

# GNISTAN

- *The spark* -



- A support center for people  
affected by cancer

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Graduation and publication year 2021  
Examiner: Johanna Eriksson  
Tutor: Elke Miedema

# GNISTAN

*- The spark -*

*A master thesis in Healthcare Architecture  
Chalmers School of Architecture  
Department of Architecture and Civil Engineering  
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UNIVERSITY OF TECHNOLOGY



# Abstract

## *How can architecture support the mental and physical needs of people affected by cancer?*

At some point in life most people will be affected by cancer, it is a widespread disease, affecting both the patient and everyone close to them. Getting diagnosed with cancer is tough, medical treatment is important but so is mental support. Today there seems to be a gap between the healthcare system and the mental support both during and after treatment.

About 60.000 persons in Sweden get a cancer diagnose each year. A support center aims to create a place where people affected by cancer can relax, recharge and become stronger. It is also about finding a way to remove the stigma and create a safe zone where it is okay to feel weak and to cry. A cancer support center is not a new concept, but it is non-existent in Gothenburg and would function as a complement to today's healthcare.

Research shows that architecture affects people's well-being, and that nature has a healing effect. Both architecture and nature can thus help the healing process and work as positive distraction. Biophilic design is focused on our basic need to connect with nature, using it as a tool and as inspiration it helps nature being a big part of the architecture of cancer care.

This thesis has been investigating how architecture and nature in a support center affects cancer patients and their loved ones. Hopefully this will contribute to the discussion about cancer treatment in Sweden and make rehabilitation and mental support a natural part of the care.

By combining existing knowledge in the healthcare field with experiences told from people affected by cancer and case studies of similar places the design proposal resulted in a center close to Sahlgrenska. This new support center provides both small intimate rooms for discussion and reflection, as well as larger rooms for rehabilitation and learning. The center has a close connection with nature, from the garden on the outside to the materials on the inside.

This is a place to process the cancer, learn how to live with it, how to move on from it, or how to move on without someone. The architecture in the center support these different needs that comes along over time and takes place at the same time for different people.

Key words: Architecture, Cancer, Nature, Biophilic design, Support, Recovery

*"As a cancer patient you lose your control, identity and integrity. You get dehumanized and need others in the same situation to be able to survive"*

- Louise Lindquist Sassene, 2021  
Personal communication  
Translated by author

# Authors background

## Education

**Bachelor**  
Chalmers University of Technology (2015-2019)

**Master**  
Tongji University, Shanghai, China  
- *Exchange semester (2019)*

**Studio**  
Reconstruction of Qingsha historical village in Dongguan

Chalmers University of Technology  
*Architecture and Urban Design (2020-2021)*

**Studios**  
- Future vision for healthcare housing and work 2: Housing inventions  
- Future vision for healthcare housing and work 1: Residential housing for seniors



## My relation to the subject

I think it is important to keep developing todays healthcare and have in mind that there is need for more than just medical treatment for a person to be and feel healthy. When talking to people that live, or has lived, with a cancer diagnosis there seems to be a gap between todays healthcare and the life after treatment.

I do think that we need to find a way for people with cancer that make them feel stronger so that they can fight the cancer the best way possible. Cancer is a disease that is becoming more common, but more people are surviving it and the need to take care of those fighting the aftermaths grows bigger too.

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# 1 Introduction

*In this chapter the aim of this thesis is explained. The chapter contains the research question, the purpose of this thesis as well as my delimitations and methodology.*

## Research Question

*How can architecture support the mental and physical needs of people affected by cancer?*

## Aim

The aim of this thesis is to find a design that can support people affected by cancer, both mentally and physically. To investigate what role architecture and nature has in cancer care and incorporating biophilic design to deepen the knowledge of how these go together.

## Purpose

The purpose of this theses is to find a design that can help people affected by cancer when it comes to mental support and rehabilitation. This will raise and awareness about the psycho-social health and healing when it comes to cancer and fill the gap that seems to exist in today's healthcare.

## Delimitations

This thesis is partly based on Kraftens hus's expansion plans. This plan of a new Kraftens hus is in the start-up phase and has no assigned site. I will therefore make my own program that is inspired by the existing operation in Borås.

In this thesis I will focus on the mental health and rehabilitation needs and will not go into facilities needed for the cancer treatment itself, that part will remain at the hospital.

## Reading instructions

In the first chapter, *introduction*, the aim of this thesis is explained. The chapter contains the thesis question, aim and purpose, as well as my delimitations and method.

Following chapter is the *background*, this part is divided into four categories, *About cancer*, *A healing approach*, *The already built* and *Site and context*. These provides the theoretical framework that has created the foundation of the design in the project.

In the chapter called *program* the design strategies based on the theoretical framework is presented as well as the functions and organization of the center.

The fourth chapter, *design proposal*, presents the final design proposal in the master thesis. It is a result of the findings made based on previous chapters.

The fifth chapter, *summary*, will conclude the master thesis with a discussion and conclusion.

The booklet is finished with *references* used in the project.

## Method

The method used in this thesis is mainly *research for design*. The research is done through literature studies, semi-structured interviews, surveys and case studies on already built examples. To support the design and material choices *biophilic design* has been used, as it is proven that nature has a positive effect on health.

The literature I have read is both on cancer and its effects as well as about healing architecture and biophilic design.

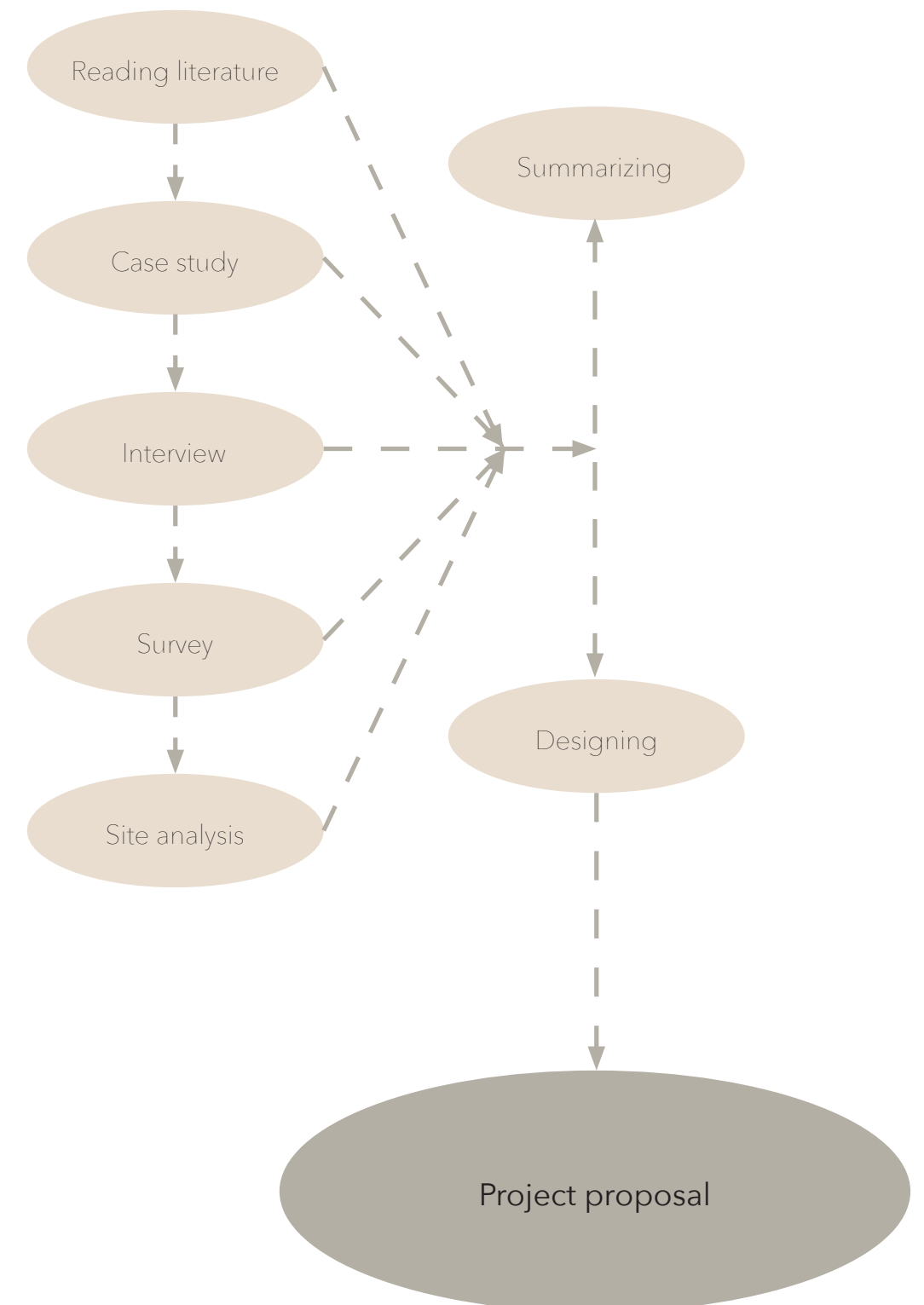
The interviews have been made with people affected by cancer, former patients and relatives, and professionals both in the field of healthcare and architecture. The interviews have been about an hour long and the questions were related to cancer care or life with cancer.

Two different surveys have been sent out. One to people visiting an existing support center, to see what they appreciate as well as wish for. The other one has been sent to people affected by cancer to research their wishes for a center.

Three case studies have been made, two cancer centers in the UK as well as a visit to Kraftens hus in Borås.

Interviews, surveys, case studies and some other background information has been made in collaboration with Agnes Engström, who is doing a master thesis within the same subject.

The final proposal is based on the findings during research combined with sketching alongside, leading to a result with a holistic view of cancer care with nature as a health benefit.



## 2 Background

*This chapter contains the theoretical framework that the design proposal is based upon.*

The background chapter is divided into four different parts each deepening the knowledge needed to design for those affected by cancer. The final proposal is based on existing knowledge in the cancer care field combined with my findings from interviews, surveys and case studies, and some of these findings are presented in the following chapter.

### 2.1 About cancer

### 2.2 A healing approach

### 2.3 The already built

### 2.4 Site and context



## 2.1 About cancer

*This part of the background contains information about life with cancer and its side effects.*

### Living with cancer

In Sweden, one in three gets a cancer diagnosis (Cancerfonden, n.d), but the effects are not only physical, their whole life turns upside down and the same can be said for their loved ones.

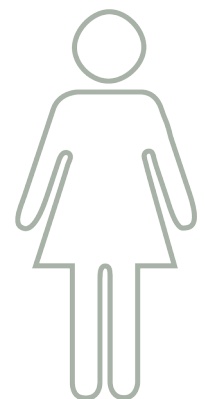
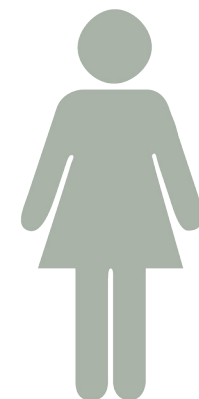
Cancer is a large economic and social cost for Sweden, the quality of cancer care is high and the survival rates for many types of cancers are above European average (All. Can). Cancer treatment is different for everyone, but most people spends a lot of time at the hospital. It could be every weekday for a few weeks or less often but for a longer period of time, some patients do both. The side effects after are different for each person, but for most people it gets worse over time. (J. Nyman, personal communication, January 28, 2021) Unfortunately, the care seems to end with the treatment and many patients feel alone, vulnerable and abandoned when the treatment is completed.

### Stress and cancer

When stressed, the body sends out a boost of energy to help you through a tough time, this is something that is happening to everyone, cancer diagnosis or not. This boost is helpful in the short term and in small doses but in long term with larger doses it causes more harm than it helps (Maggie's, n.d).

According to Van der Linden et al. (2016), Sternberg (2009) implies that the environment has an impact on people's well-being through the immune system. Identifying stress as a negative influence then implies relaxing environments as something positive.

Studies show that psychological stress can affect a tumors ability to grow and spread, but there is no strong evidence that stress can cause cancer directly (National Cancer Institute, 2012). Therefore, creating safe spaces for relaxation could help prevent stress, and maybe even the spread of cancerous tumors.



## Cancer and exercise

The body's strength and physique get affected by cancer and its treatment. Exercise has earlier been recommended to be avoided when undergoing treatment but today the recommendations are different, if the energy exists it is good to exercise.

Cancerfonden (2019) writes about a research on how exercise affects the results and side effects of cancer treatment. A combination of cardio and strength was most effective when it came to prevent fatigue, but only doing cardio was giving result too. Both forms of exercises helped the participants to a better life quality, less symptoms, maintain their weight and they got stronger than the control group. This is not only a way to get physically stronger but also a way to take control over your own body and life. People that are physically active also has a reduced risk of relapsing as well as an improved chance of survival.

## Cancer after treatment

The cancer care at the hospitals in Sweden works well, they have clear system to follow. It is not until after the treatment is done that you have time to think about what actually has happened and it is then the rehabilitation is supposed to start.

***"The rehabilitation is something the care professionals talked a lot about during treatment, but when it was time there was nothing to offer"***

- Emelie Ogenhag, 2021  
Personal communication  
Translated by author

J. Nyman (personal communication, January 28, 2021) agrees that it is probably after the treatment that the need of psychological support is greatest, but as staff at Sahlgrenska his perception is a bit different when it comes to what they offer. These different perspectives, about what support is offered after completed treatment, between patient and professional, is something you can hear about in En podd om cancer (Blomqvist, 2017) as well.

## Cancer hangover

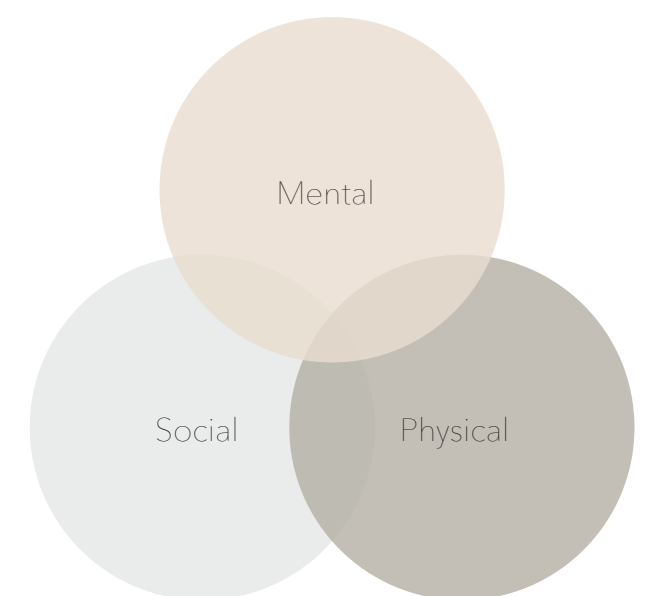
Cancer hangover is an expression that you meet a lot when reading about cancer. It is about the life after cancer, a life that might not be as planned with physical and/or psychological scars. Anxiety, infertility and a changed body is just some of the consequences someone who survived cancer might experience. More and more people do survive a cancer diagnosis and it is therefore of uttermost importance that knowledge about this is spread, in healthcare as well as in society (Ung cancer, n.d).

***"The healthcare system is top notch when it comes to cancer and treatment. But when this is done it is goodbye immediately. What happens now?"***

W

***"During cancer treatment you are under the hospitals umbrella. But after treatment you are expected to go back to normal, that is called cancer hangover"***

- Louise Lindquist Sassene, 2021  
Personal communication  
Translated by author



These three are factors in people's well-being and all are affected when diagnosed with cancer. There needs to be a support system that can provide help and strengthen peoples mental, physical and social well-being.

## 2.2 A healing approach

*This part of the background presents the architectural foundation and framework that has led to the design of the project.*

***“Salutogenic design is all about encouraging active health rather than merely treating illness.”***

- Mazuch, 2017

### What is health?

According to WHO (2001) health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity. This condition is something to strive towards although the disease when visiting a cancer support center might not be absent.

*Physical well-being* is related to a healthy body. Physical activities and rehabilitation are important to build up strength and to gain energy.

*Mental well-being* refers to the psychological state of an individual. How a person handles different situations and their feelings.

*Social well-being* is often related to social support. Having the ability and opportunity to share experiences and concerns with loved ones, professionals and/or people in the same situation.

These three combined creates the core of what this thesis strives towards.

### Salutogenic approach

Salutogenic design originates from Aaron Antonovskys theory of salutogenesis. It is about promoting an active and healthy life instead of the pathogenic approach that focuses on treating the disease or injury. The salutogenic approach is about preventing the disease instead of treating it (Mazuch, 2017).



### Positive distraction

One way to help reduce perceived pain is by positive distraction. Studies show that positive distraction leads to better emotional well-being, less stress, kept attention and pain releasing. These distractions work well when being natural elements found in our history, like trees, flowers and water. Unthreatening animals, kind faces and music could also work as positive distraction (Ulrich, 2012). When focusing on nature, or something else that works as positive distraction, less conscious attention is paid to pain and the perceived pain is therefore lower (Kellert, 2011).



## Connection with nature

Peter (2017) mentions in her article that urban environments, that more than half of the world's population now live in, can have a negative impact on mental health. Incorporating natural elements such as trees and water in the cities to stay connected to nature is henceforth something to priorities to make people feel better (Peters, 2017).

Ulich (2012) shows in his research that architecture affects people's well-being and can help promote the healing process. Design aspects such as daylight, greenery, space, colors and privateness can affect both physical and mental health (Ulrich, 2012). It is shown that even small doses of greenery have been proven to have lasting physical and mental health benefits (Peters, 2017).

## Biophilic design

Biophilic design is a tool for us to reconnect with nature and what was natural in humankind's beginning. We have an inherent need to connect with nature in the modern built environment, since nature is where it all started. Biophilic design is something we today see as innovative, but it really is a part of our history. It is not about making buildings greener but about humanity's place in nature, and how the built environment will affect the natural environment (Kellert, 2011).

Biophilic design is designing for people as a biological organism and using the mind and body as indicators of health and well-being (Browning et al., 2014). Connection with nature leads to relaxation of muscles, as well as lowering of diastolic blood pressure and stress hormone levels (i.e., cortisol) in the bloodstream. Making biophilic design a tool reaching towards health and well-being (Browning et al., 2014).

To easier incorporate, detect and understand biophilic design Browning et al. (2014) has given us 14 tools that encapsulates this method. These are presented and visualized on the next spread.

Apart from the illness itself, cancer is turning life upside down, often leading to stress, depression and feeling lonely. Biophilic design could help counter these side effects.

## Inclusive design

Heylighen et al. (2017) explains inclusive design as a design approach that aims to include all, and to help everyone to have the same opportunities in every aspect of society. It is hard to see to everyone's need and it is therefore important as a designer to be able to empathize with the people we design for. It is still easy to miss something, we all see things from different perspectives and the experience may differ from person to person (Heylighen et al., 2017). Cancer affects everyone differently, by using inclusive design, hopefully an environment where everyone feels welcome is designed.

***"Biophilic design can clearly improve wellbeing and wellness and can expedite healing within a world of increasing populations and urbanization and increasingly hermetically sealed living spaces"***

- Mazuch, 2017

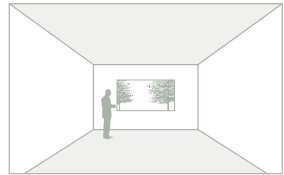
## Stimulating atmosphere

According to Boscherini (2017) it is important to create a restorative environment that is well balanced, beautiful and reflective. It creates a sense of coherence when the design is based on an understanding of the persons emotional and physical needs. At the same time as the spaces should be familiar, they should ideally offer a variety, in size and character (Boscherini, 2017).

U. Ahlqvist (personal communication, January 28, 2021), talks about the importance of an enriched environment. An environment full of impressions, color, forms and stimulus, gives the brain something to work with and this increases the synapses and connections in the brain. Creating new connections is what develops the brain, this also creates a chemistry in the brain that increases well-being. Both the new connection and the chemistry of well-being secures a greater future but is also good for well-being in the present (U. Ahlqvist, personal communication, January 28, 2021).

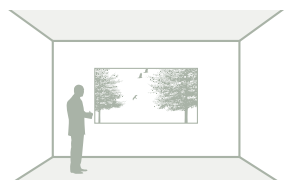
By programming the environment, clarity is given for the activities taken place. This will invite visitors to use their surroundings while being reassured they are doing it right. Familiarity can in this way be created without repeating the same room over and over.

## 14 Patterns of Biophilic Design



### Visual Connection with Nature

A view to elements of nature, living systems and natural processes.



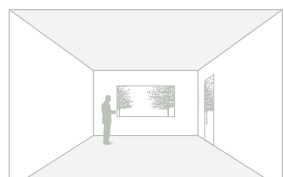
### Non-Rhythmic Sensory Stimuli

Feels as if one is momentarily experiencing something special, fresh, interesting, stimulating and energizing.



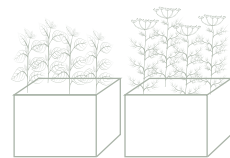
### Presence of Water

Experience of a place through seeing, hearing or touching water.



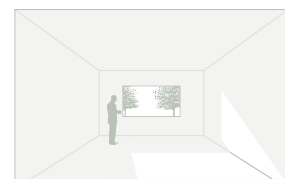
### Dynamic & Diffuse Light

Varying intensities of light and shadow that change over time.



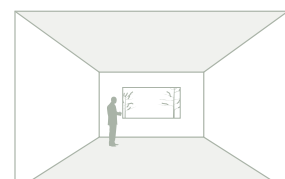
### Non-Visual Connection with Nature

Sounds, aromas and textures giving a positive reference to nature, living systems or natural processes.



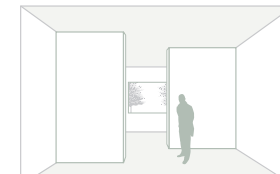
### Thermal & Airflow Variability

Subtle changes in air temperature, relative humidity, airflow across the skin.



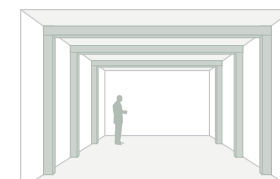
### Connection with Natural Systems

Awareness of natural processes, seasonal and temporal changes characteristic of a healthy ecosystem.



### Mystery

The promise of more information achieved through partially obscured that entice the individual to travel deeper into the environment.



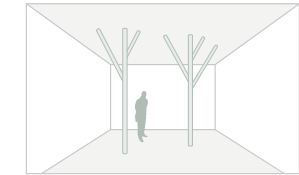
### Complexity & Order

Rich sensory information that adheres to a spatial hierarchy similar to those encountered in nature.



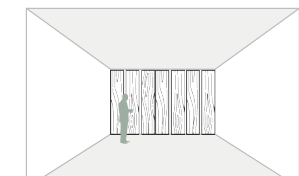
### Refuge

A place for withdrawal from environmental conditions in which the individual is protected from behind and overhead.



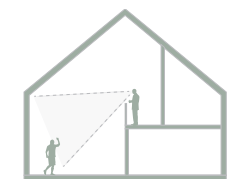
### Biomorphic Forms & Patterns

References to contoured, patterned, textured or numerical arrangements that persist in nature.



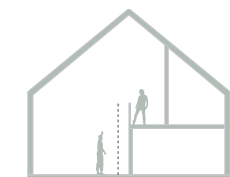
### Material Connection with Nature

Materials and elements from nature that reflect the local ecology or geology and create a distinct sense of place.



### Prospect

An unimpeded view over a distance, for surveillance and planning.



### Risk/Peril

An identifiable threat coupled with a reliable safeguard.



## 2.3 The already built

96%

of people feel less alone after visiting a  
Maggie's center.

98%

feel more confident talking to  
their medical team.

Information from  
<https://www.maggies.org>

## Maggie's

Maggie's center was founded by Maggie Keswick Jencks alongside with her husband Charles Jencks, after Maggie got diagnosed with cancer. Maggie felt that it was not just her the cancer affected, but her whole family. She wanted to create a place where people where brought together and could share experiences and comfort. Unfortunately, Maggie did not survive to see her vision come true, but Charles kept pushing and today 30 Maggie centers exists, mainly in the UK but the concept has spread world wide. When getting a cancer diagnosis, you need more than just medical treatment and that support is given at Maggie's (Maggie's, n.d).

All of the centers are located in close connection to a hospital, they are not a part of the it but works as a compliment to the healthcare. Known architects, Zaha Hadid,

Snøhetta and Frank Gehry to mention some, are responsible for the design, with one requirement, they have to follow the Architectural brief (Van der Linden et al., 2016).

The heart of the building is the kitchen with its large kitchen table. Spreading out from this the building contains a library, consultation rooms, different sized rooms to host yoga, workshops and lectures (Maggie's, n.d). All the main entrances have glass doors, so that you can see the entrance and what is going on from outside (Van der Linden et al., 2016).

*"For some, getting into the center is a difficult decision because they have to face their illness. Therefore it is important that the house receives people in the right way"*

- M. Rask Gregsen  
(Center for kræft & sundhed, n.d).

# Lanarkshire

Location: Lanarkshire in Scotland  
Architects: Reiach and Hall architects  
Year: 2014  
Size: 300 m<sup>2</sup>

## The building

Maggie's Lanarkshire is located in close connection to the Monklands General hospital. It is a tale of enclosure surrounded by a brick wall. The wall is designed to offer a degree of separation from the hospital, gives privacy and a human scale (Reiach and Hall Architects, 2015).

The entrance is through a calm courtyard with two lime trees and a spring of running water. On the other side of the building is another closed yard, framed by the brick wall. The building is closed towards the street and completely open towards the two yards. The surrounding wall gives privacy to the building and creates a mystery to what lies ahead of you when crossing the threshold.

The building plan consists of four small sheltered courts. The two central courts have a highly polished gold perforated metal light catcher in each, reflecting sunlight onto the floor of the courts (Reiach and Hall Architects, 2015). The two other courts are faced towards the façade and creates a connection between the building and the outside. They are more nature themed and brings in the presence of water.



Image 1 - View on the building  
Photo by: Reich and Hall architects



Image 2 - Main entrance  
Photo by: Reich and Hall architects



Image 3 - Kitchen table and courtyard  
Photo by: Reich and Hall architects



Image 4 - Courtyard facade  
Photo by: Reich and Hall architects

The floor plan is open in the middle, where the courts work as dividers between the entrance, the kitchen and the library. Each room is facing one of the courtyards, internal or external, many rooms are facing both. This gives a light atmosphere which thanks to the surrounding brick wall feels private even when glazed.

## Materials and structure

The building has a simple steel frame structure that is defining and creating intimate spaces. There is a lot of wood showing, the timber partitions allow more private spaces and rooms to open up or create safety.

The material palette is muted and soft with blond Finnish birch walls, limed oak floors and white stained pine ceilings (Reiach and Hall Architects, 2015).



Image 5 - Sightlines  
Plan by : Reich and Hall architects  
Lines added by Author



Image 6 - Movement  
Plan by : Reich and Hall architects  
Lines added by Author



Image 7 - Public - private  
Plan by : Reich and Hall architects  
Lines added by Author



Image 8 - Section through building  
Section by : Reich and Hall architects



# Leeds

Location: Leeds in England  
Architects: Heatherwick Studio  
Year: 2020  
Size: 462 m<sup>2</sup>

## The building

The building is located within the campus of St. James's University Hospital in Leeds. The plot is small and surrounded by large hospital buildings and a multistory car park. The main entrance is located in the north, reached by a walking path surrounded by vegetation. The garden is mostly covered in plants, with the exception of a small outdoor seating space, located by the garden entrance. Incorporating greenery is a large part of the concept, where it helps both providing privacy, a healthy environment and a healing, biophilic environment.

From the entrance you reach the central space. There are three structural cores, that enclose the more private counselling rooms, these are placed around the central space. This central space ties together the entire building and is also where the stairs are located. The other spaces in-between the cores are placed on different levels and are reached from the central space. The glazed rooms between the cores house social activities, with a kitchen, an exercise room, a library and some more private nooks. The central circulation along the different levels allows for a good overview throughout the building. There is also an accessible rooftop



Image 9 - View on the building  
Photo by: ©Hufton+Crow



Image 10 - View on social space and structure  
Photo by: ©Hufton+Crow



Image 11 - View on the kitchen table  
Photo by: ©Hufton+Crow

garden, where the visitors are encouraged to help take care of the plants.

The extensive use of vegetation on the plot helps increasing the privacy within the building, even though there are large glazed facades. The more private cores have less windows to ensure privacy within. The building is situated to the northeast of a large multi-story car park, which is partly shading the site. However, daylight is ensured through the large glazed surfaces, which are oriented in several directions.

## Materials and structure

The aim was to use healthy materials throughout, with a structure consisting of prefabricated spruce elements. The structure resembles large trees and is visible throughout the building. Porous lime plaster has also been used to support good indoor humidity levels (Heatherwick Studio, 2020). The roofs are covered with a large amount of native plants of different kinds, adapted to the local climate (Maggie's, n.d).



Image 12 - Sightlines  
Plan by : Heatherwick Studio  
Lines added by: Agnes Engström



Image 13 - Movement  
Plan by : Heatherwick Studio  
Lines added by: Agnes Engström

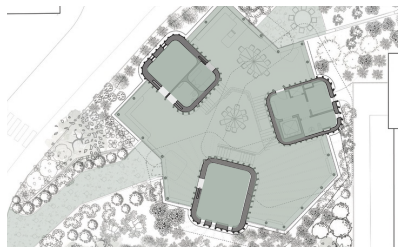


Image 14 - Public - private  
Plan by : Heatherwick Studio  
Lines added by: Agnes Engström

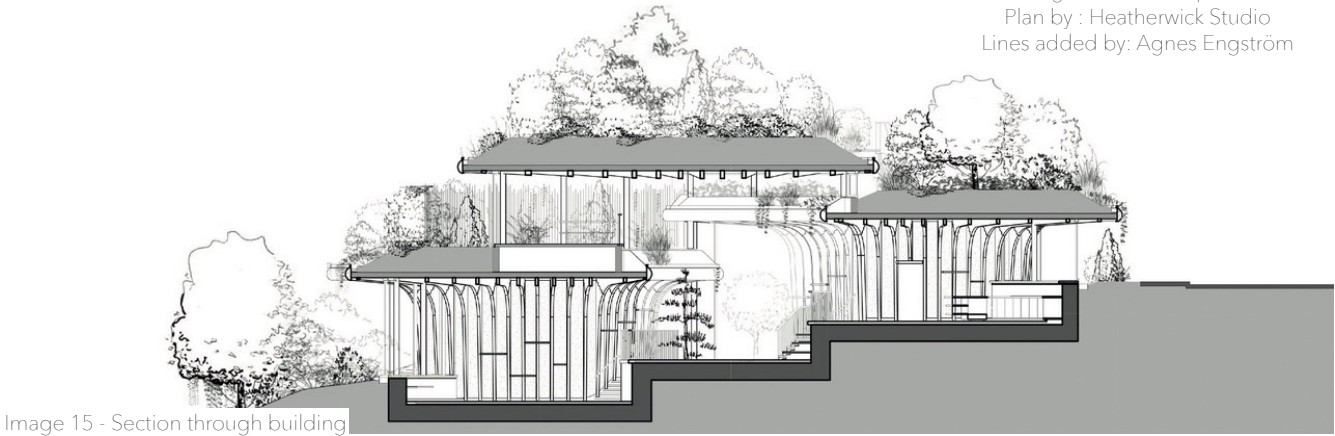


Image 15 - Section through building  
Section by : Heatherwick Studio

## Kraftens hus

Kraftens hus is a cancer center in Borås that opened 2018. The organization started since both patients and personnel experienced gaps in today's healthcare. It is a patient driven innovation that offers both physical and creative activities, lectures and support for both the patient and other affected. The activities should have a purpose, and many times the deep conversations take place around the kitchen table during fika.

The place has an open floorplan with the possibility to enter through different doors. Like in Maggie's the kitchen table is the heart of the organization, in the big kitchen cookies are baked and there is always a fresh pot of coffee. C. Mannefred tells us when we visit (personal communication, January 26, 2021). Kraftens hus is located in an existing building and earlier was an office, some adjustments have been made to fit the new organization.

***"No one should have to be alone with their cancer".***

- Kraftens hus slogan  
Translated by author



The area right after the entrance, with some magazines and a place to sit



The open floorplan allows connection between different spaces and activities



The large kitchen table is in the middle of the place and used the most



One of the counselling/group rooms

## A gap to fill

After interviewing both people who lived with a diagnosis and staff at Sahlgrenska I can see that the experience of the existing support for cancer patients looks different. While undergoing a cancer treatment you have a safety net, but after that many patients feel left alone. Professionals seem to think that there is both rehabilitation and mental support after treatment, information I gathered from interviews and listening to the podcast *En pod om cancer*. The support after treatment which might exist seems to not be enough or sufficiently available when listening to the patients and their voices are the most important here.

There is also a stigma when it comes to cancer, many prefer not to tell people outside of their closest circle or avoid telling even them. People are being ashamed of their diagnosis, as if they did not go through enough already.

***"In 2030, half of the population will get cancer at some point in their life, so we have to break the stigma around cancer. It is not you today, but it might be tomorrow"***

- Louise Lindquist Sassene, 2021  
Personal communication  
Translated by author

***"During treatment you are focused on following the treating steps. And there is often a shock afterwards. The healthcare talks a lot about rehabilitation in each step but after the treatment was done and I asked about it no one knew anything"***

- Emelie Ogenhag, 2021  
Personal communication  
Translated by author

In the survey people express how fond they are of Kraftens hus and how much it has helped them. Wishes for a center in Gothenburg shows up and the future for a cancer support center in Gothenburg seems bright.

The experienced gap, from the patients' point of view, in today's cancer care seems to lie in the mental and physical support. This support should be offered and a support center for people affected by cancer could help to contribute with that and relieve the cancer care from that responsibility.



## 2.4 Site and context

*In this chapter the location of the project is presented. An analysis of the site and its surroundings are made.*







## Criteria for site

When looking for a site I created some criteria for it.

It should not be located in the hospital but preferably close. To get away from the hospital building was something many expressed that they wanted in the survey.

**Central location.** It should be easy to access the center, both by car and public transportation, this was also wished for in the survey. It also felt important to not try to hide the center but instead place it relatively central and, in this way, lower the threshold and stigma around the subject in society.

**Close to nature.** This is not always easy when also trying to find a central location, but nature is a great influence in our well-being and therefore seems important to incorporate in the criteria's when looking for a site.

**A site that is likely to be built on in the future.** There does not have to exist a detail plan, but I want the project to be compatible with reality.



Image showing sightlines towards south



Image showing sightlines towards west



Image showing sightlines towards north



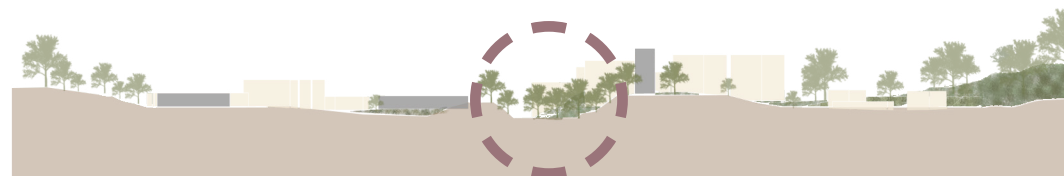
Image showing sightlines towards east





Master plan  
Scale 1:4000

Entrance Loading Parking



Landscape section  
Scale 1:4000

## Location and character

The chosen location for the cancer center is currently a parking lot, owned by Akademiska hus. As with the rest of Norra Medicinareberget, the process is underway to obtain an approved detailed plan.

The site is located in a valley between two mountain edges, on the west side Norra Medicinareberget hosting Sahlgrenska and Gothenburg's university premises and on the east side is residential area. South and north of the site are two allotment gardens located.

In each of the south- and northeast corners mountain rooms are located, one hosting district heating and cooling and the second one belonging to Göteborg Vatten. These doors have to be accessible when built in the area.

Since the location currently is a parking lot, the area is relatively flat. In the summers the site is surrounded by a green wall of trees, something that loses its effect in the colder months. Apart from the high residential buildings in the east and some residential area in the horizon in the south the sightlines are mainly green.



Image showing bigger part of the site, taken in north direction.



Image showing bigger part of the site, taken in south direction.



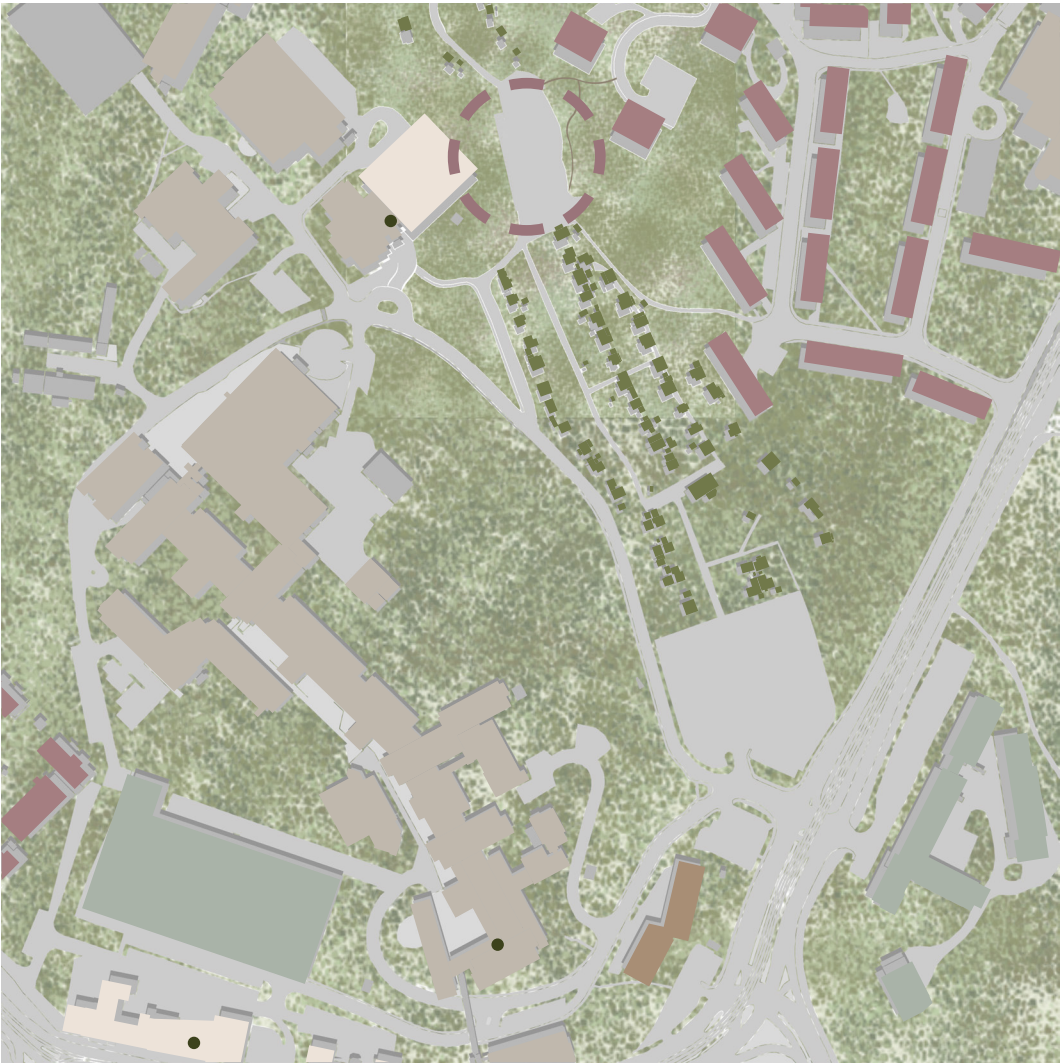
Images showing how the site looks when approaching it



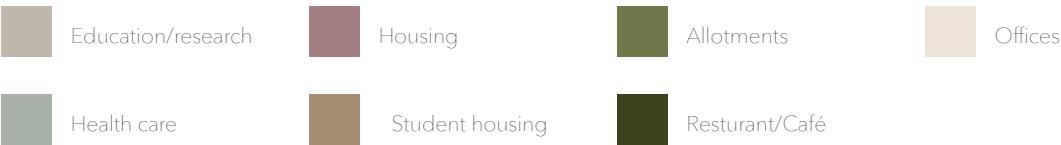
Image showing one of the two mountain rooms on the site



# Functions in the area



Master plan  
Scale 1:4000



# Approaching the site

The site is located close to Sahlgrenska hospital which has good transportation options. The public transport opportunities are a short walk away, at the stop Medicinaregatan five trams and two busses stops. A bit further away the stop Sahlgrenska huvudentré is located, here three additional busses stops.

The most common way to arrive to the site is from the south, by public transport a seven-minute walk awaits, the same way is used by bicyclists and drivers as well as the pedestrians. Walking from the oncology clinic at Sahlgrenska to the center would take approximately 9 minutes, taking the bike or car would only take 5 minutes.

There are several small paths leading to the site from the residential area north and east of the location, mainly used by pedestrians.

## Car and public transport



Cars  
Public transport



The walk from the tram stop towards the site is mainly next to the allotments



The walk is almost flat with only a small angle making it easy to approach.

## Pedestrians and cyclists



Pedestrians  
Cyclists

Scale 1:10 000

Species and greenery

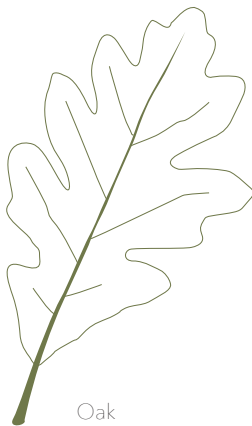
In the nearby area there is a lot of different recreational areas. Two parks, Slottskogen in northwest, and Botaniska trädgården in the south. Also located in the south is the nature reserve Änggårdsbergen. The allotment gardens contribute with greenery as well.

Lesser spotted woodpecker is today a threatened bird that exists in the area. In the nature inventory made by Norconsult (2013), this bird is in focus, and it is important to not disturb or take away the birds’ habitats and other needs for its survival. By using an existing parking lot, the existing spices and their habitats will remain and the flora and fauna in the area can continue to flourish.

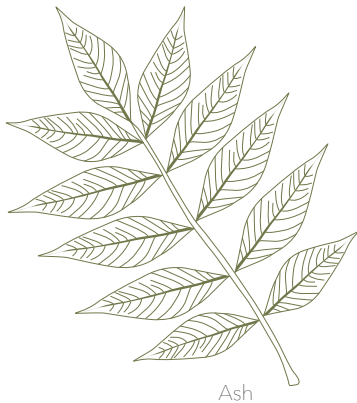


Lesser spotted woodpecker

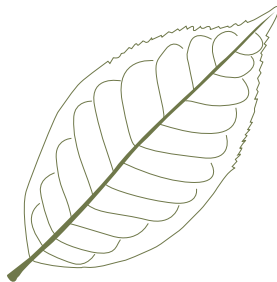
Common trees in the area



Oak



Ash



Bird cherry

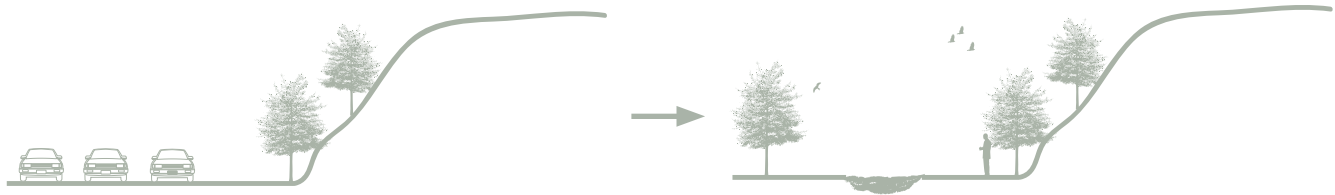
Green structure



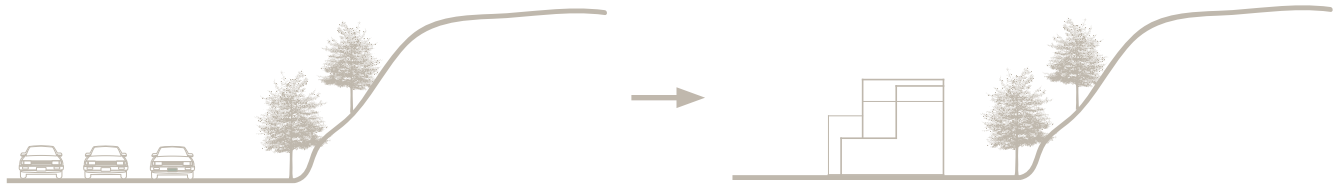
- Large local nature value
  - Other local nature value
  - Other nature areas
- Scale 1:10 000

Site strategies

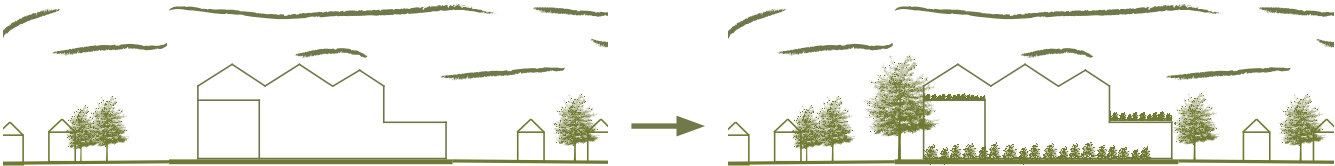
To approach the site in a good way, some site strategies has been developed. This has helped me develop the project in coherence with its surroundings.



Take advantage of the already hard surface and build on them and let the green areas stay green.



In contrast to the today hardened area, create a healthy outdoor environment. Both for humans and animals in the area.



Create a green connection between the two allotment gardens in the south and north of the site. In this way the project will contribute to the area and not only to the cause of the center.



### 3 Program

*This chapter presents the architectural and organization program, mainly based on answers in the survey made. Users of the center are presented as well as design strategies.*

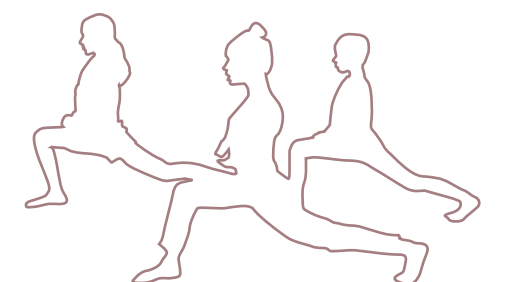
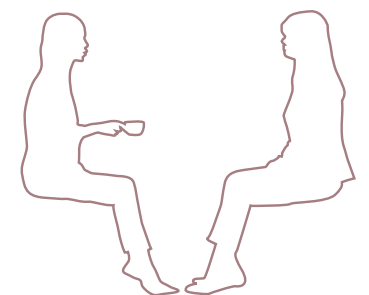
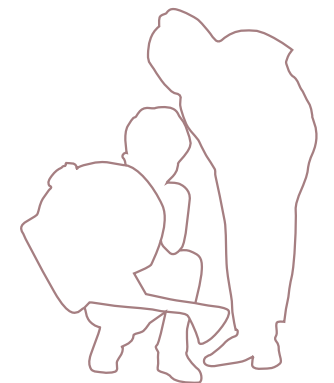
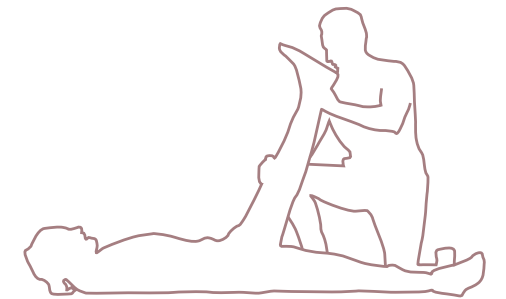
#### Organization and activities

The center is for those affected by cancer, both people with the diagnosis as well as their loved ones. The intention with the center is to strengthen these people, both physically and mentally. Physically by offering for example rehabilitation, meditation and yoga. Mentally by providing social support, knowledge and the feeling of not being alone.

The center's primary users will be individuals but there is possibility for different cancer organizations to host events. At the center you can just drop-in, attend a certain activity, book a private meeting or stay as a guest at the patient hotel.

This center will mainly be driven by volunteers, somehow affected by cancer, and paid staff. Lecturers with expertise in for example cancer, exercise or nutrition will be hired to come and hold lectures.

The nearby location to Sahlgrenska will hopefully open up for collaboration between the center and the hospital. This will help people affected by cancer to get knowledge about the center and possibly support in the first visit.





## Users

There are three types of users of the center, cancer patients, family and friends and staff. Each person will use the center differently and having different needs and expectations when entering the building.

### Cancer patients

The primary users of the support center are those diagnosed with cancer. This includes those with ongoing treatment, chronic cancer and those in remission. They can come to visit the center or stay as a guest at the patient hotel while undergoing treatment.

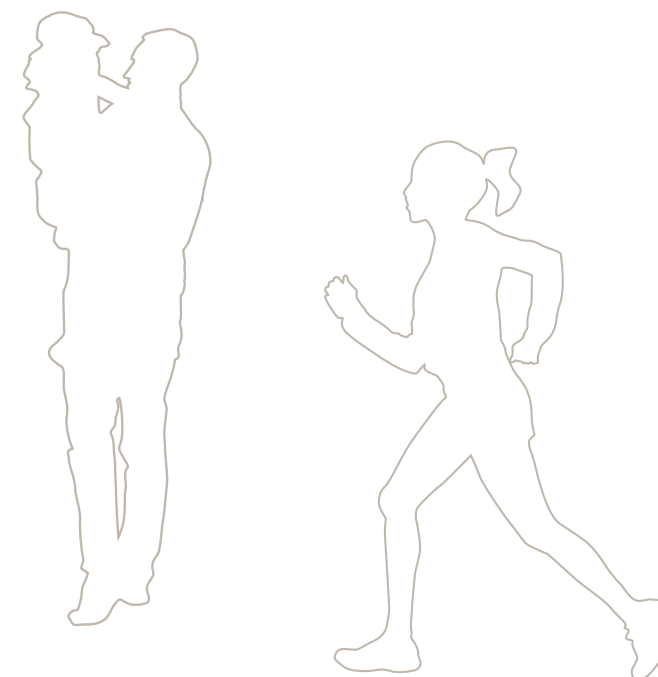
There is no age limit, but since the existing support for children with cancer is located at the children's hospital, the center's activities are mainly focused on adults. This includes the teenager just finishing high school, the young adult about to start life, the dad with three young children, the single mom, the man in the middle of his career, the lovely grandmother with 10 grandkids and the newly retired wondering what to do now.

The spectrum is broad, and a variety of activities is offered to meet all the needs there might be. The center offers rehabilitation, yoga, tactile massage, counselling, lectures, everything from the more active and planned activities to the more calm and unplanned conversations and everything in-between.



### Family and friends

Partners, kids, parents, friends and co-workers, they can all get affected when someone gets diagnosed with cancer. Life changes for those living with someone diagnosed with cancer alongside with the patient. The daily life can probably not go on as before and a lot of worrying and stress is usual. At the center loved ones can for example come and meet people in the same situation, get someone to talk to about their worries, get help with how to explain cancer to small children and attend lectures. It might not always be easy to talk about cancer between loved ones and with this the center can offer support.



### Staff

As mentioned, the center will be driven by volunteers and paid staff. Many of the people in the personnel, both paid and volunteers, have some connection to cancer. This will ease the visitors knowing that the people they meet have an understanding that cannot exist if not experienced firsthand.

The staff affected by cancer will benefit from the activities and spatiality in the same way as many of the visitors will. They might have come further in processing their cancer but that is not the same as not needing support and coherence.

It is important to have an office close to the entrance, so staff can withdraw and do paperwork but still have an overview of who is coming and going. A staff room is also useful even if the staff is encouraged to mainly use the public areas of the building.



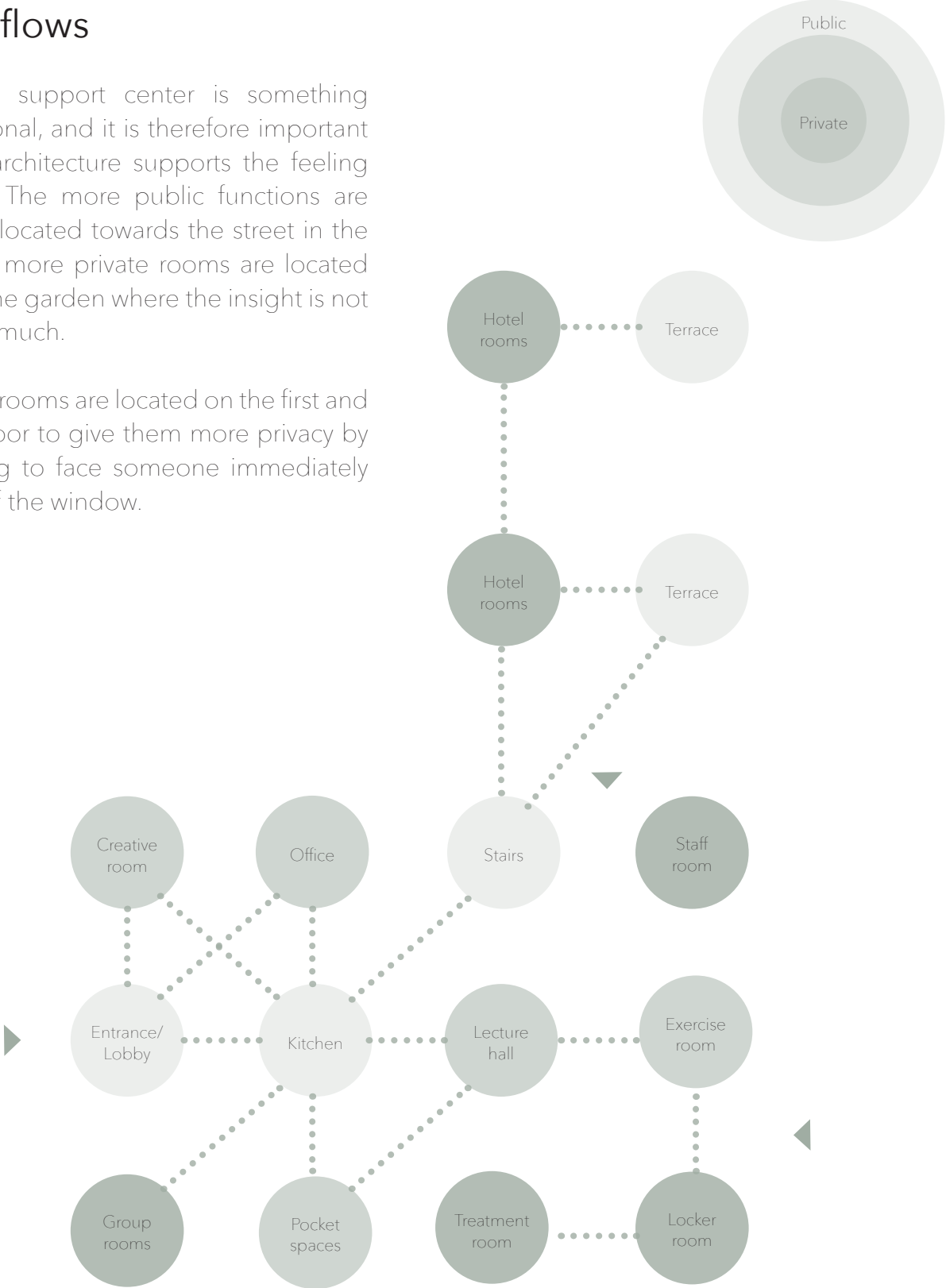
Functions

Function	Amount	M²	M² (total)
Entrance/lobby	1	30	30
Kitchen	1	40	40
Lecture hall	1	54	54
Exercise room	1	34	34
Group rooms	2	8-12	20
Creative room	1	22	22
Pocket spaces	4	7-15	42
Locker room	2	17	34
Treatment room	1	9	9
Office	1	15	15
Staff area	1	20	20
Toilets	4	2,5-5	17
Hotelrooms	10	25	250
Storage	3	8-31	58
Technical space	6	11-62	132
Waste	1	6	2
Cleaning	1	12	12
Laundry room	1	13	13
Total <small>(Including circulation and additional spaces)</small>	41		1300

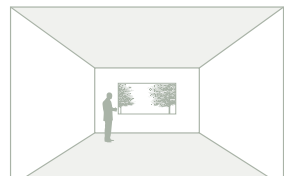
Room flows

Visiting a support center is something very personal, and it is therefore important that the architecture supports the feeling of safety. The more public functions are therefore located towards the street in the west. The more private rooms are located towards the garden where the insight is not to fear as much.

The hotel rooms are located on the first and second floor to give them more privacy by not having to face someone immediately outside of the window.



## Patterns in focus



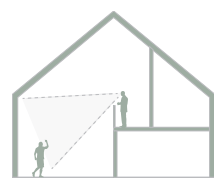
### Visual Connection with Nature

A view to elements of nature, living systems and natural processes.



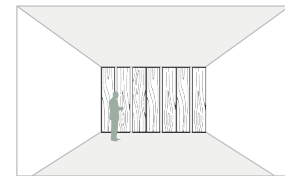
### Presence of Water

Experience of a place through seeing, hearing or touching water.



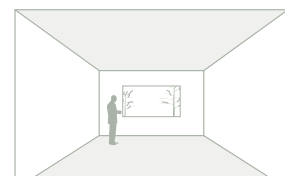
### Prospect

An unimpeded view over a distance, for surveillance and planning.



### Material Connection with Nature

Materials and elements from nature that reflect the local ecology or geology and create a distinct sense of place.



### Connection with Natural Systems

Awareness of natural processes, seasonal and temporal changes characteristic of a healthy ecosystem.

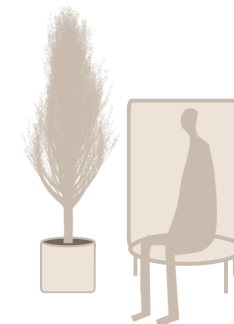


### Refuge

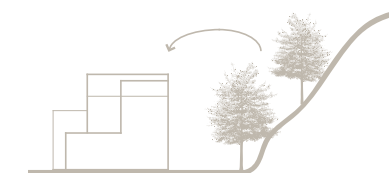
A place for withdrawal from environmental conditions in which the individual is protected from behind and overhead.

## Design strategies

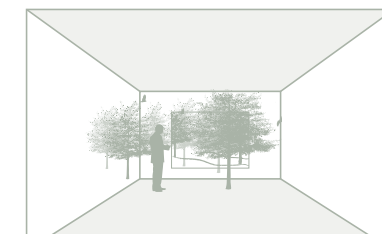
Four design strategies have been developed to keep focus throughout the project. These goals are mainly based on wishes from the surveys in combination with biophilic design, in hope to create an environment that support the activities and needs taking place in the center.



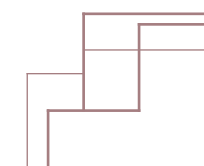
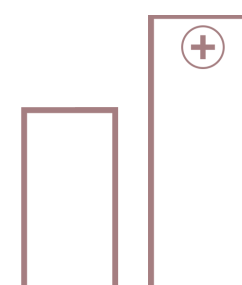
Create a safe environment where you can feel protected and pick the degree of social interaction that suits you.



Use local materials for sustainability reasons and coherence with the area.



Make nature a part of the building and make sure it is accessible for everyone.



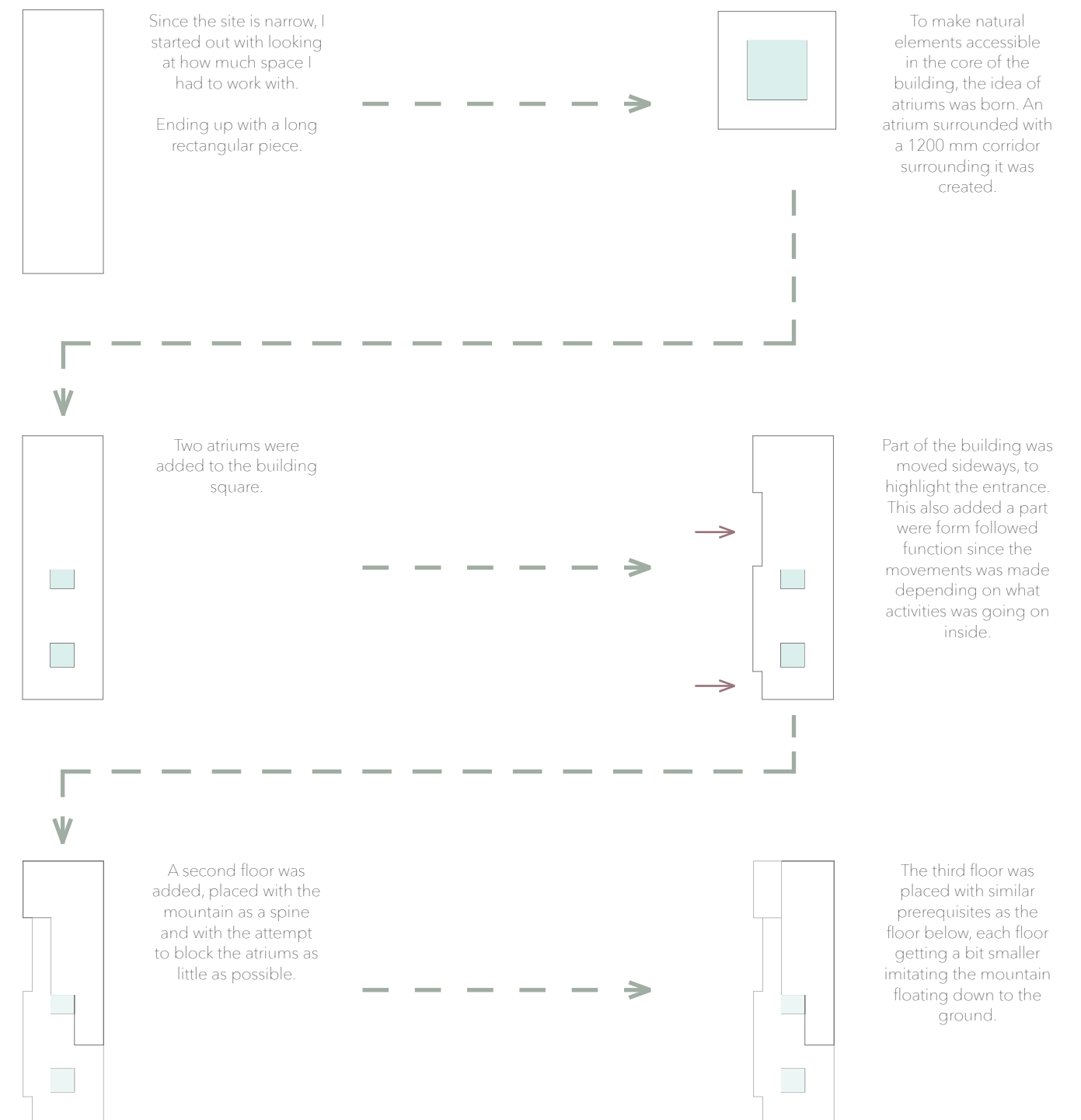
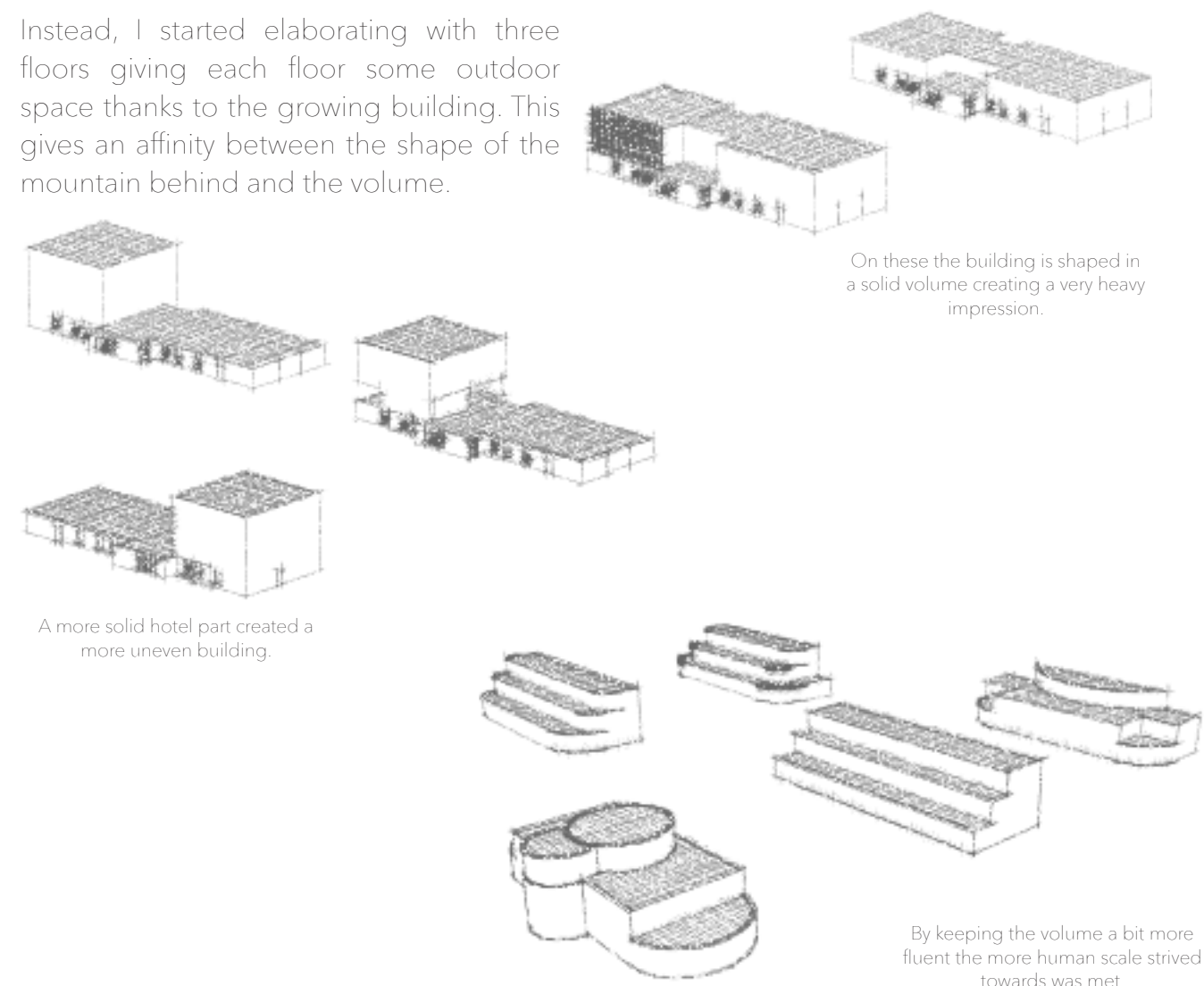
Create a human scaled building in contrast to the large hospital.

## Shape process

Different shapes have been tried and evaluated throughout the project. The focus on the volumes below has been varying, searching for the one suited best for the site.

On some I tried to keep the building to only two floors, to keep it small scaled but it ended up in a massive volume.

Instead, I started elaborating with three floors giving each floor some outdoor space thanks to the growing building. This gives an affinity between the shape of the mountain behind and the volume.



## 4 Design Proposal

*This chapter contains the master thesis final design proposal, it is the result of the findings made during the semester.*

*A support center for people affected by cancer that can help them through a tough time. The design proposal is explained through diagrams, drawings, illustrations and text.*



When approaching the site, the building floating down from the mountain greets you. The glazed entrance gives a glimpse of what is going on inside of the building and the threshold is lowered by being able to prepare for what is to come.





Site plan  
Scale 1:1000

## Site approach

Entrance towards south or west, visible when you enter the site

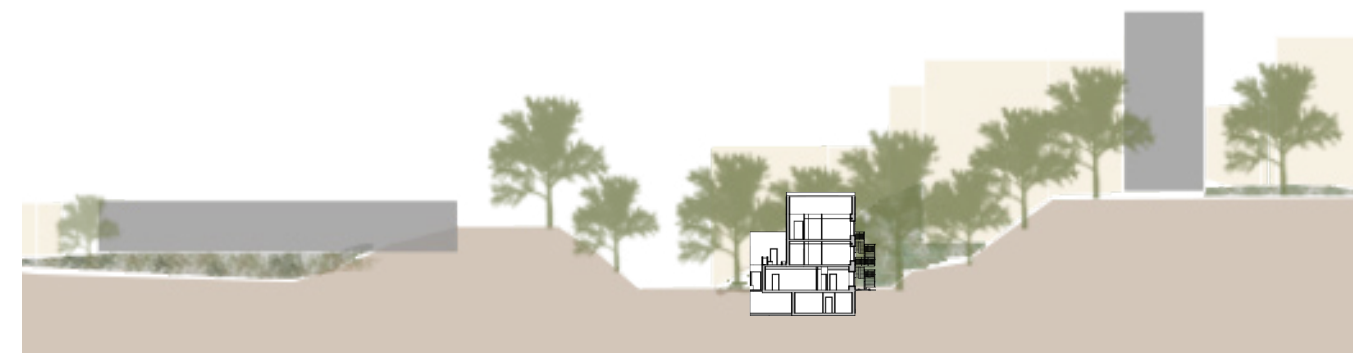
Scaling down from the high buildings and mountain in east to the smaller allotment gardens nearby

Creating a green connection between the two existing allotment gardens. With a garden as well as green elements in and on the building.

Keep a distance between the cars and the building with a green area.



The image gives a perception of the volume in relation to its surrounding. The loading is located south of the building to minimize the traffic that needs to pass it. The parking for the center is located to the west. Both the loading and the parking is in reinforced grass, this breaks up the hardened area and helps take care of rainwater.



Landscape section  
Scale 1:1000



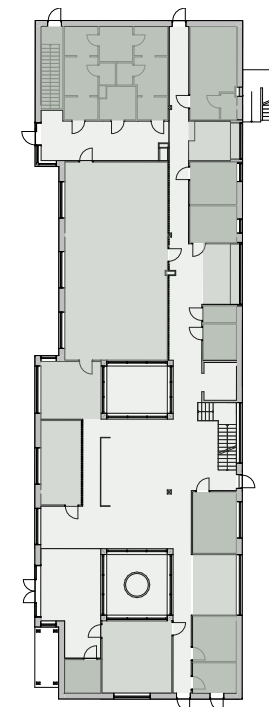
## Ground floor

1. Lobby
2. Kitchen
3. Creative room
4. Office
5. Lecture hall
6. Exercise room
7. Lockerroom
8. Atrium
9. WC
10. Staff room
11. Treatment room
12. Group room
13. Garden storage
14. Waste
15. Social spaces



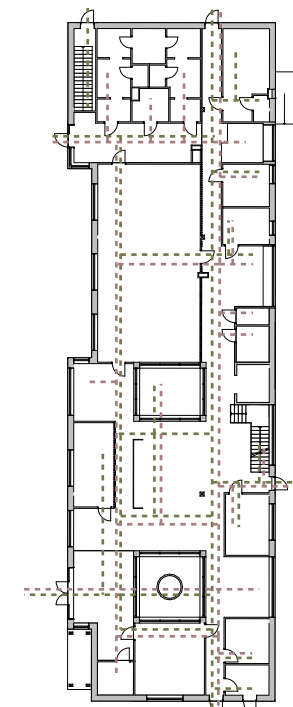
Ground floor  
Scale 1:200

## Program



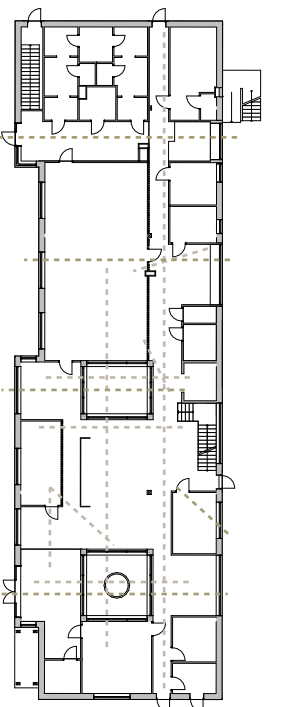
Private  
Public

## Movement



Personell  
Visitors

## Views



Nature  
Inside

When entering the building the lobby gives a good overview of what is happening in the more public parts of the building. This gives the visitor a degree of choice of social interactions. There is a small library with a chair and a bookshelf for those not wanting to enter the building further. To lower the threshold of the first visit the entrance is a safe zone not overwatched by a reception but in close connection to the kitchen, the stairs as well as the office and someone will always come and greet the visitor.

Continuing into the building the public and semi-private rooms are facing the street whilst the ones in need of more privacy lies on the other side, facing the small green path and the mountain. The corridor gives a good overview and divides the different zones in a natural way, to ease wayfinding for the visitor.

The lecture hall and exercise room could be merged into one larger room for hosting bigger events. The closeness between the lecture hall and the kitchen ease the possibility to serve coffee and such during breaks.

The small pocket spaces placed in the corridor offer a place to sit down and rest if out of breath. They also give great refuge for those wanting to draw back but still want to have a clue on what is going on in the rest of the center.

The closed group rooms offer more privacy for the most intimate conversations taking place. The variety of rooms and privacy is large to satisfy all the visitor's needs.

A second entrance is placed on the northern part of the west façade, close to the locker rooms and exercise room. This gives frequent visitors another possibility to enter or leave if not feeling comfortable using the big entrance.

There are several other doors leading outside to reach the garden, these are not used when entering the center but more as a way to easily get out on the center's premises.



Section A-A  
Scale 1:300



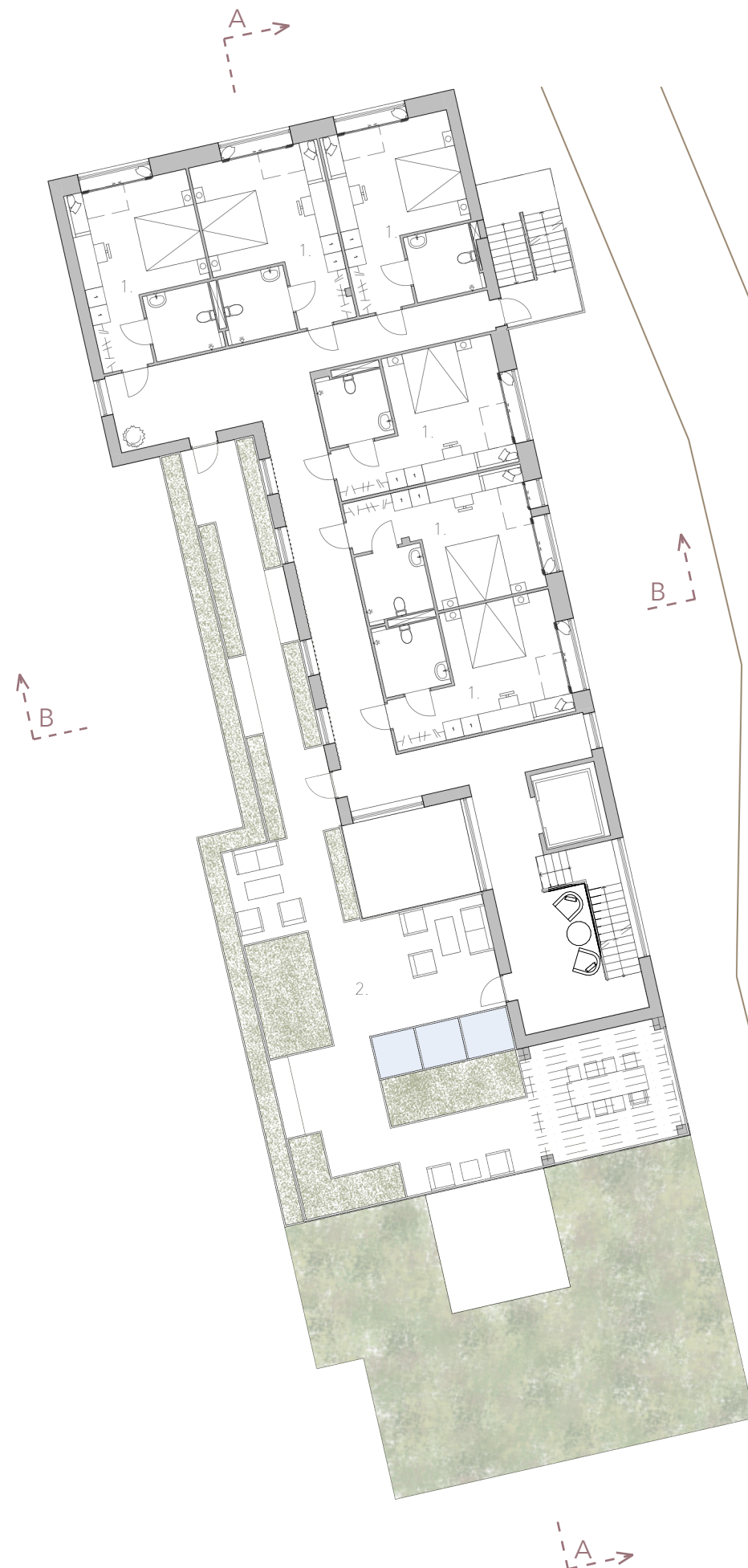
The kitchen is one of the most important rooms in the building, it is an open room inviting all to join in. Fika is a Swedish tradition that allows us to meet over a cup of coffee. Having something in your hand, allows you to focus on this if the deep conversation taking place makes it uncomfortable to keep eye contact.

Here fika is served at least once a day and there is always a fresh pot of coffee. This is also where the hotel guests' meals are served. The kitchen is a lively place and function as the heart of the building.



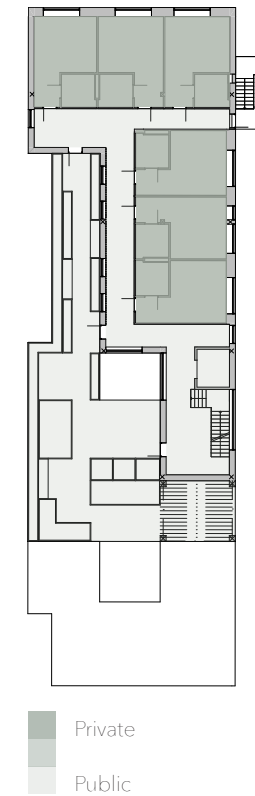
## First floor

- 1. Hotel room
- 2. Terrace



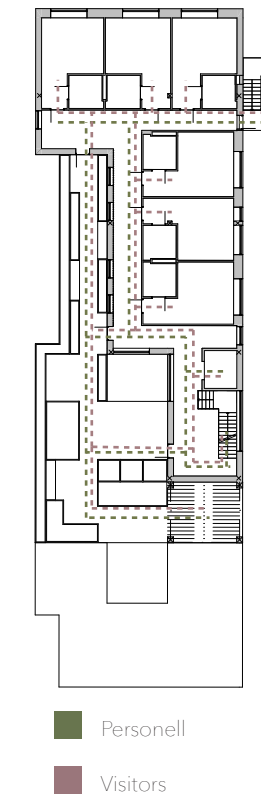
First floor  
Scale 1:200

## Program



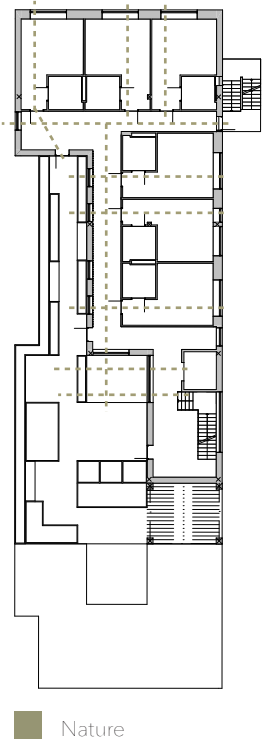
The first floor is a hotel floor and is mainly for hotel guests. When entering the floor, by elevator or stairs, the view towards the large terrace is what greets you. The large terrace can be used by the hotel guests as well the visitors of the center. It gives more outdoor space to the narrow site. Many different places to sit is offered, you can be almost enclosed by the large flower boxes surrounding the terrace or chose to sit in one of the sofas watching over them instead.

## Movement



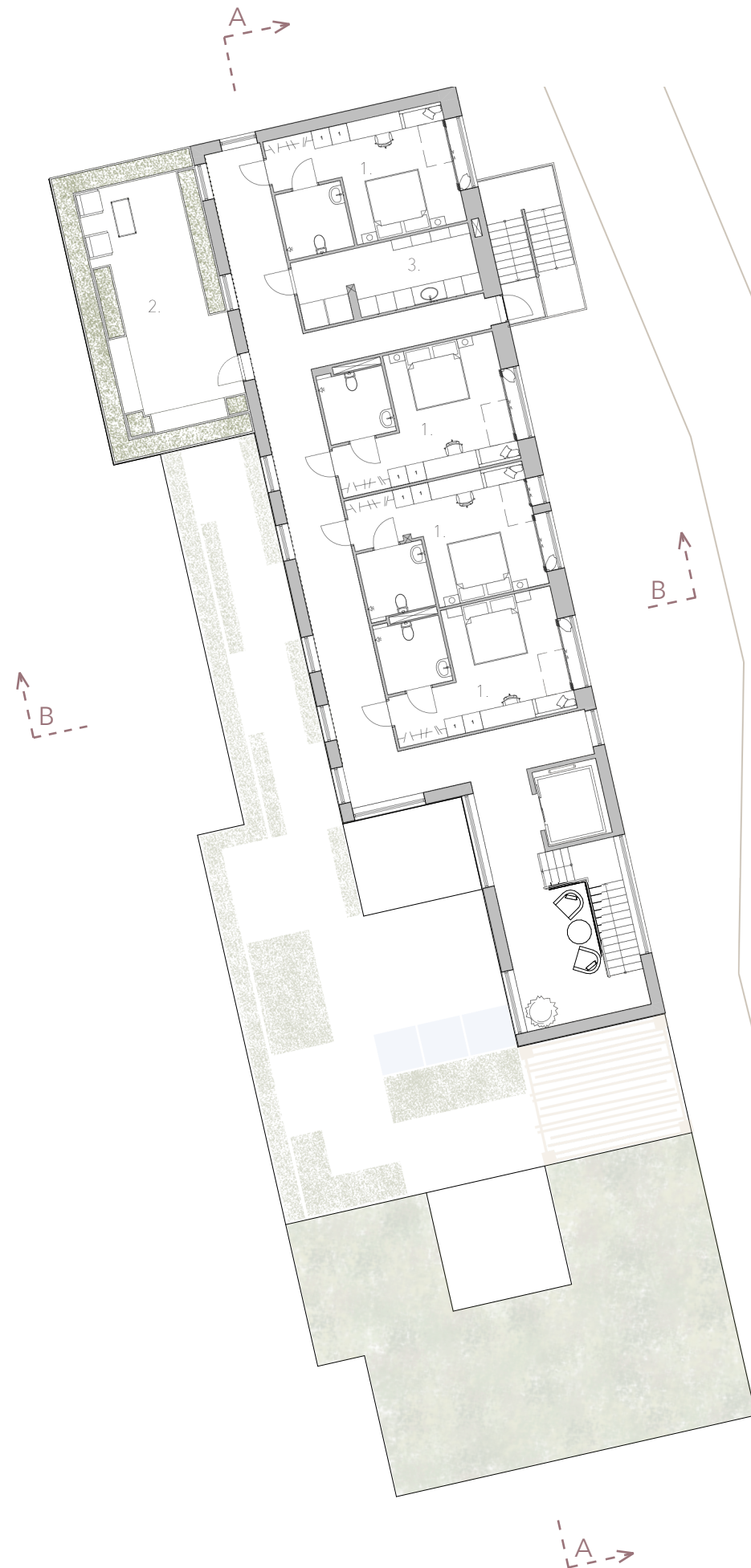
On this floor six rooms are located, all of them have a view outside when entering them and most when exiting them as well. To easily locate nature is something that has had an impact on this projects design.

## Views



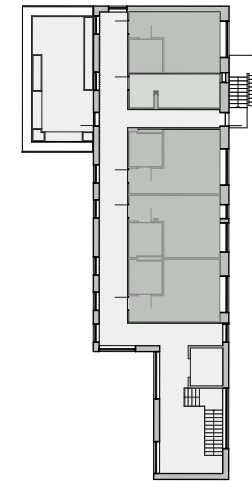
## Second floor

- 1. Hotel room
- 2. Terrace
- 3. Laundry room



Second floor  
Scale 1:200

## Program

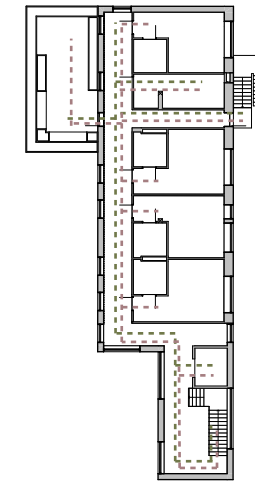


Private  
Public

On the second floor four hotel rooms are located and as on the floor below, when entering and exiting a room there is a view directed towards nature.

On this floor the laundry room is located, it is mainly used by employees but can be booked by guests. When having a longer stay the everyday life should be possible.

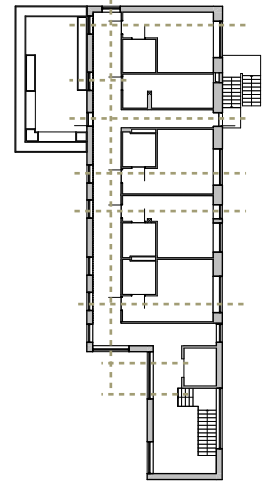
## Movement



Personell  
Visitors

On this floor a smaller terrace is provided to give all floors the possibility to reach the outdoors without having to go downstairs. The terraces on both floors are on the west side of the building and it is only in the east that the building blocks the sun.

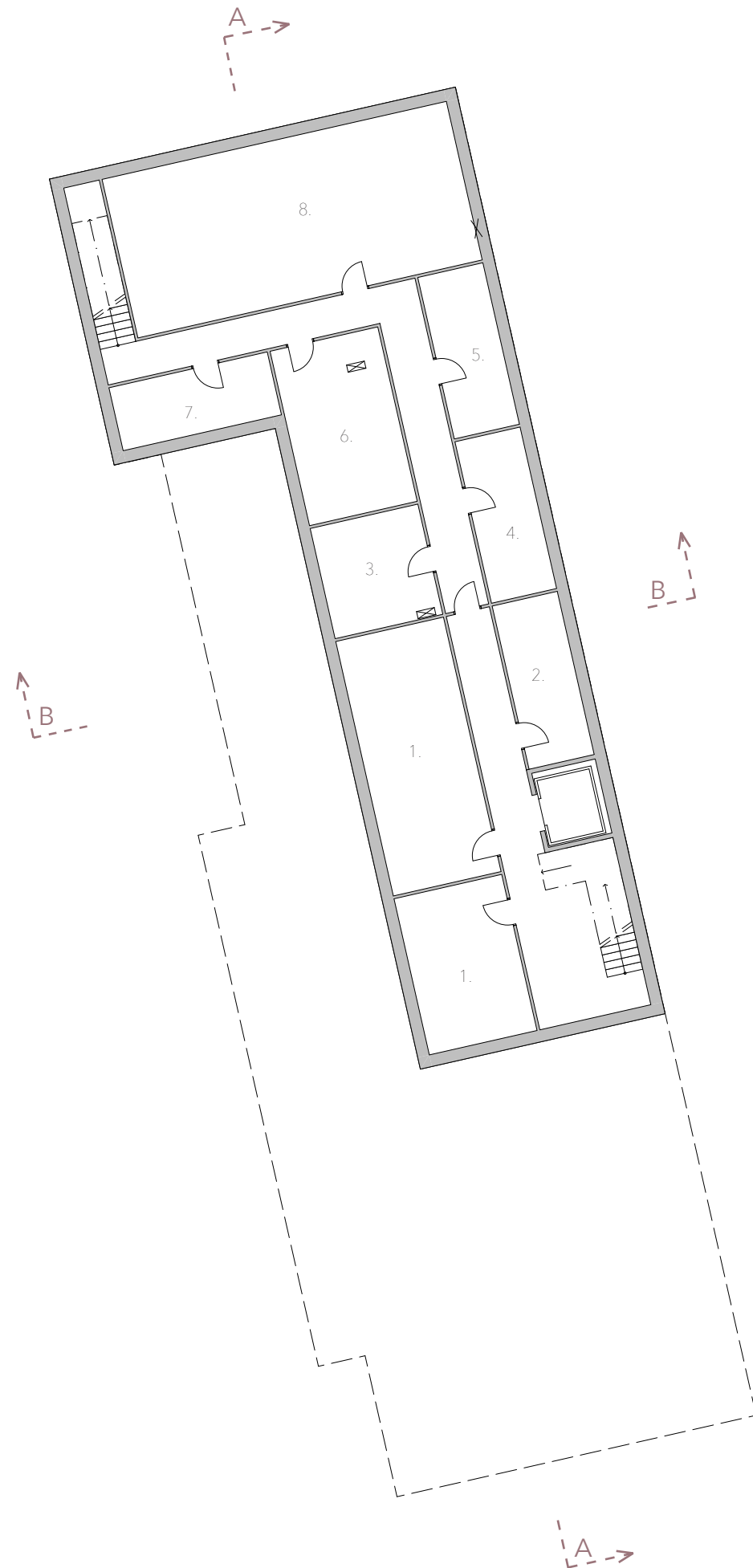
## Views



Nature

## Basement

- 1. Storage
- 2. Cleaning
- 3. Heating
- 4. Cooling
- 5. Tele
- 6. Sprinkler
- 7. Electric
- 8. Ventilation



Basement  
Scale 1:200

The basement contains the buildings technical spaces. Rainwater collected from the building is saved in the basement and used by the sprinkler system.

There are two separate storages, one for the center and one for the hotel. Here extra beds, chairs and equipment is stored.

The basement is accessible from inside of the building, entering close to the storage and cleaning, as well as a stair going immediately to the outdoors, with the technical spaces easily accessible.



Section B-B  
Scale 1:300



## Interior concept



When entering the building a grand but homey feeling is greeting you. From here all the rooms and activities taking place in the building are easily reached but there is a choice to just stay in the entrance, if the threshold feels too large.

On the inside of the building the focus on nature and local materials is as present as on the outside. The stone pavement on the outside floats into the building and merges the outdoors, the entrance and the atrium together. In the rest of the building there is mainly wood flooring, this gives a homey feeling, something that has been wished for in the surveys.

The wooden structure is showing on some places and smaller wooden beams are placed as room dividers but do also give a hint about the structure even if not load bearing. These wooden beams are placed



The atriums in the building are not only for letting light in from different directions but work as room dividers.



The main corridor is framed with wooden beams, between some of the beam's lights are placed to create a diversity.

in different places throughout the building, as dividers to give privacy but still keep a connection between rooms. This creates an open atmosphere in the center, to welcome anyone interested in taking part of the ongoing activities.

Most of the walls are in a light color but in some places a different color or wallpaper are added to give contrast. This together with a lot of exposed wood gives a light and warm feeling to the interior.



## Private areas

The two group rooms are intended for smaller groups to sit down and talk, therapy sessions and a sanctuary to sit relax and reflect in. There are many more spaces where this can be done but these are the ones always dedicated to this specifically. To create a cozier feeling in the group rooms, the floors are covered in carpet.

The group rooms, pocket spaces in the corridor, as well as the hotel rooms have different themes connected to nature. For example, the forest and jungle themes give a darker and more calm feeling whilst the meadow and beach themes give a more uplifting and bright feeling. This stimulates the mind and works as positive distraction when having different things to look at and take in.



This jungle themed pocket space in the corridor feels like its own room thanks to the height difference in the floor.

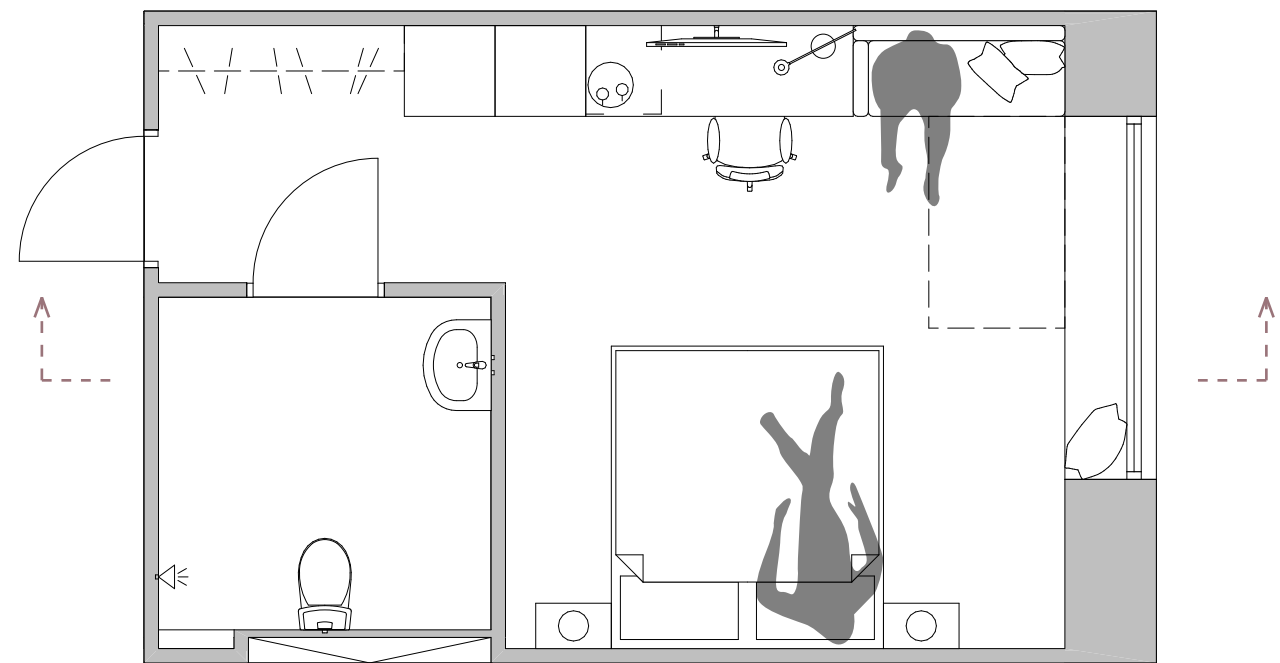


With happy, but still calm, colors the group room is furnished with views towards nature and details that gives a feeling of being home.

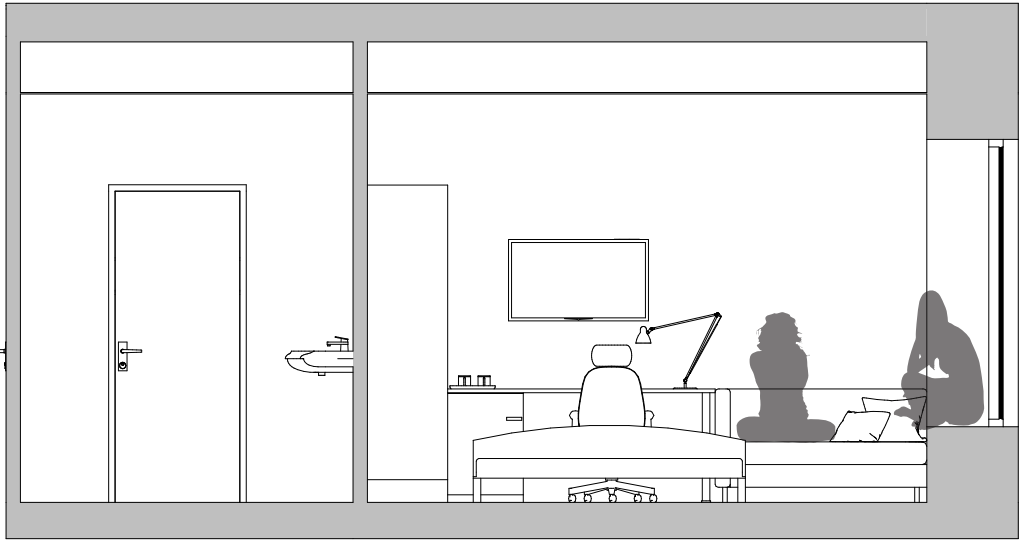


The creativity room is mainly a place where art classes takes place, it is a space where everything else is let go and focus is on creativity. The room can also be used for group therapy sessions when there is a need for a bigger room than the group rooms.

Hotel room



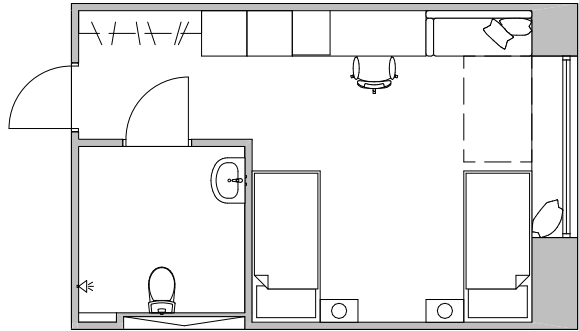
Hotel room  
Scale 1:50



Hotel room section  
Scale 1:50

The patient hotel consists of ten rooms. They are all designed to host at least two adults, if a family of three wants to come all together the small sofa can be unfolded into a bed. The rooms can be furnished with two separate beds if the visitor brings a helper or a friend and does not want to share bed. When going through treatment most people have a need for support and to bring a loved one is something that should be easy.

The rooms are 25 m<sup>2</sup>, they all have high accessibility to allow anyone to stay at the hotel. When entering the room, a view towards nature greets you, the bed is not visible from the entrance to create privacy when lying in it. The rooms are furnished with the intention that daily life can be ongoing while visiting, equipped with a desk, a small fridge and a sofa. The windows are deep enough for someone to sit in, this creates a hang out area between the sofa and the window.



Hotel room with single beds  
Scale 1:100



The calm and darker color gives a sense of safety and helps with relaxing when in the hotel room.



The bright corridor on the second floor brings nature inside with help of the large windows and gives an uplifting feeling when exiting the hotel room.



Exterior concept

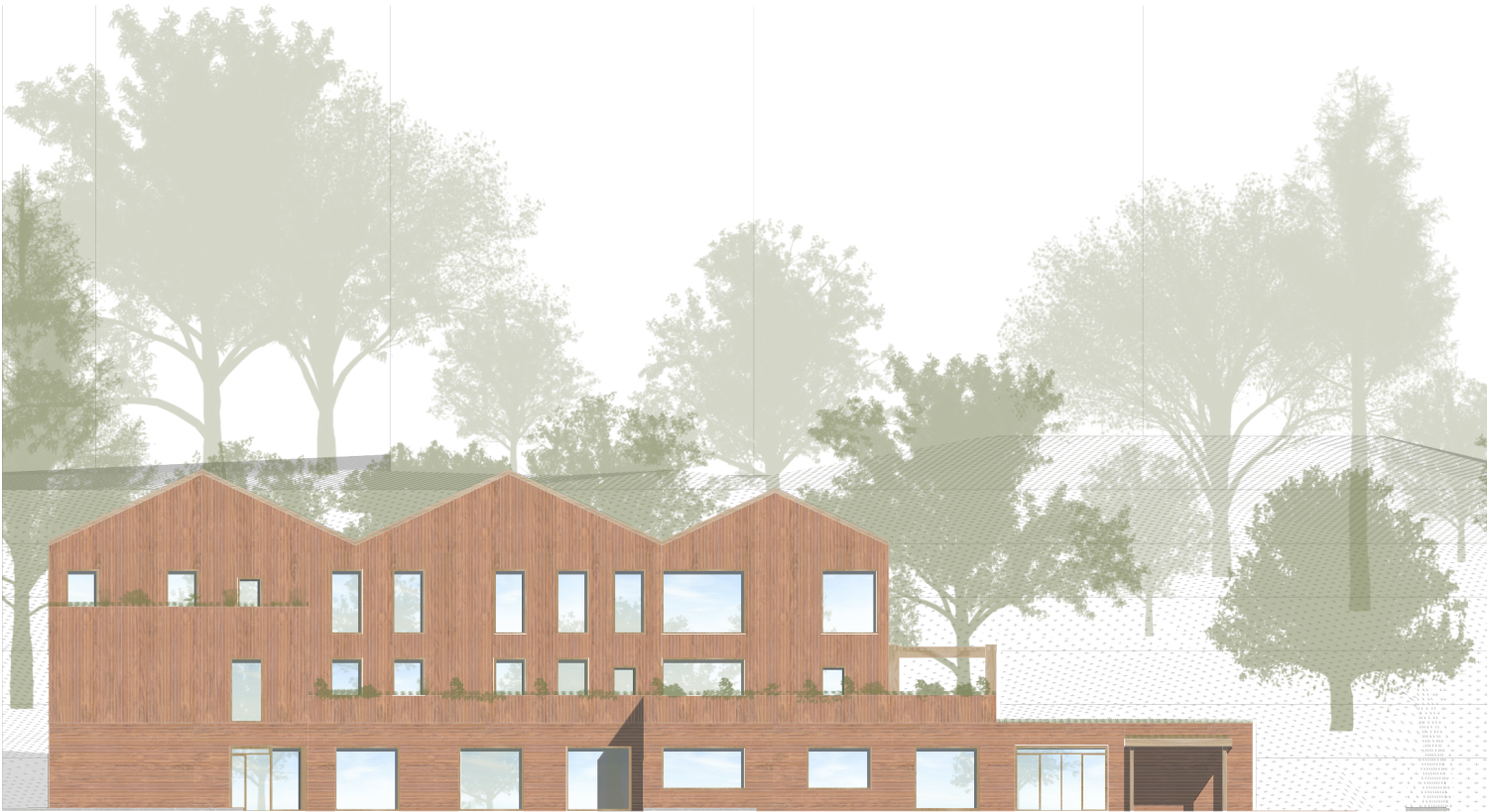


North facade  
Scale 1:300

For the façade thermo pine is chosen. It has a low moisture absorption which makes it optimal for outdoor use. The thermo wood process is chemical free and the modifications made is making the whole wood stronger not just the surface.

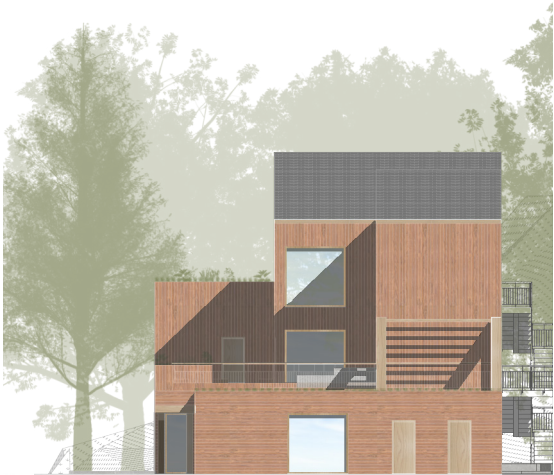


East facade  
Scale 1:300



West facade  
Scale 1:300

To enhance the two different uses in the building, the ground floor's wooden panel are placed horizontal while the upper floors panel are placed vertical, by keeping them in the same material the connection that exists between the floors are kept. In the details, windows and benches, oak is used as a contrast material. Both materials are local timber, something that has been important when it comes to choosing them, it is environmentally friendly and will help the building with blending in with its surroundings.

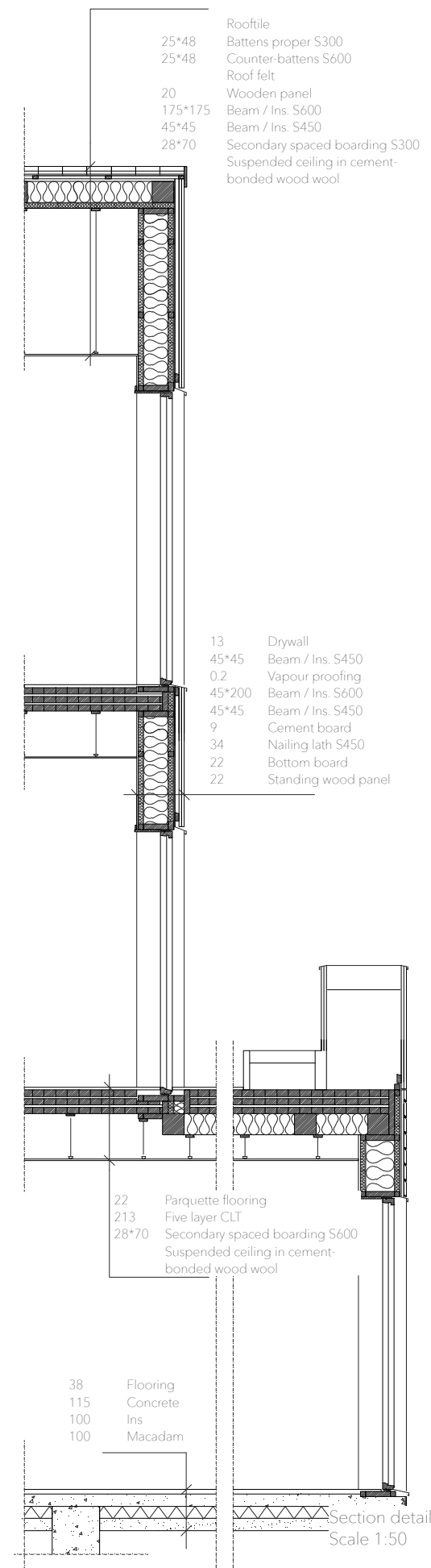


South facade  
Scale 1:300





Facade detail  
Scale 1:50



The building is highest in the east to keep the relation between the building and the mountain. The building then gradually contains more space with the ground floor as the safe base. The pitched roofs keep the building to a human scale as if there is small rowhouses placed above the center.



# Outdoor environment



Garden  
Scale 1:500

The outdoor areas used by the center is surrounding the whole building and exists on all floors. The upper terraces offer hang out and relax places surrounded by flowers and greenery, with a view out on the allotment gardens and the surrounding greenery.

Surrounding the building is a walk path with different things to look at along the way. In the south of the building cultivation boxes are placed, here the visitors can learn about gardening and in an easy way connect with nature. In the north a small playground is placed for the center's youngest visitors.



The terrace is enclosed by greenery, to support the biodiversity in the area and give a calm and nourishing atmosphere to those stepping out.



The path leading around the building splits in various places giving the pedestrians a choice of direction.

Three fountains are placed to bring in the presence of water into the center, one in the atrium, one in the garden and one on the first-floor terrace. The last one helps collecting rainwater and can be used to water the plants on the terrace.

Flowerbeds are placed on each level hosting local plants that gives awareness of the seasonal changes. These are also a part of the gardening activities arranged by the center.

## 5 Summary

*This chapter contains the discussion and conclusions made in the process of this thesis. Hopefully this can contribute to the discussion and development of cancer care in Sweden.*

## Discussion

This thesis aimed to investigate how architecture can support people affected by cancer. It started with the existing plans of an extension of Kraftens hus as a center in Gothenburg and the experienced gap in today's healthcare that lies in the mental and physical support. The design proposal resulted in a center close to Sahlgrenska that would fulfill this experienced gap.

The type of organization that are aimed toward do exist in Sweden, but not in Gothenburg and none of them have buildings tailor made for their activities. Having architecture that supports these activities will help the purpose and help the people visiting feel safe, thought of and give them a sense of belonging.

By incorporating nature with the help of biophilic design the center will be associated with what is natural for us as humans. Nature is good when it comes to health and well-being and will help lower stress hormones for those visiting the center. Nature creates stimulating atmospheres and positive distraction, something that develops the brain and keeps focus on other things than pain.

Using biophilic design as a strategy is one of the things that has been most challenging during this thesis. Having nature surrounding a building is easy but how to incorporate it in the building design in a good way was not as easy. This is knowledge that I now have started to investigate and will be able to bring into my future projects.

The user focus has been of uttermost importance in this project, to create a safe environment where those affected by cancer can feel like they are the ones in charge, the interviews and surveys made have played a big role in this. Since I have no experience with cancer, and everyone's experience is different, the information gathered have helped me develop a building that can answer their wishes with support from existing research.

## Conclusion

In conclusion this project focuses on how architecture can support a cancer support center in Gothenburg. It resulted in a combination of a support center and a patient hotel for cancer patients coming from afar, with biophilic design as a tool to implement nature.

The biophilic patterns that has been in focus is about making nature a part of the building. It is not just about seeing nature but hearing, touching and smelling it as well. To perceive natural cycles, patterns and movements, sometimes just subconsciously as a complement to the more obvious tree outside of the window.

Future research in this field could be focusing on continuing the development of biophilic design in this type of building. The time has been limited and digging deeper into different activities and how they can be supported by architecture and biophilic design would take this a step further.

Another step could also be to ask if this design is only needed for people affected by cancer, or is there an existing need for similar centers when living with other chronic illnesses as well?

This project contributes to the more human and planetary centered design and care that is evolving in Sweden. This project also opens up for the discussion about the stigma that many people affected by cancer experiences, something that is necessary when looking at the prognosis that half of the population will be diagnosed with cancer at some point in their life by 2030.

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If nothing else is stated images and figures are made by author or in collaboration with Agnes Engström.

Cutout people in renderings are retrieved from <https://skalgubbar.se>  
<https://www.mrcutout.com>



# 7 Appendix

*This part contains interviews and surveys that has been made for this master thesis.*

## Table of content

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## Reading instructions

The appendix starts with the interviews made during the thesis. They are placed in order of when they took place starting with the one held first. Each person interviewed has a small introduction, to give the reader information about why this person has been interviewed. After that comes a summary of the interview, where we tried to gather the most valuable information that we brought with us from the interview. Following this is the notes taken from the interview, the interviews are not transcribed.

Following this are the surveys sent out, there are three different surveys. All surveys are aiming towards people affected by cancer. The first two were sent out to today existing centers, similar to what this thesis aims for. For these only one questionnaire is attached since they are the same. Following are the answers to these questions. The last survey was sent out to people affected by cancer but not connected to a center today.

Since this thesis/center is placed in a Swedish context, the surveys made are in Swedish.



## Interview with Louise Lindquist Sassene, 2021-01-21

This interview has been translated from Swedish. It was a semi-structured interview where Louise received the questions in advance and replied in an online document. After that we also met up digitally over Zoom to continue the discussion.

Louise is an architect and cancer survivor, living in Stockholm. She has shared her cancer experience on several podcasts and interviews. She is also an illustrator, drawing images relating to the cancer experience, which have recently been published in the book Jag, din cancerkompis.

### Summary

During the interview, Louise gave us a generous glimpse into what it is like to live with cancer. The psychological effects of cancer might be just as difficult, if not more, than the physical ones. She explained the importance of seeing the mind and the body as closely linked, as health and recovery goes beyond that of the strictly medical treatments. She perceived that there was a gap in the cancer care today, where after treatments you are often abruptly abandoned by the healthcare system, and expected to go on with life like before. For many people this is impossible, as the "cancer hangover" stays with you, with anxiety, stress and fear of cancer recurrence looming in the back of the head. It is important to get help with these thoughts, and here Louise used stress rehabilitation as a good example of strategies that work also within a cancer rehabilitation context. Activities such as mindfulness and tactile massage can help to lower the harmful stress hormones in the body. Stress hormones can e.g. lead to cancer spreading faster in the body. Instead, positive substances, such as oxytocin, are released which increase well-being.

Louise also mentioned the benefits of exercise, as a way to clear the mind as well as give the cancer cells a less habitable environment in the body.

She mentioned the importance of breaking the stigma around cancer, it should not be something to be ashamed of. In relation to a cancer support center, Louise considered it good to make visible the illness in society and not hide it away. Therefore, architecture-wise is it good to have a visible building but with a gradient of private spaces within.

In order to get more young people to visit these centers, she considered it good to have activities for specific age-groups, as well as making sure to create a space which also speaks to the young.

## Interview

### Life with cancer

**What is it like to live with cancer? What is the toughest? How much time did you spend at the hospital?**

The most difficult is the fatigue. The chemotherapy completely knocks you out. And the uncertainty - if you get chemotherapy before surgery you still have the tumour and have to wait and see if you respond to the treatment - that is if it shrinks from the chemo.

The toughest is also to look like Gollum. You lose eyelashes and eyebrows too.

I was in the hospital for 280 days during a period of 11 months. Out of those days, five were spent in isolation where I almost died, since the chemotherapy broke down my immune system and white blood cells, making bacteria able to attack the heart, lungs and liver.

**Did you get the support you felt that you needed? (from e.g. family, friends and the healthcare system)**

My parents moved in with me and took care of the children, neighbors came with food and helped me leave and pick up my kids at the school/preschool since I was sensitive to infection. The school informed about the situation and they talked with the classes of the children, on their own initiative. That was nice. But, the cancer care lacks the connection between mind and body. There was no psychiatrist at the oncology clinic. The mind and the body are closely linked, and to lower the cortisol levels and stress hormones I believe in mindfulness and tactile massage as a complement to the medical treatments. I first received that when I was hospitalized, as well as during rehab the week after finishing my treatments.

**How much support did you get from the outside? E.g. UngCancer (Young Cancer) and similar organizations. Do you wish you had more support?**

I was too old for UngCancer. I did not go to events. I was depressed and ashamed because I felt ugly, and took my walks at night when it was dark. But, after a while I started to draw about cancer under the name @cancerkompisen and got friends through Instagram.

### Life after cancer

After being proclaimed cancer free, there is still a lot of anxiety and worries about cancer recurrence, this is called #cancerbaksmälla (cancer hangover) - look it up on the Ung Cancer website.

**Do you visit the hospital today for follow-ups?**

Once per year, according to the national health programme for breast cancer.

If you get breast cancer that has spread to the liver, skeleton or brain it's too late, then there's no cure. But, for other cancer types you go more often.

**What is the support to get after being cancer free? (Both from the cancer care and family and friends)**

After finishing treatments you get 5-10 support meetings. You can also apply for 10 days of rehabilitation at e.g. Mösseberg or Masegården. But different counties have different rules. The demand to get this is that you should have undergone chemotherapy, surgery and radiation (i.e. the patients with the toughest treatment).

**How are you feeling physically today? Did you change your lifestyle after the diagnosis?**

I was vegan for a year, but now I eat and exercise normally again. Exercise is a great way to clear the mind from negative thoughts. If you oxygenate the cancer cells they don't have as good of an environment to live in. 30 minutes of exercise per day is recommended.

## **Cancer support center**

**Have you visited any cancer support center? Why/why not? What did you think?**

Yes. I thought it was hard that there was a gap between the hospital and center for cancer rehab in Stockholm. They should be connected through both time and space so you don't have to tell people the same things over and over. During cancer treatment you are under the umbrella of the hospital, once you are cancer free you're expected to go back to normal life. The worries and uncertainty is extremely heavy. I went into depression after treatments, but got help from the stress rehabilitation sector, there they have a rehab team that takes care of everything. Here the cancer care has something to learn.

**What do you wish you could get out of visiting a cancer support center?**

Tactile massage, mindfulness and a program similar to the one for people suffering from stress symptoms - with different types of exercise and rooms for group discussion, exercise and therapy. Tactile massage is something very private, therefore it is important with a gradient in the building for both pulse and privacy.

**What do you think is important for the body and/or mind to recuperate? What kind of atmosphere would be suitable to enable this?**

A temple is a good example/role model. A calm place for the mind and the body to recover. Cancer that has spread after recurrence spreads more easily through the body when you are stressed. So there is research behind the importance of calm. Study neuroscience and you will see the connection between hormones in the body connected to stress, exercise and touch. Think about the impressions, and how they speak to the senses. Look at how it could be possible to release oxytocin in the brain.

It is also very important to have fun, I rarely talk about cancer with my cancer friends. Many people who get breast cancer are high-performing women in the middle of their lives who are often stressed.

**Would you prefer being discreet when entering the center, or should it be open? How to think with entrances, building placement, windows, etc.**

I think that it should be open. There is a stigma around cancer, but soon half of the population will get cancer, and it is affecting more and more young people. But think of it as an onion with different layers: movement and activity for social meetings and communication in the middle and safe corners for calmness and privacy, and rooms without distractions and passages. Use gradients, with rooms in the room with gradients of privacy, where people can choose to be a part of the activity or not.

**What is required for young people to visit a cancer support center? (we have received information about it being mostly older people visiting e.g. the one in Borås)**

You should be offered financed rehabilitation. It is rather the lack of these types of places that make them less visited. But you also need homogeneous groups age-wise so people can meet others of the same age. The young are also more on Instagram, and UngCancer have cancer get-togethers. The problem is that many older people take on a cancer identity, while younger people don't want to be placed in that category.

I felt like my age group was a bit left out, since I was too old for UngCancer but felt too young to connect with the elderly. And it isn't fun to be around people who just talk about their difficulties all the time.

When you're young you often get the toughest treatments, because your body is expected to be able to handle more. Many more cells are active and divide faster when you are young. Then chemotherapy kills all the fast growing cells, affecting the hair and nails etc.

In 2030, half of the population will get cancer at some point in their life, so we have to break the stigma around cancer. It's not you today but it might be tomorrow.

## Interview with Emelie Ogenhag, 2021-01-26

This interview has been translated from Swedish. It was conducted as a semi-structured interview digitally over Zoom.

Emelie got diagnosed with breast cancer in 2014 and is today a cancer survivor living in Gothenburg.

### Summary

During the interview Emelie tells us about how cancer affects not just your body and not just you but your whole life. How treatment affects your body and that you can feel very ill for a period of time after, as well as having side effects years later. Pain in joints and brain fatigue is something that still affects her daily life, even though she found ways to make it better.

She tells us about how great the healthcare system is, while still undergoing treatment, but how you after that are let go, without any rehab or support of any sort. If you want rehabilitation this is something you need to find on your own. Emelie has fought her way to get the help she thinks she deserves, and wishes that the procedure for this shouldn't be a fight for those already weak. Rehabilitation should be a natural part of it, and she thinks many of the staff she met thought it was, but after treatment there was no step for this included.

Emelie tells us that she thinks it is important to find people that are like you when it comes to a support center and that you don't always have to talk about cancer, you need to think positive thoughts too. Something she experienced when working at Kraftens hus in Borås.

### Interview

#### Life with cancer

**What is it like to live with cancer? What is the toughest? How much time did you spend at the hospital?**

I got sick in December 2014, a patient at the hospital for 9 months. Radiation, operation and chemo. An inpatient at two times. Doctor appointments, chemo 9-10 times, 1 h each time, radiation each day for five weeks, 25 times in total. I didn't feel ill immediately it came later on in the evening and it got worse for each time as well. A lot of side effects, the body had to handle three different chemos at the same time for three weeks. After that my joints hurt so bad we had to stop the treatment. After that we went back to only two different ones. After chemo I laid in bed and wasn't able to listen or watch anything, I couldn't eat. CVK gave me blood poisoning. I had a pretty large tumour that was spread to the lymph nodes. At the time I was only 29 so they treated me pretty aggressively. It gave me a lot of side effects and it took a long time to get to a tolerable life. The toxins took a lot on the body. I still suffer from brain fatigue and eat a medicine for 10 years that gets you into menopause, gives you muscle and joint pain.

The life around this was pretty chaotic. A lot happened, got fired because I was sick and therefore the sickness benefit lowered. I have a daughter, she was only 8. My partner had two kids as well but he didn't help at all so we separated. So in all of this I had to move, you need to handle everyday life at the same time as you're ill. My daughter's dad isn't always so easy to deal with either.

**Did you get the support you felt that you needed? (from e.g. family, friends and the healthcare system)**

Mum has helped me a lot with my daughter. She asked questions like what happens if my mum dies? She's always been able to turn to her grandmother.

I prefer to handle things myself. Got no support from my partner so I had to do everything on my own until he moved out.

No support from the healthcare for the daughter, they asked vaguely some time.

**How much support did you get from the outside? E.g. UngCancer (Young Cancer) and similar organizations. Do you wish you had more support?**

A lot of contact with Ung cancer but now when I turn 35 I'm too old to stay, if you're under 30 when you get diagnosed you can stay until 35. I'm pretty active on social media and I'm passionate about rehabilitation.

The healthcare system is top notch when it comes to cancer and treatment. But when this is done it's goodbye immediately. What happens now? There was nothing available then, it's a bit better now. No remiss anywhere, I had a curator at Sahlgrenska but it wasn't great. It's good to be able to talk about it under the treatment but it's mostly worse after. During treatment you're focused on following the treating steps. And there's often a shock afterwards. The healthcare talks a lot about rehabilitation in each step but after the treatment was done and I asked about it no one knew anything about it.

I'm in a group at RCC. I can't believe they talk about something that isn't existing, it's all in their heads. They think that they send you to the next step but there is no next step.

**How did it work for you with exercise during the illness and treatment?**

Today they say it's beneficial. I did some during the treatment but not before, I could barely go to the refrigerator. I didn't exercise before.



I have a lot of pain in my life and tried many things, now I've found exercise. I go to the gym a lot now and it releases the pain, but it took some years. I've been better the last 1,5 years. This affects the mental health a lot as well. I have always had anxiety, even before, but exercise helps a lot. I get anxiety from the pain.

Most people at Ung cancer were done with treatment, which is hard to hear about when you're in the middle of it.

**Should healthcare uplift exercise more?**

Yes. Everyone does like the gym but there is something for everyone. It is important after a treatment like this, it takes time to build up the immune system again and to feel okay.

I had some fatigue and didn't want to be on the floor so I've been to a lot of rehab but I had to find it myself and that's something not everyone does.

I also had anxiety over dying and put myself on the psyche. I thought things to handle by myself. Much of the anxiety was that I didn't want to leave my daughter. I've gotten PTSD from the cancer and tried a psychologist but it didn't help.

Through Ung cancer you can get help to meet a psychologist, you then get 8 times over 6 months. I did this for 1,5-2 years, it helped more. I also went to pain school at Sahlgrenska.

**Life after cancer**

**After being proclaimed cancer free, how does life look?**

Much better but I'm not completely happy. Just started working on 50% since August. Much calmer in myself. Happy that we've been able to exercise for a year in a row now.

**Do you visit the hospital today for follow-ups?**

Mammography once a year. Enrolled at the surgeon, I can go there if something starts to hurt. You have to check things up since relapse is common.

**How are you feeling physically today? Did you change your lifestyle after the diagnosis?**

Apart from the exercise, yes. I did a lot at the same time before, did not prioritize myself and I never said no, something I've changed now. Me and my daughter are the most important thing. It was hard but feels good now, it is important to be able to draw a line.

**Has it been tough on some friendships?**

Yes, I was very social before but don't have the energy for it now. A few but very close friends today.

**Cancer support center**

**Have you visited any cancer support center? Why/why not? What did you think?**

Visited and work trained, for a year, at Kraftens hus. It was nice. I was one of the younger ones, mostly older people that go there. The number of younger people in small Borås is not that many. Afraid that many would put on the sacrificial cardigan, I want to see positivity. There is a life after cancer and it gets better. But that was not the case at all, we talked about everything, but of course got into cancer. You understand each other in a different way.

**What activities and / or functions had you appreciated? What do you think is important for the body and/or mind to recuperate? What kind of atmosphere would be suitable to enable this?**

Believes that this with mindfulness is important for many, I have a hard time relaxing. Guided relaxation is probably important.

Bonavia, an association that works with children of addicts. Always have pen and paper in front so you can always sit and draw a little and then disconnect the hard parts a little but still be involved. Little things to tinker with that are always there.

Different forms of training. People are interested in change, finding new things that give them more stamina. You have to find your thing when it comes to training, then it's fun and you do not have to go there or look for motivation.

**Would you prefer being discreet when entering the center, or should it be open? How to think with entrances, building placement, windows, etc.**

Do not think it matters so much. Do not know. The open light.

No hospital environment, it's a big nono, so anything but that.

At the rehabilitation they were on, there were hospital beds, no one slept all week.

Many people have a hard time talking about cancer, but not her, but they can have a hard time if people can see. To reach everyone, it probably needs to be a little protected, but she doesn't care. Many people behave as if they have done something wrong.

Not too open but not too closed.

**What is required for young people to visit a cancer support center? (We have received information about it being mostly older people visiting e.g. the one in Borås)**

For Kraftens hus, it probably attracted more that she who was young was there. You probably need to be out a little more on social media, show that they exist and also that there are young people there. You are not in the same place in life as those who are old. Maybe not important what you have but the community. I go to a place like that to feel like one in the crowd.

Will there be fewer due to Ung cancer? Maybe they do not have it so often about 1 time / month.

I wanted to create a leisure center for young people with cancer. To tie them together and break the ice. Have a physiotherapist. The most important thing is the coffee room, that you can come and just be. How do you find out that it can be positive to be there, not just depressed.

You are always at least 30 years younger and you are used to it but maybe not so eager to spend more time than you need.

Breast cancer association Johanna, I went to young Johanna. The others were around 40 but I felt older since I had a child. You need to find those who are in the same place in life and have somewhat the same interests.

Went on a rehab trip a few months after the treatment ended, then I found a bunch that I really clicked with.

**What is your relationship to nature? Did natural environments matter to you while you had cancer?**

**If so, how and what environments?**

Well, both yes and no. Can go to a lake and just sit there, somehow. Many people appreciate it. I love to be outside when it is summer and hot but not when it is cold (I'm in too much pain). Nature

## Interview with Jan Nyman, 2021-01-28

This interview has been translated from Swedish. It was conducted as a semi-structured interview digitally over Zoom.

Jan works at the oncology unit at Sahlgrenska and has an overall view into their cancercare.

### Summary

Jan has a great view into the daily care at the oncology at Sahlgrenska. They have about 200 people coming each day, a fair distribution between men and women and the average age is about 67 years. Some people come for shorter periods each day and some for longer periods but not as often. How you feel after the treatment is very different from person to person but in general you feel worse the longer in the treatment you are.

Some people come from far away and there is a patient hospital at Gamla Högsbo Hospital. The cost is the same as if you were an inpatient but there is no medical staff. The rooms are old patient rooms and they are not really up to date. He thinks that a new patient hotel for cancer patients nearby Sahlgrenska would be good.

Jan says that there is mental support for both patients and relatives during the treatment. The need for the mental support, Jan thinks, is the biggest after treatment is finished. And as long as you're still in the hospital system he believes that this is given.

### Interview

#### How many patients visit the oncology daily?

About 200 people each day, maybe a bit more.

#### How is the age distributed? And how is the distribution between men and women?

The average age is around 67. Some cancers have less spread in certain ages than others. We don't have any under 18, then you go to Östra instead. If they need radiation they come to Sahlgrenska but they have their base at Östra.

18-25 is a fairly small group but also the group that might need most support, you are just supposed to start your life.

It is pretty equal between men and women but some cancers are exclusive for each gender. Lung and bowel cancer are very equal between the genders but apart from the gender exclusive cancers there might be some more men in total.

#### At treatment, what is the average time spent at the hospital. Do you undergo more than one treatment a day? How much immediate physical effect do the treatments give? What are the consequences later on?

Radiation 1-2 times a day. It takes about 30 minutes but the treatment itself is only 2 min. 30-35 treatments. The first weeks are relatively fine but after the third week and onwards it is like a powerful infection in the affected area. It gets worse in the end and might stay for a month after finished treatment.

Medical treatment like chemotherapy, immunotherapy is given at daily care. It can take from 20 minutes up to 6 hours. A few are ongoing all day long. Immunotherapy is given by IV and takes about 30 min. Many feel ill and do even throw up after chemotherapy.

Chemotherapy probably gives a more general effect that disappears after a while. Radiation works more locally but it can be very difficult in that area and a lot of painkillers might be needed.

Depending on where in the treatment a person is it might be reasonable to visit a cancer center after treatment.

#### How many of Sahlgrenskas patients comes from far away and need some place to stay overnight?

There is a patient hotel, specially for those getting radiation. Since you get it at least once a day. It is located in Gamla Högsbo hospital and not in a great condition. It is also located away from Sahlgrenska, maybe 3 km, and doesn't have great public transportation options. The patients stay in old hotel rooms and are offered breakfast, lunch and dinner. There is a tv-room but not much more. A un-cozy and lonesome environment, next to a geriatric unit. A patient hotel in walking distance sounds good.

There are patients coming from Strömstad and Töreboda about 3 hours away.

About 10 patients at the time coming from them, maybe more from other units as well. Johannesvillan exists for family to someone waiting for a heart or similar, it's located on Sahlgrenskas premises.

#### Can you bring a relative?

Yes. There is single and double room. It costs 100 kr/day food included, it's the same price as if you were an inpatient. It's a good idea to include this, and will give the building some more volume. The hotel isn't manned by healthcare staff but more of a hotel character.

**The site is not far from the oncology but can they manage that walk during treatment?**

For most people it would be okay, there is a small hill but not much of an angle.

**Do you see anything missing in the system today? And what do you think works well?**

It could be bigger and better, in Kreaftens bekempe hus, where I worked 10 years ago it was more patient focused, They had more facilities, more rehab and group exercises.

At Ryesgade in Österbro they seem to put a lot into their patients. Something that was experienced, they are a step ahead of us. More active physiotherapists, clinical studies etc. They connected patients with dietists automatically. The healthcare system in Denmark is different from Sweden. They take a bigger responsibility for the citizens.

**How is the continuity when it comes to personnel?**

We try to keep the same doctors from planning to treatment. And you have a contact nurse that is one of the first in the personnel you meet when coming to your first visit. If you are an inpatient the contact nurse might get a smaller responsibility for the time but it is someone you can call if you come up with something or have a question. The contact nurse also calls the patient to check up sometimes, this is something that is pretty new.

**What mental support is offered for people affected by cancer today? Not only the one with the diagnosis but relatives as well.**

There is a unit called cancer rehabilitation. There two curators, one psychologist, a dietitian and a physiotherapist works. You can get a time there but they are pretty fully booked. They have facilities in the lower part of the large building.

The healthcare have arranged some group activities throughout the years, something for relatives and some courses.

You need a remiss to go there but the threshold to get one is low. The contact nurse or doctor can write one. Inpatient gets a visit from the curator to talk to but also to get more practical help.

Relatives can go there too as long as it's cancer related, if they just want to talk I'm not sure.

**When you're in remission, what support is offered then? Is it enough do you think?**

In remission is hard, you can't see tumours immediately. Most people have check-ups afterwards about every 3rd month for the first two years. Depending on what type of cancer you had.

You can still get support from curators and dietitians. Often it isn't until afterwards you have time to think and feel bad psychologically. During the treatment most don't have time to think about what is actually happening so the need for mental support is probably biggest after treatment maybe before too when you just got the diagnosis.

Those that aren't in contact with Sahlgrenska anymore but with their local hospital might have a harder time to get rehabilitation. But pretty good for those that are in a rehabilitation program.

I was included in the workshop for Kraftens hus that ended up being in Borås. I think it's reasonable that it's not located at the hospital's premises. It's good if the possibilities for public transportation is good, but it's also great if it's beautiful and close to nature, these aren't often going together.

What a cancer center is supposed to contain isn't obvious. No need to copy Kraftens hus. Some kind of exercise, gym class, yoga etc. Showers and sauna. A lecture hall, meeting rooms, a large living

## Interview with Ulrika Ahlqvist from “Hjärnberikad”, 2021-01-28

This interview has been translated from Swedish. It was conducted as a semi-structured interview digitally over Zoom.

Ulrika is one of the founders of Hjärnberikad, a company with a focus on creating brain health-promoting work environments, using up-to-date brain- and neuroscience research as scientific foundation. She holds lectures and works with long processes within e.g. the construction- and education sector.

### Summary

Ulrika described the negative effects cancer can have on the brain, with large stress levels being one of the main issues. Stress makes us think irrationally, and makes the body produce harmful stress hormones. She also discussed the importance of lifestyle for the health of the brain, with a good diet, exercise, good relations and a curious and creative mind being important aspects. There are also the aspects of epigenetic, where the good or bad habits can actually program the cells in positive or negative ways, depending on the lifestyle choices.

In relation to architecture, Ulrika described the importance of sensory stimulation, and the more senses that are activated the better. Colors, shapes and natural materials are some things that help activate the brain in a stimulating environment, but of course it is important not to overload the senses either. Ulrika recommended meditation as one way to increase brain health, as it slows down the aging and helps release oxytocin, which helps to calm down the mind and increases trust and being open to social situations. Dopamine is also released, which also occurs when collaborating. To increase the serotonin levels, getting a good amount of daylight, food and exercise are some things that help. When the levels of serotonin are too low, a lack of appetite and depression can occur. Melatonin is another substance important for well-being as it regulates sleep. As many people tackling cancer have problems sleeping, it is extra important to try to follow the circadian rhythm, where natural daylight plays an important role.



## Interview

### What happens in the brain of somebody affected by cancer? Does the same process occur in the friends and family of the cancer patient?

Some cancer diagnoses can affect the brain physically. When we receive difficult information our bodies get stressed to protect ourselves. Reasoning and determining the scope of the threat becomes difficult. The cognitive part gets pushed away and unmanageable emotions can take over. But of course this goes up and down during the process.

It is good to get help tackling the severe stress reactions as early as possible, so that the “smart” brain can get activated again. Stress is like small inflammations, and the brain cells often get damaged while under too much pressure. Using the regular stress handling methods is one way to feel better. Cancer can become like one’s job, and it affects both the people with the diagnosis as well as their close ones.

The cells are also affected: the cells can even be programmed to activate other reactions or illnesses, which is something that can become permanent. It can be both positive and negative. Some signals that you are born with can change due to lifestyle choices, this is called epigenetic. In this way you can give yourself the best conditions, through e.g. diet, exercise and good relations. Experienced health and happiness is based on good relations, check out the TED-talk about the study that was made in the US during the 70’s.

### At Hjärnberikad, you talk about the “10 good habits” to follow for a brain as healthy as possible.

#### Are any of these habits extra important for somebody affected by cancer?

You can see this as a mental vaccine, a resilience. These are tools that can help handle extreme stress, it is beneficial to use these tools also during treatment.

These can be things like learning new things and staying curious, this keeps the brain flexible and malleable. It creates a palette of tools. It doesn’t matter much what these activities are, as long as it is fun and interesting.

### In which way can you work with wellness in this context?

It is important with a stimulating environment, that is both social and relaxing. In the cancer context, it is of course also important with spaces for recovery.

It is good to encourage social cooperation and interaction, and how to do it spatially is to program the environment according to the desired outcome. A space that clearly defines what is going to happen and how also encourages people to use it. Clarity makes a space become used. Promoting activities through nudging for example, one can look into how symbols and signals can affect us.

If a space needs to be flexible, it is good to use clear set-ups for the flexibility, so that the spaces are programmed for the different alternatives instead of being just too general. Conceptualize and define the scenarios that will take place, and how the space will then be used.

### What can we as architects think about when creating spaces for increased well-being? Can we create spaces that encourage the release of positive neurotransmitters in the brain?

Creativity plays a big role, in different ways. A hospital environment needs to be very sterile, but then the brain has nothing to work with. An enriched environment is beneficial to the synapses in the brain, using e.g. impressions, shapes, colors and stimulation. The brain then creates new connections. Multimodal sense stimulation is good, where you get to use as many of your senses as possible - not just the vision. But of course it is important not to get a sensory overload either.

A good example is using organic materials, as the input from nature gives both an enriched environment and a multimodal sense stimulation.

Creating new connections in the brain is what develops it. You need to keep them until you are old so that the brain stays malleable. The new connections also change the chemical balance in the brain which increases well-being. It’s both about securing your future and feeling good in the here and now.

Meditation slows down the aging of the brain. Through meditation you can see a large difference in the oxytocin levels, which is the hormone that help us feel calm, trust and be open to social situations. You also receive dopamine.

It is important with a balance: both the safe and calm, but also the dynamic. Too much calmness can also become stressful.

Stimulation and recovery in combination with a healthy diet and physical activity is good. Exercise is very important, it is easier to create new brain cells when you move your body. The muscles also act as a filter for the stress when you exercise.

You also get dopamine from collaboration, both from giving and receiving encouragement.

Serotonin is the substance that gives well-being over time. We get it through e.g. daylight, which can pose a problem when spending much time in hospitals where you might not have a window close by. You also get serotonin from food and exercise, and by thinking about memories. A balanced amount of serotonin makes you feel good, having a too small amount can make you depressed and lose your appetite.

Melatonin is also important, which helps our sleep. Following the circadian rhythm is the best for our brains.

## Interview with Pleuntje Jellema, 2021-01-28

The interview was conducted as a semi-structured interview digitally over Zoom

Pleuntje Jellema finished her PhD thesis in 2020, with the topic “Foregrounding the built environment in experiences of (cancer) care: learning lessons for human-centred design”

### Summary

During the interview, Pleuntje described some findings from her PhD studies. The need for a gradient of spaces and the spatial organization were important - how people move around in the hospital. Sensory qualities were also discussed: as smells, taste, light and color associations can be perceived differently for a person who has undergone chemotherapy. The changes of the body are important to take into account when designing for cancer patients.

The in-between spaces are also important, such as the waiting rooms and hallways. These are often overlooked spaces, but are often the places where people process their diagnoses, cry and reflect.

One common issue for patients were the distances - as people with cancer often suffer from severe fatigue it was of great importance how accessible the oncology clinics were. A short walk from the parking could be perceived as an enormous distance for a cancer patient, which was problematic for some people wanting to visit e.g. the Maggie’s centers.

Nature was also seen as something beneficial to cancer care facilities, where the natural environment and its effects could help the patients in the reformulating their identity during or after their cancer journey.

### Interview

**Do you believe that the Maggie’s centers still have something to learn? Did you discover any aspects or concepts that could be improved in that context?**

Main points would be, although they are always connected to a clinical centre that the distances were limited. Having it away from the hospital was inconvenient, people have to walk a lot..

There is also the aspect of exclusivity. Maggie's work closely with the hospital. But if they don't it's more exclusive. Often it's mainly for breast cancer and women.

The visible structure is something that intrigues men and they have an interest there that they can talk about. It's through the architectural design and interior we have to try to appeal to everyone.

Maggie’s have done well in not excluding anyone.

**How to design it well with a limited budget? (Maggie’s have millions)**

Maybe crowd-funding? Connecting this to Maggie’s, they do expand in the rest of the world.

**What role do you see nature playing in cancer care facilities?**

Snohetta built small buildings outside the hospital to get outside of these places. They are very different from Maggie’s. There's not much of a kitchen etc. They’ve maximized biophilic design.

The natural environment can be something that helps people reformulate their personality, who you have become because of this period of cancer.

People in her studies had explicit thoughts of wanting to be close to nature.

## Interview with Elke Miedema, 2021-02-04

The interview was conducted as a semi-structured interview digitally over Zoom.

Elke finished her PhD thesis in 2020 and is our master thesis tutor. She also has a personal experience with cancer, she is a daughter to someone diagnosed with cancer.

### Summary

In the interview Elke talks about how it is when someone close to you is diagnosed with cancer. How life gets very different from before and that the time mainly is spent on focusing on the person with the diagnosis. Personal life, friends and work comes in second hand and it is hard to plan a head.

Covid has in this case helped the family to be there for the mum, since work already is on distance the temporary move back home is possible. This has made it possible for Elke and her brother to be there for their mum, physically. They can support her when having hospital visits, and in this way also being included in the conversations taking place there. The support from work is good and the social workers in the Netherlands offers their support to the relatives as well.

To visit a center Elke thinks she would like a reason for it, it could be a lecture or an appointment, but something that helps you to actually get there. She states that it is important that there are possibilities for doing the activities seated. The center should not consist of hard materials, but a lot of green and natural materials to look at when having deep conversations.

### Interview

**If you are comfortable with it, can you tell us about your mother's diagnosis?**

In December 2018, she got pain in her stomach. It grew quickly, could feel it grow. Cancer in the ovary, far already and it was growing quickly. Operated in summer 2019, 10% survival rate. Chemo after operation, for a long time. Looked good at the time. People live on average 5-10 years more. Back in May 2020, me and my brother rushed home. Her partner (the moms) is not living in the Netherlands. Chemo during the summer seemed fine. In January 2021 it flipped again. It goes up and down and you can't plan anything.

In certain circumstances it is legal to end your life in the Netherlands, only in certain cases. 1-2 months left. My mum wants to do it. She's afraid to go to the hospital by herself, they all come with her, even now during Covid her circumstances allow it.

**How has you/your mother's everyday life been affected by the diagnosis?**

The mother is stuck at home, can't really go anywhere due to her bone necrosis. It is very tough. I'm happy to have work, getting comfort from seeing others and from Maya. Since everything already is online it works being in the Netherlands and work.

She lives by herself in the apartment, wants to be independent. Her partner lives on his farm in France. Her sisters come to visit a lot too. But want to keep it as normal as possible

**What is the most difficult part of being close to somebody with cancer?**

Very little time for yourself and it is impossible to plan things. You don't live your own life anymore. In one way you want to talk about it but sometimes you get too fed up. I talk a lot to my moms friends, then I don't have energy to talk to my own friends.

**Do you feel like you have been able to support her ?**

Have been able to be there for her physically but she does not want them to help her with hygiene and such. We help with the household chores. I think I have been able to support her. Been difficult conversations, but we've taken them.

**Do you feel like you have the need to get support? And in case, have you gotten the support you need?**

Good support from Maya and from Chalmers. When she was in the hospital, it was nice that they could be there in the conversation. Social workers asked them as relatives how they've been doing as well, and if they wanted to talk.

Gets a lot of support from my dad and he even visits mum.

When you think she only has days left you narrow down your life, but what if she has months? You can't live like that then.

Could get help with sorting these feelings out. Cleaning etc. for the mum (home-care). From palliative work and social workers etc. They help you to ask for help.



**Would(/have) you visit a cancer support center to talk to people in the same situation?**

No, but maybe I should?

Been to the one on Copenhagen with school so would be easier to go there since she's already been there. My dad has also had cancer but he's fine now.

It is a symbolic gesture to visit a cancer center - it makes it true.

**Talking to others in the same situation?**

Dad is a psychologist so I can talk a lot to him. So the need to talk to someone else in the same situation might not be needed.

**What would help you get to a cancer center?**

Need an alibi to go there. A lecture? Appointment? Having somebody from the hospital actually taking you there?

**Are there any specific activities/functions that you would appreciate?**

Don't know. Mum is creative, she would like the art stuff, like painting and making mosaics. It should be able to stay seated. Hospice? She's not sporty so not that. Lectures or book-club?

**What do you think is important for the body and mind to recover? And what atmosphere would you want to create to support this?**

I really likes the nord center, nice materials, good acoustics, cosy, light and with wooden materials.

Maggie's of Rem Koolhaas, nice for an architect but.. Not to hard materials. If you have these deep conversations it is nice if you don't have to look at each other all the time. A lot of green and soft natural materials.

**Would you prefer the center being discreet or open?**

It needs to be open. You shouldn't be forced to hide or be in the open. Everyone isn't comfortable crying in front of people. Having different options is good.

**What is your relationship to nature? (As a healing element!)**

For me nature is increasingly important, not sure if it is because I read about how good it is or.. It is a nice distraction. To see plants and species.

Tries to think about my dad's garden when I meditate. All those "dream" places are always in nature for me. Not just look at them but be a part of it. Include birds.

Gotten to spend more time with my brother. They live far away and don't meet often. But it is nice and they stay with our dad and his wife.

## Välkommen till vår enkät

Vi heter Agnes och gör vårt examensarbete inom arkitektur. Vi kommer designa ett förslag på ett cancercentrum i Göteborg, där man som cancerberörd kan komma och få stöd. Man är välkommen oavsett om man själv eller någon i ens närhet har eller har haft en diagnos. I denna enkät undersöker vi behovet av ett sådant center samt önskemål om dess funktioner.

För att läsa mer om vårdarkitektur på Chalmers: [Centrum för vårdens arkitektur](#)

Handledare: Elke Miedema

## Bakgrund

## 1. Ange din ålder

- |                             |                             |
|-----------------------------|-----------------------------|
| <input type="radio"/> -16   | <input type="radio"/> 50-70 |
| <input type="radio"/> 16-30 | <input type="radio"/> 70+   |
| <input type="radio"/> 30-50 |                             |

## 2. Hur berör cancer dig?

- ☐ Jag har/har haft en cancerdiagnos
- ☐ Någon i min närhet har/har haft en cancerdiagnos
- ☐ Annat (specificera gärna)

## 3. Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

## Besök

## 4. Hur kom du i kontakt med Kraftens hus?

## 5. Hur ofta besöker du Kraftens hus?

- |   |  |
|---|--|
| <input type="radio"/> 1-3 ggr i veckan          | <input type="radio"/> En gång i halvåret |
| <input type="radio"/> 1-3 ggr i månader         | <input type="radio"/> Mer sällan         |
| <input type="radio"/> Varannan månad            |  |
| <input type="radio"/> Annat (Specificera gärna) |  |

## 6. Hur tar du dig till Kraftens Hus?

- |  |  |
|--|--|
| <input type="checkbox"/> Gång                      | <input type="checkbox"/> Kollektivtrafik |
| <input type="checkbox"/> Cykel                     | <input type="checkbox"/> Färdtjänst      |
| <input type="checkbox"/> Bil                       |  |
| <input type="checkbox"/> Annat (Specificera gärna) |  |

## 7. Vilka aktiviteter eller sammanhang deltar du i på Kraftens hus?

## 8. Vad känner du att Kraftens hus bidrar med i ditt liv?

## 9. I vilken del av Kraftens hus lokaler trivs du som bäst? Är det några utrymmen du inte använder dig av?

Om du fick drömma, hur skulle Kraftens hus se ut då?

10. Vilka funktioner/aktiviteter önskar du skulle finnas?

- ☐ Matlagning
- ☐ Fika
- ☐ Yoga och meditation
- ☐ Träning och rehabilitering
- ☐ Gruppsamtal
- ☐ Trädgårdsarbete
- ☐ Utomhusträning
- ☐ Annat (specificera gärna)
- ☐ Stickcafé eller dylikt
- ☐ Massagestol
- ☐ Föreläsningar
- ☐ Ateljé eller annat kreativt utrymme
- ☐ Privata utrymmen
- ☐ Föreställningar
- ☐ Utomhusaktiviteter

11. Placering av centret

- ☐ På sjukhuset
- ☐ Gärna nära sjukhuset (men inte på)
- ☐ Vill komma bort från sjukhuset
- ☐ Annat (Specificera gärna)
- 

12. Jag hade uppskattat om miljön i kraftens hus var

- ☐ Social
- ☐ Lugn
- ☐ Aktiv
- ☐ Glädjespridande
- ☐ Naturnära
- ☐ Annat (specificera gärna)
- ☐ Inbjudande för allmänheten
- ☐ Privat
- ☐ Hemmalik
- ☐ Sjukhuslik
- ☐ Hotellik

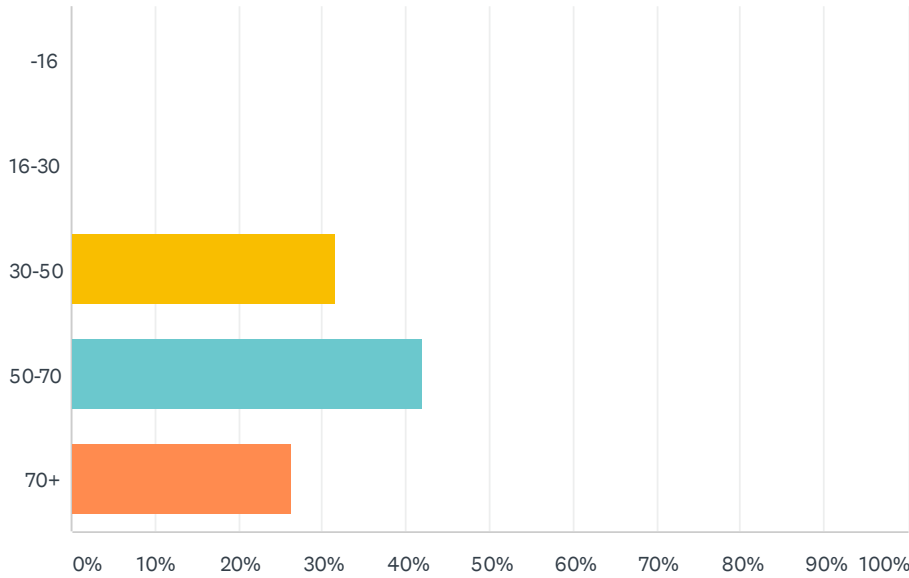
Tack för dina svar!

13. Övriga kommentarer och tankar



F1 Ange din ålder

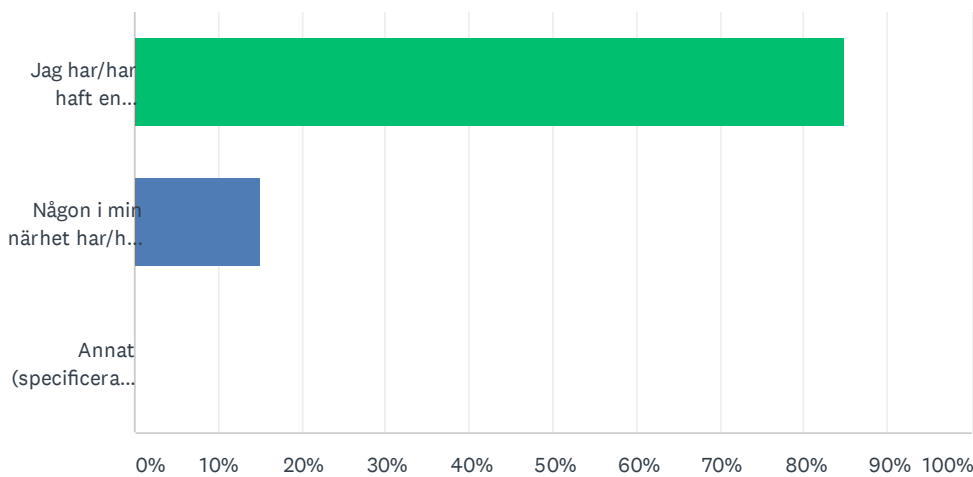
Svarade: 19    Hoppade över: 1



SVARSVAL	SVAR
-16	0.00%0
16-30	0.00%0
30-50	31.58%6
50-70	42.11%8
70+	26.32%5
TOTALT	19

F2 Hur berör cancer dig?

Svarade: 20    Hoppade över: 0



SVARSVAL	SVAR
Jag har/har haft en cancerdiagnos	85.00%17
Någon i min närhet har/har haft en cancerdiagnos	15.00%3
Annat (specificera gärna)	0.00%0
TOTALT	20

#	ANNAT (SPECIFICERA GÄRNA)	DATE
There are no responses.		

Kraftens hus

F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 20

Hoppade över: 0

#	SVAR	DATE
1	Nej	1/30/2021 10:54 AM
2	Vissa besvär att äta. Ingen smak eller lukt	1/29/2021 1:22 PM
3	Nej	1/27/2021 5:26 PM
4	Nej	1/27/2021 2:09 PM
5	Nej. Men jag är ju inte så stark som innan operationen	1/27/2021 12:21 PM
6	Nej	1/27/2021 11:32 AM
7	Nej	1/27/2021 10:20 AM
8	Nej	1/27/2021 9:46 AM
9	Nej	1/27/2021 8:06 AM
10	Jag har delvis problem med att lyfta och bära därmed lite svårt att delta i fysisk träning som yoga.	1/27/2021 7:48 AM
11	Nej	1/27/2021 6:40 AM
12	Ja. Jag har ingen ork fysiskt eller mentalt. Behöver bygga upp min kropp och dess muskler igen. Ingen atyrka kvar. Extrem trötthet. Det kallas fatigue.	1/26/2021 11:54 PM
13	Ingen ork och sover mycket fått EP anfall som beror på mina hjärntumörer vågar inte gå ut själv ifall jag får anfall fast till kraftens hus åker jag färdtjänst och där får jag ny energi att hoppas	1/26/2021 11:34 PM
14	Ja Smärtor i ben och rygg + trötthet	1/26/2021 11:14 PM
15	Nej	1/26/2021 11:04 PM
16	Ont i höften och armen	1/26/2021 10:54 PM
17	Lite	1/26/2021 10:48 PM
18	Nej	1/26/2021 10:46 PM
19	Svårt att äta,samt svårt att tömma	1/26/2021 10:40 PM
20	Nej	1/26/2021 10:37 PM

Kraftens hus

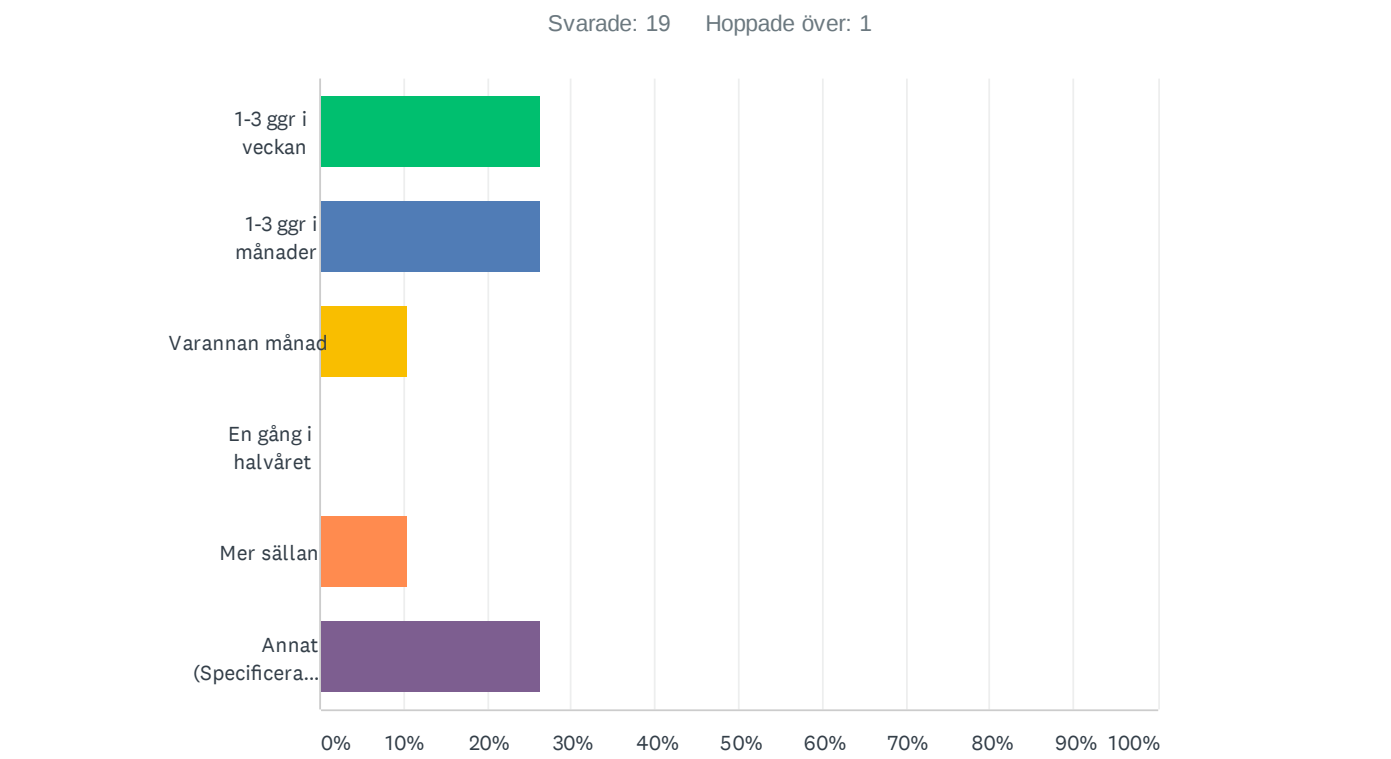
F4 Hur kom du i kontakt med Kraftens hus?

Svarade: 19

Hoppade över: 1

#	SVAR	DATE
1	Genom involverad person.	1/30/2021 10:57 AM
2	Reportage i lokaltidning inför starten.	1/29/2021 1:29 PM
3	Via Facebook	1/27/2021 5:31 PM
4	Dom finns i huset där jag jobbar	1/27/2021 2:11 PM
5	Jag bor i Borås. Visste att det fanns. Gick dit en dag och ville veta mer om kraftens hus.	1/27/2021 12:30 PM
6	När jag fick mitt cancerbesked på sjukhuset gick jag förbi en skylt i entrén på sjukhuset. "Ingen ska behöva vara ensam med sin cancer" Kraftens Hus stod det	1/27/2021 11:36 AM
7	Jag har varit med från uppstarten och fick inbjudan av RCC Väst	1/27/2021 10:30 AM
8	Fick information på SÄS onkologen	1/27/2021 10:23 AM
9	Via en bekant	1/27/2021 8:09 AM
10	Via en föreläsning	1/27/2021 7:53 AM
11	Genom Pro Liv, prostatacancer Föreningen!	1/27/2021 6:44 AM
12	Via kuratorn på SÄS som tipsade om det.	1/26/2021 11:59 PM
13	Genom Onkologen och två vänner som som har ungefär samma diagnos	1/26/2021 11:49 PM
14	Jag har varit med sen start	1/26/2021 11:17 PM
15	Jag var samtalspartner till en person som var med i starten	1/26/2021 11:12 PM
16	Fick info första ggn jag insjuknade	1/26/2021 10:56 PM
17	Genom bröstcancerföreningen Viola Sjuhärad	1/26/2021 10:52 PM
18	FB konto för lungcancerdrabbade	1/26/2021 10:50 PM
19	Via min kurator	1/26/2021 10:48 PM

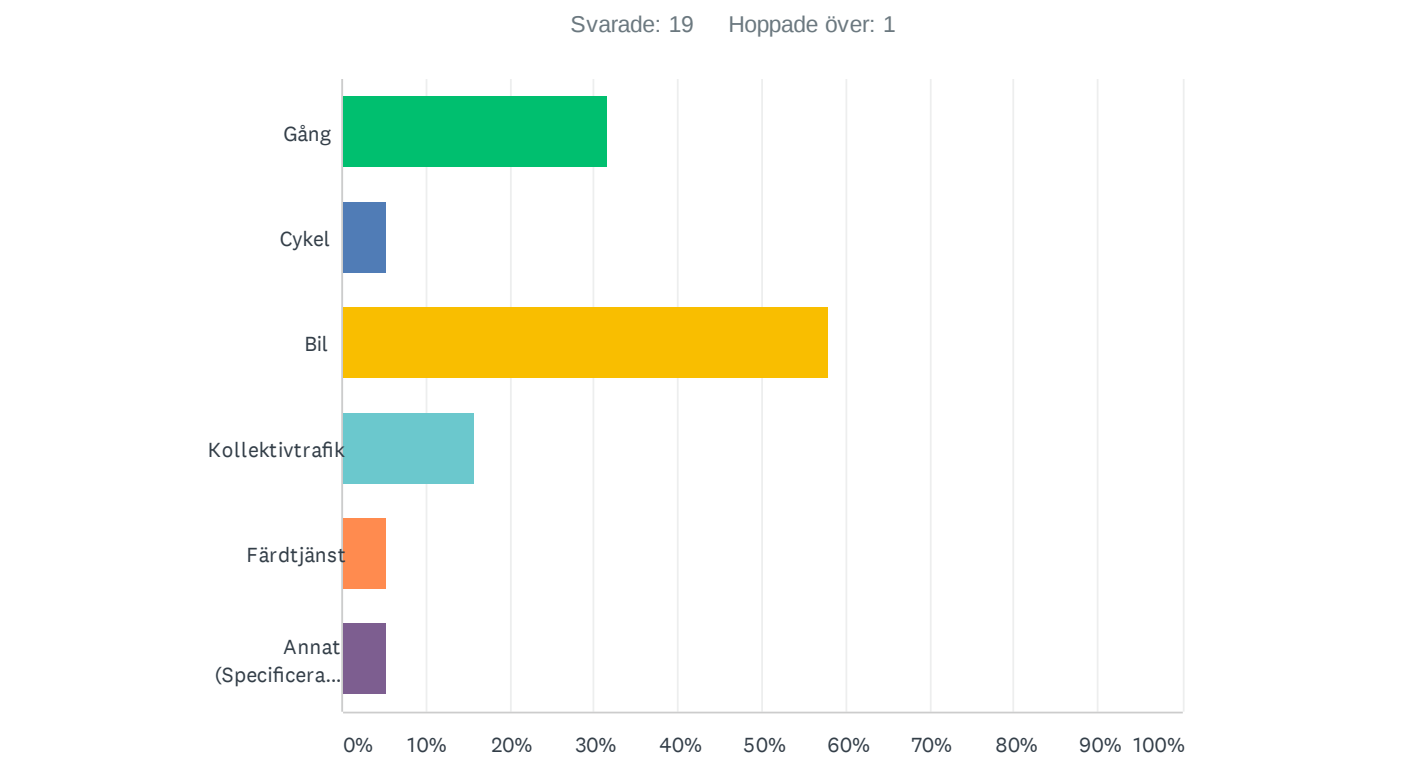
F5 Hur ofta besöker du Kraftens hus?



SVARSVAL	SVAR
1-3 ggr i veckan	26.32%5
1-3 ggr i månader	26.32%5
Varannan månad	10.53%2
En gång i halvåret	0.00%0
Mer sällan	10.53%2
Annat (Specificera gärna)	26.32%5
TOTALT	19

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Väldigt sällan tyvärr för att jag bor i Gbg. Om det fanns i min stad så skulle det ske mkt oftare!	1/30/2021 10:57 AM
2	1-3 i mån men hade varit oftare om inte covid härjat	1/27/2021 11:36 AM
3	Bara varit där fåtal ggr pga covid-19 och hårdare restriktioner. Vågar inte. Annars hade jag nog varit där 2 ggr/v på mindfulness och aktivitet eller socialt umgänge/samtal.	1/26/2021 11:59 PM
4	Går dit när jag inte mår dåligt kan bli en till två ggr i becken	1/26/2021 11:49 PM
5	Svår fråga i coronatid	1/26/2021 11:12 PM

F6 Hur tar du dig till Kraftens Hus?



SVARSVAL	SVAR
Gång	31.58%6
Cykel	5.26%1
Bil	57.89%11
Kollektivtrafik	15.79%3
Färdtjänst	5.26%1
Annat (Specificera gärna)	5.26%1
Totalt antal svarade: 19	

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Hiss	1/27/2021 2:11 PM



Kraftens hus

F7 Vilka aktiviteter eller sammanhang deltar du i på Kraftens hus?

Svarade: 19    Hoppade över: 1

#	SVAR	DATE
1	Har varit och fikat samt fått massage och varit på yoga.	1/30/2021 10:57 AM
2	Promenad med "gubbgupp". Tisdagsfika.	1/29/2021 1:29 PM
3	Jag är volontär och är med på olika temakvällar.	1/27/2021 5:31 PM
4	Besök	1/27/2021 2:11 PM
5	Fikastunder, yoga, målar. Föreläsningar.	1/27/2021 12:30 PM
6	Målning, Mindfulness, Yoga , Fika	1/27/2021 11:36 AM
7	Jag arbetar där	1/27/2021 10:30 AM
8	Mindfulness, samtalsgrupp, fika,	1/27/2021 10:23 AM
9	Styrelsearbete	1/27/2021 8:09 AM
10	Så många jag kan, fika, målning, samtal, mindfulness	1/27/2021 7:53 AM
11	Samtalsgruppen	1/27/2021 6:44 AM
12	Aktivitet som målning Mindfulness Föreläsning	1/26/2021 11:59 PM
13	Fika yoga gruppsamtal som vi både pratar allvar och skrattar mycket ifall vi försöker peppa varandra när man går därifrån har man ett leende på läpparna min sambos ser hur mycket bättre av och gå dit	1/26/2021 11:49 PM
14	Måleri samtalsgrupper workshopsar med mat och pyssel fika Föreläsningar	1/26/2021 11:17 PM
15	Volontär och har samtalsgrupper deltar i målning, fika och andra aktiviteter varit med i styrelsen	1/26/2021 11:12 PM
16	Föreläsning	1/26/2021 10:56 PM
17	Förrläsning .mindfulness	1/26/2021 10:52 PM
18	Träff med lungcancergruppen från FB, Föreläsning om dietist. Framtida arbetet och ett " Kraftenshus i Göteborg"	1/26/2021 10:50 PM
19	Tisdags fika,Tisdags promenad	1/26/2021 10:48 PM

Kraftens hus

F8 Vad känner du att Kraftens hus bidrar med i ditt liv?

Svarade: 19    Hoppade över: 1

#	SVAR	DATE
1	Ett sammanhang som jag saknade väldigt mycket när jag var sjuk. En möjlighet att träffa andra som varit med om liknande upplevelser.	1/30/2021 10:57 AM
2	Fått vänner. Andra än familj att prata med. Helt odramatiskt att prata om cancer	1/29/2021 1:29 PM
3	En lugn och skön plats att komma till. Där jag kan bidra med min kunskap men också att bara vara medmänniska.	1/27/2021 5:31 PM
4	Glädje och go fika	1/27/2021 2:11 PM
5	Det är så skönt att komma dit och träffa människor som varit med om samma sak som jag. Jag känner mej omsluten när jag kommer dit. Av personalen och alla andra.	1/27/2021 12:30 PM
6	Att träffa personer som förstår och går igenom liknande behandlingar, att göra aktiviteter som gör att man släpper tankarna på cancer	1/27/2021 11:36 AM
7	Att kunna med sin egen erfarenhet av cancer att kunna dela det - ger glädje och styrka till både med mig och den som man hjälper.	1/27/2021 10:30 AM
8	Mycket! Här känner jag mig alltid välkommen. Fått nya vänner som har liknande situation som mig.	1/27/2021 10:23 AM
9	Energi	1/27/2021 8:09 AM
10	Trygghet, en känsla av att bli sedd o hörd, glädje	1/27/2021 7:53 AM
11	En Stor gemenskap!	1/27/2021 6:44 AM
12	Träffar andra som har större förståelse för det man går igenom. Träffa andra-det sociala. Tänka på annat en stund. Hjälp i rehabiliteringen tex med mindfulness o gympa.	1/26/2021 11:59 PM
13	Ett hopp att jag ska vinna över cancer hoppet är det sista någon få ta ifrån mig och kraftens hus ger mig hop ett liv efter detta	1/26/2021 11:49 PM
14	Att jag får energi. Att träffa likasinnade gör stor skillnad Att få måla en stund och glömma allt är skönt	1/26/2021 11:17 PM
15	Meningsfullhet, glädje, sammanhang och genenskap	1/26/2021 11:12 PM
16	Inte så mkt men viktigt att det finns för dem som behöver och känner ett behov	1/26/2021 10:56 PM
17	Pga pandemin har jag inte varit där 2020	1/26/2021 10:52 PM
18	Trots avstånden så ger det trygghet att träffa andra som drabbats av cancer, kunna ha möjligheten att gå på föreläsningar	1/26/2021 10:50 PM
19	Man känner en innre frid när man är där	1/26/2021 10:48 PM

Kraftens hus

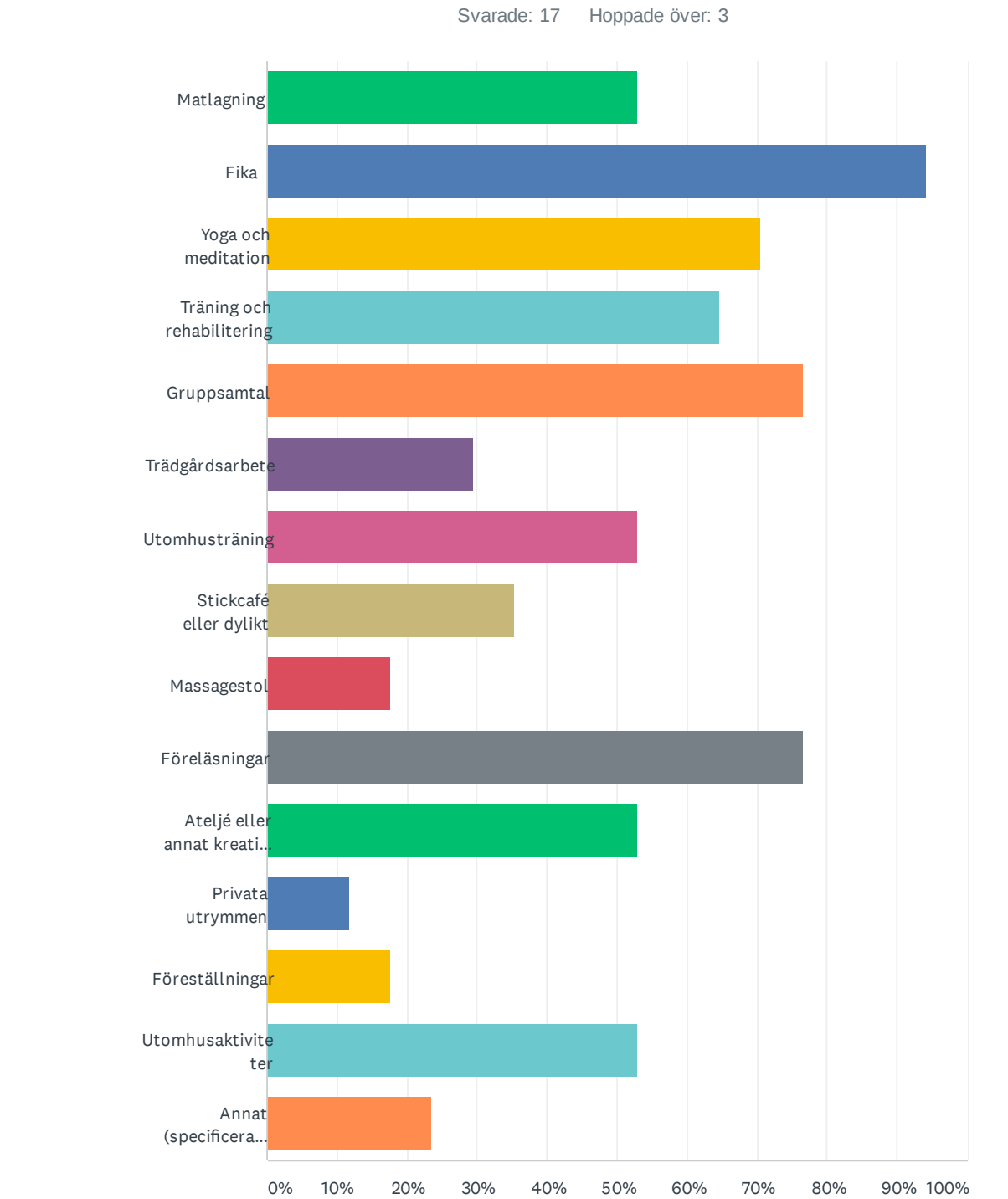
F9 I vilken del av Kraftens hus lokaler trivs du som bäst? Är det några utrymmen du inte använder dig av?

Svarade: 19   Hoppade över: 1

#	SVAR	DATE
1	Tycker hela lokalen är trivsamt.	1/30/2021 10:57 AM
2	I köket o vid fikabordet	1/29/2021 1:29 PM
3	Jag gillar köket och ateljén.	1/27/2021 5:31 PM
4	Pusselbordet	1/27/2021 2:11 PM
5	Jag trivs bra i alla lokaler jag varit i	1/27/2021 12:30 PM
6	Trivs överallt	1/27/2021 11:36 AM
7	Det stora rummet vid köksbordet	1/27/2021 10:30 AM
8	Alla	1/27/2021 10:23 AM
9	Pass	1/27/2021 8:09 AM
10	Stora samlingsrummet med köksbord, före,yoga rummet, kreativa rummet, samtals rummet det som ligger utanför	1/27/2021 7:53 AM
11	6:e vån, + cafeteria!	1/27/2021 6:44 AM
12	Alla är trivsamma. Lite hemliknande inredning.	1/26/2021 11:59 PM
13	Det enda jag inte använt är målningen men till våren om jag orkar ska jag pröva det också	1/26/2021 11:49 PM
14	Målarverkstaden Köket Krasch och Bang rummet	1/26/2021 11:17 PM
15	I den öppna köksdelen och i målrummet trivs jag bäst. Finns ingen del jag aldrig använder	1/26/2021 11:12 PM
16	Lokalerna är ju trevliga men lite sjukhusaktiga	1/26/2021 10:56 PM
17	Köket	1/26/2021 10:52 PM
18	Trivs i den stora gemensamma utrymmet kök/ matsal	1/26/2021 10:50 PM
19	Mest är det vid kaffe bordet,men känner mig trygg i hela lokalen	1/26/2021 10:48 PM

Kraftens hus

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?



Kraftens hus

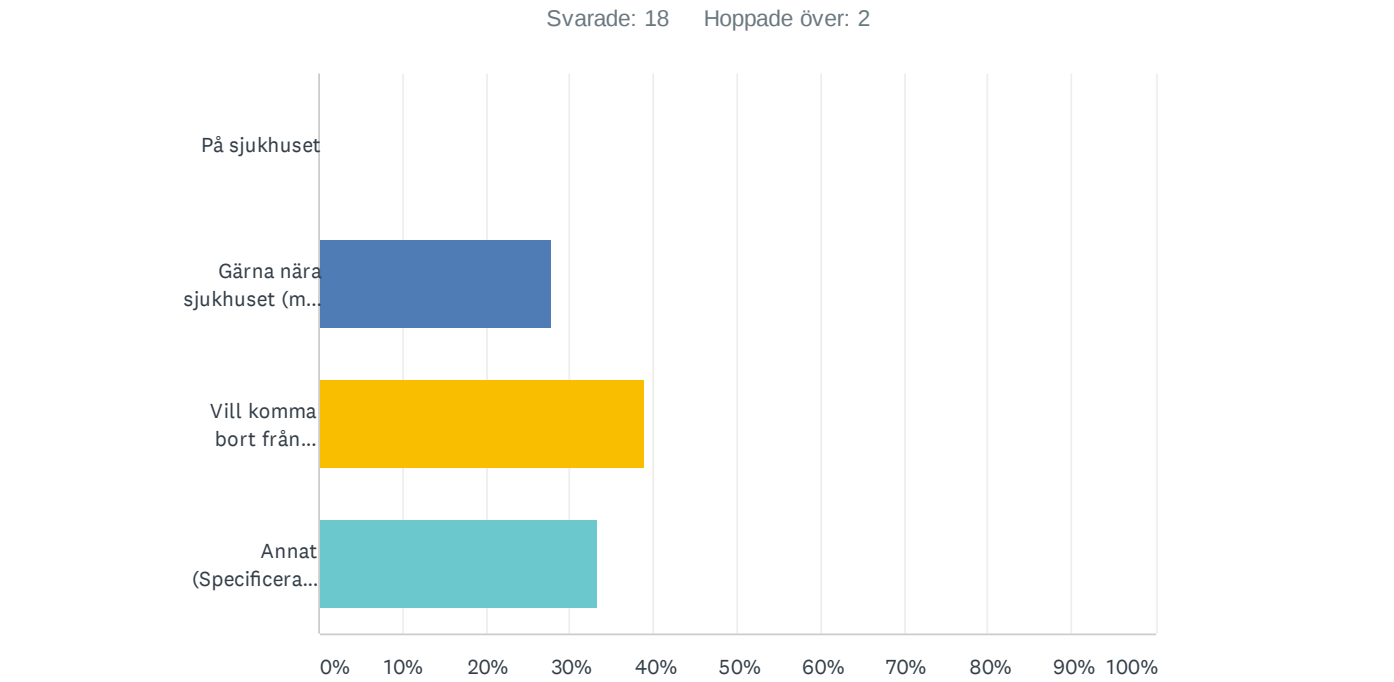
F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

SVARSVAL	SVAR	
Matlagning	52.94%	9
Fika	94.12%	16
Yoga och meditation	70.59%	12
Träning och rehabilitering	64.71%	11
Gruppsamtal	76.47%	13
Trädgårdsarbete	29.41%	5
Utomhusträning	52.94%	9
Stickcafé eller dylikt	35.29%	6
Massagestol	17.65%	3
Föreläsningar	76.47%	13
Ateljé eller annat kreativt utrymme	52.94%	9
Privata utrymmen	11.76%	2
Föreställningar	17.65%	3
Utomhusaktiviteter	52.94%	9
Annat (specificera gärna)	23.53%	4
Totalt antal svarade: 17		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Mycket av det som räknas upp finns redan. Tjejerna på Kraftens hus har alltid något nytt på gång och är lyhörda för förslag.	1/27/2021 10:27 AM
2	Barn aktiviteter Spa möjlighet massage cancertgala tävlingar med utmaningar	1/26/2021 11:21 PM
3	Närmre sjukhuset	1/26/2021 11:15 PM
4	Vikten att alla kan komma oavsett cancer, ett hus även för anhöriga	1/26/2021 10:56 PM

Kraftens hus

F11 Placering av centret



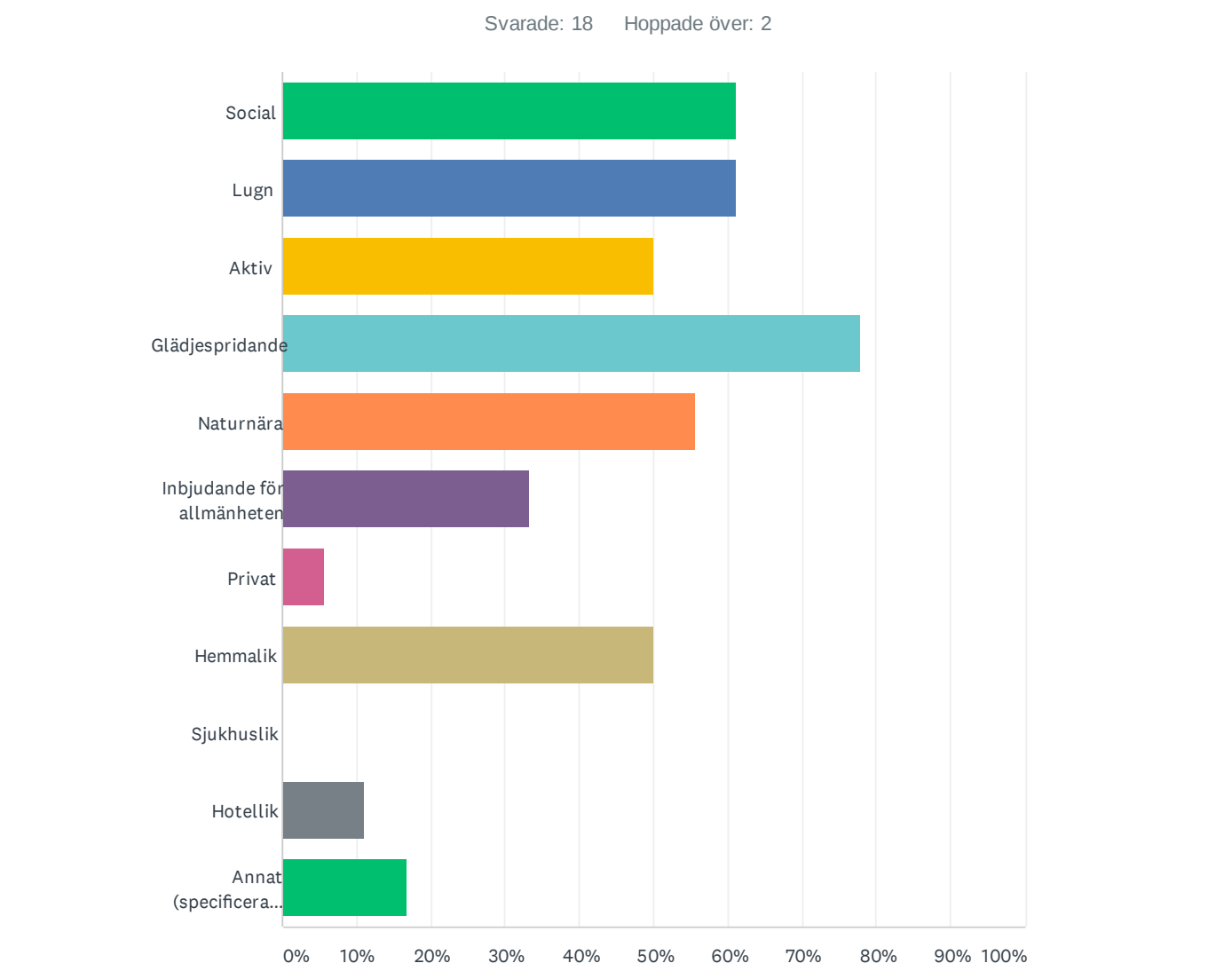
SVARSVAL	SVAR	
På sjukhuset	0.00%	0
Gärna nära sjukhuset (men inte på)	27.78%	5
Vill komma bort från sjukhuset	38.89%	7
Annat (Specificera gärna)	33.33%	6
TOTALT		18

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Spelar ingen roll. Huvudsaken är att något startas upp i Gbg. Behövs verkligen!	1/30/2021 11:00 AM
2	Nära natur	1/27/2021 5:33 PM
3	Det ligger bra där det ligger	1/27/2021 12:35 PM
4	Inte på sjukhuset , men någonstans med bra parkeringsmöjligheter	1/27/2021 11:39 AM
5	En plats som går att nå med bil eller kommunaltrafik, Inte sjukhus.	1/26/2021 10:56 PM
6	Naturnära	1/26/2021 10:55 PM



Kraftens hus

F12 Jag hade uppskattat om miljön i kraftens hus var



SVARSVAL	SVAR	
Social	61.11%	11
Lugn	61.11%	11
Aktiv	50.00%	9
Glädjespridande	77.78%	14
Naturnära	55.56%	10
Inbjudande för allmänheten	33.33%	6
Privat	5.56%	1
Hemmalik	50.00%	9
Sjukhuslik	0.00%	0
Hotellik	11.11%	2
Annat (specificera gärna)	16.67%	3
Totalt antal svarade: 18		

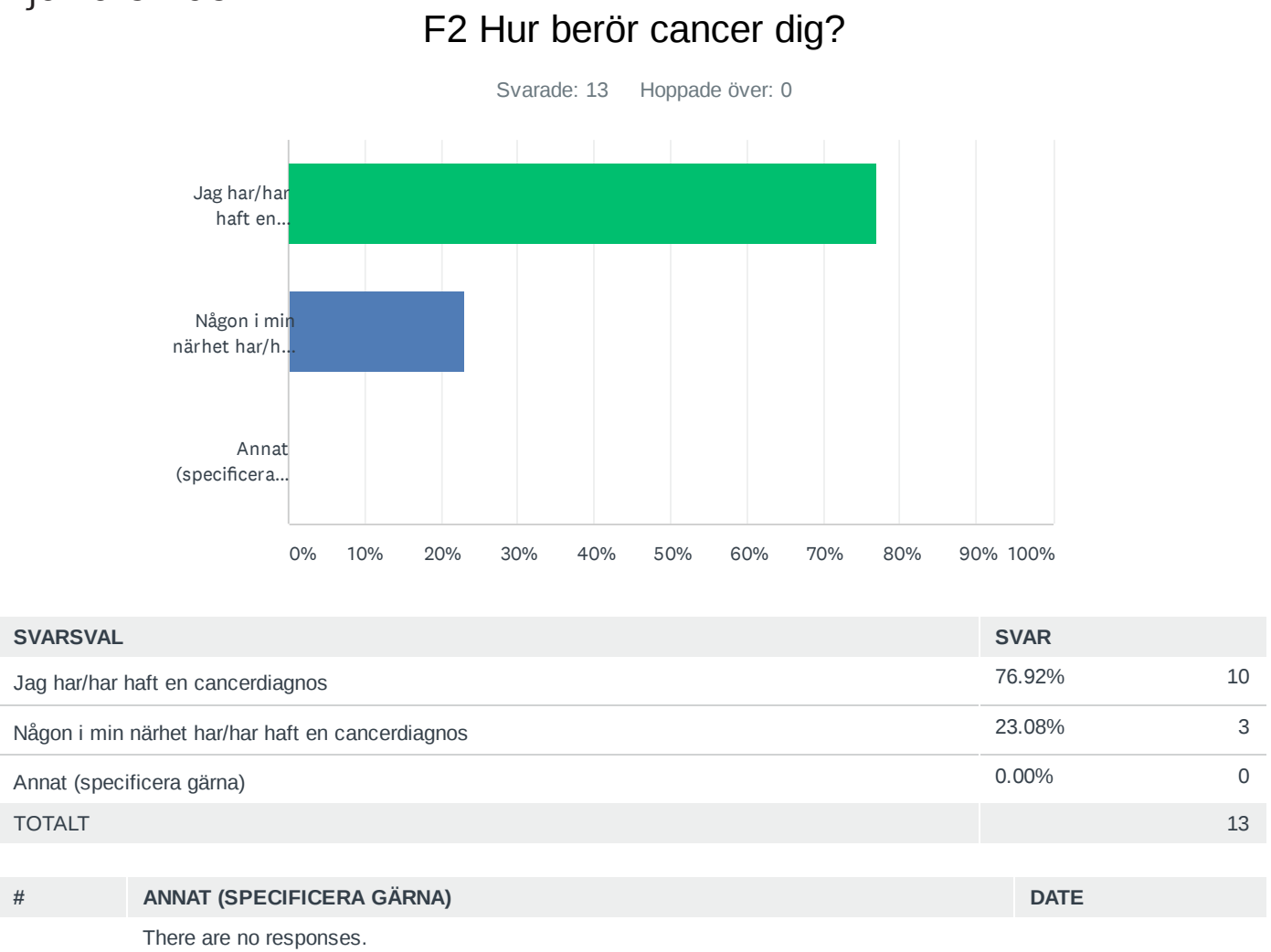
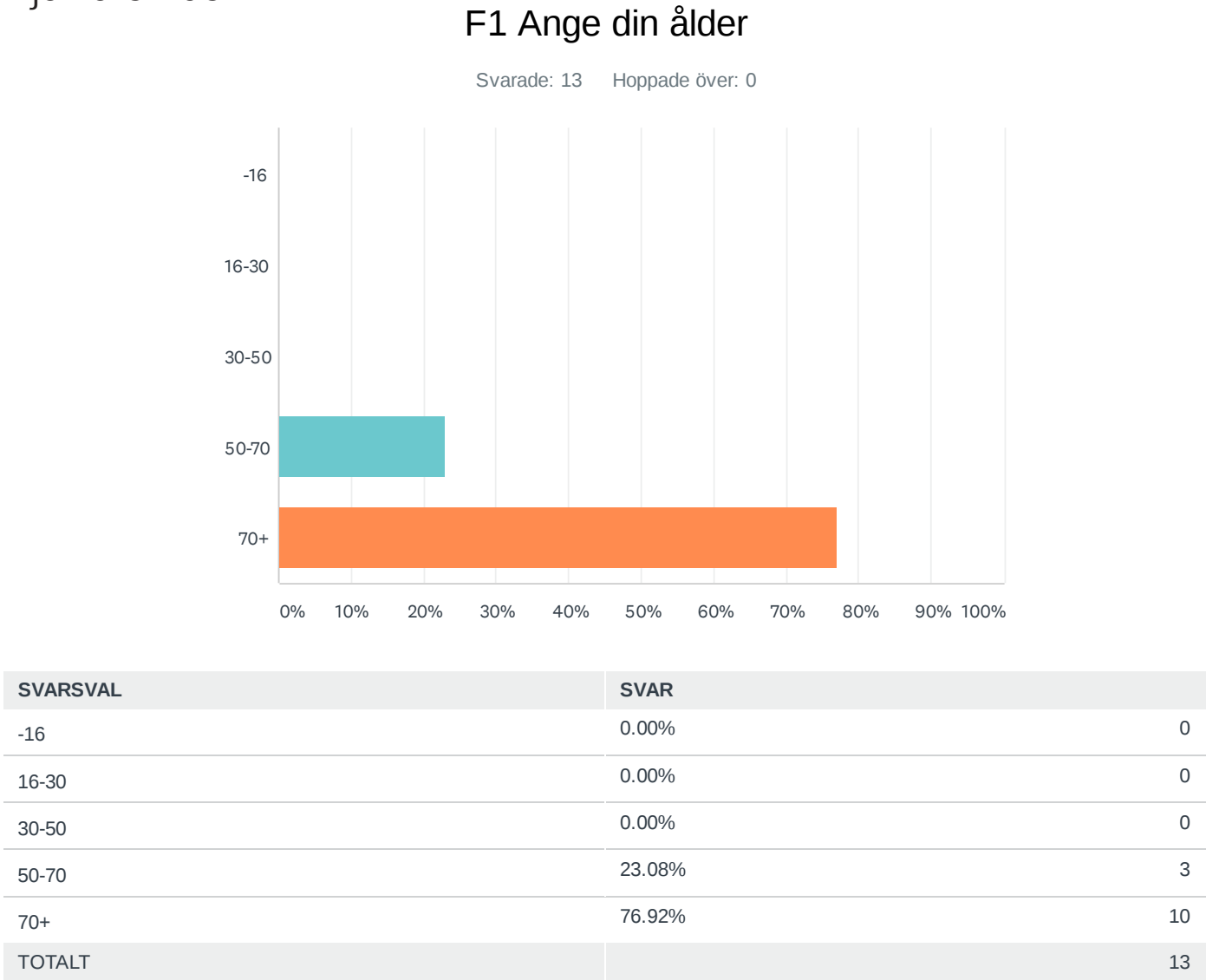
Kraftens hus

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Jag är så nöjd med det som finns på Kraftens hus.	1/27/2021 12:35 PM
2	Täcker in alla behov.	1/27/2021 10:27 AM
3	Som hemma fast topp nodge.	1/26/2021 11:21 PM

F13 Övriga kommentarer och tankar

Svarade: 7   Hoppade över: 13

#	SVAR	DATE
1	Kraftens Hus har hjälpt mej att få kraft att fortsätta leva, inte bara överleva.	1/29/2021 1:33 PM
2	Lycka till!	1/27/2021 5:33 PM
3	Hoppas att det kommer att finnas fler Kraftens Hus i andra städer. Det önskar jag alla som på något sätt kommit i kontakt med cancer.	1/27/2021 12:37 PM
4	Jag tycker att Kraftens Hus i Borås har jättebra lokaler, trivsamt och välkomnande.	1/27/2021 11:40 AM
5	Kraftens Hus i Borås betyder så mycket. Jag träffar likasinnade som vet vad jag går igenom och det finns alltid någon att prata med.. Där finns en värmande känsla som jag inte mött någon annanstans.	1/27/2021 10:30 AM
6	Så roligt att dom går ut på nätet och gör något som inte man kan vara med och chatta med dom om allt	1/26/2021 11:53 PM
7	Tyvärr kanske vi inte är så många från Göteborg utan många kommer från sjuhärad på Borås kraftenshus. Vi behöver ett kraftenshus i Göteborg.	1/26/2021 10:57 PM



Hjärtats hus

F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 13   Hoppade över: 0

#	SVAR	DATE
1	Ja delvis. Talsvårigheter. Och nedsatt lungkapasitet.	1/28/2021 11:08 AM
2	höftproblem	1/28/2021 10:28 AM
3	Jag är opererad 3 ggr för bröstcancer och för drygt ett år sedan för lungcancer, har efter det sämre kondition	1/28/2021 9:39 AM
4	Nej	1/27/2021 9:30 PM
5	nej	1/27/2021 7:39 PM
6	Inte av cancern utan an annan anledning	1/27/2021 5:26 PM
7	Nej inte mer än att en stor muskel skars av då det tog bort ett bröst vilket ger en svaghet i höger arm	1/27/2021 5:21 PM
8	efter 10 år har jag fått tillbaka men ork.	1/27/2021 4:20 PM
9	Ja pga ödem i arm.	1/27/2021 3:12 PM
10	Nej	1/27/2021 3:02 PM
11	Nej	1/27/2021 2:37 PM
12	Något	1/27/2021 2:37 PM
13	Nej	1/25/2021 5:39 PM

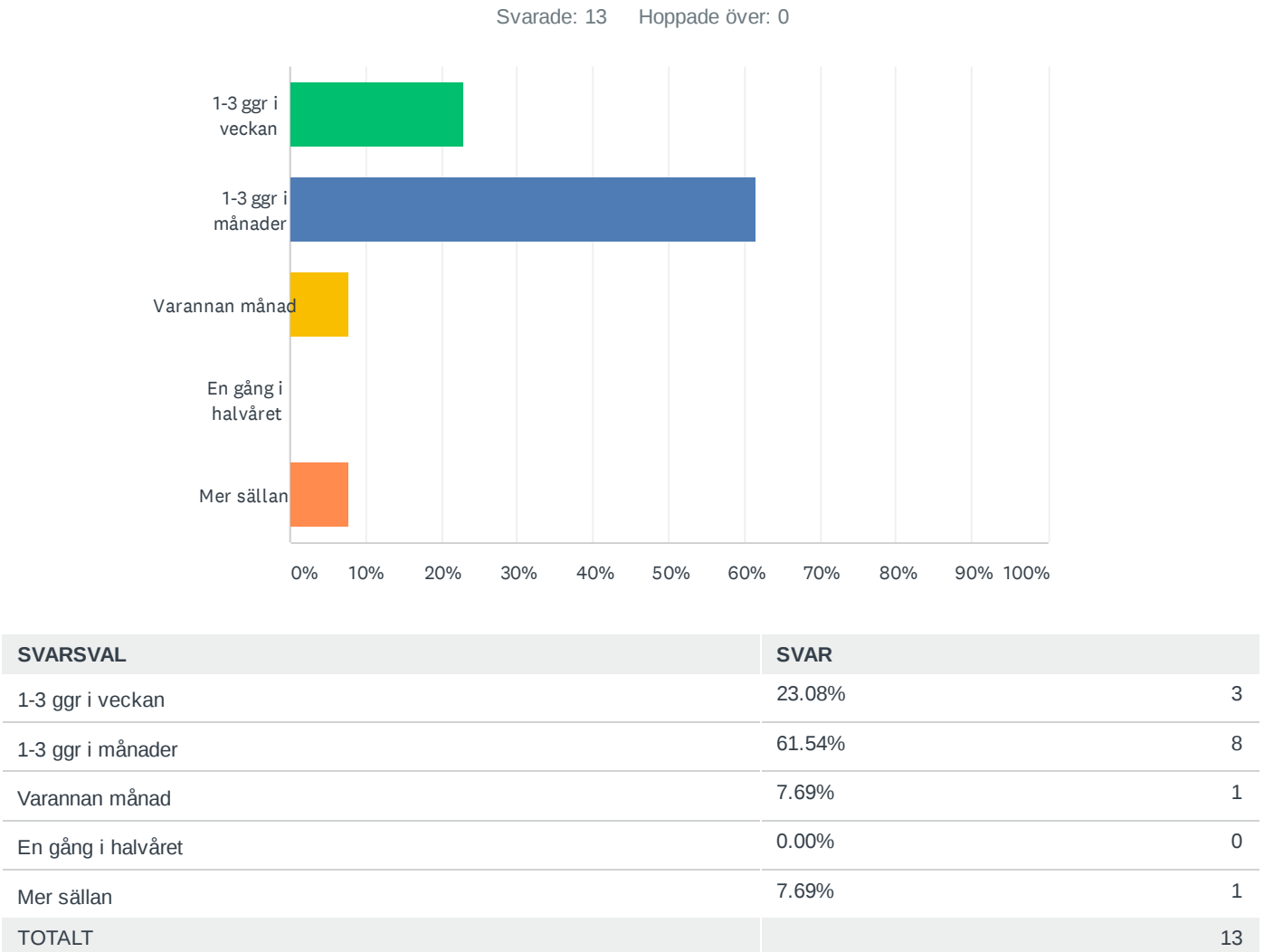
F4 Hur kom du i kontakt med Hjärtats Hus?

Svarade: 12   Hoppade över: 1

#	SVAR	DATE
1	Genom Maggie Målevik hon var och hade en föreläsning på mun och halscancers årsmöte.	1/28/2021 11:15 AM
2	genom mitt arbete i sjukvården	1/28/2021 10:30 AM
3	Genom bröstcancer föreningen i vårt län	1/28/2021 9:59 AM
4	Ombedd att bli volontär p g a tidigare egen cancerbehandling och att jag var med i Levande bibliotek i region Jönköping.	1/27/2021 9:36 PM
5	Hörde på radion att det skulle starta ett Hjärtats Hus alltså reklam	1/27/2021 7:45 PM
6	Som ordf. i en patientförening	1/27/2021 5:32 PM
7	Jag är volontär sedan 2 år och gissar att vi har haft cirka 60-80 besök.	1/27/2021 5:24 PM
8	Genom min förening.	1/27/2021 4:27 PM
9	Via sjukvården	1/27/2021 3:14 PM
10	Genom mitt arbete	1/27/2021 3:05 PM
11	Var med i uppstarten	1/27/2021 2:57 PM
12	Jag startade upp Hjärtats hus	1/25/2021 5:41 PM

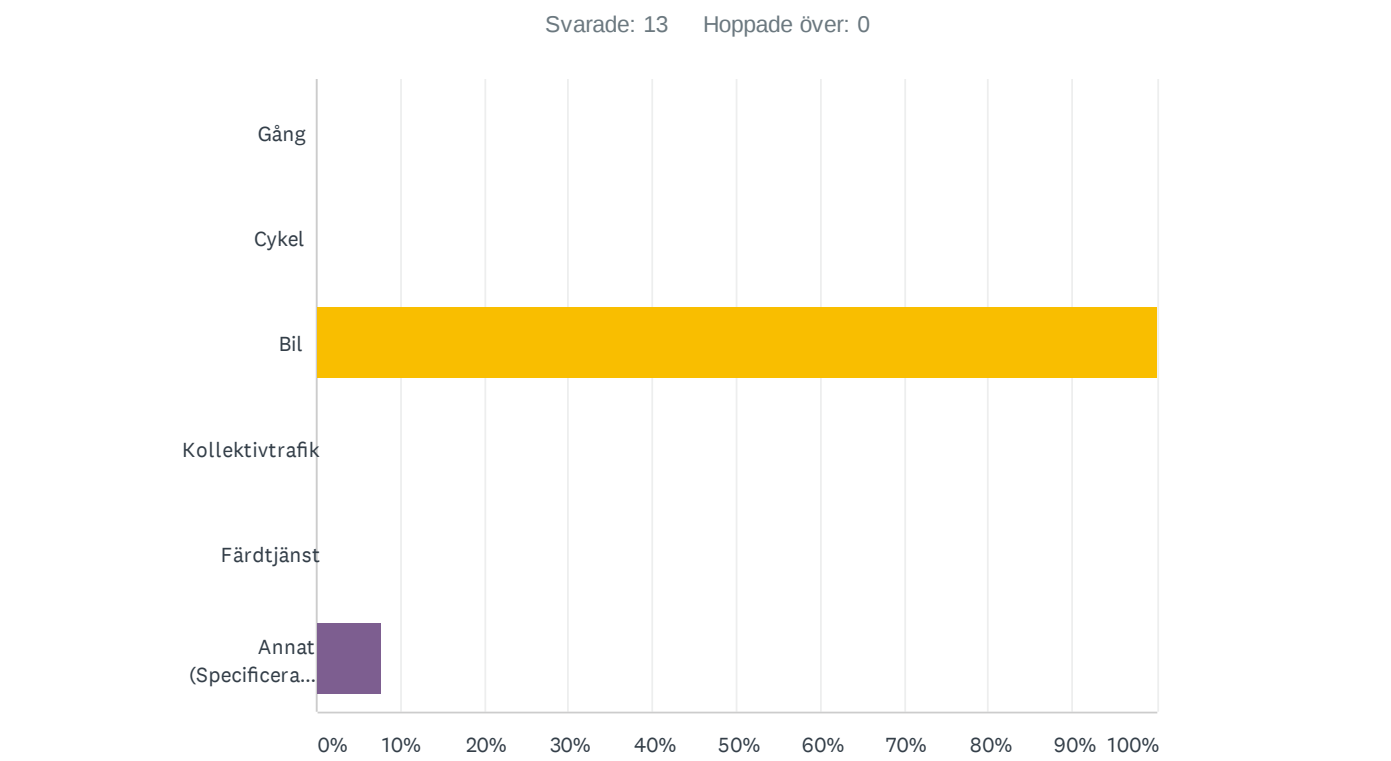
Hjärtats hus

F5 Hur ofta besöker du Hjärtats Hus?





F6 Hur tar du dig till Hjärtats hus?



SVARSVAL	SVAR	
Gång	0.00%	0
Cykel	0.00%	0
Bil	100.00%	13
Kollektivtrafik	0.00%	0
Färdtjänst	0.00%	0
Annat (Specificera gärna)	7.69%	1
Totalt antal svarade: 13		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Nu mycket digitalt	1/25/2021 5:41 PM

Hjärtats hus  
F7 Vilka aktiviteter eller sammanhang deltar du i på Hjärtats Hus?

Svarade: 13    Hoppade över: 0

#	SVAR	DATE
1	Det beror ju på vad som vi går den dagen, promenad, pärlar armband, pussel eller bara prata och lyssna.	1/28/2021 11:15 AM
2	samtals grupp om existentiell hälsa	1/28/2021 10:30 AM
3	Jag är volontär. Hälsa besökare välkomna .Fixar fika. Deltager i "gympa" och promenader. Lyssnar och pratar om mig själv med liten" mun".	1/28/2021 9:59 AM
4	Onlineöppet varje måndagkväll under pandemin.	1/27/2021 9:36 PM
5	Jag är volontär	1/27/2021 7:45 PM
6	Föreläsningar och andra möten	1/27/2021 5:32 PM
7	Föreläsningar, pyssel och framförallt samtal och promenader	1/27/2021 5:24 PM
8	Jag bruka hålla i promenader och lite fika.	1/27/2021 4:27 PM
9	Promenader, fika, föreläsningar Är också volontär	1/27/2021 3:14 PM
10	Jag är volontär och ordnar aktiviteter, föreläsningar mm samt samtals stöd vid behov.	1/27/2021 3:05 PM
11	Jag är volontär. Jag är även sekreterare i prostatacancerföreningen ProLiv i Jönköping. Vi anordnar snack-kafe' i Värnamo, Eksjö Tranås och Jönköping . Det blir 2-4 ggr/år på vardera orten. Våra medlemmar hittar då till Hjärtats Hus. De sprider på så sätt kunskap om verksamheten	1/27/2021 2:57 PM
12	Inte så mycket Umgås mest med andra	1/27/2021 2:39 PM
13	Är projektledare i våra Hjärtats hus, deltar i olika aktiviteter men vill framförallt få med fler att vilja engagera sig och delta på våra träffar.	1/25/2021 5:41 PM

F8 Vad känner du att Hjärtats Hus bidrar med i ditt liv?

Svarade: 13    Hoppade över: 0

#	SVAR	DATE
1	Framför allt vännen som är i samma sits.	1/28/2021 11:15 AM
2	meningsfull uppgift och att få dela erfarenheter. Vara stöd för andra	1/28/2021 10:30 AM
3	Otroligt mycket,lärt känna massor av nya människor tagit del av deras "resa"och stöttat	1/28/2021 9:59 AM
4	Gemenskap. Nya vänner i med-och motgång.	1/27/2021 9:36 PM
5	Det är alltid skönt att träffa andra människor som är i samma situation. Jag som anhörig eller om man är sjuk själv	1/27/2021 7:45 PM
6	Samhörighet	1/27/2021 5:32 PM
7	En viktig del i min fritid med gemenskapen med människor som är i samma situation	1/27/2021 5:24 PM
8	Träffa personer med liknande sjukdoms bild.	1/27/2021 4:27 PM
9	Trygghet att det finns någon som förstår	1/27/2021 3:14 PM
10	Gemenskap	1/27/2021 3:05 PM
11	Som volontär betyder mötet med andra mycket.	1/27/2021 2:57 PM
12	Avkoppling och givande samtal	1/27/2021 2:39 PM
13	En start samhörighet med våra besökare. Att få stärka de närståendes situation då de mister en anhörig känns väldigt bra och viktigt. En mötesplats med mycket hjärta	1/25/2021 5:41 PM

Hjärtats hus

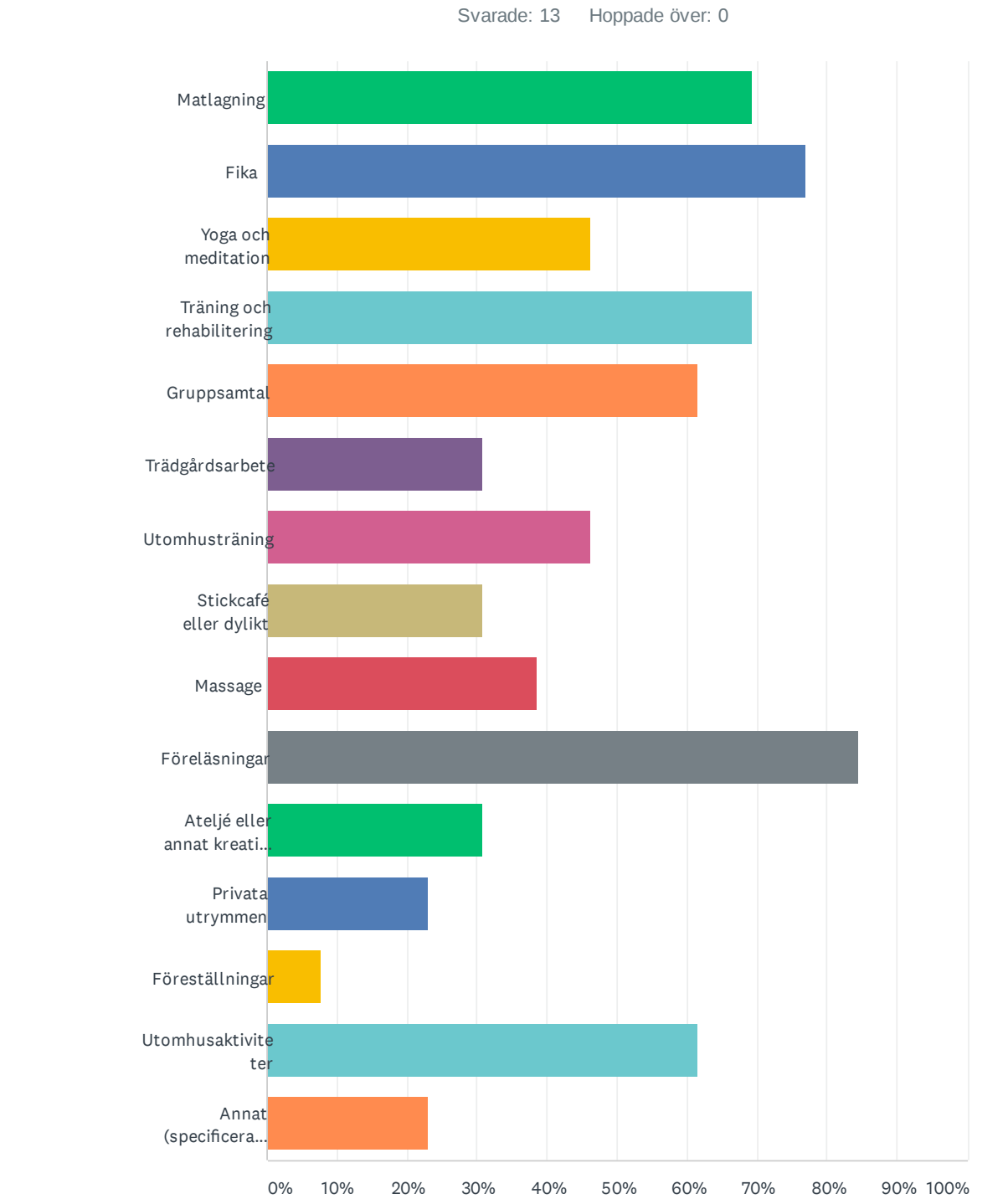
F9 I vilken del av Hjärtats Hus lokaler trivs du som bäst? Är det några utrymmen du inte använder dig av?

Svarade: 12    Hoppade över: 1

#	SVAR	DATE
1	Trivs över allt.	1/28/2021 11:15 AM
2	vi trivs i hela lokalen	1/28/2021 10:30 AM
3	Trivs jätte bra när vi är många tillsammans.Men naturligtvis även med några få beroende på läge.	1/28/2021 9:59 AM
4	Alla	1/27/2021 9:36 PM
5	I det stora rummet där alla sitter och prata och där vi också fikar. Vi är i alla rum med olika aktiviteter och samtalsrum, kök där vi fixa kaffe. Det är trivsamt i hela lokalen	1/27/2021 7:45 PM
6	Allmänna utrymmen	1/27/2021 5:32 PM
7	Vi har 2 rum men umgås i ett det andra är till för enskilda samtal för den som önskar det	1/27/2021 5:24 PM
8	Jag trivs i alla utrymme.	1/27/2021 4:27 PM
9	Alla	1/27/2021 3:14 PM
10	Har tillgång till två salar samt kök använder samtliga utrymmen	1/27/2021 3:05 PM
11	Surret i samlingssalen och den härliga stämningen. Rummen för enskilda samtal ger mycket också. Köket och fikan betyder kanske mest. Kaffet bidrar till god stämning. Promenadslingan inte att föglömma	1/27/2021 2:57 PM
12	Trivs överallt	1/27/2021 2:39 PM

Hjärtats hus

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?



Hjärtats hus

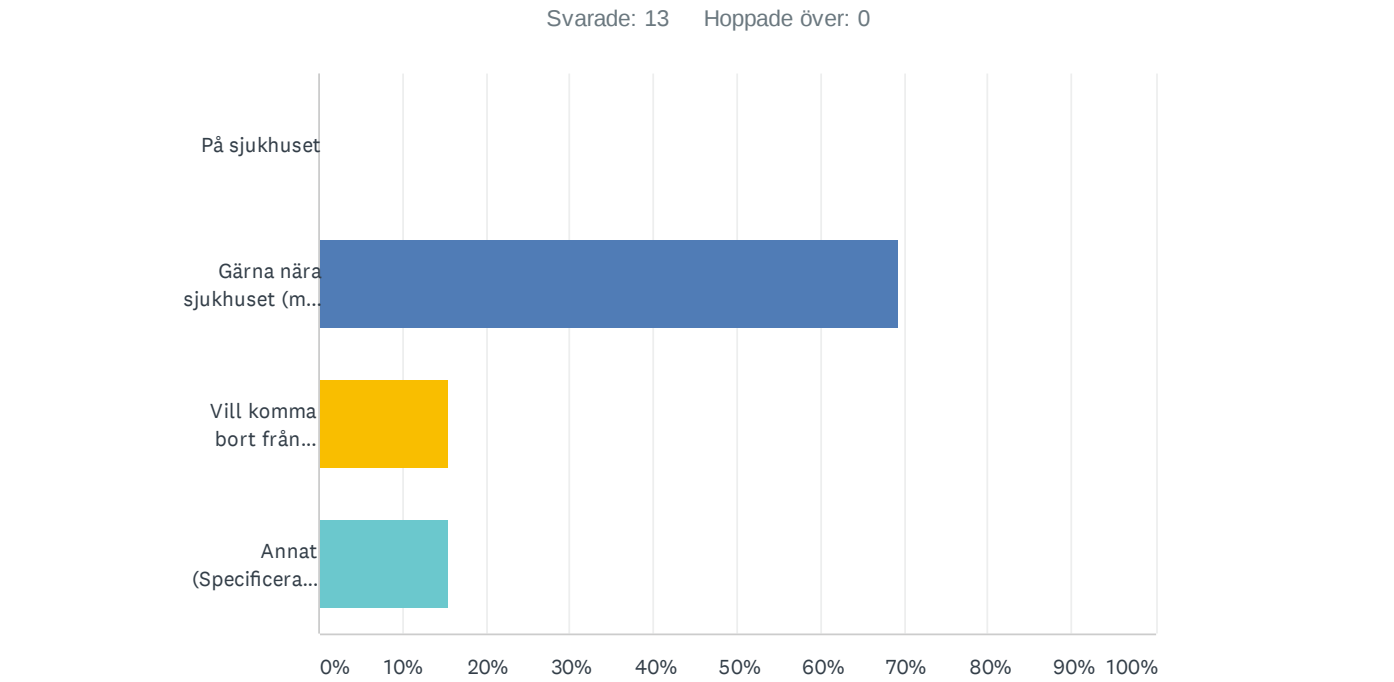
F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

SVARSVAL	SVAR	
Matlagning	69.23%	9
Fika	76.92%	10
Yoga och meditation	46.15%	6
Träning och rehabilitering	69.23%	9
Gruppsamtal	61.54%	8
Trädgårdsarbete	30.77%	4
Utomhusträning	46.15%	6
Stickcafé eller dylikt	30.77%	4
Massage	38.46%	5
Föreläsningar	84.62%	11
Ateljé eller annat kreativt utrymme	30.77%	4
Privata utrymmen	23.08%	3
Föreställningar	7.69%	1
Utomhusaktiviteter	61.54%	8
Annat (specificera gärna)	23.08%	3
Totalt antal svarade: 13		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Önskan om att allt detta kunde finnas så alla kan välja	1/27/2021 7:47 PM
2	Möjlighet för patientföreningar att ha träffar med sina medlemmar.	1/27/2021 2:59 PM
3	Allt, utifrån vad våra besökare är i behov av	1/25/2021 5:44 PM

Hjärtats hus

F11 Placering av centret



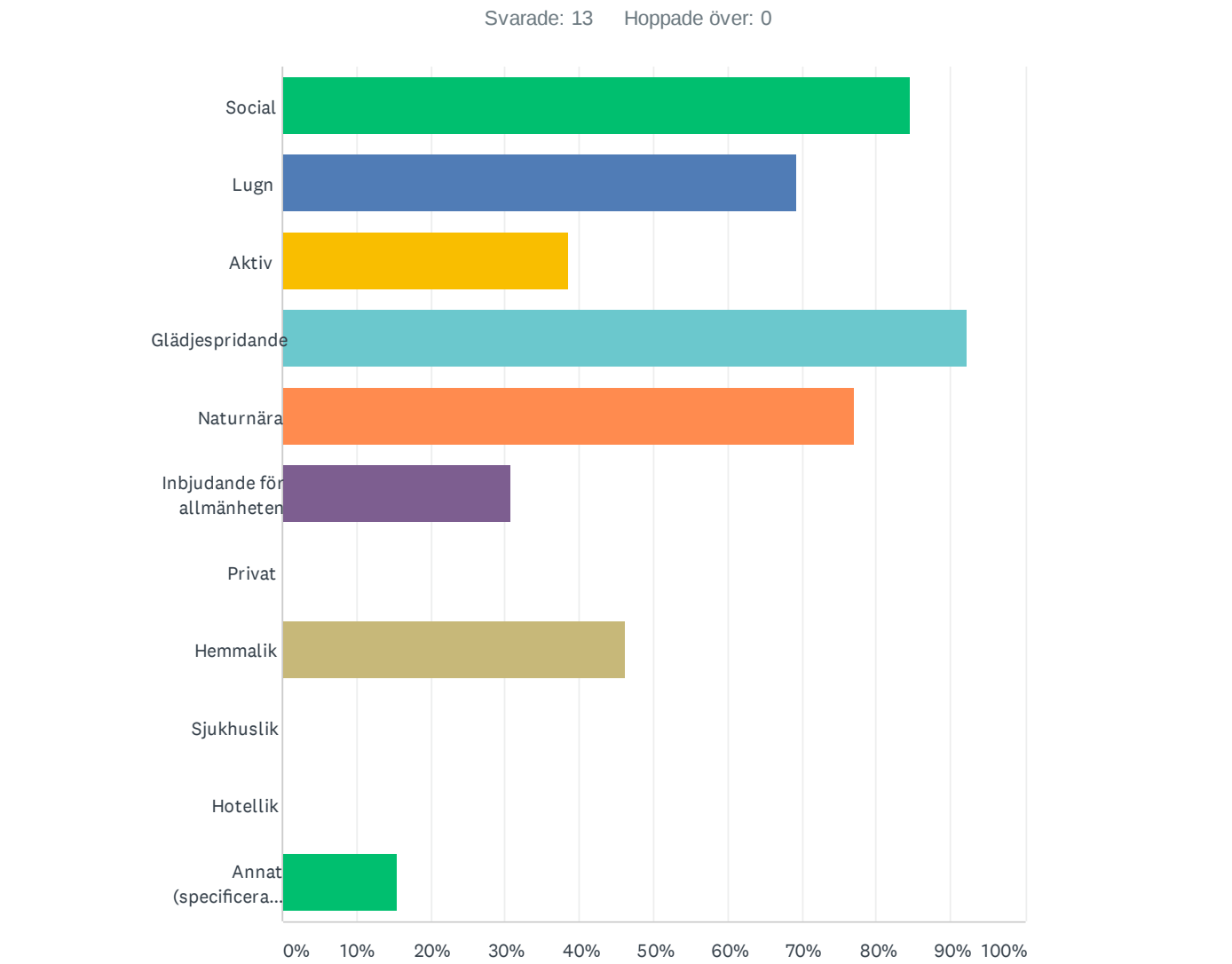
SVARSVAL	SVAR	
På sjukhuset	0.00%	0
Gärna nära sjukhuset (men inte på)	69.23%	9
Vill komma bort från sjukhuset	15.38%	2
Annat (Specificera gärna)	15.38%	2
TOTALT		13

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Centralt dvs enkelt att med allmänna kommunikationer komma dit	1/27/2021 5:26 PM
2	En trevlig lokal utanför sjukhusets väggar	1/25/2021 5:44 PM



Hjärtats hus

F12 Jag hade uppskattat om miljön i Hjärtats Hus var



SVARSVAL	SVAR	
Social	84.62%	11
Lugn	69.23%	9
Aktiv	38.46%	5
Glädjespridande	92.31%	12
Naturnära	76.92%	10
Inbjudande för allmänheten	30.77%	4
Privat	0.00%	0
Hemmalik	46.15%	6
Sjukhuslik	0.00%	0
Hotellik	0.00%	0
Annat (specificera gärna)	15.38%	2
Totalt antal svarade: 13		

Hjärtats hus

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Som i Jönköping fast fler och större rum.	1/27/2021 9:40 PM
2	Privat i bemärkelsen öppen för enskilda samtal	1/27/2021 2:59 PM

F13 Övriga kommentarer och tankar

Svarade: 9    Hoppade över: 4

#	SVAR	DATE
1	Samtal om livsfrågor är viktiga. Det är bra att gå igenom existentiella frågor innan man uppskattar andra aktiviteter. Döden är livsviktig.	1/28/2021 10:37 AM
2	Jag trivs jätte bra på Hjärtats Hus. Vi Är som en stor familj som träffas en ggr i veckan.	1/28/2021 10:04 AM
3	Gärna ett vilorum med liggmöjlighet, om någon behöver det.	1/27/2021 9:41 PM
4	Hjärtats Hus för cancerdrabbade är mycket bra. Det behövs ett avskilt rum så de som går på behandling kan titta in utan att vara rädda för smitta då de är infektiösa. När min man blev transplanterad fick vi bo och vara på Ronald Mc Donalds det var otroligt värdefullt för oss alla med samma sjukdom.	1/27/2021 7:51 PM
5	Lycka till med planeringen det behövs det har vi fått bevis för. En mötesplats där jag kan vara både glad och ledsen .Men även att kunna prata med vänner som förstår oron som vi alltid har för återfall.	1/27/2021 5:27 PM
6	Lycka till med erat arbete.	1/27/2021 4:32 PM
7	Det viktiga med hjärtats hus är att man känner att hit kan man komma hur man än mår, är man ledsen förstår alla	1/27/2021 3:08 PM
8	Det är viktigt att det finns många rum för olika aktiviteter. Hemtrevlig möblering. Kök som ger möjlighet att servera mat Catherine. PARKERING!	1/27/2021 3:04 PM

## Stödcentrum för cancerberörda

### Välkommen till vår enkät

**Vi heter Agnes och gör vårt examensarbete inom arkitektur. Vi kommer designa ett förslag på ett cancercentrum i Göteborg, där man som cancerberörd kan komma och få stöd. Man är välkommen oavsett om man själv eller någon i ens närhet har eller har haft en diagnos. I denna enkät undersöker vi behovet av ett sådant center samt önskemål om dess funktioner.**

**För att läsa mer om vårdarkitektur på Chalmers: [Centrum för vårdens arkitektur](#)**

**Handledare: Elke Miedema**

## Stödcentrum för cancerberörda

### Bakgrund

#### 1. Ange din ålder

- |                             |                             |
|-----------------------------|-----------------------------|
| <input type="radio"/> -16   | <input type="radio"/> 50-70 |
| <input type="radio"/> 16-30 | <input type="radio"/> 70+   |
| <input type="radio"/> 30-50 |                             |

#### 2. Hur berör cancer dig?

- ☐ Jag har/har haft en cancerdiagnos
- ☐ Någon i min närhet har/har haft en cancerdiagnos
- ☐ Annat (specificera gärna)

#### 3. Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

## Stödcentrum för cancerberörda

### Besök och stöd

#### 4. Har du besökt eller hört talas om ett stödcentrum för cancer tidigare?

- ☐ Ja, har besökt
- ☐ Ja, har hört talas om
- ☐ Ja, har hört talas om men inte i Sverige
- ☐ Nej

#### 5. Skulle du vara intresserad av att regelbundet besöka ett stödcentrum om det fanns ett i din närhet?

- ☐ Ja
- ☐ Nej (Vi uppskattar ändå dina tankar på resten av frågorna)
- ☐ Vet inte

#### 6. Vad önskar du att ett stödcentrum skulle kunna stötta dig med?

#### 7. Vad skulle kunna uppmuntra dig till att besöka ett stödcentrum?

#### 8. Vad skulle kunna avskräcka dig från att besöka ett stödcentrum?

#### 9. Vilken tid på dygnet skulle du helst besöka ett stödcentrum?

- |  |   |
|--|---|
| <input type="checkbox"/> På morgonen               | <input type="checkbox"/> På eftermiddagen |
| <input type="checkbox"/> På förmiddagen            | <input type="checkbox"/> På kvällen       |
| <input type="checkbox"/> Mitt på dagen             |   |
| <input type="checkbox"/> Annat (specificera gärna) |   |

Funktioner och atmosfär

Om du fick drömma hur skulle ett cancercentrum se ut då?

10. Vilka funktioner/aktiviteter önskar du skulle finnas?

- ☐ Matlagning
- ☐ Stickcafé eller dylikt
- ☐ Fika
- ☐ Massage
- ☐ Yoga och meditation
- ☐ Föreläsningar
- ☐ Träning och rehabilitering
- ☐ Ateljé eller annat kreativt utrymme
- ☐ Gruppsamtal
- ☐ Privata utrymmen
- ☐ Trädgårdsarbete
- ☐ Föreställning
- ☐ Utomhusträning
- ☐ Utomhusaktiviteter
- ☐ Annat (specificera gärna)

11. Placering av centret

- ☐ På sjukhuset
- ☐ Gärna nära sjukhuset (men inte på)
- ☐ Vill komma bort från sjukhuset
- ☐ Annat (specificera gärna)

12. Jag hade uppskattat om miljön i stödcentret var:

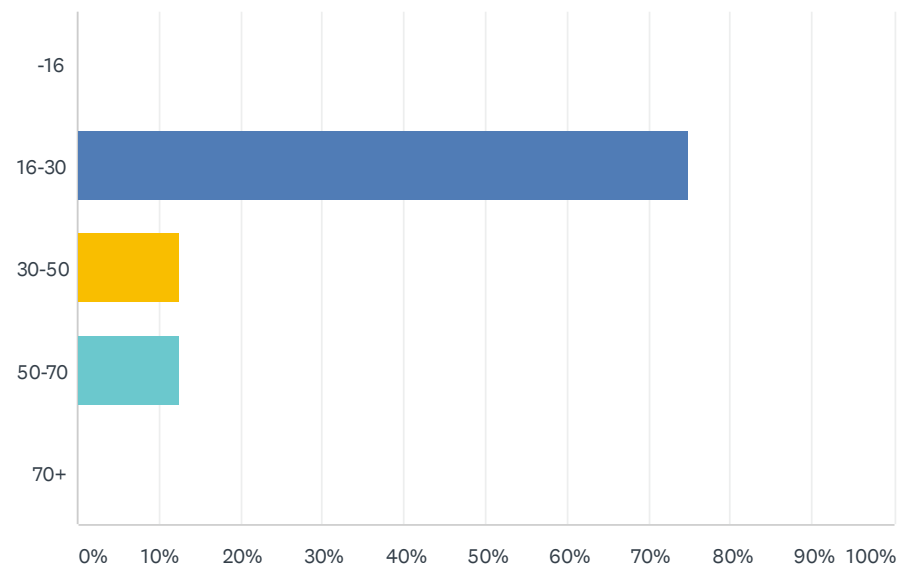
- ☐ Social
- ☐ Inbjudande för allmänheten
- ☐ Lugn
- ☐ Privat
- ☐ Aktiv
- ☐ Hemmalik
- ☐ Glädjespridande
- ☐ Sjukhuslik
- ☐ Naturnära
- ☐ Hotellik
- ☐ Annat (specificera gärna)

Tack för dina svar!

13. Övriga kommentarer och tankar

F1 Ange din ålder

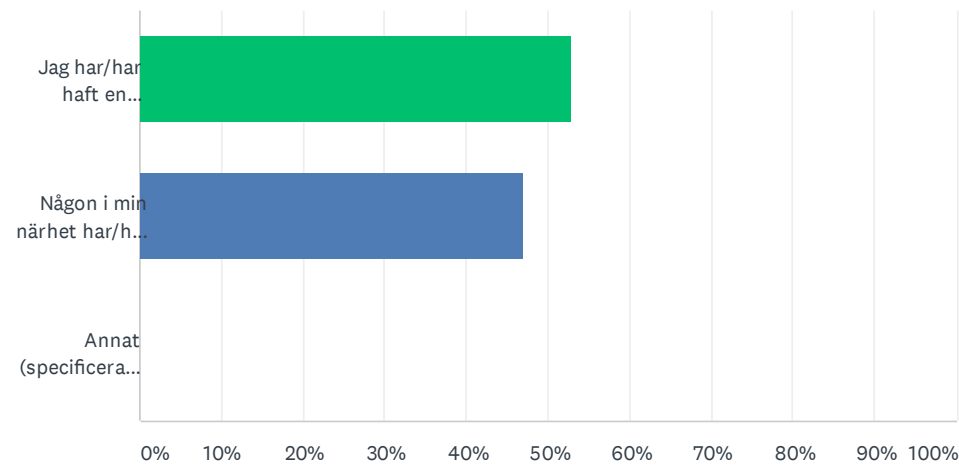
Svarade: 16    Hoppade över: 1



SVARSVAL	SVAR	
-16	0.00%	0
16-30	75.00%	12
30-50	12.50%	2
50-70	12.50%	2
70+	0.00%	0
TOTALT		16

F2 Hur berör cancer dig?

Svarade: 17    Hoppade över: 0



SVARSVAL	SVAR	
Jag har/har haft en cancerdiagnos	52.94%	9
Någon i min närhet har/har haft en cancerdiagnos	47.06%	8
Annat (specificera gärna)	0.00%	0
TOTALT		17

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	



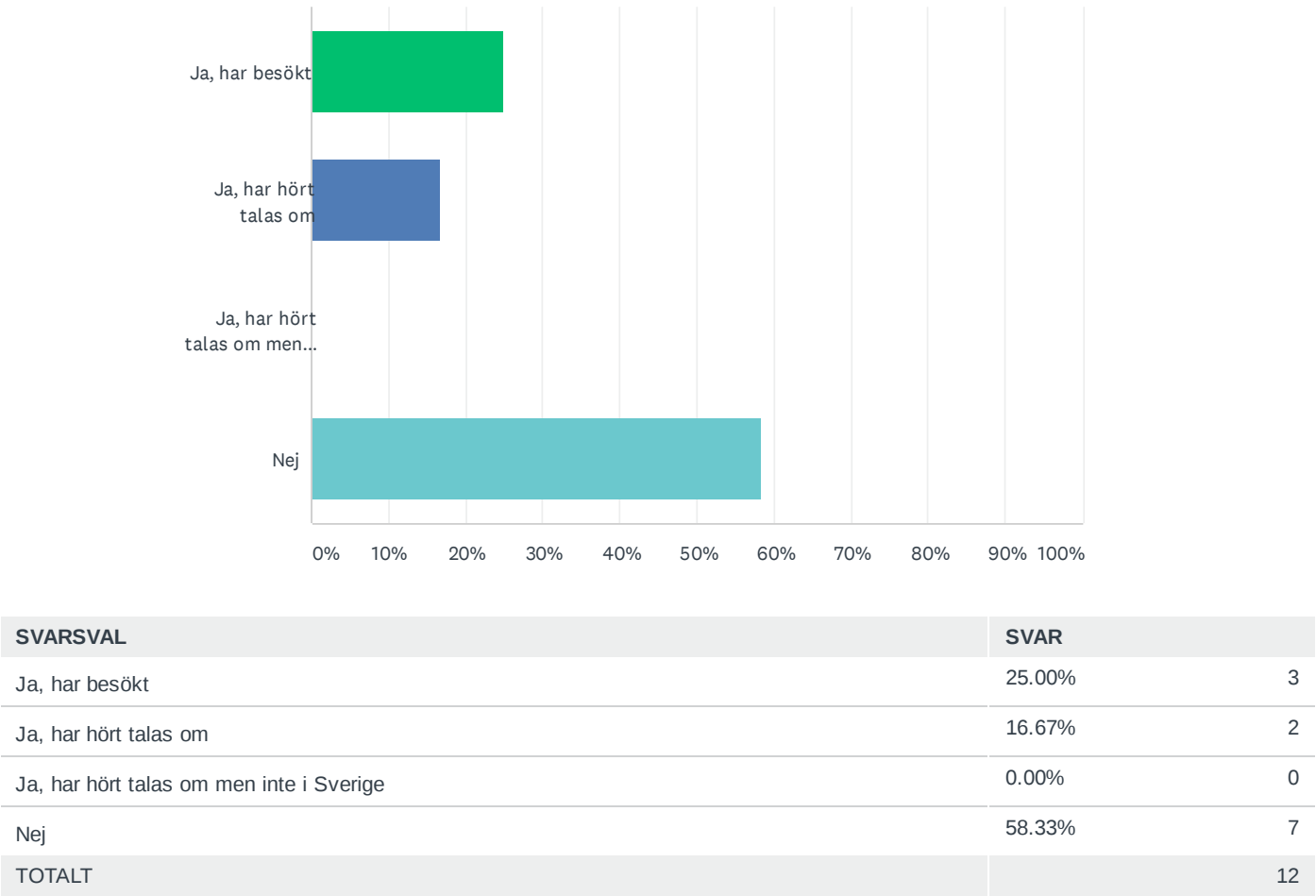
F3 Har du fysiska svårigheter som begränsar dig gällande aktiviteter?

Svarade: 12    Hoppade över: 5

#	SVAR	DATE
1	nej	2/9/2021 12:38 PM
2	Stelhet, smärtor i nacke och rygg. Nedsatt ork.	2/6/2021 4:49 AM
3	Nej	2/5/2021 8:19 PM
4	Ja	2/5/2021 7:04 PM
5	nej	2/5/2021 1:36 PM
6	Inte påtagligt, har bara 1 öga men påverkar endast få aktiviteter	2/5/2021 1:13 PM
7	Nej.	2/5/2021 1:01 PM
8	Nej	2/5/2021 12:55 PM
9	Nervskador	2/5/2021 12:52 PM
10	Nej	2/5/2021 12:47 PM
11	Inte längre	2/5/2021 12:44 PM
12	man tappar kondition och styrka totalt som inte går att bygga upp som det var innan det hindrar mig i sport/ridning att utöva sporten som jag vill/borde	2/5/2021 12:16 PM

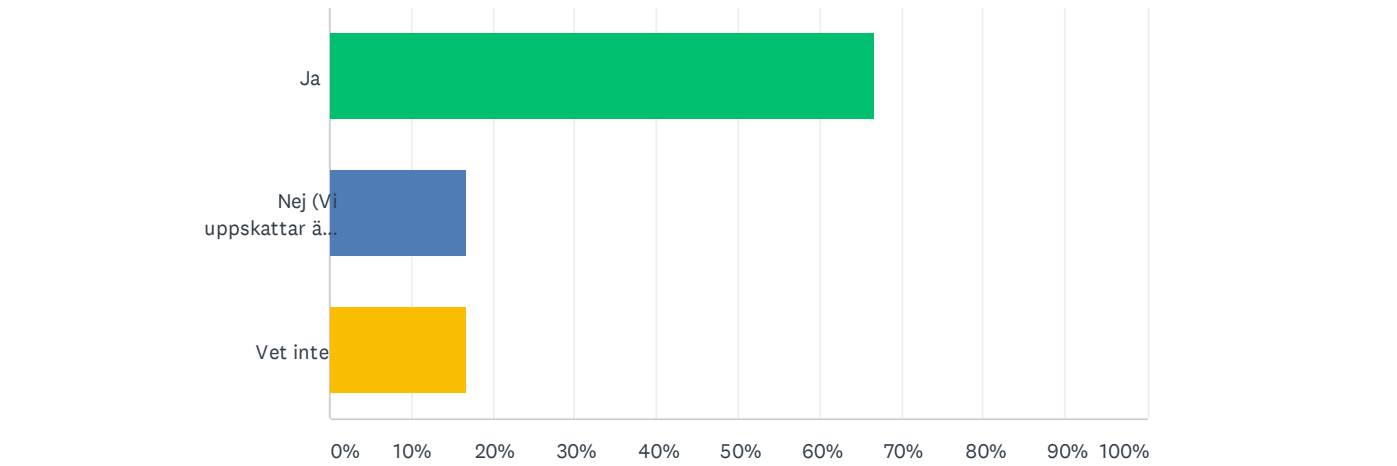
F4 Har du besökt eller hört talas om ett stödcentrum för cancer tidigare?

Svarade: 12    Hoppade över: 5



F5 Skulle du vara intresserad av att regelbundet besöka ett stödcentrum om det fanns ett i din närhet?

Svarade: 12    Hoppade över: 5



SVARSVAL	SVAR
Ja	66.67%
Nej (Vi uppskattar ändå dina tankar på resten av frågorna)	16.67%
Vet inte	16.67%
TOTALT	12

F6 Vad önskar du att ett stödcentrum skulle kunna stötta dig med?

Svarade: 10    Hoppade över: 7

#	SVAR	DATE
1	Att förstå vad det är som händer när någon tvinar bort. Både med personen och en själv. Att få svar på många av de svåra frågorna man har.	2/9/2021 12:44 PM
2	information	2/9/2021 12:38 PM
3	Träning, samtal, mötesplats med andra,	2/6/2021 4:53 AM
4	Rehabiliterande insatser. Både psykiskt och fysiskt. Även att kunna ge stöd till andra, utbyta erfarenheter	2/5/2021 8:23 PM
5	Rehabilitering, Träning, samtal, gruppaktiviteter mm	2/5/2021 7:06 PM
6	aktiviteter, träffa andra i samma situation	2/5/2021 1:38 PM
7	Terapi, möjlighet att prata om vad som hänt och att träffa andra patienter	2/5/2021 1:16 PM
8	För min del hade jag velat att de stöttade och hjälpte mig efter mina behandlingar. Det kändes som att jag "släpptes" av vården och som Ung Cancer skrivit mycket om kände jag en cancer baksmälla men kände inte att jag kunde vända mig till någon för hjälp. Så att få stöttning och hjälp med ens psykiska och fysiska mående, framtidsplaner oavsett om det är jobb eller studier hade varit toppen. Helt enkelt nån som fångar upp en efter ens behandling där man får en chans att landa och komma tillbaka efter det man varit med om. Någon som möter en där man är och har förståelse för ens situation.	2/5/2021 1:11 PM
9	Samtal och andra i samma situation	2/5/2021 12:48 PM
10	rådgivning och hjälp med kost och logi, träning	2/5/2021 12:18 PM

F7 Vad skulle kunna uppmuntra dig till att besöka ett stödcentrum?

Svarade: 10    Hoppade över: 7

#	SVAR	DATE
1	Jag hoppas kunna förbättra min livskvalitet efter att ha fått cancer	2/9/2021 3:51 PM
2	Att det är enkelt att veta hur man gör. Hur man tar sig dit. Att inte byråkrati är ett problem.	2/9/2021 12:44 PM
3	Öppenhet, gemenskap	2/6/2021 4:53 AM
4	Fin miljö, välkomnande och "varmt"	2/5/2021 8:23 PM
5	Lättillgängligt	2/5/2021 7:06 PM
6	gratis medlemskap, unga medlemmar	2/5/2021 1:38 PM
7	Att det var nära, välkomnande och att jag kände att det gav mig något	2/5/2021 1:16 PM
8	Om jag fick information om vilken typ av hjälp och stöttning jag kunde få där. Att det är en välkomnande och trygg plats med kompetent personal.	2/5/2021 1:11 PM
9	En öppen och härlig atmosfär	2/5/2021 12:48 PM
10	att det finns kunnig/utbildad personal	2/5/2021 12:18 PM

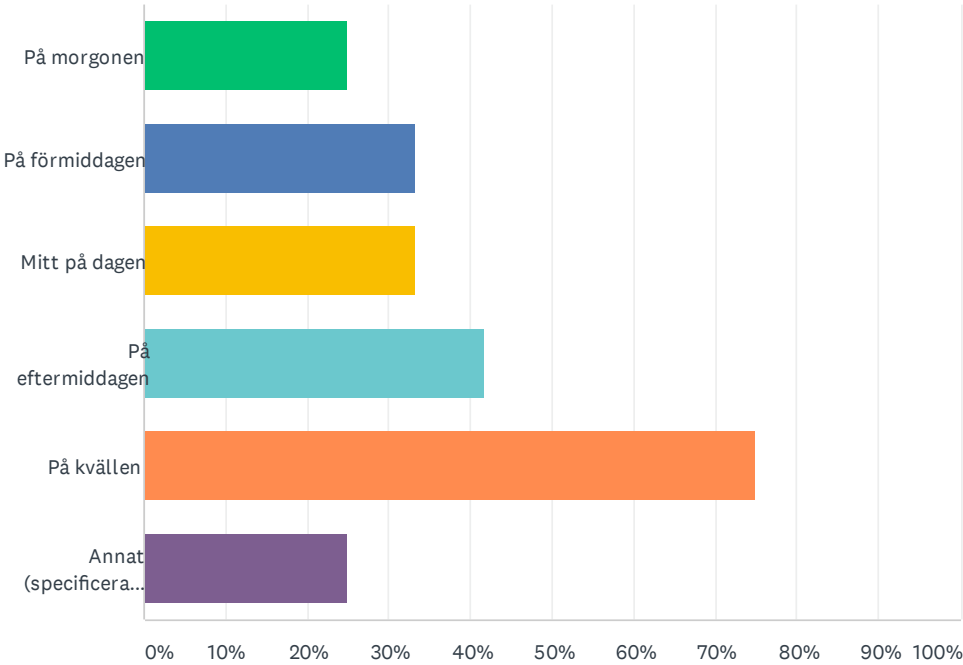
F8 Vad skulle kunna avskräcka dig från att besöka ett stödcentrum?

Svarade: 10    Hoppade över: 7

#	SVAR	DATE
1	Inkomstnivå	2/9/2021 3:51 PM
2	Att veta att de inte lyssnar på en, att de undervärderar ens frågor. Tidigare dåliga erfarenheter. Om någon bekant arbetade där - även om jag inte kommer i kontakt med denne direkt.	2/9/2021 12:44 PM
3	-	2/6/2021 4:53 AM
4	Personal med sjukvårdande inställning	2/5/2021 8:23 PM
5	Dyrt, långt avstånd	2/5/2021 7:06 PM
6	enbart äldre går dit	2/5/2021 1:38 PM
7	Långt att åka, tråkiga och instängda lokaler. Men i huvudsak att det va va bra personal	2/5/2021 1:16 PM
8	Om det inte fanns kompetent personal, att de ställde höga krav på en och inte hade förståelse för vad en varit med om. Tror att för mycket myndighetsstyrning och fyrkantighet i arbetet hade varit avskräckande, att det ställdes för höga krav på en och man inte sågs som en egen individ utan klumpades ihop med andra cancerberörda.	2/5/2021 1:11 PM
9	Om det kändes mörkt, dystert och tungt. Om det endast var personer där med diagnos.	2/5/2021 12:48 PM
10	att det var tillräckligt nära hem och inte typ 1h borta (stockholm är stort)	2/5/2021 12:18 PM

F9 Vilken tid på dygnet skulle du helst besöka ett stödcentrum?

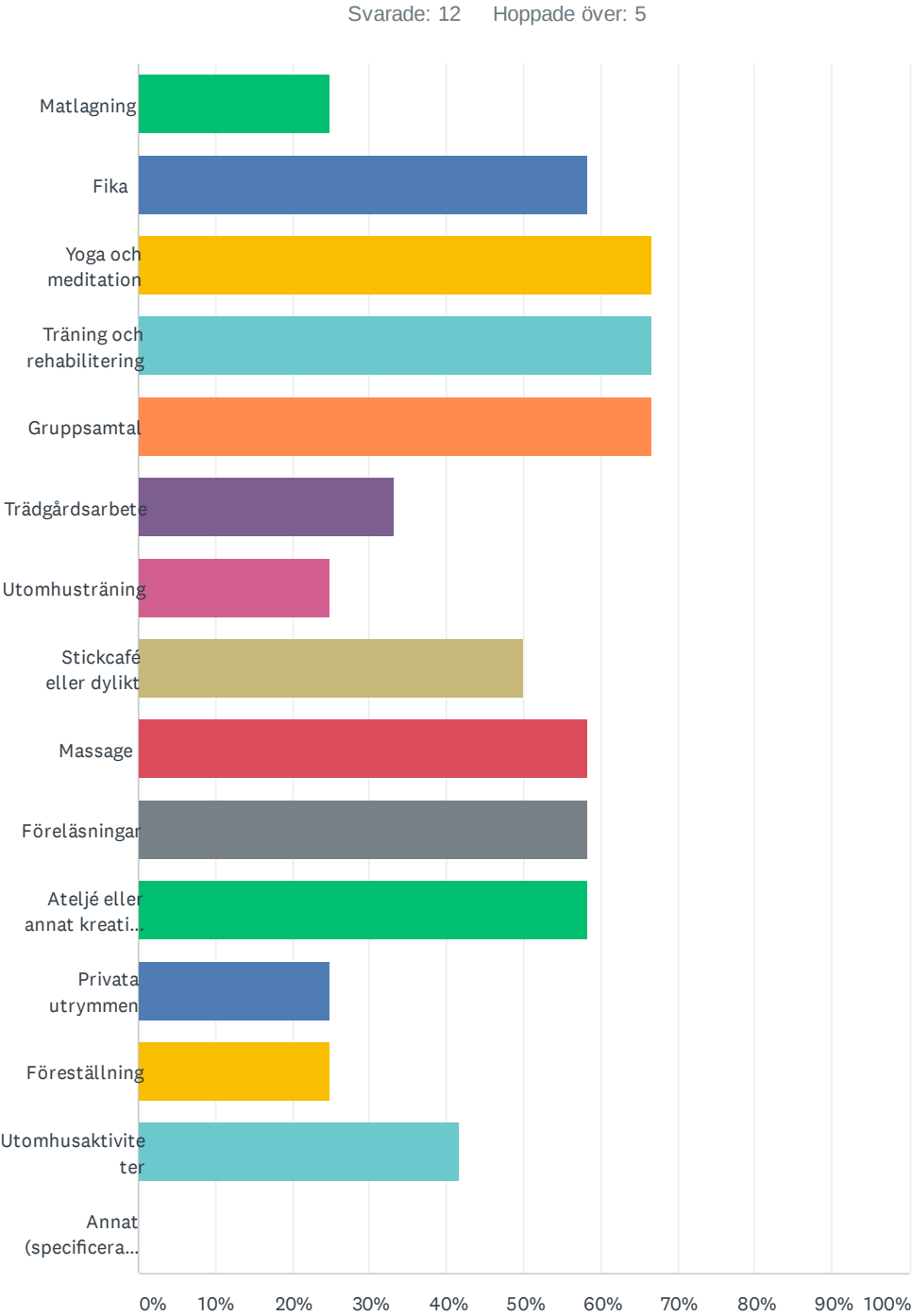
Svarade: 12    Hoppade över: 5



SVARSVAL	SVAR	
På morgonen	25.00%	3
På förmiddagen	33.33%	4
Mitt på dagen	33.33%	4
På eftermiddagen	41.67%	5
På kvällen	75.00%	9
Annat (specificera gärna)	25.00%	3
Totalt antal svarade: 12		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	På helgen. Som närstående så missar man redan så mycket jobb/skola vilket också blir en ytterligare stress.	2/9/2021 12:44 PM
2	Någon gång helg	2/5/2021 8:23 PM
3	på en av mina lediga dagar	2/5/2021 12:18 PM

F10 Vilka funktioner/aktiviteter önskar du skulle finnas?



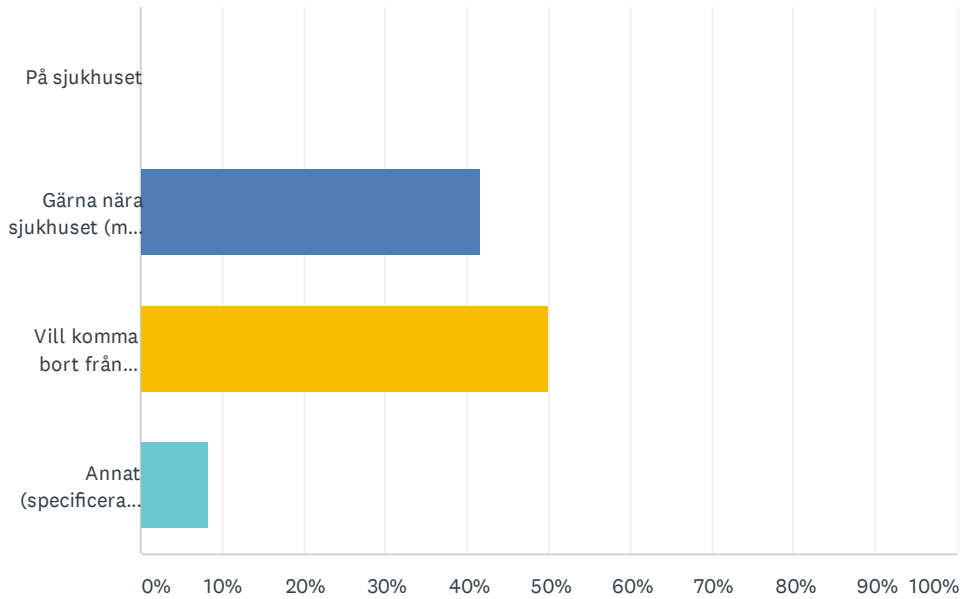
F10 Vilka funktioner/aktiviteter önskar du skulle finnas?

SVARSVAL	SVAR	
Matlagning	25.00%	3
Fika	58.33%	7
Yoga och meditation	66.67%	8
Träning och rehabilitering	66.67%	8
Gruppsamtal	66.67%	8
Trädgårdsarbete	33.33%	4
Utomhusträning	25.00%	3
Stickcafé eller dylikt	50.00%	6
Massage	58.33%	7
Föreläsningar	58.33%	7
Ateljé eller annat kreativt utrymme	58.33%	7
Privata utrymmen	25.00%	3
Föreställning	25.00%	3
Utomhusaktiviteter	41.67%	5
Annat (specificera gärna)	0.00%	0
Totalt antal svarade: 12		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
	There are no responses.	

F11 Placering av centret

Svarade: 12    Hoppade över: 5

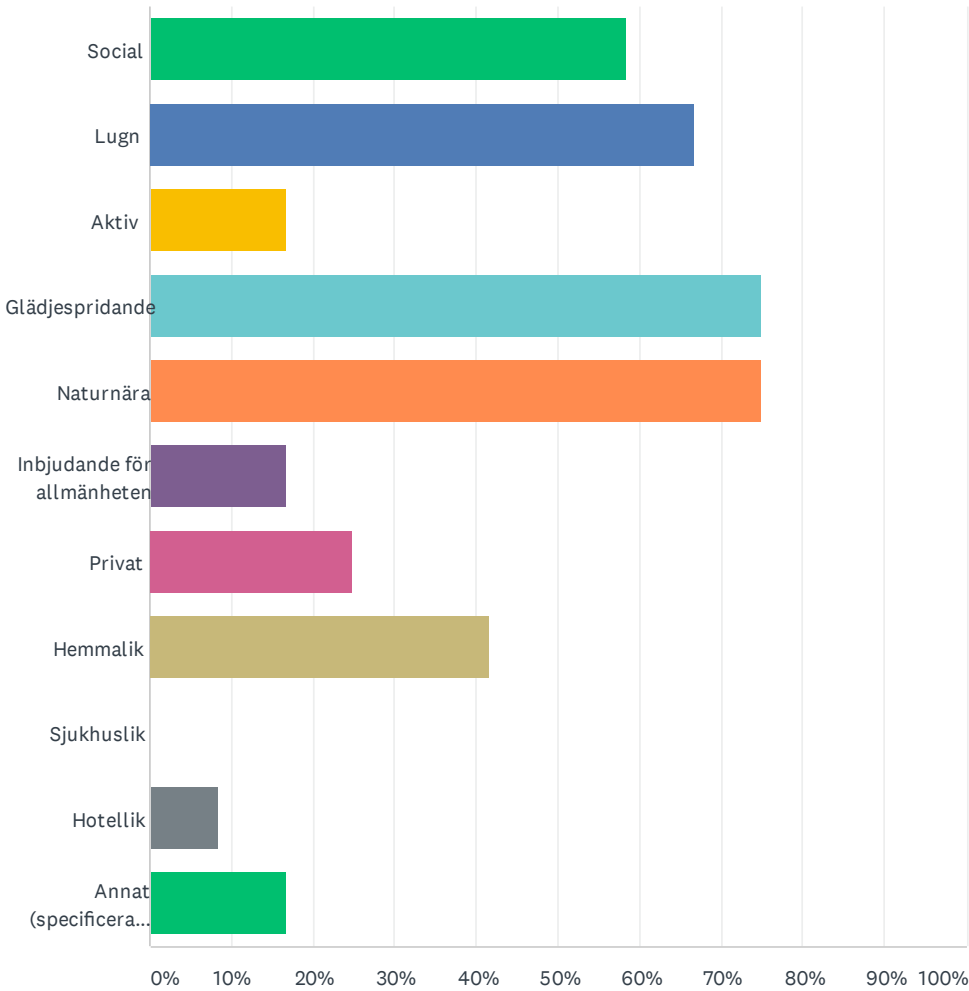


SVARSVAL		SVAR
På sjukhuset		0.00% 0
Gärna nära sjukhuset (men inte på)		41.67% 5
Vill komma bort från sjukhuset		50.00% 6
Annat (specificera gärna)		8.33% 1
TOTALT		12

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	spelar ingen roll men centralt	2/5/2021 1:40 PM

F12 Jag hade uppskattat om miljön i stödcentret var:

Svarade: 12    Hoppade över: 5



SVARSVAL		SVAR
Social		58.33% 7
Lugn		66.67% 8
Aktiv		16.67% 2
Glädjespridande		75.00% 9
Naturnära		75.00% 9
Inbjudande för allmänheten		16.67% 2
Privat		25.00% 3
Hemmalik		41.67% 5
Sjukhuslik		0.00% 0
Hotellik		8.33% 1
Annat (specificera gärna)		16.67% 2
Totalt antal svarade: 12		

#	ANNAT (SPECIFICERA GÄRNA)	DATE
1	Det är viktigt att man ska få vara ledsn tillsammans tror jag. Tror att man når det genom samtal. Inte genom att låtsas vara glada och hitta på roliga saker.	2/9/2021 12:47 PM
2	endast till för cancerdrabbade, inte anhöriga eller övriga allmänheten	2/5/2021 12:19 PM



## F13 Övriga kommentarer och tankar

Svarade: 3    Hoppade över: 14

#	SVAR	DATE
1	Bra undersökning!	2/9/2021 12:47 PM
2	Hoppas vi kan få ett i Göteborg	2/5/2021 7:08 PM
3	När jag var sjuk tror jag inte det fanns någon liknande verksamhet där jag bodde men det var verkligen något jag hade behövt. Är otroligt glad att ni skriver om detta och att ni vill hjälpa cancerberörda. Fint av er!!	2/5/2021 1:15 PM