European ageing population phenomena.

The population of older people is defined as those aged 65 years or more, and in the EU-27 will increase significantly, rising from 90.5 million at the start of 2019 to reach 129.8 million by 2050. As we can tell from Figure 1, during this period, the number of people in the EU-27 aged 75-84 years is projected to expand by 56.1 %, while the number aged 65-74 years is projected to increase by 16.6 %.

Perhaps the most remarkable aspect of the projected changes to the EU's population

Population developments, by age class, EU-27, 2001-2050
(million inhabitants)

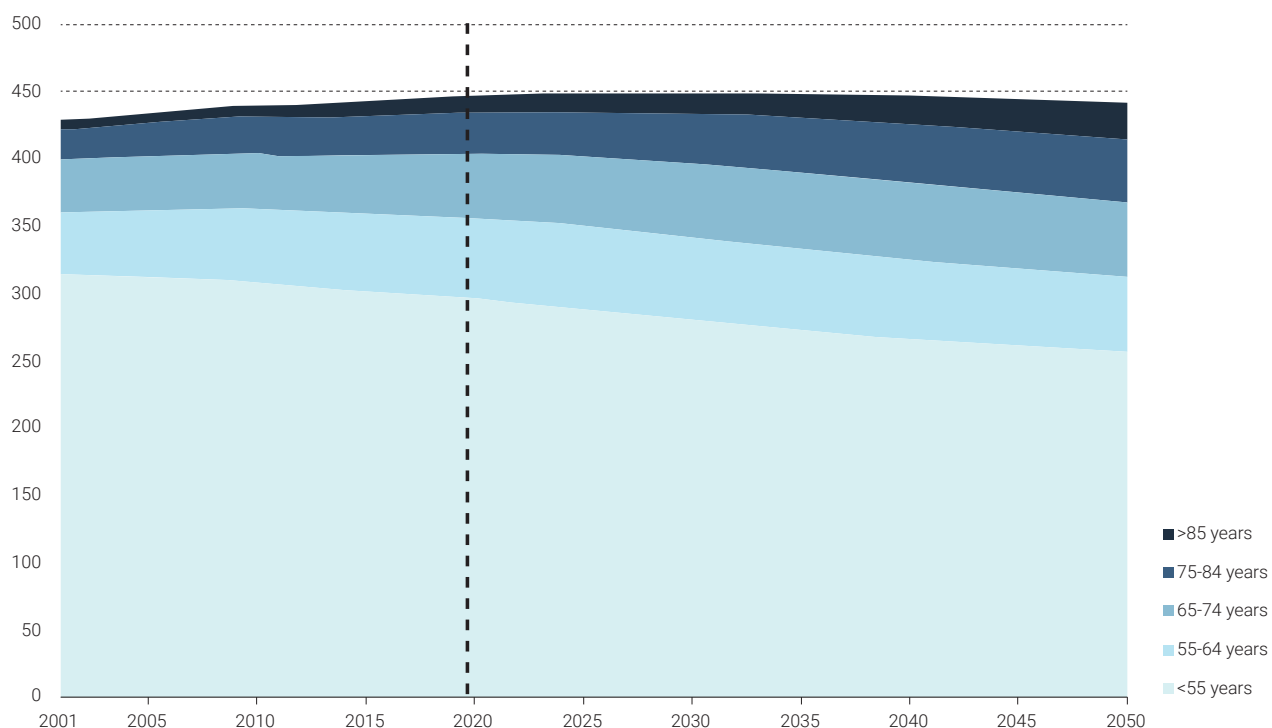


Figure 1 - Population developments

Population aged >55 years, by age class, 2019 and 2050
(% share of total population)

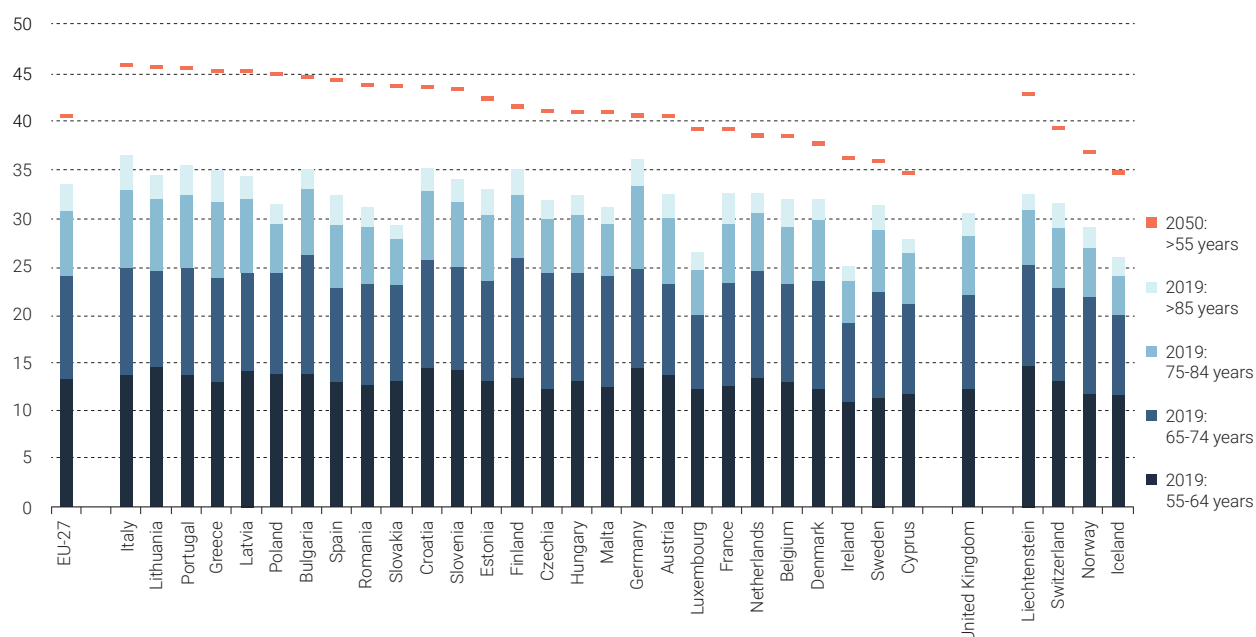


Figure 2 - Population ages

structure concerns the progressive ageing of the older population itself: the relative importance of the very old, defined as people aged 85 years or more, is growing at a faster pace than any other age group. Between 2019 and 2050, the number of very old people in the EU-27 is projected to more than double, up 113.9 %. To give some idea of the magnitude of this change, the number of people aged 85 years or more is projected to increase from 12.5 million in 2019 to 26.8 million by 2050, while the number of centenarians (people aged 100 years or more) is projected to grow from 96 600 in 2019 to close to half a million (484 000) by 2050. (Eurostat, 2020).

Moreover, in 2019, people aged 55 years or more accounted for just over one third (33.6 %) of the total EU-27 population (see Figure 2). Among the EU Member States, this share was higher than one third in 10 of the EU Member States and peaked at 36.5 % in Italy. At the other end of the range, people aged 55 years or more accounted for one quarter (25.0 %) of the population in Ireland. The share of this age group (55 years or more) in the EU-27 population is projected to reach 40.6 % by 2050; it will increase in each of the EU Member States. By 2050, those aged 55 years or more are projected to account for 45.9 % of the population in Italy, and for more

than 45.0 % in Lithuania, Portugal, Greece and Latvia (Eurostat, 2020).

On the other hand, Figure 3 presents two pyramids for the EU-27 that are overlaid, one showing the situation at the start of 2019 (the solid bars) and the other a projection for 2050 (the bars with borders); they highlight the demographic transition that is projected to take place across the EU during the next three decades. The EU-27 population pyramid for 2019 is relatively narrow at the bottom, with a bulge in the middle of the pyramid indicating that the baby-boom generation are approaching retirement. Falling fertility rates from the 1970s onwards explain why the base of the pyramid for 2019 is relatively narrow; this process is known as 'ageing at the bottom' (of the population pyramid). In the coming decades, a high number of baby-boomers will swell the number of old and very old people as the EU-27 population pyramid takes on an almost pillar-like shape, with each age group having a similar share of the total population. The growing proportion of older people may be explained in part by increased longevity; this process is often referred to as 'ageing at the top' (of the population pyramid). One of the most striking aspects of the pyramid for 2050 is the lengthening of the bars for the upper age group (compared with those for

Population pyramids, EU-27, 2019 and 2050 (% share of total population)

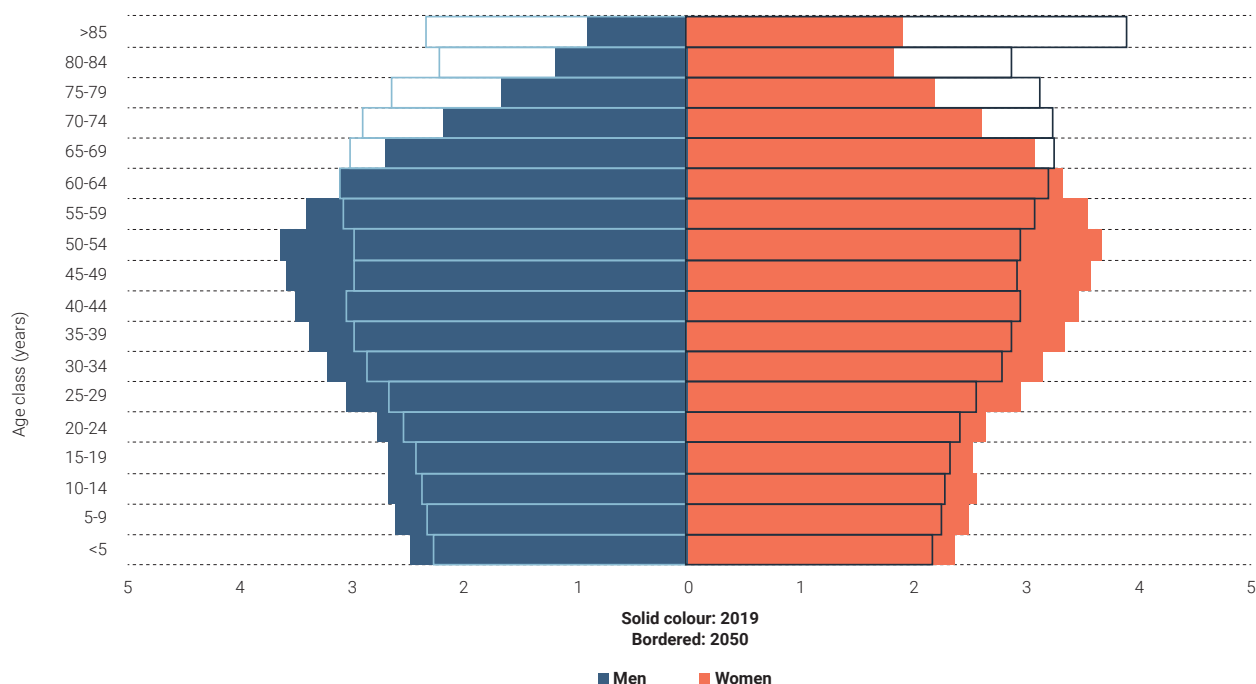


Figure 3 - Population pyramids

2019), indicating that a greater share of the population will live to be very old (85 years or more). (Eurostat, 2020).

On a different note, the median age of a population provides a useful summary of the overall age profile. A range of factors may influence the median age, including: fertility, life expectancy, social and economic development. In 2019, the median age of the EU-27 population was 43.7 years (see Figure 4).

Across the EU Member States, the median age was below 40.0 years in Luxembourg (39.5 years), Cyprus and Ireland (where the lowest median ages were recorded, both 37.7 years). By contrast, the median age of the population was considerably higher in Germany (46.0 years) and peaked in Italy (46.7 years). The EU-27's median age is projected to increase by 4.5 years during the next three decades, to reach 48.2 years by 2050. An increase is projected in each of the

Median age of the population, 1990, 2019 and 2050 (years)

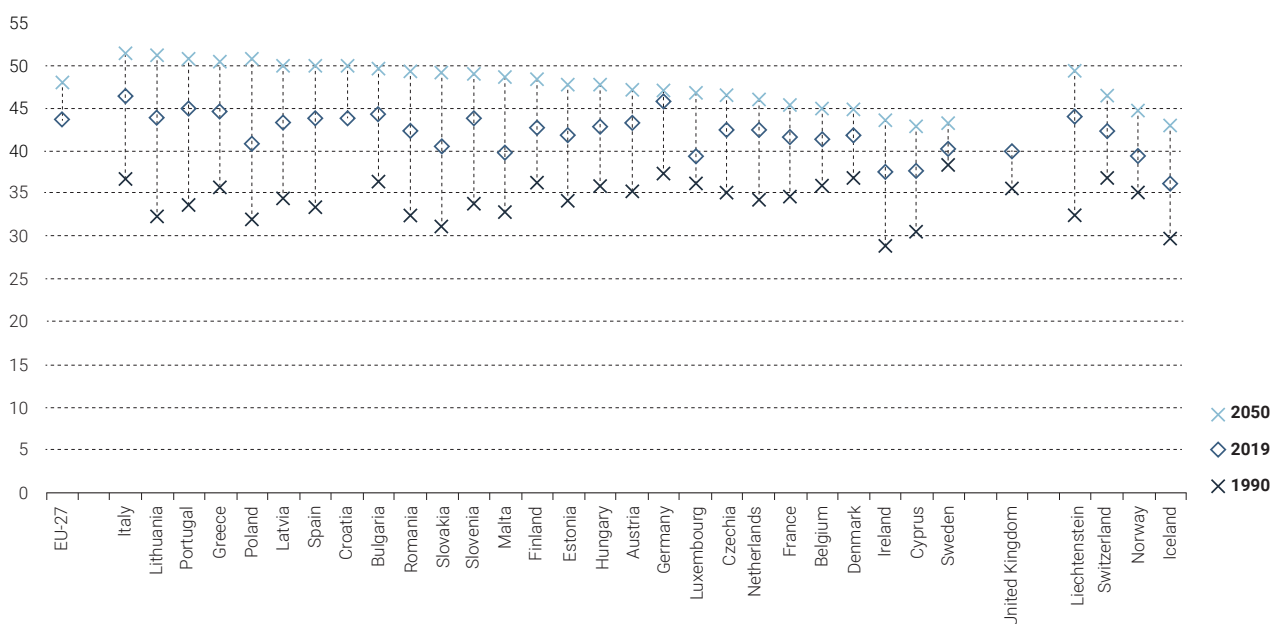


Figure 4 - Median age of the population

EU Member States, with the median age of the population projected to rise by more than 8.0 years in Poland, Slovakia and Malta. At the other end of the range, the age profiles of France, Belgium, the Netherlands and Denmark are projected to develop at a slower pace, as their median ages are projected to increase by 3.0-4.0 years during the period under consideration. The pace of change is projected to be even slower in Sweden (where the median age is projected to increase by 2.6 years) and particularly Germany (a projected increase of 1.2 years) (Eurostat, 2020).

Rural areas can be places of great natural beauty, which offer a wide range of recreational activities. While such locations might appeal to older people when they come to consider where to retire, these areas often suffer from a low provision of services. This is not the only problem that people living in rural areas may confront, but it is also important to highlight that loneliness is an issue that they have to deal with. Those living in large cities often feel less lonely than those living in small cities or in rural areas as there is a migration from the rural to the urban constantly happening (Jimenez and others, 2021). This leads to disintegration of small rural communities as the young move to the cities and old people are left behind. This may reduce social contacts especially when

a person's functional status is impaired and one is no longer able to participate in outdoor activities or to visit friends. This may be particularly problematic for older people who face a greater risk of reduced mobility, illness or social exclusion. By contrast, urban environments may be advantageous for older people, notably in terms of providing better access to public transport, as well as a greater variety of housing options, public and commercial services. In 2019, there were 90.4 million older people (aged 65 years or more) living in the EU-27. Of these, 39.7 % were living in intermediate regions and 38.2 % in predominantly urban regions, leaving 22.1 % in predominantly rural regions. Figure 5 compares the population distribution of older people by urban-rural typology. It shows that older people in the EU-27 were generally more inclined than younger people to live in predominantly rural regions and intermediate regions (as shown by indexed values greater than 100 %) and were less inclined to live in predominantly urban regions. This pattern of a higher than average proportion of older people living in predominantly rural regions was repeated in the vast majority of EU Member States; in 2019, the only exceptions were Slovakia, Belgium and Poland. By contrast, the share of older people living in predominantly rural regions was high (relative to the share for the rest of the population) in France, the Netherlands and particularly

People aged ≥ 65 years, by urban-rural typology, 2019
(% share of total population living in each type of region = 100)

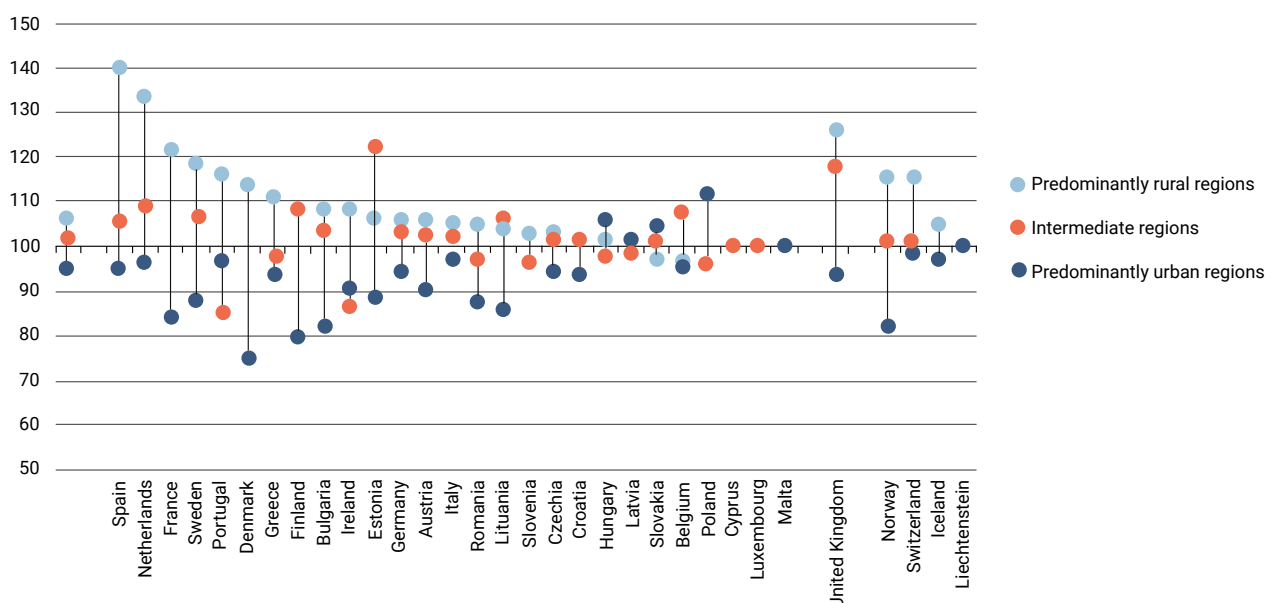


Figure 5 - Rural-urban ages

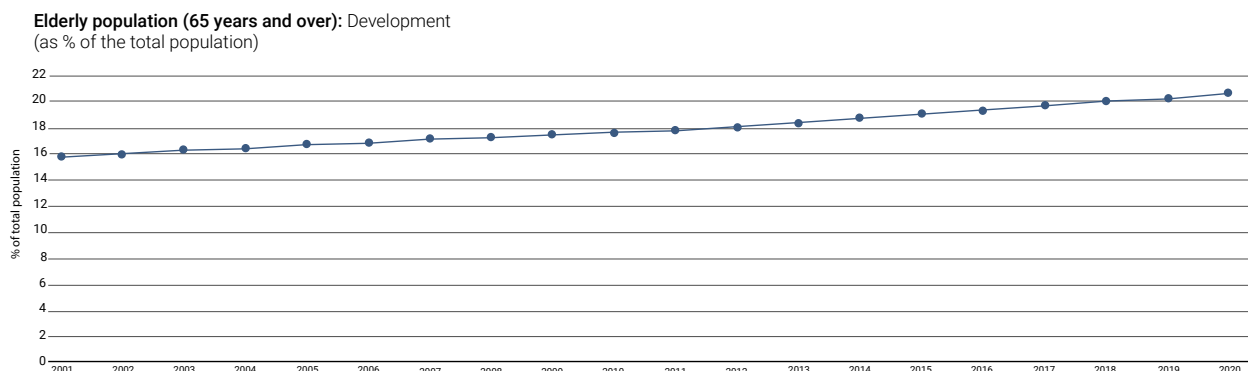


Figure 6 - Elderly population (Development)

Spain. In some cases, the relatively high shares of older people living in rural regions may reflect younger generations leaving sparsely populated regions (for example, in search of job opportunities and/or a better quality of life), while older people continue to live in rural areas (Eurostat, 2020).

As it is represented in Figure 6, there has been a big increase in the percentage of population aged over 65 years old in Europe during the last 20 years, going from a 15% in 2001 to a 20% in 2020. Figure 7 represents the number that is expected to keep growing at a faster rate. The percentage of older people is expected to make a big jump until the year 2050, arriving at 29% and then stay more stable until the year 2100 (31%) (Eurostat, 2020).

Furthermore, in order to better understand this phenomena of the ageing population in Europe, it is necessary to comprehend how each state affects the European Union. The ageing population trend started in the Central and Eastern countries especially Austria, Hungary, Czech Republic, Romania, Poland and Baltic states after which the phenome-

non extended to the West. The map in Figure 8 represents a clear view of how the older generation is spread all over Europe, seeing how nowadays western Europe is more dominant in this sense (Eurostat, 2020).

Looking at the statistics (Figure 9), data displays that nowadays there is no such a clear delimitation of the ageing population according to the geographic regions. For example, in 2022, the Southern EU states recorded the highest share of persons aged over 65, Italy being the leading country with 23.2% of people aged over 65, of whom 11.4% is between 65-74, 8.2% is between 75-84, and 3.7% is 85 and over (Eurostat, 2020). Meanwhile, among the EU member states, in 2022 the highest share of young people (0 to 64) in the total population was noticed in Ireland (85.6 %) (Eurostat, 2020).

After analysing the demographic indicators for the EU-27 the outcomes can clearly tell that the ageing population phenomena is increasing and will continue doing so in the following years, representing a concern for almost all the member states. Among the causes that have led to this situation could

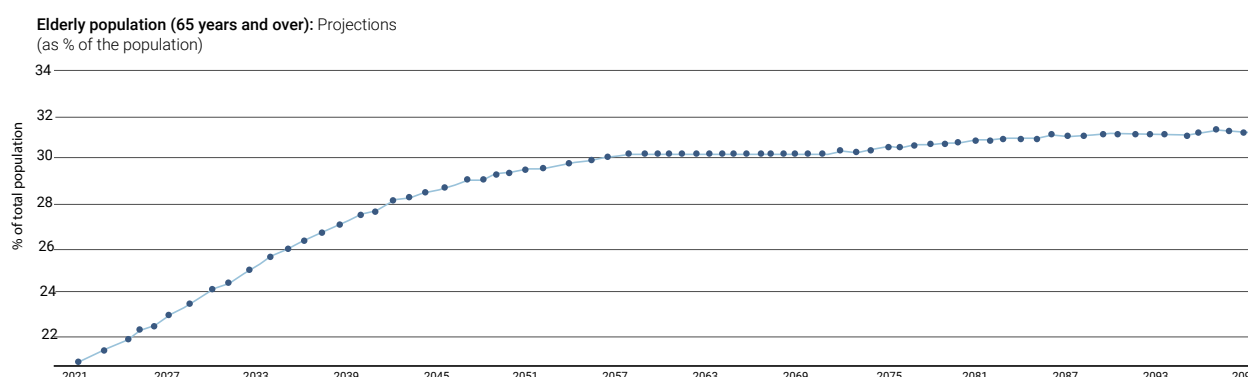


Figure 7 - Elderly population (Projections)

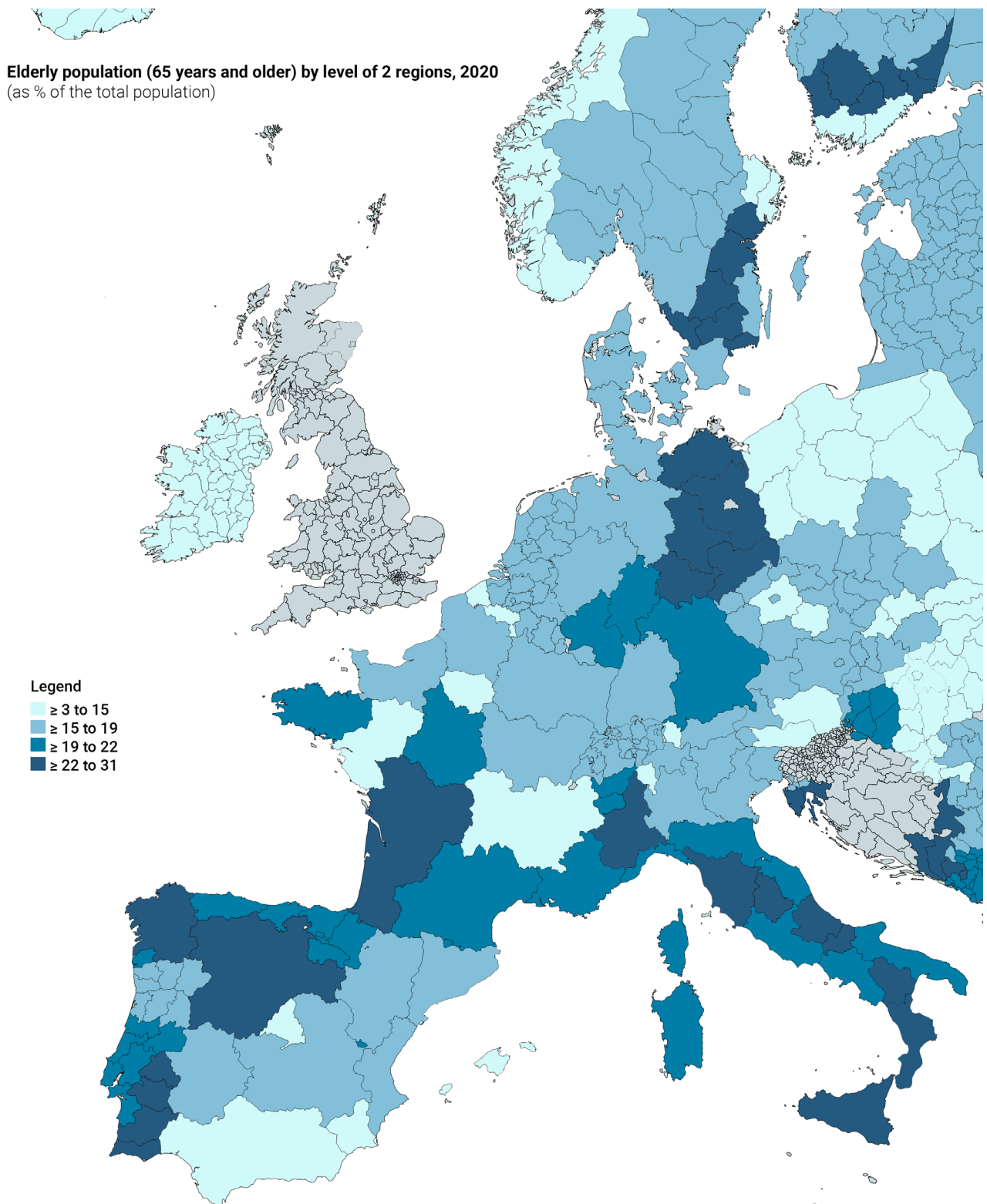


Figure 8 - Elderly population (by regions)

be mentioned the low fertility rate from the last decades accompanied by the “baby boom” period from the 1960s and the longer life expectancy. Along with this, as mentioned by Vaupel and Kistowski, very long lives are not the distant privilege of future generations but the probable destiny of most Europeans today. For a child born in a Western European country from the year 2000, the odds are better than 50/50 that the child will

celebrate her or his 100th birthday— in the twenty-second century. Most 30-year-olds are likely to survive until their late nineties. The majority of people living in Europe today will live through the course of most of the twenty-first century. Women and men in Europe can expect to live considerably longer lives than most realise. The likelihood that many will survive to become nonagenarians and centenarians should affect how Euro-

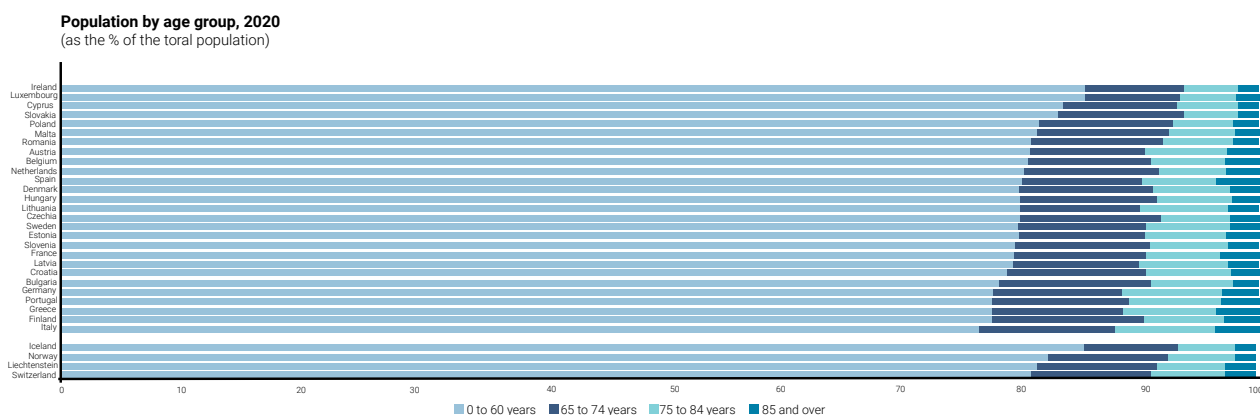


Figure 9 - Population by age group

peans envision their future, including the way they plan and live their active lives, the way generations depend on each other and care for each other and the way they arrange their retirement. The new demography of longer lives requires radical revisions of private and public decision-making (Vaupel, Kistowski, 2008).

The problem that arrives with this is that nowadays ageing is an issue because the older people are not treated equally and they suffer from some of the most hurtful inequalities. From an outside point of view, all these different social inequalities can be understood as diverse atmospheres. This concept of atmosphere can represent how these social and spatial inequalities act in an independent way, not being able to create an integration with the context and fragmenting more and more the urban, generating more differences in society. This concept is unified by the focus on dynamic or not dynamic, relational processes that unfold between people and objects in specific sites. Atmospheres can be thought of as collective affects that occur 'across human and nonhuman materialities and in-between subject/object distinctions', representing a shared encounter which creates subjective states, feelings and emotions (Anderson, 2009). Therefore, the rhythms that pattern everyday life generate particular atmospheres, in which distinctions can be generated due to differences in capabilities, on a physical or a mental level. Depending on the type of atmosphere that is created, a challenge to society and its resources is generated to test the capability of integration and equity to something or someone that presents a condition or disad-

vantage.

In this context, the atmosphere of elderly people has always suffered from inequalities in various aspects. Older people are a diversified group, for example, in terms of chronological, biological, psychological and sociocultural age. In particular, in terms of physical autonomy, the physical ability of each older person differs (Buffel and others, 2021). Physical ability is strongly linked with the relationship between urbanisation and ageing, due to the fact that existing urban environments do not provide many advantages for older people. These environments are often not adapted to the needs of older people and they can be one of the primary causes of social exclusion. Cultural activities, leisure facilities and specialist medical care are examples of the limit in accessibility these groups of people are facing in the city (Buffel and others, 2021). This situation opens up a reflection to think about how to develop strategies to avoid the exclusion and marginalisation of the elderly (Buffel and others, 2021). At the same time, they may also produce feelings of insecurity and other mental adverse effects that come with the feeling of being excluded. All these inequalities and problems that old people are suffering in today's society produce what we call the main issue that they face: loneliness.

In the literature, loneliness has a strong subjective nature; it is the perception of a discrepancy between a person's desired and actual network of relationships. This cognitive discrepancy is lived as a deep negative experience. Loneliness is thus not only about having too few social contacts per se, but

also about the perception that these relationships are not satisfying enough. In other words, loneliness does not mean being alone, but feeling alone. In this respect, loneliness is different from social isolation, which has an objective connotation, defined by an absence of relationships with other people and/or a very small number of meaningful ties. Loneliness is not automatically connected to objective social isolation. Socially isolated people are not necessarily lonely, and lonely people are not necessarily socially isolated. (Cassio, 2021). Older adults are also more vulnerable to social isolation and loneliness as they are functionally very dependent on family members or supports by community services.

Loneliness has been compared to obesity and smoking in the mortality risks that it entails. It is associated with physical and psychological health problems. Lonely adults tend to suffer from higher levels of cortisol (the 'stress hormone'), raised blood pressure, impaired sleep, and cardiovascular resistance compared with non-lonely individuals, both in stressful situations and when at rest. Over time, this translates into chronic inflammation and higher morbidity and mortality rates. Loneliness is also associated with depressive symptoms and with unhealthy behaviours such as smoking and a lack of physical exercise (Cassio, 2021).

To these pressures may now be added the impact of COVID-19, with the pandemic having its greatest impact on areas characterized by high levels of deprivation, often with ageing populations, poor quality housing and communities experiencing long-term decline through de-industrialisation (Buffel and others, 2021). Indeed, containment measures adopted by public authorities in reaction to the COVID-19 pandemic – such as enforced isolation, social distancing, curfews, lockdowns – have prompted a new wave of public discussions on the unintended side effects of such provisions. In combination with economic waves, they appear to have aggravated problems of loneliness, social withdrawal and mental health (Cassio, 2021). The pandemic prompted a complex debate

on social and spatial inequalities, by publicly revealing and intensifying inequalities that were already there, exposing the urgency of investment needed to solve them. COVID-19 has had a disproportionately negative impact on older persons, whether in hospitals, the community, or in nursing homes, with over 95% of European covid related deaths being from people over 60 years old (Hwang and others, 2020). Early on in the pandemic the elderly were identified as the group that was most at risk, despite this, they have rarely been prioritised. As mentioned by Dr Hans Henri P. Kluge, the WHO Director for the European Region, 'this pandemic has shone a spotlight on the overlooked and undervalued corners of our society' (WHO Europe, 2020). Indeed, the coronavirus crisis has exposed the lack of policies to treat the inequalities that come with ageing. Both the old people living at residential care facilities and the ones living at their homes have faced huge challenges in this period, with health care denied for conditions unrelated to COVID-19; higher risks of violence, abuse and neglect; an increase in unemployment and poverty; the adverse impact on wellbeing, mental health and social connectedness and the trauma of stigma and discrimination (Buffel and others, 2021).

With these problems comes the concept of 'double lockdown' that older people had to face during pandemic times. They have been living a 'lockdown life' without COVID, since they were excluded and treated differently; and now, with coronavirus, the quarantine and consequences that came with it, the elderly had to face a new lockdown at the same time.

A paradoxical situation unfolds, by having a scenario composed by an inside within the inside, in which there is no interaction at all with the outside. This lack of interaction with the outside space makes the feeling of loneliness that the older people were having before the pandemic, even worse. The situation of being under confinement and social distancing generated negative effects on older people's physical and mental health (Loyola and others, 2020).

For later life, social connections and networks with the outside are essential in order to maintain a sense of well being and belonging (Buffel and others, 2021).

Lockdown intensified existing pressures faced by those at the sharp end of inequalities in living space, at the same time as restricting adaptive mechanisms, such as being outside the home, that provided respite. Given that individuals were used to much more fluidity between private domestic space and their wider neighbourhoods, the requirement to stay at home forced a sudden shift in the patterning of daily life, and the residue of 'normal' rhythms (Buffel and others, 2021) was apparent in discussions, which made big negative connotations on the elderly. Lefebvre (1992) conceptualises rhythms as a way to understand the unfolding of everyday activities: 'everywhere there is interaction between a place, a time, and an expenditure of energy, there is a rhythm'. The dynamism of these rhythms were reduced to such a point in which all the interactions happened on the inside, being completely isolated from what was happening "out there". Aggravating the existing situation, a provoked debate confronts a tension in the relationship between the inside and the outside.

On the other hand, the outside works as an independent and isolated space that has a direct effect on the elderly, which raises some questions about the quality of life that older people living in densely populated areas have. These environments are often not adapted to the needs of older people and they can be one of the primary causes of social exclusion. Older people living in socio-economically deprived urban areas are particularly disadvantaged in times of crises. But the COVID-19 pandemic has added extra pressures. In particular, older people who were required to shield or follow social distancing guidelines have experienced the 'double lockdown', suffering the effects of enforced social isolation whilst living in places affected by the loss of services and social infrastructure. The negative effects of social distancing on older people's physical and mental health are thus likely to be further

exacerbated by a lack of access to sources of social support linked to structural disadvantage, neighbourhood deprivation, cuts to local services and the voluntary sector as well as loss of vital social infrastructure. Consequently, older people who have been sheltering in their homes in deprived neighbourhoods have experienced a 'double lockdown' as a result of the interrelated social and spatial inequalities associated with COVID-19 (Buffel and others, 2021). Upcoming, chapter three will study the multigenerational living concept as a possible response to the presented scenario.

MULTIGENERATIONAL:
DIVERSITY OF
AGES AS A NEW
POSSIBILITY

01.3

01.3 Multigenerational: diversity of ages as a new possibility

“Intergenerational relationships can be identified as one of the networks that can tie communities together because of their potential for building bridges across generations (Buffel, 2013)”.

Social distancing measures meant that many older people have spent more time alone in their homes. The pandemic has amplified and deepened housing-related health inequalities for elderly in confinement (Buffel and others, 2021). Ageing population has become a huge trend and phenomenon that is transforming societies and urban economies around the world, specifically in northern Europe, as mentioned before. With this mandatory isolation applied during the COVID-19 pandemic, it was determined that the elderly people’s anxiety and feeling of loneliness increased in addition to their physical health problems (Guner T. and others, 2021). Loneliness is a concept associated with the feeling of emptiness in one’s social life caused by death of family or friends, difficulty integrating into a new environment or physical disability impeding interaction with others. It is an issue present not only in homes but also in elderly nursing homes, where rules of social isolation and reducing physical contact were introduced in order to protect elderly from this highly contagious disease, and it was requested to limit the visits of family members or friends to elderly (Guner T. and others, 2021). Elderly people who leave their home environment and move to a nursing home enter a phase in life with diminishing contact with family and friends. This situation often aggravates the feeling of loneliness provoking a deterioration in physical and mental health (Prathima and others, 2021). Many elderly still describe a feeling of loneliness with negative implications such as associated loss of social skills and growing social isolation in nursing

homes (Morlett and others, 2020). Ironically, elderly people may feel vulnerable in the nursing home because they reside there to prevent social loneliness but in reality nobody there takes adequate care of them (Eskimez and others, 2019). Senior homes and retirement villages seem to be the most common solution to the ageing population issue. These facilities are often serving a monotonous group of people and function, the same as university towns or research complexes. The European Commission (2011) describes these facilities as large, identical pseudo-cities built up around a single function or group of people. These mono-functional areas reside in a single social group or age group, and/or a single occupation, and will most probably result in isolation of this group of people from the rest of the community.

In front of this problematic scene, it is crucial to address loneliness both on an individual and community scale. In order to do so, it is essential to create interaction between different generations, by facilitating inclusive and diverse meeting places to encourage natural meetings and participation. As a solution for this issue, the multigenerational approach emerges as a mechanism of strengthening generational proximity, improving understanding and communication, and fostering a commitment to reciprocity and solidarity (Buffel, 2014). The concept of multigenerational architecture unfolds as a response, making a comeback with homes defining new models of coexistence, bringing people from different backgrounds and generations together under one roof. And it shows that living together can lead to greater independence, always with the pleasant certainty that someone is there when you need them (Plockova, 2021). The multigenerational concept may not be targeted for one particular user group, but it may give more benefits to some groups of people than others. The elderly would be one of those user groups that could gain more advantages from this concept. The problems of exclusion, solitude, social inequality, and segregation can be solved with a more inclusive housing mar-

ket and giving everyone equal opportunity to have access to qualities of the local community and inclusive meeting places.

In this way, the strategy encourages that the older generation today is not as "old" as the perception of the elderly is, and rather remains consistently young, active, and social. At the same time as resource worthy elderly are growing, physical segregation expands, in addition to growing loneliness and solitude. In this sense, the lack of qualities in living becomes a mutual challenge for many (Buffel, 2014).

The strategy consists mainly of the design of different architectural typologies such as co-living, co-housing or collective housing, as a main conceptualization of the idea of creating a sharing community inside the building. The difference of facilitating a diversity of age in addition to the shared space, separate the multigenerational concept from the others.

Architecture takes the role that simulates and activates the creation of an environment in which people who are cognitively and socially fragile can feel integrated. Architecture has the ability to embrace, support, gather and guide. The approach aims to help to improve the lives based on elements such as homeliness, simplicity and familiarity with the design of environments where opportunities of interaction with others can help to strengthen the mental and physical health of its residents. Creating the atmosphere and the feeling of being at home is crucial for good and unforced social relationships between generations. This social dynamic of different generations living in an integrated environment demands that the built environment must support multiple generations coexisting in a healthy atmosphere.

The multigenerational strategy is the space in which residents from different age groups and generations have the possibility of access to community settings and the opportunity to participate in diverse activities. This

strategy has been defined in a variety of ways. Three aspects, however, are found as the common denominators (Buffel, 2013): first, people from different generations (in the sense of subjects from different periods and ages) participate in an multigenerational practice; second, participation in an multigenerational practice involves activities aimed at goals which are beneficial for everyone and hence to the community in which they live; and third, as a result, participants maintain relations based on sharing. When people from different generations learn together, there is an interactive exchange of knowledge, skills, attitudes and values (Buffel, 2013).

Architecture is seen as a tool for the creation of different spaces for diverse purposes. The degree of what and how much the residents share with other residents vary in every project. In principle on the multigenerational approach, there are three types of a shared concept of housing (Lombawa, 2018). The most prevalent is where residents share all functions, except for the bedroom, and this is the most common model among students who share a conventional apartment in particular. The other is the type of dormitory, with similar types for nursing homes or student housing. The residents in this type of shared accommodation share common areas like the kitchen and living room but have their own bedroom and bathroom. The third model only shares a common area, and each apartment has all the basic features in private. The apartments can be of normal size or smaller because they have access to common areas. This type of shared accommodation is where the private areas "get smaller" compensating with more spacious common areas with features that would not otherwise be in a conventional dwelling, as mentioned above (Lombawa, 2018).

Furthermore, multigenerational practices play a huge role in educational matters, providing a framework for the development of a coherent approach to lifelong learning that is firmly rooted in community education. It re-

cognises that learning is a process that occurs across the life-course, that people may have different needs and interests at different stages of their lives and brings out the potential for shared learning and relationships across generations (Buffel, 2013). This can be seen in an analysis of 120 programmes that was done in Australia, which demonstrates that when people become involved in an effective multigenerational programme a number of benefits occur, meeting a range of instrumental, social and emotional needs. Several factors, however, need to be in place before their potential can be fully achieved. The authors suggest that effective multigenerational programmes display four key features: first, they provide opportunities for the development of relationships between generations; second, they have access to a range of support mechanisms; third, they provide opportunities for generations to do a range of things together; and fourth, they take account of programme-specific issues, such as gender, culture and language. Multigenerational programmes that meet these criteria have the potential to produce huge benefits for participants. For older people, these benefits range from individual level (increased activity and mobility improvements, ability to cope with vulnerabilities, renewed sense of worth) to relational (making friends with young people, a sense of reduced isolation) and community level (reintegration, skill sharing, volunteering). For young people, benefits noted included enhanced sense of social responsibility; increased self-esteem; better school results; access to adults at difficult times; less involvement in offending and drug use; improved school attendance and greater personal resilience (Buffel and others, 2013).

At the same time, it is relevant to mention that the multigenerational approach differs from the intergenerational approach, and they should not be confused. The multigenerational approach considers the middle generation, which is the people aged between 25 and 50 years old. This range of age in the multigenerational approach is involved

in the realisation of activities, therefore is distinct from intergenerational practice. The role of the 'middle generation' in intergenerational approach is mostly conceived as to facilitate and ease the activities and not to participate in those.

The impact on multigenerational practices not only remains in an individual and architectural scale but also has an impact on community levels, with the idea of creating multigenerational neighbours. Buffel (2013) suggests that the 'paradox of neighbourhood participation' is a well applied concept when older and younger generations tend to spend more time in their community, but they are engaged in decision-making processes that are often hindered and therefore their role as a citizen is partially neglected. In this way, a community from all different age groups and generations, cooperate to discuss, evaluate, envision, plan, and finally, to improve the quality of life in their shared community. This approach is enhanced and proposed by different organizations and countries and it is known as age-friendly cities.

A community within the city

Population ageing is a major global trend that is transforming urban economies and societies around the world. It is one of the most important demographic mega-trends with implications for all aspects of society (UNECE, 2012). As a consequence, different strategies have been adopted in Europe since the late 1990s as a response to the increasing age of the world's population, with the objective of adapting services and products for the elderly. The World Health Organisation (WHO) immersed itself into this idea of age-friendly community and, in 2007, they established a framework for promoting age-friendly cities and communities with a shared vision of developing places where it is good to grow old. In this sense, physical accessibility in the built environment, security and safety, proximity to service functions, financial accessibility and inclusion have emerged as key features for age-friendly ci-

ties (WHO, 2007).

Nowadays, ongoing debates about age-friendly communities are present in most of the literature research on this topic. The aim of this concept is to develop supportive urban communities for people as they age (Lui and others, 2009). There has been a marked growth in interest in multigenerational practices, as a community development approach in Europe, as it closely matches key policy priorities around social inclusion and cohesion, particularly in areas where multigenerational conflicts can be especially intense such as deprived urban neighbourhoods. Community development, in this context, is essentially about 'building active and sustainable communities based on social justice and mutual respect' and about 'changing power structures to remove barriers that prevent people from participating in the issues which affect their lives' (Buffel, 2013). According to the WHO, "Age-friendly communities" should encourage active ageing by optimising opportunities for health, participation and security in order to enhance the quality of life as people age (WHO, 2007). Following this idea, people from all age groups should take part in social, economic, cultural and civic matters. As MacCullum and Palmer (2006) explain: 'benefits to individuals often flow into their communities: their families, their schools, their groups, their neighbourhoods and their supporting organisations'. Lui (2009), mentions that unlike senior-friendly programs that focus narrowly on technical or architectural guidelines or design specifications, the recent discourse on age-friendly communities emphasises the critical role of quality of social relations like respect and inclusion in the enhancement of quality of life of older people. Echoing the recent development that treats the climate of inclusiveness as one of the most important aspects of age-friendly communities, many writings emphasised specifically the importance of public attitudes and perceptions in affecting the well-being of seniors. They regarded an age-friendly community as not just a space with a range

of services but also as a place that facilitates and honours the participation and contributions of older people (Lui, 2009).

Again, in the guide for developing age-friendly communities, the WHO has defined a checklist of the eight main different aspects that should be taken into account: outdoor spaces and buildings, transport, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, community support and health services (WHO, 2007). Between these eight aspects, both 'social participation' and 'respect and social inclusion' clearly refer to a multigenerational approach. The first one has the objective of promoting access to cultural and leisure activities and opportunities for older residents in order for them to be able to participate and relate with younger people. On the other hand, the second aspect includes programs to promote cultural and ethnic diversity, as well as programs to encourage multigenerational interaction.

In this context, the concept of AgeFriendly Cities advanced by the World Health Organisation WHO (2007) has been influential in shaping policy and practice and in raising awareness about the impact of population ageing on the management and planning of urban environments (Buffel and others, 2013). The Age-Friendly City is based on a number of principles, starting from the idea of 'active ageing', which is not limited to being physically active, but emphasizes that older people should be able to continue to participate in social, cultural, spiritual, economic and civic matters of a city, to optimize opportunities for health, participation and security to enhance wellbeing as people age. Secondly, Age-Friendly Cities are not simply 'elderly friendly', but rather concerned with promoting places friendly for all ages. Thirdly, an Age-Friendly City approach reframes an ageing society from a perception of additional service 'burdens' toward harnessing the opportunities associated with an older population, such as potential increasing le-

vels of voluntary activity and active citizenship or benefits to the local economy (Scott, 2021).

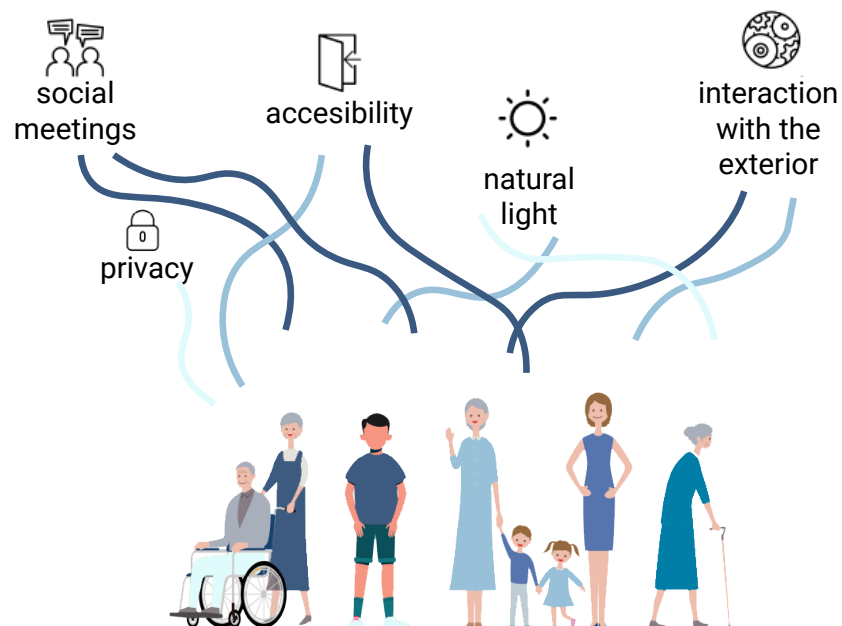
As a real-life example of this concept, in Germany, the Federal Government established the urban development programme 'Innovations for Appropriate Urban Neighbourhoods for Families and the Elderly' (IFAS) (Buffel and others, 2013). The project's main purpose is to transform neighbourhoods into places that can meet changing demographic, social and cultural needs, and where all generations can live alongside one another. Emphasis is placed on improving community facilities, open spaces and meeting places, as well as on promoting interaction between youth and elders. The programme highlights the potential of multigenerational relations for developing innovative strategies to physical and social regeneration at the neighbourhood level. Both young and older people are encouraged to become actively involved in shaping their housing and living environments. Municipalities, local administrations, neighbourhood associations and urban designers are called on to support residents' engagement, and to build upon the individual assets and social competences of all age groups. The project now operates in a wide range of cities, not only in Germany but among the north of Europe.

Moreover, in 2010, Manchester was the first UK city to be accepted into the WHO's Global Network of Age-friendly Cities in recognition of the work carried out by the City Council to make Manchester 'a great place to grow older'. Multigenerational working is seen as a central element of an approach that makes age-friendly cities address the needs of all generations. It was identified as a way of working in communities, but also as an approach that could be applied to planning and developing communities and services (Buffel and others, 2013). The Shared Places and Spaces programme underpins this initiative and explores opportunities for spaces such as parks, libraries and community centres to have a more multigenerational and/or

age-friendly approach. Manchester currently has three projects exploring the concept of 'multigenerational shared sites'. The first concerns the redevelopment of an inner-city park based on age-inclusive design principles; the second involves students from the Manchester School of Architecture who are looking at the practicalities of using shared places and spaces together with older residents; and the third explores how an existing community centre in an ethnically diverse inner-city area can be transformed into a multigenerational site (Melville & Bernard, 2011). The project findings suggest that the involvement of, and cooperation between young and older people and different stakeholders, including both formal and third sector agencies, has been an important factor in terms of establishing these initiatives. The participants reported that the projects facilitated learning opportunities and collective action as a result of knowledge sharing and the interrogation or transformation of shared places (Buffel, 2013).

The case of the Age-Friendly cities and the different associations that exist, reflects a scenario in which architecture and urbanism are working together. It shows how the relationship between the inside, the spaces and everyday living expands towards the outside, generating a social dynamic urbanism. The conceptualization of these approaches are strongly connected and the link between these two spectrums is strong and flexible. Leaving behind the lack of equality, these strategies encourage and posit values in the society that are interested in the idea of an integrated community. As a response to the existing inequalities, the multigenerational strategy does not create an enclosure with itself, but on the contrary, it goes beyond the scale of the building and arrives to the scale of the urban. In order to put in evidence the main topic, examples below show how multigenerational centres, characterised by a specific and intentional design, require detailed planning with particular attention to clarity in the programme and its connection with the city. They also present other crucial

issues such as the existence of a facilitating middle generation, as well as the pursuit of quality of life for all participants in the different programmes.



PART 02

2.1 Catalogue: solutions around the world

Upcoming, an horizontal analysis with an exhibition of samples is made with the aim of creating a theoretical analysis that represents and shows how the multigenerational approach is located in different countries among Europe. This chapter will present eleven different projects that stimulate shared living, especially among people of different age groups. The cases are comparable with their similar concepts of multigenerational living and will be examined to define its features.

They are all presented by following the same analysis structure and features. Showing on each of them a map with the exact location of the project and architectural documentation, including plans, sections and pictures. The analysis starts by explaining the location in order to understand its context and the urban factors that may impact the project. Following, the main architectural features and design concepts are studied in order to understand the project from a design point of view. Finally, the building functions and divisions are presented to show the similar distribution ideas and creation of spaces that are repeated in different multigenerational examples.

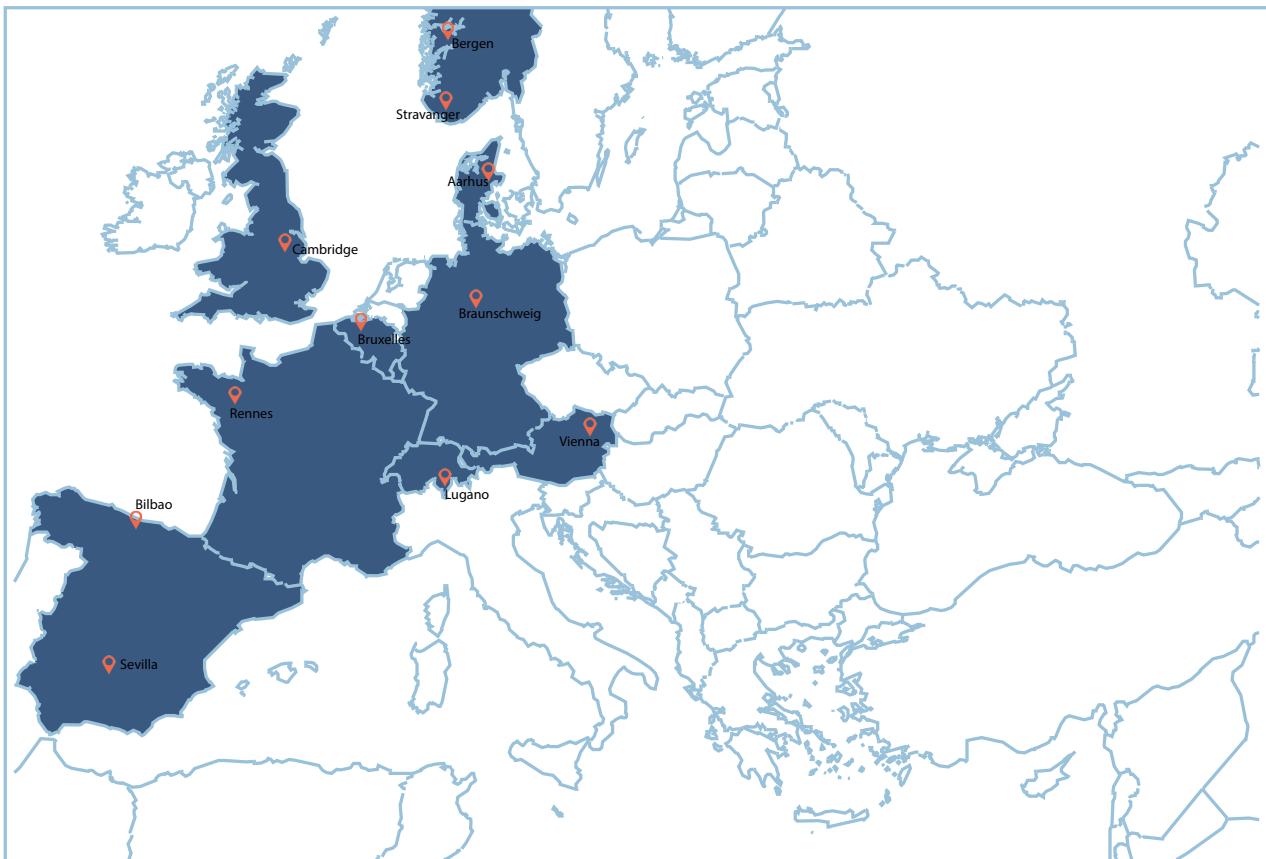


Figure 10 - Catalogue map

Catalogue 1: "51 for young and old", Sevilla Spain

Studio: Villegasbueno

Year: 2007



Figure 11 - Location: Sevilla

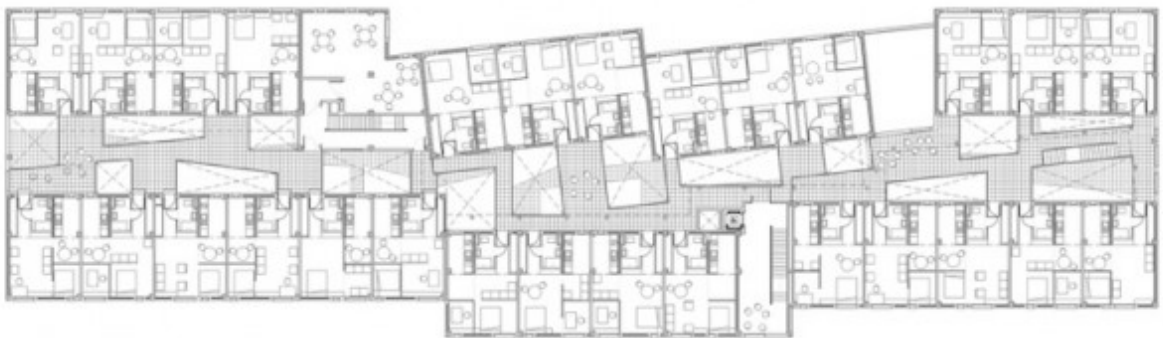


Figure 12 - Typical Floor Plan

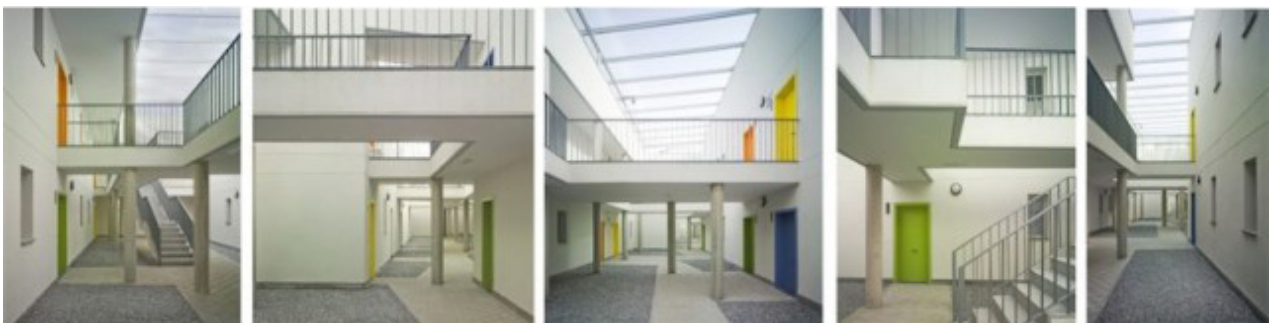
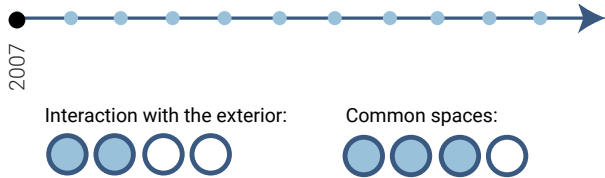


Figure 13 - Interior Spaces



Location and context

The project is located in the neighbourhood of Villanueva in the city of Sevilla. In an urbanised area, where services and different facilities are easy to access. The place is connected with the rest of the city and it also has proximity to green areas and the river of Guadalquivir. The project is dedicated and designed for enhancing the interaction between the elderly and the young by the basis of the multigenerational approach (Bueno, L., Valero, 2008).

Design concept

The project is understood as a transitory residence for a specific time in the life of people. The studio principle aim is the strong commitment with the creation of the well being of the community. From the exterior, the building is presented as a dynamic and contemporary volume that has movement in its facade to provoke a reaction in the urban space. The design concept is based on the multigenerational approach, where each individual has its own privacy. The common space is characterised for enhancing social meetings and outdoors activities protected by roofs and galleries. The outdoor space is composed of a principal patio and different walking pasarelas. Relaxing areas are provided in this covered patio in which the outside and the inside are represented as a unique space. The public space thus becomes the place where the entire community stays, the place to celebrate parties, enjoy the end of the day or socialise with a neighbour. Although the meeting and relationship between the tenants is encouraged, each accommodation is structured with a degree of intimacy and privacy from the common use areas to the exterior facades, carefully working on the position and size of the light openings.

Building functions and divisions

The 51 apartments-studios are built on two floors around the perimeter of an elongated rectangular plot that offers its longest side to the main street, to build a compact and representative image. The building is composed of two floor plants divided with apartments of 30m². The rooms for the elderly are placed at the ground floor for accessibility reasons, while the first floor is designed for young people. The meeting and social spaces are particularly focused on the common patio at the ground floor which is represented and lived as a symbolic social architectural space. Avoiding turning all the houses over the same central space that runs along the perimeter, a game of comings and goings is proposed with the first floor access galleries from which to signify the entrance to each of the houses and fragment the patio into various areas.

Summary

The project is a joint residence for young and old on a subsidised rental basis, where it is verified the intention of bringing together generations with different needs and expectations in the same housing space, where they can share ways of life and efforts everyday life in a neighbourhood coexistence not entirely foreign to the urban culture.

Catalogue 2: BBK Sarriko Centre / ACXT, Bilbao, Spain

Studio: IDOM

Year: 2012



Figure 14 - Location: Bilbao



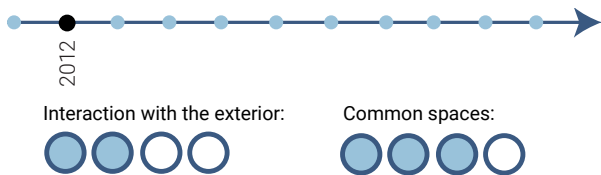
Figure 15 - External Space



Figure 16 - Typical Room



Figure 17 - Typical Floor Plan



Location and context

Located in the centre of the urban area of Bilbao, the BBK Sarriko Centre is a building in which two uses converge: a residence for the elderly and apartments for young people. It is located in a central location so that there are proximity services and good connections with the rest of the city. The building is implanted on the plot following a “U”-shaped scheme so that the facades can enjoy good orientation, views and good sunlight. The space generated in the centre constitutes a vegetable “lung” that provides light and healthy air to the leisure and recreation rooms that surround it. In it, the main entrances and vertical communication elements of the building are focused and are spaced so that the building can be compartmentalised with any combination of uses. On the fronts facing the square there are common living spaces with views of Bilbao. The variation of heights in certain sections of the building allows to increase the hours of sunshine in certain facades and generate terraces for the use and enjoyment of the users.

Design concept

The design is flexible and able to accommodate changes for the different needs of the inhabitants. It is conceived as a single block with different heights and with a smaller massing than the building previously occupying the plot. The studio opted for a sustainable design with environmental awareness in which recycled materials have been used both in the main frame and in the interior finishes. The building has been classified as a LEED system because of its high efficiency lighting, heating and cooling systems. It incorporates solar thermal panels and it also has water saving systems. The interior finishes are free of volatile organic compound materials and the wood entirely comes from

sustainable sources.

Building functions and divisions

The U-shaped building in the ground floor has a total constructed surface area of 20,200 m² and 168 apartments with a maximum capacity of 308 users. In theory, 32 of the apartments will be intended for young people with emancipation problems and the rest to the elderly. The ground floor is composed of common spaces and recreational areas in which both generations can interact. This floor is also strongly connected with the exterior spaces, trying to enhance interaction with different activities that can be carried outdoors. The continuous floor plans are composed of modular apartments and some have access to common terraces. The idea is the alternation of the uses in the floors in order to create a mixed environment between the people living in the building.

Conclusions

The BBK Sarriko building creates a multigenerational coexistence between two specific generations, the young and the elderly. The project is composed of different common spaces and a mix of shared facilities with interaction with outside. It can be conceived as a social or co-housing building open to the centre of the city and its services. A place of diversity and security that accommodates all of the user groups in both public and commercial housing. By facilitating meet across people of all ages and life situations and with different abilities and resources might put people in a different perspective of sharing life. The project puts great emphasis on creating a vibrant and integrated interaction between a wide diversity of people in vastly different life situations by combining the features of everyday activities and leisure activities.

Catalogue 3: Muhlgrund Multigenerational, Austria

Year: 2012

Studio: ARTEC Architekten



Figure 18 - Location: Austria

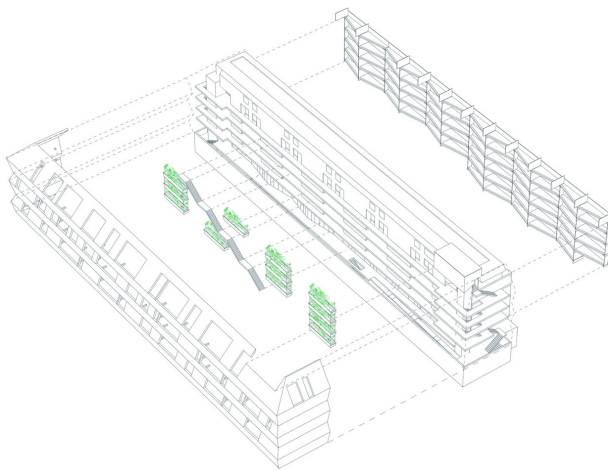


Figure 19 - Exploded Axonometric

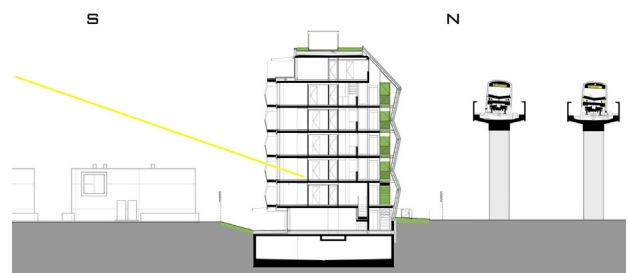


Figure 20 - Section

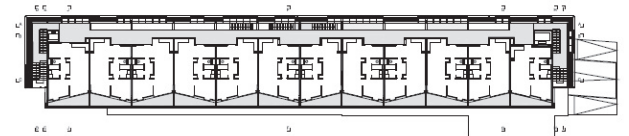


Figure 21 - Typical Floor Plan



Figure 22 - Facade

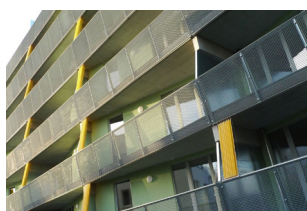


Figure 23 - Balconies

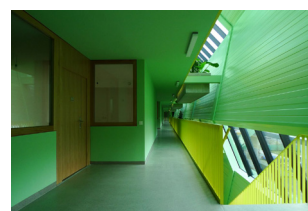


Figure 24 - Interior

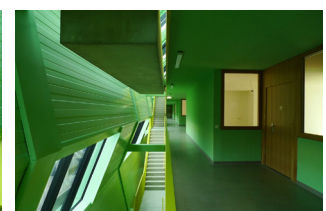
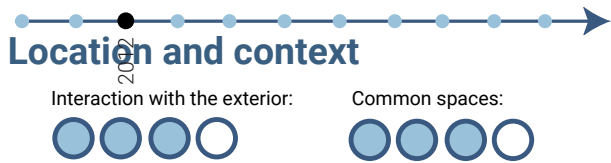


Figure 25 - Interior



In accordance with the urban development project, the studio Artec Architekten have completed a multi-generational living complex at Mühlggrund, in Vienna's 22nd district. The site is located to the south of the city, close to a set of elevated tracks. The 7-storey, bar-shaped building, with only a minimal strip of land surrounding it, screens the low-slung structures to the south from the tracks, where the U2 rapid-transit line runs.

Design concept

The central element of the project is a huge hall with a vertical garden that holds the vertical circulation. The architects main design concept was the creation of a new version of the access balcony apartment house, with stairs and elevators at both ends of the building in which a vertically folded skin directs and diffuses the light, and towards the top, combined with a perforated metal wall with window openings, layers of the building end the elevation in front of the rapid transit line. This creates a room within the thermal envelope of the building with distinctive characteristics: long, narrow and tall, with varying incidence of light and a variety of spatial experiences.

Building functions and divisions

The main entrance is determined by a cascading staircase that is in between the principal corridor and the metal wall. The entrances to the floors are recessed, doubling the width of the corridor. Green gardens and oak windows are present between the apartments and the lobby to provide natural light. The multigenerational building is composed of a ground floor that is mainly dedicated to different services for older people. The nursing, doctors offices and emergency facilities are connected with an area consisting of workshops, studios and common spaces.

In the continuous four levels, all the apartments are designed to have private terraces that interact with the exterior.

Summary

In a complex urban context the multigenerational building takes place and it becomes an architectural object connected to its surroundings. The project is flexible by opting for the mix of ages of the people living inside, but from one side it mainly attracts young due to its modern and green architecture, and from the other side, it attracts elderly because of the services of emergency and medical attendance that they may need. The building is conceived as a metal box in which the interaction between individuals happens inside.

Although, the classification of groups on each floor might limit the interaction between the user groups as desired. The natural meetings in the hallways occur within a more limited group of residents and the distinction between the user groups becomes more visible. The project aims to achieve less solitude and higher well-being among the residents and visitors by combining large groups of people and facilities in an urban area.

Catalogue 4: “New isolated vanoni Lugano building”, Switzerland
Studio: Palladino architects
Year: 2015



Figure 26 - Location: Lugano, Switzerland



Figure 27 - Exterior facades



Figure 28 - Exterior facade



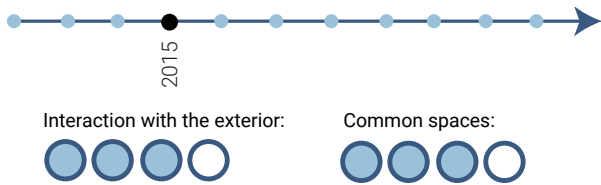
Figure 29 - Internal courtyard



Figure 30 - External spaces



Figure 31 - Interior facade



on the second floor. Block D contains on the ground floor a pharmacy and common areas for the self-sufficient elderly residence. On the upper floors there are 41 apartments of 2.5 and 3.5 rooms suitable for the elderly.

Location and context

The project motto is “Abitare bene a tutte le età” and it consists of a renovation of a historic building in a huge block. It is located in the city of Lugano in Switzerland, in a quiet area with the proximity of the mountains. The architecture of the project and the way of treatment in the materials and the spaces is reflected by the Italian architects.

Design concept

The building is characterised by the mix of uses and the creation of different spaces for different ages. The composition of the project is divided by different blocks with specific use but with the aim of having a connection among them. The open space systems of the buildings are able to interact with the surrounding urban space. The dialogue is favoured by the traditional use of the hand guard brick, typical in the city of Lugano, which with the complex of arcades and openings is permeable to the entrance of the public.

Building functions and divisions

The project consists of the construction of four distinct blocks. Block A is designed for the Juvenile Education Centre (CEM), the administrative spaces, the industrial kitchen, the storage rooms in the basement, the gym with the changing rooms for children and the connection with block B. Block B, a renovated building, is composed of the ground floor with a large multipurpose room and access to the elementary school, on the first and second Floor there are the school classrooms and labs with the relative services and administration. Block C, a new building, contains shops and a bar on the ground floor, offices on the first floor, and the Foyer of the San Gottardo Foundation for 16 disabled people

Summary

The multigenerational building New isolated vanoni Lugano building is an example of a social housing typology of architecture where a mix of uses and a mix of ages can live together. A whole block of different buildings becomes a community, a “little city”, where services, facilities and different everyday situations coexist in the same environment. An opportunity to interact with other groups as children, people with disabilities at the disability centre and elderly gives more diverse occasions to spend the day. The project involves the construction of a block in which several generations live together and various activities take place in an integrated and synergistic way (Sassi, E. 2010).

Catalogue 5: Calico Project: “CAre and LIving in COmmunity”, Bruxelles

Studio: Aldo

Year: 2018



Figure 32 - Location: Bruxelles, Belgium

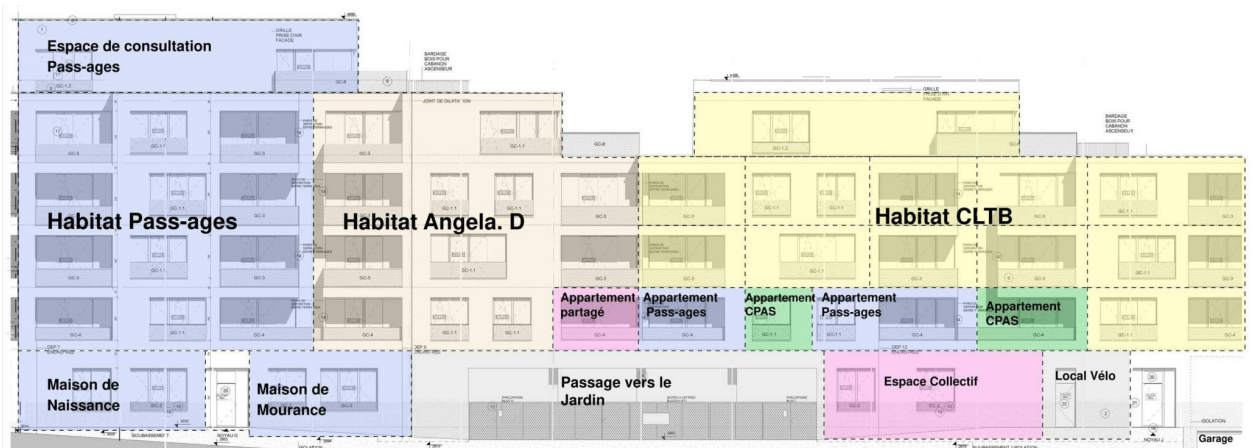


Figure 33 - Facade with functions



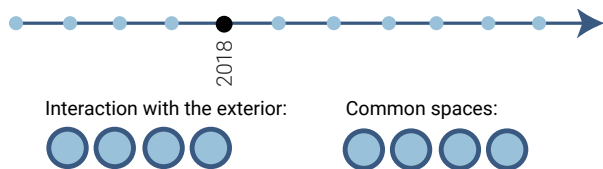
Figure 34 - Construction



Figure 35 - Facade



Figure 36 - Exterior render



Location and context

CALICO, 'CAre and LLiving in COmmunity', is a project of 34 apartments in cohousing providing a generational and social mix in interaction with its neighbourhood, located in Bruxelles Belgium. Its priorities are gender perspective, the integration of birth and end-of-life at the heart of the community, care, and access to housing within different activities. The CALICO project received co-financing from the European ERDF fund under the call for projects «Urban Innovative Actions». It started in November 2018 and it was finished by the summer of 2021.

Design concept

The project design concept is based on an open space for local initiatives, inserting the building within its neighbourhood and creating a space for interaction with said neighbourhood. The principal aim is to create an intergenerational project with a social mix. All inhabitants are part of the decision-making process thanks to several inhabitants' committees, within the idea of creating a "little community".

Building functions and divisions

The building is composed of 34 apartments in cohousing with a division of three parts. The project is interesting due to these three parts that are in charge of different associations which enhance different directions for the interaction among the residents. Part 1 known as "Angela D" and it is CALICO's partner association responsible for putting gender issues at the centre of the housing project through awareness-raising and training activities on gender equality issues. The second part of the project is designated to the "Community Land Trust housing" which is based on the philosophy that ownership

of land is separated from ownership of buildings, allowing low-income households to buy housing at a lower price than market price and allowing the price of housing to remain affordable for subsequent generations. The last part is designated to the association of "Pass-ages", which is integrated within the housing cluster, and focuses on the creation of living in harmony and in connection with others, accompanied by professionals and volunteers.

Summary

This project is the solution for the ageing of the population that is affecting Belgium as much as its neighbours. The risk of isolation of older people increases as a society becomes more individualised, and their meagre incomes rarely give them the opportunity to live in affordable and adequate housing. By ensuring that all generations are represented within its housing project, CALICO will allow seniors not only access to affordable housing, but, if they so wish, they will have the possibility of always being in the company of others while actively participating in the life of the housing cluster. The younger residents will be able to enjoy presence and transmission from elder residents.

Catalogue 6: “Le Cours des Arts: Living Diversity”, France

Studio: a/LTA

Year: 2018



Figure 37 - Location: France



Figure 38 - Roof plan



Figure 39 - Facade



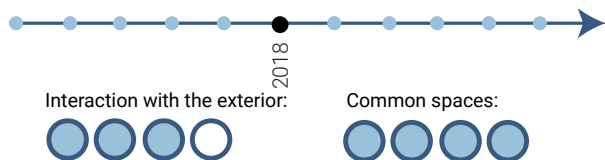
Figure 40 - Facades



Figure 41 - Internal courtyard



Figure 42 - Shared room



Location and context

The project is located in the city of Rennes in France and is known as the “Beautiful outlook” / “Beauregard” due to the views between the valleys of the Ille and Vilaine rivers that the building can offer. Le Cours des Arts multigenerational building is based on the concept of “Living Mix” by the creation of spaces where diversity coexists among residents.

Design concept

The project aims to create and build a diverse ensemble of housing units which combines a social aspect and home buying possibilities, with the challenge of creating an “intergenerational housing complex”. The architect’s design concept came to carry out this programme with a new kind of community living in mind.

Building functions and divisions

Le Cours des Arts is a project with a program of 119 housing units, four artists’ studios and housing, two artists’ studios, shared gardens, three commercial cells and a convenience room, where everything is communicated. Organised around a central communal courtyard, the opening in the landscape consequently becomes the centrepiece of the project, the three constructions make it possible to free up space in the heart of the block. There is a constant tension that exists within the spaces, caught up as we are in our daily lives, between spending time with the community or with ourselves. The random distribution of the houses and artists’ studios creates spaces evidently conducive to interaction for they break with the panoptic effect which would have been given. The treatment of visibility of each space is managed and controlled by the design of different spaces.

Summary

Le Cours des Arts multigenerational building is another case example of the creation of spaces made for social interaction and community commitment. The project aims to give elderly social cohesion and a sense of community by creating a connection between different ages and abilities of the residents under common management. The creation of a common courtyard is the heart of the project where different routines are met in one place. Once again architecture is taken as a tool design for achieving the challenge of the multigenerational approach.

Catalogue 7: Helgetun Boliger, Norway

Studio: B + B Arkitekter

Year: 2018



Figure 43 - Location: Norway



Figure 44 - Facades

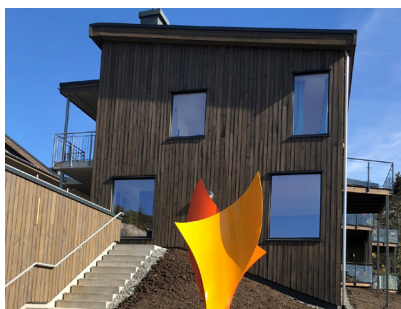


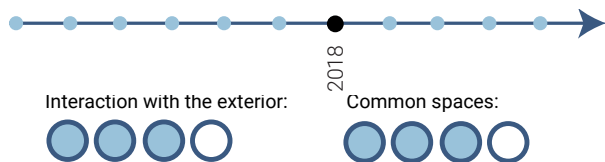
Figure 45 - Wood Facade



Figure 46 - Shared activities



Figure 47 - External facade



Location and context

The project is located 10km away from the city of Bergen, in an area surrounded by nature and large green areas with walking trails and farm areas with animals. The project targets are elderly, kindergarten and a foundation of people with disabilities. The interaction between generations is emphasised through the creation of a natural environment and healthy life.

Design concept

The genesis of the project is based on the philosophy “it must be nice to grow old” (GC Rieber Gruppen, n.d.). The design concept is aimed to create and facilitate an active, social and healthy life with opportunities and outdoor activities that enhance the idea of communities and care among residents. It is a project that represents itself as a social experiment, where lower medication and ending loneliness are the principal objectives to achieve through mentally and physical health. In the Helgetun project area, the three bridge-building units of senior homes, kindergarten and disability centres were established by G.C. Rieber & Co AS (Helgetun, 2018). It is an interesting case because the project grew among the years, ending up in the multigenerational architecture concept. The establishment of Helgetun started at the disability centre in 1954, kindergarten in 2014 and at last the senior homes in 2019 (Helgetun, 2018). The purpose of gathering the three facilities that follow the course of life and include people with special needs is to benefit from each other from separate operating units.

Building functions and division

The Helgetun senior homes offer a total of 31 housing units of two types, two-bedrooms

apartments and one-bedroom apartments (GC Rieber Gruppen, n.d.). The apartments requirement is being 65 years old or older, and willing to engage in the active and social life at the “village” of kindergarten, disability centre, farm, and greenhouses (GC Rieber Gruppen, n.d.). The residents are selected by an interview process after they apply to the desire of being at the homes. The common facilities of Helgetun senior homes are the greenhouse with meeting places, rentable guest apartments and common living room (Helgetun, n.d.-b).

Summary

The Helgetun senior homes represent an interesting case due to being a possibility for the elderly that desire more active everyday life in natural surroundings. Diverse everyday life scenarios are created in between elderly, kindergarten and people with disabilities among different outdoor activities. The project aims to give elderly social cohesion and a sense of community by creating a connection between different ages and abilities of the residents under common management. At the same time, the location of the project raises questions regarding accessibility and connectivity to the rest of society. The 10 km distance to the city centre may be limiting and seclusive from the amenities a city centre can offer, as varied public services and several meeting places with others in the society. This can be seen as a negative factor due to the disconnection with possible interactions with the rest of the city and create some limitations for the residents.

Catalogue 8: Marmalade Lane Multigenerational, England

Studio: Mole Architects

Year: 2018

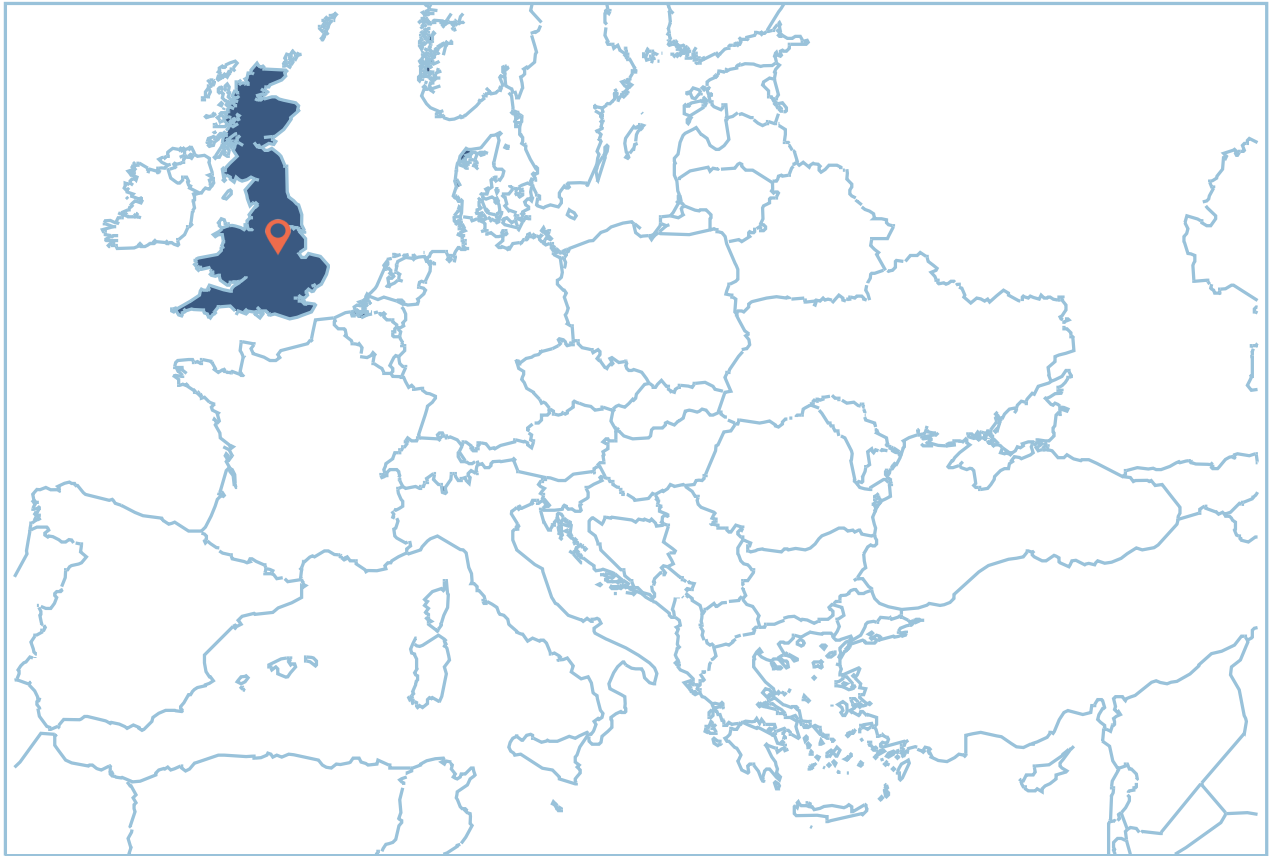


Figure 48 - Location: England



Figure 49 - Axonometric view



Figure 50 - Internal Courtyard



Figure 51 - Typical rooms

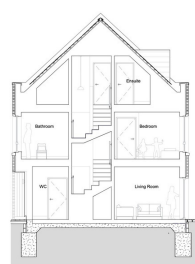
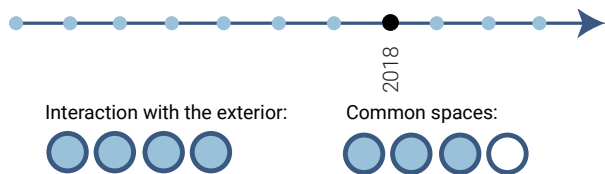


Figure 52 - Section



Figure 53 - External Facade



Location and context

Designed by Mole Architects and located in the modern Orchard Park area of north Cambridge, Marmalade Lane is the first multigenerational project in Cambridge. The completion of Marmalade Lane comes at a time when the Government is identifying community-run housing as a viable national solution to the current real estate problem. The project is meant to connect not only the different housing units inside the project, but also properly connect it to the rest of the city. There is fast, direct access to the city centre and the new Cambridge North railway station via the Cambridge cycle network and the Cambridgeshire Guided Busway.

Design Concept

Multigenerational is meant to be a place and a way of living in which the inhabitants jointly manage their living together, getting to know each other and enjoying the sense of community. But at the same time, having their own private space, which benefits from shared spaces, makes the living experience much better and encourages a more social way of life. The inhabitants of the building are multigenerational and mixed, having people from all ages. Including families with young children, retired couples, single families of different ages and young working couples.

The development consists of 42 houses, ranging from 2 to 5 bedroom terraced houses as well as 1 and 2 bedroom apartments. With the idea of having customizable apartments, each home can choose one of five shell or apartment types, then choose a standard floor plan, kitchen and bathroom finishes, and one of four exterior brick specifications to configure their home. As a result, each home can respond to the individual needs without the complexity of building a home,

balancing individuality with the harmony of a visually cohesive architectural style.

Building functions and division

The public spaces and facilities at Marmalade Lane were designed to promote community spirit and sustainable living. Including expansive communal gardens located at the heart of the project, that serve as the focal point of the community, with areas for playing, growing food, composting, socializing and quiet contemplation. A flexible “Community House”, which is a place meant for residents to socialize, host guests and have celebrations together. It’s composed of a lounge, kitchen, children’s play room, a room for adults only, laundry facilities and flexible spaces for meetings. A small gym and a workshop are provided for hobbies. In the centre of the plot, a child-friendly and car-free street is placed, generating a space for neighbour interaction. Residents are part of the design, sharing common parts and contributing to community management.

Housing Typologies

The housing typologies at Marmalade Lane are designed with generous proportions, high ceilings, big windows and open living areas. Each home has a private garden or balcony and the residents have access to car and bicycle parking. Four typologies are proposed by the studio.

Type A. It comes in two different layouts, one with three bedrooms and the other one with four. With an area of 108m², this three-storey terraced house model has solid wood flooring, underfloor heating, two bathrooms and front and rear gardens.

Type B. Available in three and four double-bedroom layouts, it has an area of 123m², and it is divided in three terraced levels, with solid wood flooring, underfloor heating, three bathrooms and front and rear gardens.

Type C. Available as a ground-floor 51m² one-bedroom unit with first-floor 61m²

two-bedroom units above, these paired flats have their own front doors, private garden or balcony and family bathroom.

Type D. A 75m² two double bedroom apartment with large west-facing balcony or terrace, accessed via a secure shared lobby with lift. Each apartment benefits from a large family bathroom and private secure storage.

Summary

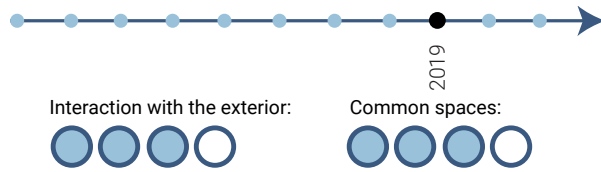
Marmalade Lane is a multi-generational community, its residents come from all ages and walks of life and include families with young children, retired couples and young professionals. As well as 42 exceptional private homes, Marmalade Lane offers a mix of shared facilities unique and essential to multigenerational living. Nowadays, almost 4 years after its completion, the resident group has continued to grow into a diverse, multigenerational and international group as their new community continues to prosper at Marmalade Lane.

Year: 2019

[illegible]

An aerial photograph of a residential development in Copenhagen. The image shows a cluster of modern, white, multi-story apartment buildings with flat roofs, many of which are covered in green vegetation (green roofs). These modern buildings are interspersed with older, traditional Danish houses with red-tiled roofs. The development is situated near a body of water, with a large industrial building labeled 'PILMINE TANK' visible on the left. The overall scene illustrates a blend of old and new urban architecture.

61



Location and context

Vindmøllebakken is a multigenerational building in Storhaug, a district in the city of Stravanger located on the east of Norway. The district of Storhaug has been known as an industrial town for many years until the factories were wound up. In this context, where the area was empty and the buildings were abandoned, the Council of the city established a business non-profit group called "Urban Sjøfront " to design the new urban development. With an idea of recreational, community and sharing buildings and spaces, nowadays the area has become a capital for a variety of housing projects with many different uses. Among cultural scenes, commercial services and diversity in urban quality the studio of Helen & Hard decided to propose a multigenerational project. The project was influenced by the vernacular city fabric in the surrounding area, by its orientation and by the footprint size on each housing unit.

Design concept

The concept of the studio in this project is based on the idea of "Gaining and Sharing", which is strictly related with the idea of the community and relationship with the urban scale. The main aim of the model is to create social, environmental, economic, and architectural gains through community making and sharing. Also, increasing the quality of life and social relations between the neighbours by practising sustainable lifestyle through architecture and urbanism. Through day to day interaction, residents develop their own solutions and desires creating a feeling of ownership and fellowship of the community. The concept of "Gaining and Sharing" is based on 4 elements: environment, social, economy and architecture (Helen & Hard, 2019).

By choosing environmentally friendly materials, and sharing services, such as transport and resources, the model of Environment shows the aim of trying to reduce carbon footprint.

Second, the Social model is based on the benefits that this typology brings to the inhabitants, by an optimal mix in age, background, and personality, sharing everyday life can be experienced as a win. The need to have someone to be with can be fulfilled, without being deprived of the need to be alone. Diversity strengthens the community and represents different qualities, energies, and initiatives on what co-living community is dependent on (Gaining by Sharing, n.d.-d).

The model of Economy is centred on gaining by the goals settled to contribute to a financially better housing offer through optimized living space and more common functions (Gaining by Sharing, n.d.-e).

On the model of Architecture the added value of sharing can be expressed in architectural, spatial aesthetic qualities, more generous and qualified common rooms, and outdoor areas that are hard for individual homes to maintain. The creation of environments to enhance social interaction is one of the many critics to multigenerational projects.

Building functions and division

The design concept was focused on the adaptation and usage of reusing and recycling elements from old factory buildings from a former structure of the site. The building consists of an urban density that is dense and low, with a maximum of 5 floors on building units. The composition is based on the creation of independent living spaces in addition to common areas.

The floor plans are flexible and can be adapted to new life situations so that diversity of age can be maintained over time. The project included a total of 55 residential units in a new urban quarter (Kruse Smith, 2016). The common rooms and spaces totaled 500

m² and include an indoor atrium, a family room with connection to a large communal kitchen, two guest apartments, workshop, greenhouse, activity room for children, roof terrace and roof garden, laundry and a large communal courtyard (Langvad, 2017). Parts of the old factory located by Støperigata have become commercial premises with a restaurant currently, and the facade and materials have been rehabilitated and designed for the playground (Langvad, 2017). Within the urban quarter, there are various levels of exposure to the community. Spatial organization and informal meeting places are important for the social environment and communication between the residents of the community (Gaining by Sharing, n.d.-f).

Summary

The project is an example of what a modern living community can look like, due to the large common area located in the middle of the building, the residents can experience social contact daily in a more natural way and see the value of the common areas they have in addition to their own apartment. The Vindmøllebakken is the first attempt to make co-living commercially possible by a developer initiating the project (Langvad, 2017). Differing from common ways of organizing collective living forms, where there is often an existing grouping that decides to move in together (Schmidt, 1991), a controversial appears in the openness, as their presence and absence are too visible to the public areas and the lack of privacy and a sense of being displayed might affect the quality of life.

Catalogue 10: Modulares Mehrgenerationenhaus, Germany

Studio: Henriette Webber, M.A, Architekten

Year: 2019



Figure 60 - Location: Germany

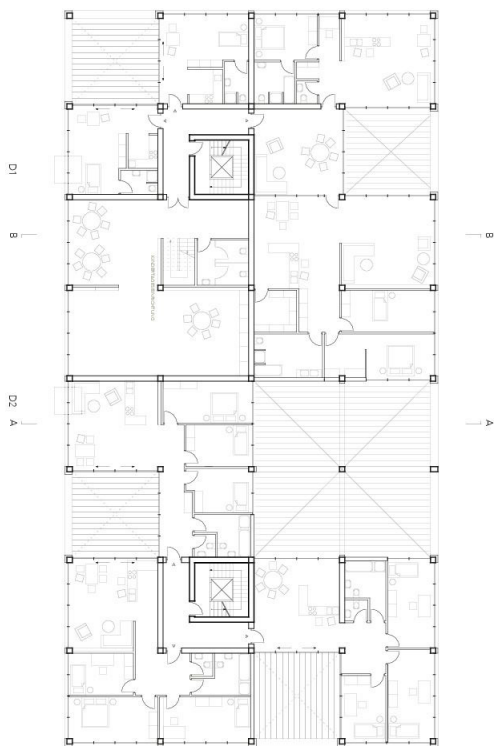


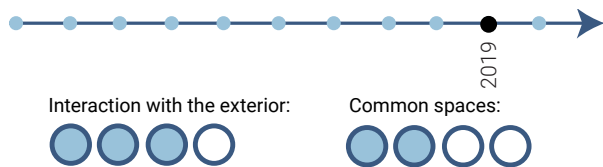
Figure 61 - Typical Floor Plan



Figure 62 - Interior render



Figure 63 - Exterior render



Location and context

The main concept of the project is the idea of creating a building in which many generations can live. The multigenerational building is going to be placed in an old factory area, in the western ring of the city of Braunschweig, Germany. This location has a direct connection with the Ringgles, which is the new recreational area of the city. The intention is to create a connection between the building itself and the city, promoting the idea of community and social care connected also with the urban. In order to form a distinction between the existing residential area and the industrial area, the studio placed the multi-generational building on the north-eastern edge of the property.

Concept

The design concept is based on the arrangement of a modular scheme for the creation of the apartments. The system consists of five different modules, which are adapted to families, shared apartments, couples and singles. During the design process, the main aim was to form small communities and generate sharing spaces with public areas. Using the design of the space as a tool, the creation of some apartments with separate living areas create a common living room or a common terrace. In this way, there is the possibility for families to move into one of these small communities with their grandparents, so that in addition to their own apartment they also have common areas.

Building functions and division

The building consists of 39 residential units. The volume is divided into two parts, each with a staircase core. The public area and administration area are located on the north part with complete accessibility on the

ground floor. The southern part is exclusively available to residents.

In addition to the 39 residential modules, there are two community modules. The southern common area with an internal staircase extends over three floors with rooms for different activities. On the other hand, the second community module is a three-story loggia that faces the ring track. This outdoor area can be entered from one of the two interior rules located on the first and fourth floors. A connection between the two staircase cores is designed providing a meeting place.

Regarding materiality, the studio decided to opt for a reinforced concrete frame for the modular construction, allowing variability of the modules and subsequent conversion. The free space between the reinforced concrete columns is filled with a timber frame construction. The materials are chosen with a purpose of giving neutrality and calm to generate passive environments. The opaque grey colour of the concrete and the use of the natural elements like timber.

Summary

The multi-generational project forms a large community of modular apartments that work both in combination with other modules and as separate modules that offer the residents suitable living space. The reason for starting this project was the increasing isolation of society (Webber, H).

Catalogue 11: “The house of generations”, Denmark

Studio: ERIK Arkitekter & Rum Arkitekter

Year: 2020



Figure 64 - Location: Denmark

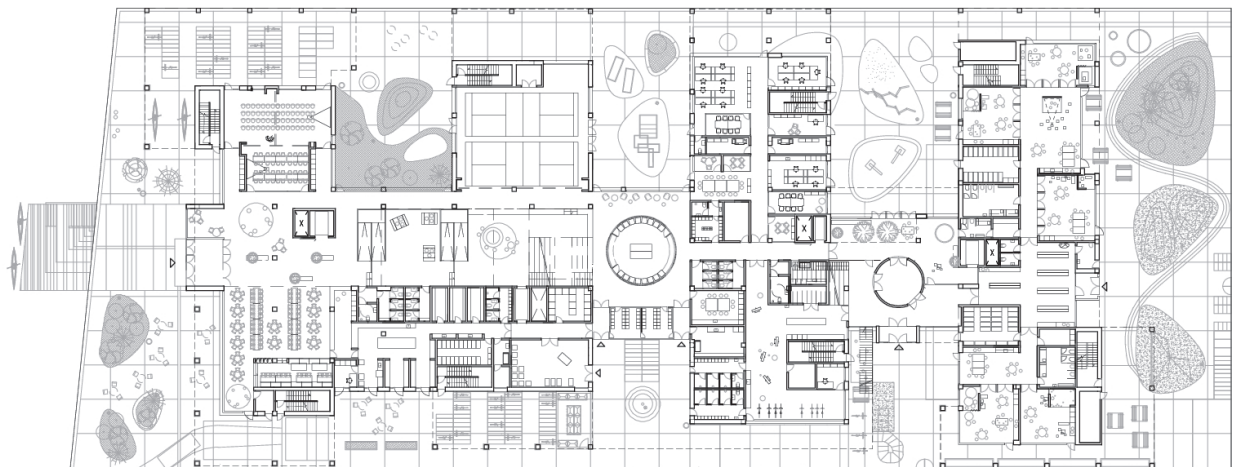


Figure 65 - Typical Floor Plan



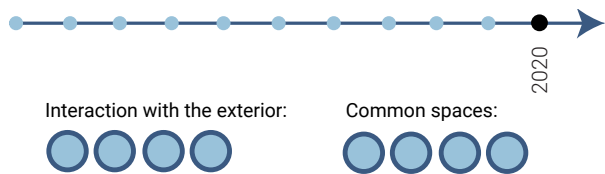
Figure 66 - External Facade



Figure 67 - External Space



Figure 68 - Shared activities



Location and context

The project is located on the port area at Aarhus East which is a vibrant diverse and attractive district that offers a fusion of business, housing, culture and recreational spaces to bring together the city and the port area. The housing project is initiated by the Aarhus municipality and will consist of elderly, affordable housing, daycare for children and adults with disabilities, and student housing together with large and varied common areas and commercial features at the street level.

Design concept

The studio and the municipality's principal aim is to ensure the well functioning everyday life by creating a community that combines public services, childcare, housing for the elderly and people with disabilities and for families and young people. In this way, the objective is to minimise loneliness and solitude among residents and create social interaction between them. The project plays with the inside and outside spaces, inviting people to create a unique environment and not differing between what is private and public. A playground and a cafe are designed at the ground floor to attract more visitors of different ages from outside the building (Aarhus Municipality, 2019).

Building functions and divisions

The multigenerational building distribution is designed horizontally in a way that housing floors are divided creating the situation in which the same type of residents and generations live on the same floors. The building is composed of two parts: the neighbourhood and the community. Both parts provide different levels of privacy, some typologies share the kitchens and the bathrooms which

others are completely private. The project aims to give a sense of a city in the city, in which 500 people are moving across the floors creating social activities and everyday life situations. The composition of the floors starts with common spaces in the ground floor followed by 2 floors for student housing, and two floors for families and elderly.

Summary

The multigenerational building of Generations Hus is based on a social vision with the aim of creating closeness and care among residents. A place in which diversity and living with security becomes an everyday value. The genesis of the project is creating an emphasis on integrated spaces, degrading possible distinctions between inside and outside spaces. The urban location in the city centre strengthens the accessibility for both residents and visitors. The combination with urban life with all the generations, particularly older people, represent a challenge of integration among the residents of the building.

Conclusion catalogue

The analysis made on the different catalogue is meant to show and explore the possibilities of residences for the elderly today present in Europe. The comparison made among the divergent examples makes sense in reasoning the complex diversity that arises in residential contexts, which is different and speaks for different solutions to the same problem.

Among this set of catalogue, the most recurrent repetitive facets are their aim for the common goods by sharing resources, such as time, area and assets. Their access to shared spaces makes the living more sustainable, both environmentally, economically and socially speaking. The catalogue represents the importance of the creation and design of spaces by the modelling of different spatial layers, which in the architectural compositions of a building can create particular spatial relations and an architectural space that cannot be defined as an inner space or as an outer space, but one that has the characteristics of both. This space, which can be called "in between space", appears as the result of a specific design concept in which social interaction particularly takes place (Hristina Krstić, 2016). This kind of conceptual design distinguishes by offering richness, variety, complexity and unique perception of space, therefore increasing its value. The catalogue analysed above follow a pattern which shows the way in which architecture can be seen as a tool for the creation of common spaces and how important is their potential to the multigenerational approach. This understanding is also attached to how significant is the interplay between architectural design and human psychology, because the creation of the built environment has consequences at a social and spatial level (Natalie Ricci, 2018). In this way, it is clear to see how the concepts of inside and outside have a flexible relationship that almost disappears and creates a unique and unitary space, as in the examples explored the building changes its scale and becomes a community. The re-

search made above enhances the idea of the creation of communities as one of the principles of the multigenerational approach. It is also evident that the building cases follow a specific trend of construction between the years 2007 until nowadays. The health journalist Elisabeth Almekinder (2019) posits multigenerational living as the new rapidly growing trend of the last few years after analysing various reports and cases about the topic. In this context, a reflection turns out to create connections between the geographical and demographic data previously analysed and the existing cases around the world of this approach. The possibility of a new movement in architecture opens up the debate if the multigenerational approach will be the future solution for the present problem of social inequalities suffered by old people.

PART 03

Case studies analysis

After the realisation of a theoretical analysis on the issue on elderly in the post-pandemic city, a critical understanding towards a multigenerational housing strategy is reached as a possible solution to the issue of loneliness. In order to have a profound investigation on the domain presented, an empirical part is proposed sustained by the study and exploration of different cases studies. The achievement of the analysis is obtained by different methodologies, such as fieldwork investigation, site visit, elaboration of data and realisation of interviews.

The choice of both fieldwork case studies is made through the conception that they represent the values and main parameters of the multigenerational approach. The selection of both case studies show how the multigenerational approach can expose the relationship between the building itself and the rest of the city. Going beyond the architectural scale, the examples demonstrate the importance of the urban and the outside as part of the creation of communities. An interesting proposition and perspective is placed due to the election of a building that has not been built yet and aims to project what could be a significant example; and on the other hand, an existing building is analysed to display and reveal how the multigenerational approach is already working.

Starting, we analyse a project done by Homers Architects in Turin that puts in practice the idea of mixed generations living together, but including as well disabled people with their families. Moreover, a project in Alicante is studied, which focuses on having connections between the older and younger generations that live in the same place, with the younger people spending at least 4 hours a week to help and spend time with the elderly. On each of them, interviews to main actors of the projects have been performed in order to get a complete vision of the investigation. The architectural field, the social associations and the people that are living in

this new type of living community have been interviewed. Due to today's context with the current pandemic still alive, these interviews have been done in several different ways. In the case of Turin, the meetings were in presence and we were able to get to know each of the actors in person. This possibility gave us a different perspective on the situation, and each of them were able to transmit important aspects of the projects that were very useful to achieve a better understanding. On the other hand, in Alicante due to pandemic reasons the interviews could not be performed in person, but they were kind enough to let us call them and make the interviews through video calls, which was the best option considering that we were not able to go there. Each interview transmitted different feelings and approaches that can be read together as the creation of a unique idea of integration.

The use of interviews in the analysis of case studies makes it possible to collect and analyse several elements: the opinion, attitude, feelings and representations of the person interviewed. The interviews are used as instruments whose purpose is to collect data, but due to its flexibility it allows us to obtain a deeper, more detailed information, which even the interviewee and interviewer had not identified. This type of methodological approach creates a deeper understanding about the existing debate and makes us closer with real fundamentals to the response of the questions that emerge throughout the thesis.

03.1 Valenza 46



Figure 69 - Location: Turin

Data and urban geography

The ageing population is a problem affecting every country in Europe and has been increasing a lot in the last few years. As mentioned in chapter 2, particularly Italy is nowadays the European country with the highest number of old people (those over 65 years old). In the last 20 years, the percentages have been increasing all over the country and it is not expected to stop soon. As shown in Figure 70 the percentage of people

over 65 has increased from 18.4% in 2001 to 23.2% in 2020. This number is expected to continue increasing, all the way to 33.7% in 2050 (Eurostat, 2020) (see Figure 71).

Moreover, this project will be located in the region of Piemonte, which is one of the Italian regions with the highest number of people over 65, with 25,9% of its population being considered old (see Figure 75). Compared with 26.5% in Friuli-Venezia Giulia, 25.7% in Toscana, 26% in Umbria, 25.2% in Marche,

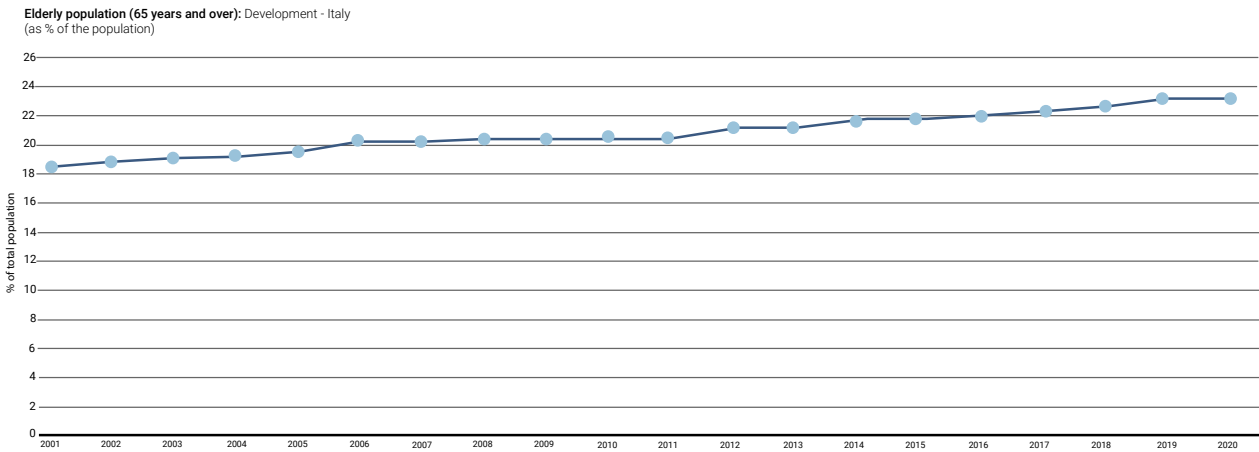


Figure 70 - Elderly Population (Italy)

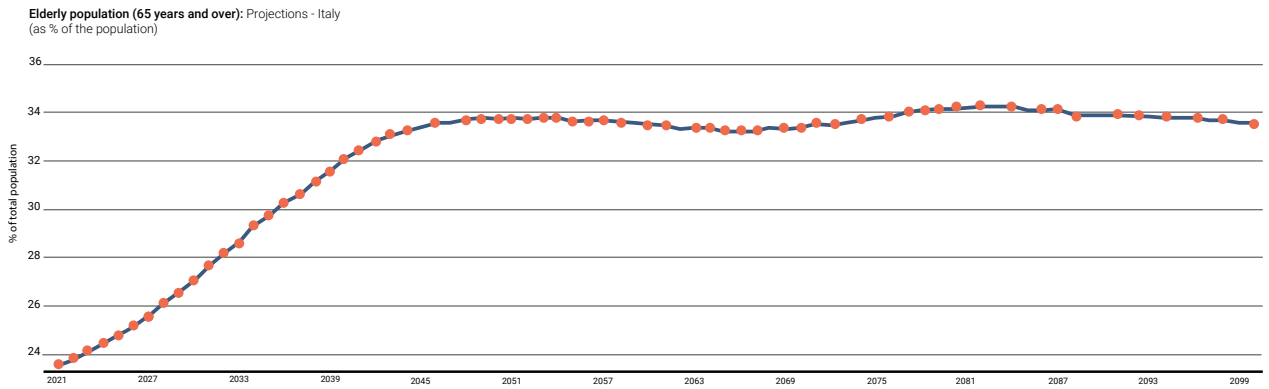


Figure 71 - Elderly Population (Italy)

25.3% in Molise and 28.7% in Liguria beign the highest (Eurostat, 2020).

By analysing these data it becomes evident the importance of solving the problems that come with an increasing amount of old people. As previously mentioned, the multigenerational approach is a proven solution to this problem that has been implemented all over Europe, giving amazing results. Despite being the country with the highest number of people over 65 years old, Italy is behind other countries in terms of multigenerational projects. This is the reason why developing projects that stop somehow the inequalities that come with ageing is very important in a country such as Italy.

Location and plot

The project will be placed in the city of Turin, in Lingotto, a neighbourhood that grew with the FIAT factory moving its main headquarters to this part of the city. With the new factory located there, the surroundings developed fastly to serve the big number of workers that worked there every day. This is the reason why FIAT owned a lot of properties in Lingotto. Nowadays, the building does not serve as the factory of the automotive company anymore, but still gives a sense of pride to the inhabitants of the neighbourhood. The plot in which the building will be constructed used to be owned by FIAT, but was later donated to the Parrocchia Assunzione di Maria Vergine. The project was born by a proposal made by the studio Homers to the parrocchia with the idea to enhance the development of the real estate parcel at 46

Valencia Street with the intent to make the entire plot a residential “village” with a structure of innovative services ment for a mix of people and generations with disabilities and special needs, care-givers and co-housers.



Figure 72 - Existing building



Figure 73 - Plot and existing building



Figure 74 - Future internal courtyard

Elderly population in Italy (65 years and over) by NUTS level 2 regions, 2020
(% share of total population)

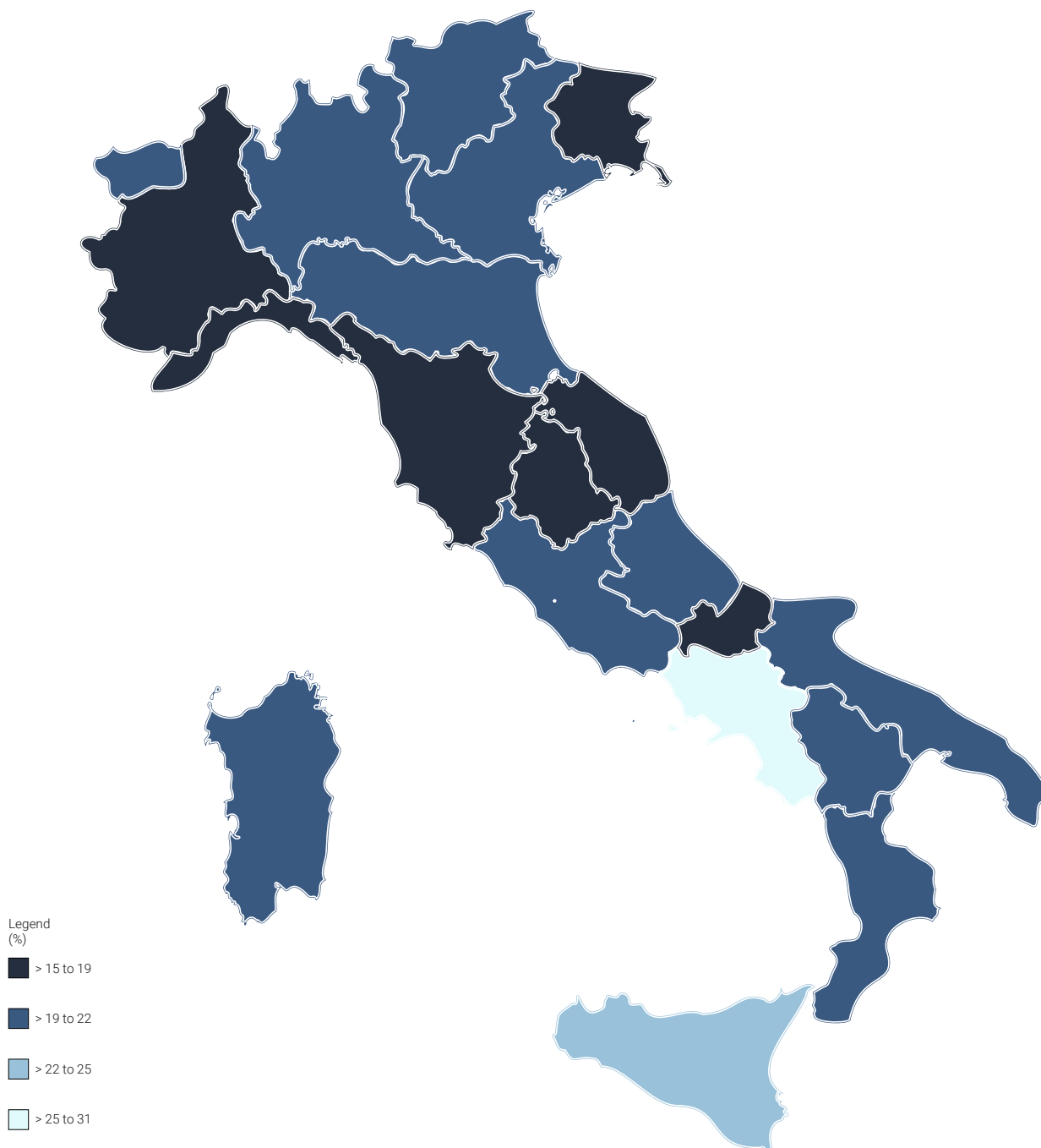


Figure 75 - Elderly Population by region (Italy)

In order to have a better understanding of the plot and its connections and surroundings, a site visit has been performed. (See Figures 72-73-74)

In terms of accessibility, the location is highly connected to different points of the city in both public and private transport. The site is located close to the Lingotto train station which guarantees connection with the city and with other cities and parts of the region and country. Moreover, the already opened Italia '61 metro station on the eastern side

of the plot will further facilitate internal connections with different parts of the city. In addition, the area surrounding the intervention is a mixed residential consolidated urban area, which is in full transformation and some interventions are close to the realization among which the new headquarters of the Piedmont region and the future "Parco della Salute" or Park of health.

The plot in which the building will be constructed has a land area of 5363m², of which the existing building takes 1130m² (with a

possible extension of 90m²), while the maximum achievable square metres is 7240m².

Project design

The main concept of the studio, reached through the realisation of workshops and process of design, is to create a place capable of attracting and welcoming diverse communities with disabled children and “supportive” families, in forms that are accessible, open to the metropolitan dimension and offering care and attention across generations. To transform and enhance the existing building and the green space until now unused, giving it a new life and dignity.

The new built part will be located between via Genova, via Caramagna and via Valen-

za. On the ground floor of via Genova there will be an entrance with services open to the neighbourhood as well as pharmacies and doctors offices. The residential part will be developed along the three streets Valenza, Caramagna and Genova with different heights, giving life to an animated form with green terraces. The image is that of a building that is higher on via Genova and gradually degrades along via Caramagna and via Valenza, all the way to via Nizza.

Among the various services of the community there are outdoor spaces covered, to be used throughout the year, which can be used both as semi-private spaces and semi-public spaces. Schematically, three spaces are created in the interior of the plot: a public space on the building of Via Nizza,

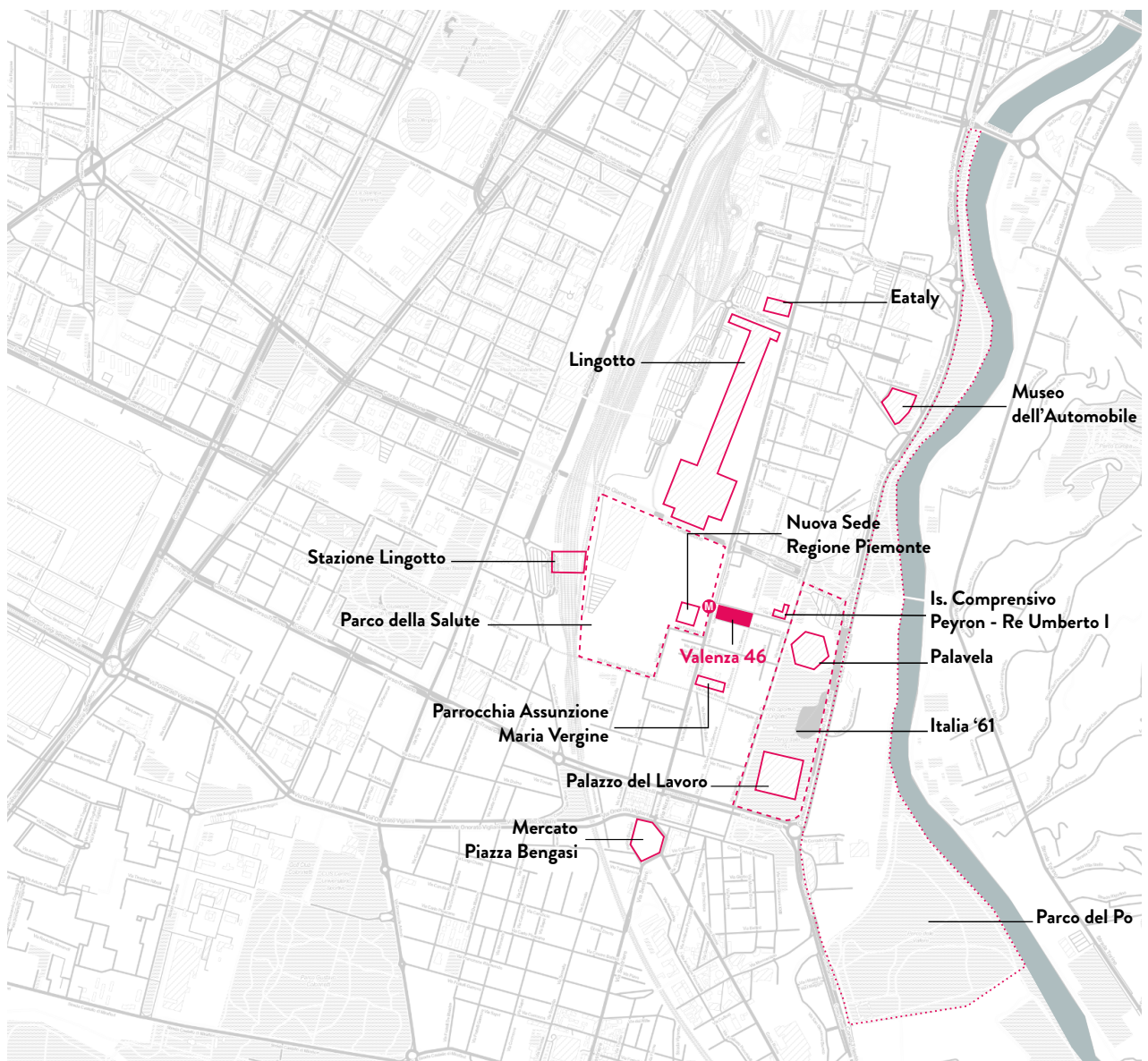


Figure 76 - Plot location, Turin

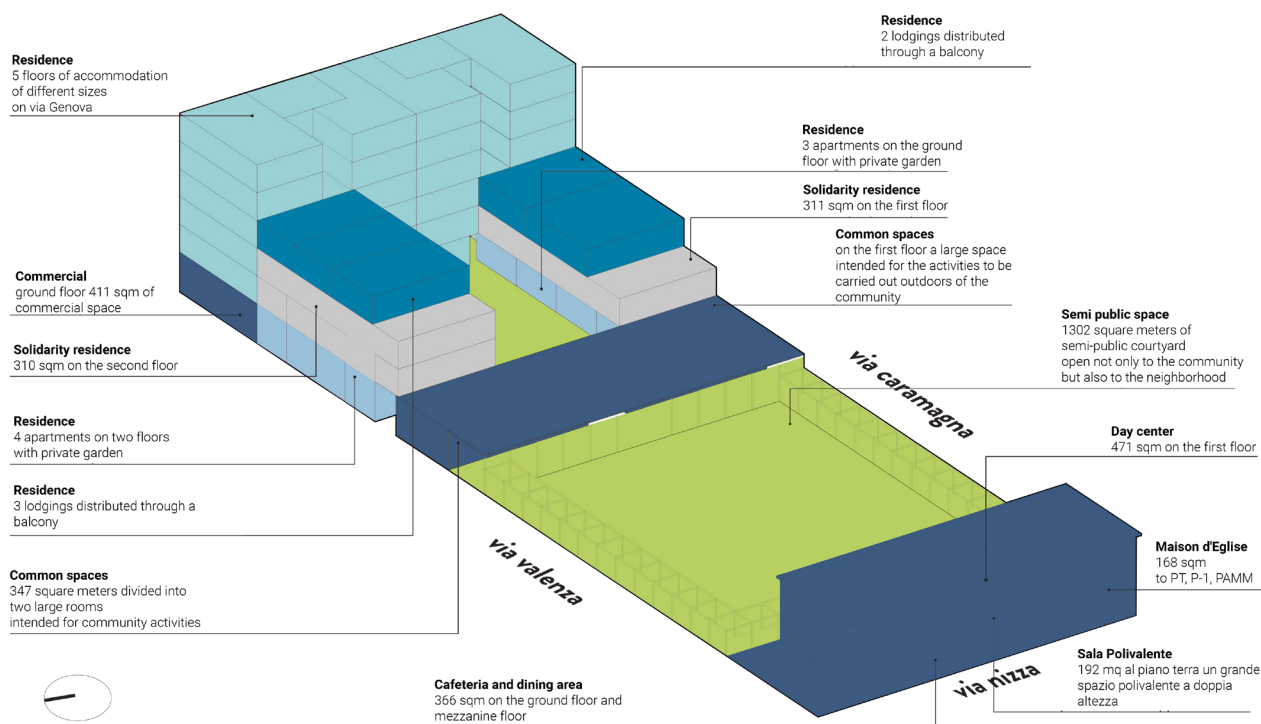


Figure 77 - Functions

a semi public space on the entrance to the residence of the community and last, and a semi-private space between the open space and Via Genova.

tivities. For a long time the parish youth activities found their place here and the sports ground has been used by several sports clubs.

The existing building

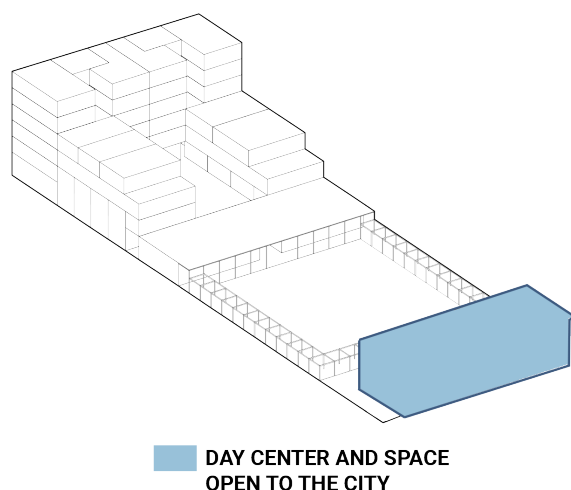


Figure 78 - Existing building

The area of intervention is a plot of about 5000 square meters on which there is a building constructed in the 1950s. During the course of the decades the structure has been used in different ways: initially it was a parish cinema and vocational school. Then the hall has been adapted both as a theatre hall and as a gymnasium and for oratory ac-

For the existing building the project hypothesis foresees the recovery of the first floor to host a day centre; The mezzanine floor will be used for the expansion of the refreshment area overlooking the double-height space of the gymnasium on the ground floor. At the ground floor there will be an entrance to the spaces of the new Maison d'Eglise, the cafeteria on two levels and the multipurpose hall, which will be directly connected with the outside, both on the courtyard side and on the Via Nizza side. This connection will be highlighted by the transformation of the windows on Via Nizza into doors. The intended uses for this space are multiple: gymnasium, theatre, party and events hall.

The new intervention

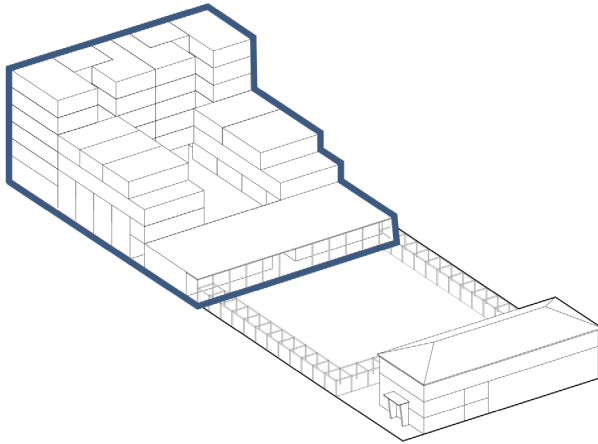


Figure 79 - New Intervention

The redevelopment process of the plot, in addition to the recovery of the existing, provides for the enhancement of open spaces and the design of a new building that will stand between Via Genova, Via Caramagna and Via Valenza, where people will have the opportunity to rediscover the space for conversation, socializing and being together.

The project provides different degrees of permeability: the part in front of the existing building is public, the courtyard between the existing building and the new one is semi-public, while the courtyard of the new building is semi-private.

The volume on Via Genova has a development of six floors above ground in which the ground floor has commercial destination and services to the city while the other levels will host residential accommodation of different sizes and typologies. The parts of the building facing via Valenza and via Caramagna have different heights that decrease towards the space of the semi-public courtyard giving life to a terraced building. In these two volumes there will be two residences, equipped with a common space and private rooms with bathroom. The building ends, and closes on itself, with two buildings of one floor that dialogue with the semi-public courtyard with spaces intended for the common functions of the residence.

Destinations of use

This project, in difference with the previous analysed catalogue, is not only meant for shared living between mixed and different generations, but it is supposed to hold residences for self-sufficient elderly, elderly with needs, collective residents for students, housing for disabled people or families with one or more members disabled and social housing. In order to support these groups of people, the idea is to create social, welfare and health services, accommodation centres, sheltered housing, gardens and green areas.

Careful design

The architectural choices within the Valenza 46 project project are characterized by a conscious design, the central element of the project are people, all people, disabled or not. The aim is to have a house that enables people to live with their disabilities in an easier and lighter way.

In addition to eliminating architectural barriers and ensuring the accessibility of the building, special attention was paid to the specific needs and requirements of the future inhabitants.

The building's environments are structured so that there are different degrees of interaction and that users can choose how to relate with each other. Common outdoor and indoor spaces are social meeting and socializing places, meant to carry out different activities, take care of the vegetable garden and spend time together.

Particular attention will be put in the choice of materials and in the sensory stimulus that can be generated, so that the environments are a safe place also for those with mental disabilities with a high sensitivity to external stimulus such as light, colours and sounds.

We can simplify the themes by grouping them through three of the five senses: sight, sound and touch.

Sight

Light is one of those external stimuli that needs to be controlled for people who are hypersensitive to it, since an excess of natural light or the presence of certain artificial lights can cause significant disturbances. Shielding windows with overhangs or shading systems ensures light penetration in a diffuse way rather than in a direct manner. Particular attention should be paid to the choice of artificial light because some can cause disturbances in people that suffer ADS. For example, it is best to avoid fluorescent lamps because they have a buzzing underneath that often annoys them, causing headaches and eye fatigue.

Sound

Sounds, like light, can be the cause of an abrupt change in behaviour. In order to avoid sound overload, noise levels in the environment should be controlled and reduced as much as possible. It is important to minimize background noise, echo and reverberation, since they can cause distraction in mild cases and sensory overexposure in severe cases.

Touch

Tactile sensitivity also needs careful attention. It is preferable to use materials that are solid and simple at the same time: for flooring materials that provide a continuous surface such as bamboo, wood, tiles or natural linoleum. For carpeting, carpet tiles are better than a single roll of carpet because they are easier to replace.

Space

The perception of space is another very important element. Large spaces with high ceilings can be perceived negatively. Similarly, spaces that are too narrow generate feelings of enclosure. In general terms, simple spaces are preferable instead of articulated space so as not to create confusion and to ensure that it can be reached easily. To this

sense, repetition and a clear scheme can help the person to have a better orientation.

The presence of spaces with different degrees of interaction is equally important, it should be possible to go to a “quiet” space in case of excessive external stimulus or simply under the need of a more intimate environment.

In this respect, within the Valenza 46 project, different types of environments have been identified:

Private: each tenant has a private house where they are free to do what they want.

Internal commons: spaces on the ground floor that can be used by the community at different times of the day.

External commons: the common courtyard as a space for resting, transit and connection, and, and the common terrace on the first floor where it is possible to take care of the vegetable garden and have a moment of relaxation. Both of these spaces are only for the exclusive use of the community;

Semi-public spaces: the courtyard between the new building and the existing one opens up to the city and dialogues with it.

Valenza 46 aims to be a project that combines social impact and environmental excellence. The analysis of the characteristics of a place dedicated to people with special perceptual sensitivities and motor needs has led to an outline of a simple architecture, comfortable, pleasant and welcoming.

In the spirit of an integrated design, this set of needs leads to technological choices that are different from those proposed by the current building construction. The idea of combining well-being, comfort, perceptive quality and environmental quality is reached with the use of the following materials.

Natural light is provided in all the environments.

Horizontal roofing and green terraces and walls to improve the runoff coefficient and help reduce the urban hydrogeological risk. Design of hanging gardens on the roofs for the production of vegetables and small fruits thanks to the work of residents and users, to enhance a better food culture and physical and psychological well being.

Social program

The integration of housing and urban planning policies is able to create a framework of economic advantages capable of attracting private resources for the construction of social housing for rent. The so-called "Social Housing", attributable to temporary residences in the form of social hotels; collective social housing, either temporary or permanently rented; co-housing for social purposes; residences for young people and students; and solidarity condominiums and co-housing.

Relation inside-outside

In the present case study it is possible to identify, as mentioned in previous chapters, the concept of inside and outside. The project is planned around this idea, with the inside and outside atmospheres breaking down the barriers that separate both of them and creating a new layout, in which they are completely connected, integrated and dependent from each other, both at a spatial and social level. In this sense, the plot is thought around the concept of integrating the inside with the outside through a set of patios with different levels of privacy, that slowly and gradually connect the outside with the inside. The first one, in front of the existing building, is completely public, the second courtyard between the existing and the new building, is meant to be semi-public, while the patio of the new building will be semi-private.

But the outside is not only composed by what is inside the plot, but it is of the same importance the connection that the plot has with its surroundings and the city; as Borja mentioned (Borja 2003), the public space

is not only the most effective, but also the most efficient tool for promoting human encounter and social exchange, theoretical foundations of all urbanity. In this project, the connection with the urban plays a huge role. The building is located in a spot with proximity to multiple parks, the main one being the Giardino Corpo Italiano di Liberazione to the east, and the future Parco della Salute, to the north. These parks are seen as potential places for encounters and connection within the inhabitants of the building itself and the neighbours. The proximity that it has with the public transport is another important aspect, since it has the metro station right in front of the existing building, and the Lingo-tto train station metres away, making the inhabitants perfectly connected to other parts of the city and the country.

This outside of the project is even more important than the inside, it is a place where people of different generations can spend time together, share experiences and socialise. In this way, a complex scenario is created, in which the outside cannot exist without the presence of the inside, that place that gives privacy to everyone. They are completely connected to each other and the barrier that separates them is vanishing more and more.

Existing Building

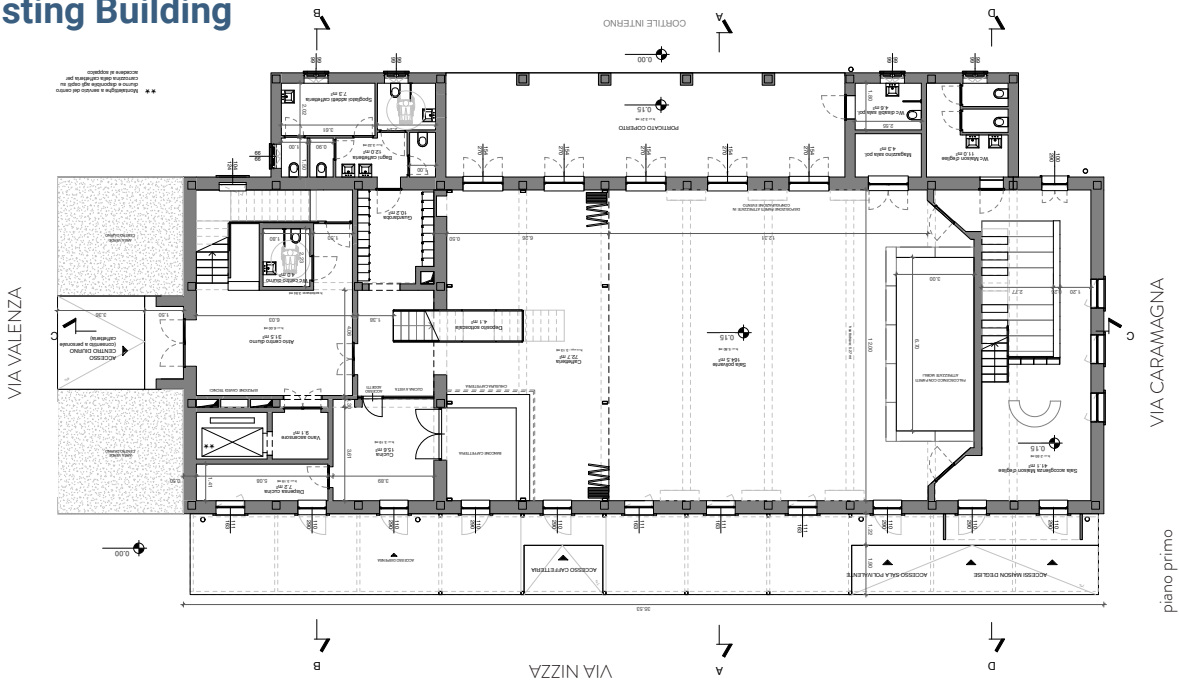


Figure 80 - Ground Floor Plan

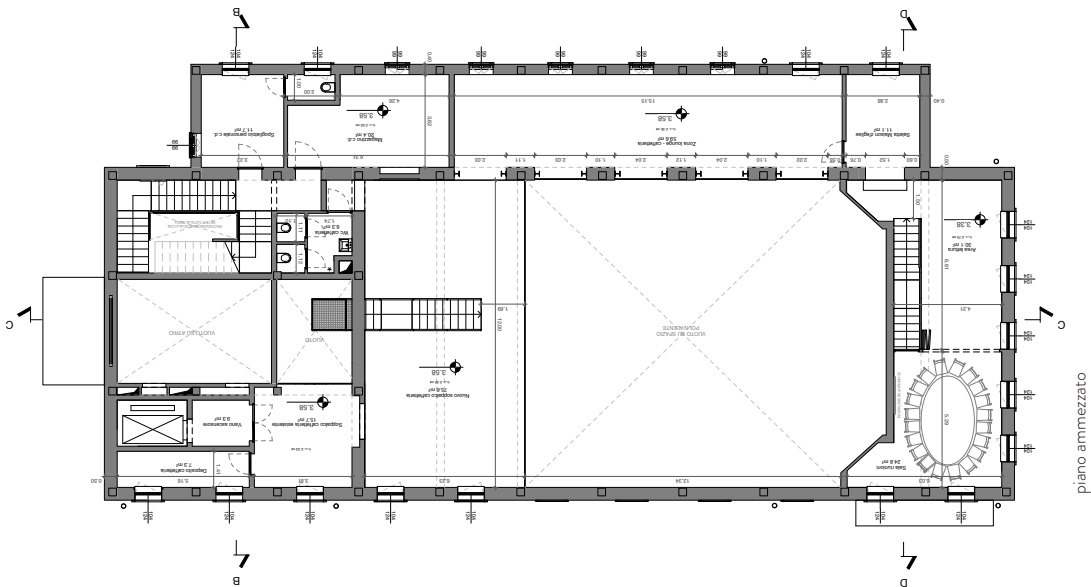


Figure 81 - Middle Floor Plan

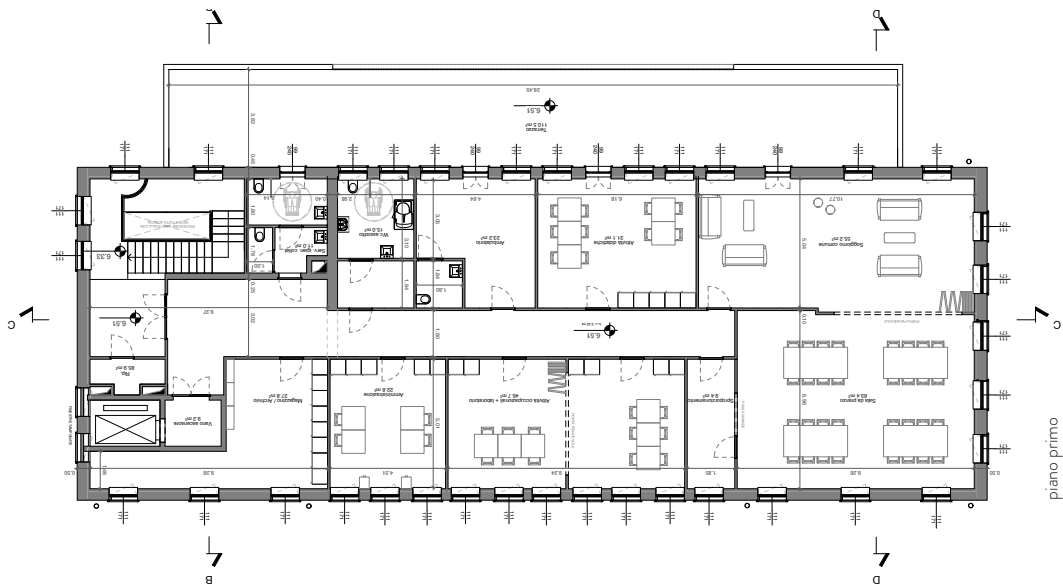


Figure 82 - Firtst Floor Plan



Figure 83 - Multipurpose room



Figure 84 - Auditorium and chapel



Figure 85 - Auditorium



Figure 86 - Chapel

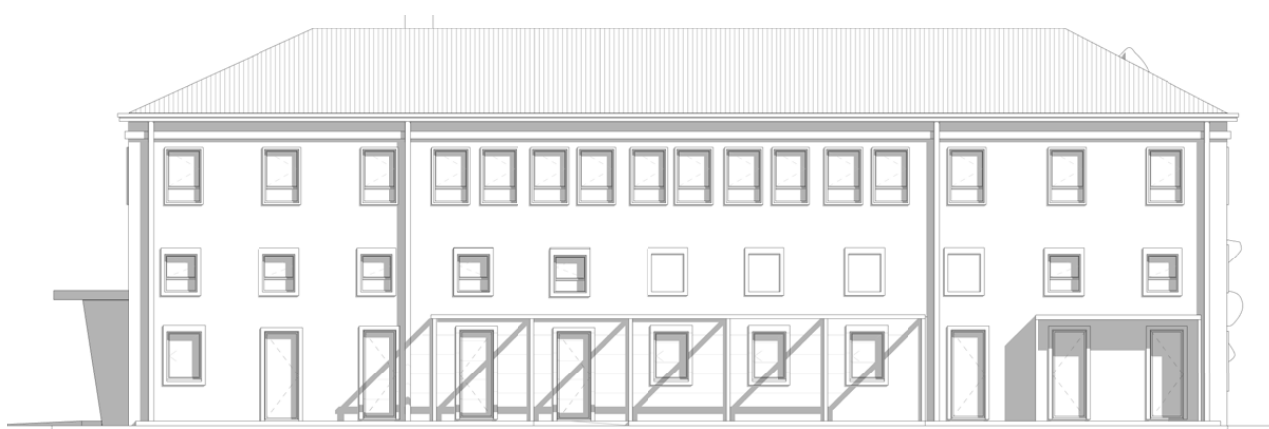


Figure 87 - Internal Facade



Figure 88 - Section

New Intervention

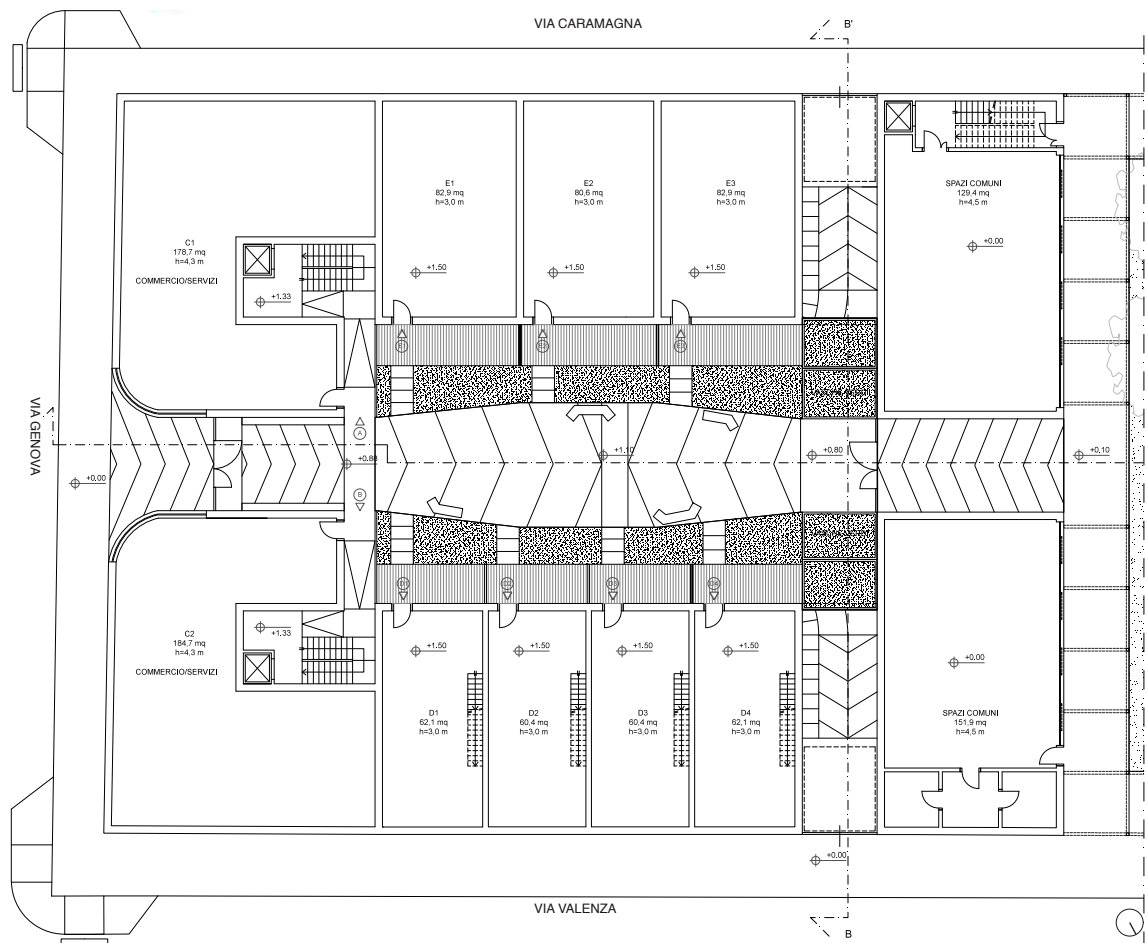


Figure 89 - Ground Floor Plan

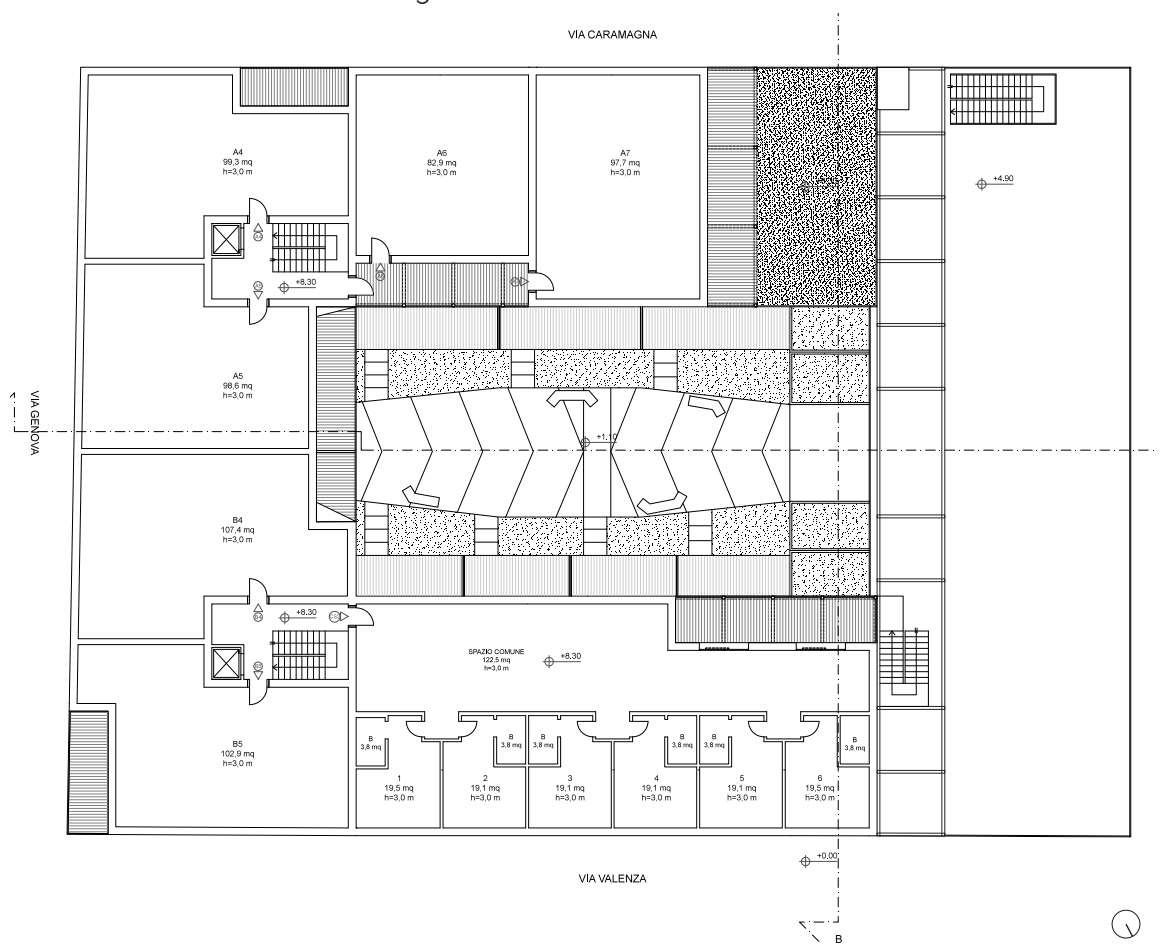


Figure 90 - Second Floor Plan

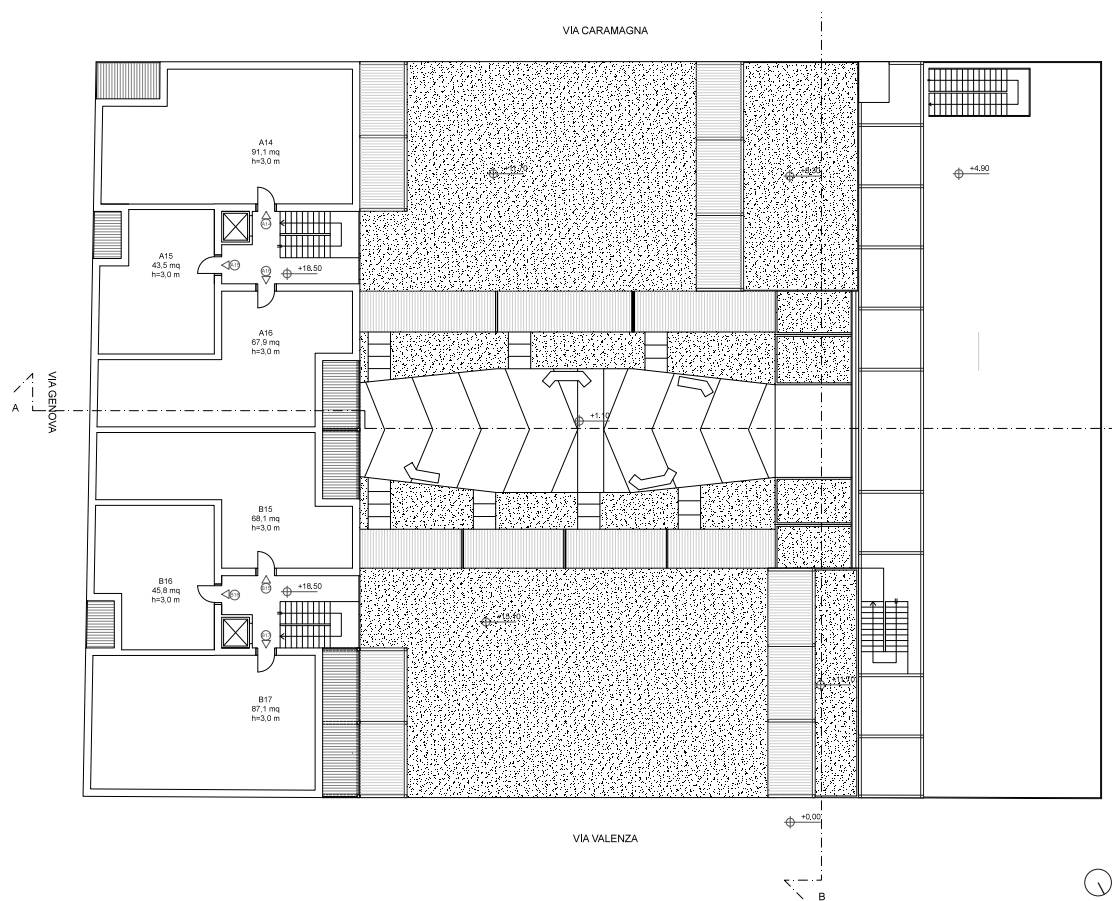


Figure 91 - Third Floor Plan

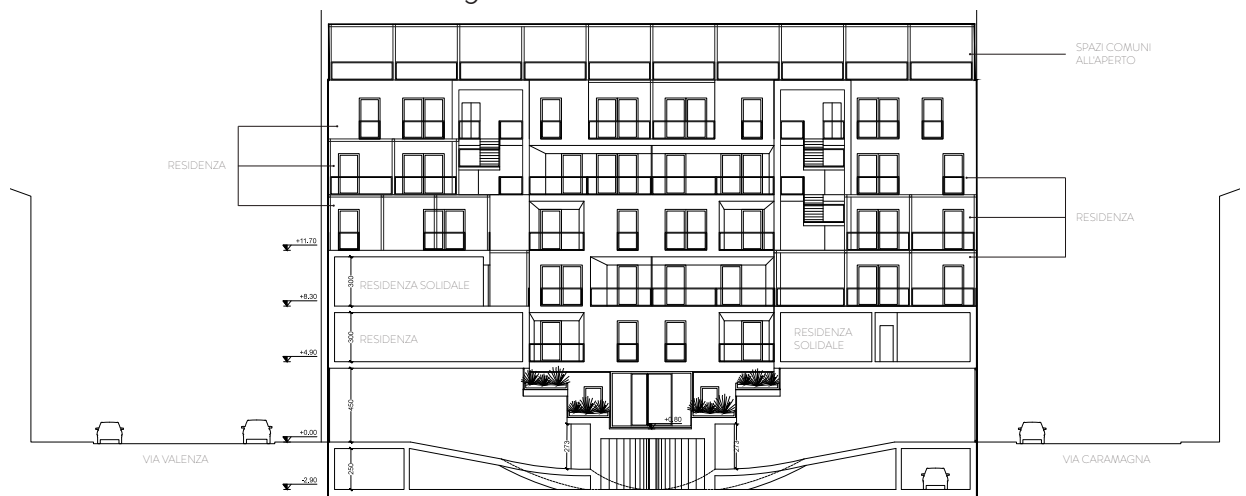


Figure 92 - Transversal Section



Figure 93 - Longitudinal Section



Figure 94 - Original Plot



Figure 95 - Plot with new intervention



Figure 96 - Internal courtyard render

03.2 Plaza de América Multigenerational Building



Figure 97 - Location: Alicante

Data and urban geography

The significant increase of population longevity has become an international phenomenon (Kinsella and Phillips, 2005). In Spain the ageing process resulting from ever longer life spans has been particularly rapid, to the extent that the number of people aged over 65 has doubled in the space of less than 30 years. This process has been accentuated by the country's low birth rate over the past few decades and Spain leads the group of countries with the lowest in the world (Bernardi and Requena, 2004). The current data for Spain show the share of the population aged 65+ to currently stand at 17%, equal to over 7 million people (Instituto Nacional de Estadística-INE, 2008), of whom approximately 25% are aged over eighty. Furthermore, the projections by the Spanish National Statistics Office (INE) suggest the over-65s will

make up more than 30% of the population by 2050 (almost 13 million people) and the number of over-eighties will exceed 4 million, thus representing more than 30% of the total adult population (Figure 98).

International foresight studies have produced even more pessimistic estimates and the United Nations projects that Spain will be the world's oldest country in 2050, with 40% of its population aged over 60 (Fernández, 2019). Comparing Spain's data with that for the EU as a whole clearly shows how much more accentuated the phenomenon of population ageing is here. Based on these estimates, the percentage of older people in the Spanish population is growing faster than in most other European countries (Fernández, 2019).

As it is visible on Figure 99, according to

Changing relative sizes of population groups over the period 1950-2050

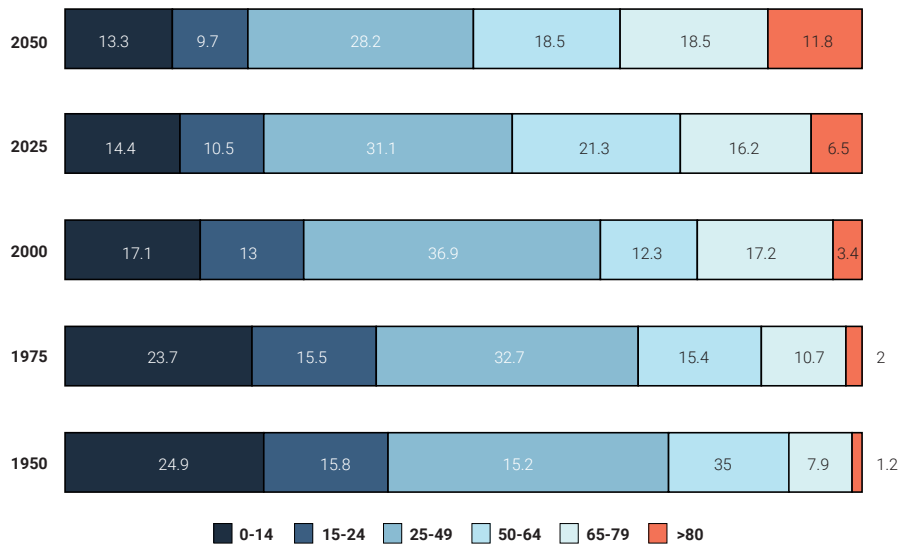


Figure 98 - Relative Sizes of population groups

data provided by the National Institute of Statistics in 2021, the population over 64 years of age in Spain amounted to 9.38 million people, thus returning to increase again, as in previous years. In fact, more than 90% of the men and women who died in Spain from coronavirus were 60 years of age or older (Fernandez. R, 2022).

In order to comprehend and take knowledge on a minor scale, it is interesting to point out the percentage of the population aged 65 or over in Spain as by autonomous community (Fernandez, R. 2021). Up front, the communities of Asturias and Castilla y León are represented by 25,7% as the major quantity. The community of Valencia, in which Alicant-

Number of inhabitants of 65 years old or more in Spain on 2002-2021
(In millions)

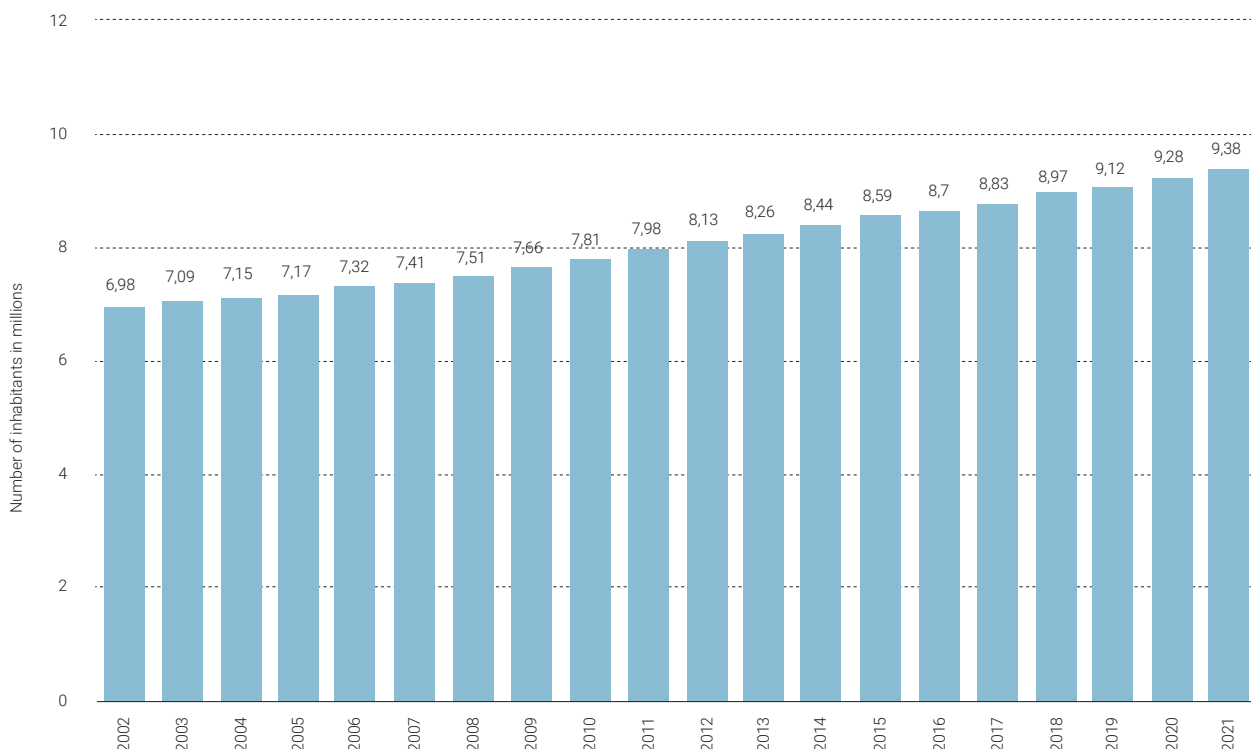


Figure 99 - Number of inhabitants of 65 years old or more

Population aged 65 or over in Spain as by autonomous community

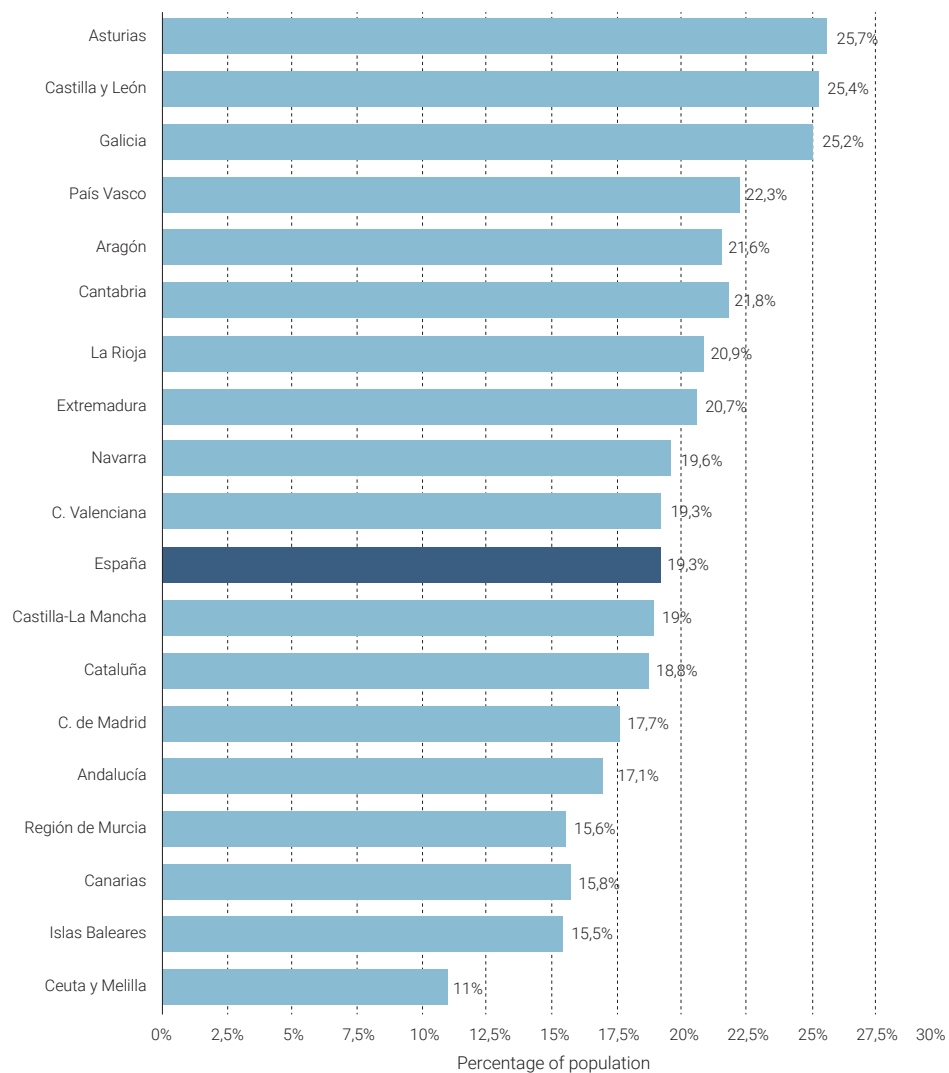


Figure 100 - Population aged 65 or over by communities

te city is located, represents a medium-high value of 19,3% compared to Ceuta y Melilla that has the lowest value at 11% (Figure 100).

Regarding urban geography, in Spain social and economic progress entails the phenomenon of progressive ageing of the population. Strongly emerges the call for some segments of population older than 80 years, phenomena known as the Fourth Age. However, what supposes an achievement and a social conquest, it also supposes a “burden” for the whole of society for the attention that these people require. This growing population group lives in a situation of greater fragility and vulnerability, suffers to a greater extent from an undesirable situation of loneliness and lack of social integration and,

on many occasions, the dwellings they occupy are not habitable due to their state of conservation (Dossier).

The social and demographic changes observed in Spain in recent years have created particular challenges for older people, many of whom currently live in a situation of fragility and vulnerability. In addition to economic problems, isolation and loneliness, specific housing difficulties commonly are faced by older people in Spain including inadequate housing conditions like maintenance or problems of accessibility. Also a common phenomena in this country can be the property ‘harassment’, the need to sell your home to supplement the retirement income, or losing their homes because they had to co-guarantee their children when they can no longer

make their own mortgage payments. These factors often cause older people who might otherwise be able to live independently to end up living with their children or entering nursing homes prematurely.

The ageing of the population and the cohesion of neighbourhoods are current problems that affect the architecture of cities. The commitment to increasingly individualistic life models contrasts with the need for socialisation of people who, due to their advanced age, have been left off the hook of the instruments currently used to relate to others, mainly because of the digital world. It is difficult to find a reliable answer to the intergenerational relationships of the near future, in the sense that the concepts of family and society evolve with the times, which means that, with a current vision, the new retirees are adults in perfect physical condition, despite being professionally inactive. Active ageing has much to do with a person's choice, although there is also an institutional and civic responsibility that must ensure compliance with this intergenerational solidarity.

Plaza america Building

The city of Alicante was the first municipality of Spain to promote a project specifically designed to address this challenge. The objective of this initiative during all these years has been to provide a suitable habitat for the people who are going to live in them, under the philosophy of "living and ageing with dignity at home", in which older people with some level of dependency participate, and young people opts for this social program. The objectives are social cohesion, awareness of identity and the permanence or durability of the project, but also to respond to the housing demand of two groups with difficulties in accessing them. In the case at hand, it is the first building of the Intergenerational Housing Program launched by the City Council, together with a parallel Social Program.

The project location has been enriched by the previous presence of the Plaza de América itself, an example that falls within the set of the best urban landscape projects in the city during the 90's (Banyuls, 2001; Garcia Domenech, 2013). The case of the Plaza America building becomes very interesting due to many reasons related to values of community. The multigenerational housing includes homes for rent for non-dependent elderly in which a certain percentage for young people is reserved, who acquire a commitment for providing services to the community. The building can also host other citizen services close to the neighbourhood, such as day centres for the elderly and other services.



Figure 101 - City plan showing Plaza de América Square

The project is located on a plot marked by an urban character and a neighbourhood centrality, owned by the public domains. The quality of the architecture, the sense of neighbourhood belonging and the mobility of its inhabitants, are fundamental variables so that the dwellings, framed in the most of social housing, function properly (Almeida Pinto, 2009). At the social level, the main objectives of the multigenerational housing model are the integration of the group of ol-

der people, mediation and socio-community intervention and, in ultimately, social cohesion (Kaplan, 1997; Kuehne and Collins, 1997). In this sense, it is resolved to the objective of satisfying the demand for housing worthy of two sensitive groups: the one of the elderly people and that of young people with limited resources and significant difficulties in accessing the real estate market. At the architectural level, the main objectives are aimed at innovating solutions to solve the management of common services, innovation in construction design of new public facilities and housing in order to achieve the above objectives of social intervention, the adaptation of buildings and housing to the living conditions of the people that inhabit it and the facilitation of accessibility and personal autonomy. Therefore, the social program must be indivisible from the architectural program, promoting sociological and anthropological criteria such as dependency, identity awareness and permanence (Sánchez Martínez, 2007).

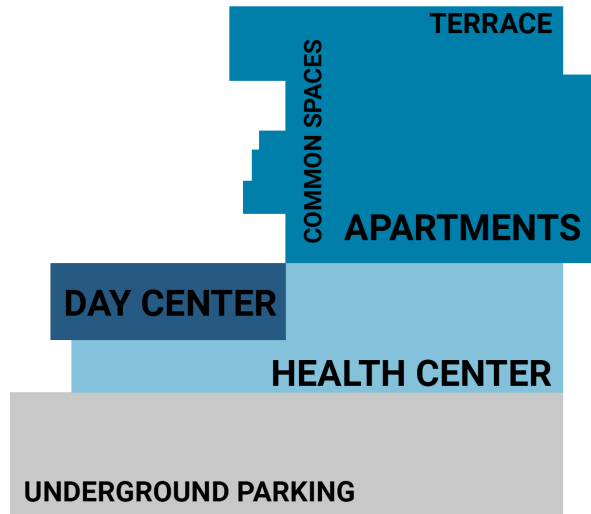


Figure 102 - Functions

The integration of the building in the urban environment is implanted and in constant interaction with the outside, and at the same time it works on creating a coexistence with the inside. From the architectural program point of view, the project is conceived as “a small city, where the room is the house, the corridor is the street, the rooms of relation to the square, where the spaces that they

host activities and services; where the inhabitants are people, often disabled and with problems of orientation, problems to which one must respond architecturally with clarity of spaces and design elements that serve as a reference” (Sánchez Martínez, 2007).

The different spaces designed to solve an heterogeneous program are strongly linked with each other in a functional way. The project is composed of an interesting addition that is having the location of a Health Centre and Day Centre on the ground floor (Figure 102), which is the first response for any problem that the elderly may have. This exposes and forms an extra advantage, creating a feeling of relaxation due to 24-hour emergency care for homes, which allows an extension of independent stay.

The composition of the building program is formally specified in the design of a free-standing building made up of two volumes with different characteristics: the one corresponding to the apartments, rectangular in shape, which is aligned to the west façade of the plot seeking the open and landscaped space of the Plaza de América, located on a second volume with the character of a basement block occupying the entire block, formed by the ground and first floors, where the Health Centre and Day Centre are situated (Figure 103). The Day Centre is programmed to satisfy the existing demand in the municipality regarding the need generated by the population group of dependent elderly people who usually live with their families. Likewise, the tenants of the dwellings can use the services of the day centre such as the dining room, the dance room or other facilities.

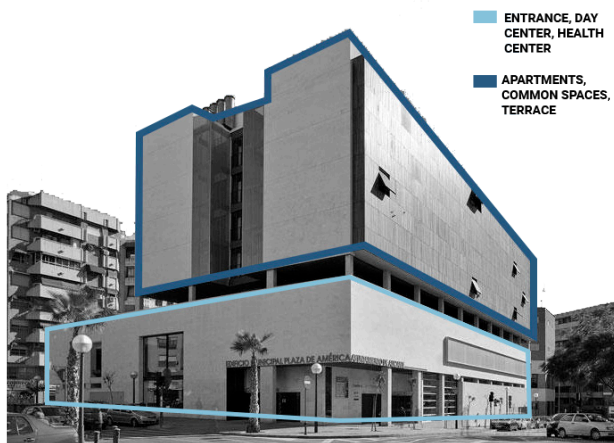


Figure 103 - Common and private spaces

Project design

In terms of design planning, the multigenerational houses constitute the central nucleus of the project: a total of 72 one-bedroom dwellings and a total useful area of 40 m² distributed over four floors, specially designed for non-dependent elderly people, but perfectly adaptable to the multigenerational profile of their occupants. All of the shelters are designed with adapted bathrooms, heating and air conditioning. Likewise, all the houses have a strong connection with the exterior by the use of glazing in the entire surface of their facades. On the facades facing east and west, an openable and flexible second facade is proposed to regulate the access of the sun and to moderate the temperature. These two options appear physically differentiated by the longitudinal opening that acts as an interior street through which they are accessed and at the same time facilitates the aeration of the interior rooms allowing cross ventilation, an issue that has been considered an essential condition. The geographical location of the province of Alicante, and the type of inhabitant to whom the building is directed, leads to a study of the comfort temperature, emphasising the summer period. Although the houses are equipped with an individualised air conditioning system for the most critical moments, both in summer and winter, special care has been taken in designing the building, causing cross ventilation in all interior rooms. Similarly, the facades have been treated taking into account their orientation. All these

sustainable strategies have been recognized by the United Nations in 2011.

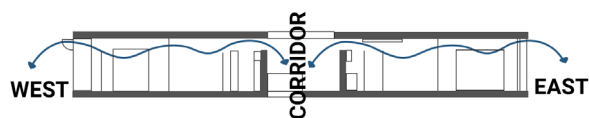


Figure 104 - Cross ventilation system

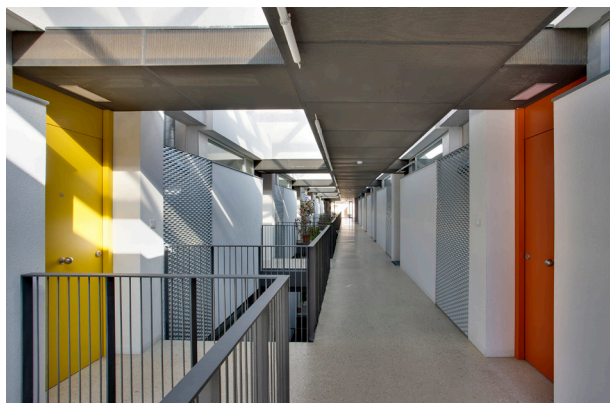


Figure 105 - Central access to residential properties

Flexibility is also a factor contemplated in the distribution of the interior of the houses, which can incorporate the bedroom into the living room creating a single space, or divide it into two independent rooms for greater privacy (Figure 118). The kitchen remains linked directly to the dining room, but can be closed off with a sliding screen. This same flexibility is also applied to the dependencies of the day centre, located on the first floor next to the health centre, which has the flexibility of modifying its capacity and its destination of use through mobile panels. New technologies have also been integrated, with the objective of increasing the conditions of well-being, comfort and safety in the simplest and most natural way possible. For this reason, a mixed alert system has been designed using switches located in the bathroom, the living room and the bedroom that transmit alarm signals to the control panel located in the ground floor of administration, and can also communicate with external emergency services.

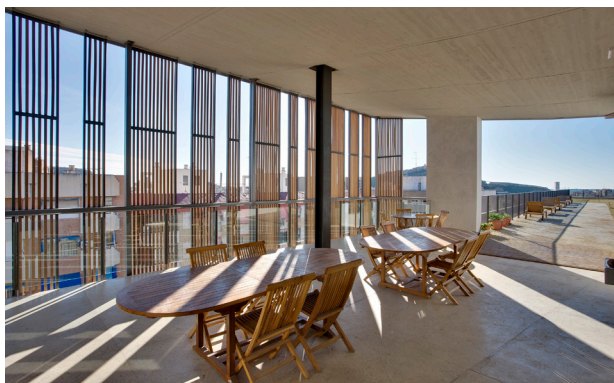


Figure 106 - Covered terrace and solarium

As for the collective rooms, the project has planned a surface of 1,551 m² useful to develop spaces that enhance community life, such as lounges, gym, heated geriatric pool, orchard, solarium, garden terrace or laundry. But the program has also included a set of public facilities that open the possibilities of the building to external residents. Specifically, the inclusion of an outpatient public health centre has been projected, with an area of 3,074 m², a 995 m² day centre for the elderly and a total of 256 public rotation parking spaces.

Social program

The social program of the multigenerational building is strongly linked to the residential program. It responds to the need to establish a criteria regarding the activities to be carried out by young people within the building itself, including possible collaborations with other entities. The intention of the program is eminently participatory and accommodates all its tenants, including the community services that are located in it, seeking above all to promote coexistence among all of them. Along its years of operation, different collective activities projects were proposed: "Return to the Earth" (Figure 107), in which adults and young people take care of two landscaped spaces on the roof with twelve container-gardens that could be cultivated; "From culture to information", a workshop that offers a library, video library, music and press, also undertaking the possibility of making informative video works on the experiences of the elderly, including news from the press of the time and of the

historical moment in which his personal story unfolds; "The party" (Figure 108), a program that hosts community and personal celebrations such as birthdays or anniversaries, using the common spaces of the building, both indoors and outdoors, depending on the time of year; "Technology in your hand" (Figure 110), which tries to bring older people closer to the new technologies that are part of everyday life and to which they have not had the opportunity to access; and lastly, "The good neighbour" (Figure 109), in which young people turn to helping and accompanying older tenants in activities such as going to the doctor, shopping or carrying them home on time. (Ayuntamiento Alicante, 2022)



Figure 107 - "Return to the Earth"



Figure 108 - "The party"

Older people interested in renting multigenerational housing, must meet a series of personal requirements. As well, young peo-

ple interested in renting a multigenerational home must also meet similar personal requirements, but they must also guarantee their social will, since they commit by contract to dedicate four hours a week to community service and to promote the cultural and recreational activities of the community.



Figure 109 - "The good neighbour"

This coexistence is articulated through a social contract, in addition to the rent, in which each of the young people is in charge of four older people to sound the alarm to the social workers in the event of any problem or anomaly. It can be seen as a task of surveillance or guardianship, but it should not be understood as a responsibility. Both adults and young people can occupy the houses alone or in the company of their partner. In addition, the residents of the neighbourhood become beneficiaries of the social program in an indirect way, since they participate in the services offered by the public facilities installed in the building, as well as benefiting from the improvement in urban quality that the building has generated in its surroundings.



Figure 110 - "Technology in your hand"

Relation inside-outside

The importance of connecting with the urban

As it has been interpreted during this whole thesis investigation, the concept of the inside and outside are also identified in the present case study of Plaza America Building. The outside, the public and the exterior space is seen as an urban concept that goes beyond a simple variable of the city, since it is the city itself. In fact, public space is not only the most effective, but also the most efficient tool for promoting human encounter and social exchange, theoretical foundations of all urbanity (Borja, 2003).



Figure 111 - Inhabitants of the building

In this example the outside plays a role of fundamental importance, where the public space is the collective space, interpreted as the community space within private spheres. It must be the most relevant of the city, since it better represents than any other artifice the reflection of an advanced and equitable urban society (Moisset, 2014). With independence of functional aspects, public space needs to be identified as a place of equality and social integration by the citizens. This challenge can only be achieved by a complex set of determining cultural, political and social factors, in which architecture is seen as the discipline that designs and formalises the objective for the urban inhabitants.

Alicante is a Spanish city of strong Mediterranean roots that has promoted social action in intergenerational living and its relationship with public space. In this case, the implementation of an intergenerational housing in

front of a public space integrates an urban complex of high social interest for the city and has created a paradigm of public sense, blending collective and inclusive residential policy, both level of social problem and location and habitat quality (Del Río, 2015). The city is an artifice made up of a set of private and public spaces in which people can live and develop as individuals -inhabitants-, but in which they can also coexist and develop as a group -co-inhabitants-. In the city, public space is a place where it is possible to combine the temporal, the spatial and the social. In this scenario fluxes and rhythms create a scheme in which the outside forms part of the everyday life, directly interacting with the inside.

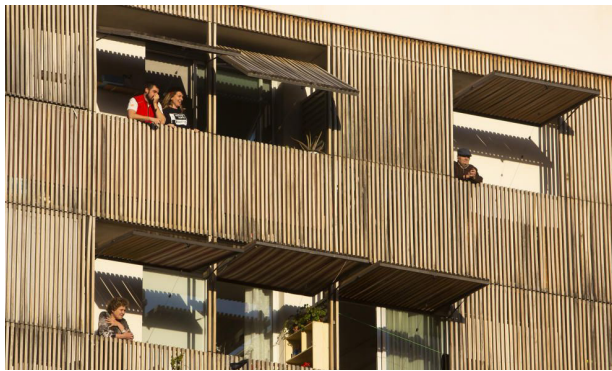


Figure 112 - Inhabitants of the building

The building was implanted in the neighbourhood of Campoamor in the north of the city of Alicante. This location is geographically next to the limits of the Carolinas Altas neighbourhood, sharing an intersection of two important avenues. In this way, the square fulfils an articulating function between two clearly differentiated urban fabrics. The Plaza América is settled as a meeting place for its urban environment. After its urbanisation, this urban space ceased to be a simple residual car park to become a citizen meeting place. The square creates an open and dialogic space, but at the same time unitary and independent of the environment. The whole formed by the habitable spaces and the city, or in other words, by the architecture and the public space, is the binomial situation in which the success of a social

project resides. In this way it becomes evident the interest in the mutual relationship that exists between the raised concepts of inside and outside atmospheres. The inside atmosphere related to 'forms of enclosure' breaks down the space creating a unique layout, where the barrier that separates them is degraded and an integrated space is generated, not only at a spatial level but also at a social scale. In this way, having a public space in its surroundings can be associated with the importance of using it as a link for citizen expression, social cohesion and multigenerational integration (Borja and Muxí, 2003; Schlack, 2007; García Doménech, 2013). In this sense, the presence of Plaza de América itself, has been an invaluable support base for the built program, integrating and involving the residents of the neighbourhood in the integrated provision of services. Some neighbourhoods of the city of Alicante developed between the end of the 19th century and the beginning of the 20th attended a poorly planned urban expansion, whose origin responded to a good connection and accessibility with the urban centre. In this way, some neighbourhoods such as Campoamor, Altozano and Carolinas rose, between whose edges the Plaza de América is formed. Given the initial lack of services and urban facilities in these neighbourhoods, the public squares would contribute to enhancing their sense of identity and, within this approach, the Plaza de América would be consolidated as the meeting point of the neighbourhood. The square is the representation of a possible linkage that can be created between spaces, meaning a link between the enclosure and what is out there. The integration of the building in the urban environment is implanted and in constant interaction with the outside, and at the same time it works on creating a coexistence with the inside. (Ayuntamiento Alicante, 2022)

Covid times

The building of Plaza America prevented Covid-19 from going beyond the doors and spreading around the habitants, unlike what

happened in nursing homes. Not a single case of COVID-19 was detected in the first and second waves. During the third, only three people have been infected and all of them have recovered from the disease. Élica Gisbert, 88, who spent 12 days in the hospital, always knew she was going to return home to the Plaza América building (Élica Gisbert, 2021).

During confinement, young people did not limit themselves to help and do the groceries for older ones. The president in charge of the community of the Plaza America building affirmed that the care of the young people went further, far beyond the commitment that everyone must sign when they begin to reside on a rental basis in the municipal building (Madelin de la Fuente, 2022).

Repercussions

The selection of the case study of Plaza America building was not only analysed due to all the benefits named above, but also because it has been an example and a pioneer of the multigenerational living approach at different levels. This building was distinguished in 2010 with the First Prize of the Spanish Association of Public Housing and Land Developers for the best performance in the field of socio-community intervention, and in 2012, it was a finalist for the World Habitat Awards of the Building and Social Housing Foundation.

Thanks to the successful result, the municipality "Patronato Council" has promoted the realisation of another intergenerational housing building in the neighbourhood of San Anton in Alicante. The project is estimated to open its doors at the beginning of the year 2023. The concept consists of replicating the model developed in the Plaza de América building, with the construction of a new property intended for rent at affordable prices on the condition that young tenants cooperate and live with older tenants.

The Plaza America intergenerational housing building is taken as an example of the

movement of multigenerational living and architecture and it has been replicated in other cities of Spain like Bilbao with the BBK Sarriko Centre or the University Cohousing in Gandia. The Housing Board of the Alicante City Council has received the proposal of replicating the intergenerational homes of Plaza de América in the English city of Bristol. The project of Alicante was not an influence for its own country but also had repercussions on an international level. «Alicante has been an inspiration and example to carry out the project in Bristol» (José Ramón González, 2020).

Learned lessons

This case has shown that relations and co-existence between generations is not only possible but rewarding in both directions. Experience has shown that feelings such as loneliness and vulnerability among older people are the factors that most influence them in relation to their quality of life, and that intergenerational housing offers a solution to this problem. Another positive point is that part of the success of the project depends on the skills and participation of young people, so making the right choice in the selection process is key. Also it is necessary to spend a lot of time to identify the requirements, aspirations, fears and skills of the residents before establishing the specific social programs that will be developed. It is imperative to give the elderly residents an active role in the activities and absolute responsibility to decide what to do at any time, recognizing that they are not only elderly people with housing problems but are fully capable of managing their own lives.

Conclusions

The case of the Plaza America building shows how multigenerational architecture projects must consider the qualitative design of the building as a key element to improve the sense of belonging and the urban image. As well, they must form an inseparable part of the surrounding public space,

intervening in it when necessary to guarantee urban coherence. The urban landscape defined by the square itself, has been an interesting urban context but also social, that has contributed to the proper functioning of the project.

The contribution to community cohesion transmitted by the presence of a quality public space is evident in the integration of multigenerational projects. In this sense, the public space of the Plaza de América itself, created in the face of a total absence of signs of identity for the citizen heritage, has been an example of how to create a meeting place where it did not previously exist.

The dialogue that has been established between multigenerational architecture and public space in the Plaza de América has established an implementation of this principle that has notably contributed to enriching relationships between different generations and enhancing social cohesion. Emphasis should be placed on the connection between the inside spaces and the outside.

The houses in Plaza de América in Alicante are an example of exposing the existing crisis of some social prejudices. In this case the quality of architecture is the formal product of the development of a singular social project. Its volumes hide an interesting housing design that poses a counterpoint to the traditional model of closed and generationally healthcare institutions. The relationship between people of all ages who live in the Plaza de América building has managed to unite awareness of identity and the strength of tradition in search of social cohesion. These multigenerational dwellings have fulfilled the objective of avoiding loneliness and isolation among the elderly, but have also contributed to facilitating the prolongation of independence in private housing. The multigenerational relationship has allowed the discovery of certain mutual advantages of coexistence, such as the transfer of knowledge and skills typical of one age range and another, promoting the sense of solidarity.

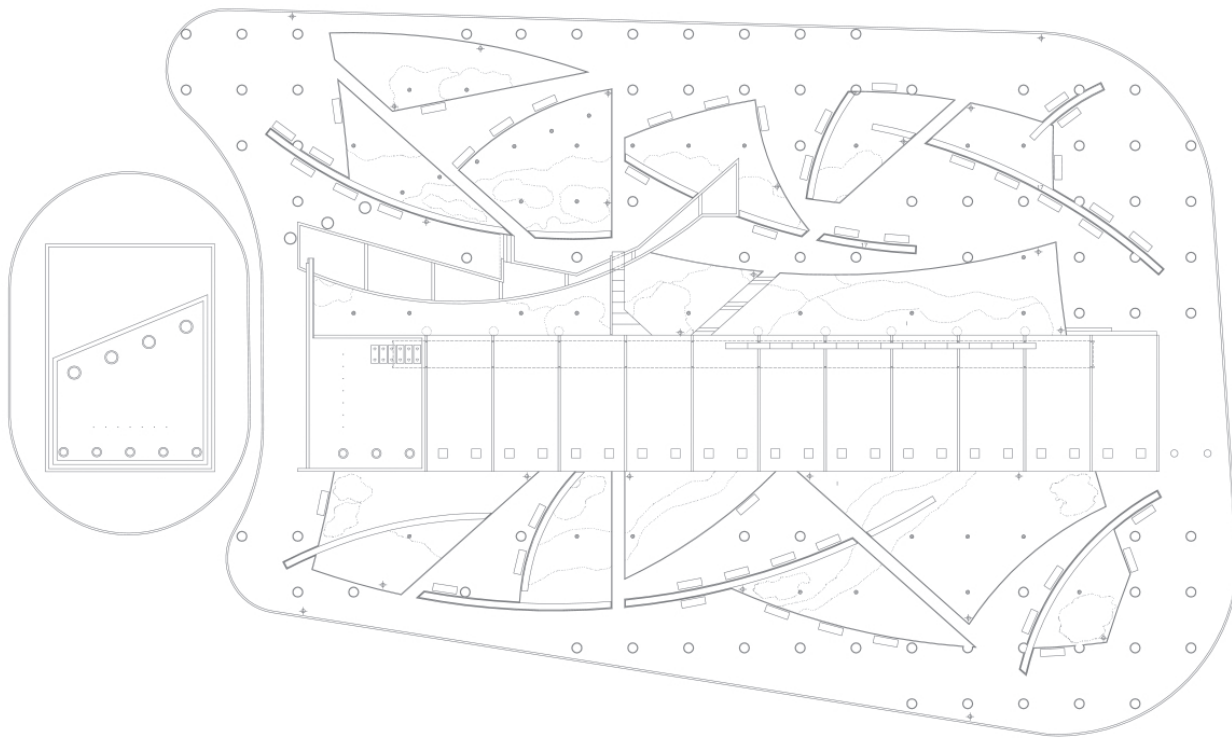


Figure 113 - Planting Plan of Plaza de América, Alicante

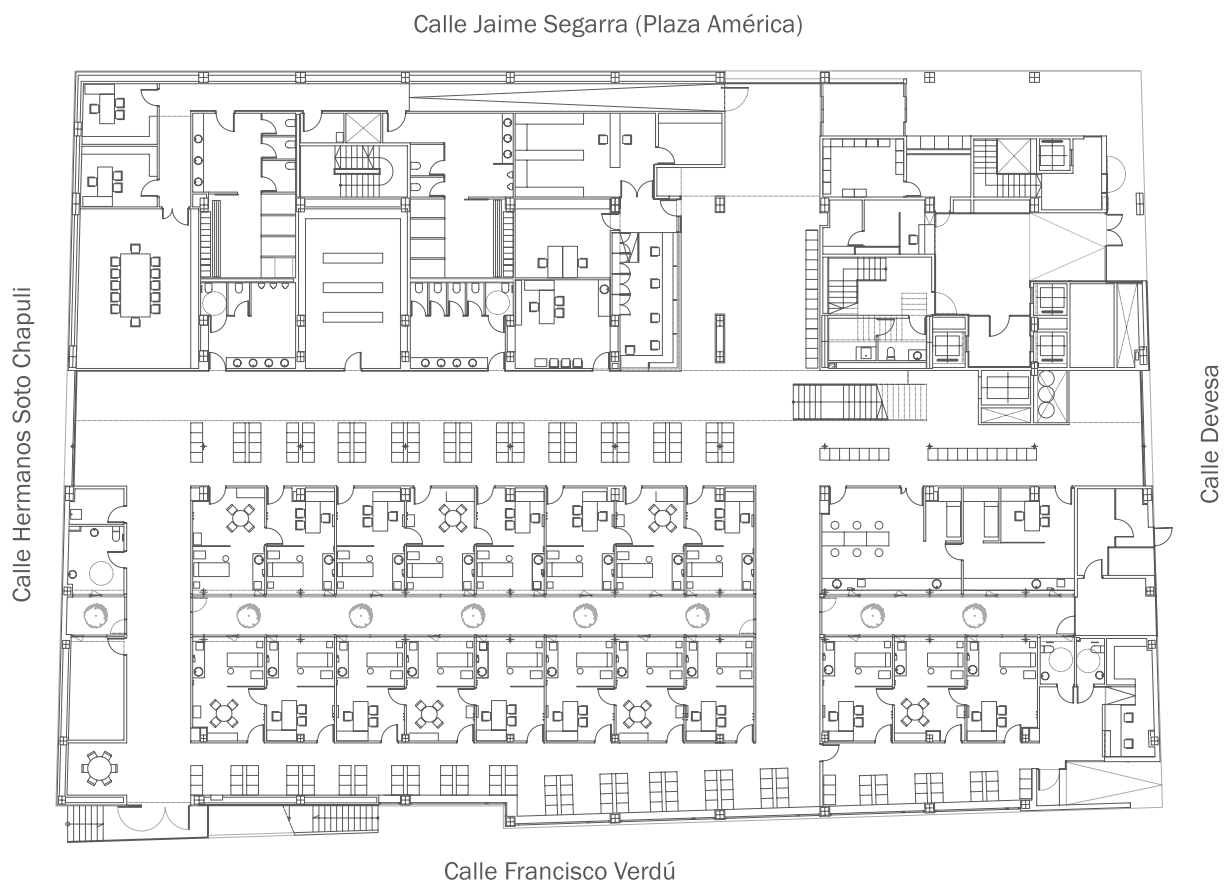


Figure 114 - First Floor Plan - Health Center



Figure 115 - Typical unit plan and common areas



Figure 116 - Unit plan



Figure 117 - Building section

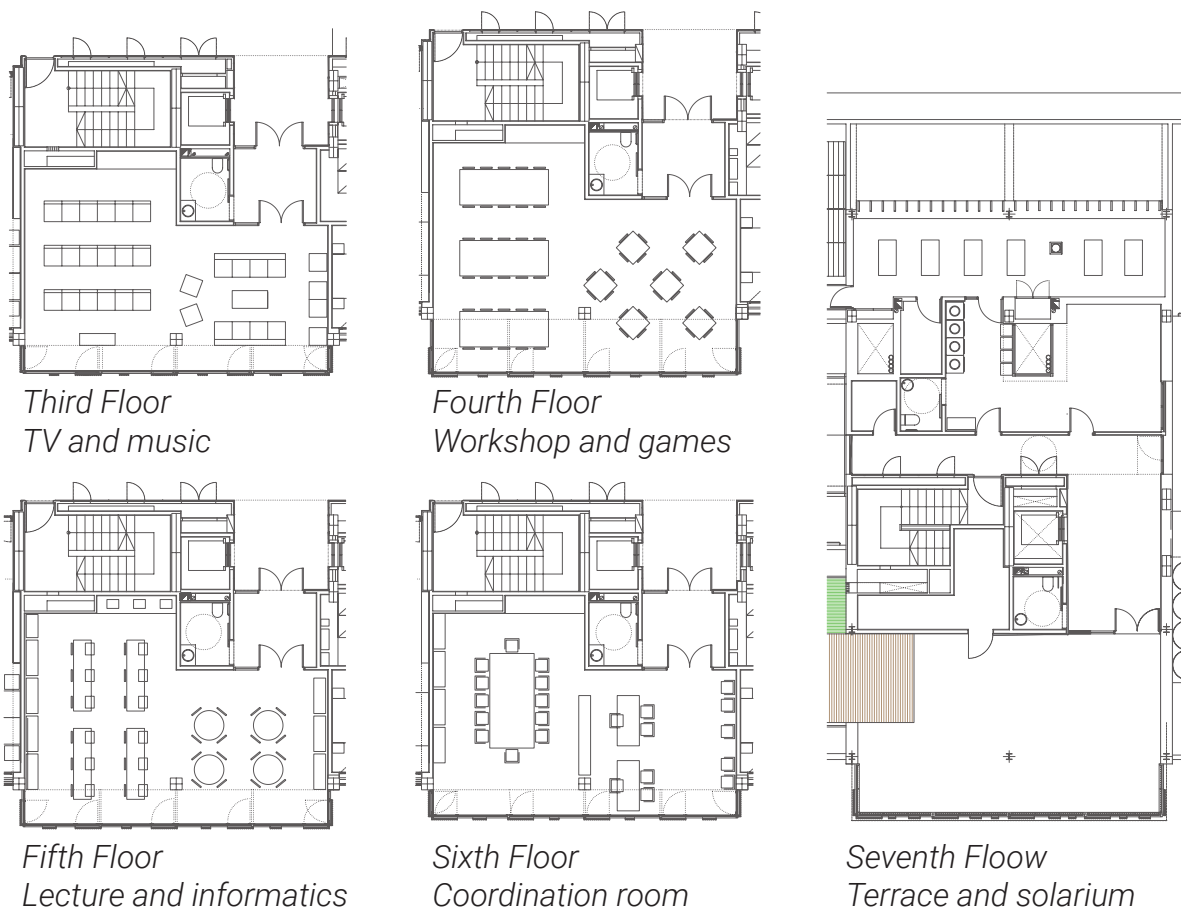


Figure 118 - Detail of common areas on different levels

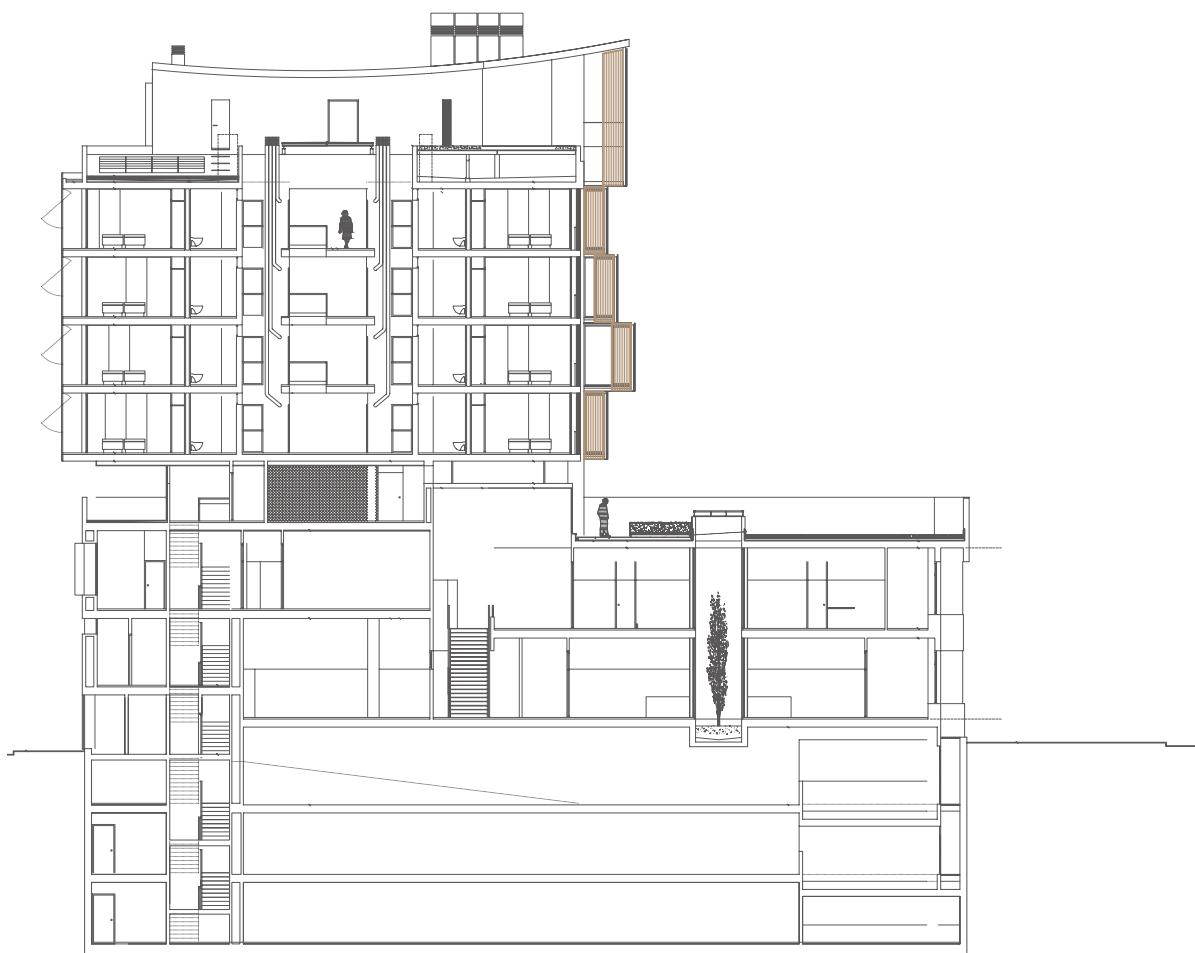


Figure 119 - Building section

CONCLUSION 04

4.0 Conclusion

The disquisition is realised with a circular approach, sought to demonstrate a path in which the pandemic is taken as a starting point. This methodology creates a route in which all the investigated topics are interconnected and interrelated. In this way, a link between the different themes was detected, which brought us back to the debate presented at the beginning of the thesis. This debate created different doubts and questions that lead to the following hypothesis: Elderly in the post-pandemic city: a critical understanding towards a multigenerational housing strategy. The analysis of the hypothesis encompassed different arguments that are strongly linked with the COVID-19 pandemic and its adverse effects. In the investigation of these adverse effects, topics such as the phenomenon of loneliness and the multigenerational approach were revealed, which are very strongly connected. The point of view and methodology of the circular approach allowed us to have a clear data collection before the problem posed. To complement and support our thesis, the decision to carry out an intervention with case studies in order to have a notion and practical reason apart from the theoretical one was taken. The analysis of the case studies helped us to complete the path of the circular approach, understanding how multigenerational architecture can be the solution to our starting point: the pandemic. It becomes evident how these two features are connected and respond to the doubts raised during the investigation. The objective of the research has always been to try to understand if architecture can be used as a tool in moments of crisis. In this way it is possible to close this circular approach by returning to the beginning of what was proposed.

The investigation revealed that the pandemic's effects were not uniform across different age groups, but instead have deepened the already existing inequalities that specifically affected the elderly. An analysis on the

ageing phenomena was performed, which sought to demonstrate that European countries are suffering an increase in old people population, and will continue doing so in the following 30 to 50 years. These findings demonstrated that this phenomenon found itself strictly connected to the loneliness issue during the pandemic. After the analysis and study of the provided data, a possible solution already experimented in various cities was put in evidence: the multigenerational approach. This is not seen as the only solution, but as one possibility to face this concern. Thus, the role that architecture plays in influencing people both in a spatial and mental manner was investigated, studying the possibility of combining different age groups under the same roof.

The thesis supports this last claim, with the exhibition of examples collected in the so-called "catalogue" that function as an investigation of existing buildings and projects that experimented a multigenerational approach to housing issues, demonstrating the effectiveness of them. Through the making of a horizontal analysis, a trend of shared construction pattern and typology was identified, mainly focused on the use of common spaces, services and connection between the interior and the exterior. From the year 2007 until the present day the multigenerational approach is recognized as a movement of the architecture of today and that of the future.

Finally, a deeper analysis of two case studies was performed to better explore the possibility and the unexpected limits of the multigenerational approach. These case studies were selected for specific reasons. In Turin the main reason was the proximity to the place, which allowed us to visit the exact location and to be in contact with the people that were involved in the project. By choosing this case, we were able to achieve a deeper approach through interviews and site surveys. This project is not only a good example of architecture but also exposes features that connect itself with an urban

scale. It caught our attention since it is a project that was born from the social and from a request of the families that suffer inequalities, which was a perfect case for the debate presented. There is an existing social intention from the beginning of the project, in which the affected actors show a need for this kind of architecture. The results evidenced that this typology is capable of tackling inequalities, not only in the older generation, but also on disabled people and their respective families. On the other hand, in the case of the project in Alicante, the main reason was that we share the same language with the people involved in it. In this way, a deep investigation work has been performed, which allowed us to feel empathy and emotions on a different level. Also, this project manifests the effectiveness of a multigenerational project that has been in function for more than 10 years, focused on the relation between the older and younger generations as a possibility to fight loneliness.

The thesis was enriched through the making of different interviews to the main actors of the projects in Torino and Alicante, who were capable of transmitting a new and different point of view. To begin with, the architects communicated an intention of using architecture as a way of solving a latent problem in society. Unfortunately, the fieldwork analysis could not occur due to pandemic issues in Spain, but the possibility of speaking with the people living in the project was presented and they transmitted lots of happiness and empathy with this new way of living. Moreover, the agents of the social program showed their significant values towards the creation and integration of communities.

The findings have taught that the relation between different generations is possible and not only depends on a user, but on the will of two or more people who want to create relationships, in this case old and young. The more relationships are created, a greater sense of community will be formed. This sense of community that old people can feel during their living on multigenerational pro-

jects has shown to stop the feeling of loneliness that most of them had before entering the community. Loneliness is strictly related to a person's quality of life and its context. It is here when the role of architecture and the social, which are unified and interrelated, generate and provide spaces that can change lifestyles and even be helpful in times of crisis.

As future architects, this makes us reflect and at the same time confirm our hypothesis that architecture can be displayed as a tool for the creation of spaces and feelings. It is in moments of crisis when architecture plays a huge and important role in making the changes that society needs. This is where evidence is put on how strong the city's infrastructure is and its weaknesses. During this investigation, the presented inequalities showed that there is a demand for a new type of architecture in which the multigenerational approach appears as a possibility. Under this context, doubts and questions emerge to question in which ways these factors are interrelated. The existence of inequalities that are very latent in today's society and that have intensified with the pandemic is exposed. Arriving at the end of this circular approach, architecture can then be understood as an element capable of battling these existing inequalities. But if this is the case, is the existence of inequalities the responsibility of society or of architecture?

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ANNEX 07

06.1 Annex - Interviews

As previously mentioned, interviews are conducted with the people involved in the analysed projects, including the architects, the social program and the people who live or will live in them. With these interviews, it is possible to better understand the way in which the projects were conceived and how they try to create a comfortable space, made for everyone. The people who were interviewed transmitted a lot of kindness and enthusiasm for this new type of life, as well as the possibility to look at this from a social point of view, apart from the architectural one. Carrying out a type of analysis of primary sources was helpful to support the hypothesis presented.

Via Valenza - Annex

Elisa Montervino e Marco - Architetti (Italian)

Il progetto è un intervento che è composto di una parte di un edificio già costruito e anche un edificio nuovo. All'interno ha una forte connotazione sociale dal punto di vista di aiutare alle persone con disabilità. L'obiettivo è creare un'unione di mix sociale, anche al livello generazionale.

L'intervento è diviso in due lotti, la parte esistente che è composta di diverse funzioni. Al piano terra ce n'è una sala polivalente con una parte di caffetteria, e lo spazio è caratterizzato per un piano ammezzato in cui si propone un ristoro tra la realizzazione di un nuovo palco. Invece al primo piano che quale parte di assistenza: un centro diurno. Il centro diurno è aperto durante il giorno per le persone con disabilità da fare diverse attività, ma durante la sera questo spazio sarà utilizzato per la chiesa.

È importante evidenziare che due edifici sono in un forte dialogo, e si crea una rela-

zione mutua costante. Questa relazione si ottiene attraverso lo spazio vuoto che prima era utilizzato per il calcio. Per la chiesa il verde era un elemento molto sentito e volevano che il verde rimanga. Per questo motivo, nello spazio vuoto si propone la creazione di uno spazio semi pubblico.

Il nuovo edificio sarà spazio solidario di residenza. L'idea di mix è tra abili e disabili, non tra anziane e giovani. La multi socialità, progettazione con spazi diversi, distinta distribuzione, e il verde sono le cose fondamentali. Il gruppo di architetti ha pensato alla legge "dopo di noi" che è quello che succede dopo la morte dei genitori delle persone con disabilità. Si deve essere fornito un spazio che potrebbe essere convertito dentro un contesto comunitario nel futuro.

La proposta dell'edificio è modulare, seguirà l'evoluzione come un "tetrix". La relazione con la città è forte, perché si propone come un edificio non di residenza ma di servizi, come il character del proprio quartiere.

Come è stata la proposta per la realizzazione di questo edificio?

La proposta di realizzazione di questo edificio è stata attraverso un contatto diretto con il proprietario del lotto: la chiesa. Nel marco della legge "dopo di noi", ante questa situazione un gruppo di genitori con figli disabili portavano questa problematica. Si propone al proprietario se si può fare qualcosa in questo spazio libero per risolvere il problema di queste famiglie. Prima di essere proprietà della chiesa, questa struttura era della Fiat. Ma la Fiat l'aveva donata alla parrocchia, e nel contesto attuale la parrocchia non utilizza neanche lo spazio libero e anche l'edificio esistente, e rimane abbandonato.

Quali sono i principali concetti progettuali che hai realizzato?

Dal punto di vista progettuale e tecnico abbiamo cercato di avere una maglia abbastanza regolare da questi disegni qui non se vince però per potere immaginare anche che

la costruzione fosse utilizzate in traverso delle tecnologie di prefabbricazione e quindi le adelantar un po' i tempi di costruzione dell'edificio stesso. Mentre per quanto riguarda la tipologia di alloggio abbiamo cercato di avere un mix. Infatti al piano terra abbiamo anche degli alloggi con diverse tipologie. Tipologie anche di casa solidale e le altre sono degli appartamenti con diversità di eventualmente la possibilità di unirvi anche fra di loro. Tutti gli alloggi hanno un balcone esterno. Quindi uno spazio esterno di sviluppo. Alcuni anzi hanno delle vere proprie terrazze. oltre che lo spazio comune qua sopra al primo piano e effettivamente uno spazio di giardini a beneficio della comunità. Abbiamo immaginato anche della discesa diretta dello spazio verde fino alla piazza pubblica nel mezzo del cortile. Sotto invece al piano terra ci sono due spazi comuni chiusi da poter utilizzare quindi da futuri abitanti. Invece sulla via Genova sono spazi commerciali. Sempre quello che abbiamo immaginato sono destinazioni di uso che abbiamo qualche collegamento con il tema della esistenza. Quindi potrebbero essere delle farmacie o degli studi professionali di medici o degli spazi anche per la fisioterapia.

Come definiresti lo spazio architettonico? Credi che lo spazio esterno possa essere una componente dello spazio interno?

Fondamentale. Ovviamente va seguito anche da che recentemente con la pandemia l'importanza dello spazio esterno è fondamentale. Quindi aversi un piccolo balcone sull'alloggio ma anche potere utilizzare questi spazi qui anche di corte interna e poi ancora di più dello spazio comune semipubblico. Parlando con il gruppo di lavoro che si è creato in parrocchia, a loro li veniva male pensare di rinunciare a quello spazio verde che era il campo del calcio. Non era utilizzato però loro erano affezionati all'idea di questo spazio verde. Quindi noi abbiamo cercato un po' anche di apprezzare l'intervento dicendo che in realtà il verde non sparisce ma in qualche modo si trasforma, diventando terrazze ma resta l'idea di un grande prato

verde. Questo spazio comunque rimane uno spazio godibile infatti. C'è un campo di basket e di calcetto. Quindi la funzione che era lì rimane.

A livello anche progettuale è importante quella idea di aprire questo spazio perché prima il campo di calcio era solo esclusivamente in beneficio di l'oratorio e quasi non viene visto perché ci sono dei muri alti. Quindi l'idea di aprire questo spazio verso l'esterno era un altro degli elementi progettuali importanti da vedere.

Trovi una relazione tra l'edificio e l'esterno?

Ha una dimensione di quartiere abbastanza importante perché c'è piccolo focus generale sulla zona: e una zona che prevede delle forti trasformazioni, c'è il grattacielo che è ancora inutilizzato, ci sarà il parco della salute, che è una zona sanitaria d'espansione che al momento ancora non c'è. Quindi diventa un elemento che ha una sua rilevanza, più che al livello della città in dialogo con il quartiere nel momento in cui questo tassello qui anche soprattutto verrà completato. Mentre proprio sul progetto stesso c'è un passaggio diciamo che va da via Nizza verso via Genova di pubblico, semi pubblico e privato. Quindi abbiamo la prima parte in relazione con la fermata di metro Italia 61 che è quella che diventa un po' più pubblica visto che abbiamo anche dei servizi pubblici come caffetteria che sono aperti su questo spazio. Poi la parte semipubblica del calcio che è aperta in alcuni orari e chiusi in altri, e poi la parte più privata che ha l'edificio del nuovo complesso. Quindi abbiamo anche questa gradazione di apertura o meno verso la città.

Avete una data per l'inizio della costruzione?

La data è la prima possibile. Dovremo partire con la parte di ristrutturazione. Per questo è fatto in lotti in modo da poter portare avanti una parte senza che magari l'altra venga fatta. Speriamo entro la fine dell'anno di partire con questa prima parte. Invece per l'altro bi-

sogna una fondo.

L'edificio può essere considerato un simbolo che collega e attrae il resto della città?

L'idea è un po' quella. Un simbolo non tanto dal punto di vista solo architettonico. Però dal punto di vista delle funzioni e anche della progettualità che ha al suo interno sì. Invece sì nuovo per quanto riguarda il contatto anche con la città questo spazio qui noi ci auguriamo che possa essere anche un punto di riferimento per il nuovo quartiere che verrà crearsi.

Pensi che la progettazione degli spazi possa influenzare il benessere delle persone?

Assolutamente sì. Questo caso ancora di più anche perché rispetto alle tradizionali abitazioni ci auguriamo che gli spazi messi a disposizione della comunità come gli spazi comuni possano effettivamente migliorare la qualità stessa della vita delle persone. E la principale idea, come l'architettura può aiutare la qualità della vita. In general il co-housing oppure gli casi multigenerazionali cercano di rispondere a questo problema.

Quali sono stati i principi architettonici utilizzati per creare spazi multigenerazionali?

Creare anche diversi livelli nel senso che gli spazi comuni non sono tutti al piano terra però sono anche al primo piano. C'è una relazione anche tra i diversi livelli dell'edificio e sono anche visti dal esterno. Quindi al momento in cui io mi trovo a questa parte dell'intervento posso riuscire a vedere se gli spazi comuni che si sviluppano in questa parte al piano terra, che al primo piano e poi invece lo sviluppo del verde che sale sul resto del edificio.

Credi che l'architettura possa fungere da strumento di risposta alla solitudine attraverso la creazione di spazi multigenerazionali?

Assolutamente sì.

E importante anche l'uso dei materiali e dei colori?

Per quello vedo molte similarità tra gli housing multigenerazionali e gli housing per disabilità. Perché l'uso del colore, dei materiali, dei suoni è fondamentale. Specie perché abbiamo lavorato soprattutto con disabilità cognitive e in specifico con l'autismo. Quindi è fondamentale.

Sostenibilità

In questo momento ci sono alcuni temi legati alla sostenibilità dell'edificio che, uno devono essere rispettati proprio per norma di legge. Due sono a nostro avviso un tassello che va ad aggiungere qualità quella che riguarda la vita del futuro residente ma anche della gestione stessa dell'edificio. Quindi va incidere sulle bollette. Quindi anche il tema sui detti progetti bellissimi ma devono essere sostenibili a punto della parte dell'efficientamento energetico ma anche della sostenibilità economica. Quindi un edificio che costa tanto da gestire magari siamo riusciti a fargli pagare poco costruendo la residenza ma poi ha un costo di gestione troppo elevato per loro. Quindi la sostenibilità e l'efficientamento energetico volto solo a quanto è efficiente l'edificio ma anche a quanto mi costa abitarli. Per questo motivo sono tematiche da tenere in conto.

Ogni famiglia dovrebbe pagare per abitarci?

Questo dipende. Può essere gestito in due diversi modi che possono essere anche missati. O la famiglia acquista in proprietà il bene. In questo caso il bene suo lo paga all'inizio e lo sviluppatore torna l'investimento attraverso la gestione. Oppure lo sviluppatore sviluppa l'intervento e a quel punto affitta alle famiglie.

Se creerebbe un meccanismo per chi vuole acquisire il diritto a stare sopra deve stare dentro un regolamento comune. Questo regolamento comune può favorire in fatto che ad acquisire il bene siano persone che hanno

particolare bisogno o che hanno una disponibilità particolare. Però noi non definiamo quale sarà questa regola. Noi solo abbiamo costruito la struttura architettonica e edilizia e immaginato il meccanismo giuridico. Poi il contenuto lo deciderà il gestore sulla base dei bisogni e della finalità del progetto.

Elisa Montervino e Marco - Architects (English)

The project is an intervention that is composed of two parts, an already built building and a new building. Inside it has a strong social connotation from the point of view of helping people with disabilities. The goal is to create a union of social mix, even at the generational level. The intervention is divided into two lots, the existing part which is composed of different functions: on the ground floor there is a multipurpose room with a cafeteria, in which the space is characterized by a double height floor where a restoration is proposed to create a little palco. The first floor works as a space dedicated to assistance: the day center. The day center is open during the day for people with disabilities to do various activities, but during the evening this space will be used for the church. It is important to highlight that two buildings are in a strong dialogue, and a constant mutual relationship is created. This relationship is achieved through the public empty space that was previously used for football. For the church, the green was a very important element and they wanted it to remain. For this reason, the creation of a semi-public space is proposed in the empty space and the new building will work as a joint between the two. Is important to understand that in Via Valenza the idea of mixing people is between able and disabled, not only between old and young. Multi-sociality, attention in design of different spaces, and greenery are the fundamental tools for the design proposal. During the design process, the group of architects took into account the Italian law that is named "after us", which aims to provide a space for people with disabilities after the death of their genitori.

The building's proposal is modular, following the evolution like a "tetrix". The relationship with the city is strong, because it is proposed as a building not for residence but for services, like the character of its neighborhood.

How was the proposal for the realization of this building?

The proposal for the realisation of this building was through direct contact with the owner of the lot: the church. In the context of the law "after us", a group of parents with disabled people brought up this situation asking for help. So, it is proposed to the owner whether something can be done in this free space to solve the problem of these families. Before being owned by the church, this structure was owned by Fiat. But Fiat had donated it to the church, and in the current context the free space and even the existing building, remain abandoned.

What are the main design concepts that you carried out?

From the design and technical point of view, we tried to have a fairly regular module from the drawings. While as regards the type of accommodation we tried to have a mix in creation of spaces. In fact, on the ground floor we designed apartments with different typologies. For example the typology of solidarity housing and the typology of apartments with the possibility of being extended. All accommodations have an outdoor balcony, which is seen as an external space for recreation. Some apartments even have their own exclusive terraces. It is also provided a common space on the first floor that works as a green space for the benefit of the community and the enhanced for socialization between inhabitants. Also, under the ground floor, there are two closed common areas that can therefore be used by future inhabitants. On the other hand, on the Via Genova it is proposed the location of commercial spaces. It is also taken into account the provision of services like pharmacies,

doctor's offices or spaces for physiotherapy as well.

How would you define the architectural space? Do you believe that outer space can be a component of inner space?

Fundamental. Obviously, the importance of outer space is enormous and now it has been emphasized with the pandemic. So having a small balcony on the accommodation but also being able to use different spaces is essential. The creation of the internal courtyard as a semi-public common space follows the role in which the outside forms part of the everyday inside. During the design process, we understood the desire of the church to maintain the green space that was used as a football field. So as architects we also tried to appreciate the intervention by saying that in reality the green does not disappear but somehow it transforms, becoming into terraces at different levels. The proposal for the semi public space, however, remains as an enjoyable area with a basketball and soccer field, respecting the original function. From a design point of view, the idea of opening this space is also important because before the football field was only for the benefit of the oratory and is hardly seen because there are high walls. So the idea of opening this space to the outside was another important design element to use in order to open up towards the community and the city.

Do you find a relationship between the building and the exterior?

It has a fairly important neighborhood dimension because there is a general focus on the area. It is an area that foresees strong transformations, on one side there is the skyscraper which is still unused. On the other side, there will be the 'Parco della Salute', which is a healthy area of expansion that does not exist yet. So it becomes an element that has its own relevance, rather than at the level of the city, it will be in dialogue with the neighborhood when this piece here will be completed. Moreover, the project itself has a sort

of transition that starts from via Nizza with a public space, then semi-public in the middle, and private on the side of via Genova. So we have the first part in relation to the Italia 61 metro stop which is the one that becomes a little more public since we also have public services such as a cafeteria and other services that are open in this space. Then the semi-public part of the football pitch which is open for the public at some times and closed at others, and then the more private part that the building of the new complex has. So we also have this degree of openness to the city.

Do you already have a date for the beginning of the construction?

The date will be as soon as possible. We will have to start first with the renovation part. This is why it is done in batches so that you can carry out one part without maybe the other being done. We hope to start with this first part, the one of the renovation, by the end of the year. Instead for the other we have to wait for fundings.

Can the building be taken as a symbol that connects and attracts the rest of the city?

The idea is exactly that one. A symbol not so much from an architectural point of view, but more from the point of view of the functions and also of the planning that has in its interior. On the other hand, this space is new in terms of contact with the city as well, we hope that it can also be a point of reference for the new neighborhood that will be created.

Do you think that the design of spaces can influence the well-being of people?

Absolutely yes. This case is even more so because compared to traditional homes we hope that the spaces made available to the community such as common spaces can actually improve the quality of people's lives. And the main idea is to actually see how architecture can help and improve the lives of the people that will live there. In general,

cohousing or multigenerational cases try to have an answer to this problem.

What were the architectural principles used to create multigenerational spaces?

The idea was to also create several common spaces working in different levels in the sense that the common areas are not only on the ground floor but they are also on the upper floors. There is also a relationship between the different levels of the building and this relationship can be seen also from the outside. So when I am in this part of the intervention I can see the common spaces and the activities that are developed in this part, both on the ground and upper floors. Then I can also see how the green rises from the ground floor to the rest of the building.

Do you think that architecture can act as a tool in response to loneliness through the creation of multigenerational spaces?

Absolutely yes.

Do you believe the choice of materials and colors in a space is important?

The reason why I see many similarities between multigenerational housing and housing for disabilities is because the use of color, materials, and sounds is fundamental for both. Architecture as a tool for the creation and control of spaces is essential. Especially because we have worked mainly with cognitive disabilities and specifically with autism, so it's crucial.

Sustainability

At this moment there are some issues related to the sustainability of the building that first, one must respect precisely by law, and second, sustainability adds quality to the life of the future residents and also to the management of the building itself. This is why one of the most important goals of this beautiful projects must be sustainability in relation to energy efficiency and economic sustainability. So sustainability and energy efficiency

are aimed not only at how efficient the building is but also at how much it costs me to live there. For this reason they are issues to be taken into account.

Does every family have to pay in order to live in the building?

This depends. It can be handled in two different ways which can also be mixed. Either the family buys the property into ownership and in this case, his asset pays him at the beginning and the developer returns the investment through management. Or the developer manages the intervention and then rents to families. Also there is the possibility to create a mechanism for those who want to acquire the right to be above with a common regulation. This common regulation can make it easier for people who have a particular need or who have a particular availability to acquire the property. But we don't define what this rule will be. We alone have built the architectural and building structure and imagined the legal mechanism. Then the content will be decided by the manager on the basis of the needs and purpose of the project.

Geppe - Parrochia/ Programma sociale (Italian)

Com'è stato il primo contatto con matteo e lo studio homers?

Io già conoscevo a Matteo (leader of Homers) e lui è venuto a fare la proposta per la necessità di una soluzione in questa area. Abbiamo avuto dei primi contatti a seguito di una richiesta che lui aveva ricevuto. Per quanto riguarda il problema di famiglie con figli con disabilità c'era la necessità di trovare una soluzione immaginando non solo il 'dopo di noi' ma anche un accompagnamento per mettere a queste famiglie una vita un pochino più normale. Perché sono famiglie con figli con disabilità gravi e sono impegnati 24 ore su 24.

La proprietà è vostra ed è stata donata?

La storia del terreno è questa. Al inizio non si sa bene, ma nel dopoguerra, nella seconda metà degli anni 40 questa zona qui era tutta in ricostruzione e quell'area lì era praticamente abbandonata e i giovani qui della zona hanno cominciato a utilizzarla insieme anche al parroco della parrocchia. Per cui l'hanno occupata perché l'area era di proprietà della FIAT. Successivamente la FIAT l'ha messa a disposizione della parrocchia. Poi è stata costruita la struttura che c'è attualmente, che inizialmente era utilizzata come cinema parrocchiale e come scuola professionale. In questo momento è appena utilizzato per attività della parrocchia ma non c'è un utilizzo estensivo.

Qual è la funzione della parrocchia in questo progetto?

L'idea è che la parrocchia conservi un legame stretto con questa struttura. Che la parrocchia sia il motore del progetto e che possa continuare a essere significativa nel progetto. L'idea è che quel terreno lì possa essere a disposizione della comunità parrocchiale e cittadina e che possa ritornare ma essere anche un punto significativo della parrocchia. Quindi la chiesa deve essere presente sul territorio. No necessariamente legato alle attività specifiche ma anche come servizio sociale.

Intendi fare una sorta di follow-up per le persone che vivranno nell'edificio?

Sì. Non sappiamo ancora bene come però sì.

Quali sono le tue aspettative per questo progetto?

Sono che sia un'occasione per le persone della comunità parrocchiale per aprirsi a un modo diverso di essere della chiesa. Perché molti di quelli che ancora frequentano la parrocchia sono legati a una funzione della parrocchia un po' passiva. Non riesce a riuscire a vedere che la chiesa può essere presente

di una forma diversa. Poi la mia aspettativa è comunque di rispondere a un bisogno reale di famiglie con figli con disabilità. Mi piacerebbe molto che questo progetto riuscisse a dare valore alla presenza di persone disabili che possono occupare le loro abilità che hanno e di essere una presenza particolare in un'area della città che dovrebbe essere destinata a ulteriori trasformazioni. Sappiamo che deve essere finito il grattacielo alla fine di quest'anno e poi anche il Parco della Salute.

Pensi che questo progetto possa essere interpretato come la creazione di una piccola comunità?

Sì. Dovrebbe esserci, nella grande comunità, una comunità specifica che nasce e che condivide alcuni aspetti che diventa un po' anni di questa realtà.

Geppe - Parrochia / Social program (English)

What was the first contact with Matteo and the Homers studio like?

I already knew Matteo (leader of Homers) and he came to make the proposal due to the need for a solution in this area. We had some first contact following a request he had received regarding the problem of families with children with disabilities. There was the need to find a solution by imagining not only the 'dopo di noi' (after us) but also an accompaniment to give these families a slightly more normal life, since they are families with children with severe disabilities and they have to take care of them 24 hours a day.

Is the property yours and has it been donated?

The story of the land is as follows. There is not much data about the beginning of the plot, but after the war, in the second half of the 40s this area here was all under reconstruction and specifically that area where the project will be, was practically abandoned

and the young people here in the area began to use it together with the parish priest. So they occupied it because the area was legally owned by FIAT. Subsequently FIAT made it available to the parish. Then the current structure was built, which was initially used as a parish cinema and as a professional school. At the moment it is hardly used for parish activities but there is not an extensive use.

What is the function of the parish in this project?

The idea is that the parish retains a close bond with this project, with the parish being the engine of the project and continuing to have a significant impact in the plot. The goal is that the land there can be available to the parish and the city community and that it can return but also be a significant point of the parish. So the church must be present in the area, not necessarily linked to specific activities but also as a social service.

Do you intend to do some sort of follow-up for the people who will live in the building?

Yes. We still don't know exactly how, but yes.

What are your expectations for this project?

My expectation for this project is that it ends up as an opportunity for the people of the parish community to open up to a different way of being part of the church. Because many of those who still attend the parish are linked to a somewhat passive parish function. They fail to see that the church can be present in a different form. Then my expectation is however to respond to a real need of families with children with disabilities. I would very much like this project to be able to give value to the presence of disabled people who can employ the skills they have and to be a particular presence in an area of the city that should be destined for further transformation with the skyscraper, that must be finished at the end of this year, and the 'Parco della Salute' in front of the plot.

Do you think this project can be interpreted as the creation of a small community?

Yes. There should be, in the large community, a specific community that is born and that shares some aspects, becoming part of the reality that we all live on a day to day basis.

Enrica Baricco - Casa Oz (Italian)

Qual è la tua esperienza con i disabili?

Allora, di bambini che hanno avuto la malattia, questa è la mia esperienza che mi ha portato a pensare a un progetto come CasaOz. La mia esperienza è con la malattia che una persona che ha una disabilità e che sono persone giovane o bambini di questa società. Ho pensato che era il caso di ricostruire una risposta per loro, per la famiglia, forza un approccio e un passo un pochino più facile.

Quindi non parliamo solo di disabili ma di bambini malati che a causa di una malattia hanno avuto questa disabilità.

Puoi parlare un po' del progetto di CasaOz?

Nasce come risposta per le famiglie che hanno bambini malati. Nasce come luogo durante il giorno che ti accoglie, che ti dà la scuola, che ti dà un sostegno alla difficoltà che loro incontrano. Rivolto a ragazzi come dicevo ma anche a loro famiglie, perché sono piccoli e abbiano questo tipo di percorso ovviamente l'equilibrio di tutta la famiglia. Noi dobbiamo esserci a darle a loro un luogo di recupero, un luogo di accoglienza, che sia in grado di accompagnarli a una situazione che può stare un pochino meglio. In cui si può socializzare, si può imparare qualcosa dallo sport, teatro, musica. Noi siamo soprattutto per questo. Anche uno spazio di residenzialità in cui ospitiamo famiglie che vengono da molto lontano. Il cuore di CasaOz è una attività diurna.

Com'è la relazione che hai con i genitori dei bambini?

In tanto io non ho un ruolo diretto su servizio. Però ce l'ho perché CasaOz è uno spazio aperto. Qui ogni volta che io vengo qui per lavorare, per fare le riunioni, mi incontro persone e contribuisco e faccio delle riunioni anche con la parte educativa che sta impegnata nel servizio e in quei casi lì io incontro famiglia che conosco, bambini, e famiglia che ritorna dopo tante anni e vedo come i bambini hanno cresciuti. Questo mi dà una verifica di quello a cui pensiamo e che facciamo sia veramente la cosa più giusta. Negli anni diciamo che il 80 per cento di le cose del progetto se fatte correttamente e giusto, e un 20 per cento di variabile che possiamo cambiare. Però questo 20 per cento è normale, perché sono persone nuove che arrivano e anche il mondo cambia.

Pensi che la connessione delle persone con l'esterno e l'esterno sia importante? (Sia in CasaOz che nel progetto di via Valenza)

Credo che qualsiasi sia azione di progetto sociale che possa essere messo e creato sul territorio deve per essere migliori di avere consolidate le forti di relazione con il entorno. Sto pensando non solo a progetti sociali ma anche a CasaOz prevedere attività che fanno cultura, che fanno musica, che fanno movimento, si mettano in relazione con il esteriore. Sono di attività che includono alle persone nonostante la fragilità che possono avere. Quindi sia per CasaOz sia per Via Valenza penso che l'esteriore è una caratteristica da mantenere da costruire da far crescere con il tempo.

Quali attività vengono svolte quotidianamente a CasaOz?

Ci sono due piani di attività. Uno è quello che risponde a quello chi sta in CasaOz, sono cose più spontanee, l'accoglienza delle persone, parlare di la giornata, mangiare qualcosa insieme, andare a vedere in cucina che cosa si cucina, giocare nel parco, tante

cose piccole che per noi costituzione questo elemento che per noi è fondamentale: la quotidianità. Poi si sono invece delle attività più strutturate, sono quelle in cui andiamo a incrementare quello che i ragazzi possono imparare a fare, quello che per noi è normale. Riproponiamo una filosofia che "ti aiuto ti accompagno a fare qualcosa in miglior modo possibile al miglior livello possibile".

In che modo il COVID-19 ha influenzato la comunità di CasaOz?

Sicuramente l'ha influenzata. Ci siamo trovati in una situazione di attività comuni e l'impresa non era possibile. La preoccupazione di non lasciare sole queste persone, di far loro sentire che la casa è qui e come una continuazione di ciò che è stato fatto in un altro modo. Le attività sono state lanciate via online, che era l'idea dell'incontro comune, per parlare della giornata, sono stati seguiti alcuni bambini speciali, utilizzato come strumento operativo per accompagnare in questo periodo. L'idea era che CasaOz si sentisse vicina.

Cosa ne pensi dei progetti multigenerazionali?

Credo che siano assolutamente indispensabili. Io dicevo prima, questi luoghi che aiutano le persone a migliorare la vita, nel caso di anziani, bambini, ragazzi, adulti. Quindi più questi luoghi, assomigliano a quello che in realtà la società con tutte le sue parti che si intersecano, e più a mio avviso restituiscono benessere e quotidianità. Credo che nei prossimi anni, ricchezza di questo tipo di architettura. Penso anche solo a mia mamma che usa instagram, whatsapp e gioca al paddle, questo precisamente perché ha bisogno di una compagnia costante che la segue passo a passo e lo mantiene moderno. E un modo di stare attaccati al mondo.

Com'è stato il tuo primo incontro con Homers e il progetto di via Valenza?

Ho conosciuto a Homers attraverso Matteo Robiglio compagno mio della mia Universi-

tà di Architettura. Lui molto sensibili per fare qualcosa per aiutare la società con la sua architettura. Questo è importante per noi, perché al momento della costruzione e progetto abbiamo l'importanza di un luogo bello, cosa che è parte della terapia per le persone con malattia. Seconda cosa il problema del dopo di noi, di lasciare questi ragazzi senza un luogo e una famiglia. Quindi il tema di dopo di noi, il tema di stare tutti insieme, il tema abitativo: la soluzione e l'architettura multigenerazionale. Dal punto di vista del mixité, secondo me il progetto del futuro.

Quali vantaggi pensi possa portare il progetto di via Valenza alla comunità dei disabili?

In tanto parlo di comunità di persone. Un progetto come Via Valenza porta l'idea di stare tutti insieme, dell'interazione, dell'autonomia, dell'essere vicino, del benessere, della creazione di una casa aperta. In questo momento di post covid che bisogno di costruire una comunità non solo con persone con difficoltà, però per tutti. Il mixité è ancora meglio.

Pensi che l'architettura svolga un ruolo importante nel migliorare la vita dei bambini disabili?

Assolutamente sì, la bellezza e la distribuzione del luogo che noi inventiamo specificamente per questi usi è importantissima. Educarli a vivere meglio, a capire valori. Curiamo l'ambiente in cui siamo. Noi scegliamo l'eccellenza, i servizi che si occupano di persona più facilmente.

Enrica Baricco - Casa Oz (English)

What is your experience with disabled people?

My experience with children who have had a disease led me to think of a project like CasaOz. I thought it was time to reconstruct an answer for them, for the family, to make an

approach and a step to make their lives easier. So we are not just talking about disabled people but about sick children who have had this disability due to an illness/ accident.

Can you talk a little about the CasaOz project?

It was born as a response for families who have sick children. It was born as a place that during the day welcomes you, that gives you an education, that gives you support for the difficulties you may encounter. Aimed at kids as I said but also at their families, because these conditions affect the balance of the whole family. We must be there to give them a place of recovery, a place of welcome. Where you can socialize, you can learn something from sports, theater, music. We are above all for this. Also a residential space where we host families who come from far away. The heart of CasaOz is the daytime activity.

How is the relationship you have with the parents of the children?

I don't have a direct role with them. But I have it because CasaOz is an open space. Every time I come here to work, to hold meetings, I meet people and I contribute. I also have meetings with the educational part that is engaged in the service and in those cases I am able to meet families and children. Then I am able to recognize families that come back after many years and I see how the children have grown up. This gives me a verification of what we think about and what we do is really the right thing. Over the years we say 80 percent of project things if done right and right, and 20 percent of variables that we can change. But this 20 percent is normal, because new people are arriving and the world is changing too.

Do you think the connection of people with the outside and the outside is important? (Both in CasaOz and in the Via Valenza project)

I believe that any social project action that

can be designed and created on the territory must have a consolidated strong relationship with the environment. I am thinking not only of social projects but also of CasaOz foreseeing activities that create culture, that make music, that make movement, connect with the exterior. They are activities that include the frailty they may have to people who are not obstant. So for both CasaOz and Via Valenza I think that the exterior is a feature that needs to be built and grown over time.

What activities are carried out daily at CasaOz?

There are two business plans. One is the one who responds to what those who stay in CasaOz, are more spontaneous things, welcoming people, talking about the day, eating something together, going to see what is cooking in the kitchen, playing in the park, many small things that for us constitutes this element that is fundamental for us: everyday life. Then there are more structured activities, they are those in which we go to increase what children can learn to do, what is normal for us. We propose a philosophy that will help you accompany you to do something in the best possible way at the best possible level.

How did COVID-19 affect the CasaOz community?

It certainly influenced me. We found ourselves in a situation in which common activities and the undertaking was not possible. The concern not to leave these people alone, to make them feel that the house is here and as a continuation of what has been done in another way. The activities were launched via online, which was the idea of having a common meeting, to talk about the day, some special children were followed, used as an operational tool to accompany during this period. The idea was that CasaOz is always there.

What do you think of multigenerational projects?

I believe they are absolutely essential. I said before, these places that help people improve their lives, in the case of the elderly, children, teenagers, adults. So the more these places resemble what society actually is with all its parts that intersect, the more in my opinion they return to well-being and everyday life. I believe that in the coming years, the wealth of this type of architecture will increase. I also think only of my mom who uses Instagram, Whatsapp and plays paddle, this precisely because she has a constant company that follows her step by step and keeps her modern. It is a way of being attached to the world.

How was your first meeting with Homers and the Via Valenza project?

I met Homers through Matteo Robiglio, my companion from my University of Architecture. He is very sensitive to do something to help the company with its architecture. This is important to us, because at the time of construction and design we have the importance of a beautiful place, which is part of the therapy for people with disease. Secondly, the "problem after us", of leaving these young people without a place and a family. So the theme "after us", emphasizes the idea of being all together: imagining places in which these factors live together. The solution is multigenerational architecture. In my opinion the mixité is the project of the future.

What advantages do you think the via Valenza project can bring to the disabled community?

I speak of a community of people. A project as a Via Valenza carries the idea of being all together, of interaction, of autonomy, of being close, of well-being, of the creation of an open house. In this moment of post covid that we need to build a community not only with people with difficulties, but for everyone. The mixité is even better.

Do you think architecture plays an important role in improving the lives of children with disabilities?

Absolutely yes, the beauty and distribution of the place that we invent specifically for these uses is very important. Educate them to live better, to understand values. We take care of the environment in which we are. We choose excellence, services that are handled in person more easily.

Alicante - Annex

Arquitecta del proyecto - Carmen Pérez Molpeceres (Spanish)

¿Cuál fue el principal objetivo de la realización de este proyecto?

El objetivo de este proyecto ha consistido en desarrollar un edificio contenedor de un programa polivalente con diferentes dotaciones vinculadas a la actividad residencial, dirigida a Viviendas para Jóvenes y Mayores No Dependientes, que no comprende asistencia médica ni atención corporal especializada, aunque se han previsto espacios aptos para algún grado de incapacidad, con la garantía de la asistencia necesaria, ya sea de personal propio o externo, incorporando, como espacios comunes, algunos destinados a terapias ocupacionales.

¿Cómo es la composición del edificio?

La concepción unitaria del edificio, permite que los residentes no se encuentren nunca excluidos de la vida del centro, concibiendo su organización como una pequeña ciudad, donde la habitación es la casa; el pasillo central, la calle; las estancias de relación, la plaza, donde se encuentran los espacios que acogen actividades comunes. Estos lugares de reunión y de actividades comunes se encuentran repartidos por las diferentes plantas proporcionando no sólo un carácter físico diferenciador en el edificio, sino también los centros neurálgicos del conjunto. Salas de TV y música, lectura e informática, talleres y juegos, lavandería comunitaria, estar y solarium, quedan marcados exteriormente en todas y cada una de las plantas y unidos

verticalmente por el núcleo de comunicaciones

¿Cuáles son los elementos que caracterizan al espacio?

Definitivamente la luz y los espacios con contacto hacia el exterior. La ubicación, en una manzana completa de 2.082 m² frente a los jardines de la Plaza de América, ha determinado en gran parte la solución, puesto que se ha considerado primar esta circunstancia de espacio público ajardinado frente a cualquiera otra, marcando la dirección principal de la orientación. El espacio ajardinado creado en la cubierta de la planta primera puede dar cabida a otras actividades al aire libre o simplemente convertirse en un jardín que invite al paseo y a las confidencias. La luz y el sol forman parte de cada uno de los espacios comunes diseñados, ya sea de forma directa o atravesando intencionalmente ambientes intermedios, buscando y encontrando el resquicio que provoca la sorpresa.

¿La importancia de conectar el interior con el exterior se encuentra presente en este proyecto?

Las viviendas, se encuentran abiertas al espacio exterior mediante el acristalamiento de toda la superficie de sus fachadas, presentan, de esta manera, la orientación este/oeste, protegida ésta última por una segunda fachada en celosía practicable que regula el acceso del sol y suaviza la temperatura. Mi principal objetivo fue enfatizar una conexión entre el interior y el exterior del edificio, generando así, un espacio único e integrado.

¿Cómo funciona el centro de salud?

Dentro de los servicios de proximidad del Edificio Municipal Plaza de América se encuentra un Centro de Salud, de 3.265 m² de superficie construida. El Centro de Salud de Atención Primaria, que constituye una unidad en sí mismo, sin contacto con ninguno de los anteriores en lo que se refiere a su función y utilización, corresponde a un ser-

vicio de barrio exclusivamente. El programa del centro se distribuye de la siguiente forma: Una planta baja con área de recepción; área administrativa; área de extracciones; área pediátrica; medicina general; y unidad de conductas adictivas. Luego en la planta primera se encuentra el área de salud mental; odontología; área maternal; área de rehabilitación; y medicina general.

¿Cómo funciona el centro de día?

El Centro de Día se programa para satisfacer la demanda existente en el municipio sobre la necesidad que genera el grupo poblacional de personas mayores dependientes que conviven habitualmente con la familia. Su acceso se realiza desde el hall que comparte con las viviendas, aunque el de éstas se encuentra sectorizado, pudiendo participar del control que se ejerce desde el puesto de conserjería. En el diseño de este uso se ha prestado especial atención a lograr que tanto los residentes de las viviendas como los usuarios del centro de día no puedan introducirse sin control en ambos usos. El programa incluye una sala de estar adyacente a un comedor-café que se encuentra conectado a una amplia cocina. Este espacio está abierto al paso que recorre el centro longitudinalmente, donde se han ubicado cuatro salas para terapias ocupacionales que pueden conectarse entre sí. En la planta segunda se ubica un despacho para atención médico-social, y las estancias al aire libre que utilizan la terraza ajardinada y la zona de huertos para terapias específicas.

¿Piensa que la arquitectura puede actuar como una herramienta en respuesta a la soledad a través de la creación de espacios multigeneracionales?

Claro que sí. Estoy de acuerdo completamente con ese fundamento, como arquitectos tenemos la posibilidad de crear espacios que transforman vidas, personas, sensaciones. La arquitectura debería ser siempre utilizada como herramienta para solucionar o mejorar los distintos problemas que propo-

ne la sociedad. En este caso es claro: combatir la soledad.

Architect of the project - Carmen Pérez Molpeceres (English)

What was the main goal of the project?

The objective of this project has been to develop a container building for a multipurpose program with different provisions linked to residential activity, aimed at Housing for Non-Dependent Young and Elderly, which does not include medical assistance or specialised body care, although spaces have been planned suitable for some degree of disability, with the guarantee of the necessary assistance, either from own or external personnel, incorporating, as common spaces, some destined for occupational therapies.

How is the composition of the building?

The unitary conception of the building allows the residents to never find themselves excluded from the life of the centre, conceiving its organisation as a small city, where the room is the house; and the street; the rooms, the square, and the spaces that host common activities are the city. These meeting places and common activities are spread over the different floors, providing not only a differentiating physical character in the building, but also the medical centres of the complex. TV and music rooms, reading and computer rooms, workshops and games, community laundry, living room and solarium, are marked externally on each and every one of the floors and vertically linked by the communications core.

What are the elements that characterise the space?

Definitely the light and the spaces with contact towards the outside. The location, in a complete block of 2,082 m² in front of the gardens of the Plaza de América, has large-

ly determined the solution, since it has been considered that this circumstance of landscaped public space prevails over any other, marking the main direction of the orientation. The garden space created on the roof of the first floor can accommodate other outdoor activities or simply become a garden that invites you to walk and confide. Light and sun are part of each of the common spaces designed, either directly or intentionally going through intermediate environments, looking for and finding the loophole that provokes the surprise.

Is the importance of connecting the interior with the exterior present in this project?

The dwellings are open to the outside space through the glazing of the entire surface of their facades, thus presenting an east/west orientation, the latter protected by a second practicable lattice facade that regulates the access of the sun and softens temperature. The main objective was to emphasise a connection between the interior and exterior of the building, thus generating a unique and integrated space.

How does the health centre work?

Within the proximity services of the Plaza de América Municipal Building there is a Health Centre with a built area of 3,265 m². The Primary Care Health Centre, which is a unit in itself, without contact with any of the above in terms of its function and use, corresponds exclusively to a neighbourhood service. The program of the centre is distributed as follows: A ground floor with a reception area; administrative area; extraction area; paediatric area; general medicine; and addictive behaviour unit. Then on the first floor is the mental health area; odontology; maternal area; rehabilitation area; and general medicine.

How does the day centre work?

The Day Centre is programmed to satisfy the existing demand in the municipality regarding the need generated by the popula-

tion group of dependent elderly people who usually live with their families. In the design of this use, special attention has been paid to ensuring that both the residents of the dwellings and the users of the day centre cannot enter both uses without control. The program includes a living room adjacent to a dining room-cafeteria that is connected to a large kitchen. This space is open to the passage that registers the centre longitudinally, where four rooms for occupational therapies have been located that can be connected to each other. On the second floor there is an office for medical-social care, and outdoor rooms that use the garden terrace and the orchard area for specific therapies.

Do you think architecture can act as a tool in response to loneliness through the creation of multigenerational spaces?

Of course. I completely agree with that foundation, as architects we have the possibility of creating spaces that transform lives, people, sensations. Architecture should always be used as a tool to solve or improve the different problems that society proposes. In this case it is clear: combat loneliness.

Departamento Social del Patronato Municipal de la vivienda de Alicante (Spanish)

¿Cómo es su relación con las personas que habitan el edificio?

La relación es profesional, pero basada en la confianza y el respeto mutuos.

¿Cuál es la edad media de los habitantes del edificio?

Está en unos 74 años en estos momentos.

¿Qué cambios percibe en las personas que residen en el edificio? (Desde que entran -ánimos, a nivel psicológico)

En general la entrada y estadía en el edificio

son positivos y beneficiosos. Las personas mayores mejoran su calidad de vida tanto a nivel físico como a nivel emocional. Las relaciones vecinales y personales que se crean en el edificio proporcionan tranquilidad y seguridad a los inquilinos, y eso es base de incremento de su calidad de vida.

¿Cómo es el ambiente que se genera en el día a día?

Relajado en las actividades cotidianas, de interés por los vecinos, de interrelaciones positivas, de ayuda y apoyo. De seguridad y tranquilidad.

¿Cuáles son las actividades que se realizan y qué tipo de valores se tratan de promover?

Son actividades de ocio, para relacionarse y fomentar la interacción entre los vecinos. Pretenden entretener y poder aprender de temas que les interesen, mejorar en destrezas adquiridas, fomentar la intergeneracionalidad. Compartir conocimientos, habilidades, etc.

¿Cómo impactó la pandemia COVID-19 en el edificio?

Gracias a la atención organizada y al trabajo de los vecinos, el impacto en los vecinos fue menos negativo de lo esperado. Los vecinos encontraron la manera de ayudarse, hacerse compañía, compartir miedos y crear momentos de alegría, incluso sin poder salir de sus casas. Llamadas de teléfono, conversaciones desde las puertas de las casas, aplausos a los sanitarios y a los propios vecinos, cuidados extremos para que no hubiera contagios. De hecho, en la época más dura y el año posterior, no se han registrado casos de Covid.

¿Qué recaudos se tomaron y cómo influyó en el ánimo de las personas?

Se tomaron todas las medidas que se establecieron e incluso, pasado el estado de alarma y las restricciones obligatorias, se

mantuvo un ambiente de precaución y cuidado voluntarios. Los mayores no salían de sus casas, no recibían visitas, si tenían que salir usaban mascarillas y gel hidroalcohólico, no se reunían y hacían por no coincidir en las zonas comunes. Se cerraron las salas comunes y se anularon todo tipo de actividades. Todo esto causó miedo y mucha angustia, tanto por ellos mismos como por sus familiares. También los mayores temían por los jóvenes del edificio, ya que eran estos los que se encargaban de las compras y tenían que salir a la calle. Durante un tiempo el ánimo estaba bajito, por la incertidumbre, pero las relaciones y organización vecinales impedían que fuera mayor el desánimo, el miedo y la desazón de no saber y no poder hacer nada.

¿Cómo es el cuidado hacia las personas mayores? ¿Se respeta lo pactado bajo el programa social?

Gracias a ese pacto y al interés de los inquilinos por sus vecinos, a su voluntad y a su actitud, se pudo pasar mejor este momento, y además, facilitó la recuperación y la "vuelta a la normalidad" posteriores.

¿Crees que es importante la conexión entre los espacios interiores y exteriores?

Creo que los espacios son fundamentales. El interior del edificio y el edificio en sí ha de facilitar los encuentros, la seguridad, han de ser agradables, bonitos si es posible y que la gente que los habita pueda apropiarse de ellos. Y si en el exterior ocurre lo mismo, hay equipamientos urbanos, buenas conexiones de transporte, espacios verdes, comercios, etc. entonces se podrá conseguir con mayor facilidad. La combinación de espacios internos/externos es fundamental, básica.

¿Qué actividades y proyectos tienen en mente para este nuevo año?

Lo más importante ha sido recuperar la confianza de los vecinos en el día a día, en volver a las actividades diarias. Y entre ellas la vuelta a los talleres. Se ha trabajado en

conjunto en decidir qué talleres llevar a cabo y cómo hacerlo con la tranquilidad y seguridad requeridos. Además, se ha aprovechado para que nuevos vecinos o que han entrado en este largo tiempo se conozcan y generar las relaciones pertinentes.

Alicante's Social Living Department (English)

How is your relationship with the people who live in the building?

The relationship is professional, but based on mutual trust and respect.

What is the average age of the elderly living in the building?

At this moment the average age of the people living in the building is around 74 years old.

What changes are perceived from the people who reside in the building? (Since they enter - on a psychological aspect)

In general, the entry and stay in the building are positive and beneficial. Older people improve their quality of life both physically and emotionally. The neighbourhood and personal relationships that are created in the building provide peace of mind and security to the tenants, and this is the basis for increasing their quality of life.

How is the environment generated on a day-to-day basis?

Relaxed in terms of daily activities, there is an interest in the neighbours, with positive relationships, help and support coming both from the staff and the other tenants of the building. Always living with security and tranquillity.

What are the activities carried out and what kind of values are you trying to promote?

They are leisure activities, to relate and encourage interaction between neighbours. They intend to entertain and be able to learn about topics that interest them, improve acquired skills, and promote intergenerationality. Share knowledge, skills, etc.

How did the COVID-19 pandemic impact the building?

Thanks to the organised attention and the work of the neighbours, the impact on them was less negative than expected. The neighbours found a way to help each other, keep each other company, share fears and create moments of joy, even without being able to leave their homes. Phone calls, conversations from the doors of the houses, applause for the medical staff and extreme care so that there were no infections. In fact, in the toughest time and the year after, no cases of Covid have been recorded.

What precautions were taken and how did it influence the well being of the people?

All the measures that were established by the government were taken and, even after the state of alarm and the mandatory restrictions had passed, an atmosphere of precaution and voluntary care was maintained. The elderly did not leave their homes, they did not receive visitors, if they had to go out they used masks and hydroalcoholic gel, they did not meet and they did not coincide in the common areas. Common rooms were closed and all kinds of activities were cancelled. All this caused fear and much anguish, both for themselves and for their families. The older ones also feared for the young people in the building, since they were the ones who were in charge of shopping and had to go out into the street. For a period of time the mood was low, due to uncertainty, but the relationships and neighbourhood organisation prevented the discouragement, fear and discomfort of not knowing and not being able to do anything from being greater.

How is care for the elderly? Is the agreement under the social program respected?

Thanks to this pact and the interest of the tenants in their neighbours, their will and their attitude, this moment was better spent, and also, it facilitated the subsequent recovery and "return to normality".

Do you think that the connection of the people with the outside and the exterior is important?

I think spaces are fundamental. The interior of the building and the building itself must facilitate meetings, security, they must be pleasant, beautiful if possible and that the people who live in them can appropriate them. And if the same thing happens on the exterior spaces, having urban facilities, good transport connections, green spaces, shops, etc. then it can be achieved more easily. The combination of internal/external spaces is fundamental, basic.

What new activities or projects do you have in mind for this new year?

The most important thing has been to regain the confidence of the neighbours on a day-to-day basis, to return to daily activities. And among them the return to the workshops. They have worked together to decide which workshops to carry out and how to do it with the required tranquillity and security. In addition, it has been used so that new neighbours or those who have entered this long time get to know each other and generate relevant relationships.

Habitantes del edificio (Spanish)

Juan Carlos

¿Nos quiere contar un poco acerca de usted y cómo es vivir aquí?

Mi nombre es Juan Carlos, tengo 73 años y llegué a este edificio hace 6 años, en el año 2016. Mi hija fue quien me comunicó la posibilidad de vivir en este lugar y cuando me contó un poco de que se trataba este nue-

vo estilo de vida para personas mayores me pareció realmente interesante. Hoy en día mi vida aquí es mucho más sociable de lo que era anteriormente, tengo relaciones de amistad con gente de distintas edades y vivimos en una comunidad en la que nos sentimos dentro de una familia.

¿Cómo era su vida antes de vivir en el edificio multigeneracional Campo Amor?

Solía vivir solo en el tercer piso de un apartamento a unos 30 minutos de donde vive mi familia. Mi rutina era muy monótona, tranquila y pasaba mucho tiempo solo. Llevaba una vida muy aburrida y solitaria, pasaba la mayoría del tiempo en mi pequeño balcón. Mi hija siempre preocupada me solía visitar por lo menos dos veces a la semana, con mis nietos que son mi mayor alegría.

¿Siente que su calidad de vida ha mejorado desde que se mudó aquí?

Definitivamente sí. Como comenté anteriormente, Desde que comencé a vivir aquí mi vida ha dado un giro inesperado y ha mejorado en muchísimos aspectos. Estoy muy feliz en el día a día, me siento joven otra vez.

¿Cuál cree que es el mayor beneficio de este estilo de vida? Ya sea, negativo o positivo

Yo diría la constante compañía y sensación de bienestar. Me siento completamente tranquilo de que si a mi edad me sucede algo, tengo la posibilidad de tener a alguien siempre cerca que me pueda ayudar. Desde que he llegado aquí, el día a día es distinto y divertido, con diferentes actividades y diferentes emociones. Puedo felizmente decir que somos una gran familia. No encuentro cosas negativas ya que también mi propia familia me visita regularmente.

¿Antes de mudarse aquí, tenía algún tipo de expectativas?

Sinceramente, cuando mi hija me comentó de que se trataba este proyecto si tuve gran-

des expectativas ya que es una propuesta muy tentadora para una persona mayor como yo. Gracias a dios hoy puedo decir que las expectativas creadas previo a venir aquí se han cumplido con el pasar de los años.

¿Cómo ha afectado su vida la pandemia?

Estoy muy agradecido de que cuando sucedió la pandemia yo me encontraba aquí. Como he mencionado antes, el cuidado entre los que habitan aquí es constante y bajo tanta incertidumbre, encontrarme en un lugar con gente y además tener la posibilidad de tener los servicios de hospital en el primer piso fue un gran alivio. Se tomaron los recaudos máximos de cuidado y se suspendieron las actividades que nos ponían en riesgo de contagio. Puedo decir que a nivel emocional, bajo tanto miedo e incertidumbre, nunca me sentí angustiado o triste.

¿Le gusta vivir en una comunidad y tener interacción con gente más joven? ¿Qué relación tiene con los habitantes jóvenes del edificio?

Si, creo que este es el punto más importante de este nuevo estilo de vida que llevamos aquí. Desde el día que llegué me he dado cuenta que los jóvenes que viven en el edificio son excelentes personas con un gran corazón. Tenemos una relación positiva y de mucho respeto entre los jóvenes y los mayores, ellos son de gran ayuda en todas las actividades que se llevan a cabo, sobre todo en estos últimos dos años con la pandemia ellos se encargaban de salir a la calle y hacer las compras con todas las medidas necesarias para que no nos contagiemos el virus.

¿Cómo es su rutina en el día a día?

Tenemos un programa de actividades muy variado durante la semana y uno es flexible y totalmente libre para participar en las mismas. Lo que más me gusta son los miércoles de fiesta y comida, y obviamente cuidar de mi huerta.

¿Se llevan a cabo actividades en la plaza

que se encuentra frente al edificio? ¿Utilizan este espacio?

Si! No solo ese espacio de la plaza, sino que también se organizan visitas y paseos por la ciudad. Durante la pandemia no se realizaron estas actividades fuera, pero la plaza es uno de mis lugares preferidos para disfrutar del aire libre.

¿Cómo se caracterizan los espacios del edificio?

En el primer piso se encuentra el centro de salud y el centro de día. Luego en los pisos superiores tenemos las viviendas junto con las áreas comunes. Y en el último piso hay un solarium.

Inhabitants of the building (English)

Juan Carlos

Do you want to tell us about you and how it is to live here?

My name is Juan Carlos, I am 73 years old and I came to this building 6 years ago, in 2016. My daughter was the one who told me about the possibility of living in this place and when she told me a little about this new living concept for older people I found it really interesting. Today my life here is much more sociable than it was before, I have friendly relationships with people of different ages and we live in a community where we feel like part of a family.

How was your life before living in the Campo Amor Multigenerational building?

I used to live alone on the third floor of an apartment about 30 minutes from where my family lives. My routine was very monotonous, quiet and I spent a lot of time alone. I led a very boring and lonely life, spending most of my time on my little balcony. My always worried daughter used to visit me at least twice a week, with my grandchildren

who are my greatest joy.

Do you feel your quality of life has improved since you moved here?

Definitely yes. As I mentioned before, since I started living here my life has taken an unexpected turn and has improved in many aspects. I am very happy on a daily basis. I feel young again.

What do you think is the biggest benefit of this living concept?

I would say the constant company and feeling of well-being. I feel completely calm that if something happens to me at this age, I have the possibility of always having someone nearby who can help me. Since I have arrived here, the day to day is different and fun, with different activities and different emotions. I can happily say that we are a big family. I do not find negative things since my own family also visits me regularly.

Before moving here, did you have any expectations?

Honestly, when my daughter told me what this project was about, I had great expectations since it is a very tempting proposal for an older person like me. Thank God, today I can say that the expectations created prior to coming here have been fulfilled over the years.

How has the situation of COVID-19 affected your life?

I am very grateful that when the pandemic happened I was here. As I have mentioned before, the care among those who live here is constant and under so much uncertainty, finding myself in a place with people and also having the possibility of having hospital services on the first floor was a great relief. The needed measurements were taken and the activities that put us at risk of contagion were suspended. I can say that on an emotional level, under so much fear and uncertainty, I never felt distressed or sad.

Do you like living in a community and having interaction with young people? How is your relationship with the young people?

Yes, I think this is the most important point of this new lifestyle that we have here. From the day I arrived I have realised that the young people who live in the building are excellent people with a big heart. We have a positive and respectful relationship between the young and the old, they are of great help in all the activities that are carried out, especially in these last two years with the pandemic, they were in charge of going out into the street and doing purchases with all the necessary measures so that we do not get the virus.

How is your daily routine?

We have a very varied program of activities during the week and one is flexible and totally free to participate in them. What I like the most are Wednesday parties and food, and obviously taking care of my garden.

Are activities carried out in the public space in front of the building? Do you interact with the square and its surroundings?

Yes! Not only in that space, but visits and walks around the city are also organised. During the pandemic, these activities were not carried out outside, but the square is one of my favourite places to enjoy the outdoors.

How are the spaces of the building characterised?

On the first floor you can find the health centre and the day centre. Then on the upper floors we have the houses along with the common areas. And on the top floor there is a solarium.

María (Spanish)

¿Nos quiere contar un poco acerca de usted y cómo es vivir aquí?

Me llamo Maria, tengo 77 años y llegué a este edificio hace poco tiempo, en junio de 2021. Ante la situación de la pandemia, mis hijos se preocuparon muchísimo porque esté acompañada no solo de gente sino de un servicio de médicos y hospital constante, que es lo que brinda el centro de campoamor.

¿Cómo era su vida antes de vivir en el edificio multigeneracional Campo Amor?

Antes de venir a vivir aquí vivía en un asilo con gente mayor y honestamente la situación no era tan agradable. Casi todos se sentían muy solos, incluyendome. No hacíamos muchas actividades ni tampoco se generaban muchas relaciones entre las personas.

¿Siente que su calidad de vida ha mejorado desde que se mudó aquí?

Si totalmente, siento lo contrario que sentía en el asilo. ¡Mis ánimos y mis ganas de realizar cosas están súper activos!

¿Cuál cree que es el mayor beneficio de este estilo de vida? Ya sea, negativo o positivo

El mayor beneficio según mi punto de vista es el hecho de estar en compañía constantemente. Poder sentir que ante cualquier problema que suceda tengo gente que me ayuda. También el haber creado nuevas amistades a esta edad es algo impensado para mí.

¿Antes de mudarse aquí, tenía algún tipo de expectativas?

No tenía muchas. No me hubiese imaginado nunca que en un edificio podría existir una mini comunidad de personas que se preocupan por el otro. Me sorprendió muchísimo.

¿Cómo ha afectado su vida la pandemia?

Como les conté anteriormente, la pandemia me afectó mucho psicológicamente ya que me sentía muy sola, pero al venir a vivir aquí

puedo decir que ese sentimiento de soledad ha terminado y hoy me siento mucho más feliz.

¿Le gusta vivir en una comunidad y tener interacción con gente más joven? ¿Qué relación tiene con los habitantes jóvenes del edificio?

¡Totalmente! Los jóvenes son muy queridos, cuidadosos y atentos. Creo también que las relaciones de bienestar que se generan son mutuas, uno aprende mucho del otro y me contagian su juventud.

¿Cómo es su rutina en el día a día?

En el día a día llevamos a cabo muchas actividades compartidas con los vecinos, tanto dentro del edificio como fuera. Además, los encargados del programa social organizan distintos talleres, que es una de mis actividades preferidas.

¿Se llevan a cabo actividades en la plaza que se encuentra frente al edificio? ¿Utilizan este espacio?

En las etapas donde hubo muchos casos de contagio por la pandemia no tanto ya que presentaba un peligro para los mayores, pero hoy en día como no hay tantos casos sí se suelen organizar actividades en ese espacio. Lo sentimos como parte del edificio.

¿Cómo se caracterizan los espacios del edificio?

En la planta baja se encuentra el centro de salud y el centro de día con los médicos y la farmacia. Luego en los pisos superiores están los apartamentos, que son muy grandes y cómodos. Yo tengo mi habitación, mi baño y una cocina.

María (English)

Do you want to tell us about you and how it is to live here?

My name is Maria, I am 77 years old. I came to this building not so long ago, in June 2021. Given the situation of the pandemic, my children were very concerned that I should be accompanied not only by people but by constant medical and hospital service, which is what the Campoamor centre offers.

How was your life before living in the Campo Amor Multigenerational building?

Before coming to live here, I lived in a nursing home with elderly people and, honestly, the situation was not so pleasant. Almost everyone felt very lonely, including me. We did not do many activities nor did we generate many relationships between people.

Do you feel your quality of life has improved since you moved here?

Yes, totally, I feel the opposite of what I felt in the asylum. My joy and my desire to do things are super active!

What do you think is the biggest benefit of this living concept? Positive or negative.

The biggest benefit from my point of view is the fact of being in constant company. Being able to feel that if any problem happens I have people who will help me. Also having created new friendships at this age is something unthinkable for me.

Before moving here, did you have any expectations?

I didn't have many. I would have never imagined that in a building there could be a mini community of people who care about each other. I was very surprised.

How has the situation of COVID-19 affected your life?

As I told you before, the pandemic affected me a lot psychologically since I felt very alone, but by coming to live here I can say that that feeling of loneliness has ended and to-

day I feel much happier.

Do you like living in a community and having interaction with young people? How is your relationship with the young people?

Totally! Young people are very sweet, careful and attentive. I also believe that the well-being relationships that are generated are mutual, and are good for both generations.

How is your daily routine?

On a day-to-day basis, we carry out many shared activities with the neighbours, both inside the building and outside. In addition, those in charge of the social program organise different workshops, which is one of my favourite activities.

Are activities carried out in the public space in front of the building? Do you interact with the square and its surroundings?

In the stages where there were many cases of contagion by the pandemic, not so much since it presented a danger to the elderly, but today, as there are not so many cases, activities are usually organised in that space. We feel it is like a part of the building.

How are the spaces of the building characterised?

On the ground floor there is the health centre and the day centre with the doctors and the pharmacy. Then on the upper floors are the apartments, which are quite big and comfortable. I have my room, my bathroom and a kitchen.

