

Blurring the Lines of an Institution:
Intergenerational Architectural Interventions
for a Senior Home in Chelmsford, Ontario.

by

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Abstract

Social Isolation

My grandmother, Janita (Trottier) Lamontagne, moved to Villa St. Gabriel Villa (SGV) due to a physical disability at age 83. I am still uncomfortable with the fact that she spent her last year in a 26 square meter room. The senior home to me was (and still is) a barricade of sorts; it kept the residents inside, along with my grandmother. The physical environment surrounding SGV does not help, making it difficult for the residents to take walks to neighbouring familiar places, even with the assistance of a walker or a granddaughter pushing grandmother in a wheelchair. Journeying out of the home is difficult for seniors.¹ Thus, the senior residents gradually become "prisoners" in their own space.

A Call to Action

The Global Watch Index has identified that the senior population is expected to rise dramatically by 2050.² Canada's senior statistics show a 40 percent increase from 2011–2021, and by 2031 the population will nearly double.³ The City of Greater Sudbury, Ontario, is the only northern city in Ontario projected to increase as others are projected to remain the same or decline.⁴ The elderly will have fewer grandchildren as women in Canada are having fewer children later in life.⁵ By 2050, there will be more seniors on earth than there will be children.⁶ Susan Pinker has stated that "social isolation is the public risk of our time" and Baroness Sally Greengross regards "isolation as one of the greatest enemies of old age."⁸ For this reason, socially inclusive and intergenerational housing for seniors is presently urgent.

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Raison d'être

Two opposing theories are imperative to this architectural thesis. The first is the theory of disengagement, and the second is the theory of activity. The theory of disengagement is used to minimize social disruption by preventing seniors from having a role in the community. It gives the government authority to legitimize retirement based on age.⁹ Retirement allows society to remain in equilibrium after the loss of a member. Furthermore, seniors are gradually being disengaged from society before their deaths by being placed in retirement homes, nursing homes or senior homes as a measure to lessen societal disruption.¹⁰ Seniors have to cope with the challenges of ageing¹¹ (Wahl 2001) but it does not mean they should be withdrawn from society.¹²

Opposed to this ageist theory is the theory of activity.¹³ As Powell argues, seniors must develop new sets of roles and activities in order to enhance their life satisfaction.¹⁴ The concept of the theory of activity can change society's attitudes toward seniors and the ways in which they have been housed. Indeed, ageing is often perceived as difficult, but there are benefits.¹⁵ Older adults develop a sense of "generativity":¹⁶ a willingness to invest in the future generation,¹⁷ which is beneficial to both bookend generations.¹⁸ Thus, the implementation of intergenerational programs in senior homes addresses the need for ikigai¹⁹ and socialization. By creating an intergenerational village for seniors in northern communities, this thesis aims to transform the Villa St. Gabriel Villa in Chelmsford from a senior-only zone into an Intergenerational Community Hub. This transformation aims to eliminate the stigma surrounding senior homes by offering new ways of designing for diversity and social inclusivity.

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Introduction

A c k n o w l e d g e m e n t s

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My most profound gratitude goes to my beloved grandmother, Janita (Trottier) Lamontagne. Thank you for being my muse for this thesis and for being the strong woman that you were. You are deeply missed.

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Photograph taken by Author, 2020.

Figure 138 Sitting Room in SGV (2018)
"Resident Information." St. Joseph's Health Centre, December 16, 2018. <http://www.sjsudbury.com/index.php/villa-st-gabriel-villa/resident-information-vsgv/>.

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Created by Author, 2020.

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Created by Author, 2020.

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Created by Author, 2020.

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Created by Author, 2020.

Definitions

Intergenerational

| ɪntədʒənəˈreɪʃ(ə)n(ə)l |

adjective

relating to, involving, or affecting several generations.

Inclusive

| ɪnˈkluːsɪv |

adjective

including all the services or items normally expect or required

not excluding any of the parties or groups involved in something

aiming to provide equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those having physical or mental disabilities or belonging to other minority groups

Village

| ˈvɪlɪdʒ |

–late Middle English: from Old French, from Latin villa 'country house'.

noun

a group of houses and associated buildings, larger than a hamlet and smaller than a town, situated in a rural area.

a self-contained district or community within a town or city, regarded as having features characteristic of village life.

Intergenerational Definition Source:

"Intergenerational: Definition of Intergenerational by Lexico." (2020). Lexico Dictionaries | English. Lexico Dictionaries. <<https://www.lexico.com/en/definition/intergenerational>> Web. April. 2020.

Inclusive Definition Source:

"Inclusive: Definition of Inclusive by Lexico." (2020). Lexico Dictionaries | English. Lexico Dictionaries. <<https://www.lexico.com/en/definition/inclusive>> Web. April. 2020.

Village Definition Source:

"Village: Definition of Village by Lexico." (2020). Lexico Dictionaries | English. Lexico Dictionaries. <<https://www.lexico.com/en/definition/village>> Web. April. 2020.

Introduction

About this Thesis

This thesis employs architectural design to improve seniors' well-being by advancing intergenerational care and therapeutic activities at one senior home. In ten years, the City of Greater Sudbury will experience a surge in the number of seniors. In 2030, the senior population in the City of Greater Sudbury will increase to 66,000 seniors (see Figure 1), 52% of the city's total adult population. Currently, every long-term care (LTC) facility in the city is full. There are hundreds of seniors who qualify for placement; however, they have to wait a long time to be accepted in an LTC facility. Robert Kirwan, the City of Greater Sudbury councillor for Ward 5 and co-chair of the city's Senior Advisory Panel, stated in a news article that "there is so much more we must do to effectively meet the basic health and wellness needs of our seniors. The status quo is not acceptable."¹

If this is the case, other approaches need to be considered. A new approach, such as this thesis, proposes an intergenerational care model for LTC facilities. Based on my personal narrative, my family and I experienced first-hand how important it was for my grandmother to receive intergenerational care and therapeutic activities when we visited her in the senior home. By definition, intergenerational is "Relating to, involving, or affecting several generations."² Therefore, LTC facilities need to improve to strive for successful ageing for seniors' health and well-being.

1. Kirwan, Robert. "Kirwan: Impending COVID-19 Second Wave Underlines Need for Better Home Care for Seniors," (2020). Sudbury.com <<https://www.sudbury.com/columns/guests/kirwan-impending-covid-19-second-wave-underlines-need-for-better-home-care-for-seniors-2514600?fbclid=IwAR1eRei5FMoeXdOQh0NuUMwfsZQIAD5OXVdRcMK7FdEadqfePoObFTUZU98>>. Web. 24 June. 2020.

2. "Intergenerational: Meaning of Intergenerational by Lexico." (2019). Lexico Dictionaries | English. Lexico Dictionaries. <<https://www.lexico.com/definition/intergenerational>>. Web. 19 December. 2019.



Figure 1. The Senior Population in 2030

An infographic of the senior population in the City of Greater Sudbury.

Personal Narratives

It is with great sadness that in 1997, my family lost my paternal grandmother, Thérèse. She passed away at the age of 75 when I was 20 months old (Figure 2). Paul-Emile, (my paternal grandfather) was her husband, and she was his only caregiver (Figure 3). After her death, my parents had serious concerns for my grandfather's health and safety. My parents decided to move in with him. When we moved in, my grandfather's home became an intergenerational household (Figure. 4). My eldest sister and I were around the ages of 2 and 5. My parents were between 35 and 46, and my grandfather was in his early 90s. I had already experienced and seen the benefits of intergenerational relationships at a young age, which later affected my vision of caring for seniors. In 2016, this experience and concern for seniors only grew after my maternal grandmother needed to enter the local LTC facility in Chelmsford, Ontario. We were an intergenerational family for a few years with my paternal grandfather before he passed away from sudden heart failure and another few years with my maternal grandmother before she moved to the LTC.

In 2012, my grandmother Janita underwent coronary bypass surgery at 80 years-young (see Figure 2). After her surgery, our family experienced a shift in our family dynamics. Pauline, my mother, proudly took on the role again of a caregiver. After several months, my grandmother's health condition required further assistance, which meant she had to move into our household (Figure 5). In 2015, Janita suffered a stroke that caused permanent damage such as aphasia and right-sided paralysis. She required treatment and subsequently became wheelchair-bound for the remainder of her life. It was unfortunate that we could not equip or re-design our house to be wheelchair accessible because she could not live with us any longer. As a result, my grandmother moved to an LTC facility: St Gabriel Villa (SGV) in Chelmsford, Ontario (see Figure 6). The transition from home to senior home was difficult for my grandmother and our family. My family felt that my grandmother had become disconnected from her local community. She often asked family members to take her on periodic outings, however, it became foreboding to go out because she had severe limitations due to her health and physical restrictions.

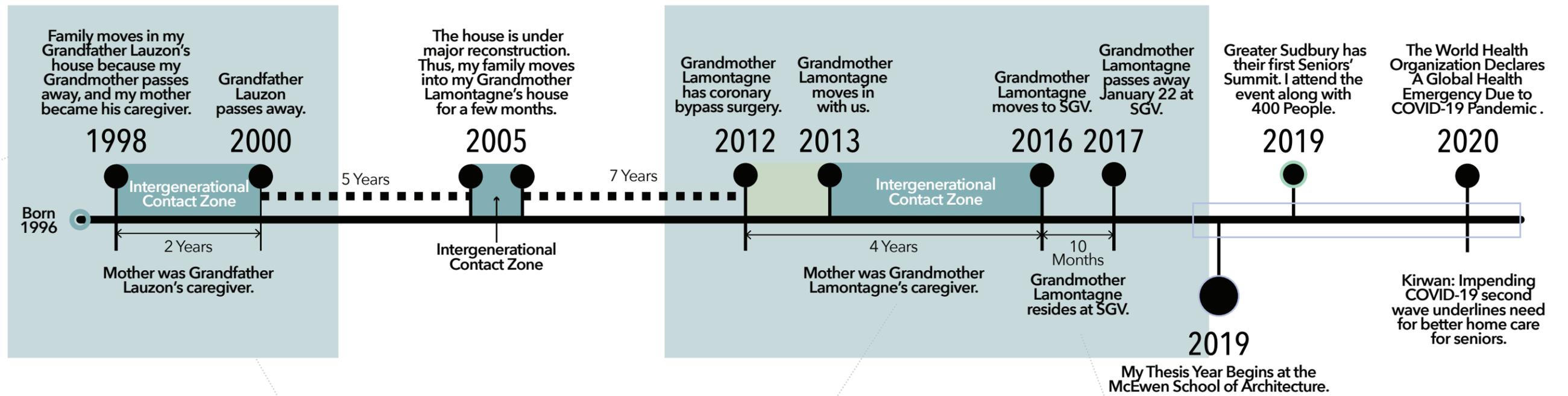


Figure 2. Brienne Lauzon's Timeline 2019
A timeline of intergenerational contact periods of Brienne's life.



Figure 3. My Paternal Grandparents Paul-Émile and Thérèse (Gratton) Lauzon (1992)



Figure 4. Paul-Émile and BriAnne Lauzon (1998)



Figure 5. Janita enjoying her newly renovated room (2013)



Figure 6. Janita in her room in SGV (2016)

This first-hand experience with seniors, coupled with my architectural education, has enabled me to recognize when seniors are being oppressed by society and their physical surroundings. Thus, the physical environment needs to be improved to advance senior living at SGV and, by extension, to every community caregiver. This is why it is imperative to acknowledge the philosophy of ageing and consider case studies that are conceptually inclusive toward senior health care and their well-being in an intergenerational society.

Philosophical Process of Ageing and Case Studies

In Chapter 1, this thesis will discuss Chelmsford, Ontario, the adverse effects of senior-only zones, the secret to a happy life, the Seniors' Summit and intergenerational care and therapeutic activities. One of the most vital topics to consider is why seniors are being segregated in our society. In functional social gerontology theories regarding seniors, there is an opposing theory about them.

This thesis states that seniors in LTC facilities are being encouraged to live like the Theory of Disengagement. Studies reveal that senior homes are socially harmful towards seniors and their extended community due to age segregation. Age segregation will be discussed in depth later in this thesis.³ By contrast, another theory suggests that there are more positive outlooks for seniors. After retirement, seniors thrive to achieve happiness after a long life in the workforce. Therefore, the Theory of Activity is ever-present when seniors are engaging with new roles and activities. Furthermore, a third theory will be discussed in Chapter 1 about seniors' willingness to be 'generative.' As a result, this thesis questions the existing concepts that senior homes have for their seniors and extended communities.

Several architectural firms have responded to the senior population surge with new outlooks and conceptual ways of designing buildings. Chapter 2 discusses multiple case studies on how their design concepts present new ways for seniors to age successfully. Each of these concepts incorporates social inclusivity principles into their designs, which influences this thesis to allow the residents of SGV to interact with others in the community.

Senior Populations Statistics

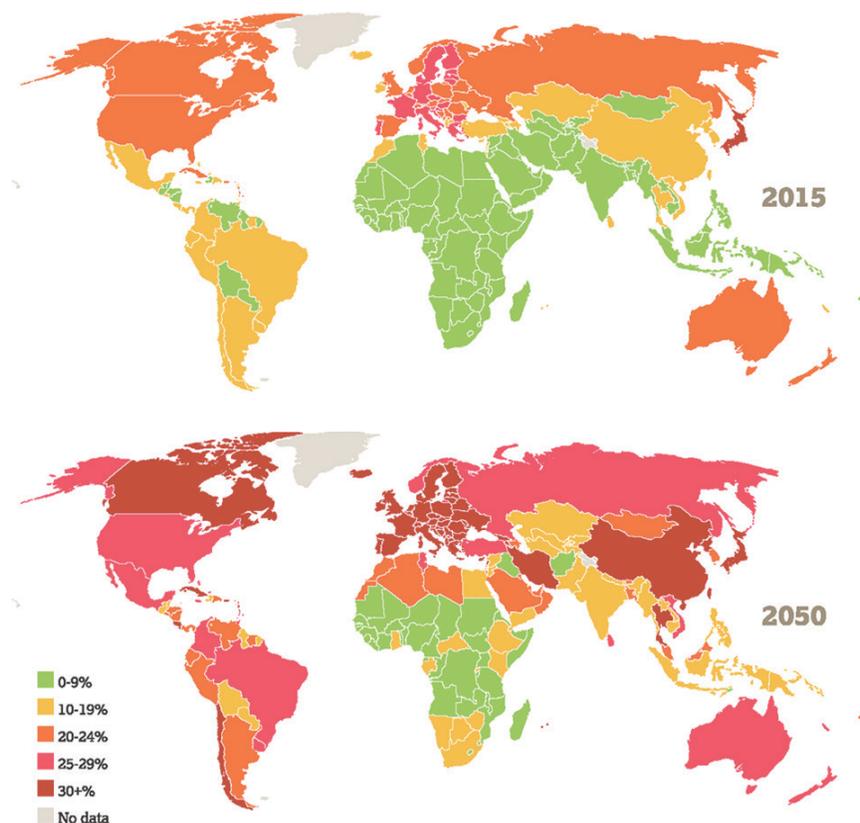


Figure 7. Global Senior Population from The Global Watch Index (2015)

3. Vanderbeck, Robert M., and Nancy Worth. "Introduction," In *Intergenerational Space*. (London: Routledge, 2015.), 4-5.

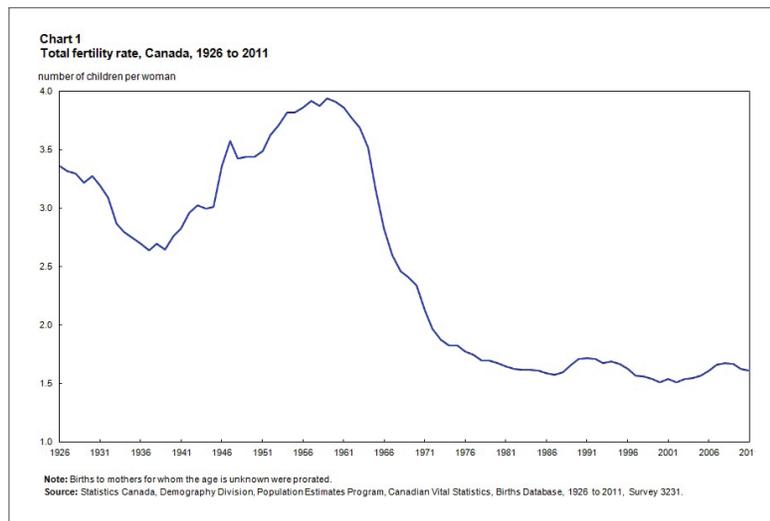


Figure 8. The Total Fertility Rate of Canada (1926–2011)

Why am I so focused on seniors' health and well-being? Firstly, the Global Watch Index indicates that the senior population is expected to rise dramatically by 2050 (see figure 7).⁴ The map indicates the global populations of seniors in 2015 and a projected senior population by 2050. Canadian statistics show a 40 percent increase from 2011–2021 of seniors, and by 2031 the population will nearly double.⁵ Secondly, Greater Sudbury, Ontario, will be the only Northern city in Ontario projected to increase as others are projected to remain the same or decline.⁶ Thirdly, women in Canada have fewer children later in life (see figure 8),⁷ there will be more seniors on earth than there are children by 2050.⁸ Fourthly, Susan Pinker states that social isolation will be the public risk of our time.⁹ Lastly, the 2016 Census shows that 17% of the population in Chelmsford is comprised of seniors between the ages of 65–85 (see figure 9).¹⁰ In 1920–1922 Canadians' life expectancy was 58.8 years of age, however, that number has risen and was estimated to be 79.3 years of age as of 2009–2011.¹¹

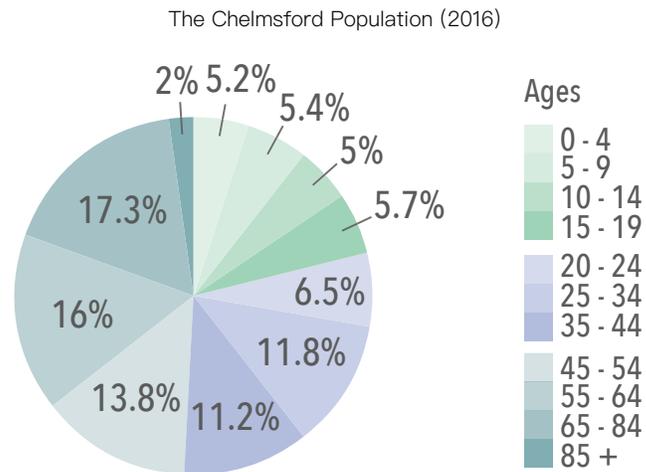


Figure 9. The Chelmsford Population (2016)

4. "Population Ageing Maps: Data: Global AgeWatch Index 2015." (2014). Population ageing maps | Data | Global AgeWatch Index 2015. <<https://www.helppage.org/global-agewatch/population-ageing-data/population-ageing-map/>> Web. 29 October. 2019.
 5. Hodge, Gerald. *The Geography of Aging: Preparing Communities for the Surge in Seniors*. Montréal: McGill–Queen's University Press, 2008. Kindle Edition.
 6. "What is Sudbury Going to Look like in 30 Years?" | CBC News." (2018). CBCNews. CBC/Radio Canada. <<https://www.cbc.ca/news/canada/sudbury/sudbury-population-30-years-1.4612615>> Web. 29 October. 2019.
 7. Statistics Canada. "Fertility: Fewer Children, Older Moms." (2018). Government of Canada, Statistics Canada. <<https://www150.statcan.gc.ca/n1/pub/11-630-x/11-630-x2014002-eng.htm>> Web. 29 October. 2019.
 8. Borasi, Giovanna, and Margaret Campbell. "Gerotopias," *Imperfect Health: the Medicalization of Architecture*, edited by Deane Simpson, 347–363. Montréal, Québec: Canadian Centre for Architecture, 2012.
 9. Pinker, Susan. "The Secret to Living Longer May Be Your Social Life." (2017). TED. <https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life?referer=playlist-might_you_live_a_great_deal_to_> Web. 11 October. 2019.
 10. "Story Map Series." (2016). sudbury.maps.arcgis.com. <<https://sudbury.maps.arcgis.com/apps/MapSeries/index.html?appid=2624ebe90fcc435d993f446d66920f51>> Web. 29 October. 2019
 11. Statistics Canada. "Life Expectancy, 1920–1922 to 2009–2011." (2018). Government of Canada, Statistics Canada. <<https://www150.statcan.gc.ca/n1/pub/11-630-x/11-630-x2016002-eng.htm>> Web. 11 October. 2019.



Seniors' Summit

Chapter 2 also discusses how the City of Greater Sudbury tackles matters regarding the senior population surge that the city will be facing and how the city is planning age-friendly initiatives. The Senior Advisory Panel of Sudbury (SAP) aims to create an Age-Friendly City in the near future. On October 24, 2019, the SAP organized the first Seniors' Summit in Sudbury, Ontario. It allows caregivers, seniors, and many other citizens of Sudbury to voice their concerns and opinions on how to adapt age-friendly principles in the urban environment (Figure 10). I was able to attend the summit and learn about the need for better LTC facilities and outdoor public spaces. As previously mentioned, Robert Kirwan publicized a statement about public demand for the improvement of LTC facilities in Sudbury.¹² From the caregivers', seniors', and citizens' perspective, the LTC facilities and urban environments require the most adaptation towards age-friendly designs in the City of Greater Sudbury.

Figure 10. The First Seniors' Summit Gathering of Sudbury (2019)

12. Kirwan, Robert. "Kirwan: Impending COVID-19 Second Wave Underlines Need for Better Home Care for Seniors," (2020). Sudbury.com <<https://www.sudbury.com/columns/guests/kirwan-impending-covid-19-second-wave-underlines-need-for-better-home-care-for-seniors-2514600?fbclid=IwAR1eRei5FMoeXdOQh0NuUMwfsZQIAD5OXVdRcMK7FdEadqfePoObFTUZU98>>. Web. 24 June, 2020.



Conversations with Family and Seniors

At the Seniors' Summit, volunteers asked seniors questions about problems and solutions. After a discussion with my workshop group of six, a member told me something I would never forget. The room was filled with emotion as one of the senior citizens in my group passionately stated, "If you fall through the cracks, no one has to pay for you."¹³ This statement is about governance and how the current system functions. Seniors also expressed their desires for rental affordability, shared housing, age-friendly homes, new housing alternatives such as unique group homes, co-housing, second units, gardens suites, smaller townhouses and small houses within their current communities.¹⁴ Thus, there is an urgency in the city to recognize seniors due to the population surge, lack of senior housing, and lack of age-friendly built environments.¹⁵

Furthermore, the Seniors' Summit participants discussed their interest in more socially inclusive spaces rather than socially isolated spaces. The following are socially inclusive guidelines that the participants highlighted.

- Have intergenerational activities to be organized by the community.
- Have more opportunities for socialization within their local neighbourhood.
- Have special senior days each month in local schools or senior homes.
- Have an increasing number of recreational and cultural events for seniors and everyone.
- Have more access to facilities after 5:00 PM.
- Have special activities for seniors at trails, parks and playgrounds.

This list shows that seniors from the City of Greater Sudbury demand socially inclusive spaces. Seniors state that navigating through the existing built environment in Greater Sudbury is not without its obstacles or challenges. It is hard for them to navigate a built environment that does not consist of age-friendly designs. We need to examine if the buildings are socially inclusive for their families and friends to partake in social activities with seniors.

13. Senior citizen of Greater Sudbury, Seniors' Summit. October 24, 2019.

14. City of Greater Sudbury Seniors' Summit 2019 — A Call to Action. City of Greater Sudbury, Day 2 Follow-up Session. (Sudbury, ON: Caruso Club, November 21, 2019), 4–5.

15. Hodge, Gerald. *The Geography of Aging: Preparing Communities for the Surge in Seniors*. Montréal: McGill-Queen's University Press, 2008. Kindle Edition.

Figure 11. SGV in Chelmsford, Ontario (2019)

The long-term care facility in Chelmsford.



For this thesis, the focus will be on the LTC facility in Chelmsford, St Gabriel Villa (SGV) (see Figure 11) due to first-hand experience. This facility is where my maternal grandmother spent her last months. It is designed by principal architect Louis Bélanger of Yallowega Bélanger Salach Architecture. The building completed construction in 2011. The facility has 128 residents, a two-story chapel and a two-storey town square.¹⁶ SGV is situated in an under-developed site between two empty fields, north and south (see Figure 12) of the building, which makes it feel isolated. Its residents are predominantly seniors, which means that the institution created a senior-only zone, a cluster of seniors in one building. SGV is isolated demographically and physically, but is also directly across from the only Cooperative Funeral Home in Chelmsford. Hence, it is unethical to situate a senior home next to a Cooperative Funeral Home. Due to the Cooperative Funeral Home placement across the street (see Figures 13 and 14) from SGV, it makes it foreboding for seniors at SGV and their families. Also, the St Joseph Cemetery is not far from the senior home. The cemetery is less than 1 kilometre away (see Figure 15) north from SGV.

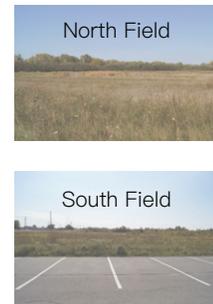


Figure 12. Neighbouring Fields of the SGV (2019)



Figure 13. The Cooperative Funeral Home (2019)

Figure 14. SGV Aligned with The Cooperative Funeral Home (2019)

Is this ethical?



¹⁶. "Villa St. Gabriel Villa – Yallowega Bélanger Salach Architecture." (2019). YBSA. <<https://ybsa.ca/project/st-gabriel-villa/>> Web. 21 September, 2019.



Figure 15. St. Joseph Cemetery (2019)

Currently, Chelmsford does not have establishments that host programs designed for social interactions between generations. The majority of the community buildings are either for young children or seniors or adults. Hence, how can you create an intergenerational–contact zone (ICZ) in Chelmsford which incorporates every demographic?

Presently, SGV is a senior–only zone. For this thesis, it intends to propose a new way to design and implement intergenerational programs within and on the SGV's site. Introducing these types of programs could enhance social inclusivity spaces for seniors. These programs would address seniors' social needs who could be currently experiencing social isolation (due to COVID–19) and an inaccessible built environment. Modifying the senior home's demographic would allow for more flexibility. It would create a healthier village by implementing these programs into SGV as it will give seniors something else to look forward to in life. That is why this thesis proposes to transform the facility into an ICZ.

This transformation would require significant renovations to apply age–friendly design principles and designs for spontaneous social interactions between generations. Seniors in residence, visiting families and friends with children would also benefit from ICZs¹⁷ because each would gain a sense of purpose (ikigai),¹⁸ establish meaningful relationships¹⁹ and children would learn from seniors.²⁰ People would be healthier, mentally and physically.²¹

The proposal integrates intergenerational programs and architectural designs. It aims to eliminate ageing stigma by offering new ways of designing for diversity and social inclusivity in senior homes. Through thoughtful analysis and design considerations, the best approach would be to introduce three intergenerational interventions. First, is the urban scale, second, is the building scale, and third is the prototypical spaces at SGV in Chelmsford.

17. "The 10 Benefits of Connecting Youth and Seniors." (2017). Bayshore Home Care The 10 Benefits of Connecting Youth and Seniors Comments. <<https://www.bayshorehomecare.com/10-benefits-connecting-youth-seniors/>> Web. 21 September. 2019.

18. Stanford Center on Longevity. Hidden in Plain Sight: How Intergenerational Relationships Can Transform our Future. 2014. Accessed November 3, 2019.

19. Helfrich, Ed and Christine Nidd. "Creating Caring Communities: A guide to establish intergenerational programs for schools, care facilities and community groups." BC Care Providers Association. Vancouver: 2009.

20. McNally, Michael D. "Elders as Grandparents and Teachers," In Honoring Elders: Aging, Authority and Ojibwe Religion, 124–158. New York: Columbia University Press, 2009.

21. Schubert, Derenda. "The Superpower of Intergenerational Living". Online Video Clip. Ted Talks. <<https://www.youtube.com/watch?v=xb-0fzZJuOoU>> Youtube, 13 November 2017. Web. 14 October 2019.

Church is nearing completion.
 Chapter 1
 Call to Action



Figure 16.
 Joseph and Azilda
 (Brisebois) Bélanger

My great–great–great–grandparents Joseph and Azilda Bélanger, one of the pioneer families of the Chelmsford–Azilda area.

About Chelmsford, Ontario

In 1883, Chelmsford, Ontario, was established south of the Canadian Pacific Railway. It was named after Chelmsford, England, by a gentleman who hoped that Chelmsford, Ontario, would become more significant than England's small town.²² Chelmsford, Ontario, quickly became a settlement for lumbermen, farmers, merchants and Catholic missionaries who were largely French–speaking and Roman Catholic.²³ The residents were resilient and had strong kinship ties to others in the town because they were mostly from the Ottawa Valley.²⁴

In 1886, my great–great–great–grandparents, Joseph Bélanger and Azilda (Brisebois) Bélanger (see Figure 16), arrived in Azilda, Ontario, the town she was named after. They had high hopes that Azilda, Ontario, would become a city. They understood the political principles of how a city becomes a city with a church. However, a Jesuit Priest had other plans. There was a controversy between the villagers, Joseph and the Priest. The Priest wanted to save the souls of the larger Chelmsford population; he was more determined to build the chapel in Chelmsford rather than Azilda, Ontario. To end the feud, Joseph decided to give some of his lands to the Priest. The Priest went on to build his chapel in Chelmsford (see Figure 17). It was not easy building this chapel because villagers were trying to prevent the chapel from being built by setting it on fire in the early construction phases.²⁵ By 1889, the Jesuit chapel became a part of the local scene as more people from the forestry industry were attracted to the area.²⁶ As a result, Chelmsford's identity became one with a deep religious character.²⁷

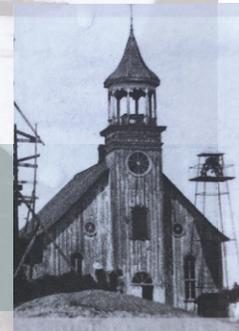


Figure 17.
 The Jesuit Chapel
 (1912)

22. Blais, Gorette. "Chelmsford tel que je l'ai vécu et tel que l'on me l'a raconté," In Chelmsford 1883–1983, 7–61. (Ottawa, ON: Le Club 50 de Chelmsford, Ontario, 1983), 9.

23. Saarinen, Olivia W. "Beyond Sudbury and Copper Cliff: Forestry, Agriculture, Indian Reserves, and the Burwash Industrial Farm," In From Meteorite Impact to Constellation City, 139–160. (Waterloo, ON: Wilfrid Laurier University Press, 2013), 148–51.

24. *Ibid.*, pp. 150.

25. Blais, Gorette. "Chelmsford tel que je l'ai vécu et tel que l'on me l'a raconté," In Chelmsford 1883–1983, 7–61. (Ottawa, ON: Le Club 50 de Chelmsford, Ontario, 1983), 16.

26. Saarinen, Olivia W. "Beyond Sudbury and Copper Cliff: Forestry, Agriculture, Indian Reserves, and the Burwash Industrial Farm," In From Meteorite Impact to Constellation City, 139–160. (Waterloo, ON: Wilfrid Laurier University Press, 2013), 139–160.

27. *Ibid.*, pp. 149.



Figure 18.
Chelmsford is really Booming, The Sudbury Star (1953)

In 1972, Chelmsford, Balfour Township was amalgamated with the Township of Rayside into the Regional Municipality of Sudbury. The town was becoming a residential suburb of the City of Sudbury in the 1970s, as "malls, numerous retail outlets, and amenities close by, such as the Chelmsford, Colonial, and Forest Ridge golf courses" were starting to take shape.²⁸

In the 1950s, Chelmsford's population was on the rise (see Figure 18). During this growth, the town expanded and prioritized vehicle transportation over pedestrian traffic. Most roads therefore either have non-existent sidewalks or sidewalks with deteriorating conditions. Traveling from point A to point B along the town's streets is more convenient for vehicular traffic than for pedestrians, thus, making it dangerous for people to walk or bike.

Due to the urban sprawl of Chelmsford, seniors who go out for walks to reach a destination generally have to walk for more than 10 minutes. The urban environment is too sprawled for seniors and becoming "a tiring major excursion for aged limbs." There are only a few destinations for which seniors can comfortably get within a 10-minute walking radius (see Figure 19) if they come from the senior home, SGV. Seniors who are navigating through such an environment find "it becomes more difficult to absorb, organize, and evaluate environmental stimuli" and experience an increase in reaction time.²⁹ These types of excursions impact their social lives because seniors gradually become prisoners of space.

28. Ibid, pp. 151.

29. Rowles, Graham. "An exploration: problem, process and context," In Prisoners of Space?: Exploring the geographical experience of older people, 21–60. (Boulder, CO: Westview, 1978), 22–23.

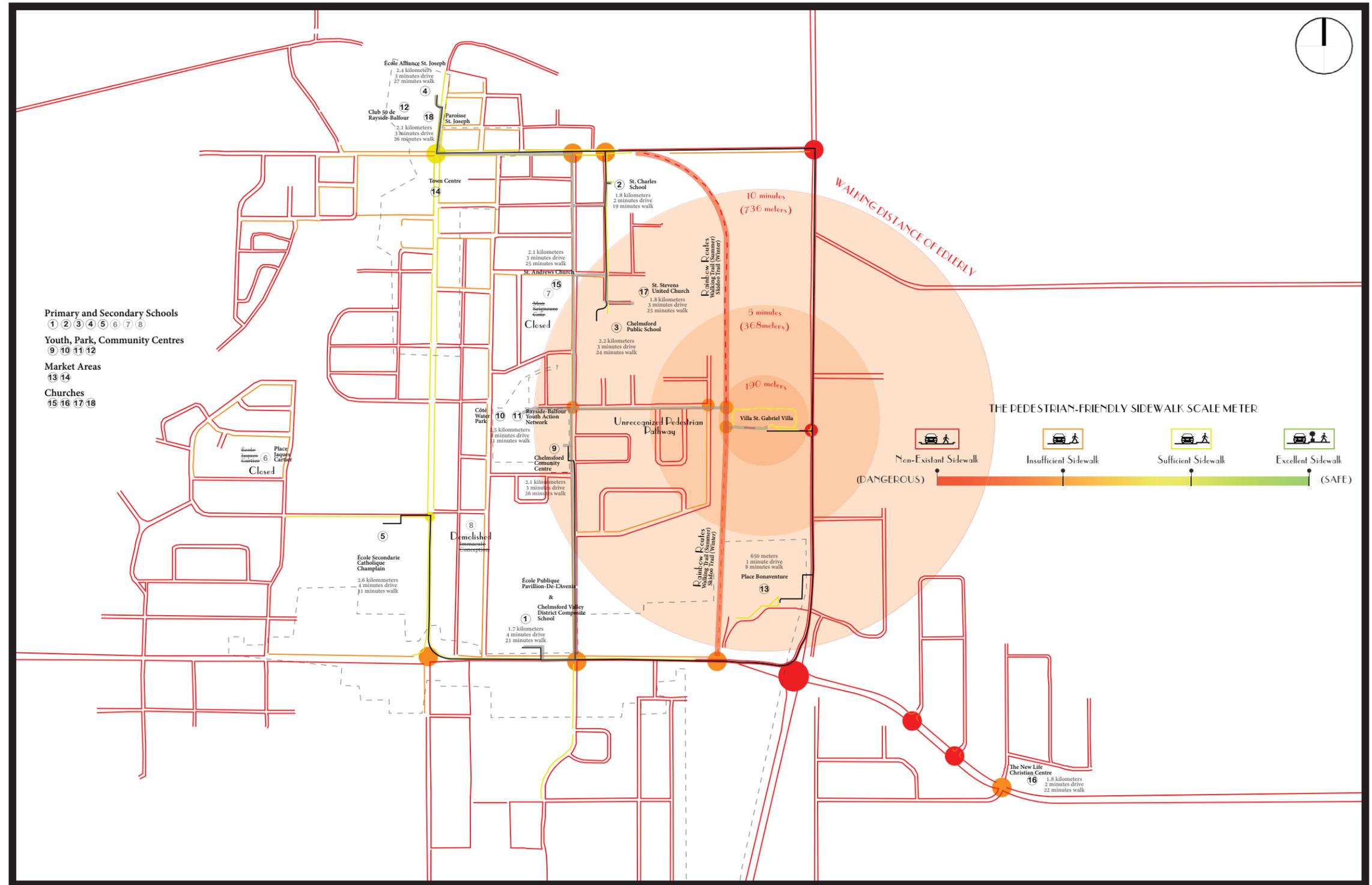


Figure 19. The Underlining Truths of Chelmsford: The Safety of Pedestrians (2019)

The analysis begins in Chelmsford, Ontario. Information on the site is gathered, deciphered, and synthesized. Through this site analysis, an urgency reveals the need for socially inclusive spaces in the community and ICZ at SGV.

This first map illustrates the sidewalks' existing qualities for pedestrians' use (see Figure 19 again). It brings attention to how dangerous some sidewalks may be for pedestrians to get from point A to point B in their existing state (Figure 20). This map demonstrates the sprawl of Chelmsford and the 10-minute walking radius. Each sidewalk or path in the town has been assigned a colour to highlight levels of structural integrity. At one extremity, red signifies a dangerous sidewalk primarily because it is non-existent. At the other extremity, the colour green indicates a safer sidewalk for seniors. This analysis, therefore, reveals that the east-side of Chelmsford, where SGV is situated, becomes the most dangerous for pedestrians due to safety concerns and lack of sufficient sidewalks.



Figure 20. A Typical and Dangerous Sidewalk for Seniors in Chelmsford, Ontario (2020)

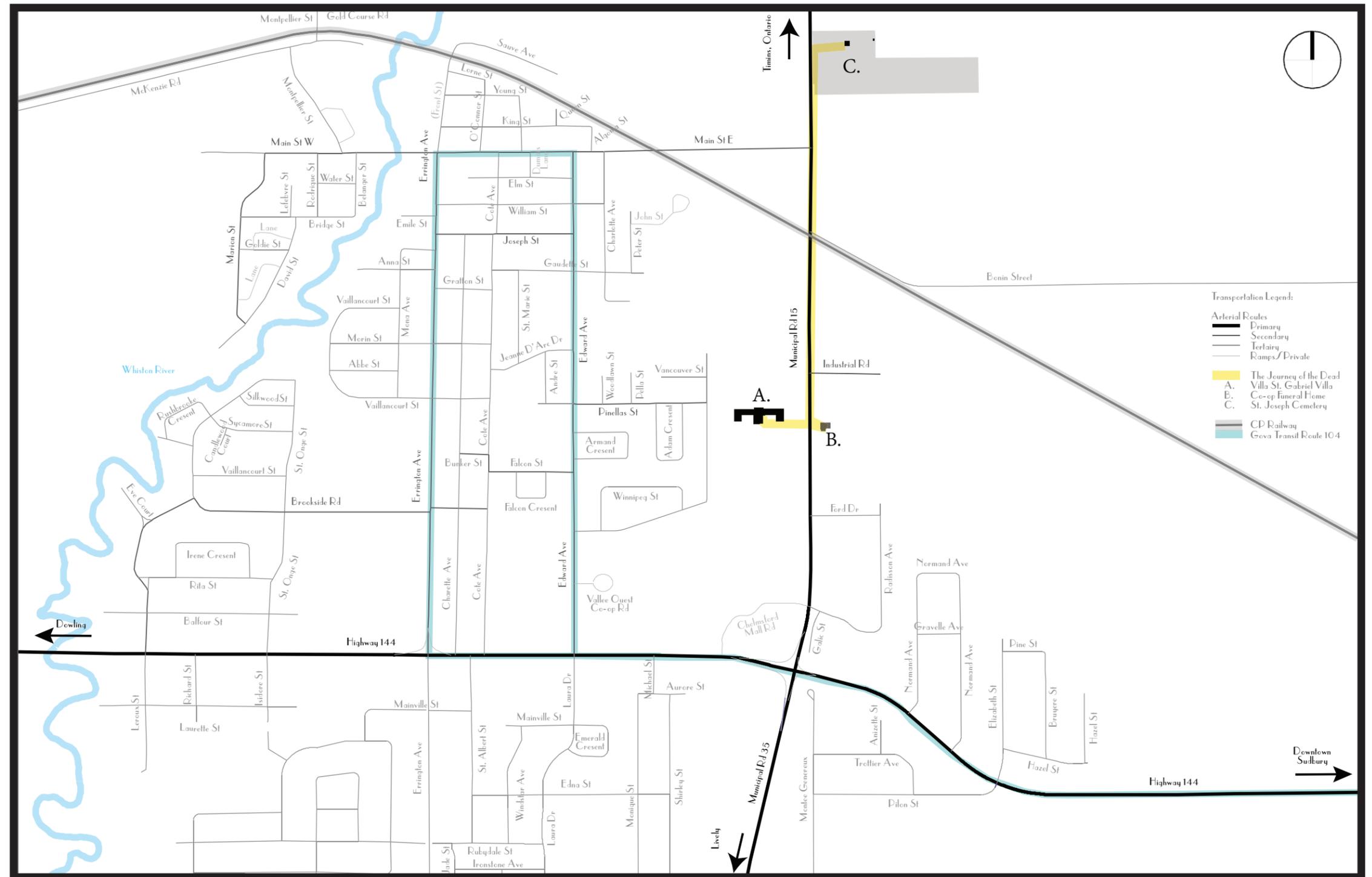


Figure 21. The Underlining Truths of Chelmsford: Vehicular Transportation Routes (2019)

This next map (see Figure 21) investigates the existing vehicular routes in Chelmsford. There are two vehicular routes in the town that are illustrated on the map that discriminate against seniors. The first route in blue represents the Gova transit route from the City of Greater Sudbury. The transit system is planned for daily commuters without consideration for the occasional senior passenger from SGV. The second route is highlighted in yellow and represents seniors' journey after they pass away at SGV from natural causes. It starts at the senior home from point A, then goes to point B, the Cooperative Funeral Home. The final resting place for the SGV residents is the St. Joseph Cemetery, which is depicted as point C on the map.

In 2011, SGV was established across from the existing St. Joseph Cemetery and Cooperative Funeral Home.³⁰ The decision to situate a senior home in front of a Cooperative Funeral Home conveys an adverse message to the local community about seniors. As a result, the proximity of the Cooperative Funeral Home to this senior home is unethical. It undoubtedly increases ageist behaviours in the community. When a city approves a permit such as this, it conveys an adverse message to the community; that it is acceptable to place a senior home in front of a funeral home. However, the City of Greater Sudbury never approved for a school to be built next to a funeral home. Over the years, local communities have rallied against city planning by signing petitions about not changing schools into retirement units for seniors.³¹ It makes for an interesting question as to why Chelmsford's community did not sign a petition to disapprove of the building of SGV. Does this make the citizens of Chelmsford guilty of ageism for letting the city approve this build?

30. "Villa St. Gabriel Villa – Yallowega Bélanger Salach Architecture." (2019). YBSA. <<https://ybsa.ca/project/st-gabriel-villa/>> Web. 21 September. 2019.

31. Keown, Mary Katherine. "School Redevelopment Gets OK despite 'Extreme Opposition,'" (2017). <<https://www.thesudburystar.com/2017/11/21/school-redevelopment-gets-ok-despite-extreme-opposition/wcm/62267357-0012-f428-0bec-a213f44242ab>> Web. August. 2020.

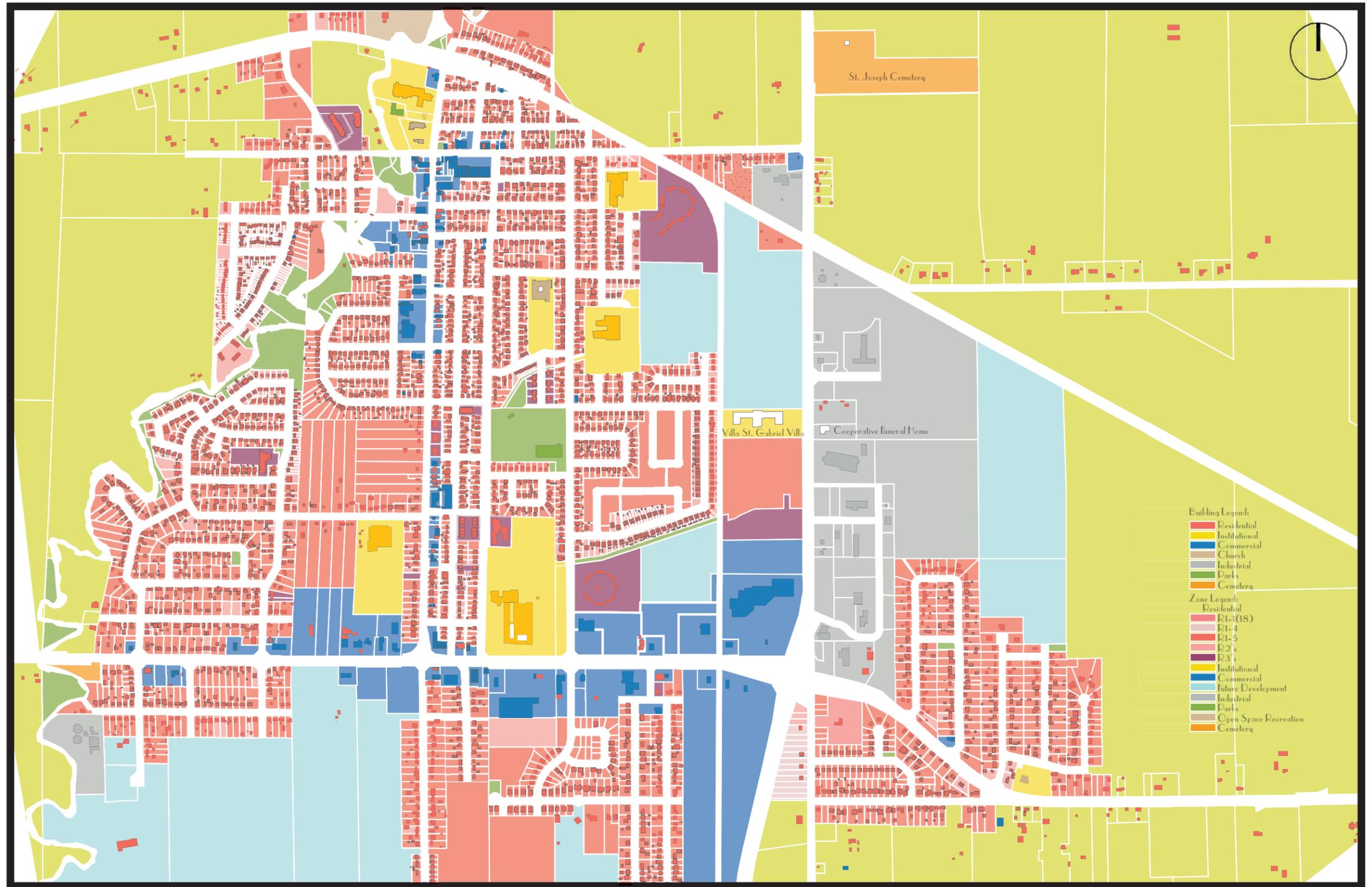


Figure 22. The Underlining Truths of Chelmsford: The Zones (2019)

This next map is the third map that identifies another disservice towards seniors of SGV. It is a further in-depth look at the built environment and analyzes the surrounding buildings and zones (see Figure 22). As previously addressed in the first and second map, the east-end of Chelmsford is problematic for seniors, because of the non-existent sidewalks, the undeveloped fields, the industrial sector, the CP railway, the Cooperative Funeral Home and SGV. These contribute to making the east-end of Chelmsford an unappealing place for seniors to live and age successfully. Over the years, every school was only situated on the west-end of Chelmsford, making it more appealing for young families. Schools create sidewalks to ensure that the children walk to school safely, however, when SGV was built, there were no additional initiatives to create sidewalks in the urban environment for the seniors in residence. This conveys yet another adverse message about how the community thinks of seniors at SGV. It enhances the stereotype that seniors are tired, inactive, and too 'old' because the planning committee assumed that seniors from SGV would not need sidewalks, thus not creating a better community for seniors to age successfully. There is an existing park and community centre less than a 10-minute walk away from SGV for seniors, so why are there inadequate sidewalks, with no street lights or benches at every 100 feet interval? It seems as if Chelmsford has paid more attention to its children over their seniors. This contradicts the City of Greater Sudbury's principles in light of their new age-friendly city efforts.³²

32. "Age-Friendly Community Strategy." (2019). Greater Sudbury. <<https://www.greatersudbury.ca/live/seniors-services/age-friendly-community-strategy/>> Web. 14 December, 2019.

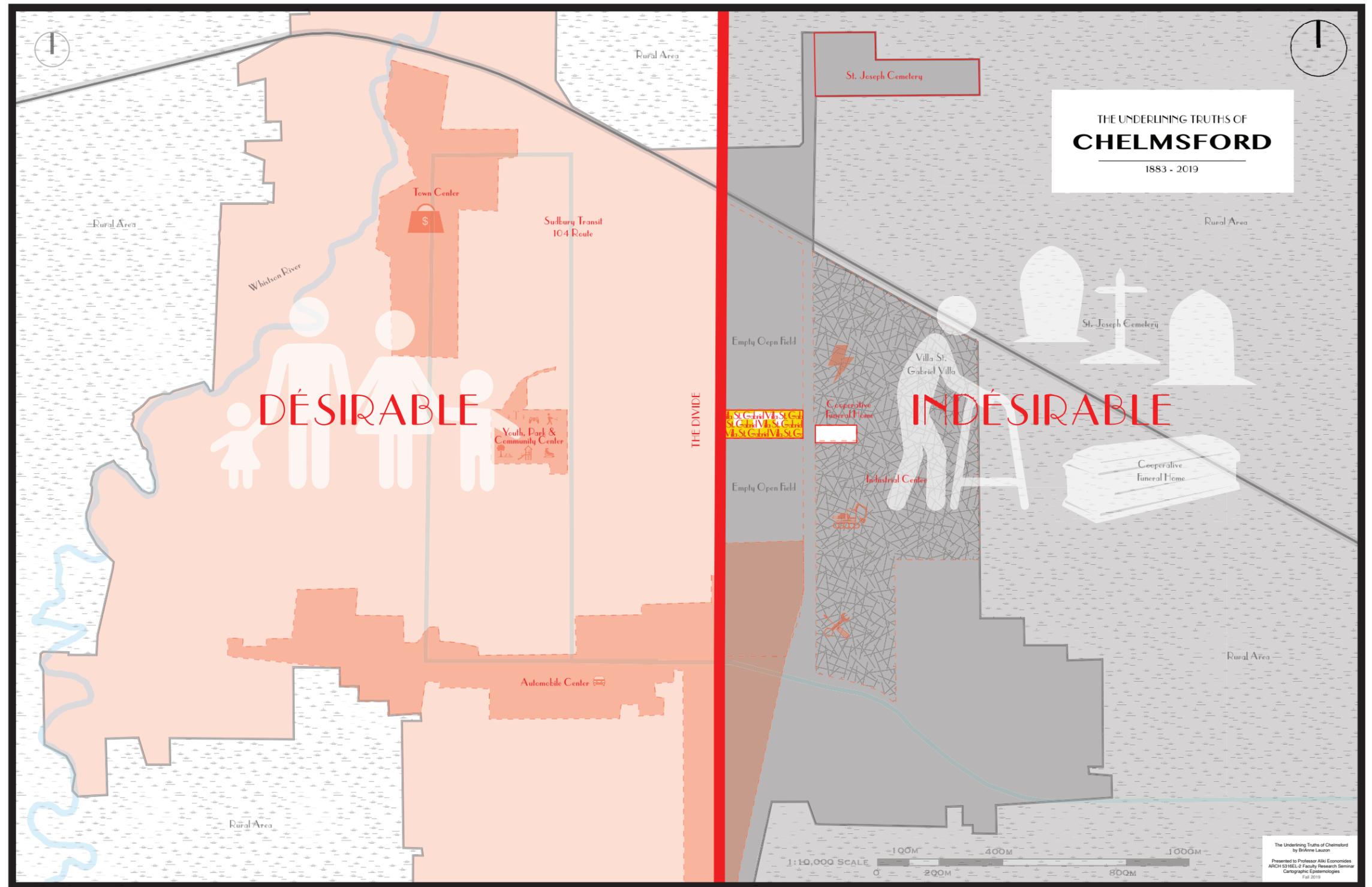
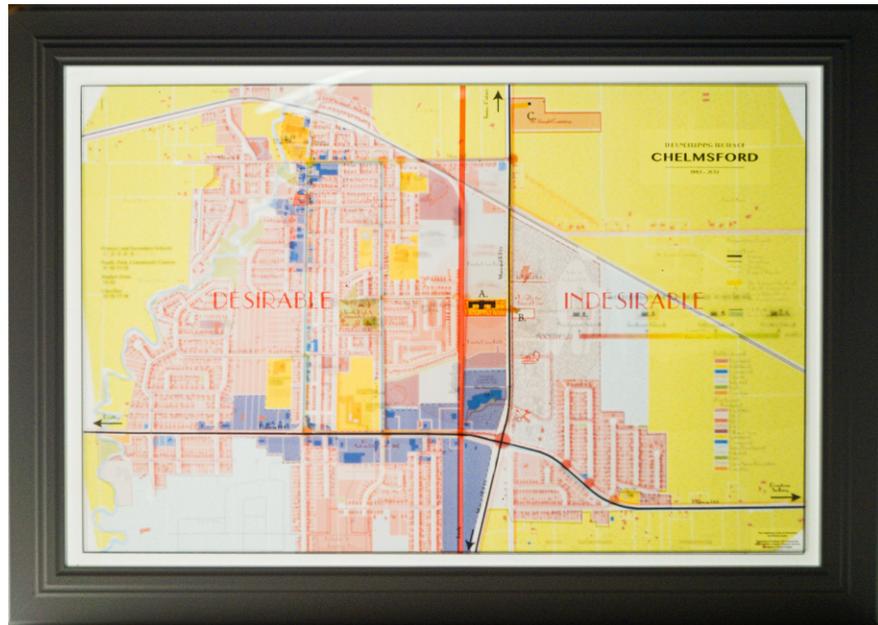


Figure 23. The Underlining Truths of Chelmsford: The Cover (2019)

Figure 24.
The Underlining
Truths of
Chelmsford:
Combined (2019)



This last map synthesizes all of the other maps that were created from the site analysis. As the maps are layered together, the town can be split into two zones, indicated by a thick red line. The zones consist of the east (Undesirable) and west (Desirable) areas of Chelmsford (see Figure 23). There is an emphasis on the west-end because there are more churches, community centers, schools, stores and parks. This division makes the town's east zone unpleasant because of non-existent sidewalks, undeveloped fields, industrial sector, CP railway, Cooperative Funeral Home and St. Joseph Cemetery. The desirable and the undesirable zones of the town reference how London, England's history was divided during the peak of British colonialism. There was a distinguishing difference between the west-end of London and the east-end. London's upper class moved to the west-end because it had cleaner air, water and green landscape. At the same time, the east-end became congested with the lower class. The lower class was attracted to the area due to the industrial sector. As pollution increased, the area became undesirable for the upper class.³³ Like London's east-end, Chelmsford, Ontario's east-end may be an undesirable place to live. It determined where the desirable and undesirable places in cities seem to be a re-occurring method used even here in Chelmsford. That is why Chelmsford is divided dramatically with a thick red line. It represents metaphorical division in the issues regarding ageism, age-segregation, and penchant for children. As a result, this map addresses the issues regarding the surrounding inadequate context of its senior home (Figure 24).

33. Economides, Aliki. "Empire, Gender and Race." Power Point Presentation, McEwen School of Architecture, Sudbury, September 19, 2019. Slide 21-30.

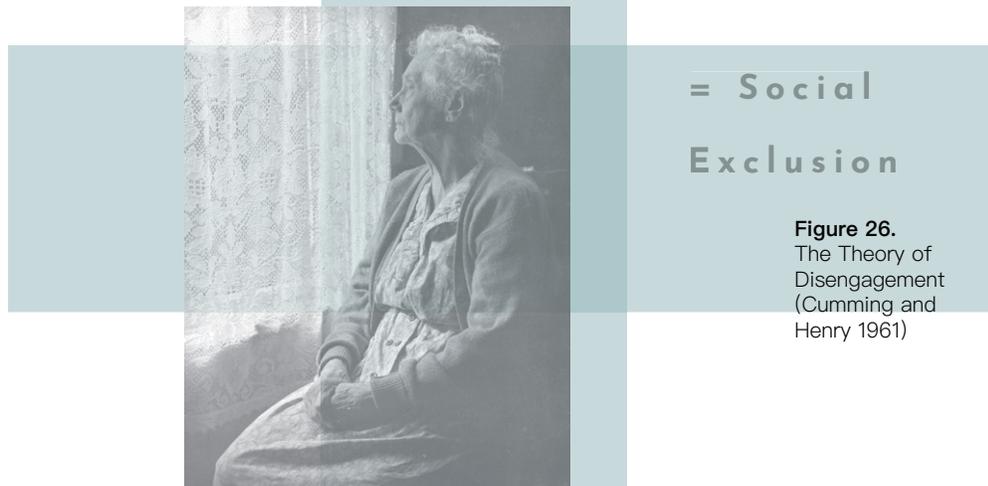
Adverse Effects of Senior-Only Zones

The age-friendly design principles makes it easier for seniors to be included and participate in their community. However, Michel Foucault's philosophy in social gerontology tells us that we have socially constructed ways for which to deal with and control seniors. Foucault (see Figure 25) argues that "successful ageing may be constructed in ways conducive both to biopower and its concern with the control of populations." What biopower does, is that it controls the population and deals with "the problems which pose a threat to a stable source of workers for industry."³⁴ That is why retirement was created, in hopes to ensure a stable transition as retirees (who would become seniors) left work as new recruits took their place.



Figure 25. French Philosopher Michel Foucault (1978)

The Theory of Disengagement (see Figure 26) is an inevitable and gradual process for society and the individual.³⁵ It exists because it hopes to minimize social disruption; the senior individual "must be deposed from their various roles" for the community to function after the individual's death. As a result, retirement came into being, and it gave governments the power to determine "who can work and who cannot, based on age."³⁶ In opposition, we have the Theory of Activity, which is subject to successful ageing perspectives. It argues that seniors must develop "a new set of roles and activities in order to replace them" (see Figure 27) because maintaining activity enhances their life satisfaction.³⁷ What also enhances life satisfaction is the Theory of Generativity that Erik Erikson introduced in 1986. This theory refers to older adults having a concern for establishing a relationship and guiding the next generation (see Figure 28), even if they are not necessarily related to them. If older adults fail to be generative, it results in "stagnation, characterized by self-absorption, isolation, and disappointing personal relationships."³⁸ Psychologist Dan McAdams states that "Generativity is a human universal. All societies count on the generative inclinations of adults to make a caring world for children and to assure societal continuity and progress."³⁹ In my opinion, senior homes are the essence of the theory of disengagement since some of the seniors become stagnant, isolated, and depressed in senior homes, from not contributing to their community and or engaging with their local community.



= Social
Exclusion

Figure 26.
The Theory of
Disengagement
(Cumming and
Henry 1961)

34. Powell, Jason L., and Azrini Wahidin. "Foucault and Successful Aging as Discourse Exploration in Biopower and the Practice of Freedom," In Foucault and Aging, 31-45. (New York: Nova Science Publishers, 2006), 33-34.

35. Powell, Jason L., and John Martin Chamberlain. "Theorizing Aging: Critical Explorations of Modernist Sociological Approaches," In Social Welfare, Aging, and Social Theory, 45-62. (Lanham: Lexington Books, 2012), 48-51.

36. Ibid, pp. 50-51.

37. Ibid, pp. 50-51.

38. DuBois, David L. and Michael J. Karcher. "Work and Service Learning," In Handbook of Youth Mentoring, edited by Stephen F. Hamilton and Mary Agnes Hamilton. (Thousand Oaks, CA: SAGE, 2005), 287.

39. McAdams, Dan P. "The psychology of life stories." Review of general psychology 5, no. 2 (2001): 100. DuBois, David L. and Michael J. Karcher. "Work and Service Learning," In Handbook of Youth Mentoring, edited by Stephen F. Hamilton and Mary Agnes Hamilton. (Thousand Oaks, CA: SAGE, 2005), 287.



Figure 27.
The Theory of
Activity (Havighurst
and Albrecht 1953)

= Social Inclusion



Figure 28.
The Theory of
Generativity
(Erik Erikson 1986)



Institutions geared for seniors worldwide have created safe havens for them. Segregating people based on their age has harmful social consequences; age-segregated environments can proliferate ageism and age-based stereotypes (Figure 29). As a result of age segregation, the senior-only zone increases the stigma of old age and ageism. Studies have shown that "patterns of age segregation can impede the development of what has been called 'generational intelligence',⁴⁰ or the ability to take into account the vantage point of people from different generations when acting in the world." There have been efforts to promote age integration; however, there have not been efforts to create ICZ in Chelmsford.

Two distinctive community centres in Chelmsford were designed for seniors over fifty or children under thirteen. The "club 50 de Rayside-Balfour" community-building that can be rented to the public for events or large gatherings (see Figure 30). There is also another community building for children called the Youth Centre (see Figure 31). The effects of age segregation do not come as a surprise because western countries have already begun "discussions of a cultural 'generation gap'."⁴⁰ Communities are fragmented based on demographics. After all, the notion of constructing "barricades are easier to build than bridges" is an all-too-common way of thinking in Western societies.⁴¹ Bridges between generations need to be established in Chelmsford and western countries to decrease stigma, ageism, and old age stereotypes. Senior homes' typology has inevitably become socially constructed as a place to care for seniors and a place for them to perish. Thus, a shift needs to occur to change senior homes' outlook into a more positive perspective; as a place to live rather than a place to breathe one's last breath.

Figure 29. The Unanswered Question about Senior Housing (2019)



Figure 30. Le Club 50 de Rayside-Balfour (2020)



Figure 31. The Youth Centre (2020)

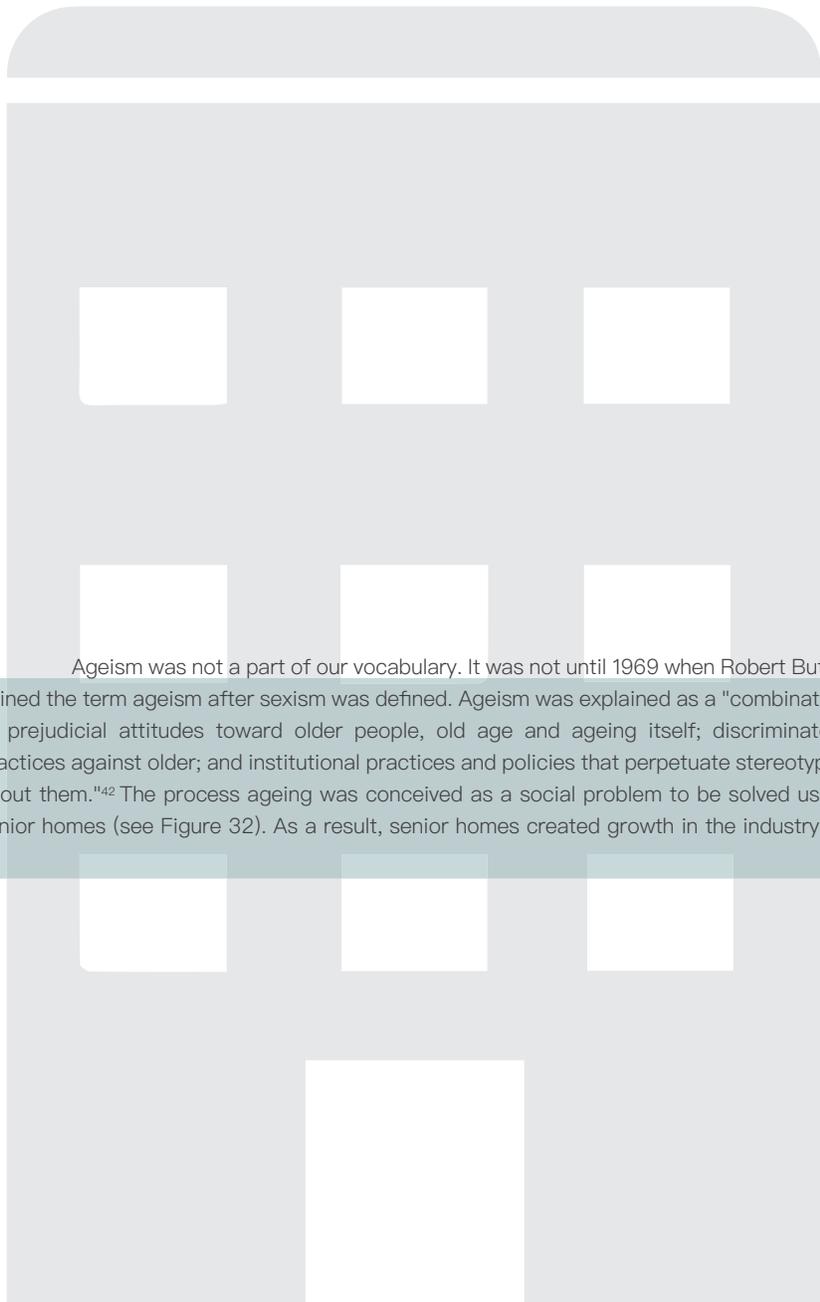
40. (Biggs and Lowenstein, 2011).

41. Vanderbeck, Robert M., and Nancy Worth. "Introduction", In *Intergenerational Space*, 1-14. (London: Routledge, 2015), 4-6..

42. Applegate, Ashton. "Where ageism comes from and what it does," In *This Chair Rocks: A Manifesto Against Ageism*, 13-37. (New York: Celadon Books, 2019. Kindle Edition), 30.

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Ageism was not a part of our vocabulary. It was not until 1969 when Robert Butler coined the term ageism after sexism was defined. Ageism was explained as a "combination of prejudicial attitudes toward older people, old age and ageing itself; discriminatory practices against older; and institutional practices and policies that perpetuate stereotypes about them."⁴² The process ageing was conceived as a social problem to be solved using senior homes (see Figure 32). As a result, senior homes created growth in the industry.⁴³

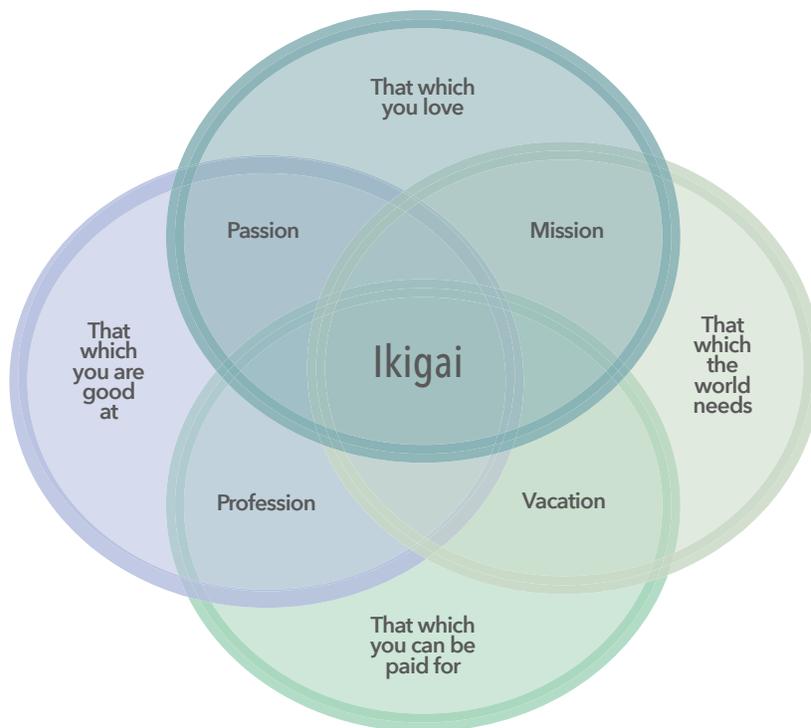
Figure 32. Is institutionalizing seniors the best way when there are so many of them?

43. Applewhite, Ashton. "Where ageism comes from and what it does," In *This Chair Rocks: A Manifesto Against Ageism*, 13–37. (New York: Celadon Books, 2019. Kindle Edition), 13.

44. *Ibid.* pp, 14.

In the 1980s, "critical gerontology" was coined in old age's political economy to envision how things can be more beneficial for seniors. Critical gerontology concerns the structural inequalities and moral concepts about ageing. There is much research on gerontology, however, men dominate the field, and the research of ageing was disregarded. Men saw the study of ageing "as one of the lowest-status areas of all." Jason L. Powell states that there is "a sense of abandonment of the role of older people in neoliberal society." He also states that "modernity has failed to give due recognition to older people; the older you become, the more you experience a sense of relative deprivation."⁴⁵ Therefore, there is an urgency to recognize seniors, and include their needs in city planning.

Additionally, studies have shown that ageing-in-place can help facilitate successful adjustments in old age. As we age, a sense of attachment to place increases.⁴⁶ Geographical-gerontological work by Andrew and Phillips in 2005 focused on the link between ageing, place and space. In 2004, Wahl and Lang also determined that "place should be thought of as an interplay of physical-spatial and socio-cultural aspects." Thus, a key factor of attachment to place was not only underpinned by the built environment but also by the community's social lives. Social ties, networks and activities have an impact on an individual's attachment to place.⁴⁷ Debra Flanders and Evonne Miller describes the Place Attachment Theory as being "a desire to belong and feel connected to our local community," and "respecting and preserving memory in urban places." Place Attachment is particularly vital for seniors "who often have a lifetime temporal relationship to a place that is rapidly changing."⁴⁸ At the Seniors' Summit in the City of Greater Sudbury, seniors expressed their interest in ageing-in-place.⁴⁹ Thus, the seniors in the city have an attachment to place.



Source: Graph adapted from Buettner, Dan. "How to live to be 100+." TED. Accessed October 11, 2019. https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100/transcript?referrer=playlist-might_you_live_a_great_deal_1o#t-901905.

Figure 33.
Ikigai (2019)

45. Powell, Jason L., and John Martyn Chamberlain. "Theorizing Aging: Critical Explorations of Modernist Sociological Approaches." In *Social Welfare, Aging, and Social Theory*, 45–62. (Lanham: Lexington Books, 2012), 47–54.

46. (Rubinstein, Kilbridge, & Nagy, 1992).

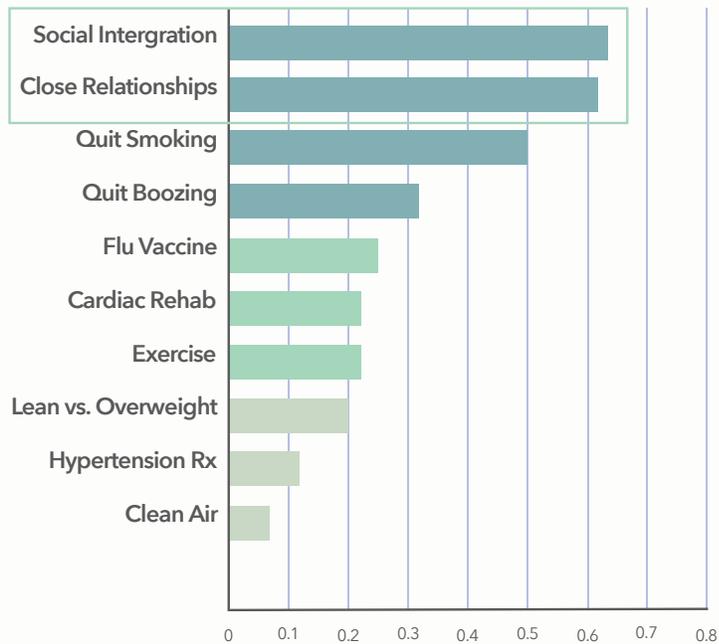
47. Wiles, Janine L., Ruth E. S. Allen, Anthea J. Palmer, Karen J. Hayman, Sally Keeling, and Ngaire Kerse. "Older People and their Social Spaces: A Study of Well-being and Attachment to Place in Aotearoa New Zealand." *Social Science & Medicine* 68, no. 4 (02, 2009): 664–671.

48. Cushing, Debra Flanders, and Evonne Miller. "Age-Friendly and Inclusive Design: Designing for Everyone." In *Creating Great Places: Evidence-Based Urban Design for Health and Wellbeing*, 138–159. (New York, NY: Routledge, 2020), 142.

49. City of Greater Sudbury Seniors' Summit 2019 — A Call to Action. City of Greater Sudbury, Day 2 Follow-up Session. (Sudbury, ON: Caruso Club, November 21, 2019), 4.

Graph of the Strongest Predictors to Have a Long Life

"What reduces your odds of dying the most?"
 "The strongest factor is related to your social life."



Source: Graph adapted from Holt-Lunstad, 2010.
 J. Holt-Lunstad, T. Smith, and J. B. Layton, "Social Relationships and Mortality Risk: A Meta-analytic Review," *PLoS Medicine* 7, no. 7 (2010).
 Pinker, Susan. "It Takes a Village to Raise a Centenarian," In *The Village Effect: How Face-to-Face Contact Can Make Us Healthier, Happier, and Smarter*, 44-72 (New York: Spiegel & Grau, 2014), 69.

Figure 34.
 Julianne Holt-Lunstad's Study of "Staying Alive" Graph Chart (2017)

There are areas in the world where people have more of a tendency to live longer than the average lifespan, and these are called Blue Zones. Blue Zones were studied as to why community members lived over a century-long. It was determined that centenarians had "ikigai" (see Figure 33), which translates to "a reason to wake up in the morning."⁵⁰ This research concluded that the top two predictors to a long life were related to the individual's social life (see Figure 34). The centenarians had a sociological purpose within their communities. Studies prove that the majority of people living in blue zones live a long and happy life due to ikigai.⁵¹

50. Buettner, Dan. "How to live to be 100+." (2009). TED. <https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100/transcript?referer=playlist-might_you_live_a_great_deal_lo#t-901905> Web. 11 October. 2019.

51. Pinker, Susan. "It Takes a Village to Raise a Centenarian," In *The Village Effect: How Face-to-Face Contact Can Make Us Healthier, Happier, and Smarter*, 44-72 (New York: Spiegel & Grau, 2014), 69.

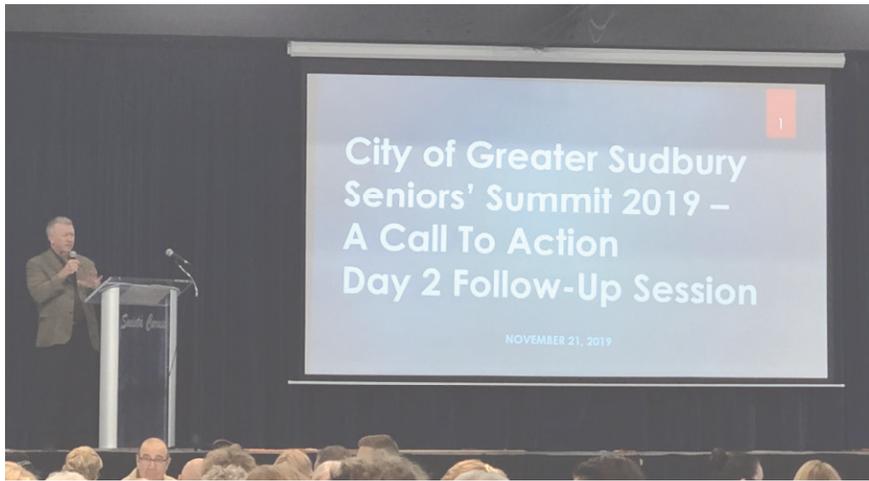


Figure 35.
Robert Kirwin
Hosting the Seniors'
Summit (2019)

Sudbury's Annual Seniors' Summit

In the City of Greater Sudbury, communities are striving to become an age-friendly city. On October 24, 2019, I attended the city's first Seniors' Summit. It was a full-day workshop that allowed seniors to share their concerns with the SAP (see Figure 35). Four hundred people attended the summit and came up with 161 proposed actions.⁵² The summit was organized according to the guidelines proposed by the Global Age-Friendly Cities: A Guide. The guide discusses issues and solutions that follow the eight age-friendly city topics format. The eight topics are: Outdoor Spaces and Building; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information and Community Support and Health Services (see Figure 36).⁵³

The city is committed to improving housing and outdoor spaces for the coming future. In 2018, the City of Greater Sudbury became a recipient of the 2018 Ontario Age-Friendly Community Recognition Award, "which celebrates the work of Ontario communities that are striving to become age-friendly." The city also "became a member of the WHO Global Network for Age-Friendly Cities and Communities."⁵⁵ This means that Sudbury strives to be an Age-Friendly City when it comes to meeting its senior citizens' requirements. Furthermore, the Senior Advisory Panel at the Seniors' Summit Follow-Up confirmed that they would be continuing the event. The Seniors' Summit will be an annual event in Sudbury at the Caruso Club; in fact, the hall is booked for Thursday, October 22, 2020.⁵⁶

52. City of Greater Sudbury Seniors' Summit 2019 — A Call to Action. City of Greater Sudbury, Day 2 Follow-up Session. Sudbury, ON: Caruso Club, November 21, 2019.

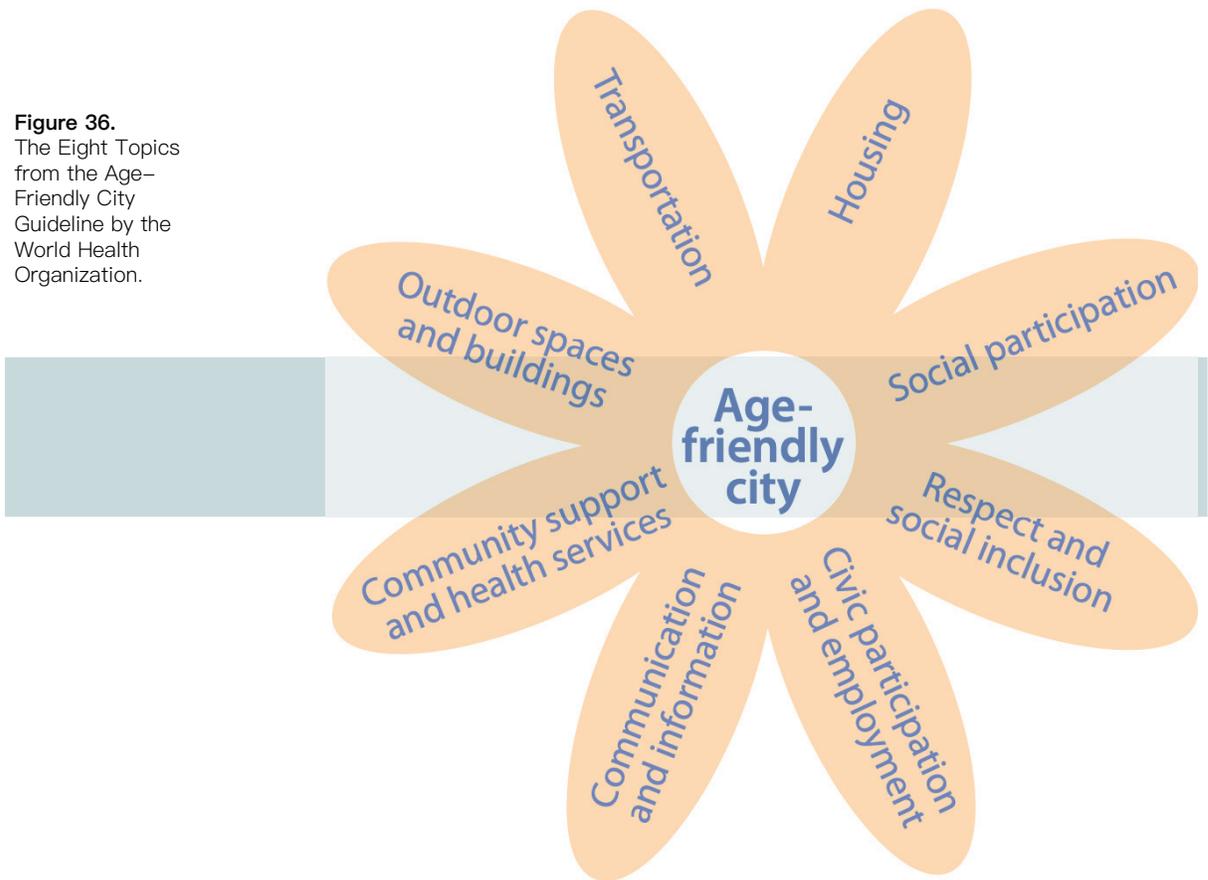
53. "Global age-friendly cities: a guide." (2007). World Health Organization. France: WHO Press. <https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf> Web. 11 October. 2019.

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55. "Age-Friendly Community Strategy." (2019) Greater Sudbury. <<https://www.greatersudbury.ca/live/seniors-services/age-friendly-community-strategy/>> Web. 14 December. 2019.

56. Lauzon, Brianne. "Seniors' Summit 2019 Notes," In Master Thesis Sketchbook. October 24, 2019.

Figure 36.
The Eight Topics
from the Age-
Friendly City
Guideline by the
World Health
Organization.



Intergenerational Care and Therapeutic Activities

The definition of intergenerational care and activities is: having a symbiotic relationship with family members or friends of any age who are helping each other. It involves doing activities together or only spending time with each other sharing stories. These activities can include intergenerational pastimes like cooking, eating, reading, playing cards or other games, physical activity, crafts, gardening, and sitting around a campfire. Intergenerational care and activities can help improve the well-being of seniors.

In an LTC institution, the only people who can practice care of any kind are the trained nursing staff. As a result, this makes it difficult for residents and visitors to practice intergenerational care because the nursing staff has the most access to the building when it comes to utilizing the institutions' resources. For example, if a resident simply requests a glass of water, the resident's visitor can only request the health worker. The health worker is the only one who has access to kitchens and other service rooms. I am still uncertain also how and where they get a resident a glass of water.

This is why I am choosing St Gabriel Villa as my canvas. The objective involves creating intergenerational interventions within the building and exterior of the building (see Figure 37). These interventions would allow intergenerational care and activities to occur.



Figure 37.
St Gabriel Villa
(2019)

Chapter 2

Intergenerational Intervention

Design Principles

Three principles of design are required to achieve age integration within a senior home. These principles include universal, intergenerational and socially inclusive designs in order to initiate improvements on the well-being of the senior at SGV (see Figure 38). New intergenerational spaces will be based on these principles to create spaces programmed to encourage intergenerational socialization and interaction. Thus, the architecture "plays a crucial role in influencing intergenerational interaction."⁵⁷ The existing senior home, SGV is only accommodating seniors because it's a senior home.⁵⁸ However, SGV does not accommodate families and friends who visit the seniors in residence. There is supporting evidence that "older people want physical and sensory stimulus from new impressions and experiences within their lives"⁵⁹ and invest in the future generation.⁶⁰ That is why this thesis is proposing to transform SGV into an intergenerational village to allow for seniors, their families and friends to socialize. Therefore, seniors would no longer be socially isolated because their families and friends would be socially included in the design proposal.

57. Vanderbeck, Robert M., and Nancy Worth. "Intergenerational shared spaces in the UK context," In *Intergenerational Space*, 47–62. (London: Routledge, 2015), 47–54.

58. "Villa St. Gabriel Villa – Yallowega Bélanger Salach Architecture." (2019). YBSA. <<https://ybsa.ca/project/st-gabriel-villa/>> Web. 21 September, 2019.

59. Anderzhon, Jeffrey W. "A Study of Salem Nursing Home" In *Design for Aging: International Case Studies of Building and Program*, 114–123. (Hoboken, NJ: John Wiley & Sons, 2012), 121.

60. Powell, Jason L., and John Martin Chamberlain. "Theorizing Aging: Critical Explorations of Modernist Sociological Approaches," In *Social Welfare, Aging, and Social Theory*, 45–62. (Lanham: Lexington Books, 2012), 50–51.

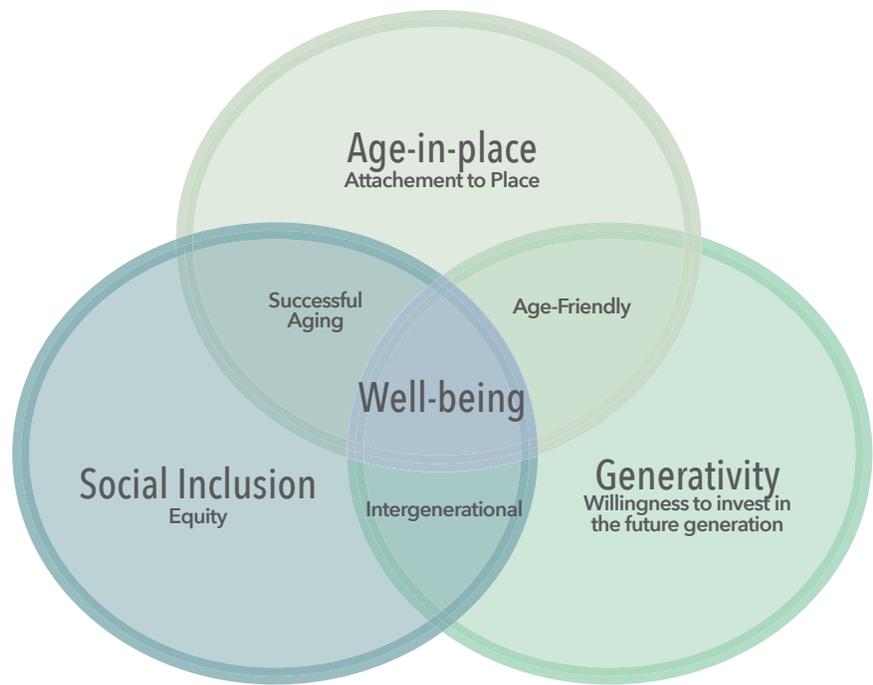


Figure 38.
Thesis Words of
Engagement (2019)

Intergenerational Space

An intergenerational shared space is commonly defined as "a site that has been designed for the purpose of facilitating and promoting interaction between members of different generational groups." It aims to improve age integration design positively, as opposed to age segregation principles, which develops adverse social effects.⁶¹ The intergenerational shared space focuses on the "interaction between person and environment, rather than one or the other exclusively and explores how the design and use of a physical environment or space promote or inhibit the interactions."⁶² A professor and director of the Sanford Center on Adolescence, William Damon, states that "Virtually all young people need more attention and guidance from their elders than they are currently receiving."⁶³ Due to the need for more guidance from 'elders,' an intergenerational shared space is required for this thesis. However, it is imperative to investigate what other cities are doing around the world for their senior citizens before going further into the development of this thesis. Next, this chapter will discuss several case studies that promote socially inclusive principles for these generations.

61. Vanderbeck, Robert M., and Nancy Worth. "Introduction," In *Intergenerational Space*. 1–14. (London: Routledge, 2015), 7–11.

62. Vanderbeck, Robert M., and Nancy Worth. "Intergenerational shared spaces in the UK context," In *Intergenerational Space*. 47–62. (London: Routledge, 2015), 57.

63. Damon, William. *The path to purpose: How young people find their calling in life*. (Simon and Schuster, 2009), 50.

International Precedents of Intergenerational Buildings

There are international precedents that have deliberately designed buildings that encompass more than one demographic. The Green Way in New York, by Dattner Architects with Grimshaw, represents the next generation of social housing (see Figure 39 & 40).⁶⁴ Sølund Retirement Community in Copenhagen, by Henning Larson, has integrated a children's daycare centre in order to bring in more age diversity into the community (see Figure 41 & 42).⁶⁵



Figure 39. The Green Way in New York, by Dattner Architects with Grimshaw



Figure 40. The Green Way in New York, by Dattner Architects with Grimshaw



Figure 41. Sølund Retirement Community in Copenhagen, by Henning Larson



Figure 42. Sølund Retirement Community in Copenhagen, by Henning Larson

64. Bench, David. "The Other 'Green Way': Why Can't New York Build More Quality Affordable Housing?" (2014). ArchDaily. <https://www.archdaily.com/565941/the-green-way-why-can-t-new-york-build-more-quality-affordable-housing?ad_source=search&ad_medium=search_result_all> Web. October, 2019.

65. Furuto, Alison. "Sølund Retirement Community Second Prize Winning Proposal / Henning Larsen Architects." (2012). ArchDaily. <<https://www.archdaily.com/293923/solund-retirement-community-second-prize-winning-proposal-henning-larsen-architects>> Web. October, 2019.

66. "WOHA's Kampung Admiralty Wins World Building of the Year at World Architecture Festival 2018." (2018). designboom. <<https://www.designboom.com/architecture/woha-kampung-admiralty-singapore-10-30-2018/>> Web. October, 2019.

67. Tapper, James. "All under One Roof: the Rise and Rise of Multigenerational Life." (2019). The Guardian. Guardian News and Media. <<https://www.theguardian.com/society/2019/mar/10/rise-of-multigenerational-family-living>> Web. October, 2019.

Kampung Admiralty in Singapore, by WHOA, is a prototype for meeting the needs of their senior population surge (see Figure 43 & 44). They created a community plaza in the lower stratum, a medical centre in the middle stratum and a community park with apartments for seniors in the upper stratum.⁶⁶



Figure 43. The Community Plaza of Kampung Admiralty



Figure 44. The Kampung Admiralty Building in Singapore, by WHOA

The Multigenerational House in London, by PRP Architects, created a series of homes for multigenerational families to live together and share common space (see Figure 45 & 46).⁶⁷ All of these projects have three principles in common. The principles include housing for seniors, spaces that improve social interaction, and large buildings for large populations. However, Chelmsford, Ontario is not a large city, and for that reason, this thesis will discuss case studies of senior homes that are smaller in scale in the following pages.

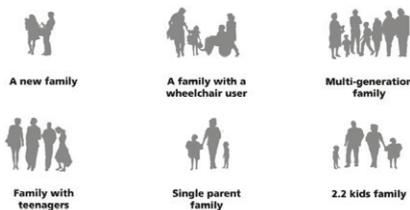


Figure 45. Multigenerational House in London, by PRP Architects



Figure 46. Multigenerational House in London, by PRP Architects

International Precedents of Intergenerational Senior Homes

There are also senior homes that have made efforts to integrate intergenerational activity in their facilities. In Pukatja, Australia, the Tjilpi Pampaku Ngura (see Figure 47) enables "passing of knowledge held by seniors to another generation and maintains traditional family roles."⁶⁸ In Fujigaoka, Japan, the NPO Group Fuji's objective (see Figure 48) "was to develop a community support system in which local residents could participate in caring for each other as they prepared for their inevitable ageing process,"⁶⁹ thus it becomes a community of intergenerational care.⁷⁰ Gojikara Village in Negakute, Japan, (see Figure 48) has created a gathering place to function as a community centre to "bring people from outside the campus to engage with elderly residents." These houses are frequently used for "local events, such as seminars, children's education programs, or weddings." The village's design intends to "emphasize small community rather than caring for the elderly in a large, institutional building."⁷¹ In Mitchells Straede 5, Denmark, the Salem Nursing Home's residents (see Figure 50) must provide their own furniture and pay rent. The home has three levels: the "residents' own apartment, the individual households, and the wider nursing home community." Opportunities for socialization are made available for the residents due to the socially inclusive private, semi-private, and public spaces. The Salem Nursing Home had concerns about social isolation and stimuli. As a result, the home creates a built environment that encourages residents to regularly promote a healthy social life.⁷² Last but not least, the Heald Farm Court in Newton-le-Willows, United Kingdom (see Figure 51) provides affordability to its residents and assists in ongoing social integration. The home maintains regular contact with local primary schools and discusses further development into joint education programs and activities. Heald Farm Court visitors can access all of the communal facilities without crossing the private quarters of its residents.⁷³ As a result, senior homes can be flexible and offer new ways to house intergenerational care and activities. These case studies are proof that senior-only buildings can be transformed into an intergenerational building.

68. Anderzhon, Jeffrey W. *Design for Aging: International Case Studies of Building and Program*. Hoboken, NJ: John Wiley & Sons, 2012.

69. Anderzhon, Jeffrey W. "A Study of Tjilpi Pampaku Ngura." In *Design for Aging: International Case Studies of Building and Program*, 34–43. (Hoboken, NJ: John Wiley & Sons, 2012), 41.

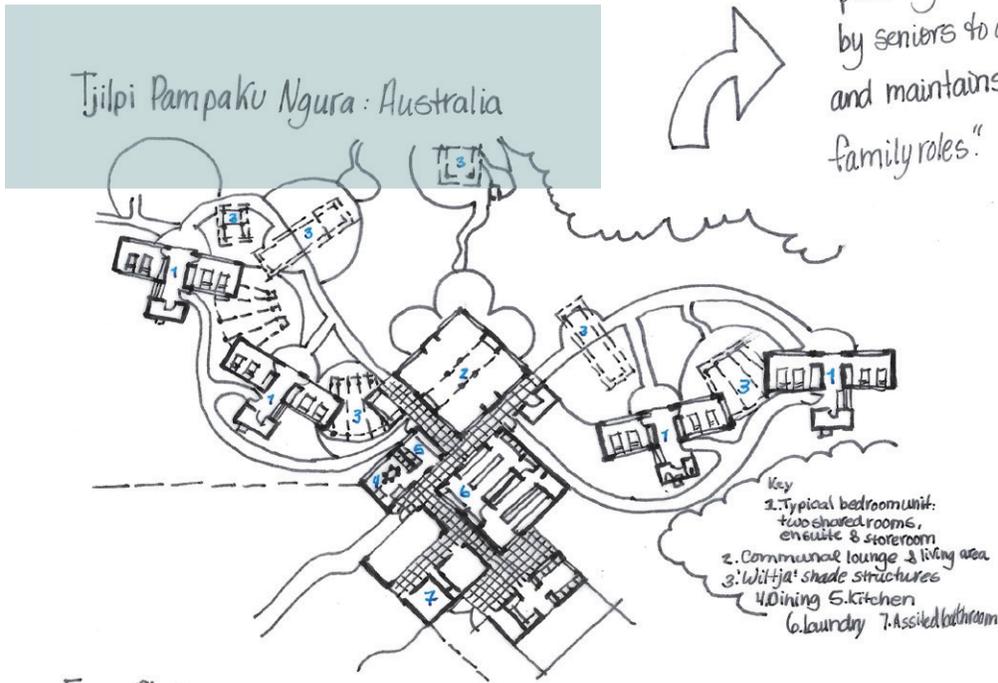
70. Anderzhon, Jeffrey W. "A Study of NPO Group Fuji." In *Design for Aging: International Case Studies of Building and Program*, 74–81. (Hoboken, NJ: John Wiley & Sons, 2012), 77. 101. *Ibid.*, pp. 79–80.

71. Anderzhon, Jeffrey W. "A Study of Gojikara Village." In *Design for Aging: International Case Studies of Building and Program*, 82–91. (Hoboken, NJ: John Wiley & Sons, 2012), 88.

72. Anderzhon, Jeffrey W. "A Study of Salem Nursing Home." In *Design for Aging: International Case Studies of Building and Program*, 114–123. (Hoboken, NJ: John Wiley & Sons, 2012), 117–120.

73. Anderzhon, Jeffrey W. "A Study of Heald Farm Court." In *Design for Aging: International Case Studies of Building and Program*, 180–189. (Hoboken, NJ: John Wiley & Sons, 2012), 186–187.

Figure 47.
Case Study: Tjilpi
Pampaku Ngura



Floor Plan

"provides a means for the passing of knowledge held by seniors to another generation and maintains traditional family roles." p.41



Third Floor Plan

Figure 48.
Case Study: NPO
Group Fuji

"The adults and child day services are open to the surrounding community so that locals residents of all ages are integrated into the care and service of this organization." p. 79-80

- 1. Living room area
- 2. Kitchen
- 3. Small Kitchen
- 4. Dining space
- 5. Room

Gojika Mura: Japan



2nd floor level

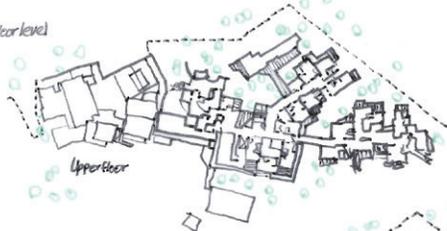


1st floor level

- 1. Dining and cafe
- 2. Engawa Japanese tradition path
- 3. Courtyard
- 4. Sitting area
- 5. Outdoor garden
- 6. House for goats
- 7. Nurse station
- 8. Entrance

"These buildings also function as community centers to bring people from outside the campus to engage with elderly residents. These houses are frequently used for local events, such as seminars, children's education programs or weddings."

"...promote a design that emphasizes small community rather than caring for the elderly in a large, institutional building. The feeling of community is reinforced by inclusion of cohousing, adult and child day care, and group homes for those with dementia..." p.88



Upper floor

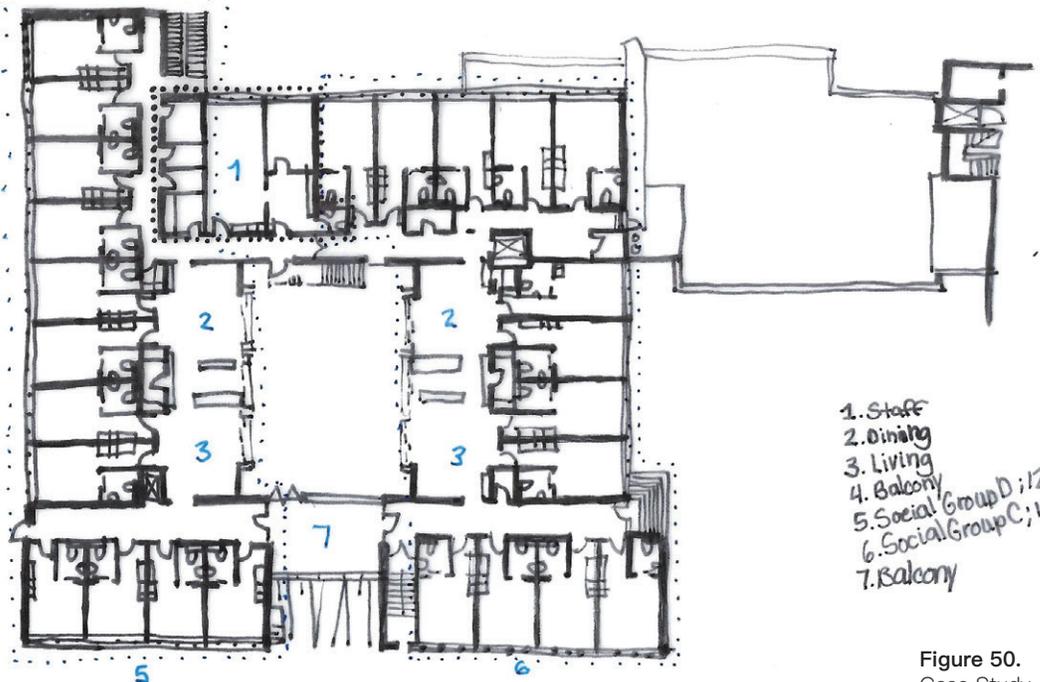
- 1. Adult daycare
- 2. Cafe & store
- 3. Entrance for care house
- 4. Home care office
- 5. Entrance for adult day
- 6. Cafe & nurse station



Ground floor

Figure 49.
Case Study:
Gojika Village

Salem Nursing Home: Denmark



Upper floor

- 1. Staff
- 2. Dining
- 3. Living
- 4. Balcony
- 5. Social Group D; 12 rooms
- 6. Social Group C; 13 rooms
- 7. Balcony

Figure 50.
Case Study: Salem
Nursing Home

Figure 51.
Case Study: Heald
Farm Court

Heald Farm Court: United Kingdom



"As most of the resident will have lived in the surrounding neighborhood most of their lives, and most will have family who also live nearby, providing this 'affordable' housing for local people assist ongoing social integration." p. 186

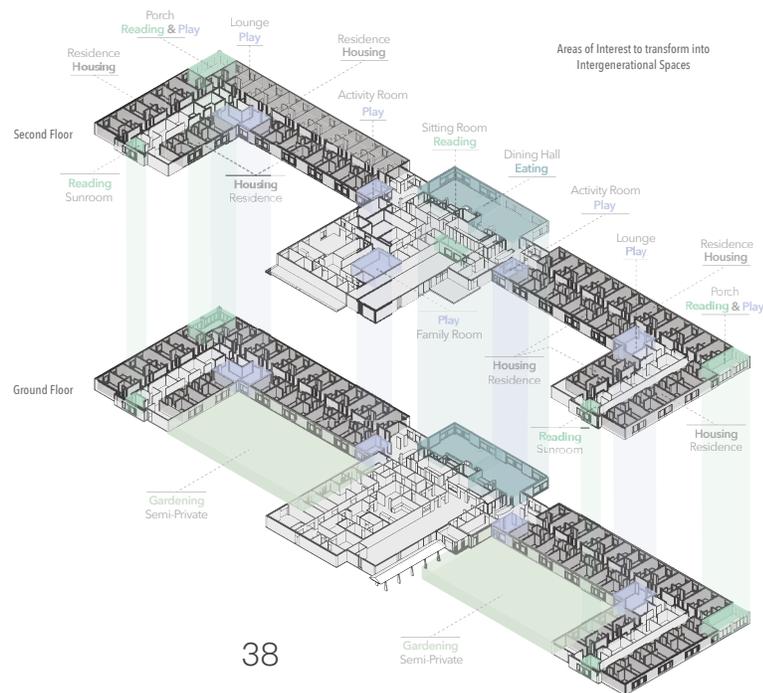
"Regular contact is maintained with the local primary schools..." p. 187

"Visitors have access to all the communal facilities without crossing into private residential areas." p. 187

- 1. Main Entrance
- 2. Reception
- 3. Communal hub
- 4. Courtyard
- 5. Bistro
- 6. Lounge
- 7. Kitchen
- 8. Multi-use room
- 9. Admin
- 10. Scooter Store
- 11. Green house
- 12. Pedestrian access
- 13. Car park
- 14. Service yard
- 15. Bunglows

This thesis proposes SGV to be transformed into an Intergenerational building. It includes six kinds of prototypical intergenerational-contact zones (PICZ) integrated into the building and the site. The six PICZ consists of housing, eating, playing, reading, gardening, and campfires (Figure 52). These zones will be intergenerational shared spaces that will be located throughout SGV. As a result of this integration, residents and visitors will be able to partake in intergenerational care and activities. Residents and visitors would also be more inclined to practice intergenerational care and activities due to seniors' willingness to invest in future generations. The objective will be to improve the healthy social life amongst seniors in residence, their families and visiting friends. Each PICZ in SGV will vary and be best suited for its specific seniors in residence and facility type.

Figure 52. The PICZ in the Areas of Interest to Transform SGV into an Intergenerational Building (2019)



Intergenerational Urban Connections

At the urban scale, the project addresses Chelmsford, Ontario, as a whole. This thesis proposes to create age-friendly pedestrian sidewalks to SGV. Fortunately, the Park & Community Centre and the Bonaventure Mall in Chelmsford are within a seniors' 10-minute walking radius from SGV (Figure 53). It also proposes to shift Chelmsford's habit of devoting its surfaces to asphalt by proposing more parks and trails intended for pedestrians. As a result, the objective is to dedicate more sidewalks for pedestrians instead of asphalt for vehicles. This hopes to reclaim Chelmsford's human scale that it originally had before the population growth and boom of the automobile in the mid-1950s.

With seniors being the highest demographic in Chelmsford, this thesis proposes fulfilling the needs of its senior citizens by building more age-friendly and universal sidewalks. If it is well-suited for seniors, it is well suited for everyone. The proposed universal sidewalks are implemented into this thesis in hopes of creating an age-friendly town. Age-friendly and universal sidewalks are required to:

- be between 4 to 6 feet wide,
- have seating at every 100 feet intervals,
- have thoughtfully timed crosswalks,
- have non-slip paved surfaces,
- have non-glare paved surfaces,
- have sidewalks installed with no spacing,
- have sufficient grading and
- have drainage.⁷⁴

Age-friendly and universal sidewalks near SGV would encourage more physical activity, outings and visitations because it allows for a safe journey, regardless of the pedestrians' age.

74. Abbott, Pauline S., Nancy Carman, Jack Carman, and Bob Scarfo. "Outdoor Environments Supportive of Independence and Aging Well," In *Re-Creating Neighborhoods for Successful Aging*, edited by Jack Carman and Edward Fox, 163–209. (East Peoria, IL: Health Professions Press, 2009), 193.

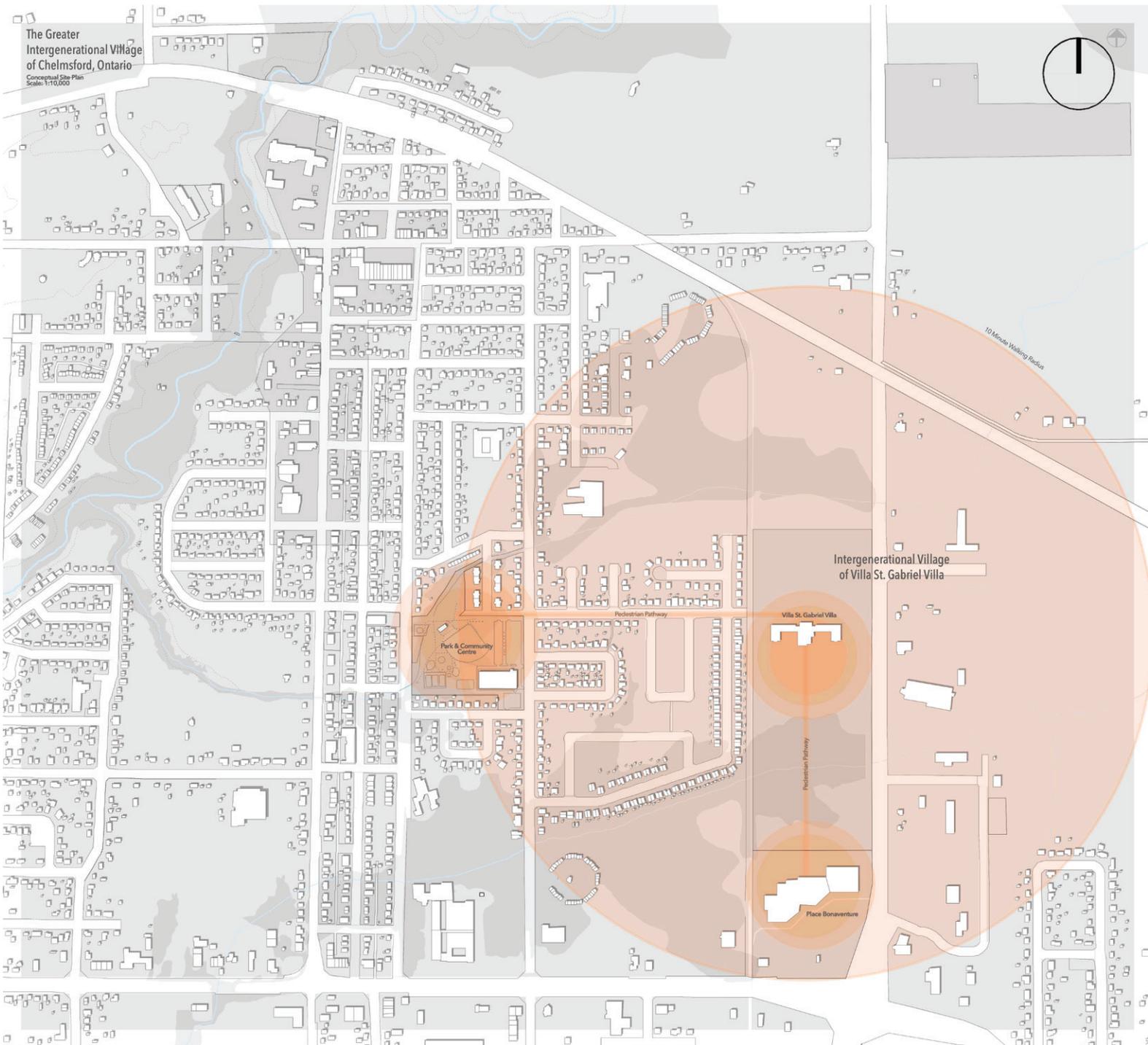


Figure 53. The 10 Minutes Walking Radius Map (2020)



Figure 54. The Pineallas Road & Sidewalk Redevelopment and Extension (2020)

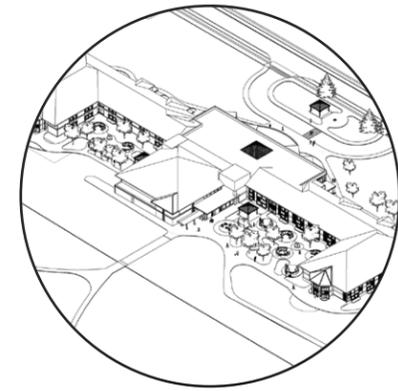
To the north-west of the senior home is Pinellas Road that leads to the Park & Community Centre. The first phase of the proposal connects the senior home with the Park & Community Centre. It creates an extension from Pinellas Road and connects it to Regional Road 15 (Figure 54). The Redevelopment of Pinellas Road will constitute street lights at every 10 feet intervals, age-friendly sidewalks, wayfinding elements and seating with shelters at every 100 feet intervals. These guidelines will also apply to the second phase, the pedestrian pathway (Figure 55), connecting the Chelmsford Bonaventure Mall with SGV (Figure 56).



Figure 55. The Bonaventure Pedestrian Trail and Park (2020)

Figure 56.
Site Plan: The
Intergenerational
Site and Trails
(2020)





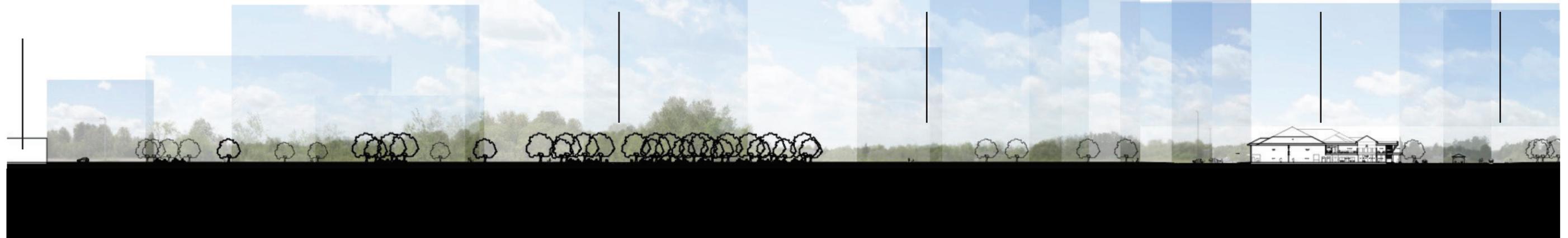
Bonaventure Mall

Natural Stream & Vegetation

Bonaventure Pedestrian Trail

The New SGV

Pineallas Rd Extension



In 2014, a valuable study was done by Shu-Ying Tsai. It was a study about where seniors are most likely to congregate. The top three were parks (18.3%), markets (13%) and community centres (10.2%).⁷⁵ This is why the Park & Community Centre and the Bonaventure Mall are essential parts of this thesis. With the parks, markets and community centres being the likeliest places for seniors to congregate, implementing age-friendly sidewalks would ensure more outings, intergenerational care and activities. A study has proven that the more connectivity there is between buildings and places, the more people are inclined to frequently walk the area.⁷⁶ The thesis proposes to create a connection between SGV and the Bonaventure Mall. This connection will be called the 'Bonaventure Pedestrian Trail' (see Figure 56). This trail will be an intergenerational public space (Figure 57) where seniors from SGV, visiting families and friends can enjoy a walk. Hypothetically, after the sidewalk redevelopment and pedestrian trail are created, more seniors, families and friends will be more inclined to walk, meet at the mall and play at the parks. Next, the town's future could include a third phase that would ensure more connectivity throughout Chelmsford and expand towards Chelmsford's Town Centre (Figure 58).

Figure 57.
Site Section:
Intergenerational
Building and Site
(2020)

75. Tsai, Shu-Ying, Ting-yueh Chen, and Chuan-Jen Ning. "Elderly People's Social Support and Walking Space by Space-time Path: A case Study of Taipei Zhiyi District." *International review for spatial planning and sustainable development*, Vol 4 No.3 (2016), 4-13. Kanazawa: SPSD Press, 2010. DOI: http://dx.doi.org/10.14246/irspds.4.3_4

76. Abbott, Pauline S., Nancy Carman, Jack Carman, and Bob Scarfo. "Outdoor Environments Supportive of Independence and Aging Well." In *Re-Creating Neighborhoods for Successful Aging*, edited by Jack Carman and Edward Fox, 163-209. (East Peoria, IL: Health Professions Press, 2009), 186.

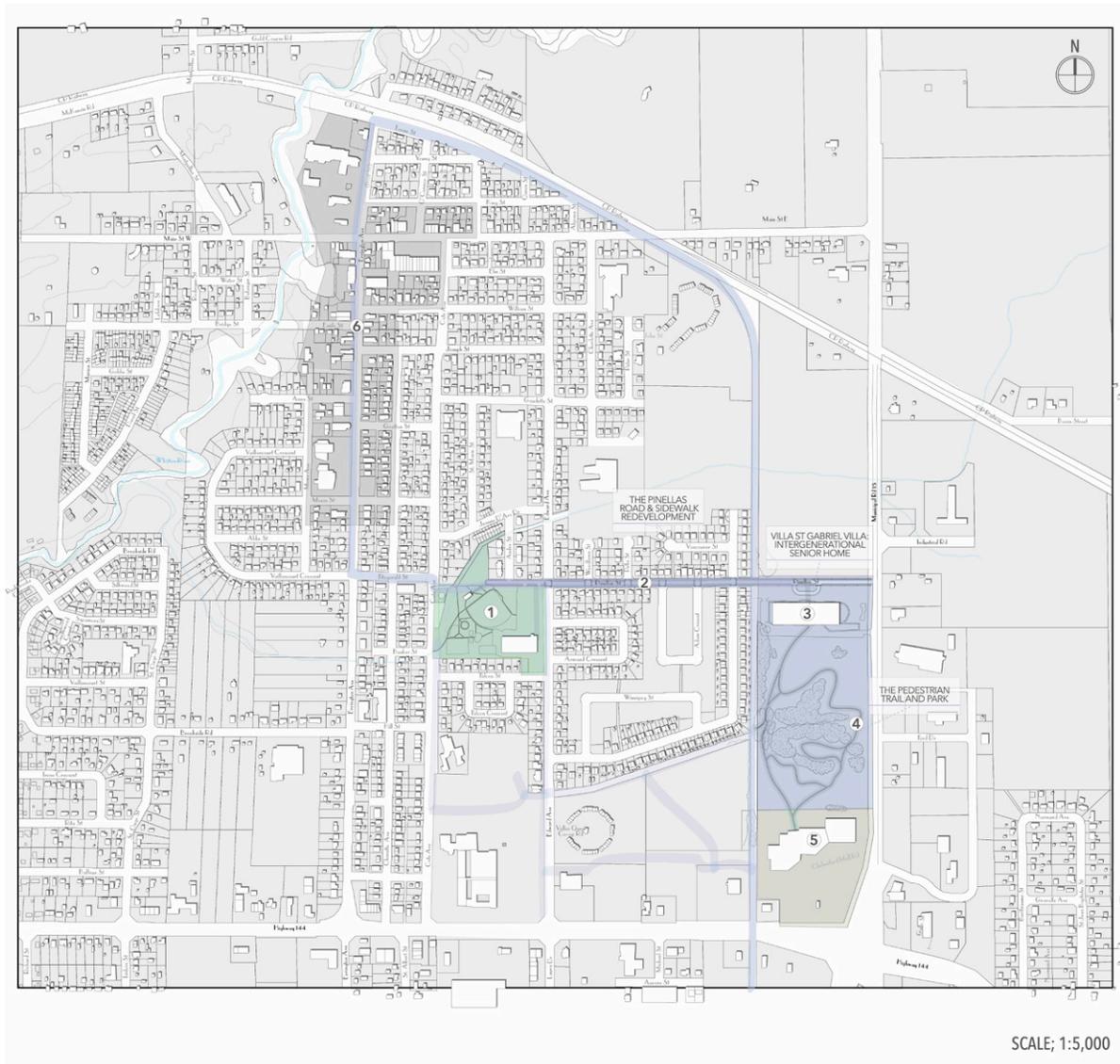


Figure 58. Site Plan: Intergenerational Village of Chelmsford, Ontario (2020)

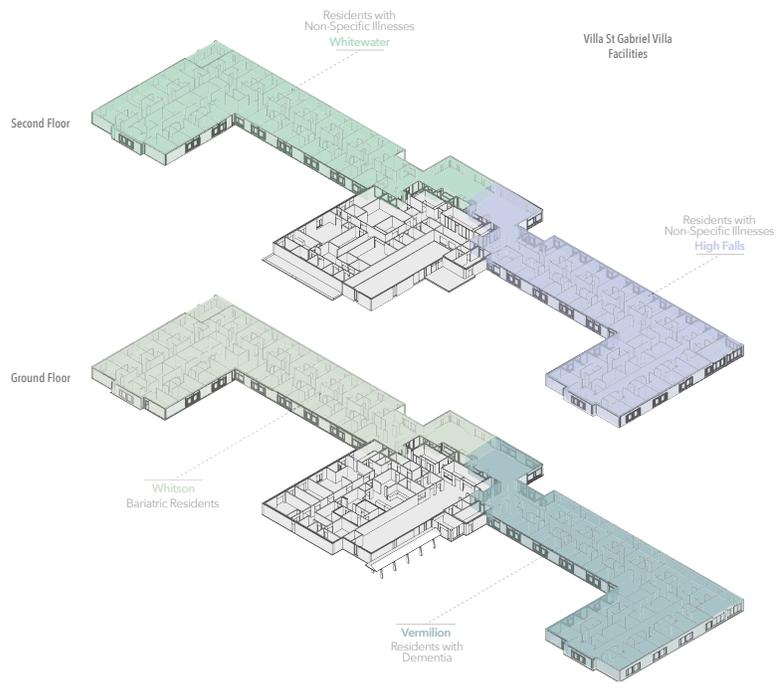


Figure 59. SGV Healthcare Facilities (2019)

Intergenerational Building

The existing senior home is divided into four facilities; Vermilion, Whitson, Whitewater and High Falls (Figure 59). Each facility was created to serve 32 individuals whom all have common health-related illnesses or disabilities. The Vermilion facility is reserved and locked down for residents with dementia on the ground floor, and the Whitson facility is designated for bariatric residents. Whitewater and High Falls are for non-specific illness residents on the second floor. Thus, for this thesis, the intergenerational spaces incorporated into SGV will respect seniors in residence and meet their specific needs. The building will require a series of additions and renovations. Firstly, the communal spaces within each facility will be remodelled. Secondly, the existing entrance (Figure 60) will be extensively renovated and be extended (Figure 61). Thirdly, the exterior of SGV will also be proposed to experience modifications. As a whole, the building will be socially inclusive, not only for the seniors in residence but also for their families and visiting friends, making the senior home an intergenerational hub.



Figure 60. SGV's Existing Entrance, The Town Hall (2018)

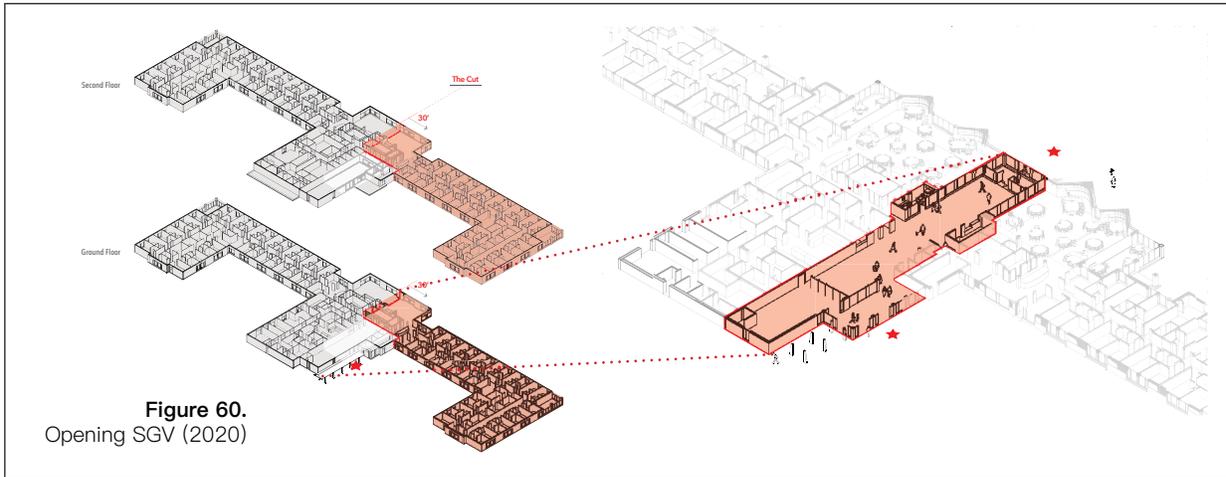
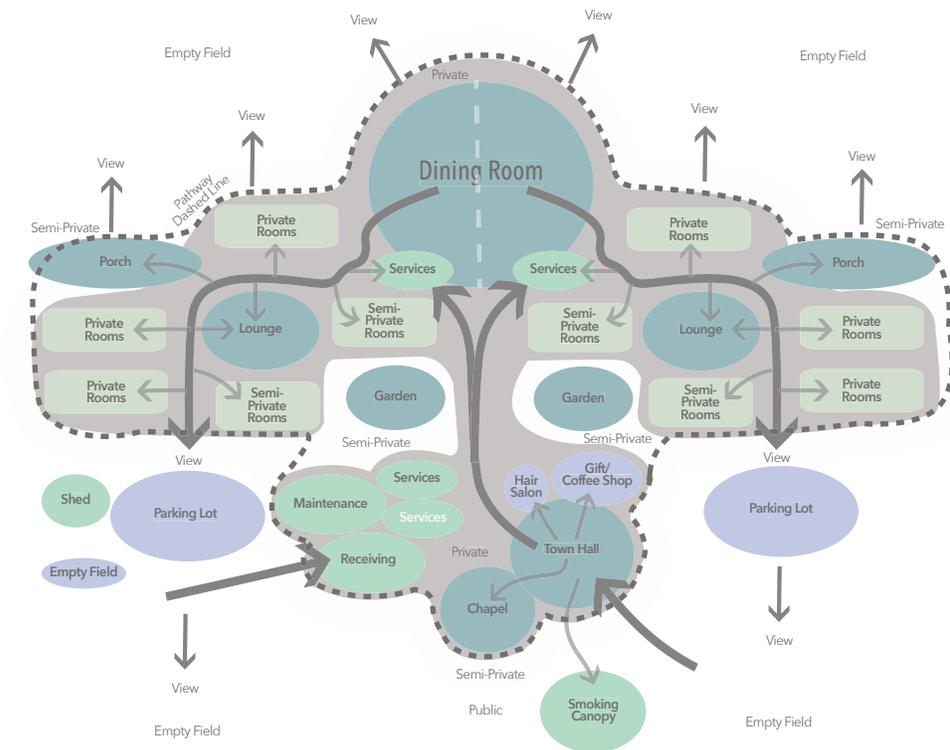


Figure 60.
Opening SGV (2020)

Firstly, seniors in residence at SGV have visitors such as family and friends, however, there are no unique spaces within the home for families and friends to support ageing individuals, exchange knowledge and practice memory building (Figure 62). This why incorporating intergenerational shared spaces within the senior home and on the site of SGV will aim to improve the residents' well-being. The proposal includes to renovate:

- existing dining rooms,
- dead-end corridors (sunrooms),
- porches,
- lounges,
- activity rooms,
- outdoor gardening spaces and
- a sitting room on the second floor.

Figure 62. SGV's
Existing Spatial
Diagram (2019)



Secondly, the main entrance of the existing building (see Figure 59) creates an enclosure for the residents for their safety, respect and privacy consideration. As a family member enters the building, the receptionist welcomes the visitor (Figure 63). The visitor then has to navigate through a series of hallways, elevators and secure doorways to find the senior whom they are visiting. That is why this thesis proposes creating an opening that will allow visitors to establish a visual connection with seniors in-residence. Doing so enhances the connection between generations when a visitor first enters (Figure 64). This opening creates an indoor street, and it is a significant addition to this thesis.



Figure 63. SGV's Receptionist Front Desk (2018)



Figure 64. The New Northern Main Entrance (2020)

Inside the indoor street, at the northern atrium, there is a generous quantity of proposed windows (Figure 65). It creates transparency between residents and visitors (Figure 66), unlike what SGV had before. There is also a skylight in the atrium that permits more light into the indoor street, giving it a sense of an outdoor space. The indoor street also acts as a crucial node to the rest of the senior home facilities. It represents the heart of the senior home, that branches outwards to the rest of the building, connecting every intergenerational shared space. This indoor street will serve as an exemplar of blurring the lines of an institution for this thesis.



Figure 65. The Main Entrance (2020)



Figure 66. The Atrium of the New Main Entrance (2020)

There are proposed wayfinding panels at each of the entrances of the indoor street (Figure 67). Each facility is associated with a colour wayfinding system (Figure 68). Vermillion is green; Whitson is yellow; High Falls is assigned the colour blue; lastly, Whitewater is correlated with white. The colours act as a wayfinding tool for those who do not know where the facilities are located within SGV.

Figure 67. Looking Through The Northern Vestibule and into The Indoor Street (2020)



Figure 68. The Wayfinding Elements (2020)





Figure 69.
The Family Living
Space (2020)

Above the indoor street, on the second floor, is a new family room (Figure 67). Families and friends visiting the seniors in residence have access to this family living space because the hallways and doorways are typically left open (Figure 69). The family living space is proposed to be socially inclusive for intergenerational activity (Figure 70). Playing games, reading, and enjoying the multiple views are some of the activities families and friends can do in this space. The windows (Figure 71) allow the indoor street, the atrium, the skylight, the vestibule, the dining rooms, and the outdoors to be seen from the family room. In this area of the building, transparency is vital for this thesis proposal. As families and visiting friends gaze out from the family room window, it allows them to gain a greater understanding of what the process of ageing implies. They will see seniors in residence eating in their dining rooms, taking a stroll or basking in the sun rays from the skylight.



Figure 70. The
Family Living Space
for Intergenerational
Activity (2020)



Figure 71.
The Multiple Views
and Transparency
of the Family Living
Space (2020)



Figure 72.
The Existing
Exterior Facade
of SGV (2019)



Figure 73.
The Proposed
Exterior Facade
(2020)

Thirdly, SGV's building façade (Figure 72) is also being proposed to undergo renovations. Before Chelmsford's colonization upbringing, there were many trees here that belonged to the Boreal Forest. This area's indigenous trees included white spruce, white birch, balsam fir, balsam poplar, jack pine, trembling aspen, and tamarack. These trees attracted many lumbermen to the area due to the development of the CP railway and the local mines. If it were not for these natural resources, Chelmsford would not have become the town that it is today. Wood is a significant material for Chelmsford. As a result, wood is to be utilized in the new façade (Figure 73), referencing the local materials and history.



Figure 74.
A Series of
Residential Buildings
in Chelmsford,
Ontario (2020)

Additionally, the proposed façade is referencing the local residential buildings (Figure 74). For the past few years, home-owners in Chelmsford have begun renovating their building façades. These upgrades include similar characteristics such as a dark-charcoal panelling, vinyl, stone, cement and wood. For the new façade of the senior home (Figure 75), it should reference similar characteristics of these homes. The proposed façade of SGV, therefore, aims to mimic a home rather than an institutional facility.

Figure 75.
The Proposed
Facade of the Senior
Home (2020)



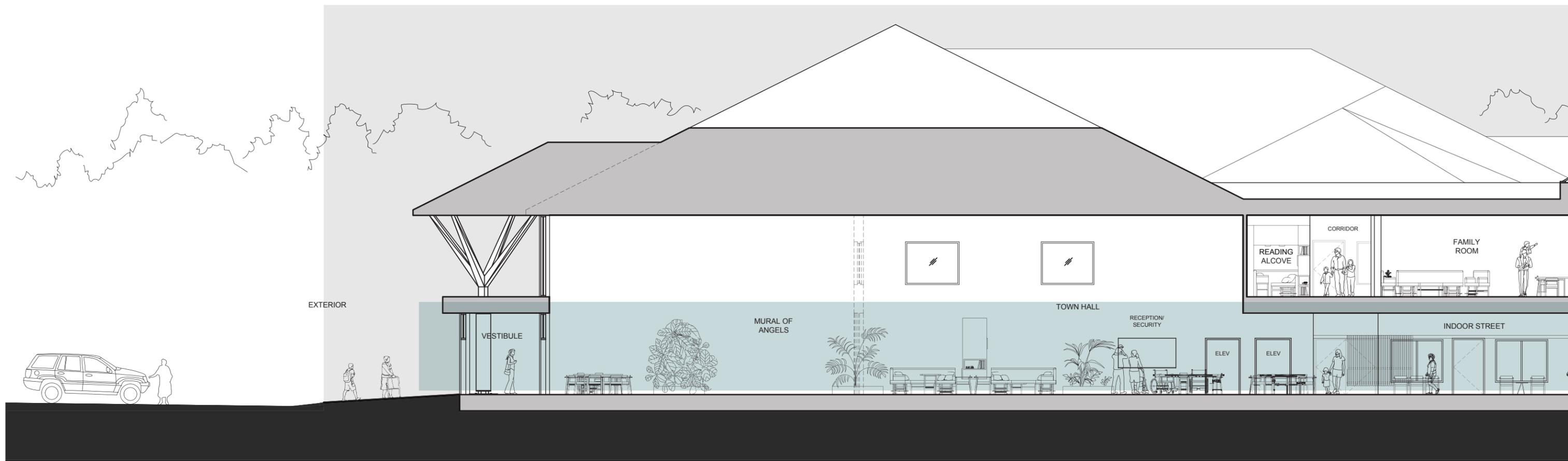
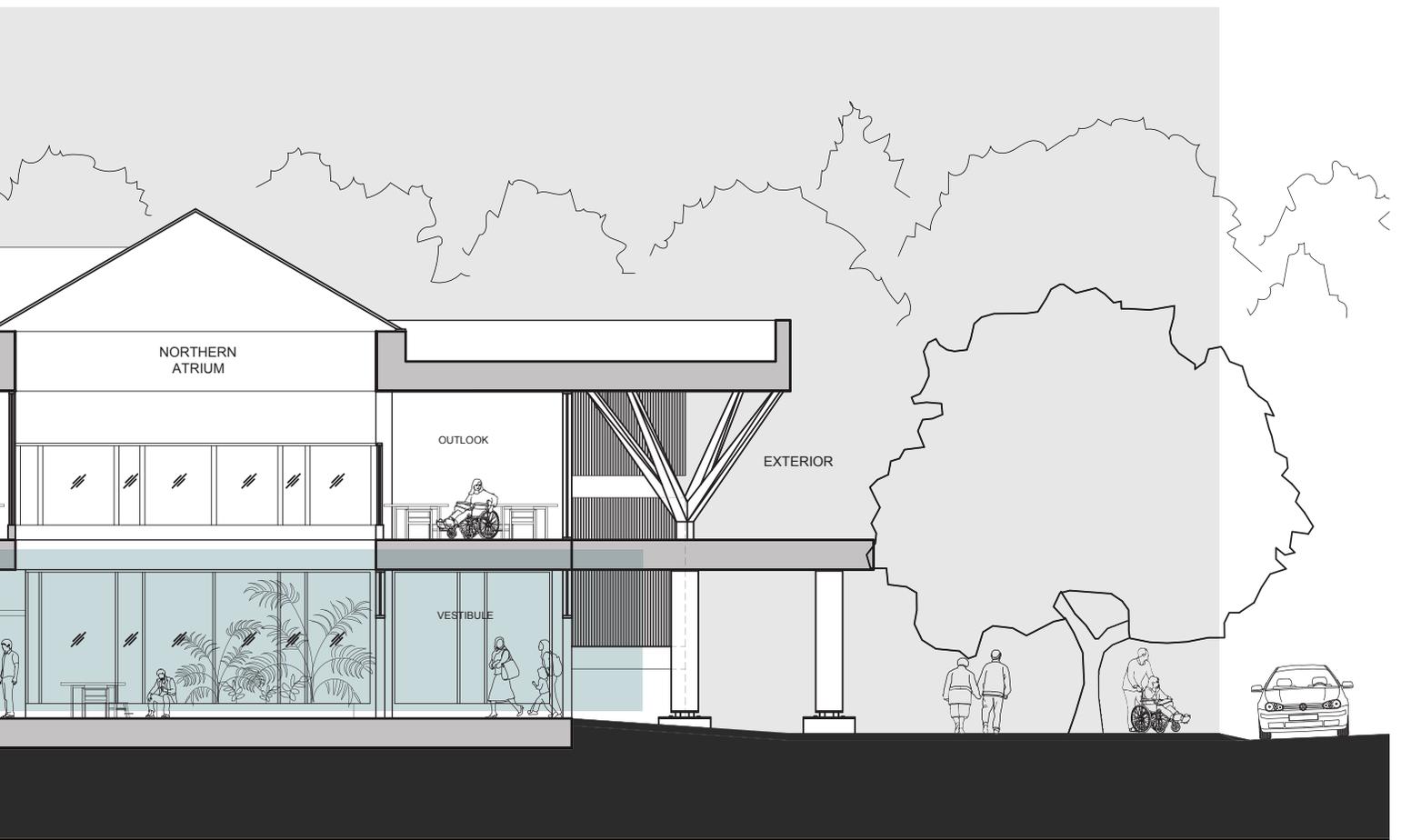


Figure 76.
The Indoor Street
Building Section (2020)

Scale: 1:100
ARCH D Paper Size



Figure 77.
The Indoor Street
Panorama (2020)



To conclude, this thesis proposal allows intergenerational care and activity to occur. With the proposed prototypical intergenerational-contact zones, SGV will be designed for seniors in residence and their visiting families and friends. The purpose of the grand entrances, the indoor street, the family living space and residential façade materials, is to (Figure 76) accommodate seniors in residence, families and visiting friends. The indoor street aims to function as an outdoor public space by adding natural light, plants, flexible furniture, shops, double-height ceilings and a linear pedestrian pathway (Figure 77). During the harsh cold winter months, seniors who wish to go on small outings can use this indoor street to meet and congregate with others in the facility (Figure 78 & 79). The indoor street connects every PICZ. By combining SGV with the PICZ, this thesis proposal aims to eliminate ageing stigmas by increasing the number of intergenerational spaces within a senior home.

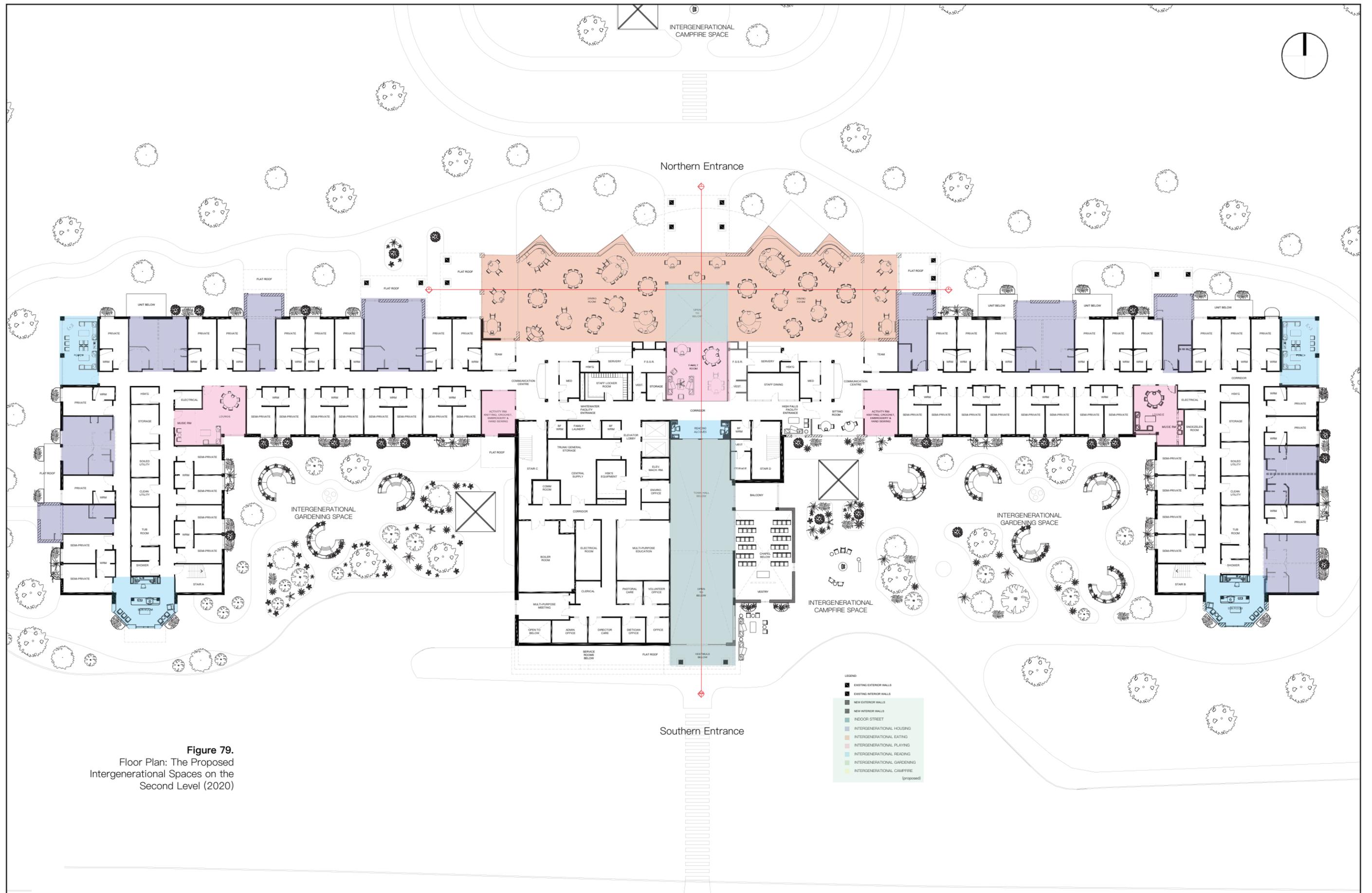


Figure 79.
 Floor Plan: The Proposed
 Intergenerational Spaces on the
 Second Level (2020)

Intergenerational Housing

The first PICZ for the thesis is about housing. SGV currently has two housing options for single residents only. However, what about residents who are married couples, visiting families, or students doing their co-op? Where do they sleep? They will require sleeping accommodations. That is why this thesis proposes introducing three new rental accommodations for seniors in residence, married seniors, families, friends and co-operative students. Renters will be able to choose from one of three new units. Every option is a fully furnished unit with a dresser, a small kitchenette, a full bathroom and laundry machines (see Figure 80). These are private units for families, friends, or students to stay temporarily. This allows visitors to have a place at SGV and spend more time with their loved ones in residence. This housing proposal aims to ensure intergenerational exchanges by letting diverse demographics be a part of SGV, making it an intergenerational village.

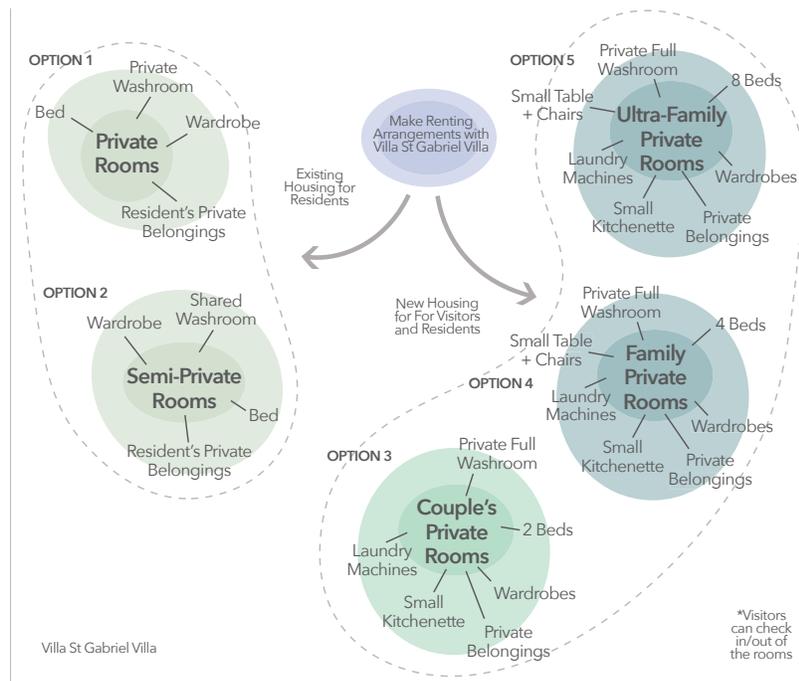


Figure 80.
Spatial Diagram:
Intergenerational
Housing (2020)

Figure 81. The Existing Housing Unit for a Senior in Residence at SGV



The residents' existing units have a bed, a nightstand, a wardrobe, an armchair, a memory box, and a private or semi-private powder room (Figure 81). They are not designed to accommodate visitors, such as large families and friends. The footprint of the rooms is too small for more furnishings. The proposed units are designed to accommodate these necessities.



Figure 82. Floor Plan: Option 3A



Figure 83. Floor Plan: Option 3B



Figure 84. Floor Plan: Option 3C

The proposed third unit has space for up to three people. It is furnished with a queen-sized bed (Figure 83) or a bunk bed (Figure 84) or two twin beds (Figure 85). Thus, these new units vary in furniture to accommodate married couples in residence (Figure 86), or small families or co-op students (Figure 87). Each of these units resembles the style of the existing units, however, these units have been renovated to offer more space for furnishings. These units would have wood flooring, painted drywall, and wood furniture.



Figure 85. A
Proposed Housing
Unit of a Married
Couple in Residence
at SGV (2020)

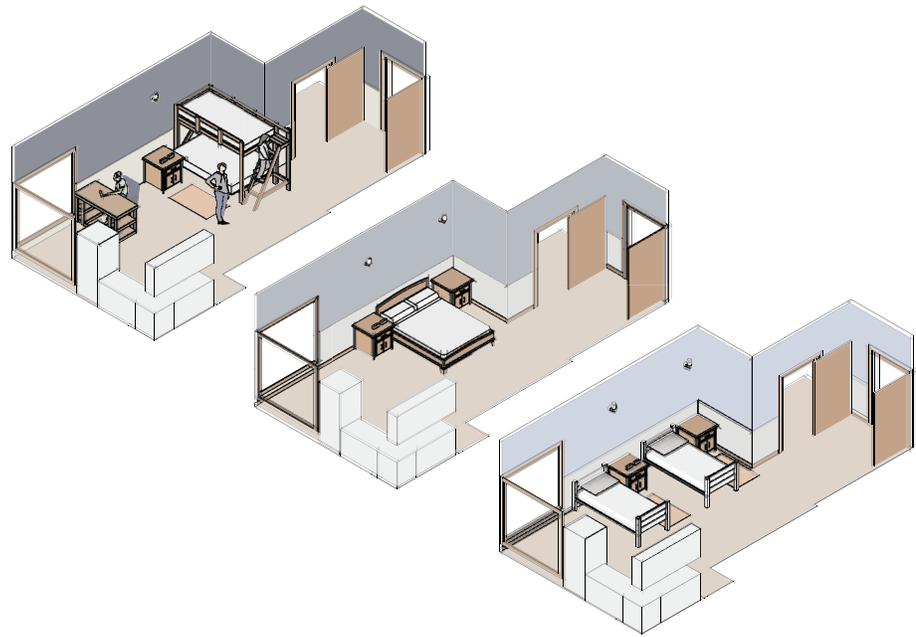


Figure 86. The Variety of Units (2020)



Figure 87. Floor Plan: The Fully Furnished Unit (2020)

These new units transform what used to be two private rooms at SGV for its residents (Figure 88). The fourth housing proposal has sufficient space for a total of five visitors. A queen-sized bunk bed will be provided along with a daybed. This unit (Figure 89) is bigger than the previous option because it is designated for larger groups of families and friends visiting SGV (Figure 90).



Figure 88.
Axonometric
Drawing of the Unit
(2020)



Figure 89.
Fully Furnished Unit
(2020)



Figure 90. Floor Plan: Queen-Sized Bunk Beds and Daybed (2020)

The last housing proposal is the fifth unit. It is the most significant proposed unit at SGV because it is for eight visitors, family members or friends (Figure 91). This unit is furnished with intergenerational furniture, two queen-size bunk beds and a daybed. The furniture is age-friendly and universal (Figure 92) to accommodate various demographics. This thesis proposal incorporates these units in each of the four facilities. As a result, it aims to improve the intergenerational inclusivity within the senior home.



Figure 91. Intergenerational Furniture in The Unit (2020)

Every new unit enables intergenerational care and activity throughout the senior home. Families and friends visiting seniors in residence can have a place to stay temporarily. Married couples in residence are also able to rent a unit together. The rented units also provide additional space for families and friends to gather, talk, play cards or watch TV in privacy. In turn, this promotes intergenerational interaction, care, and activity and ensures that seniors' passing of knowledge exchanges with the younger generations. Thus, it is essential that the new SGV intergenerational building incorporates housing for their families and visiting friends.

Intergenerational Eating

Across the globe, food has united friends, families and communities together. When it comes to eating, sharing a meal with others, can enrich their experience. Currently, the senior home has a cafeteria system where no resident or visitor can access. They also cannot access the service rooms near the elevators, where the food is prepared. From the service rooms to the servery (cafeteria), to a cart, the nursing staff then distributes the meals to their residents' tables (Figure 93).

Each existing dining room has eight tables. These tables only accommodate up to four out of a total of 32 residents, however, what about the families or friends visiting the senior in residence for dinner? Where do they sit at the table? What if people from the local community wanted to visit a loved one for dinner? Typically, at SGV, visitors joining for breakfast, lunch, and dinner sit apart from the table because the tables are too small for them to put their feet under the table. My family and I have personally experienced these moments many times and watched my grandmother eat her meals. She was very selective about what she ate, but due to her diet and SGV's food selections, she had no choice but to eat what was available to her. The food changes every day in weekly intervals for residents to have variety, however, what if the visitors brought and cooked food with the resident? What if they could eat together at a larger table? That is why this thesis is proposing larger tables and intergenerational kitchens.

My grandmother would make the most delicious homemade barley soup, however, after she moved into SGV, she was not permitted to use a kitchen and cook. This unfortunate circumstance made my grandmother inactive, and she felt disconnected from her family because she could not teach us anything anymore. As a result, it is imperative to offer new conditions where there is a program that allows visitors to cook and eat with seniors in residence.



Figure 92. A Typical Dining Room of SGV (2018)

In SGV, this thesis proposes to renovate and enlarge each of its dining rooms. The plan is to incorporate new intergenerational dining tables and kitchens. There is at least one intergenerational kitchen to wash, prepare, cook and bake the food (Figure 94) in an SGV dining room. Access to beverages and a place to return soiled dishes is situated near the servery. The proposed dining tables should accommodate the residents and their visitors. Every kitchen and dining table is custom-designed for the seniors in residence, visiting families and friends, making them age-friendly and intergenerational. It allows seniors in residence to have the freedom to cook and share meals with their visitors. This design strategy ensures that visitors of any age have access to multiple kitchens, even children as young as two. Thus, intergenerational families will be able to prepare, cook and share meals amongst themselves.

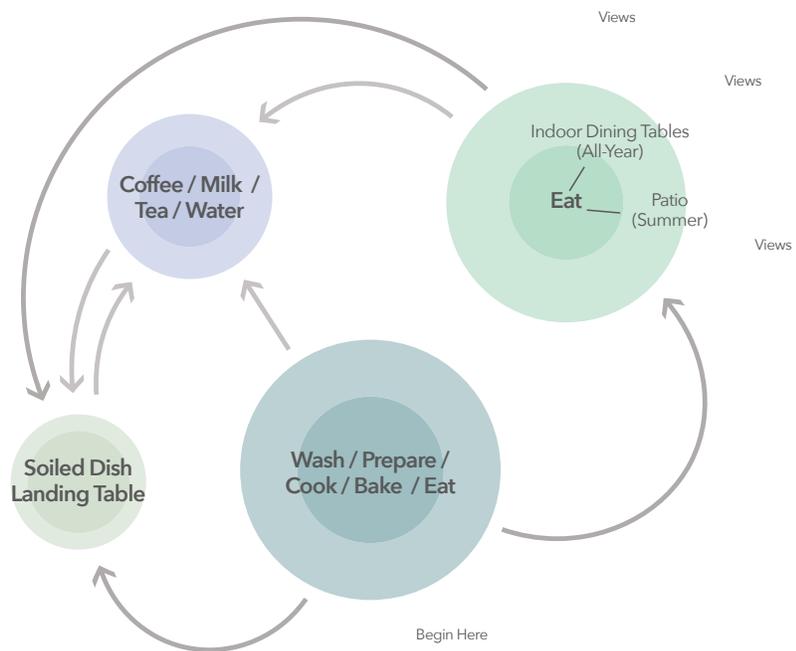


Figure 93. Spatial Diagram: Intergenerational Eating at The Dining Rooms (2020)

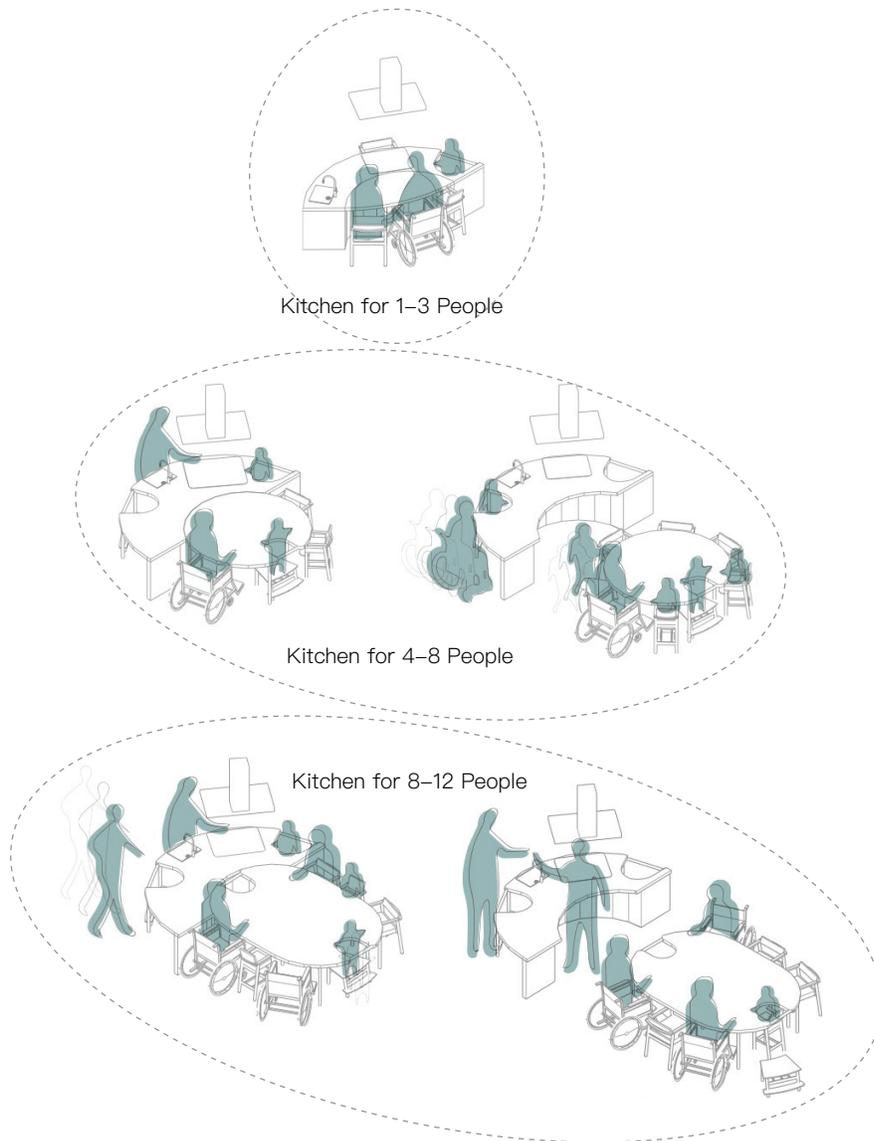


Figure 94.
Axonometric
Drawings: The
Intergenerational
Kitchens and Dining
Tables (2020)

There are three types of intergenerational kitchens for different families and friends (Figure 95). Each kitchen varies in size, has a universal design and intergenerational attributes (Figure 96). The smallest kitchen intends to be for three people to use and share concurrently. The other kitchen also has similar qualities, however, it is slightly bigger to accommodate four to eight people rather than just three people. The third and last intergenerational kitchen will fit up to twelve people for larger gatherings or special events. If families and friends visiting want to expand the kitchen and dining table to make more room for people, the table can be pulled out of the kitchen (Figure 97). These kitchens increase the chances for seniors in residence to practice generativity. There are stools and high chairs designed for children to fit into the custom-designed kitchens and tables (Figure 96). Maintaining face-to-face interaction throughout the process is essential. This is why the kitchen and tables are circular to maintain face-to-face interaction (Figure 98). As a result, seniors in residence, children of visitors can prepare and share a meal while maintaining a strong visual connection.

Cooking

Dining

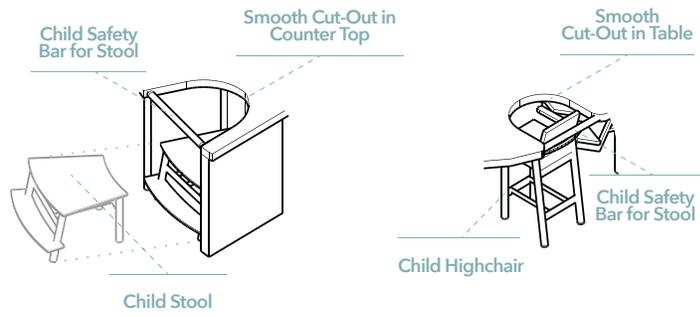
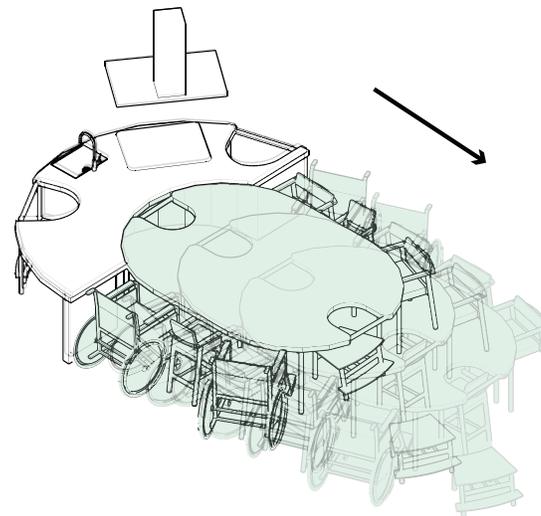
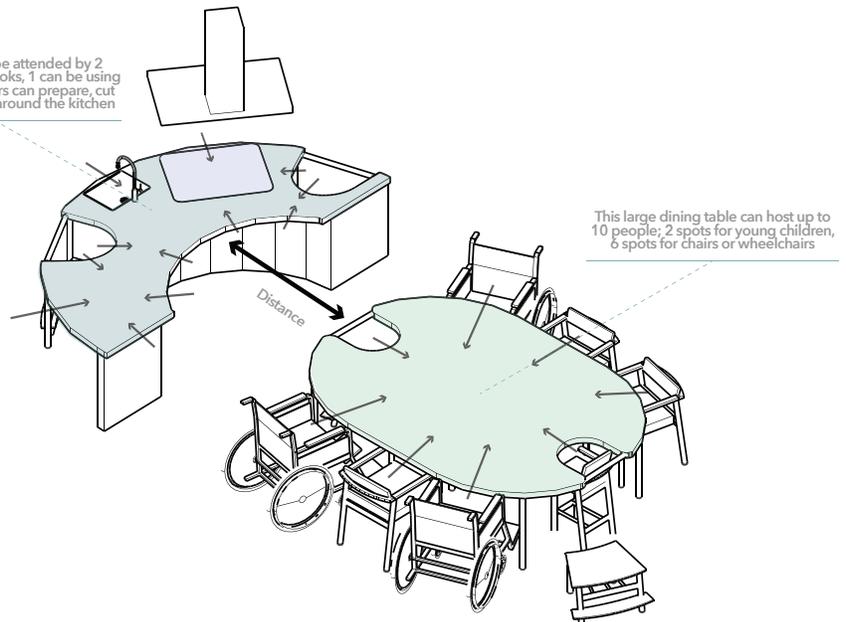


Figure 95.
Cooking and Dining
Intergenerational
Attributes (2020)

Figure 96.
Intergenerational
Kitchens and Dining
Table Flexibility
(2020)



This kitchen can be attended by 2 young children, 2 cooks, 1 can be using the sink and 4 others can prepare, cut or simply socialize around the kitchen



This large dining table can host up to 10 people; 2 spots for young children, 6 spots for chairs or wheelchairs

Figure 97.
Kitchens and Dining
Tables Face-to-
Face Interactions
(2020)

The intergenerational dining tables are custom-designed to accommodate toddlers, children, teenagers, adults and seniors (Figure 99). Four new proposed dining tables differ in size to accommodate various intergenerational groups (Figure 100). The tables are wheelchair accessible, have a designated space for young children and allows face-to-face interaction. Integrating these tables into the senior home allows for the spontaneity of intergenerational groups to intermingle. Hypothetically, the generous amount of seating would allow for spontaneous gatherings.



Figure 98. The Family at The Intergenerational Table (2020)

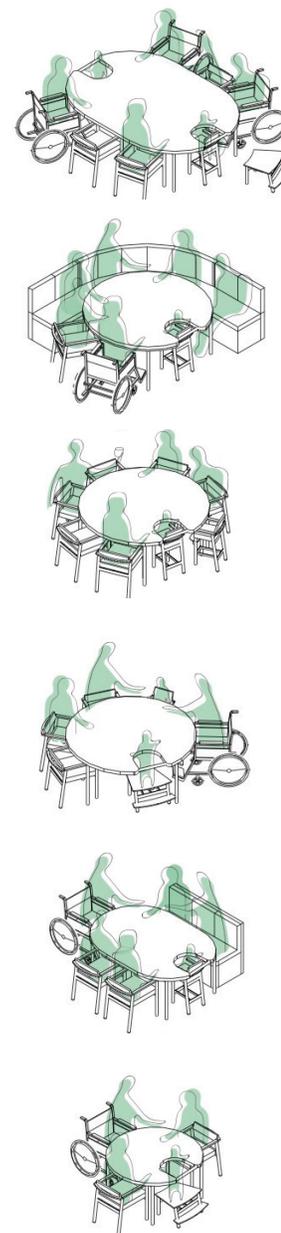
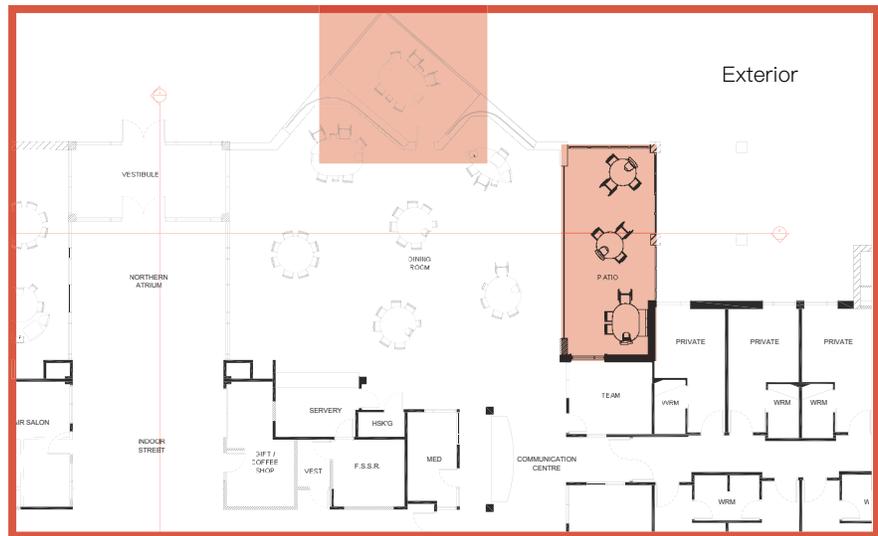


Figure 99. The Variety of Types of Intergenerational Tables (2020)

Figure 100. Floor Plan: Vermillion Dining Hall and Patios (2020)



At the Vermillion dining room, the residents' main focus is having an apparent connection with nature. Studies have shown that "nature often provides a calming effect for individuals with dementia."⁷⁷ That is why this thesis proposes that the Vermillion dining room includes two outdoor dining spaces. The integration of these outdoor spaces aims to immerse seniors into nature (Figure 101). The northern patio surrounds itself with plants and has plenty of room for a sizeable intergenerational table (Figure 102). East of the dining room, there is another patio (Figure 103) that is screened-in to extend the usage throughout the year (Figure 104). The landscape, outdoor views, and new patios of this dining room are all new attributes that aim to improve the original space that seniors in residence were given (Figure 105).

Figure 101. Vermillion Outdoor's Patio (2020)



77. Cate McCarty, "The Benefits of Access to the Great Outdoors for Those with Dementia," accessed July 6, 2020, <https://balance.hcr-manorcare.com/blog-posts/the-benefits-of-access-to-the-great-outdoors-for-those-with-dementia/>.



Figure 102.
The New Exterior
of the Dining Patios
(2020)

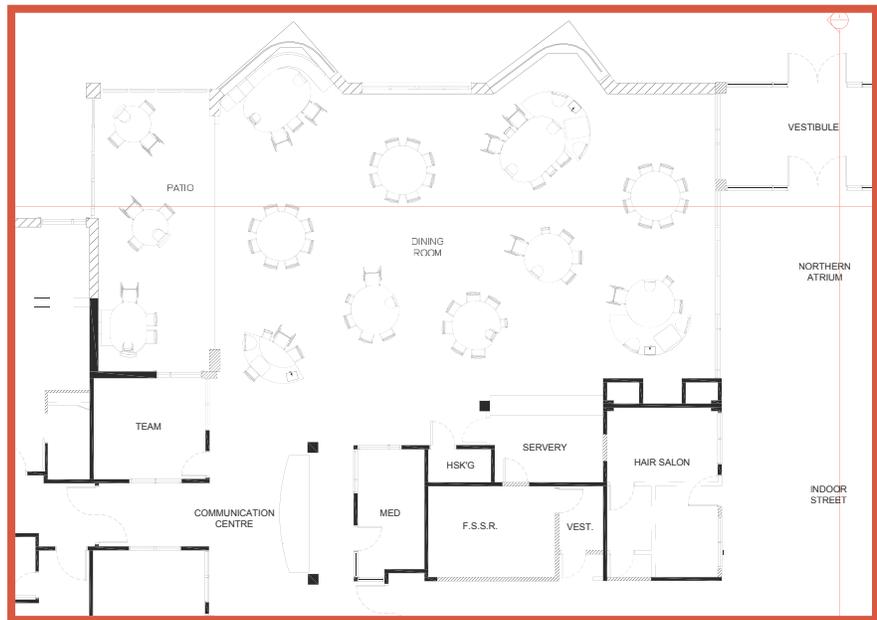


Figure 103.
The Interior of a
Typical Dining Patio
(2020)

Figure 104.
Exterior Views from
The Dining Patio
(2020)



Figure 105. Floor Plan: Vermillion Dining Hall and Patios (2020)



This next dining room was adjacent to the Vermillion dining room, but now it is adjacent to the indoor street (Figure 106). It allows visitors who are walking in the indoor street to see seniors eating as if they are walking into a restaurant. The Whitson dining room contains a total of 3 kitchens and 13 intergenerational dining tables. There are 100 seats available for seniors in residence, families, and visiting friends in this dining room. Sixteen spaces are also available for children in stools or high chairs. Each of the remaining ten tables offers 1 or 2 spaces for young children. The theme in this dining room is physical activity. All of the three kitchens aim to encourage residents to practice hand and arm mobility with their families and visiting friends (Figure 107). At the dining tables, continuing to promote this type of physical activity amongst seniors, adults and seniors who wish to play card games, play bingo, or paint together, can do so using the adult tables suitable for those activities.

Figure 106. The New Typical Intergenerational Kitchen (2020)





Figure 107.
The Whitewater and High Falls Dining Room Bridge (2020)

The following dining rooms on the second floor connects with a bridge (Figure 108). On each floor, the existing dining rooms are adjacent to each other, but they are separated using a temporary wall system (see Figure 93). For this thesis proposal, the Whitewater and High Falls dining room (Figure 109) connect with a bridge that views the indoor street (Figure 110). The bridge is above the new northern vestibule. As visitors make their way into the senior home, seniors in residence can establish a visual connection. As a result, this generous amount of glazing provides optimal visual connections with the indoor street, the family room, outdoor views, and all dining rooms (see Figure 71).

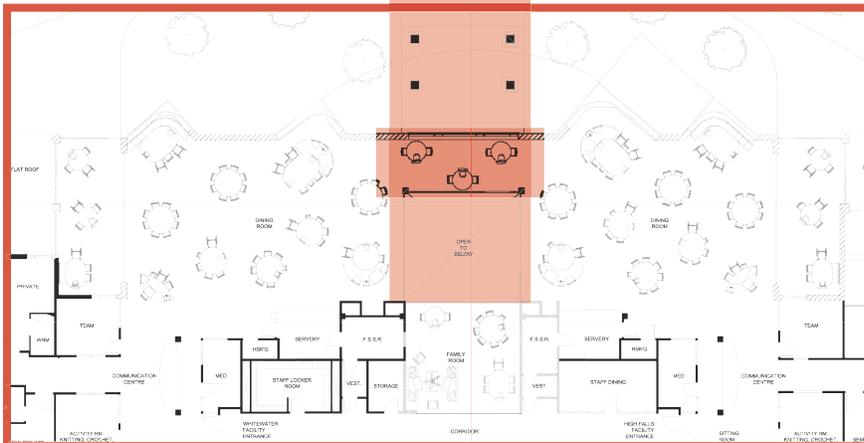


Figure 108.
Floor Plan:
Intergenerational Whitewater and High Falls Dining Rooms and Patios (2020)



Figure 109.
Indoor Views from
The New Dining
Rooms of SGV
(2020)

Overall, this thesis proposes to renovate each of the dining rooms and transform them into intergenerational dining rooms (Figure 110). Each dining room is unique to its facility. (Vermillion, Whitson, Whitewater and High Falls). As a result, the intergenerational dining rooms suit the seniors' specific needs in residence (Figure 111).



Figure 110.
The New Typical
Intergenerational
Dining Room of SGV
(2020)

Figure 111. A Family
at The Large
Intergenerational
Dining Booth Table
(2020)



Intergenerational Playing

The best motivation to stay active is through social engagement. The Theory of Activity suggests that people participate in social activities because there are typically positive outcomes. This is why an intergenerational play intervention for this thesis would have a favourable outcome amongst residents. At SGV, there are two existing spaces in each facility that is designed for playful activities. Every activity room is utilized to make art and crafts with storerooms for supplies. There is also a lounge in each of the facilities (Vermillion, Whitson, Whitewater and High Falls) to watch TV or do puzzles. This thesis proposes that activity rooms and lounges undergo renovations to create a more suitable and focused intergenerational play environment. As a result, these proposed intergenerational playrooms offer playful activities for seniors in residence and their visiting family and friends.

The activity rooms and lounges in each of these facilities require renovations, intergenerational furniture, and an interior design transformation. These new intergenerational play spaces include activity rooms that focus on arts and crafts and lounges that focus on playing music and games. The activity rooms and lounges reflect seniors' social and physical needs. For example, the Vermillion facility is suited for those who have dementia. The Whitson facility is for bariatrics and offers intergenerational play spaces to foster physical activities. The Whitewater and High Falls facilities offer intergenerational activities for various seniors' social and physical needs. All demographics are encouraged to participate in playful activities resulting in a positive intergenerational outcome.

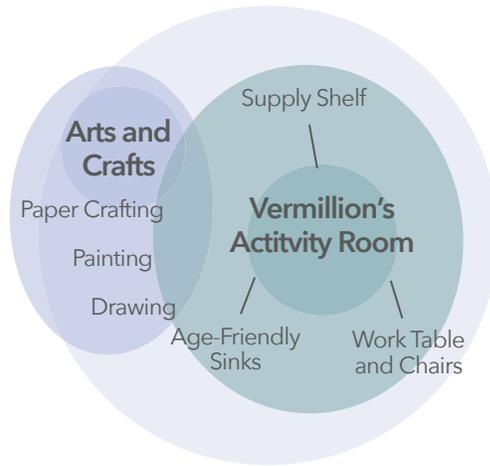


Figure 112.
Spatial Diagram:
Intergenerational
Arts and Crafts
at the Vermillion
Facility (2020)

In the Vermillion facility, residents have dementia, and painting is a crucial activity for them. It is suitable for their health because painting stimulates them, puts them into a good state of mind and brings them joy. As a result, the new arts and crafts room in the Vermillion is proposed for intergenerational painting, drawing, and papercraft activities (Figure 113).

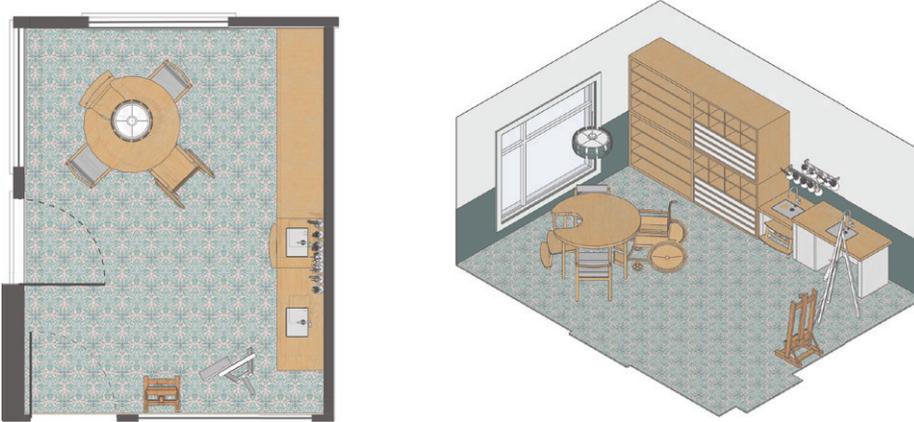


Figure 113. Floor
Plan: The Proposed
Vermillion Activity
Room (2020)

Figure 114.
Axonometric
Drawing: The
Proposed Vermillion
Activity Room

This activity room includes intergenerational custom-designed furniture and fixtures such as sinks, a working table, a countertop, a few easels, and an ample supply shelf (Figure 114). The room has tile flooring, white coloured washable walls, a white ceiling, three windows, and a stable door (Figure 115). With this amount of light and supplies, intergenerational groups can paint, draw, and make crafts on the working table. This room also has another door to the intergenerational gardens, which is accessible with a code. With these views to the outdoors, dementia care residents and their visiting family and friends can immerse themselves and gain inspiration from nature (Figure 116).



Figure 115.
The Proposed
Vermillion
Intergenerational
Activity Room
(2020)

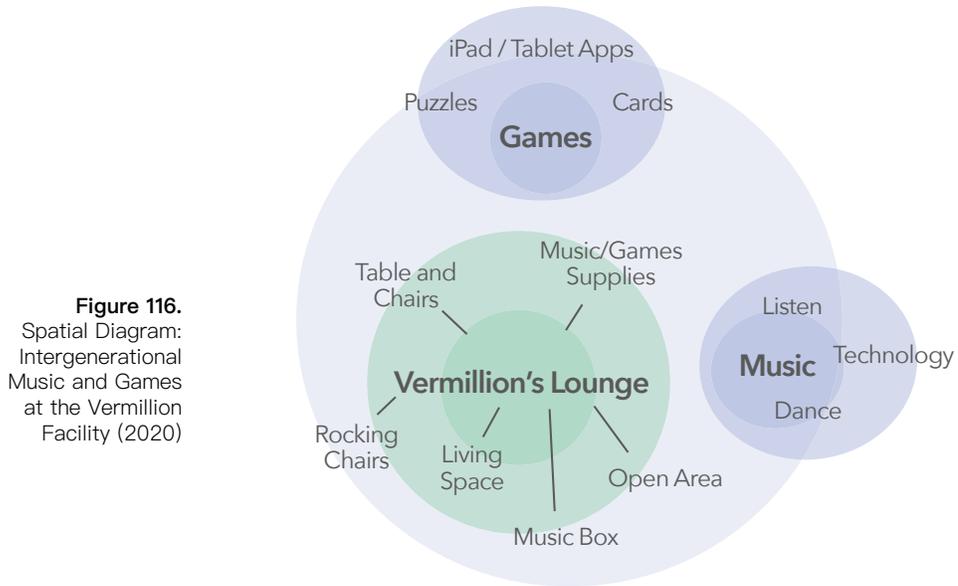


Figure 116.
Spatial Diagram:
Intergenerational
Music and Games
at the Vermillion
Facility (2020)

The following transformation is of the Vermillion lounge. This thesis proposes implementing games and music-related activities into this lounge for the seniors in residence, visiting families, and friends (Figure 117). On the shelf, there are puzzles and board games that intergenerational groups can use. This lounge includes a sliding wood panel, space to dance, seating to play and listen to music (Figure 118). Initially, this lounge had a wall that enclosed the room from the adjacent hallway. The only way to enter the room was by using a barrier-free door, however, this thesis proposes to remove the wall and replace it with a sliding wood panel. It allows the lounge to expand, remain open and accessible at all times (Figure 119). When the wood panel is closed, natural lighting will filter through the panel and into the hallway. Sounds and music will also filter the wood panel and resonate throughout the facility, attracting wandering seniors into the lounge (Figure 120).

Figure 117. Floor
Plan: The Proposed
Vermillion Lounge
Room (2020)

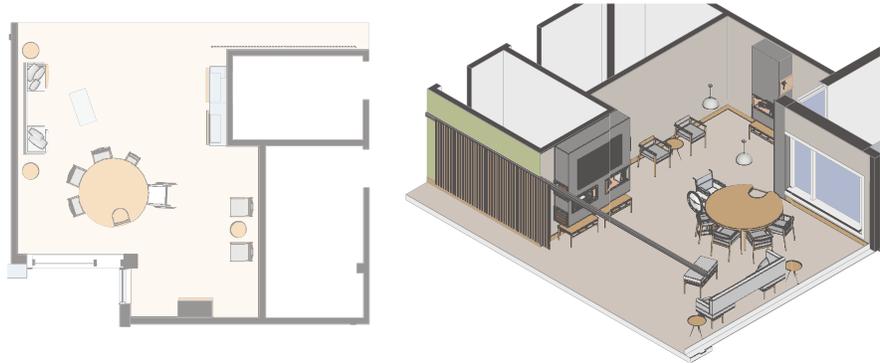


Figure 118.
Axonometric
Drawing: The
Proposed Vermillion
Lounge Room
(2020)

Figure 119.
The Proposed
Vermillion
Intergenerational
Lounge Room
(2020)





Figure 120.
Spatial Diagram:
Intergenerational
Arts and Crafts at
the Whitson Facility
(2020)

At the Whitson facility, the goal is to keep seniors in-residence physically active. In the Whitson arts and crafts room, the activities are physically inductive, such as light woodworking, carving miniatures, and pottery (Figure 121). The optimal working space requires cement flooring, white walls, a stable door, and a garage door to expand the space outdoors for ample natural light (Figure 122). The intergenerational furniture and fixtures consist of a working table, a pottery station, storage shelves, stools and an industrial sink (Figure 123). Due to the physically inductive activities, this space will require a buddy-system regulation that will only allow for more than two persons to work together concurrently. As a result, it ensures intergenerational activity, thus, encouraging seniors to pass their crafty knowledge to their family or visiting friends (Figure 124).

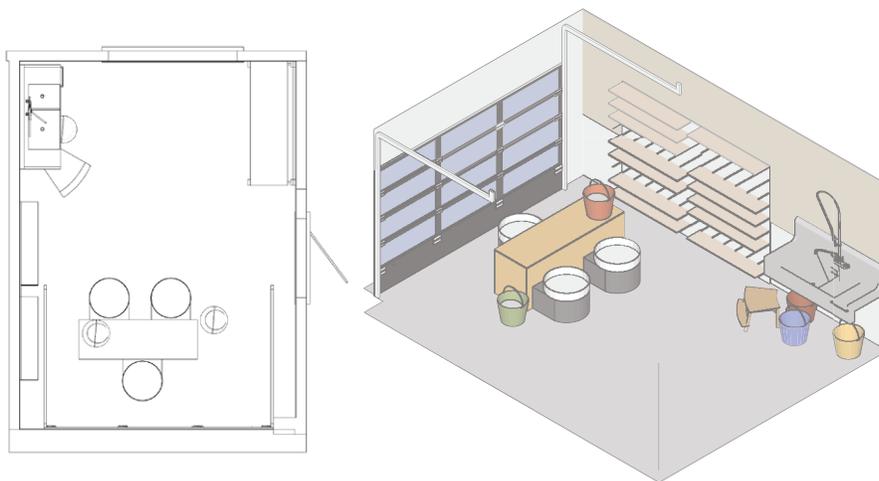


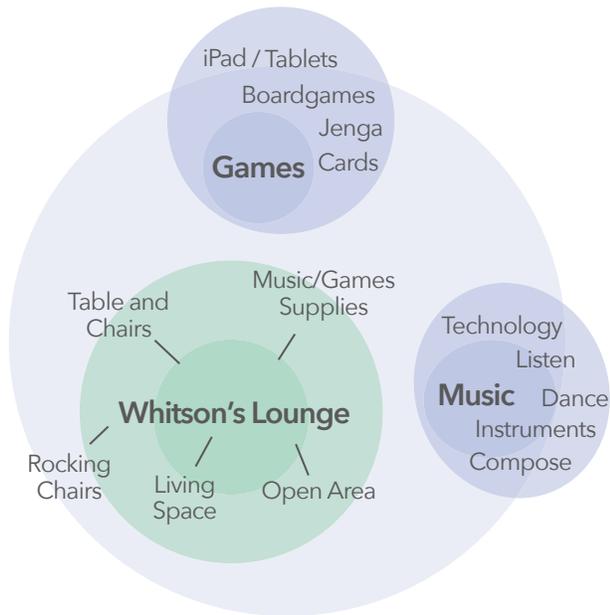
Figure 121. Floor
Plan: The Proposed
Whitson Activity
Room (2020)

Figure 122.
Axonometric
Drawing: The
Proposed Whitson
Activity Room
(2020)



Figure 123.
The Proposed
Whitson
Intergenerational
Activity Room
(2020)

Figure 124.
Spatial Diagram:
Intergenerational
Music and Games at
the Whitson Facility



The following proposal renovates the lounge in the Whitson facility. It also induces physical activity (Figure 125). Here, seniors in residence, visiting families and friends have more space to move, dance, play active video games and play instruments (Figure 126). In particular, this space requires wood flooring, an acoustical ceiling system, and the soundproofing of walls (Figure 127). The equipment includes a projector screen, speakers, an electronic hub, shelving and a small music stage (Figure 128). The activities relating to this space are playful and promote intergenerational exchanges and active participation, thus, encouraging seniors in residence, families or visiting friends to utilize this room with intergenerational intentions.

Figure 125.
Whitson
Intergenerational
Lounge for Music
and Games (2020)

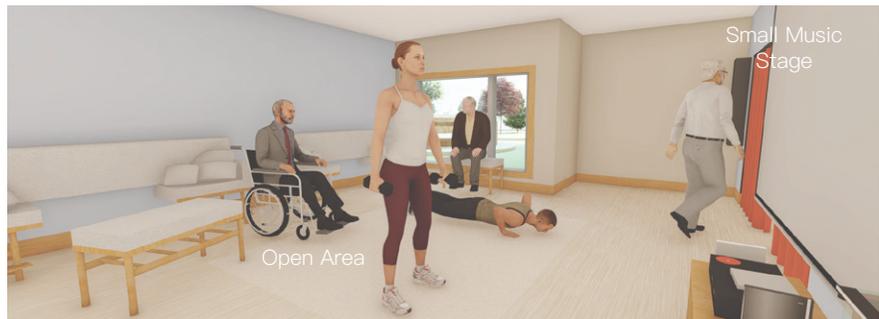


Figure 126.
Floor Plan: The
Proposed Whitson
Intergenerational
Lounge for Music
and Games (2020)



Figure 127.
Axonometric
Drawing: The
Proposed Whitson
Intergenerational
Lounge for Music
and Games (2020)





Figure 128.
Spatial Diagram:
Intergenerational
Arts and Crafts at
the Whitewater and
High Falls Facility
(2020)

The Whitewater and High Falls facilities have seniors in residence who do not have any specific illnesses. For this thesis proposal, the activity rooms have a generic family room layout. The room is warm and inviting because it creates a familiar home-like setting for its occupants. It has wood flooring, light blue walls, white-trimmed walls, a white ceiling, a stable door and a large window. Seniors in residence, families and visiting friends can take ownership of this room and re-arrange it as they see fit. These spaces are for beadwork, crochet, embroidery, cross-stitching and sewing (Figure 129). There is storage shelving for all these crafts listed above (Figure 130 & 31). As a result, these rooms aim to foster the sharing of knowledge and pass down these crafts to visiting families and friends (Figure 132).

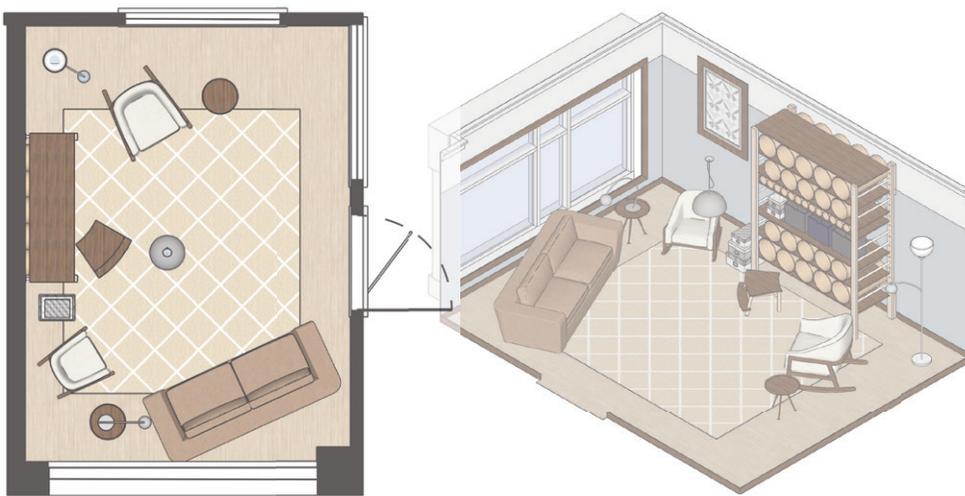


Figure 129.
Floor Plan:
Whitewater
and High Falls
Intergenerational
Activity Room
(2020)

Figure 130.
Axonometric
Drawing: Whitewater
and High Falls
Intergenerational
Activity Room
(2020)



Figure 131.
Whitewater
and High Falls
Intergenerational
Activity Room
(2020)

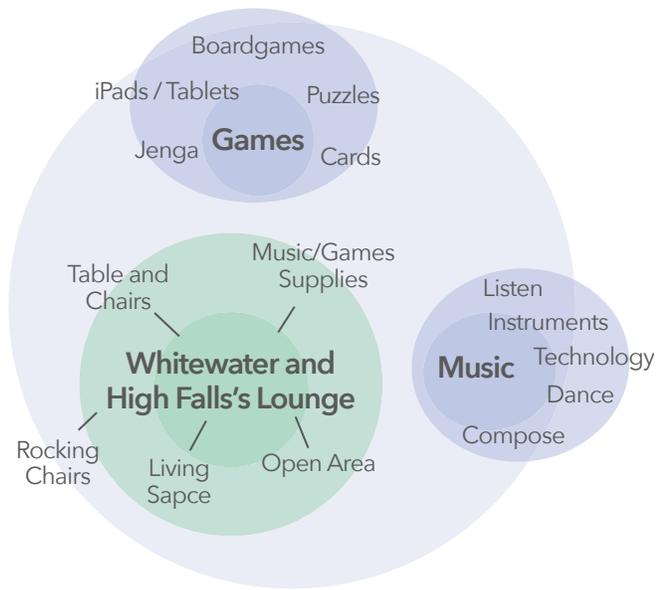


Figure 132.
Spatial Diagram:
Intergenerational
Music and Games at
the Whitewater and
High Falls Facility
(2020)

The following lounges of these facilities will undergo renovations to promote intergenerational interaction for this thesis. It proposes to foster intergenerational activities such as playing games and music. These rooms have tables, chairs, a living space, an open area, music and game supplies (see Figure 133). These rooms have wood flooring, light brown walls, an accent turquoise wall, wood-trimmed walls, white ceiling, doors and a large window (Figure 134 & 135). As an outcome, this design proposal aims to encourage and promote intergenerational play in the Whitewater and High Falls lounges (Figure 136).

Figure 133. Floor
Plan: Whitewater
and High Falls
Intergenerational
Lounge (2020)



Figure 134.
Axonometric
Drawing: Whitewater
and High Falls
Intergenerational
Lounge (2020)

Figure 135.
Whitewater
and High Falls
Intergenerational
Lounge (2020)



Intergenerational Reading

Reading is a great way to gain new perspectives, learn new things and bring a sense of adventure into our lives. It also improves the mind and memory, regardless of someone's age. At SGV, this thesis proposes incorporating intergenerational reading spaces within the facilities (Vermillion, Whitson, Whitewater and High Falls) because it will allow the generative seniors the opportunity to teach and read to the younger generations. All the while, also giving seniors a sense of purpose (ikigai).



Figure 136. (Left)
SGV Dead End
Corridor (2020)

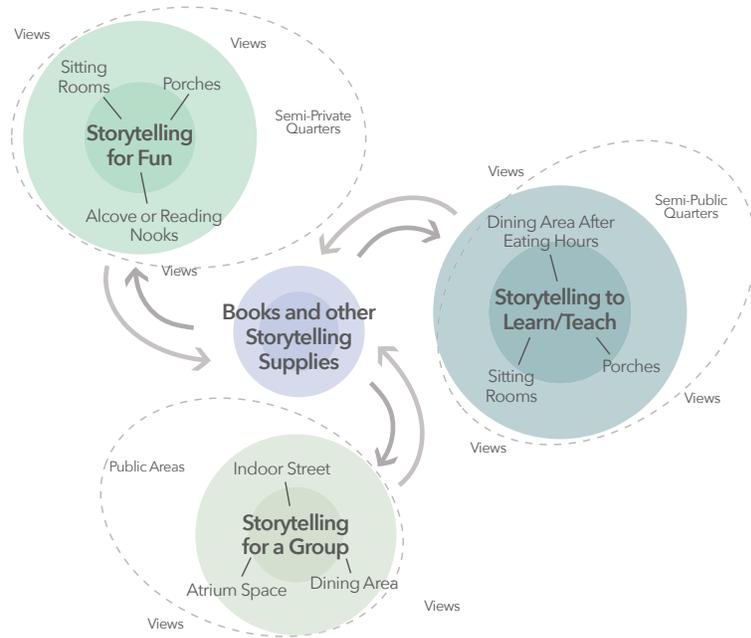
Figure 137. (Right)
Existing Porches of
SGV (2019)



Figure 138.
Sitting Room in SGV
(2018)

At SGV, there are currently no designated reading spaces, however, there are many sitting rooms. This thesis proposes transforming these sitting rooms into intergenerational reading spaces for the seniors and their visiting families and friends. These sitting rooms encompass every dead-end corridor (Figure 137), porch (Figure 138) and sitting room in each of the facilities (Figure 139). The proposed intergenerational reading spaces of the sitting rooms vary in scale to accommodate different intergenerational groups (Figure 140). With this design proposal, SGV residents and visitors would have a variety of these types of spaces to improve their minds and memories.

Figure 139.
Spatial Diagram:
Intergenerational
Reading (2020)



Typically, reading requires a person to sit down on a surface, utilize a table or other means to support their arms that then support the book. For an intergenerational reading space, it requires more than just a good chair and a table. The proposed reading spaces and nooks provide an intimate space for intergenerational groups to read concurrently (Figure 140). All intergenerational reading nooks have customized-designed furniture to ensure that everyone's needs are met (Figure 41). In these nooks, there are stools for children, high sofas for children, and a bench for adults. The furniture can be moved around to better suit intergenerational groups' needs. As a result, the intergenerational reading spaces become an excellent place for seniors of SGV to gather, read and practice memory activities with their visitors.

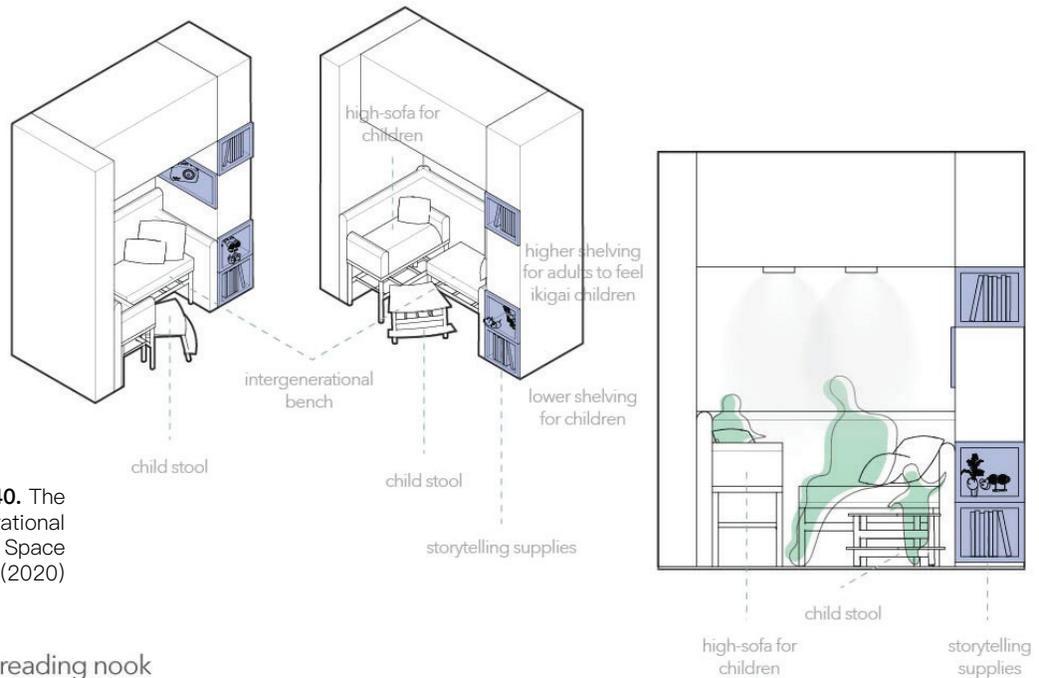


Figure 140. The
Intergenerational
Reading Space
(2020)

At the dead-end corridor, this thesis proposes to expand the space and transform it into a sunroom (Figure 142). Currently, these spaces in SGV only have armchairs facing a flat window (see Figure 137). This is why this design proposal transforms each of the spaces into a sunroom that encourages reading activities. The sunrooms' proposal has an intergenerational reading nook (see Figure 41), furniture, bookshelves and an artificial fireplace. Hypothetically, everyone wandering within SGV's corridors will eventually make their way into this sunroom. It aims to motivate residents and visitors to pause, sit, chat and read together (Figure 143).

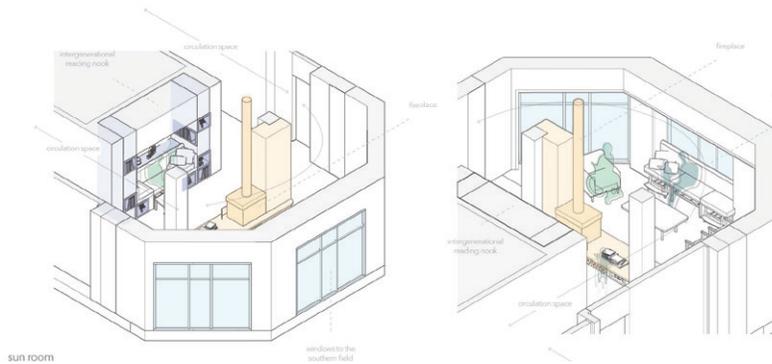


Figure 141. Axonometric Drawings: The New Intergenerational Sunrooms for SGV (2020)



Figure 142. The New Intergenerational Sunroom for Reading and Socializing (2020)

The following intergenerational reading intervention is of the East and West porches at SGV. Each facility has a porch for its residents. For this thesis proposal, the porches will not undergo any significant renovations, however, the proposal does reconstruct the porches with new materials, adds new furniture and adds a new screened-in system to prevent insects from entering the porch (Figure 144). The new tables, chairs and bookshelves are all custom-designed intergenerational furniture. Hence, the proposal for these porches offers new ways for intergenerational groups to enjoy fresh air from the outdoors while still being able to play, read and talk comfortably (Figure 145).

Figure 143. Axonometric Drawings: Screen-in All Season Porch (2020)

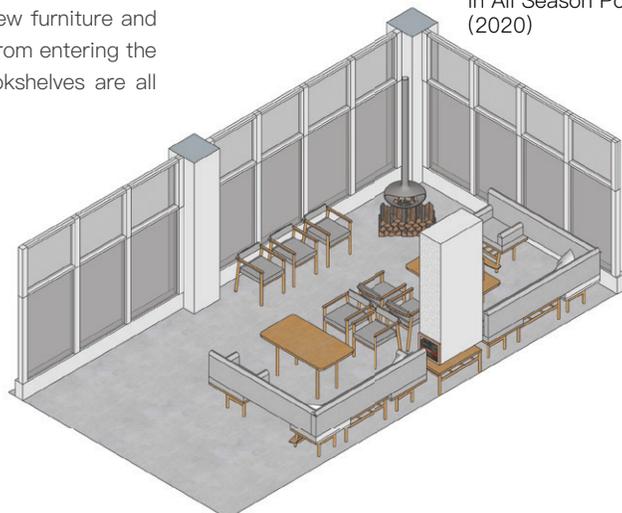


Figure 144. Screen-in All Season Porch (2020)



In this thesis, the existing sitting room on the second floor (see Figure 139) transforms into an intergenerational reading space (Figure 146). The original space only offered a place to sit, however, the new proposal for this sitting room is much more than just a place to sit and stare into the town hall. The intergenerational reading nooks are inserted into this space to foster small intergenerational groups to read together. As a result, this intergenerational reading space aims to bring meaning and worth to the seniors' experience living in a long-term care facility (Figure 147).

Figure 145.
Axonometric
Drawings:
Intergenerational
Reading Space of
the Existing Sitting
Room of SGV
(2020)

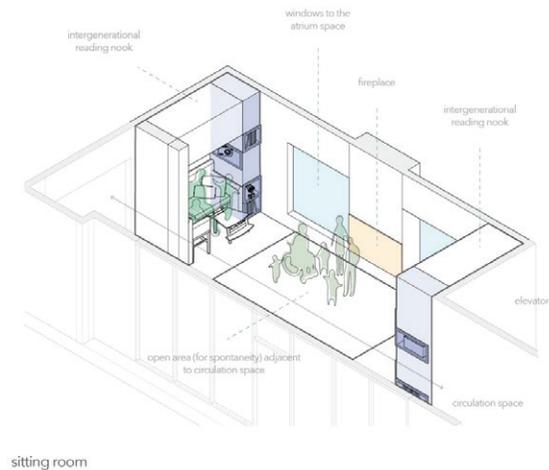


Figure 146.
Proposed
Intergenerational
Reading Nooks in
the Existing Sitting
Room (2020)



Intergenerational Gardening



Figure 147. The Existing Gardens of SGV in the Summer (2019)



Figure 148. The Existing Gardens of SGV in the Winter (2020)

Currently, SGV has two garden spaces that the staff and residents can access from inside the building (Figure 148), however, no matter the season, external visitors coming to SGV, cannot access the gardens (Figure 149). It is enclosed for safety reasons, but this creates a barrier. This is problematic for this thesis' proposal because of the principles surrounding inclusivity. Thus, to fully have inclusivity, barriers like fences need to be blurred and removed. As a result, it leaves more opportunities for visitors and seniors to interact spontaneously and garden together (Figure 150).



Figure 149.
The New
Intergenerational
Garden (2020)

What does an intergenerational garden look like if it was designed to fit the demographic's needs? Would children and seniors be able to garden together concurrently? The proposal includes gardens with a compost system, water, rain collectors, seating areas, intergenerational planters, and a pavilion garden shed for the equipment (Figure 151).

Figure 150.
Spatial Diagram:
Intergenerational
Gardens (2020)

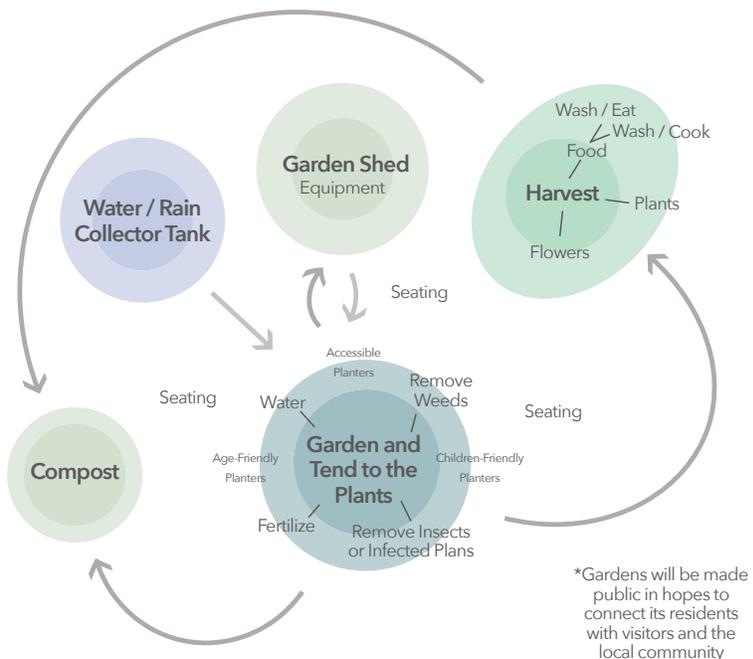




Figure 151. A Child Gardening with a Seniors in Wheelchairs (2020)

Tending to gardens can be labour-intensive and cause fatigue. This is why the intergenerational gardens proposal includes intergenerational planters. Regardless of age, the intergenerational planters allow face-to-face interaction while gardening with seniors in residence, visiting family and friends (Figure 152). These planters are custom designed to fit the needs of all demographics. They are thoughtfully age-friendly and universal. Children can walk up the small set of stairs and a garden in a standing position with a senior. Seniors who are in wheelchairs can garden across from the children (Figure 153) because the planters are universal (Figure 154). Its age-inclusive design and barrier-free principles allow people to garden in a purposeful way. It aims to provoke generativity because children can learn from seniors, as well as receive a greater understanding and respect for seniors (Figure 155), all the while creating a positive intergenerational interaction through gardening. As a result, these gardens make gardening less labour-intensive and more inclusive for visitors to garden with seniors in residence.



Figure 152. A Wheelchair Accessible Planter (2020)

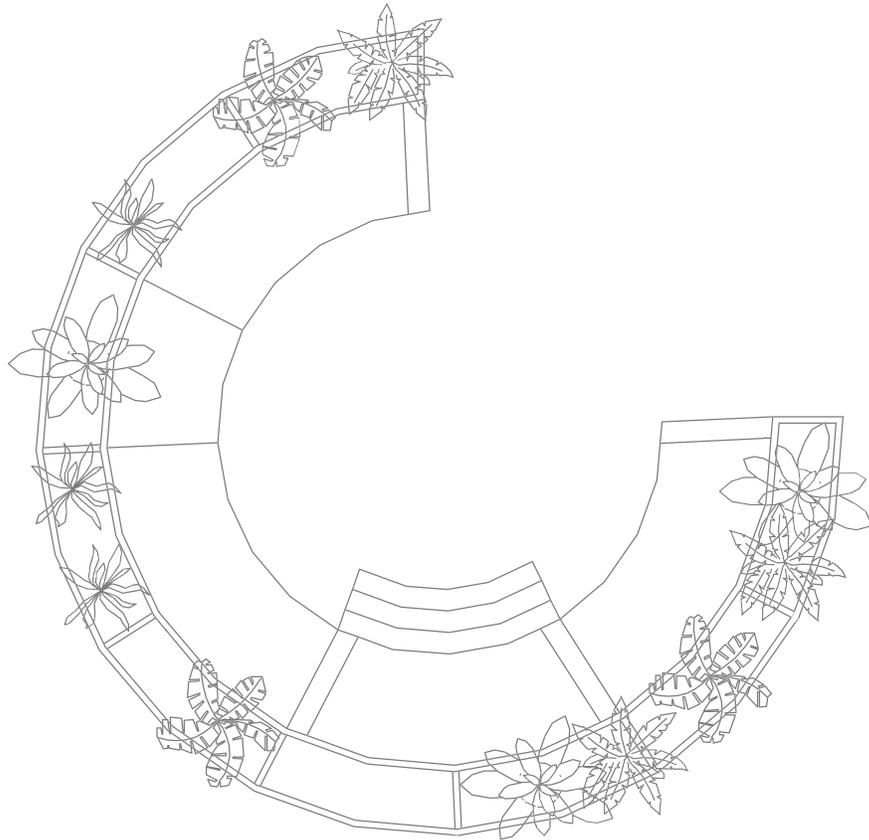


Figure 153.
The Circular
Intergenerational
Planter (2020)

Figure 154. The New
Intergenerational
Gardens of The
Vermillion Facility
(2020)



Intergenerational Campfire

Those born and raised in Chelmsford, Ontario, grow up learning how important camping activities are to the community. In the City of Greater Sudbury, access to the wilderness and lakes is abundant. As a result, the culture here has adopted many activities that relate to camping. Camping activities such as gathering around a fire (Figure 156) with friends and family to drink and socialize happens frequently. The majority of people who throw parties, birthday parties, or celebrate a holiday typically do so with a campfire burning in their backyard.



Figure 155. A
Typical Campfire

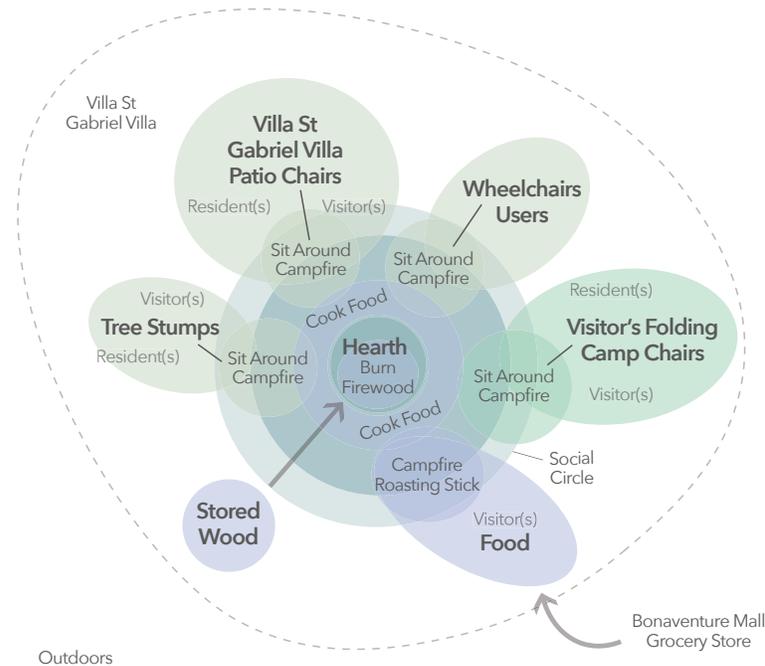


Figure 156.
Spatial Diagram:
Intergenerational
Campfire (2020)

Due to its cultural significance, this thesis proposal intends to incorporate two new campfires. Each campfire will have open storage shed to store the wood and a fire pit to burn the wood and chairs for intergenerational groups (Figure 157). Visitors around the campfire can share food, such as marshmallows and other treats.



Figure 157.
The Welcoming
Intergenerational
Campfire Place
(2020)

These campfires are unique to one another and offer two distinctive ceremonies. The proposal situates the first campfire a hundred feet away from the new northern entrance (Figure 158). The ceremony for this campfire is to welcome new incoming SGV seniors. As a result, if a person is walking on the proposed Pinellas sidewalk extension, and sees the northern campfire burning, it will signify to the community that a senior is moving into the senior home. The proposal situates the following campfire directly east of the chapel. This campfire serves to honour the deceased residents of SGV (Figure 159), and when it is burning, this will signify to the community that a senior in residence from SGV has passed away.

Consequently when the campfires are burning, they will bring people of all ages together. Families and friends will be able to gather around the fire with their children and grandchildren to celebrate or grieve their seniors. As a result, the intergenerational campfires at SGV aims to improve the seniors' relationships with their families and friends by allowing for more intergenerational care and therapeutic activities.



Figure 158. The
Intergenerational
Campfire Place
that Honours The
Deceased Seniors of
SGV (2020)

Village Intergénérationnel de St Gabriel

Intergenerational Village

In the fall of 2019, this thesis was about ageing in place and having an intergenerational village around SGV (see Figure 160). The project incorporated housing, daycare and community kitchens for visiting families and friends to support the ageing seniors from SGV.

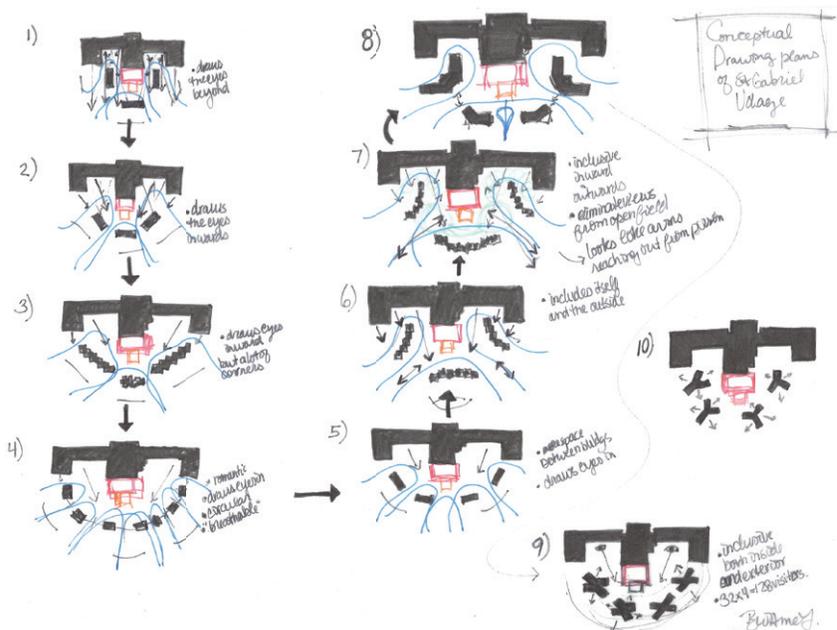


Figure 159. Hand Drawing: Draft of the Intergenerational Village Around SGV (2019)

In the winter term of 2020, this thesis expanded beyond SGV and into Chelmsford's urban environment. The building was about implementing a substantial addition to the existing senior home (see Figure 161). The proposal included intergenerational shared spaces, a large gymnasium for special events or recreational purposes, a community kitchen, hotel units and a daycare for visiting families and friends.

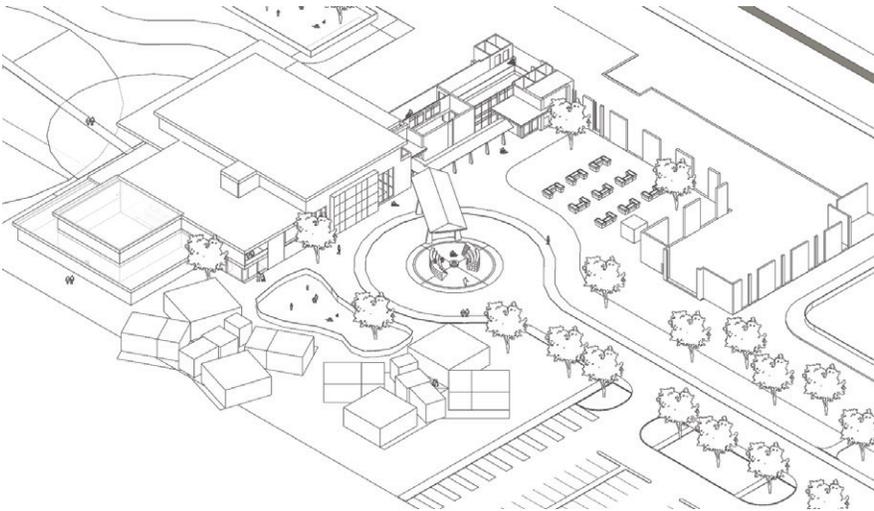


Figure 160.
Axonometric
Drawing:
Intergenerational
Addition to SGV
(2020)

In the spring of 2020, this thesis evolved into another iteration. It developed further into SGV, proposing renovations and additions to the existing building (see Figure 162). The proposal hinted at transforming the communal space into intergenerational shared spaces for seniors in residence, and their visiting families and friends.

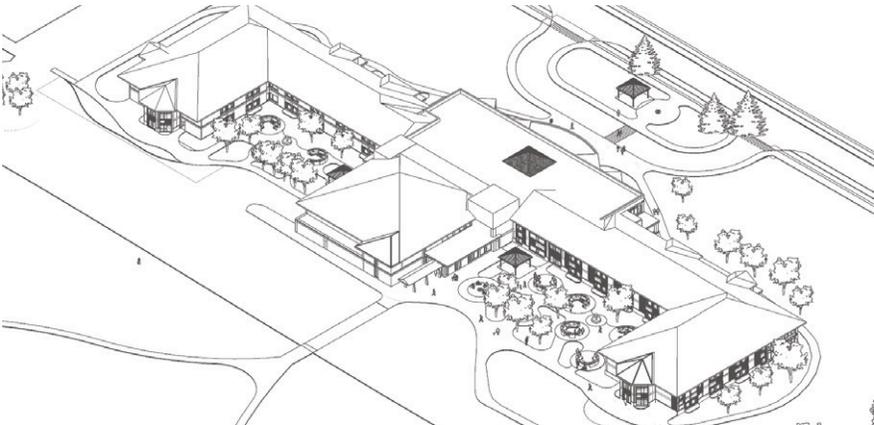


Figure 161.
Axonometric
Drawing:
Intergenerational
Renovation and
Addition to SGV
(2020)

Preparing for a Successful Future of Ageing with Intergenerational Interaction at the Senior Home in Chelmsford, Ontario

Intergenerational Design Principles for the Senior Home

Firstly, it is crucial to consider the local context and know the local community. It is also important to acknowledge that wayfinding is a language that speaks to us and sends us messages. As an aspiring architect, it will be my responsibility to read those messages, analyze and question them. Currently, the messages that SGV sends to seniors are detrimental and enhances the stereotype against seniors. The residential neighbourhood has a series of barriers such as fences, protecting their houses from the public. SGV shares Regional Road 15 with the Cooperative Funeral Home and the St Joseph Cemetery, sending the wrong message to seniors about how they are being portrayed in Chelmsford, Ontario. This is why it is urgent to create other connections with senior homes like this thesis is advancing. It proposes to connect SGV to the Park & Community Center, and the Bonaventure mall. It aims to establish a positive outlook towards seniors rather than creating an adverse message about them. Socially isolating seniors and excluding them from society goes against the City of Greater Sudbury's objective of creating an age-friendly city. By proposing these pedestrian paths in Chelmsford, seniors from SGV will have a network made available to them and no longer be "prisoners" in their own space. The proposed network will promote outings, encourage physical activity, and increase seniors' chances of interacting socially with others.

URBAN

Secondly, loneliness can be a consequence of living in an age-segregated environment. It was reported that 70% of residents in senior homes were classified as moderately or severely lonely.⁷⁸ Hence, the building initiative is to transform SGV into an Intergenerational Community Hub for Chelmsford, Ontario. Currently, SGV is portrayed as an isolating place for its residents, due to the site, security codes, walls, locked doorways, and fences. SGV can also be portrayed as prioritizing the residents' respect for privacy, however, how much safety and confidentiality do they require if a good majority of them feel moderately or severely lonely. As a result, this thesis proposes to include an indoor street and new PICZ spaces to allow the building to equitably prioritize its visitors for the residents' well-being. This indoor street allows the building to open up in new ways to create opportunities for visitors and seniors to interact as if they were in a public outdoor space. It aims to alleviate seniors' loneliness, the stereotypes and the stigma of old age by transforming the building into an Intergenerational Community Hub.

BUILDING

HOUSING

In Chelmsford, there are no hotels, hostels, or student housing. As a result, visitors to the seniors in residence who live further away from the senior home do not have housing accommodations. This is why this thesis proposes SGV to have temporary housing accommodations for the families, friends, and students. It is vital to the existing age-segregated environment. This housing proposal transforms SGV into an intergenerational building. It aims to increase the chances of generativity by allowing visitors to stay longer. During this time, visitors and seniors in residence can explore the town, the Bonaventure Pedestrian Trail, the Bonaventure Mall, the Park & Community Centre, the intergenerational senior home and the new proposed PICZ of SGV.

EATING

Nursing homes in Ontario have a budget for feeding seniors in residence. The government subsidizes \$8.33 a day for three meals and snacks for each senior in residence.⁷⁹ My grandmother lost considerable weight after living a few months at SGV. The health and well-being of my grandmother concerned my family and I. We hoped to improve her health by bringing in fresh vegetables from our gardens for my grandmother, but they were rejected. This is why this thesis proposes custom-designed intergenerational kitchens and dining tables for the visitors and seniors in residence. These kitchens and dining tables allow intergenerational care and activity to take place. Visitors and seniors can go to the Bonaventure Mall, purchase groceries, harvest vegetables from the proposed intergenerational gardens at SGV and cook at the intergenerational kitchens. It aims to encourage seniors to be generative, pass down knowledge to their grandchildren or children, bond, and conclusively nourish themselves. As a result, seniors would not only be fed more nutritious food but feel more valued in the process.

PLAYING

Children learn best through play, and play can mean exploration, work and games. Learning opportunities happen when children are playing, and seniors have a lot to teach. Thus, this thesis proposes to renovate four spaces into three unique PICZ. Due to the seniors' diverse peculiarities in SGV facilities, play areas will be more suited to seniors' specific needs and encourage memory building. The activities in these PICZ involve arts, crafts, games and music. As a result, seniors will be able to be generative and pass down artistic talents to their family and friends in these playful PICZ.

78. Kaplan, Matthew., Leng Leng Thang, Mariano Sánchez, and Jaco Hoffman. "Senior Housing as a Community Hub for Intergenerational Interaction," In *Intergenerational Contact Zones*, edited by Nancy Henkin and Taryn Patterson, 181–193. (New York, NY: Routledge, 2020), 182.

79. Welsh, Moira, and Jesse McLean. "Ontario Nursing Homes Feed Seniors on \$8.33 a Day." (2017). Thestar.com. <<https://www.thestar.com/news/canada/2017/03/10/ontario-nursing-homes-feed-seniors-on-833-a-day.html>> Web. 20 June. 2020.

Successful ageing involves maintaining mental health and optimism about learning. Reading can keep seniors mentally fit, and children can be a great motivator for seniors to read. This is why this thesis proposes to renovate three types of existing spaces within SGV and transform them into intergenerational reading spaces. These existing spaces depend too heavily on seating arrangements and enjoying exterior views without offering seniors and their visitors activities. As a result, these spaces promote loneliness rather than social interaction. This thesis proposes to transform the dead-end corridors, porches and a sitting room into intergenerational reading spaces. It gives purpose not only to the areas but provides an activity for the intergenerational groups to read together.

READING

At SGV, regardless of the seasons, the existing gardens are barricaded from the public. This thesis is based on the principle of inclusivity. That is why this thesis proposes to open up garden spaces to the public and remove the fences. The gardens are transformed into intergenerational gardens. It is inclusive, universal and offers many intergenerational planters for seniors in residence, families and visiting friends. It aims to promote generativity, nutrition and interaction. Fresh harvest could be used to feed seniors in residence and be cooked at the intergenerational kitchens in the dining room. As a result, this thesis proposes to offer seniors new ways to feed themselves and others while being generative, encouraging intergenerational care and therapeutic activities.

GARDENING

Typically, seniors' stigmas increase due to age-segregating environments, and studies show that one way to alleviate ageism is with intergenerational integration.⁸⁰ In Chelmsford, Ontario, the culture appreciates a good campfire. Hence, this thesis proposal is integrating PICZ at SGV that involves having campfires. It aims to receive events for intergenerational groups to celebrate and honour seniors. The first campfire is north of SGV and celebrates new incoming seniors into the facility. Therefore, seniors will feel more welcomed, accepted and valued when moving into a senior home. Transitioning into senior homes can be difficult for seniors "to establish new social connections and become socially integrated into the broader community."⁸¹ That is why this thesis proposal creates campfires. It hopes to develop events and gatherings for them, their families, friends and the community. The second campfire also strengthens this notion that seniors matter by allowing their lives to be commemorated. Having these two intergenerational campfires at SGV aims to propose a new way for the community to portray its seniors with integrity, appreciation, and respect.

CAMPFIRE

NURSES

For this thesis, the nursing staff is also a crucial part of the senior home design principles. Without healthcare workers, seniors would not be able to receive a higher quality of care. Typically, visitors are families and friends who are not trained healthcare workers, however, it is common to hear about tragic stories of senior homes because nurses are overworked, and as a result, seniors in residence suffer.⁸² At SGV, each nurse has the responsibility to care for several residents. That is why this thesis proposes to eliminate eight beds per facility (Vermillion, Whitson, Whitewater and High Falls) for intergenerational housing. The new intergenerational housing aims to provide beds for visitors and students. As a result, it promotes intergenerational care by allowing people other than nurses to care for seniors. The accommodation is a PICZ that examines if nurses would genuinely benefit from having fewer seniors to care for.

FURNITURE

Most importantly, this thesis proposes to incorporate intergenerational furniture to foster intergenerational social interaction in the PICZ. Ensuring that inclusion comes from both sides permits the senior home to truly become a place not only for seniors but also for their visiting family and friends. CBC news article also published about how visitors are crucial for the well-being of seniors in senior homes.⁸³ Currently, SGV does not have furniture to accommodate for a variety of demographics, making it difficult for visitors to interact with seniors. As a result, this thesis's entirety aims to abolish today's version of long-term care facilities (LTC) and change LTC to become Intergenerational Community Hubs.

CONCLUSION

To conclude, this thesis draws heavily on my first-hand experience with ageing, intergenerational care and activities. It develops a critique and proposes transforming SGV, a long-term care facility, into an Intergenerational Community Hub. It aims to do so by implementing the PICZ into the institution. Modifications of SGV includes the architectural building, the communal spaces, gardens and landscaping. These alterations focus on increasing opportunities for intergenerational contact, care and activities. Fundamentally, the PICZ become recreational and therapeutic activities for seniors with the help of proposed designs for furniture and furnishings that integrate specific needs. The custom-designed furniture and furnishings bring together generations to support seniors through caregiving, knowledge sharing, and memory building. As a result, the entirety of this thesis aims to abolish today's version of long-term care facilities (LTC) and change LTC to become Intergenerational Community Hubs.

80. Freedman, Marc. "Love and Death," In *How to Live Forever: The Enduring Power of Connecting the Generations*. (New York: Public Affairs, 2018.), 44.

81. Kaplan, Matthew., Leng Leng Thang, Mariano Sánchez, and Jaco Hoffman. "Senior Housing as a Community Hub for Intergenerational Interaction," In *Intergenerational Contact Zones*, edited by Nancy Henkin and Taryn Patterson, 181–193. (New York, NY: Routledge, 2020), 182.

82. "Hidden-camera Footage Reveals Overstretched Nursing Home Staff Struggling to Care for Residents | CBC News." (2019). CBC News. <<https://www.cbc.ca/news/health/long-term-care-marketplace-hidden-camera-1.4988317>> Web. 21 June. 2020.

83. Heidi Petracek and Melanie Price, "Those Visits Made a Big Difference": Husband of Wife in Long-Term Care Upset after Facility Stops Window Visits," (2020). Atlantic CTV News. <<https://atlantic.ctvnews.ca/those-visits-made-a-big-difference-husband-of-wife-in-long-term-care-upset-after-facility-stops-window-visits-1.4957464>> Web. 27 May. 2020.

Appendixes

Important Notes of The Seniors' Summit 2019 Caruso Club, Sudbury, Ontario

Community Based Initiatives

Outdoor Spaces and Building:

- Community groups will organize activities for seniors scheduled during the day in youth centers around the area.
- Making facilities being utilized at full capacity during the day.
- Community groups will organize programs and activities that will be offered for the benefit of seniors in unused public spaces deemed safe for such activities
- Special activities will be organized for seniors to please encourage them to visit and enjoy the park's playgrounds and trails.

Housing:

- Shared housing alternatives will be promoted for seniors who are living on their own. It is a way of combating loneliness and allowing individuals to assist each other as they age in place.

Social Participation:

- Community organizations will host special social dinner events monthly around the city so that seniors will be able to attend a night out with their children and grandchildren.
- A big-brother program will be established to connect seniors with people or others within their local community.

Respect and Social Inclusion:

- Intergenerational activities will be organized by the community and neighbourhood groups throughout the City of Greater Sudbury.
- Community organizations will create more opportunities for socialization at the neighbourhood level or in smaller geographical areas.
- Local schools will organize one special senior day each month / at senior homes and invite the families to participate in the event
- Local schools will invite seniors, children and their families to their facility for a special "seniors' social event in the evening.
- Special programs will be established to encourage individuals and groups to send friendly cards, postcards, and letters to seniors in long-term care facilities and retirement homes to give them a sense of belonging to the community.
- In order to deal with loneliness among seniors, neighbours will be encouraged to do little things such as visiting the senior to drink coffee, tea and or play cards.
- Retirement homes and seniors in residence will set aside a special place where residents can meet for spiritual and or emotional purposes to access support from others.
- An increased number of recreational and cultural opportunities will be provided for seniors.
- Senior groups will be given easy and affordable access to public spaces and facilities to host their recreational and cultural activities.

BRIANNE LAUZON

INTERGENERATIONAL

OBJECT: BA

Theories

A well-balanced children in certain retirees. Countries seem like a solution to work-related con

History

Games have been found in Egyptian

Artifact

Seniors (65+), ch due to the theory to invest in future game creates an

The game consists to 40 mortise and found in the local beautiful colour i symbol. Especial

The most important traditional 3 levels The game is a ba player will have t enable you to mi ing. When the ba

1 Attia, Peter. "
2 Bruning, Kendr

BALANCE

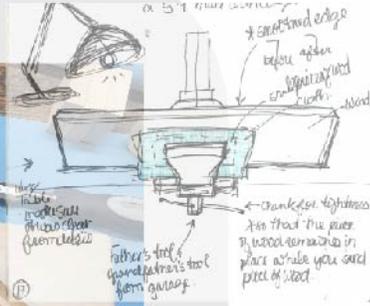
society is key to a healthy and prosperous future. Up to the year 2050; there is more seniors than there are in countries. Thus, creating an imbalance in the economy because there are less entrepreneurs and more seniors are having to shift their attention more towards seniors and making sure their needs are met. What may seem like a solution to create more retirement homes or communities can actually create harmful effects such as loneliness, loss of cognitive intelligence, and encourage ageism. Like retirement, the theory of disengagement; creates a disconnect between the retired individual and the community because this theory removes this individual from making any contributions to society in order for the industry to remain in balance.

Games have been around for thousands of years. The first board game dates back to 5,000 BC.¹ There are also illustrations of board games in ancient Egyptian tombs.²

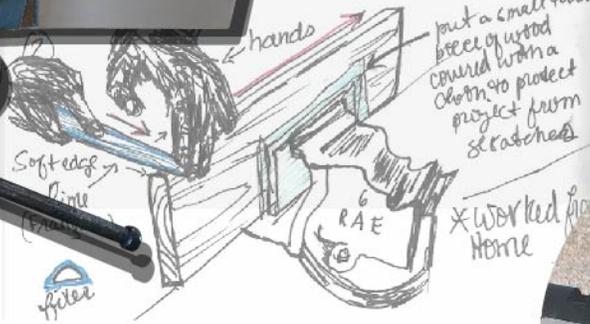
Children (2-12), adolescents (13-19) and young adults (20-29) love playing games, especially with each other. The theory of generativity is a stage in adult development during which seniors are willing to help younger generations. Young people learn through playing and seniors love stimuli. Thus, the intergenerational opportunity to exercise both the mind and mobility (mainly the arms/hands/fingers).

The game consists of a carefully crafted balance board, 3 different half-circle prisms to reflect each level of difficulty, and up to 10 wooden tenon cubes and a spinning wheel. They are all made out of a hardwood such as maple. Maple can be found in all parts of Northern, Ontario. Maple is an iconic tree in Canada. It creates our maple syrup, the tree turns a vibrant orange in the fall, and the maple leaf finds itself on our national flag. The artifact will be an extension of a Canadian tradition when it comes to diversity.

An important aspect of this game is that it brings both seniors and young people together. With the help of the three levels of difficulty, (Hard, Medium, Easy) the game can be adjusted based on the expertise of an individual. The game balances itself, and will reflect what life is like as it is underpinned by chance; a wheel that a player or team has to spin and accept what "life" threw at them. The spinning wheel will have a series of scenarios that will either give you your turn or add or remove cubes from the balance - making it more challenging, stimulating and amusing. Balance is achieved both teams win the game.



Balance Board

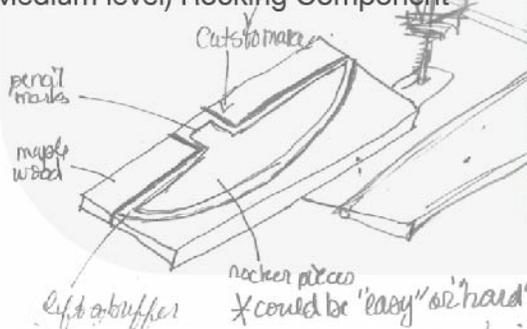
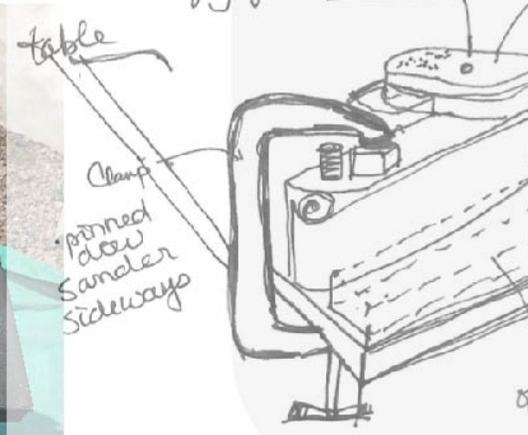


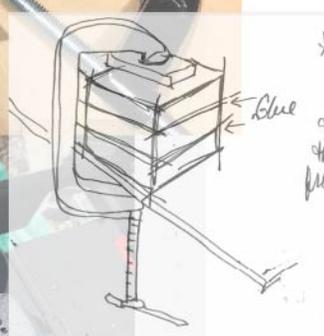
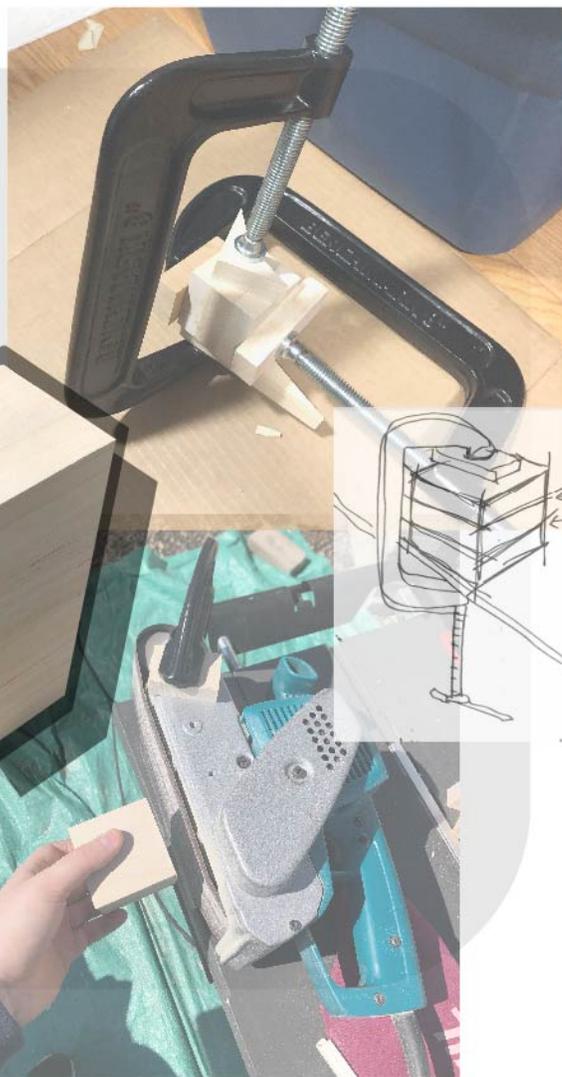
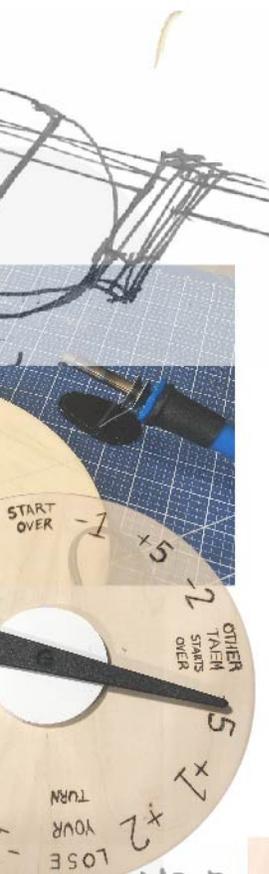
Wheel

• Clean jig for belt sander

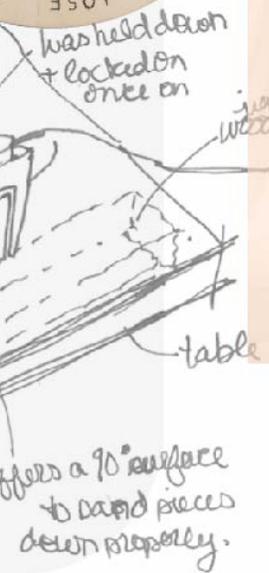


(Medium level) Rocking Component





Cubes



Experimentation

Easy

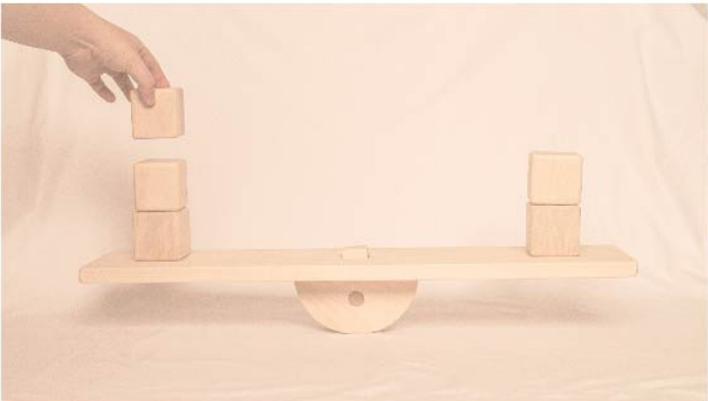


101

Medium



Hard



Wheel



Cubes



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Thank you! Merci!

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