

SOCIAL BRIDGES

INTERGENERATIONAL HOUSING



Beatrice Sterner

Chalmers School of Architecture,
Department of architecture & civil engineering

Master's thesis, Spring semester, 2023

Examiner: Johanna Eriksson
Supervisor: Susanne Clase



CHALMERS

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ABSTRACT

The aim of this thesis is to investigate the issues of an aging society and the growing need for alternative housing solutions to meet those demands. It discusses the issues of ageism and the lack of meetings between different generations. Further, the thesis responds to the issues of young adults not finding affordable and appropriate housing alternatives. The thesis proposes the implementation of a new housing model that combines sheltered housing, housing for young adults, and a nursing home while integrating a school and the community. The proposal is a housing project where intergenerational meetings naturally occur in order to prevent ageism.

The thesis opted for an exploratory approach with theory as its core. The theory is based on research papers, articles, books, and reference projects. Literature studies are complemented by an interview with an architect who has done extensive research within the field of intergenerational housing, an interview with two experts on the subject of intergenerational practice, as well as a study visit to an intergenerational housing project in Helsingborg.

The thesis provides insights into how you can implement different levels of shared and public spaces in a housing project in order to provide opportunities for intergenerational meetings. Further, it suggests architectural implementations in order to create a sense of home while enabling accessibility into the regular apartment as standard in order to create flexibility within the housing market.

This is primarily a conceptual approach to these issues and may lack enough insight into the economy, policies, and politics. Therefore, the research could be developed further with these areas in mind. This paper fulfills an identified need to develop new alternative housing solutions where the intention is that intergenerational meetings are promoted and valued.

Keywords: Intergenerational housing, communal housing, sense of home

ABOUT ME

Academic:

Master’s program in Architecture and Urban Design, Chalmers University of Techonology	2020 -2023
Master thesis in architecture Studio healthcare	VT 2023
Master thesis preperation course 2	HT 2022
Master thesis preperation course 1	HT 2022
Matter space structure 3	HT 2022
Future visions for healthcare, housing and work 2: Housing inventions	VT 2021
History, theory and method 6: norm-critical perspectives in architecture and urban design	VT 2021
Design and communication tools	VT 2021
Future visions for healthcare, housing and work 3: Healthcare architecture	HT 2020
Sustainable development and the design professions	HT 2020
Umeå school of Architecture	2016-2019

Professional

Internship at Semren & Månsson	2021 - 2022
Housing and urban development	HT 2021
Culture and Commerce	VT 2022

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1. INTRODUCTION

This chapter gives the reader an insight into what the thesis is about. It explains the aim, purpose, research questions, delimitations, and method. It also presents terminology that is used in the thesis.

Purpose

The focus of this thesis is social sustainability. It addresses unwanted isolation and promotes social integration among different generations in order to prevent ageism. Further, it raises the issues of a shortage of affordable housing for young people and the need for developing alternative housing for the elderly.

Aim

This thesis aims to contribute to the discussion of how we can create and promote natural ways of meeting different generations to create intergenerational societies. This is explored by a proposal that combines sheltered housing, nursing home, and municipal public housing for young adults.

Delimitations

This thesis will not give a detailed description or analysis of the political or economic aspects behind the policies of the housing situation in Sweden today. Due to the chosen approach, the main focus of this thesis will be the architectural and social values when it comes to designing for young adults and the elderly. It focuses on the conceptual and programmatic aspects and not on the construction.

Research questions



How can intergenerational housing create interactions and natural meeting places for different generations?

What aspects of physical qualities, satisfaction, and use patterns create the sense of home and how can those be applied to architecture?

METHOD

The method that was used was a combination of studying literature and reference projects. And further, exploring by sketching and drawing using both digital tools and by hand. Additionally, to get a greater understanding of the intergenerational practice and the sense of home, interviews were conducted.

Literature review

This method includes reading and studying articles and scientific research about the perspective of young adults and the elderly regarding issues of loneliness and isolation. A study has been carried out in order to understand how architectural implementations can create a sense of home. Additionally, studies to get an insight into how to implement intergenerational practice into a housing project were made

Interviews

I discussed the subject with Maria Carlander and Susanne Thorén from a company that works with implementing intergenerational practices into projects. Further, I talked to Roland Karthaus who is the co-founder of "Matter Architecture", who has researched the subject of Intergenerational housing. To understand more about how intergenerational housing works in practice I interviewed Dragana Curovic, who is a developer and project manager for Sällbo,

an Intergenerational housing project in Helsingborg. Finally, I talked to a resident at Sällbo to understand what is important for the residents when it comes to creating meetings between generations, but also what creates a sense of home.

Site analysis & mapping

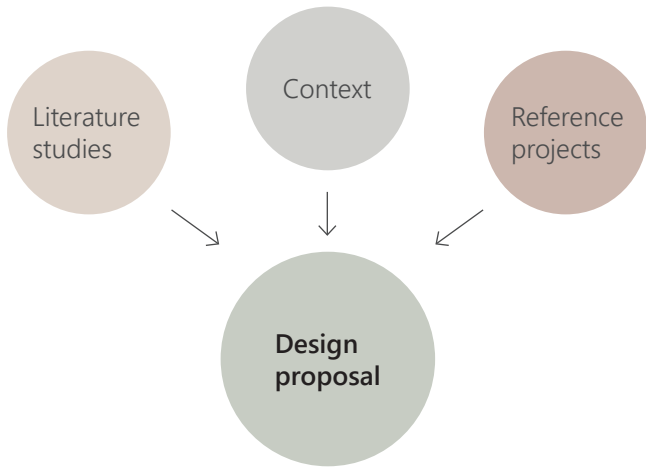
The site is an important aspect when creating intergenerational housing. Therefore the site was visited in order to analyze and photograph it. The development plans of the area were carefully read to understand the conditions and restrictions of the site.

Reference projects & study visit

Reference projects created a greater understanding of the configurations of spaces when it comes to intergenerational projects. A study visit to Sällbo gave me insights into how the common spaces work, and what to/or not to implement into my proposal.

Design explorations

By design explorations based on literature studies, the sense of home was explored. An investigation on how architectural implementations can create a sense of home through for example materials, color, and patterns were made through sketching and designing.



TERMINOLOGY

Social bridges

Social bridges are the social interactions that take place between different groups – e.g. activities between the elderly and young. (Arroyo et al, 2020)

Elderly care/nursing home

Nursing and care homes (vård- och omsorgsboende) offer round-the-clock services and care. These homes provide fulltime-care and services for the elderly in need of lots of assistance.

Sheltered housing

Sheltered housing, sometimes known as retirement housing (Trygghetsboende), is a type of "housing with support" for the elderly. The apartments are accessible and are offering common areas. A host or hostess should be present at certain hours of the day.

Home care

Home care is when support is given by a professional caregiver in the individual home where the patient is living, instead of care being provided in group accommodations such as nursing homes.

Section

In this proposal when a section is mentioned it refers to the part of the building that is dedicated to where housing for young adults and sheltered housing is combined. Or the section of the building that is dedicated to the nursing home facilities.

Unit

Unit refers to one group of apartments (8 in total) that shares a common area in the Nursing home section of the building.

Subjective loneliness

Subjective loneliness means a person's perceived loneliness. This type of loneliness is not necessarily dependent on how much social interaction the person has. Subjective loneliness can be experienced even though the person has a great social network. (Thelander 2020)

2. BACKGROUND

This chapter explains the theoretical background of the project. It discusses the housing situation for the elderly and young, loneliness and isolation, and the feeling of home, and ends with the theory behind the intergenerational practice. It gives an understanding of why this project is relevant.

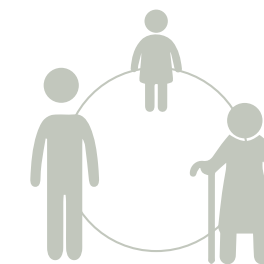
BACKGROUND

There are many possibilities for developing housing where intergenerational communities can live together and support one another. The younger generation often has problems with finding appropriate housing solutions since there is a crisis of housing availability and affordability in many countries. Options such as intergenerational homes and cohousing offer opportunities not only for older people but can also provide younger generations with attractive places to live. (Farrelly & Deans, 2014).

It is uncommon with intergenerational friendships in Sweden and across Europe. These are important in order to create a positive attitude between different generations. Therefore it is important to provide housing that can create intergenerational friendships, which are associated with positive perceptions of providing health and mutual benefits. Having at least one friend from another generation can decrease stereotyping. (Drury, Abrams & Swift, 2017)

Further, aging is one of the most important and current topics in our society. There's a growing population of elderly in Sweden and other countries, with a housing market that is not meeting those demands. Nursing homes and sheltered housing are often restricted standardized and uninspiring requirements, therefore these environments need to be reconsidered, modified, or adapted to respond to demographic change. There is a need to develop new housing typologies that include sheltered housing combined with nursing homes in order to make the transition from independent living to full-time care easier. (Farrelly & Deans, 2014).

Intergenerational housing could be beneficial in preventing loneliness and isolation among the elderly and young. Further, it can create a more open and caring society, with feelings of safety and fewer prejudices between generations, while also being an opportunity in creating affordable housing.

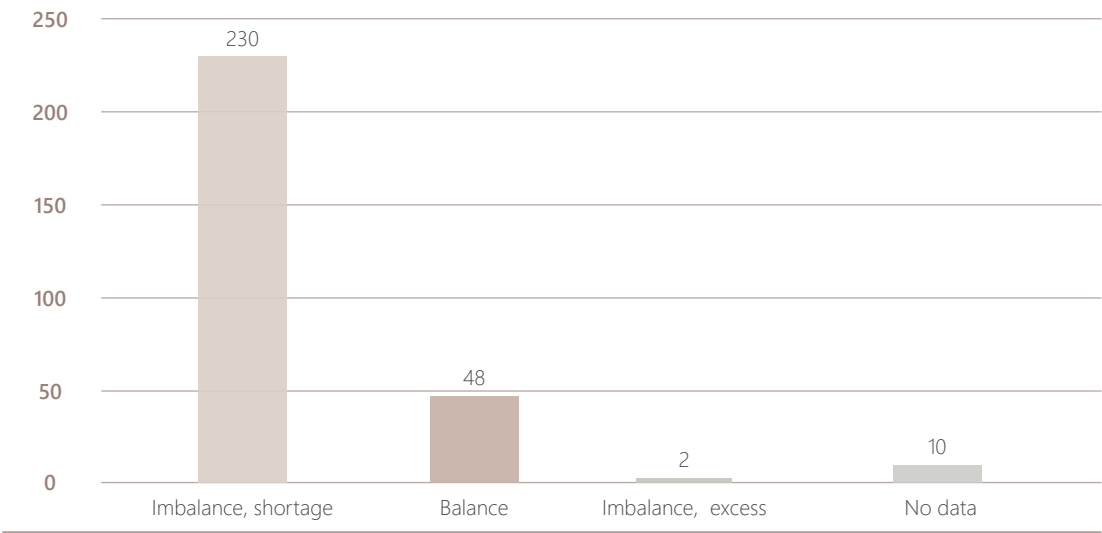


THE YOUNG ADULTS

Housing market

It's getting more common that young adults unwillingly remain in their family homes. A report from "Hyresrättsföreningen " from 2019 shows that young adults between the age of 20-27 who are living in their family homes are above 27 percent, which is increasing from previous years. This is equivalent to 280.000 people. Amongst these young adults, 85 percent (238.00 people) states that they would like to move if they could. This problem is most common around Stockholm, Gothenburg, and Malmö, but occurs in other cities as well. Young adults are not as prioritized by landlords. There are a lot of obstacles for young adults getting into the housing market. Long queue time, high-income requirements or not having contacts are something that makes it hard for young adults to find a residency. Accommodation for young adults is considered the hardest type of residency to get a hold of. This is something that has been a problem for a long time even though there's been an increase in building new housing projects. Even though there's no shortage of accommodation in general, there's still an issue with the shortage of housing for young adults. (Boverket, 2019)

Municipalities



Shows statistics on the availability of accommodation for young adults, based on data from Boverket (2019)

Loneliness & isolation

One of the biggest studies about the subject of loneliness is the "BBC loneliness experiment" which had 55 0000 participants from 237 countries, in which Sweden was one of them. The result from this study showed that young people between 16-24 are the ones who perceive the highest level of subjective loneliness, as high as 40 percent of the individuals in the study. According to the study, there are higher levels of loneliness among young people regardless of country, culture, or gender. Things that might contribute to subjective loneliness among younger people can be that people who are between 16-24 have less experience in regulating their emotions which makes everything feel more intense. Furthermore, this is the period in life when your identity is being shaped and constantly changing, which can be a hard and emotional process. Therefore it's natural to feel alone during that time. Sweden is also one of the countries where we have the most single households, but that doesn't necessarily have to be connected to subjective loneliness. (Thelander 2020)

THE ELDERLY

Increasing elderly demographics

The number of Elderly that are above the age of 65 is increasing within Gothenburg. Between 2019 - 2023 it's expected that the increase will be approximately 6 400 persons (including people moving from and to the city and other counties). In 2025 it will be important to investigate the need for alternative forms of residence for the elderly since many were born in their 40s and will be in need of moving. (Göteborg Stad, 2020)

Loneliness & Isolation

According to the study from the "BBC loneliness experiment" 27 percent of people above the age of 75 stated that they often felt lonely. (Thelander 2020) According to George Pavlidis, who is a scientist that does research on loneliness among the elderly, many seniors suffer from subjective loneliness. People who are displeased by being alone have a higher chance of depression and lower quality of life, and Sweden is one of the highest-ranked countries in the world in which the elderly suffer from this. Many elderly in Sweden describe themselves as having few meaningful social relationships and describe themselves as displeased with that situation. (Sveriges radio 2022)

Swedish elderly policy

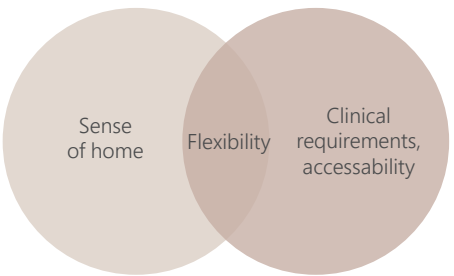
For several decades, the principle of remaining in residence has been the guiding direction in elderly policy. It is also the explanation of why roughly a quarter of the nursing homes around the country have been phased out since the beginning of the 2000s, which is about 32,000 places. Many politicians around our municipalities reason that many elderly people want to live at home and that this can therefore justify reducing the number of places in nursing homes. This results in only being able to move to a nursing home if the care needs are extensive. Only If the needs are large and extensive or if you do not feel safe and secure in your own home, then you meet the requirements of being able to move to a nursing home. (Riksföreningen Äldres Hälsa, 2018)

Sense of home

The reason why the elderly have the desire to remain in residency is an important question to talk about in order to understand how we can design attractive alternative homes for the elderly. It is always important to talk about the concept of home when discussing residency. Therefore it is important to clarify the concept of home to understand how we can create it through architectural design. In terms of elderly care, there's a trend right now where we're moving from a "care concept" into a "service concept". This can be considered "cozy" but rarely "personal" or give the feeling of "home". The space or room is a facilitator or preventer to create a sense of home, and the room or place, or the experience of it, is associated with a number of factors. (Andersson, 2018)

Restrictions and demands

A nursing home is an alternative for residents who no longer can remain in their "own home". These facilities are often represented by being both one's home but also an institution. Many care facilities try to create an environment that is more like a home for the residents rather than a care facility since it creates a better life for the elderly. However, it is a challenge to combine both since there are many restrictions and demands in designing a care environment. When all the basic clinical requirements are fulfilled, the question remains about how to provide a sense of home. (Andersson, 2018)



SENSE OF HOME

What is home?

Home is representing the extension of someone, like an extra skin around a person. It is a reflection of one’s identity. By interacting with the house, like furnishing, decorating, and tidying up – a person makes the house his or her own. It creates a sense of ownership. (Van Steenwinkel et eg, 2012)

Creating homeliness

There are two important and difficult questions regarding the subject of creating homeliness. The first one is about how to work with a set of aspects of a home that is never the same for everyone, it is both personal and culturally embedded. The second question is about how to explore important aspects of home and how the physical environment can create place attachment. The spatial aspects that can contribute to the sense of home in residential buildings can be categorized as spatial articulation, enclosure, sensory qualities, materials, and form/measurements/proportions. (Van Steenwinkel et eg, 2012)

Spatial articulation

Spatial articulation describes the configuration of different layers, from less private to public. In order to create a sense of home a gradual transition from private to public places allows a person to adjust to the environment step by step. Well-articulated spaces, for example, the private bedroom, living room, front yard, street, residential district, town, etc contribute to the sense of home. (Van Steenwinkel et eg, 2012) In nursing homes, a desire that has been shown is to have a separate bedroom or recess for sleeping. (Rijnaard et al, 2016) It is also about respecting each other’s privacy and being able to choose when to socialize or to withdraw to a private space. Contexts, like the neighborhood or town, also influence the feeling of homeliness. When the home surroundings become a part of one’s life, the sense of belonging grows. (Van Steenwinkel et eg, 2012)

Enclosure

The amount of openness to other layers has an impact on the sense of home. The enclosure of oneness private spaces should be clearly defined, however, openness to other layers allow for exploration of the “outside world”. Therefore a variation of more open and more closed spaces is important. People tend to form groups with other individuals they identify with, however in a large, crowded room, it is hard to perceive ones personal identity. In overproportioned spaces, the rooms appear impersonal, which is not desirable in a home environment. (Van Steenwinkel et eg, 2012)

Sensory qualities

Sensory qualities, like smells, colors, tastes, textures, or sounds, can be associated with former experiences, and they can evoke memories and emotions associated with home. (Van Steenwinkel et eg, 2012) Warmth and coziness are words that have been expressed by residents at a nursing home as something that creates homeliness. (Rijnaard et al, 2016)

Materials

Materials can be charged with meaning because they can be associated and interpreted in various ways. Warm, tidy, pleasant, well-maintained and well-finished materials are often appreciated when creating homeliness. Authenticity is also an important quality of materials. For example, with genuine wood you know the origin of the material, deriving from trees. It is easier to associate with the finished object when it consists of natural materials. These materials feel more meaningful and readable than for example steel or plastic. (Van Steenwinkel et eg, 2012) Residents of a nursing home that described furniture-related factors with homelike characteristics included wood as a material. Institutional environments with neutralized, single-hue interiors without contrasts were not desirable. (Rijnaard et al, 2016)

Proportions

Form, proportions, and measurements also influence the associations a person makes and have a part in creating homeliness. Well-articulated facades of apartments feel more welcoming than for example big, rectangular, and monotonous buildings. (Van Steenwinkel et eg, 2012)

Sense of home in nursing facilities

When creating a sense of home in nursing facilities there are some aspects that are even more important to consider than in regular residential buildings. In order to create a sense of belonging to an institution that is also one’s home, there are factors to consider that can be divided into three categories: Psychological factors, social factors, and the built environment. (Rijnaard et al, 2016)

Personal objects

Personal belongings can create an attachment to a place by creating a place of recognition and familiarity with a private room in a nursing home. These objects can represent and strengthen one’s self-identity, containing a lifetime of memories, experiences, and meaning attached to

them. For example, many photographs has an emotional connection to the previous home. Pictures, paintings, and furniture are items that are deemed to have the most importance to the residence. Furthermore, It is also important for the residents to have freedom of choice in positioning the furniture in order to personalize their room and make it cozy. Change and personalization should be welcomed and not denied. Architects should consider such needs when designing, retrofitting, or transforming nursing homes, for instance, by providing sufficient space for personal belongings. (Rijnaard et al, 2016)

Autonomy and control

In order to create a sense of home in a nursing home and provide the residents with opportunities for independence - accessibility and visual perception must be considered (Rijnaard et al, 2016). It is also about having environments that can be considered challenging so that it doesn’t become dull. Examples of this are being confronted with new environments, new people, and unpredictable situations. (Van Steenwinkel et eg, 2012)

Psychological factors	Social factors	Built environment
◦ Sense of acknowledgment ◦ Coping ◦ Autonomy & control ◦ Preservation of ones habits & values	◦ Interaction & relationship with staff ◦ Interaction with other residents ◦ Interaction with friends & family ◦ Activities	◦ The private space ◦ The public space ◦ Outdoors & location ◦ Personal belongings ◦ Look & feel

Illustration of the factors that influence the sense of home in nursing homes, based on information from Rijnaard et al (2016).

INTERGENERATIONAL PRACTICE

Intergenerational programming

There's a growing interest among housing providers in integrating intergenerational programs into their facilities. Intergenerational practice is about bringing people together in purposeful, mutually beneficial activities that promote greater understanding and respect between different generations while also contributing to a more socially sustainable society (Henkin et al., 2017). "It's more than just bringing younger and older people together - It is a systemic approach to community development and well-being that recognizes and values the contribution of all generations who live there." (Beth Johnson Foundation, 2009).

Intergenerational relationships contribute to a more inclusive society by creating better attitudes towards people from different generations and reducing ageism. Further, it creates less stereotyping and less anxiety about aging for younger people. (Drury, Abrams & Swift, 2017). A successful intergenerational meeting, which reduces ageism, is when both the younger and older feel comfortable and safe enough to build relationships. (Generations Together, 2021). Therefore it is important to discuss what architects can contribute to in order to enable those safe spaces.

Obstacles in implementing Intergenerational housing

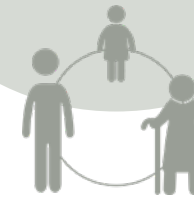
The obstacles in implementing intergenerational practice involve getting actors and politicians to prioritize this. Additionally, a changed attitude about intergenerational practice is needed, it is about making people realize that it is vital. (Minnity, 2022)

Successful intergenerational meetings

In order to make the intergenerational meetings successful, a prerequisite is to create spaces that are neutral where different generations can meet without one having the perception of visiting the other, and that the meetings have a purpose. It is important to meet on mutual grounds and conditions. (Minnity, 2022) There are four essential criteria to follow according to Bressler: Meaningful roles, valuable time, reciprocity, and recognition. (Bressler, 2002)

Valuable time

"It is important for generations to spend meaningful time together. The more time spent together, the more the relationship deepens and they will develop personal bonds which consist of affection, support, and companionship." (Bressler, 2002)



Meaningful roles

"It is important to acknowledge the different skills and interests of the participants to make the activity feel meaningful." (Bressler, 2002)



Recognition

"Stereotypes and misconceptions about other generations is sometimes a reality. By sharing time together in continuous projects or recurring meetings the participants have the opportunity to break stereotypes and prevent ageism." (Bressler, 2002)



Reciprocity

"In order to develop a strong relationship the experience of the intergenerational meetings has to be that both generations are receiving and giving." (Bressler, 2002)



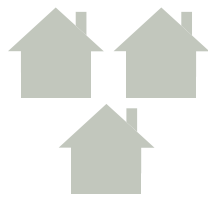
Benefits of intergenerational practice

What happens when generations don't mix is that they don't see each other as equals, instead if people of different ages get to know each other they tend to unite around shared goals. If generations were better integrated, we would all be less fearful of and have more empathy toward people who are much older or younger than we are. (Gentile, 2017). Intergenerational practices can improve our well being, feelings of safety, as well as bring new skills and friendships. (Generations together, 2021).

Intergenerational practices can also contribute to make housing more affordable for seniors and young adults. (Sudo, 2021) Shared intergenerational spaces are extremely cost-effective since spaces can be shared between different organizations. (Generations together, 2021) Lastly, high-quality intergenerational programming was viewed as a marketing tool for attracting and retaining staff. Both residents and staff are drawn to housing properties that have integrated intergenerational programming into their community and mission. (Henkin et al., 2017)



Residents



External community



Service providers

	Short-term outcomes	Medium & long-term outcomes
Residents	- Increased physical activity - Development of new hobbies + skills - Increased employment opportunities - Friendships + closer relationships - Sustained social integration - Good affordable accommodation - Improved communication and early recognition of issues - Decelerated cognitive decline - Maximized benefit income (appropriate support)	- Increased financial inclusion - Increased sense of purpose - Increased sense of housing community + support - Decreased isolation + loneliness - Improved fitness + mobility - Reduced risk of falls/ other accidents
External community	- Increased income opportunities within the community - Increased commercial attractiveness - Childcare + elderly care pressure + cost reduced	- Regeneration of local area + improved safety - Increased sense of community
Service providers	- Improved child social + cognitive development - Increased opportunities learning, sharing + development	- Improved education, employment + life chances - Increased staff happiness requirement + retention

Illustration that shows the benefits of intergenerational housing, based on data from Matter architecture (2019)

3. THEORY

This chapter contains research on the subject of intergenerational practice and housing by interviews, reference projects, and a study visit.

“RETHINKING INTERGENERATIONAL HOUSING”

Matter Architecture

Roland Karthaus is an architect at Matter Architecture who has done research on the subject of intergenerational housing called “Rethinking intergenerational housing”. This research explores a new concept of designing intergenerational housing.

“Our goal has been to explore whether and how people of all ages and backgrounds can live independent lives in housing that support the sharing of skills, knowledge, and experience.”

The research reflects on the areas of design, management, and social benefits when it comes to designing intergenerational housing.

I wrote some of my questions to Roland in order to continue the discussion about intergenerational housing.

The architects’ role in promoting intergenerational meetings

One of my questions was about the architects’ role in promoting intergenerational meetings. He stated that architecture can help intergenerational meetings, but it can’t force certain types of people to live together. He explains that there’s a need

to develop better policies and measures that supports people to make those meetings happen. One thing that he described as important was the aspect of having a “neutral” space that is not owned by anyone in particular - that way everyone can feel equal when they use it. Something he described as a key element in many projects is when the space forms “intimacy”. He brought up an example from Zimbabwe where the space for interaction is only a park bench. It is known as “Community grandmothers” where elderly women are trained to hold free counseling sessions.

“The bench is an informal, but programmed space so that people feel safe enough to share their feelings. This was true of some other spaces in different ways. The shared spaces in housing schemes are often too big to create this sense of intimacy.”

In Rolands’ research, he divides the spaces of intergenerational housing projects into four categories: The homes, the breakout spaces, the public room, and the shared garden. He describes the layers of privacy as a hard question that depends on each project, but that it is important to explore how the spaces overlap with different layers of privacy that happen in a home.

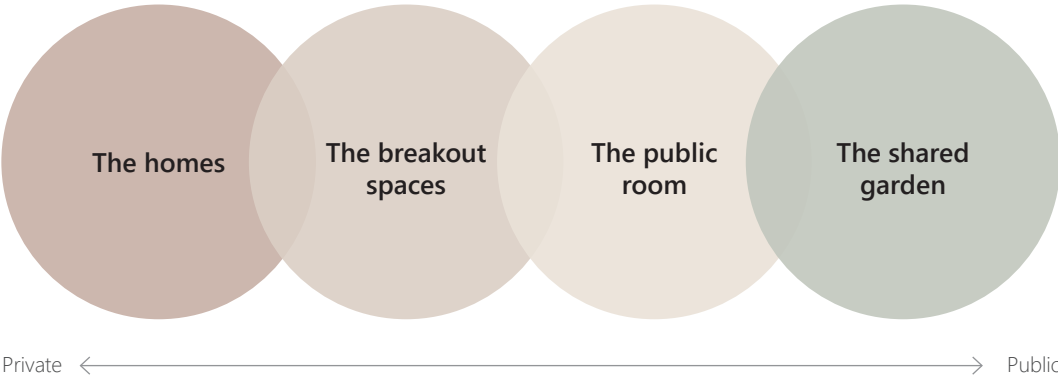


Illustration based on information from Matter architecture (2019)

GENERATION MARIANNE

"Generation Marianne" is an organization that specializes in intergenerational practice. On their website, it says:

"Generation Marianne builds bridges between generations with the aim of increasing the health and well-being of seniors, children, and young people. We develop joint and meaningful activities based on mutual learning. Our work is based on intergenerational practice and learning."

I wanted to have a discussion about intergenerational practice and learning so I met Suzanne Thorén and Maria Carlander from "Generation Marianne" on a digital platform where I could ask some questions.

The architects' role in promoting intergenerational meetings

We started the discussion about the architects' part in enabling meetings between generations. They believed that architecture is important when it comes to creating spaces with several activities that are attractive to different generations. Often how it is today, there are different zones targeting specific ages. However, it is important to create spaces in which several generations have purpose and interest. They also highlight the importance of accessibility, to make sure that these are accessible to both the elderly and children, for example, if there's a playground for children, there should also be park benches next to it that are suitable for the elderly to sit on.

When it comes to spaces where intergenerational meetings are meant to take place, they stated that it is important that they vary in size and have flexibility. The spaces should encourage both smaller and intimate meetings but also bigger and more organized ones.

Implementation of intergenerational practice

We discussed the weight of involving the community when implementing intergenerational practices in order to understand what is an appropriate strategy for that specific group of people. They believe it is important to ask the questions:

"What do you want?" or "What do you need in your community?"

This then creates a better understanding of what is needed in that specific community and what interests there are to take into consideration when implementing intergenerational practice.

Something that they believe often lacks is the follow-up after the implementation of an intergenerational concept. The lack of following up afterward results in not being able to analyze the positives and negatives, and not being able to adjust according to the results. This could then instead lead to negative attitudes towards intergenerational practice.

Creating valuable meetings

The importance of mutual benefits for both generations involved in the interactions was also discussed. They stated that they see a lot of preschools and nursing homes that share the same building but the level of interactions is still vague.

"In these projects, it is still about the display of each other and not about that they are doing something together, for example, the kids are performing "Luciatåg" and the elderly are only watching. They are not creating something together and getting mutual gain from it."

7 levels of contact

At the interview, we conversed about a scale which is a common tool in intergenerational practice that is used to measure the level of interaction between generations. The goal is to reach level seven at a societal aspect. That will mean that we have a society where every generation feels meaning-

ful, and involved and have a greater social capital where you feel safe in knowing that if you reach out for help you have a social network that supports you. And additionally reaching level seven would mean that we have a healthy view on aging and no ageism.

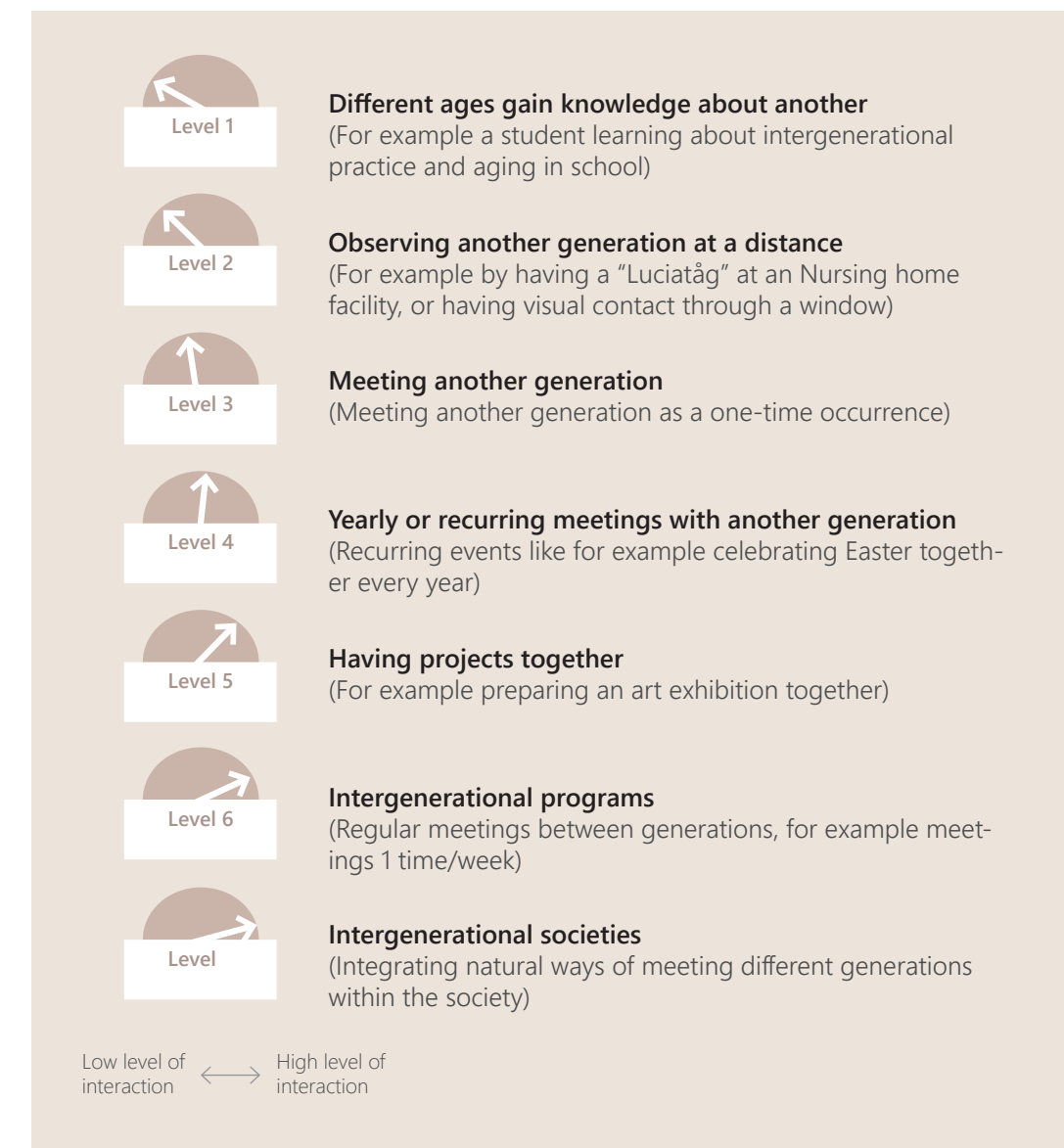


Diagram inspired by illustration shown in Webinar "Att bygga broar mellan generationer för att främja välbefinnande i äldreomsorg - Webinar hos Minnity". (Minnity, 2022)

SÄLLBO

Program: Sheltered housing (70+), young adults (18-25), and young immigrants(18-25)
Location: Fredriksdal, Helsingborg
Period: 2015 - Current
Area: 4300m²

Background

Sällbo is situated in Fredriksdal, Helsingborg. The neighborhood was mostly built during the 1960s and 1970s and at that time it was mostly inhabited by families with children. However, after the second generation moved away many of the first generation stayed which resulted in a high amount of elderly within the area. Sällbo was initially thought to be only sheltered housing, but after the so-called refugee crisis in 2015, when many unaccompanied minors who migrated to Sweden needed housing, the concept of Sällbo was initiated. Many elderly were feeling lonely and isolated while young refugees needed affordable housing which made Helsingborghem take the initiative of addressing the housing needs. (Arroyo et al, 2020)

Program inspiration

This is one of few housing projects with-in Sweden that has an intergenerational concept and therefore interesting to look closer at. This project discusses the importance of common areas and social interactions while also remaining privacy and individuality. Half of the people living there are between the ages of 18-25, and the rest are 70 and above. The housing complex also has integration in focus since some of the younger residents are immigrants. Further, the residents have to sign a contract to engage in social interactions for a certain amount of hours every week in order to be able to live there. (Arroyo et al, 2020)

Similarities to my proposal

This project's agenda is to integrate immigrants into Swedish society but also integrate different generations. My proposal will also be a collective between young adults and seniors in order to create intergenerational meetings.

Sällbo:

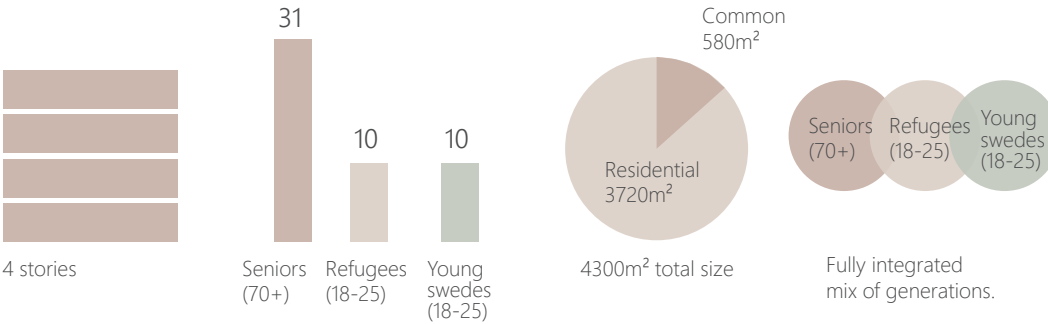


Figure 1: Standard floorplan (Helsingborg stad, 2019)

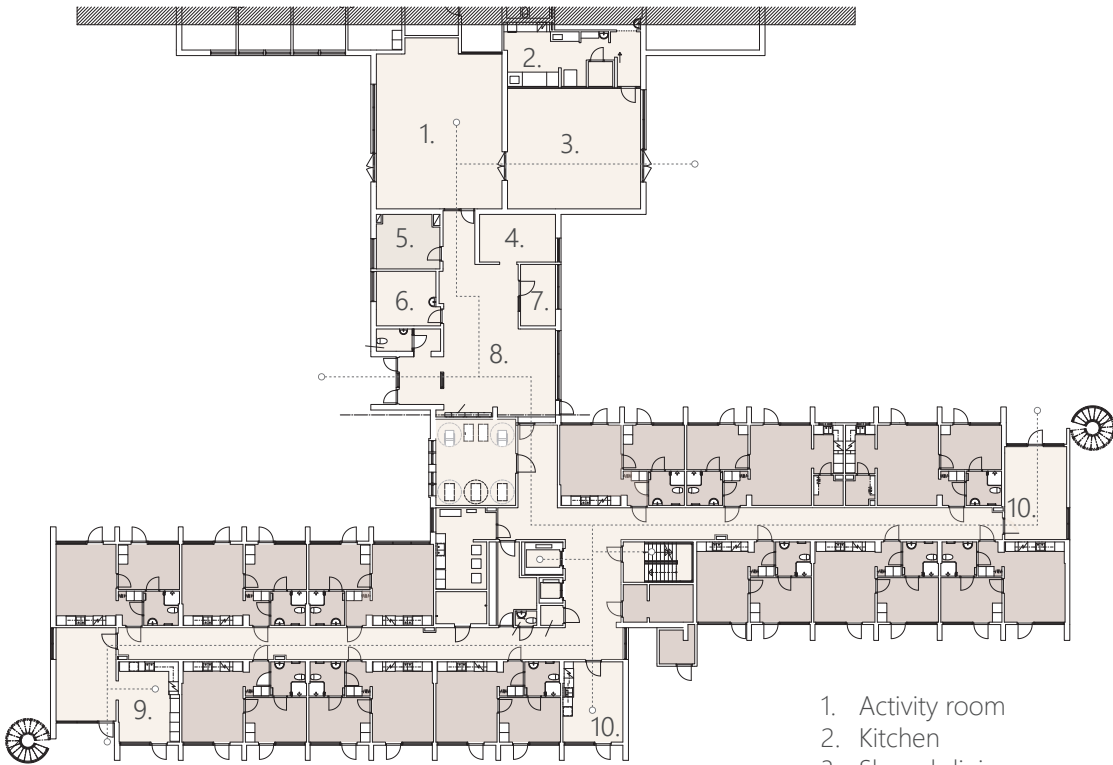


Figure 2: Entrance floor (Helsingborg stad, 2019)

- Semi-private (common spaces)
- Private (apartments)

1. Activity room
2. Kitchen
3. Shared dining room
4. Visitor room
5. Office, manager
6. Flexi-room
7. Storage
8. Meeting place/lobby
9. Common kitchen
10. Activity room

STUDY VISIT, SÄLLBO

On the 22nd of Mars 2023, I got the opportunity to visit Sällbo in Helsingborg. During my visit, I had the privilege to talk to the developer and project manager for Sällbo, Dragana Curovic from “Helsingborgshem”. Additionally, I got to meet a resident at Sällbo who is a man above the age of 70. The study visit ended with a tour of the building.

Meeting Dragana Curovic

Dragana gave me some background about how the project came to be, which was a combination of having the already existing building, good timing, and the need for this sort of program. The building that now is Sällbo used to be the biggest HVB housing in Sweden. HVB is a form of accommodation in Sweden with 24-hour social care. It is conducted by the municipality for children, young people, adults, or families with children to conduct treatment, care, support, or upbringing. Reference groups made out of potential residents were created to have an impact in developing the concept, activities, and spaces that would be included at Sällbo. A decision was made not to include families with kids in the project since these were considered less keen on taking part in the social agenda of the project due to the fact that they already have a very busy social life.

When developing the project the question was asked to potential residents: “What will make you feel like socializing with your neighbor?” The answer was: The feeling of the house being a safe zone, with no outsiders coming in and having a private apartment.

I asked her what common rooms were the least and most successful in the building. She described the room that was meant to be a “visitor room” as not being very successful. The idea behind it was that the residents could use the room as a more private room when having guests. However, the residents are more likely to bring their guests to their private apartments or to

other common spaces within the building. At the moment the visitor room is being used as storage for a box bike.

Dragana stated that the lobby is the most used common room. Residents often sit down in the lobby whenever they feel like socializing.

“You will always meet or talk to someone within a few minutes after sitting down in the lobby since there’s a lot of movement. It becomes a natural way of socializing with your neighbors.”

Common rooms

The activity rooms and common kitchens that are positioned on each floor are commonly used. However, some of the rooms have changed purpose according to the resident’s preferences and initiatives. For example, the board game is now used for puzzles, the kitchen on the first floor is a scrapbooking room, the yoga room has turned into an atelier, etc. Further, did the residents create their own gym in the basement, and the treatment room has become a small wood workshop.

The kitchen on the first floor was initially meant for a private actor to serve food, but because of the layout of the building, it wasn’t possible to make a separate entrance to the kitchen, which due to security reasons at sheltered housing is required. The kitchen is however very much used by the residents for cooking and having dinners or parties together. During our interview three elderly entered the kitchen to have “gymnastics while sitting”, implying that the kitchen is used for a variety of activities.

Sense of home

In order to be able to personalize and make the facilities feel less institutional, each resident can bring one box of personal items into the common areas to decorate with. Additionally, there are wooden panels that greet you outside the elevator on each

floor, filled with pictures and items from the residents. When renovating the building, in order to hold down the costs but also to preserve the homely and retro feeling of the spaces, much of the original was kept and restored. Furniture was bought mostly from second hand which resulted in a homely feeling. Dragana stated that she believes the residents feel more eager to be cautious of the building if the old is kept since it signals that it’s fragile. There’s however little possibility to change your private apartment since they want to keep the equality of the apartments and rents down. The residents can paint their walls if they like to, but they have to leave them in their regular state again.

Meeting a resident at Sällbo (70+)

At Sällbo every potential resident is interviewed before being accepted to live there. This is in order to make sure there are people living there with different values, interests, and backgrounds. This creates interesting conversations in which the residents learn a lot from each other.

When talking to a resident at Sällbo, he explained that the most important part of creating social bonds is not the activities but rather the interactions that happen on an everyday basis, in the hallways or between the floors. It is about helping each other and supporting each other. He told me about a group on Facebook for the residents, in which they can write whenever they need a hand.

“The other day someone wrote that they needed help putting up something on the wall, and it didn’t take long before three people were standing outside their door ready to help”

The resident claimed that he wanted to move to Sällbo since he always saw himself living in a collective one day, and Sällbo seemed perfect for him. Further, he did not want to live by himself in a house with all the obligations and maintenance it requires.

“When moving to Sällbo, I have never spent so much time alone without ever feeling alone, I’ve found some sort of calm within myself moving here.”

I asked him which common room he uses the most, and he answered the living room on the first floor. The living room is used for all sorts of activities, movie nights, discussion evenings or just spending time together.

Reflections

My visit to Sällbo gave me some insight into how the common rooms are used, and what spaces that work better than others. For example, it is important to consider generality and adaptability in the activity rooms, in order to make them easy to adjust to meet residents’ interests and preferences. Some of the activity rooms at Sällbo were planned for some activity but were then changed by the residents according to their preferences. The living room on the first floor seems to be an important space for the residents for all sorts of gatherings. Not only for bigger events or parties but also for socializing or having smaller group activities. It is important for an architect to understand that spaces will often be used in different ways than the original plan, which is also a way for the residents to be able to claim these spaces as their own. Some of the spaces that weren’t being used as they intended from the beginning were the treatment room and visitor room. This made me reflect on what spaces are important and not.

My visit gave me inspiration and insight into what is most important for the residents which is the feeling of ownership and the ability to change the spaces according to their own preferences. But also that the social bonds mostly are developed by the small intimate interactions that happen spontaneously.

Unfortunately, I did not have the chance to talk to a young adult during my visit, which would have been interesting and valuable.



The living room at the entrance floor



The lobby at the main entrance



The visitor room that is currently being used as storage



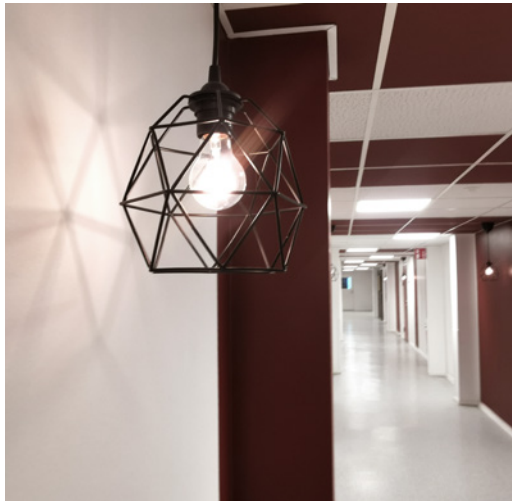
Common kitchen with dishwasher and blue cabinets



A schedule for the activities on the information board



The treatment-room that is currently a wood workshop



Night-lights in the hallway



Contrast marking in the hallways to ease wayfinding



A small library who a resident is responsible for



A kitchen that is currently a scrap-booking room



Wooden panels with personal items attached to them



Note written by one of the residents

HEMLINGBORG

Architects: White architects

Program: Preschool, primary school, sports hall, and nursing home.

Location: Gävle, south hemlingby

Period: 2019 – Current

Area: 37.000 m² Buildings, 14.000 m² urban space and 6.800 m² rooftop garden

Hemlingborg is a new structure that will be added in order to create good opportunities to already in an early stage plan for opportunities in which different organizations can cooperate and share spaces. The project aims for a nursing home and a school to share some functions and spaces in order to be efficient but also socially sustainable. (Grannäs et al, 2021)

Reflection & Inspiration

The space which centers all activities and also acts as the facilitator for intergenerational meetings is called "the hub". This is considered the heart of the facility. It is interesting to look at how the hub connects the different parts of the building in a way that my proposal aspires to do. The project discusses the publicness of the hub, and how open it should be to the rest of the public, which is something that is an important topic in my proposal as well. The structure of the building is inspiring as well since it is one of the country's largest wooden construction projects.

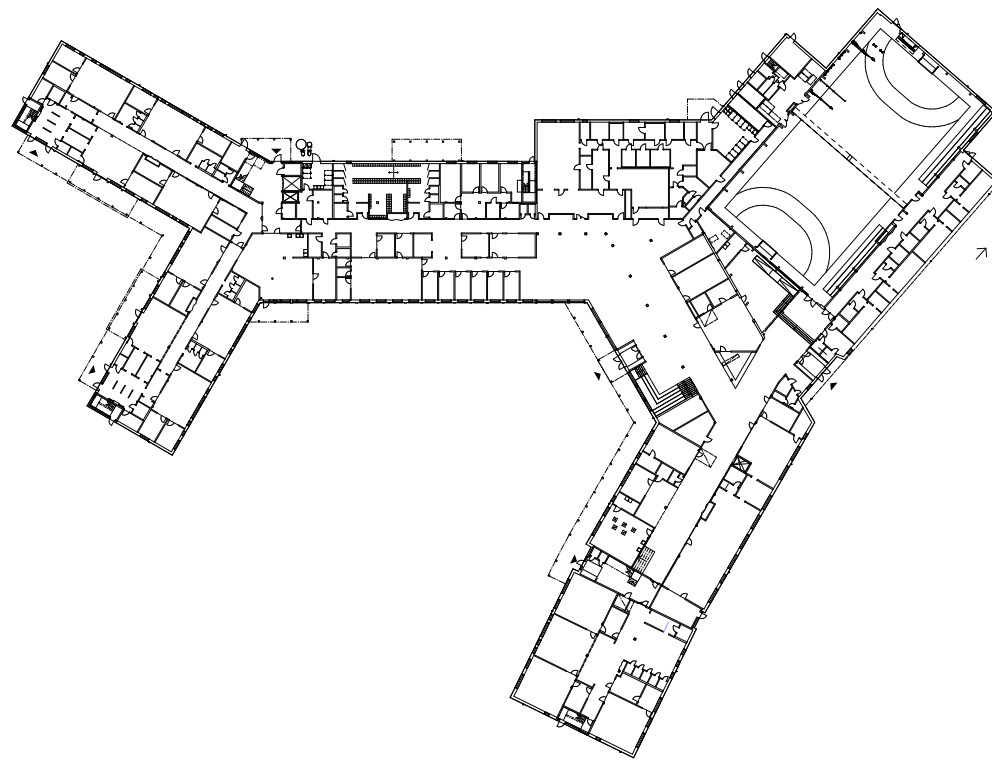


Figure 3: Floorplan of the "Hub".
From White architects & Gävlefastigheter. (2021)

THE FUTURE SØLUND

Architects: C.F. Møller Architects & Tredje Natur

Program: Nursing home, elder homes, youth apartments, daycare center.

Division: 360 nursing homes, 150 residential units for young people, including 20 units for young people with autism spectrum disorder, 20 residential units for senior citizens, and a day-care center.

Location: Ryesgade 20, Nørrebro, Copenhagen

Period: 2015 – current

Area: 37.000 m² Buildings, 14.000 m² urban space and 6.800 m² rooftop garden

This project's agenda is to create a city-integrated care-center to be able to give the elderly new opportunities to connect and interact with other generations. The project will be a facilitator for seniors, young people, and children to create new relations across generations, but also supplement

and benefit from each other. The generation square is a common garden that is shared between different generations and consists of a multi-functional area, library, wellness, cafeteria, cafe, etc. (Tredjenatur, 2015)

Reflection & Inspiration

The project is inspiring in the way it works with connecting the different generations. The most interesting part of this project is the central hub which is meant to act as a dynamic link between the main path of the entry and the new urban space. The spaces in connection to this hub where there are opportunities for sharing knowledge and socializing between different generations are the heart of the project. It is also interesting to look at how the units of the nursing homes are designed since the focus is on personalization and homeliness which also is one of the core aspects of the proposed proposal.



Figure 4: A square acting as a meeting place for different generations.
From Lava C.F. Møller Architects and Tredje Natur. (2015)

4. SITE & CONTEXT

This chapter explains the context and gives a greater understanding of the conditions of the site.

CONTEXT

There are some examples within Sweden of accommodations where different generations share facilities, the most common one is residential care facilities and preschools. However, there is no form of accommodation as the one I propose. My proposal suggests shared units between sheltered housing and young adults, in which they also share common facilities with a nursing home. Further, the proposals integrates a nearby school and the rest of the community. Not only does this proposal aim to break down barriers between generations, but also be space sufficient (Grannäs et al, 2021) and make the transition easier for elderly to move from independent living to full-time care.

According to Göteborgs stad elderly housing plan that refers to the period 2020 – 2023, the freedom to choose the form of accommodation must increase. There is therefore a need for a variety of housing for the elderly that meets their specific needs. This shall apply to both the regular housing market and the adapted housing for the elderly. (Göteborg stad, 2022)

Sharing facilities with other care facilities as well as other functions that stimulates the residents while being space efficient is important where it is possible. In the 2019 budget, it is highlighted that more nursing homes should have more open meeting points and create more opportunities for cross-generational social interaction, e.g. preschool in connection with the nursing home. Furthermore, the 2019 budget highlights that in the case of new and redevelopment of nursing homes, the idea of a care center should be tested, i.e. co-location of nursing homes, sheltered housing, home care and meeting points. (Göteborg stad, 2022)

Chosen site
The chosen site is the development plans for järnbrottsmotet part 2, which is in Västra Frölunda, Gothenburg. According to “Äldreboendeplan för Göteborg stad 2022-2023” the estimation is that there might be an excess of permanent apartments for nursing homes. Therefore the development plans for Järnbrottesmotet part 2 changed from being planned for a nursing home to being student housing instead. (Göteborg stad, 2022)

However, since there is expected to be a big increase of elderly above 65 after 2025 there’s a need for development of more alternative housing. And therefore it is reasonable to suggest the development of elderly housing in the area. Further this suggests that it is an appropriate site for both young adults and elderly and therefore a reasonable spot to suggest the mix of both instead of one or the other. It is in close connection to a school and a pre-school which compliments the concept of an intergenerational society and housing project.



Important nodes in connection to the site

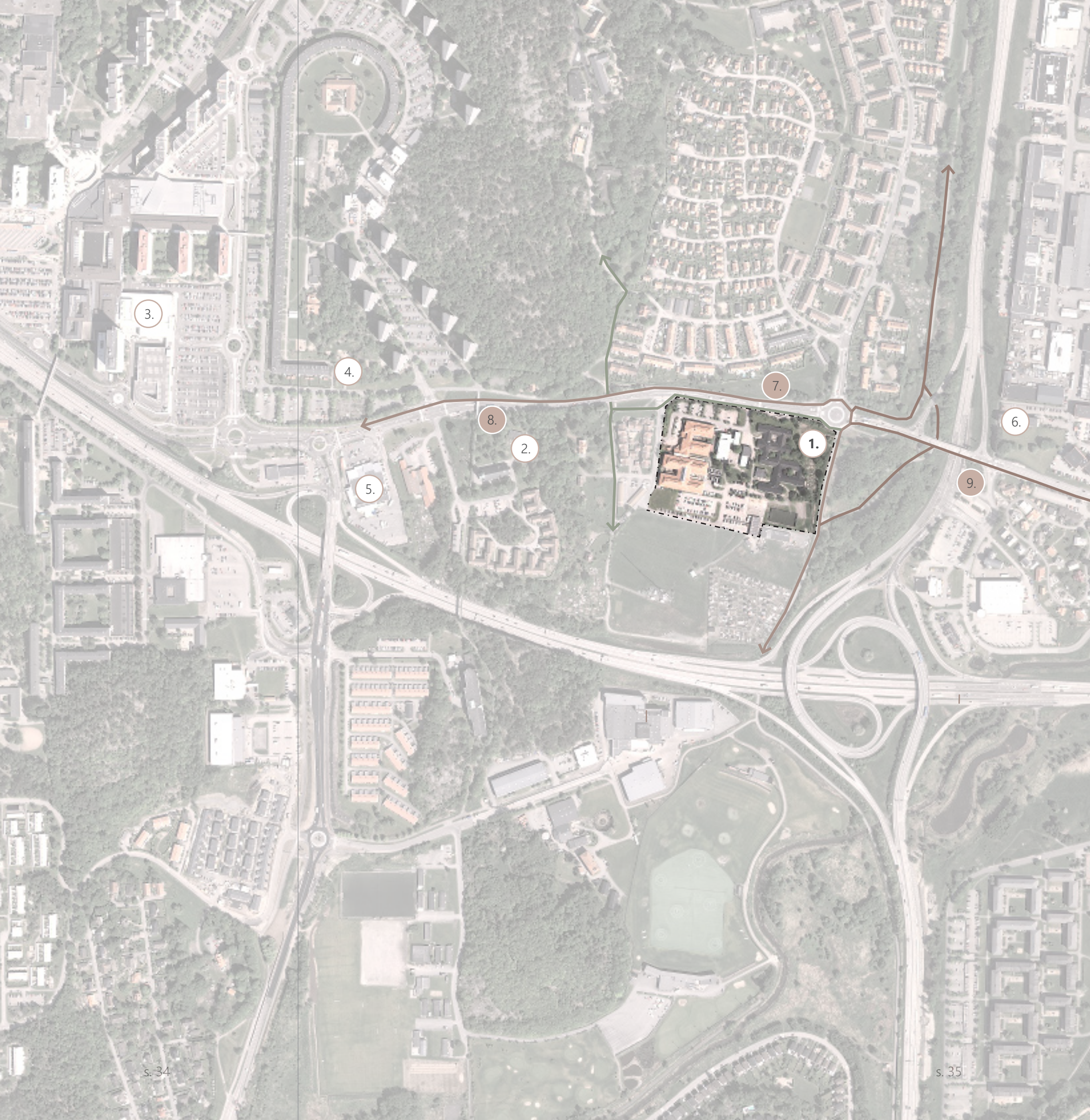
- 1. Chosen site
- 2. Västra Frölunda kyrka, 600m
- 3. Frölunda torg, 1km
- 4. Familjecentralen, Familjehuset Trädet, 650m
- 5. ICA Kvantum, 750m
- 6. Hemsjukvården, 650m

Bus stops

- 7. Radiovägen
- 8. Västra frölunda kyrka, 500m
- 9. Radiomotet, 400m

Commuting network

Pedestrian and bike-network



DEVELOPMENT PLANS

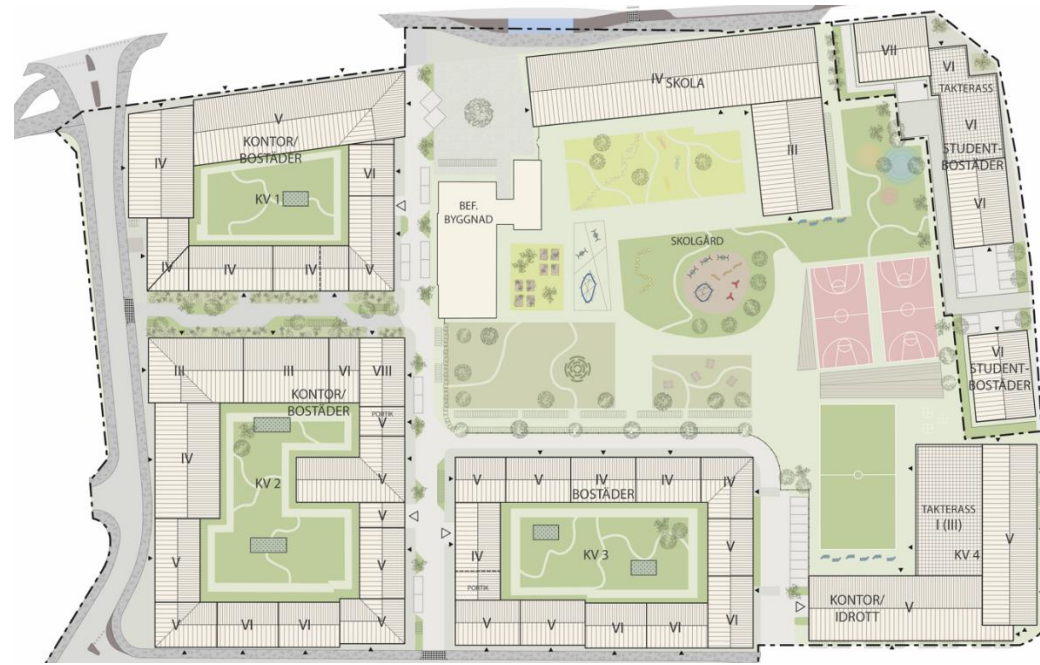


Figure 5: Illustration of the development plan for järnbröttmotet part 2. Illustration from Okidoki Architects. (Göteborg stad, 2022)

Järnbröttmotet part 2

The purpose of the detailed plan is to construct housing, café, restaurant, retail, offices, parking, sports field and technical facilities, as well as for the expansion and development of the existing school. (Göteborg stad, 2022) This is an appropriate site for the master thesis since the development includes a variation of functions and programmes that can be an asset in creating an intergenerational neighborhood.

Additional buildings, which are planned to be in closed blocks, must be adapted in height and location to fit well into the surroundings, in order to minimize the impact of shading the existing nearby areas and to prevent noise impact on the planned

school yard. In addition, scope, location, design and execution are regulated so that new buildings fit well into the surrounding urban landscape to ensure quality in design and qualities within the urban planning that contribute to a good built environment. South of "Järnbröttmotet part 2" there's a development plan called "Järnbröttmotet part 1"; in which there are plans for a bus depot. South of this runs Västerleden as the main source of noise. "Järnbröttmotet part 2" border to Radiovägen in the north, and in the west there's existing residences, and also connecting to green areas and cultural environment around Västra Frölunda church. (Göteborg stad, 2022)



Walls to protect the neighborhood from noise



30kmh on the road outside the school



At the moment there's fence around the site



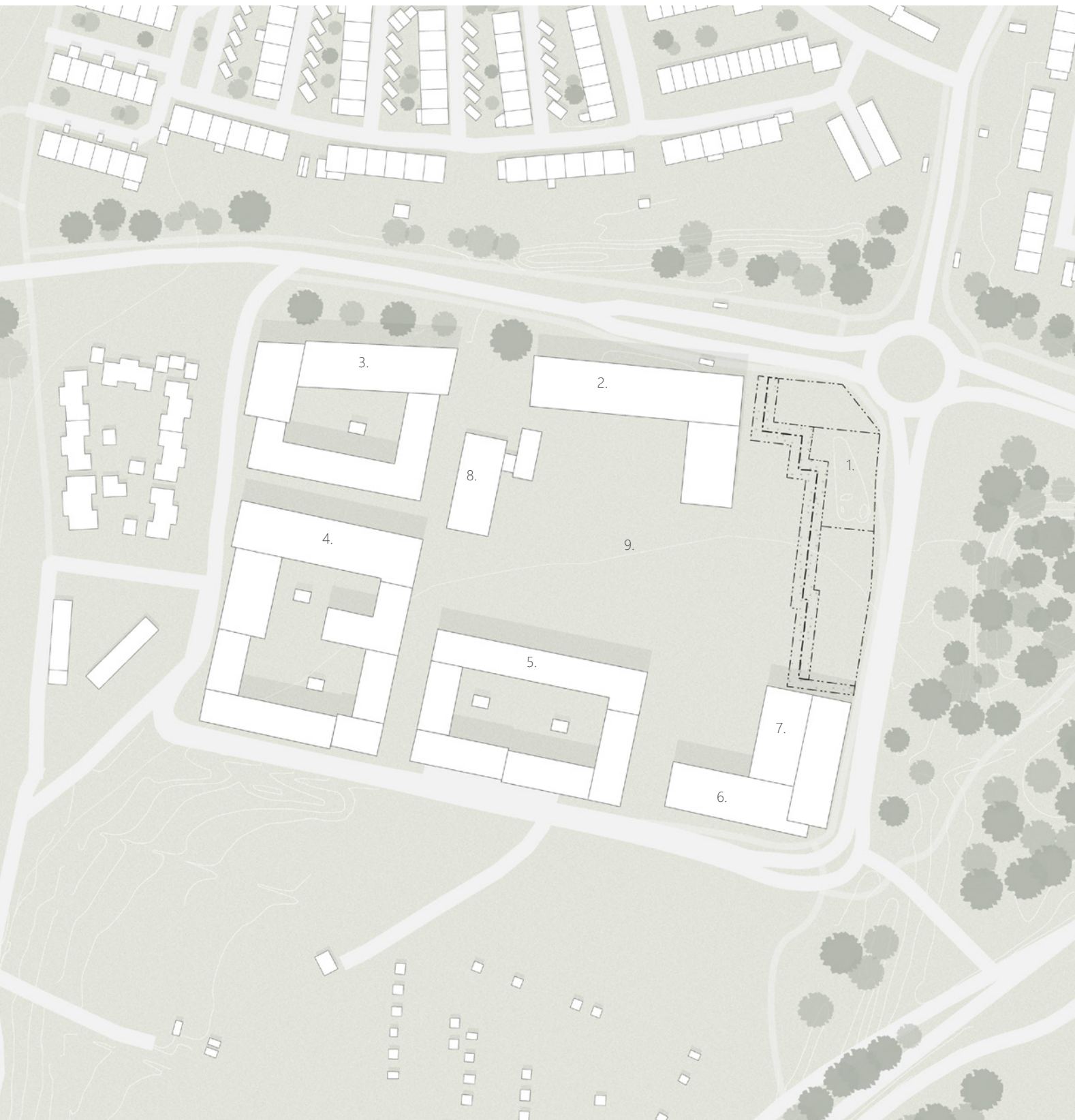
Good conditions for bicycling



Green areas surrounding the site



Connected neighborhood



THE SITE

Conditions of the location

The plot in which my proposal is located is restrictive in its shape and size. Due to this, It gave fewer opportunities for experimenting with the volume but also gave valuable restrictions. The footprint of the building is limited to 1750m². The site consists of a small slope and surrounding green areas and trees. However, it is located close to a busy road which creates noise. There are good opportunities for traveling to the site by bike and public transport which makes it an attractive spot.

The surroundings consist of a neighborhood with villas and row houses which gives it a small-scale, rural feeling which is a value to keep in the new development. However, since the new development will consist of more large-scale, multi-apartment dwellings it is important to break the scale down into a more neighborhood feeling by architectural measures. The courtyard that is planned in connection to the redeveloped school is an important aspect and quality of this new development

Surrounding buildings

- | | |
|------------------------|--------------------------|
| 1. Plot for proposal | 6. Sports hall/offices |
| 2. School F-9 | 7. Roof terrace |
| 3. Residential/offices | 8. Old radio-station |
| 4. Residential/offices | 9. Courtyard/School yard |
| 5. Residential | |

Strengths

- Surrounded by green areas, allotments and cultural value
- Close to public transport
- Walking distance to Frölunda torg
- Good opportunities for biking
- Good conditions for an intergenerational area since there's a variation of programs that includes different generations

Weaknesses

- Noise from surrounding roads
- Quite far from other facilities, such as grocery store or pharmacy
- At the moment the site is surrounded by fences, which makes it feel hostile
- Size limitations

5. CONCEPT

This chapter explains the concept of the building and the development of the shape. Further, it describes the residents and imagining scenarios.

Meaningful roles

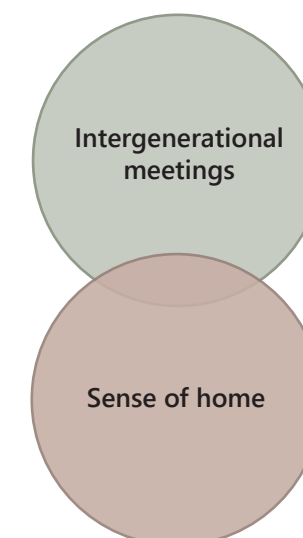
- Create opportunities for different generations to create projects together and work towards common goals & interests.
- All generations should receive and reciprocate from the intergenerational meetings.

Valuable time

- Add space where generations can spend quality time with each other.
- Provide spaces for different types of interactions, spontaneous and intimate but also formal and programmed.

Recognition

- Create spaces where different generations share everyday interactions.
- Create visual connection between different generations.
- Invite the public in order to create a sense of community.



Practical

- The private apartments and the common spaces should look and feel homelike, and not institutional.
- Outdoors and location that gives a sense of community while having good connections to public transport & services.

Existential

- Environments that are accessible in order to preserve independence.
- The private apartment should be designed to keep the residents autonomous and control.
- The opportunity to personalize the living environments with personal belongings.

Social

- Interactions and relationships with the other residents, staff, friends and family. This should be promoted by providing spaces for interactions, both within the private apartment but also in the common areas.

PROGRAM

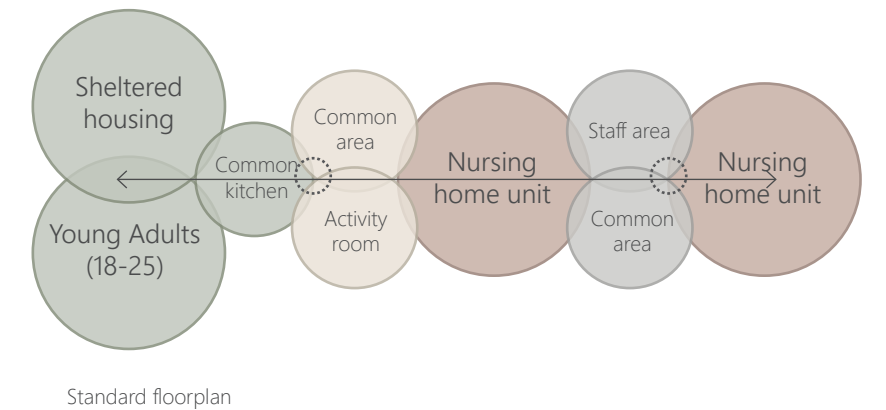
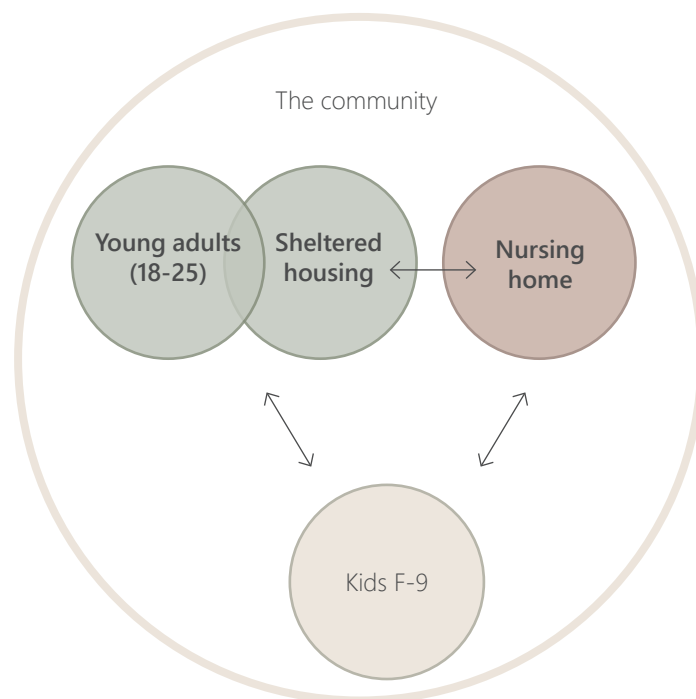
The proposal consists of one section of the building that combines seniors who live in sheltered housing with young adults by sharing the same entrance, hallway, and common kitchen. This part is then connected to the other section of the building which is a nursing home. These two sections share a common living room and an activity room. The design strategy provides opportunities for sharing common facilities in between the nursing home and sheltered housing, while also making the transition from independent living to full-time care easier. The young adults will be important in making co-housing feel lively and active. The intent is to also break the stigma around the elderly in need of some/-or no care sharing common areas with elderly in need of extensive care.

The potential residents for the sheltered housing and young adults are interviewed before being accepted to live there in order to make sure that they have an interest

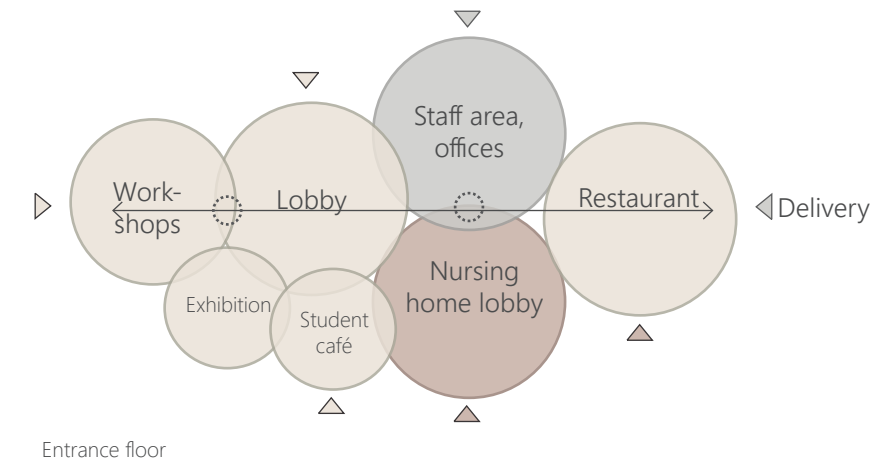
in taking part in the social agenda of the project. It is also important to gather people with different backgrounds and interests. Further, it is vital to make the residents aware of the pre-conditions of living there before they move in.

The residency has a democratic standpoint in order to make everyone living there feel ownership of the building, which is important in creating a sense of home. Every month there are meetings with representatives from each generation together with managers of the building. If there's a decision that needs to be made everyone living there gets to make a vote, for example, deciding what an activity room should be programmed with.

The pillars of the building are that every resident should feel ownership of it, clear borders between private and public, and that every resident is fully aware of the concept and preconditions of living there.



Standard floorplan



Entrance floor

- Young adults and sheltered housing
- Nursing home
- Staff
- Public / shared
- Vertical communication

THE RESIDENTS



Imaginative resident inspired
by my visit at Sällbo.

Allan, 75 - Sheltered housing
Need of care: None
Interests: Politics and culture

Imagining scenarios

Allan is an introvert and takes little part in the activity rooms but enjoys the small everyday interactions with the other residents.

Since moving to an intergenerational home he has never spent so much time alone in his room, without ever feeling lonely. During the day he avoids the active ground floor and uses the private entrance door when leaving/entering the building. He enjoys taking long walks in the nearby nature.

However, during evenings when the ground floor becomes private for the residents only, he enjoys sitting down in the lobby to have discussions with the other residents. The only activity he's active in is the discussion groups that are held once a week where they discuss current topics. He values the conversations between different generations since they often opens up for various perspectives. Further, he finds joy in the spontaneous everyday interactions in the hallway or the shared kitchen, rather than spending time in the activity rooms. It is the feeling of belonging to a sense of community and knowing that he can always find someone to chat with if he feels the need that makes him feel content and less lonely.



Imaginative resident inspired
by my visit at Sällbo.

Berit, 80 - Sheltered housing
Need of care: Home care
Interests: Books and reading

Imagining scenarios

Berit is a retired librarian and very social. She values taking part in the activities happening inside the building. Further, it is important for her to feel a high sense of ownership of the building in order to feel at home.

The residents of the building have through voting come to the conclusion that they want a library and study room in one of the activity rooms. Berit feels very committed to being active in taking care of the building and making it hers, and therefore together with her interest in books, she wanted to be responsible for the library. She also enjoys the scrapbooking room. The creations she makes are put for display in the shared living room. Putting up her own homemade objects in the shared living room makes her feel more at home and ownership of the space. During evenings she enjoys reading in the library space in which the young adults who are also students often sit down and study. It becomes a valuable time for interacting spontaneously and informally with other generations.

Living at the sheltered housing helps her everyday life since the spaces are accessible and there's a host/hostess present which creates a sense of security. Combined with home care she gets the help she needs in order to live a social and active life.



Imaginative resident inspired
by my research.

Olof, 85 - Nursing home
Need of care: Fulltime care
Interest: Painting and gardening

Imagining scenarios

Olof used to live in the sheltered housing in the same building which he enjoyed, but as he got older he got in need of more care. Therefore the home care was not sufficient anymore and there was a room available at the nursing home in the other section of the building. There he could get full-time care but still keep his friends and comfort in staying in the same building. He can still meet his old friend at the other section of the building in the shared common spaces.

Olof is part of the intergenerational program, so once a week he gardens with the students from the school next to the building. Further, since he's an artist, every two weeks he enjoys being part of the painting class with the older students. At the moment, the kids and elderly joining the program are preparing an exhibition located in the lobby space on the ground floor.

Residents at the nursing home

Many of the residents at a nursing home are suffering from dementia which makes them in need of full care and observation. The building is designed to help the residents in their everyday life by easing wayfinding through color coordination, recognition, and wheelchair accessibility. Further, it's meant to stimulate the residents through visual connections to the courtyard in which activities are happening.



Imaginative resident inspired
by my visit at Sällbo.

Maja, 23 - Young adult
Need of care: None
Interests: Textile and sewing

Imagining scenarios

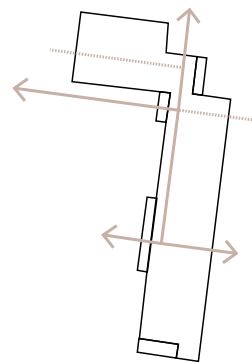
Maja is a student living in the section of the building that is shared between the elderly and young. She has a busy schedule and is rarely at home during the day. But if she is at home during the day, she often spends it studying in the library. The evenings are often spent in the activity room which is currently a game room. It is mostly used by the young for playing video games but lately the elderly have started to take an interest in it as well. One day a week she enjoys taking part in the evening classes that are being held in the textile workshop on the ground floor. She sews pillowcases and tablecloths that she brings to the shared common spaces as decoration. Lately, she has also started to take her driver's license. Allan who's 75, has taken a course in order to become her mentor to help her with her driving. Doing this together is a valuable way of bonding and making a connection with someone from another generation.

THE SHAPE

The shape of the building was restricted by the development plans from "Göteborg stad". The footprint of the site was limited to the shape that is seen in Figure 1. Further, the development plan restricted the footprint of the proposal to 1750m². Working with an already existing development plan and implementing a new program was challenging. By adjusting the shape to the new

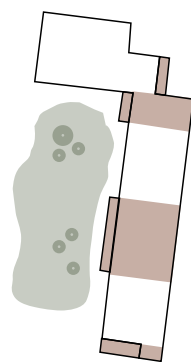
program and accentuate the main entrances the shape became the following, see Figure 4. The public entrance towards the courtyard was placed in relation to the school's entrance as well as in the middle of the two sections of the building. Towards the street, the entrance was placed by considering the connection to the crossovers and bus stop.

Building strategies



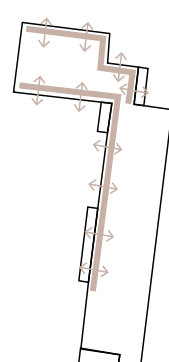
Communication & axis

Clear visuals and paths in the building to ease wayfinding. The main entrance towards the schoolyard also has a straight axis towards the schools' entrance.



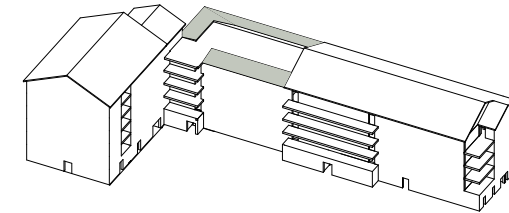
Common areas

The different parts of the building are all connected through common areas. These common areas consist of variations in sizes, publicness, and programs.

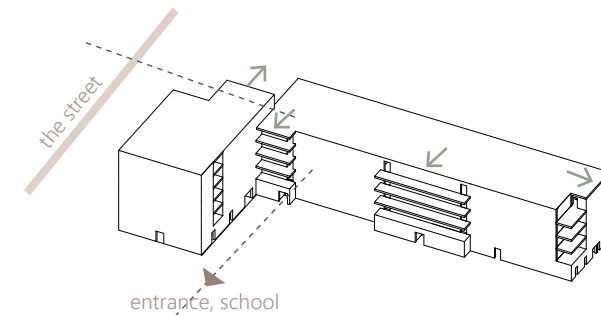


Public ground floor

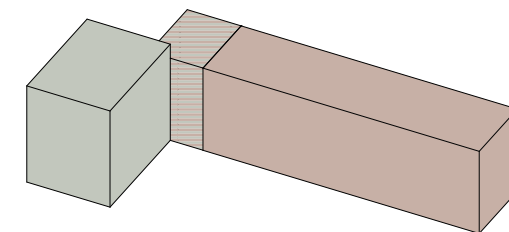
The first floor consists of public rooms that are open and connected to the shared courtyard, which invites both the public and the school.



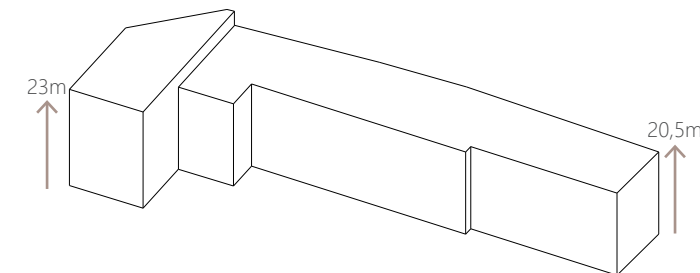
4. The roof was added with an angle of 25 degrees which is according to the development plans that stated it should be between 15-35 degrees. A roof terrace and sedum roof were added to connect the two sections and add greenery.



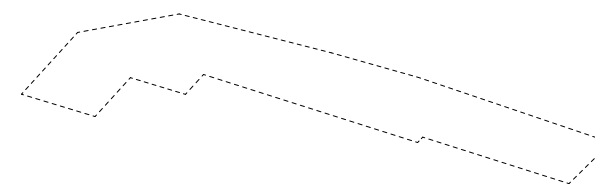
3. By extending the volume according to the entrances accentuates them but also breaks the volume down and avoids a monotonous feeling.



3. Separating the building into three sections. The sheltered housing & young adults, the nursing home, and the shared spaces.



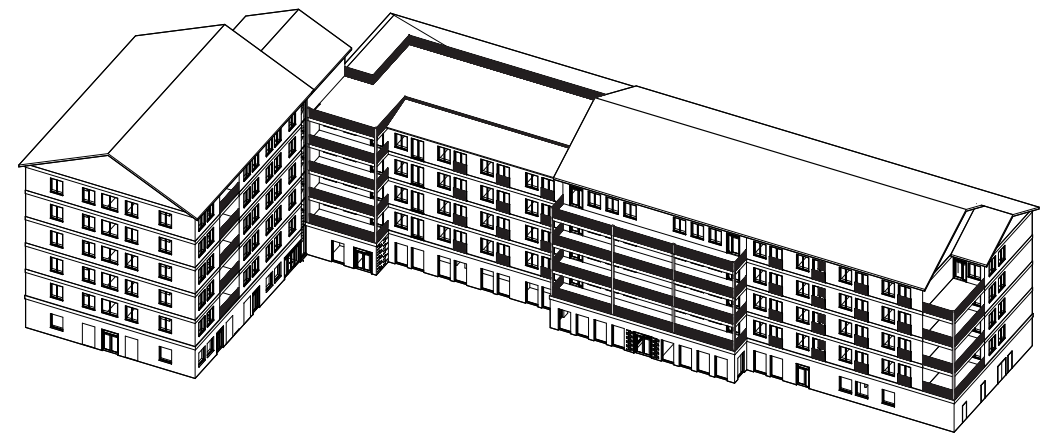
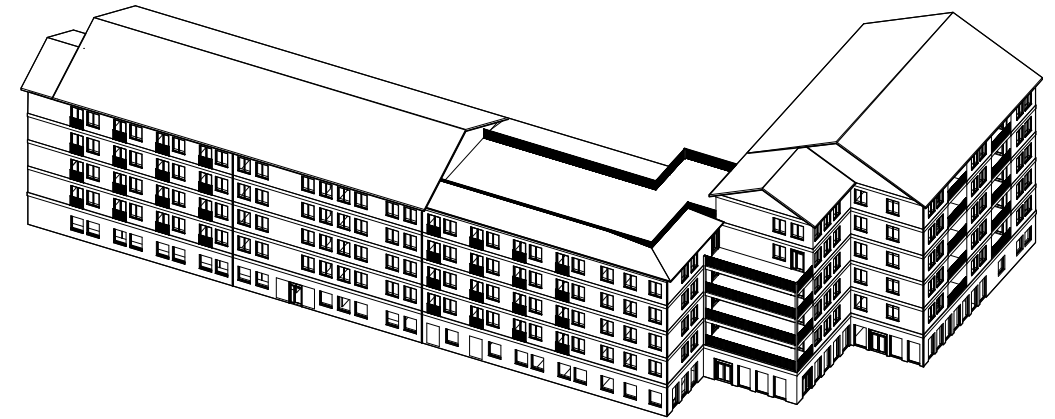
2. Adjusting the height according to the restrictions of the development plan. By taking advantage of the fact that one part of the site can be higher than the other, it breaks down the volume and gives a neighborhood feel.



1. Footprint of the site

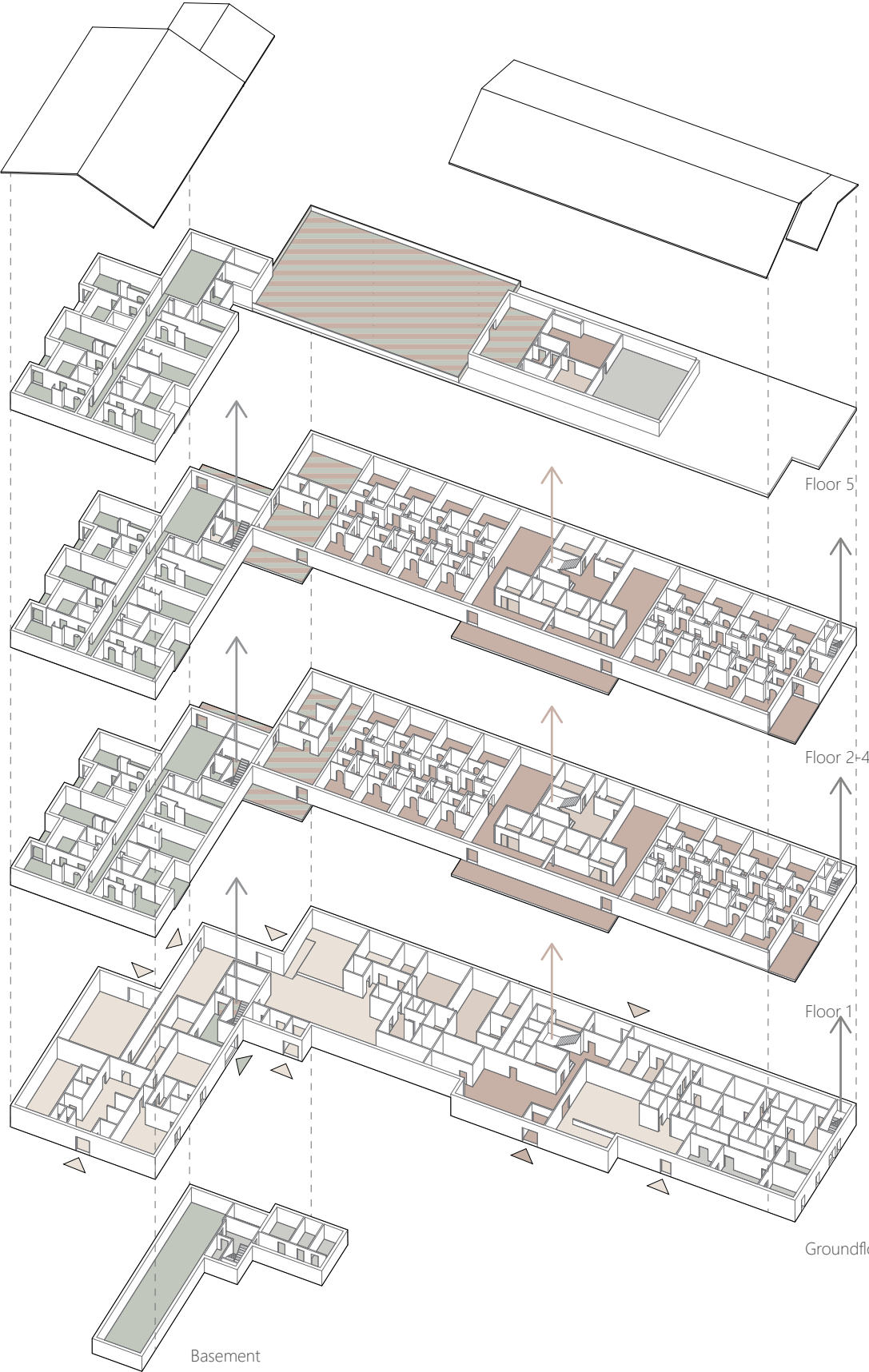
5. THE PROPOSAL

This chapter illustrates and explains the design of the proposal



PROGRAM

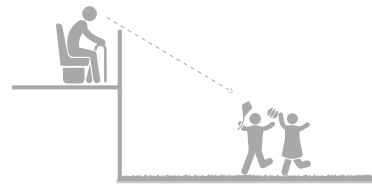
Sheltered housing & young adults		Open for the public	
Entrance	27 m ²	Wood workshop	67 m ²
Storage, wheelchair	17 m ²	Textile workshop	52m ²
Waste	23 m ²	Ateliér	62 m ²
Personal storage	2 m ² x 36	Commercial activity	92 m ²
One unit (5 in total)		Multi-functional space	309 m ²
Common room/kitchen	55 m ²	with café and lobby	
Cleaning	5 m2	Conference room	18 m ²
Storage	8 m ²	Restaurant	148 m ²
1 Rok	40 m ² x 2	RWC	5 m ² x 2
2 Rok	53 m ² x 4	WC	2 m ² x 2
		Wardrobe	8 m ² x 2
Shared spaces		Technical rooms & other	
Garden storage	17 m ²	Electricity	7 m ²
Flexi-room	27 m ²	Central storage	15 m ²
		Sprinkler room	10 m ²
		Heating	10 m ²
Guest apartment	40 m ² x 4		
Common living room	58 m ² x 4	Kitchen	61 m ²
Balcony	57 m ² x 4	Waste resturant	16 m ²
Activity room	57 m ² x 3	Office, kitchen	6 m ²
Nursing home		Staff & Administration	
Lobby	113 m ²	Office, manager	12 m ²
Storage, wheelchair	14 m ²	Kitchen, café	32m ²
Waste	17 m ²	Ateliér	62 m ²
One unit (8 in total):		Lunch room	40 m ²
Common living room	51 m ²	Meeting room	9 m ²
Common kitchen	5 m ² x 8	Drug storage	9 m ²
Common dining room	46 m ² x 8	Office, nurses	15 m ²
Cleaning	4 m ²	Office, staff	60 m ²
Apartment, 1 RoK	29 m ²	Resting room	15 m ²
Personal storage	1 m ²	Laundry	15 m ²
		Dressing room, men	47 m ²
		Dressing room, women	47 m ²
Shared between two units:		In total	
Laundry	14 m ²	Footprint	1700 m ²
Office	12 m ²	Total area	9800 m ²
Desinfection/waste	9 m ²		
Storage	9 m ²		



LEVELS OF INTERACTIONS

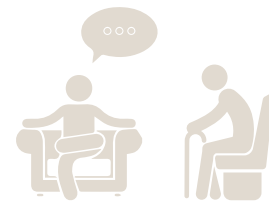
1. Visual connections

The visual connection among generations can create a sense of belonging for the elderly while also providing an atmosphere of community and togetherness as a whole for the society. Further, it creates a feeling of safety to be seen.



2. Common rooms and balconies

These are nonprogrammed and informal for intimate and spontaneous interactions and are placed in between the most private part of the building - the apartments. Based on the research, these should also require low maintenance and a high sense of ownership amongst the residents in order to be successful.



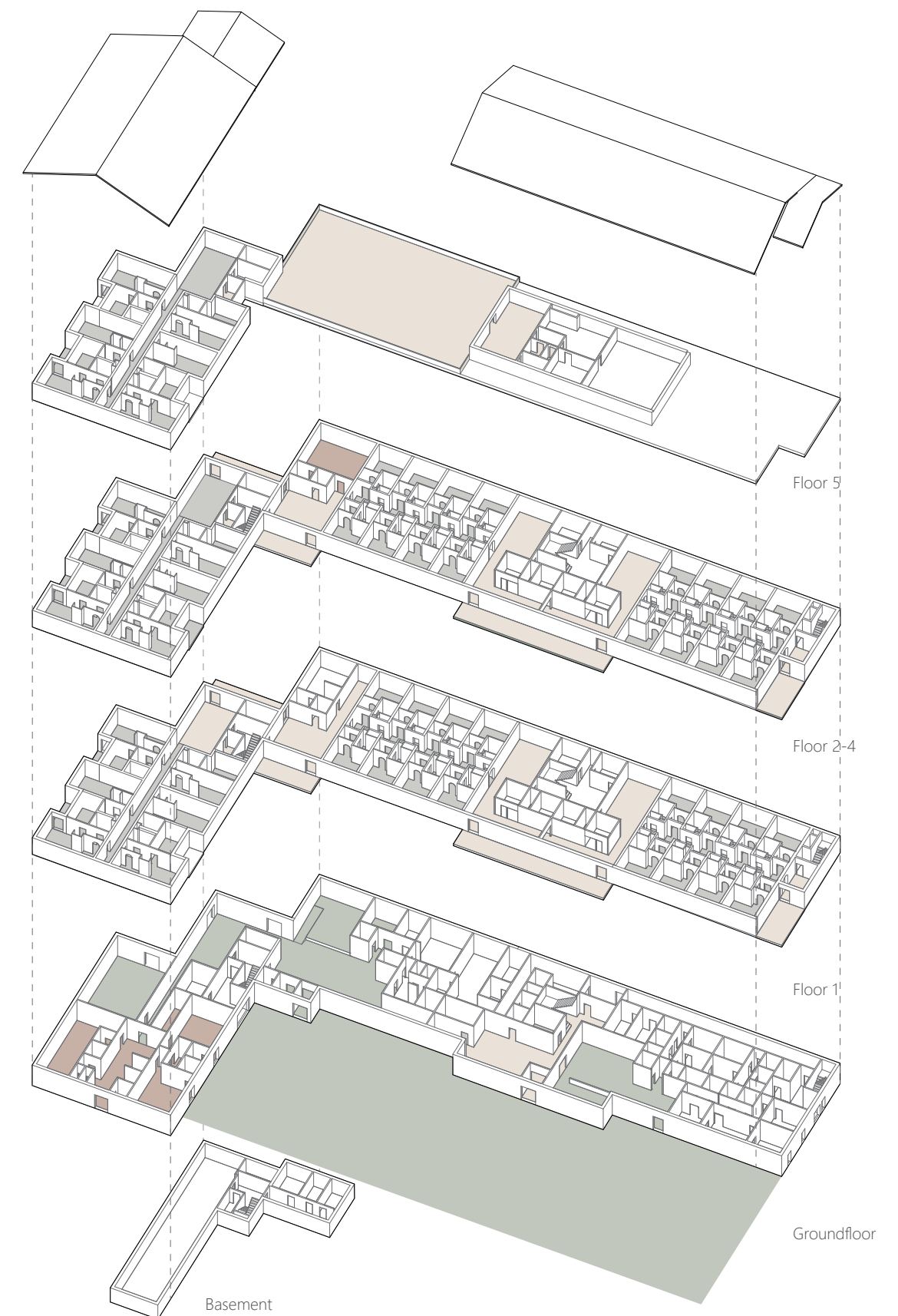
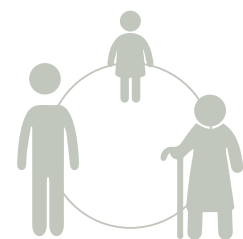
3. Workshops & Activity rooms

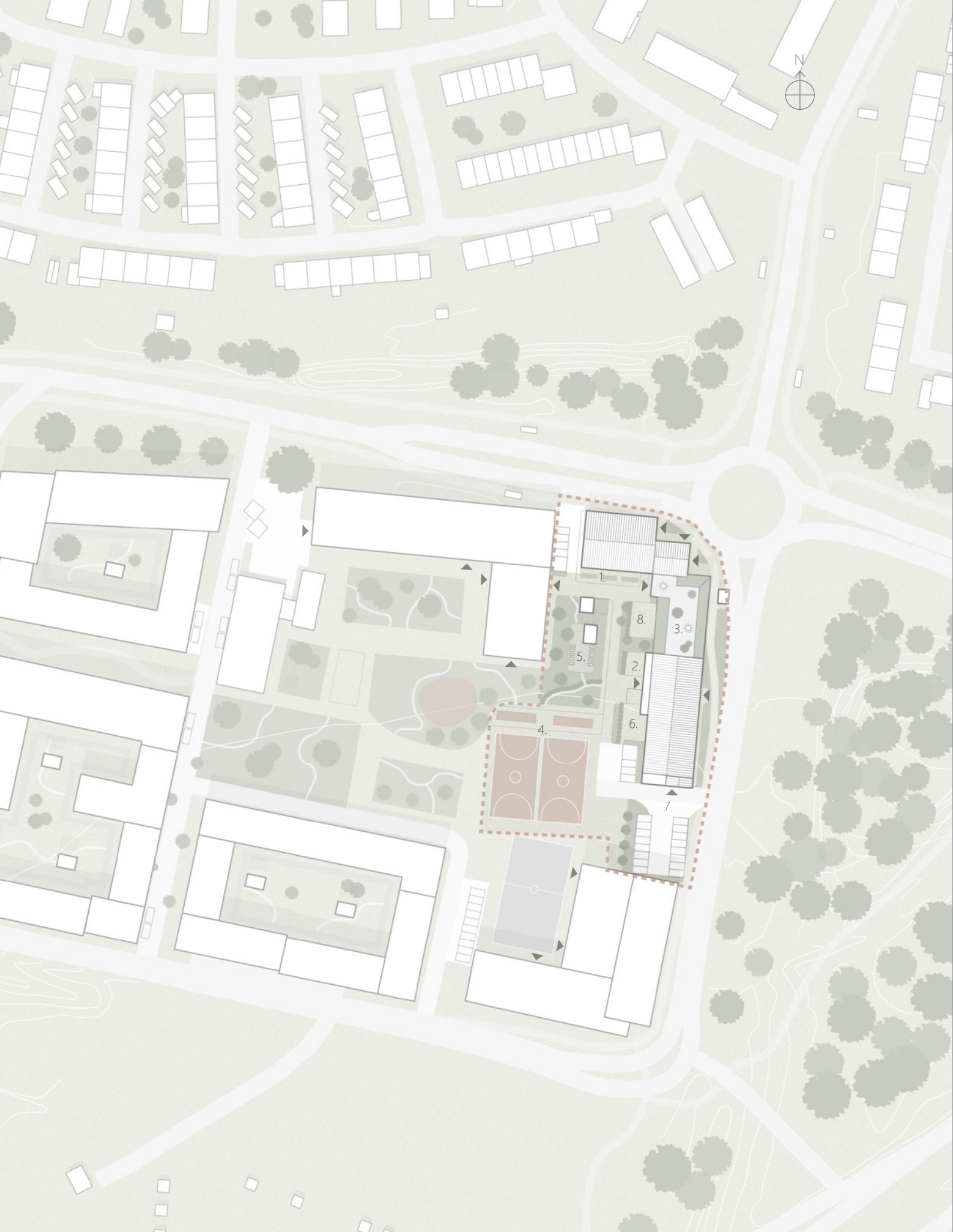
These spaces are programmed so that the residents can participate in activities in which they create things together and unite and connect toward a common goal or interest. These spaces demand more maintenance and support from staff but are important in building stronger relationships. Based on my interview with "Generation Marianne", I've learned that in many inter-generational projects, the different generations are only on display for one another, but they are not reciprocated. For example, when kids are doing Luciatåg for the elderly. Therefore, it is important to plan for activities and spaces that are meant for interactions with mutual benefits.



4. Public rooms & Courtyard

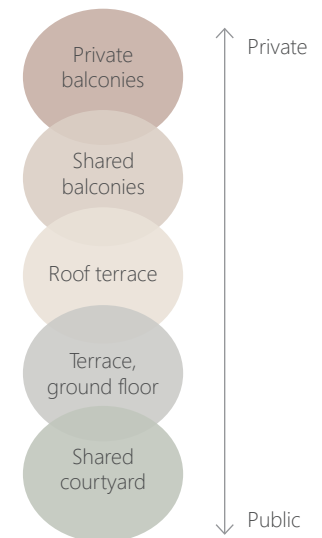
These areas are the most public within the building and are both inviting and giving something back to the community, which opens up for meetings across all generations. Since these are managed by a private actor they demand less maintenance from the staff while still enabling activities for the residents.





THE COURTYARD

The main focus for the outside environment was to implement activities that engage different generations but also define boundaries of private and public layers. Based on the research phase, it is important to distinguish between the levels of privacy. It is important when it comes to enabling intergenerational meetings but also in order to create a sense of home. The most private outside environment is the balconies which still allow for the visual connection towards the activities that are happening in the courtyard. The most public outside environment is the courtyard which opens up for observation and interactions between generations. This creates a sense of community.



1. Terrace - Workshops

The workshops can be opened up towards the courtyard which creates additional space to work and also invites other generations to observe and interact.

2. Terrace - Nursing home

The terrace for the nursing home is separated from the student café. It still gives some visibility towards the activity from the café but also ensures enclosure in order to create a private layer for the residents.

3. Roof terrace

The roof terrace becomes a private outdoor area for the residents and connecting the sections of the building. It allows for spontaneous interactions and planned events.

4. Activity zone

From my interview with "Generation Marianne" the conclusion was that it is important to mix activities that target different generations within the same area. Therefore, this area consists of both boule courts and basketball courts. Additionally, there's seating positioned so you can observe the activity if you don't want to take part in it.

5. Gardening

This area consists of slow activity in order to create a calm zone for the residents. Gardening becomes an activity where different generations can work together.

6. Terrace - Restaurant

7. Parking & delivery

8. Terrace - Student café



Exterior view illustrating the shared courtyard.



West facade, april 4.00 pm - Afternoon sun



East facade, april 10.00 am - Morning sun



South facade, april 12.00 am - Mid-day sun



North facade april 20.00 pm- Evening sun

Scale: 1.600 (A4)

0m 10m 30m

FACADES & SECTIONS

Development plan

According to the development plans the building should have a gable roof with an angle of 15-35 degrees. Also, the overall impression of the buildings should be a neighborhood structure with a lot of care into details to break up the volumes into a human scale. 50% of the ground floor should be dedicated to public purposes.

Connecting to surrounding areas

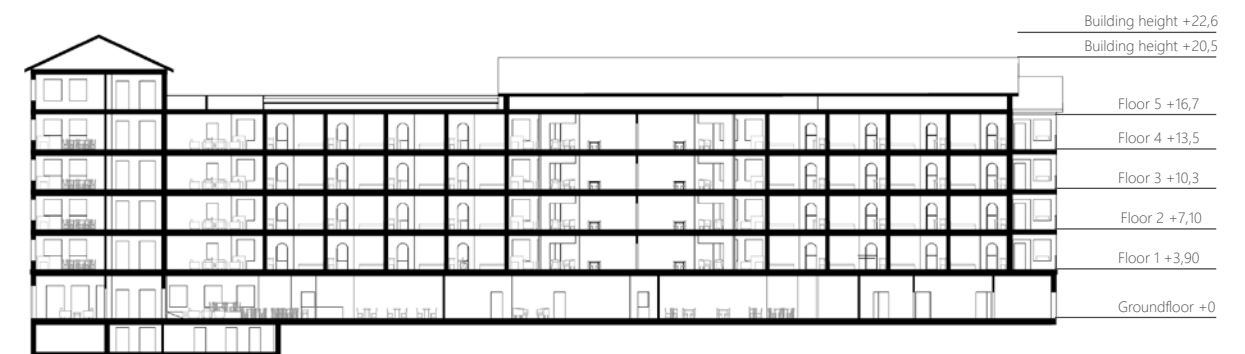
The proposal consists of a wooden structure and wooden exterior facade which connects to the nearby residential areas and existing rural architecture. Further, the brick facade on the first floor is inspired by the buildings that exist on the site today and are planned to be demolished. One building that will be preserved is the old radio station in brick.

Human scale

To break the volume down into a smaller scale a lot of care has been put into detailing. The research phase showed that well-articulated facades feel more welcoming than for example big, rectangular, and monotonous buildings. The building is broken down into a human scale by variation of color, horizontal ribbons, and different materials.

Public ground floor

The ground floor is the most public part of the building which is accentuated by the material and transparency. The generous windows open up the barrier between indoors and outdoors which invites the public.



Section A-A, scale 1.600 (A4)



Roof in skiffer
Colour: Dark grey
&
Sedum roof

Windows: Metall plate
Colour: PL 30 Grå
RAL 7038



Facade: Wood



RAL 9001 RAL 9002
RAL 7032 RAL 6021

Railings: Flat steel
Colour: PL 30 Grå
RAL 7038



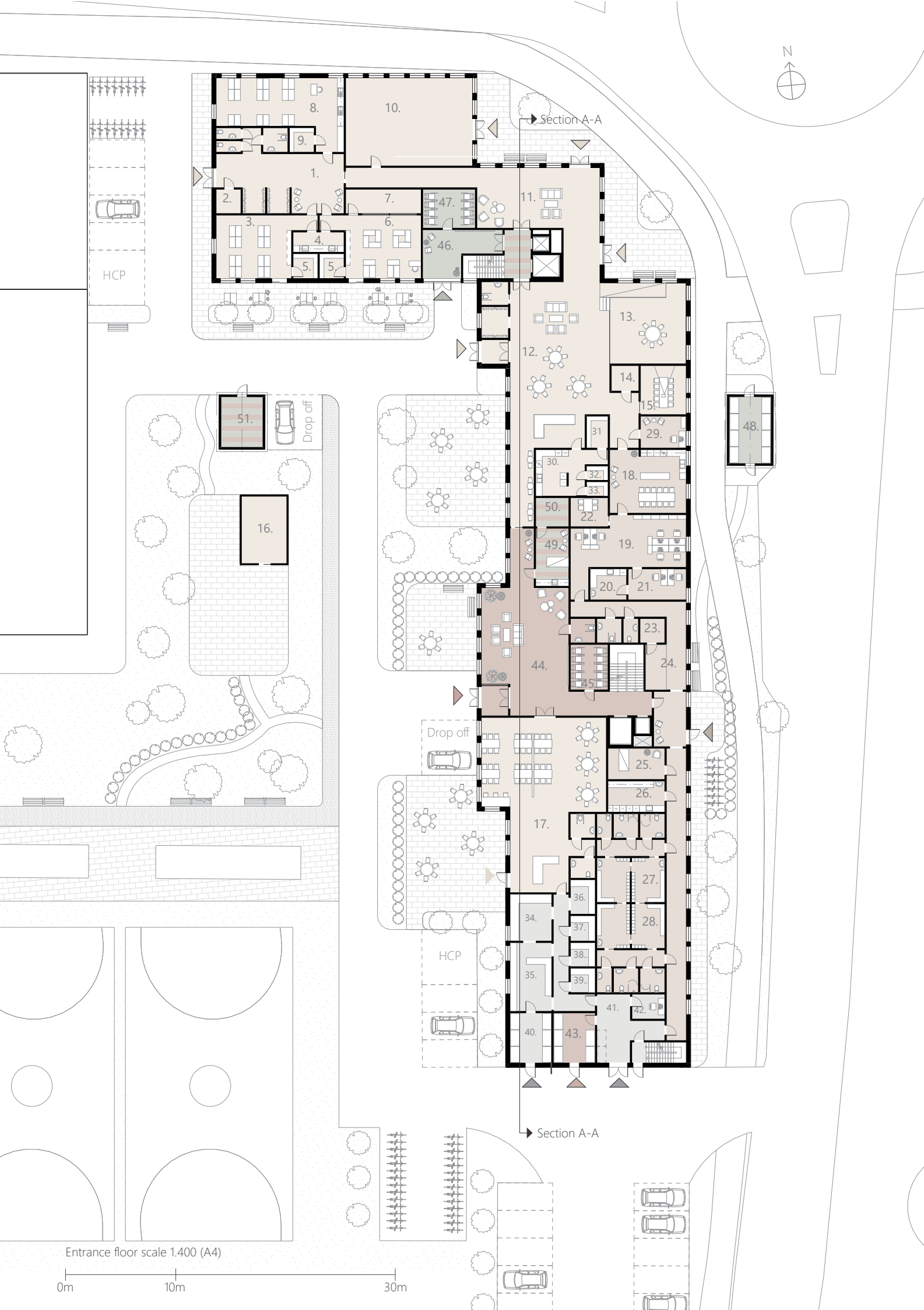
Ground floor: Brick

West facade towards the courtyard.

Scale: 1:100 (A4)



South facade towards the courtyard.



ENTRANCE FLOOR

The entrance floor is a social and active part of the building. It is inviting different generations and creates opportunities for meetings and interactions between them. The part of the building that consists of workshops is used daytime by the school and intergenerational programs. However, during evenings the workshop is open for the public to take part in evening classes. Since there are various types of programs and layers of publicness it was important to create a clear division between those in order to not intrude on the residents' private sphere. The residents have private entrances that can not be entered by outsiders.

The lobby in connection to the public entrance (nr. 12) is a flexible space that can be used for many purposes. Regularly is this space used as a seating area for the student café and lobby. However, the platform (nr. 13) in the space can be used for events such as performances or lectures. It can also be used as an exhibition space for the work that is done in the workshops, displaying both the work from different generations and intergenerational projects. Additionally, the space can host bigger events or gatherings.

Open to the public

1. Entrance/lobby workshops
2. Cleaning
3. Textile workshop
4. Paint room
5. Storage
6. Wood workshop
7. Machine room
8. Atelier
9. Storage
10. Commercial activity
11. Entrance/lobby
12. Entrance/lobby and multipurpose space.
13. Platform
14. Storage
15. Conference room
16. Green house
17. Restaurant

Staff & administration

18. Lunch room
19. Open office
20. Drug storage
21. Office, nurses
22. Meeting room
23. Storage
24. Print
25. Resting room
26. Laundry
27. Dressing room, men
28. Dressing room, women
29. Office, manager

Technical rooms, kitchen and other

30. Kitchen, student café
31. Storage
32. Freezer room
33. Fridge room
34. Dishes
35. Kitchen
36. Preparation room
37. Storage
38. Freezer room
39. Fridge room
40. Waste, restaurant
41. Delivery
42. Office, restaurant

Nursing home

43. Waste, nursing home
44. Entrance/lobby
45. Storage, wheelchair

Sheltered home & young adults

46. Entrance/lobby
47. Storage, wheelchair
48. Waste

Shared spaces

49. Flex-room
50. Storage, flex-room
51. Garden storage



Sheltered housing

Exhibition
Woodwork
6 Jun - 14 Jun
6th grade
students
& 70+

Interior view of the lobby/student café (nr. 12 at page 64)
It is important to consider the public parts as an extension of the residents' home, especially since these areas can be used by the residents during the evenings. Therefore the choice of materials, colors, and furniture are chosen to give a warm and homely feeling.

The ceiling has acoustic paneling with integrated light to keep the volume down since many elderly can be sensitive to high sounds. Since wood floor gives a homely feeling but is not ideal for large areas since they can create an echo, vinyl is chosen instead. Vinyl flooring is ideal for properties that see a lot of movement, for example, spaces that are used by children. It also requires small maintenance and can have similar aesthetics to wood.



FLOW DIAGRAM

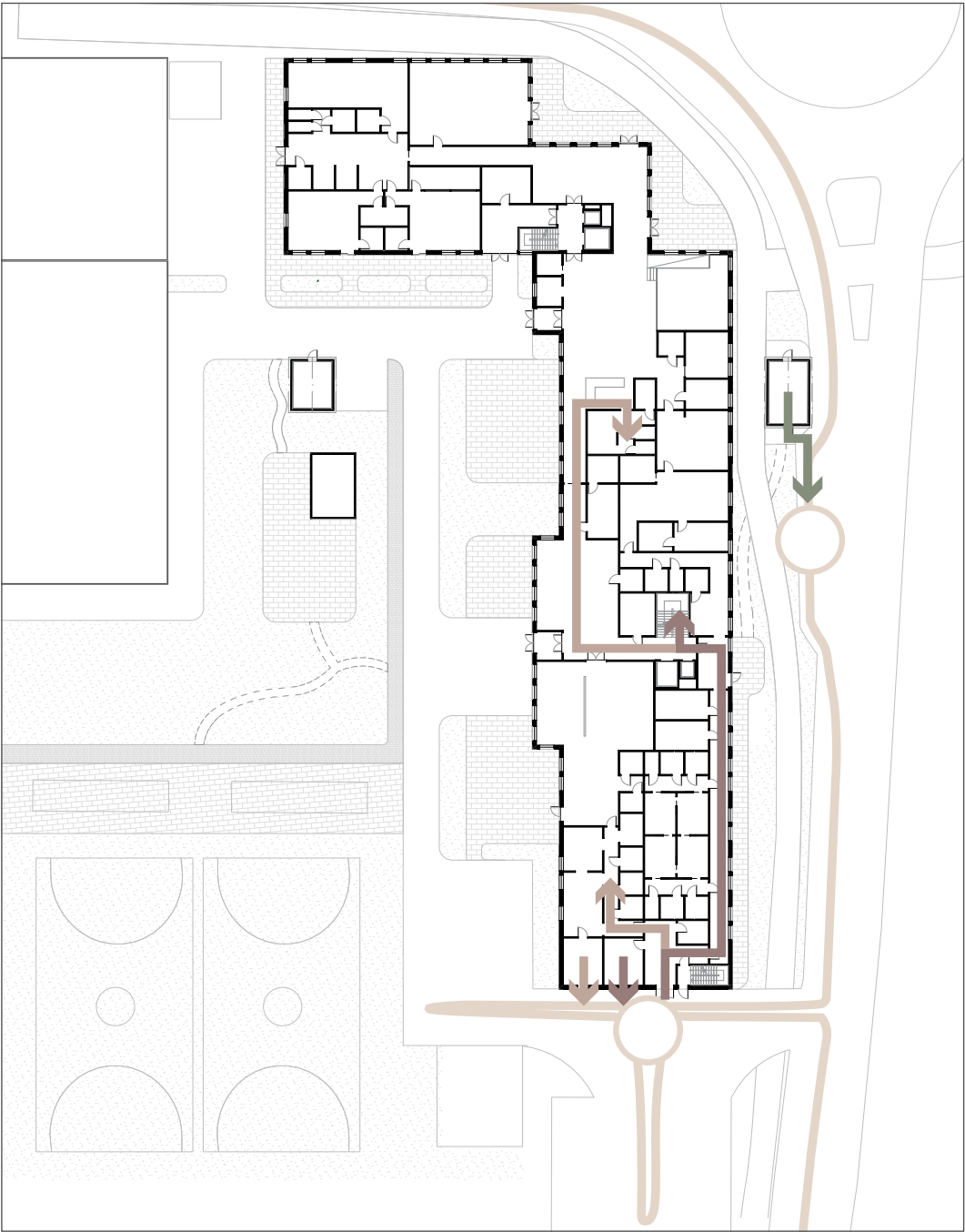


Illustration showing the flows for delivery & waste.

- Young adults and sheltered housing
- Nursing home
- Restaurant & café
- The route for delivery/waste

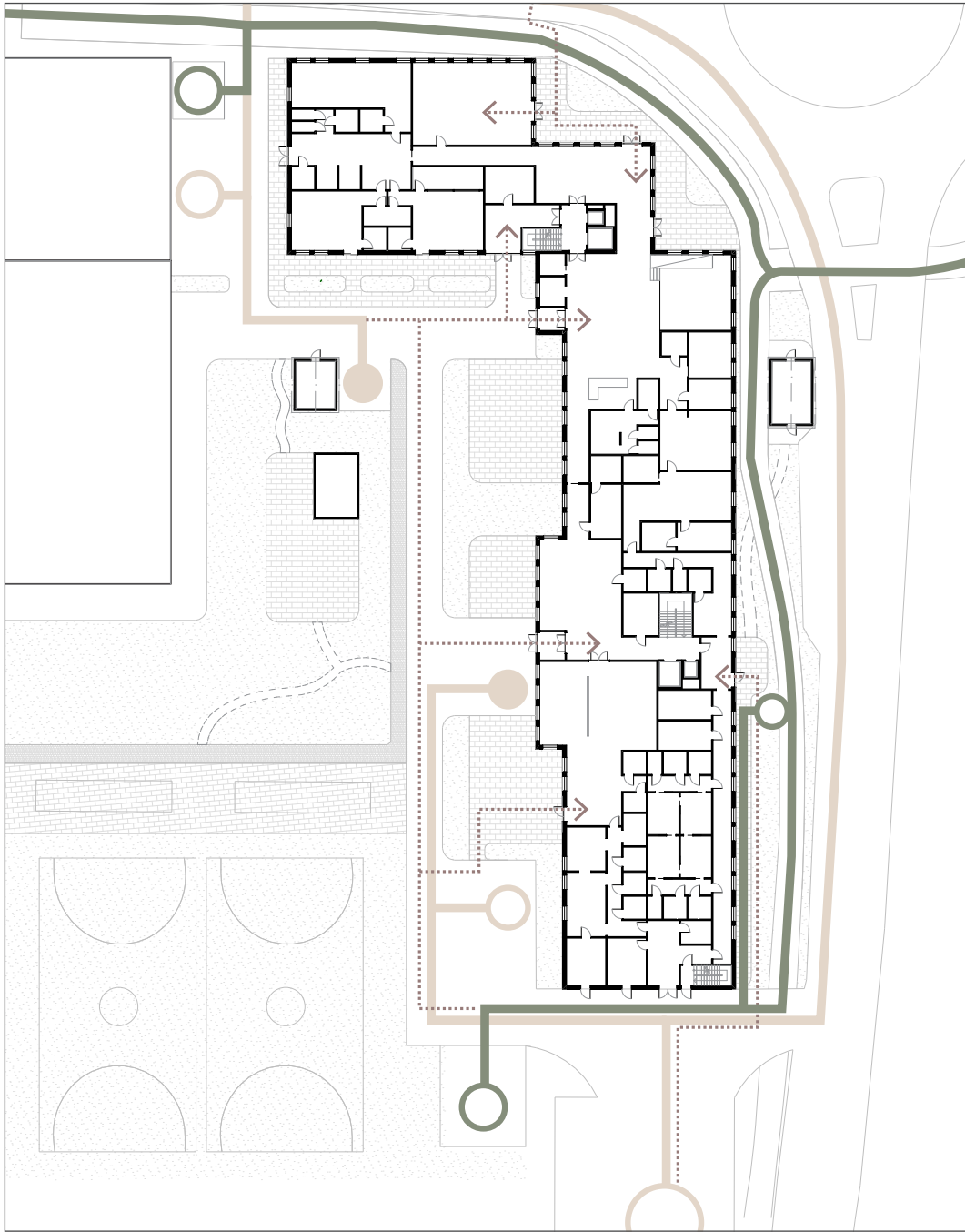
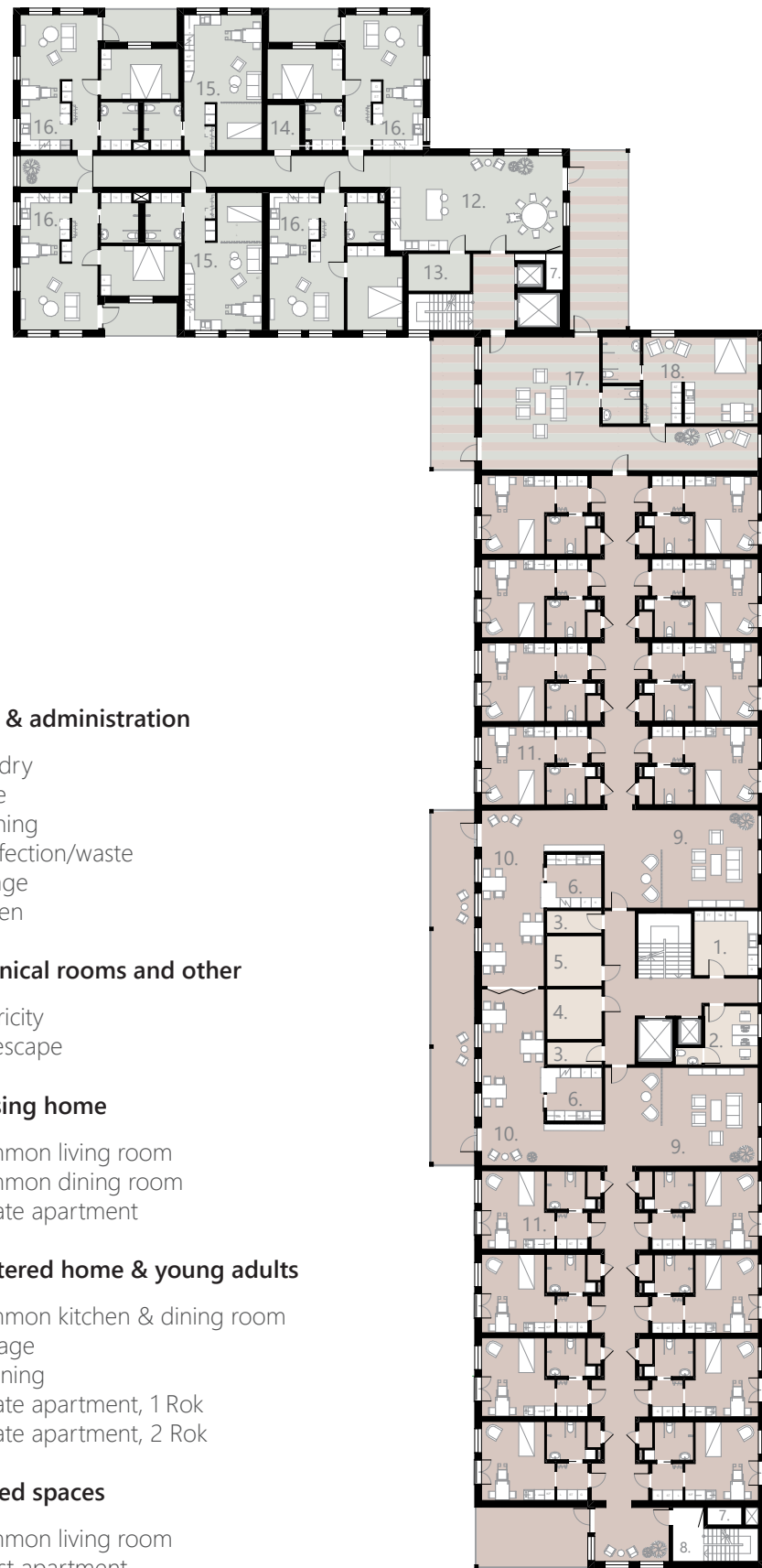


Illustration showing the flows for arriving at the building by car or bicycle.

- Bicycle
- Parking, bicycle
- Car
- Parking, car
- Parking, drop off
- Walking



Staff & administration

1. Laundry
2. Office
3. Cleaning
4. Disinfection/waste
5. Storage
6. Kitchen

Technical rooms and other

7. Electricity
8. Fire escape

Nursing home

9. Common living room
10. Common dining room
11. Private apartment

Sheltered home & young adults

12. Common kitchen & dining room
13. Storage
14. Cleaning
15. Private apartment, 1 Rok
16. Private apartment, 2 Rok

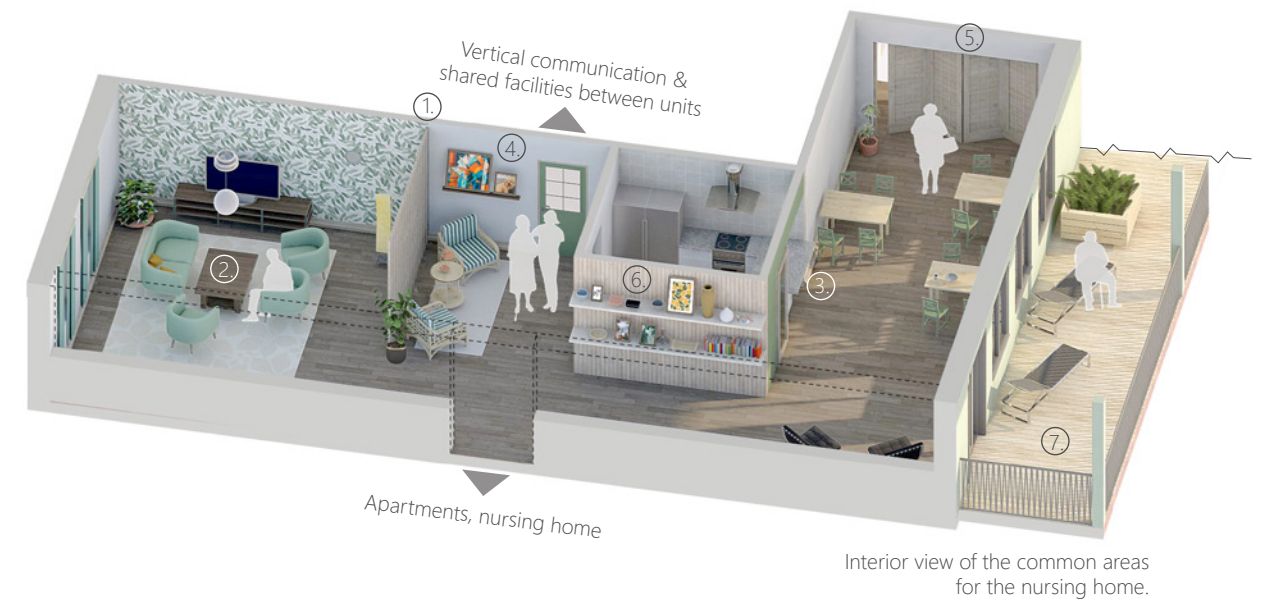
Shared spaces

17. Common living room
18. Guest apartment

Floor 1, scale 1:400 (A4)

0m 10m 30m

COMMON ROOM, NURSING HOME



1. A wooden ribbed wall divides the living room from the entrance to the unit. It creates a small entrance hall and can be associated with arriving at a regular home.
2. The furniture is mostly made of natural materials that the residents can relate to, for example, wood. Many of the furniture is bought second hand which is the most sustainable and cost-effective option and gives character to the interior.
3. The kitchen is flexible since it can be opened up through sliding doors. It also has a serving station connected to the dining room.
4. Each floor of the building has its own color in order to ease wayfinding and recognition for the residents. The shade of the color is chosen to be appropriate according to regulations but still has a warm and neutral character.
5. There are possibilities for opening up the foldable door in the dining room that divides the units. In that way the two dining rooms can be combined into one social space.
6. Based on the research phase, it is shown that personal belongings can create an attachment to a place by creating a place of recognition and familiarity. These objects can represent and strengthen one's self-identity. Therefore, there are shelves in the common rooms for the residents to bring their own pictures and objects to display.
7. There's a generous balcony towards the southwest that is shared between two units, which also has a visual connection to the schoolyard.





Staff & administration

1. Laundry
2. Office
3. Cleaning
4. Disinfection/waste
5. Storage
6. Kitchen

Technical rooms and other

7. Electricity
8. Fire escape

Nursing home

9. Common living room
10. Common dining room
11. Private apartment

Sheltered home & young adults

12. Common kitchen & dining room
13. Storage
14. Cleaning
15. Private apartment, 1 Rok
16. Private apartment, 2 Rok

Shared spaces

17. Shared living room
18. Activity room

Floor 2-4, scale 1:400 (A4)

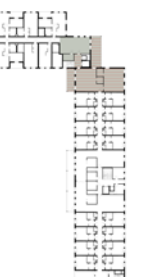
0m 10m 30m

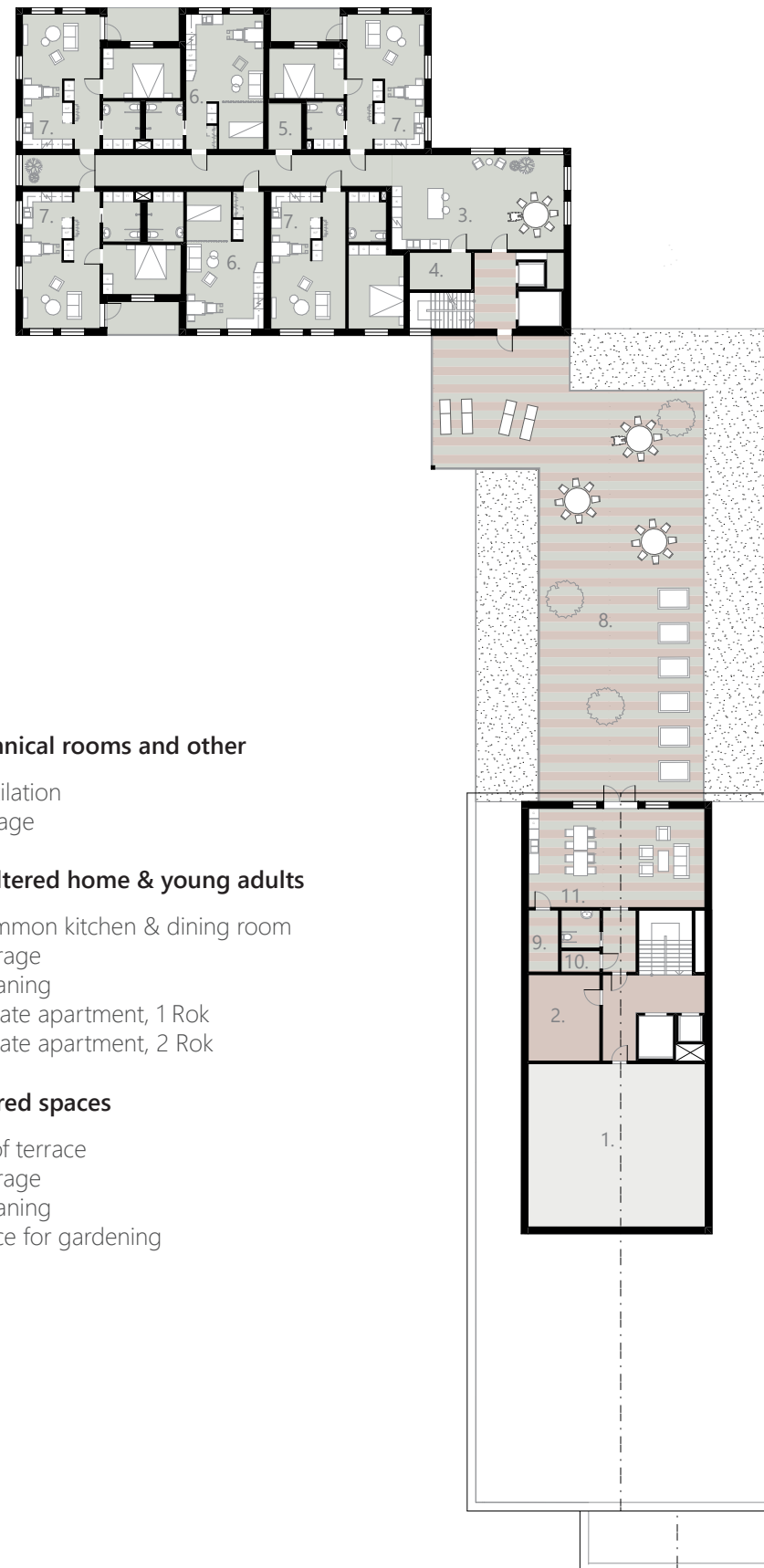
THE SOCIAL BRIDGE



Interior view of the shared spaces between the two sections of the building.

1. In the shared living room on each floor, there is a digital information board that shares information about the activities happening in the building, both on the public ground floor, but also within the activity rooms.
2. From the research phase, it was evident that it is important for flexible and general spaces that can change purpose according to the residents' preference. In this example, the activity room is used as a room for arts and crafts. The storage and sink that are placed in the activity room add to its flexibility.
3. Clothing hangers for visitors create the feeling of entering someone's private home when entering the section of the building that is shared between the sheltered housing and young adults.
4. Wheelchair-friendly kitchen with a contrasting colour. The kitchen is placed in a way that engages conversations while cooking.
5. Based on the research, shared spaces are often too big in order to create a sense of intimacy. The spaces that are shared between the different generations are kept in a size that is suitable for smaller groups of people. Further, the placement in the center of the two sections of the building makes the spaces feel like "equal ground" for the residents. The informal living room space is meant for intimate, spontaneous, and nonprogrammed interactions.
6. Balcony in southwest with a view towards the shared courtyard.





- Technical rooms and other**
 - 1. Ventilation
 - 2. Storage
- Sheltered home & young adults**
 - 3. Common kitchen & dining room
 - 4. Storage
 - 5. Cleaning
 - 6. Private apartment, 1 Rok
 - 7. Private apartment, 2 Rok
- Shared spaces**
 - 8. Roof terrace
 - 9. Storage
 - 10. Cleaning
 - 11. Space for gardening

THE APARTMENT



Interior view of an apartment,
2 Rok, 53 m²

Since all the apartments are accessible they can host young adults and elderly, which creates flexibility. In order to be accessible for the elderly but still have a sense of home and not an institutional feel, consideration was put into detailing, color, and material. For example, wooden details such as window sill, cabinets, and wardrobes. Shelves are installed on the walls to make it easy for residents to put up their pictures and objects without inflicting damage on the wall.

Further, the bathroom and bedroom are often where most of the care is happening. Therefore, if the residents need home care, the bedroom and bathroom are kept closest to the entrance door so a potential caregiver can enter without intruding on the private zones of the apartment.

Other qualities of the two-room apartment are the generous-sized balcony and windows facing three directions. The layout of the apartment enables circular movement which creates a stimulating environment.

THE KITCHEN



Illustration showing the layout of the kitchen

1. All the apartments are equipped with a wheelchair-friendly kitchen counter where their own curtains can be hung underneath. This opens up for personalization but also flexibility if the resident wants to use the space underneath for storage.
2. Handles such as doorknobs are avoided since they are not as easy to grab. Further, they are in a dark contrasting color for visibility.
3. The oven and microwave are built into the cabinets at an appropriate height for a wheelchair.
4. Natural daylight into the kitchen.
5. There are open cabinets in order to help with finding objects, but it also becomes a display of your personal items which can create a sense of identity to the place. The research phase showed that the authenticity of materials is an important quality when creating homeliness. For example, with genuine wood you know the origin of the material, deriving from trees. It is easier to associate with the finished object when it consists of natural materials. Therefore, are the materials for the kitchen cabinets in a light wood and the tiles in a warm grey stone.

THE BATHROOM



Illustration showing the details in the bathroom

1. The color for contrast markings was chosen as a warm green color together with a light beige to avoid a too bright and institutional feeling, while still meeting the requirement. Further, the markings create decorative patterns to not only be associated with a nursing home. The standard 15x15 white tiles often feel sterile when applied in institutional environments. This proposal investigates alternative ways using tiles when it comes to pattern, size, and variation, and how these can create the sense of home by more careful thought being put into the interior. Both when it comes to the tiles of the kitchen and bathroom.
2. Grip bar to help the elderly in their everyday life that can also be used as a towel hanger for example when young adults live in the apartment.
3. Washing machine and dryer in the bathroom, and storage for cleaning products. The physical design and cleanliness are shown to affect satisfaction in a sheltered housing/nursing home. For example, it is positive if the cleaning tools and products are kept inside the private room since it gives a sense that the room is kept clean and tidy. (Rijnaard et al, 2016)
4. Sliding door for accessibility, and in a green contrasting color to ease wayfinding. The color and detailing on the door add character to the apartment.



S 4030-G30Y
lightness value:
0,40



S 1502-Y20R
lightness value:
0,84



Exterior view showing the entrances facing the public street

CONCLUSION/DISCUSSION

This thesis aimed to investigate whether intergenerational housing can create interactions and natural meeting places for different generations. The purpose was to create a more socially sustainable society with less loneliness and isolation while finding appropriate housing solutions for both the elderly and the young.

The end product is a housing project with combined units for sheltered housing and young adults, but also connecting it to a nursing home through shared spaces. It investigates how you can make the transition from independent living to full-time care easier and break the stigma of combining sheltered housing with nursing homes. The concept of the proposal aims to be one way of working towards a more inclusive and intergenerational society, which then can be implemented into other proposals in the future.

This proposal could be developed further by investigating the logistics behind a concept that is combining facilities between different organizations. At this stage, the shared facilities are only at a conceptual stage, based on research and reference projects. Since this project proposes shared facilities between a school, residential building, and the public, it would be important to understand how they would be used by investigating and developing schemes with intergenerational programs. Even if there are many benefits in sharing spaces between organizations it is also challenging.

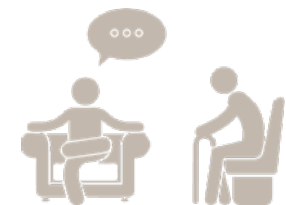
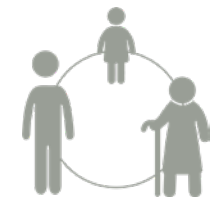
The choice of methods for this thesis were literature studies, studies of reference projects, interviews, and a study visit. If this thesis would be developed again or used in real life, based on the knowledge that I've gained, I would add participatory design and or/ interviews with potential residents to the method. This would give a better insight into specific residents' preferences for spaces and activities. Further, it would be beneficial to interview residents in the surrounding areas to understand what could be added to the neighborhood, since this is a project that aims to invite the community. However, since this is a project that is sought to last across generations there is not one correct solution in terms of spaces and activities, but rather it's always changing. Therefore generality and flexibility are key to be able to change with its residents.

The main issue with implementing intergenerational programs is not necessarily architectural. Architecture is important in facilitating intergenerational meetings, for example when it comes to creating spaces that are attractive for different generations. Few housing projects are built with the intention of intergenerational programming from the beginning, which is important when creating spaces that enable those. However, the main issues with implementing intergenerational practices are regarding change of mindset and getting politicians to prioritize this. It is to understand that to invest in intergenerational practice is to invest in public health and the economy.

A difficult part during the process of developing this proposal has been to work with an existing development plan. The development plan was strict in its size and proportions. Further, the development plan indicated that the program would be a nursing home or student housing, but since I combined these in my proposal I also added a lot of program. Even though it was challenging in terms of space it was also helpful to have a development plan as a base for when developing my proposal.

One of the key objectives of my proposal was to focus on the sense of home. Through studying literature and design explorations the conclusion is that there are principles you can use in order to create a sense of home to a certain extent. We as architects can use tools that might add to satisfaction, help preserve one's habits and relate to home through physical qualities. However, it is impossible to predict how a person will create attachment and identity to a place in order to feel at home. We can only make general solutions and predictions, and provide opportunities for personalisation.

In conclusion, intergenerational housing can be a way of providing opportunities for meetings across generations. However, we cannot force people to interact, which makes it impossible to create an intergenerational society only through architecture. It is a combination of a change in mindset, providing appropriate spaces and making the politicians invest into it. Additionally, there are several ways of design for intergenerational interactions, in which this is one of them.



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Figure 4: Lava, C.F. Møller Architects & Tredje Natur. (2015). *The future Soelund*. Retrieved from: <https://www.tredjenatur.dk/en/portfolio/the-future-soelund/> CC BY 2.0.

Figure 5: Okidoki architects (2022). *Detaljplan för stadsutveckling nordväst om Järnbrottsmotet del 2, bostäder, skola, verksamheter, Samrådshandling*. Göteborg stad.

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CHALMERS

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