



POLITECNICO
DI TORINO

Honors thesis

Master of Science in Sustainable Architecture

Abstract

**Living in the Third Age.
Architecture and environmental psychology for the
design of a residential structure for self-sufficient
elderly people in Turin.**

Tutor/Correlator

Gustavo Ambrosini
Ferdinando Fornara

by

Francesca Roveri

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Society in Italy is in rapid and continuous evolution and one of the most relevant phenomena is the aging of the population. For this reason, contemporary housing demand often does not find adequate answers in the most widespread residential models. For example, unlike the numerous housing solutions developed for non-self-sufficient seniors, self-sufficient users do not find an adequate number of residential models qualitatively suited to their needs.

During my studies, I had the opportunity to analyse, several times, the comfort of users from the point of view of technical physics. As a thesis topic, I decided instead to study how to ensure psychological comfort for the overall well-being of the user. Hence my interest in some themes of environmental psychology developed, a discipline that mainly deals with studying the relationship between the individual and the environment. This issue is particularly relevant in the case of elderly users because there is a close link between them and the residential context. The criteria for defining an architectural project are based on very technical and objective requirements but, in the perspective of an architecture that is increasingly humanized and sensitive to the needs of the individual, the more subjective sphere should also be considered. The development of a questionnaire, submitted to the over 65, has also highlighted the real needs and opinions of possible users of the project, outlining a more complete framework.

The project proposal develops the model of the “casa albergo”, a type of residential structure for self-sufficient elderly people. The project, located in the Borgo San Paolo district in Turin, takes into consideration the experiences of international housing models, analysed in the first part of the thesis, and the considerations that emerged in the field of environmental psychology. Considerable importance was given to the distribution and dimensional aspects of the spaces, to satisfy the needs of socialization and maintenance of user independence.



Photo insertion of the “casa albergo” in the context



View of the private green area



Photo insertion of the “casa albergo” in the context