

PROCESS

Exploring space

Sketching the Remedy House

Extending Care - strategy
Diploma 2023

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Urbanism & Societal Change
The Royal Danish Academy

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CONTENT

Chapter 1: Extending Care: strategy

Chapter 2: Intro process

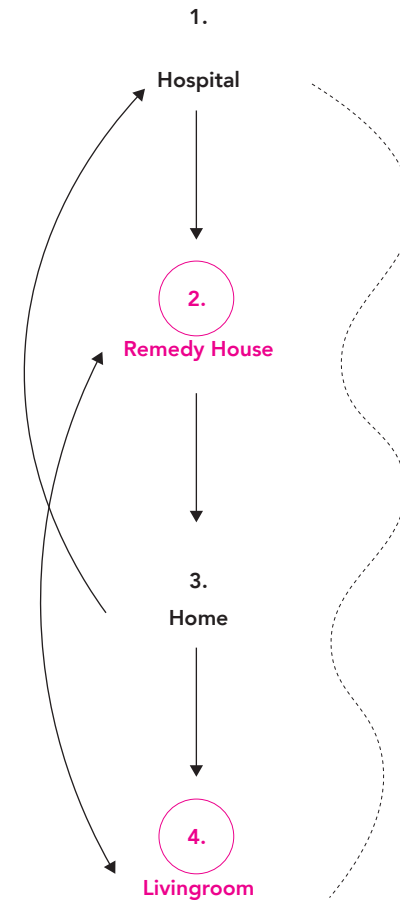
Chapter 3: Sketching the Remedy House

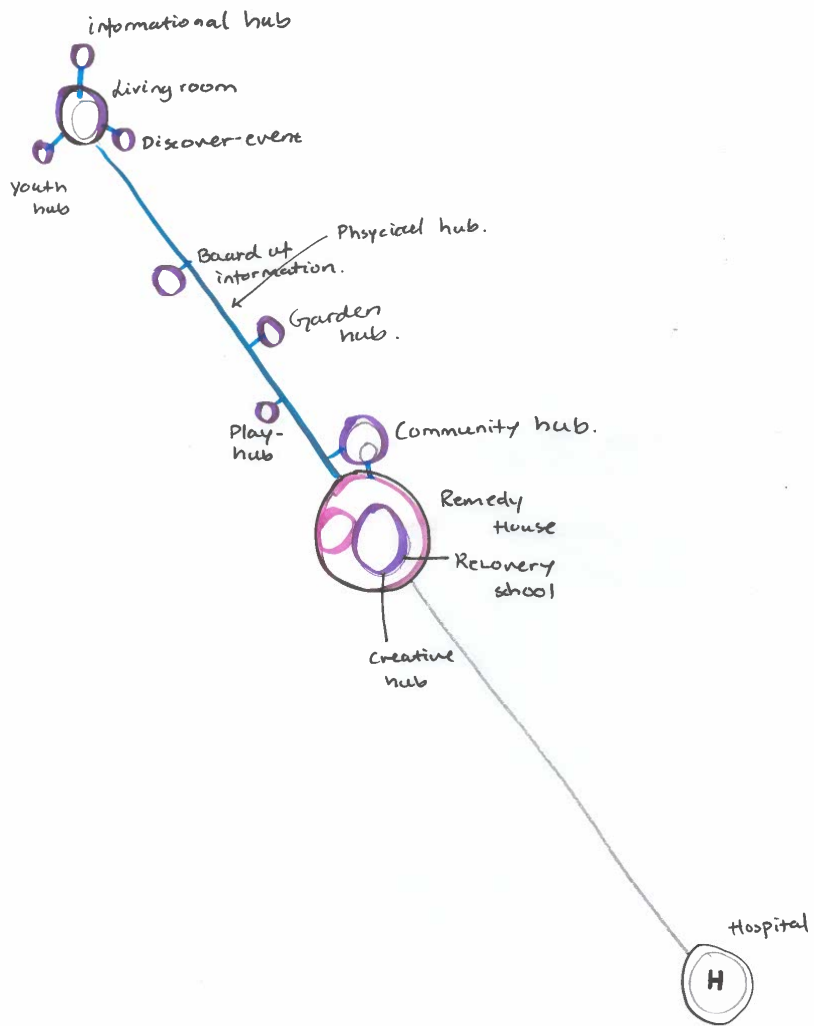
Chapter 4: References

CHAPTER 1.

Extending Care

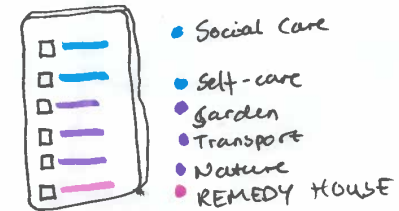
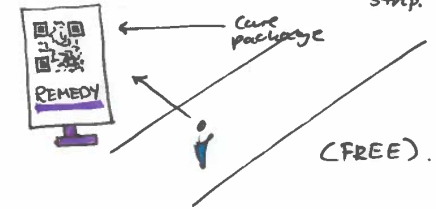
The mental health crisis is increasing mortality rates and contributing to years lived with disability and economic loss. The Danish psychiatry is crowded and depend on a diagnosis hierarchy that determine admission and discharge. This project is exploring prolonged recovery and public preventative actions in the urban scale to improve the existing psychiatric strategy in Denmark.





Digital Recovery

- awareness
- QR CODES over the city strip.



- Social Care:
 - steps/activities to do at home
 - Positive thoughts
 - inspirational texts.
 - A life to socializing
 - Who to reach out to.
 - Chats.
- Self CARE
 - Activities
 - Dialog support
 - What books to read
- Nature - where?
- Garden
 - information of the plants.
 - Where to sit
 - Mapping
- TRANSPORT - how do i get there?
- Remedy House
 - Therapy
 - information (living room).

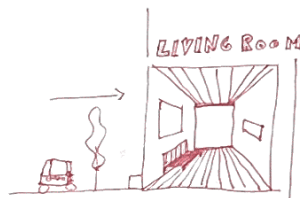
WEST-END



- HOME
- Site 3 LIVING ROOM
- Social space
 - Community house
 - Awareness.



- Recovery Package
- Mentor
- Treatment guide
- Guide to the path of care.

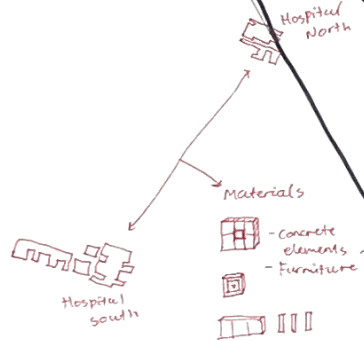


- Safe for everyone
- Open hourly (ca-?)
- Staff/mentors from Recovery School

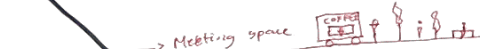


HOME
REMEDY HOUSE
HOSPITAL

- H - INPATIENT
- R - RECOVERY
- H - PREVENTION

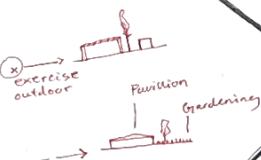


- Materials
- concrete elements
 - Furniture



Calm park space.

Spatial interventions



Site 2 GARDEN (Pavilion typology)

HOME



- Design
- Transparency
 - Ultimate daylight.
 - Stimulating design.
 - Color
 - Nature.

Site 1 REMEDY HOUSE

- Private: journal, shopping activity, exercise, Routines, Gardening
- Public: Therapy, Group sessions, Cooking, shopping, socializing, Play
- Recovery school: Awareness, Mentoring
- 7 days



Living Room

- Outpatient support
- Access to activities
- House for patient
- Recovery School

2

3

1

4

preventative programs

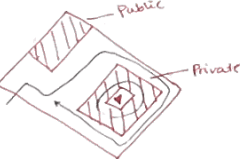
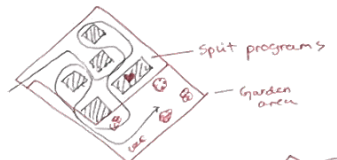
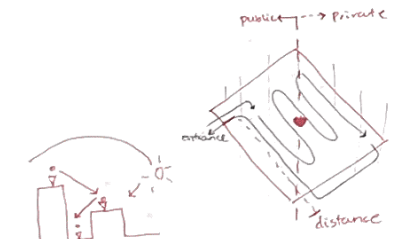
PATH OF CARE 1:10000

Super-hospital B.

Public Private Public

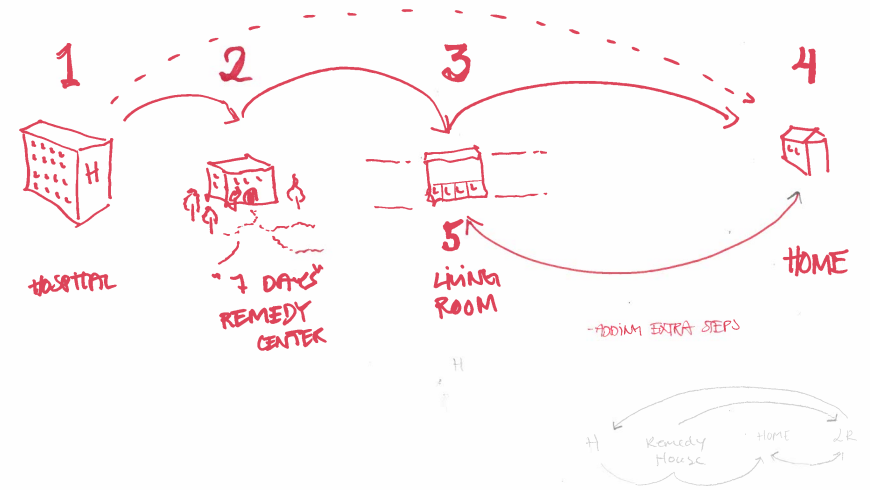
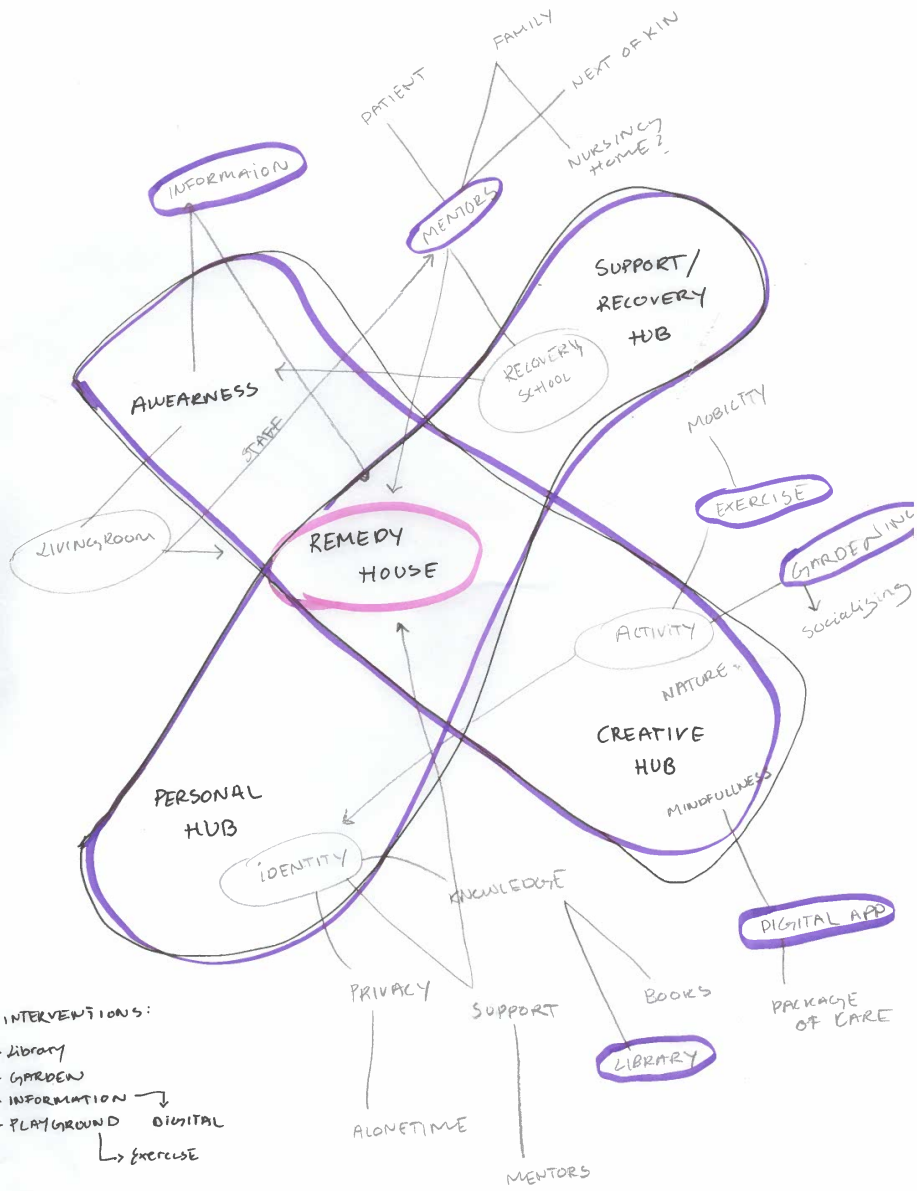
entrance/stay Activities

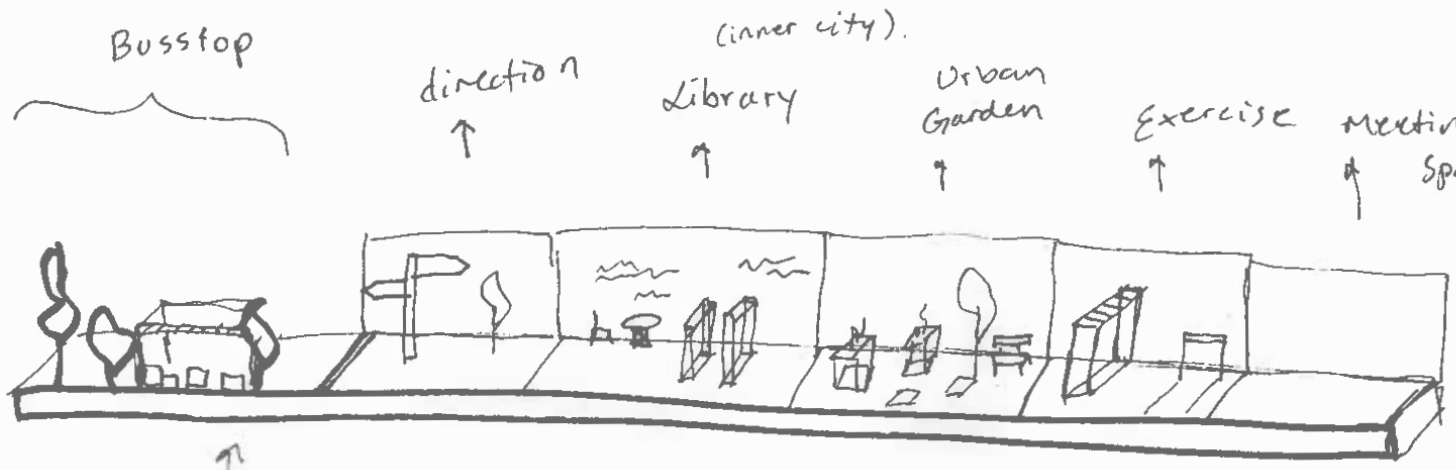
one compound several programs



Chaos → Organized

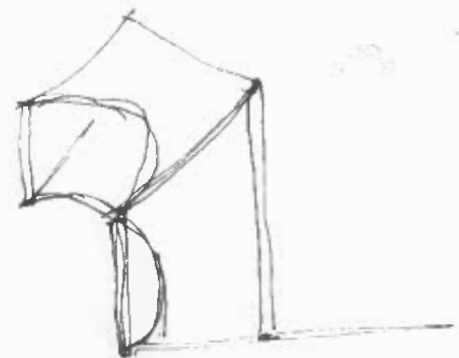
- 15 - Bedrooms
- 15 - Offices
- 15 - Visitation
- 100 - Lecture Activity
- 50 - Dining Kitchen Living
- 15 - Staff, Depot
- WC





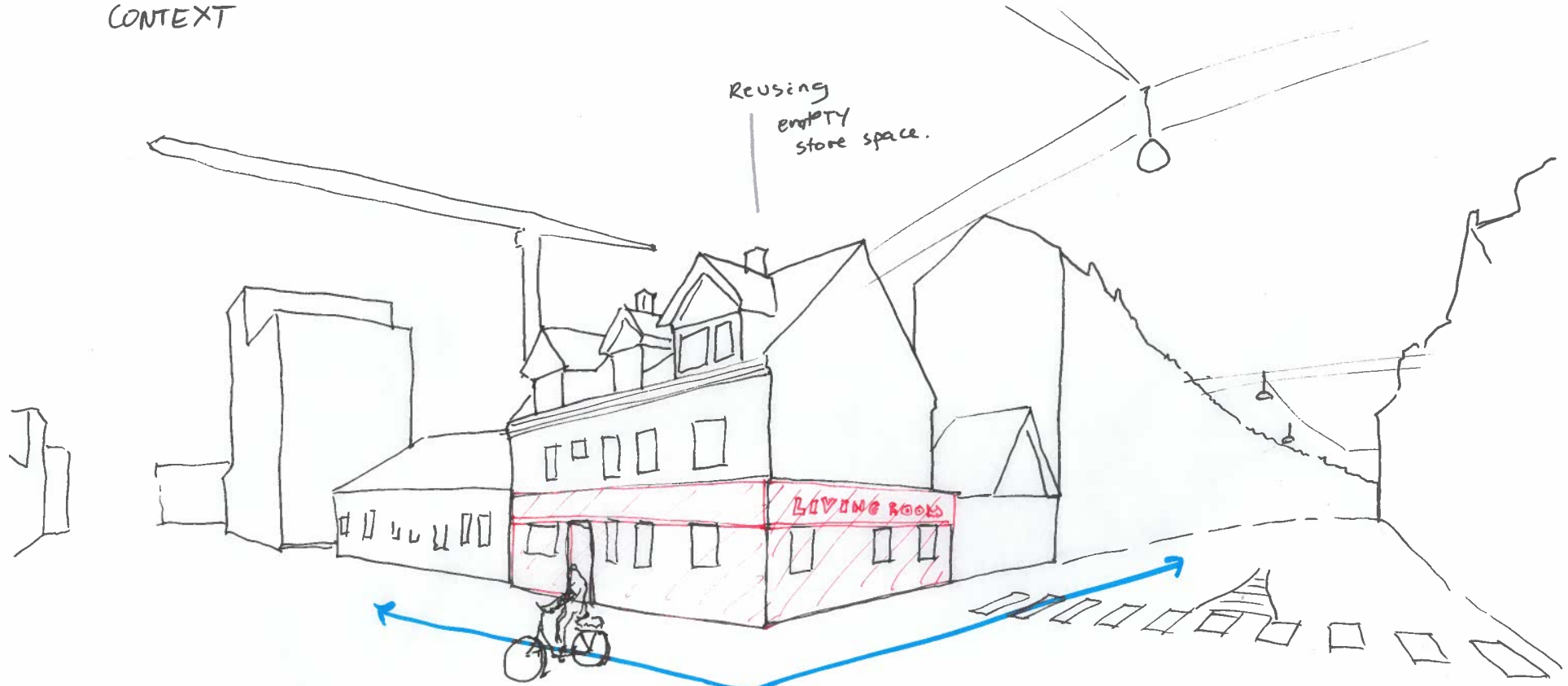
Furniture design?

- Color?
- Text?
- Material?

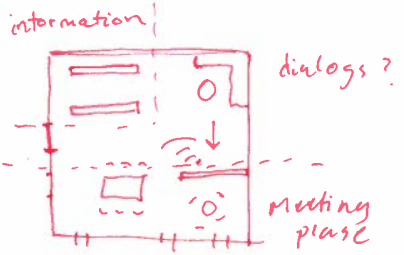


- Remedy House
- Urban garden
- Exercise
- Recovery school.

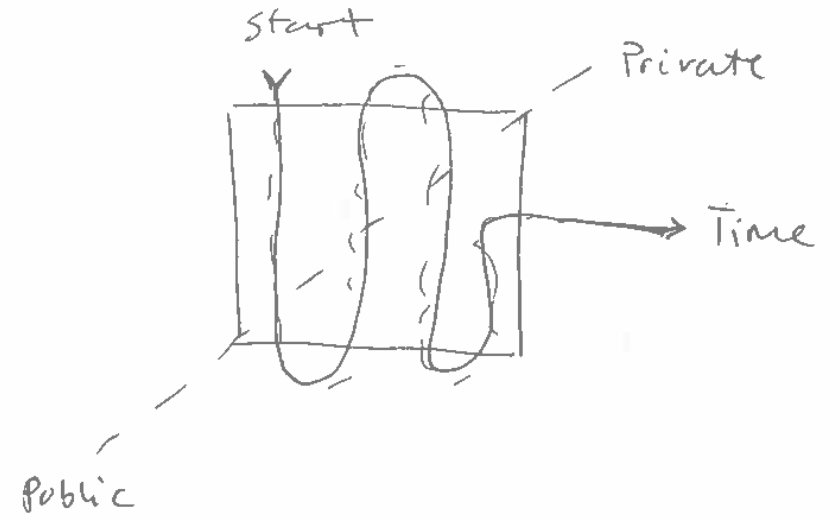
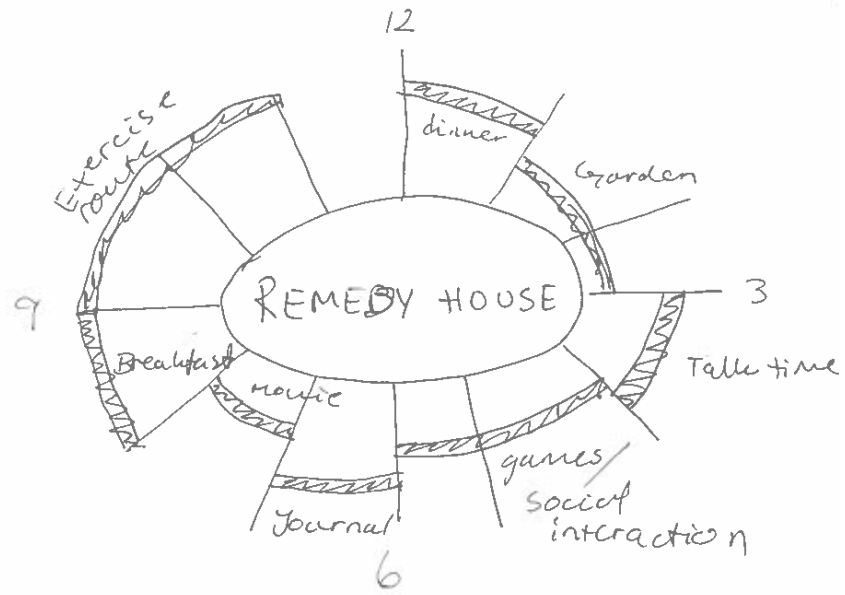
CONTEXT



Living Room
"Care to go"



REMEDY HOUSE
HOSPITAL



SOCIAL CARE

It's not easy that it's likely off the top of your head to list all the people who are involved in your care. It's not easy to list all the people who are involved in your care. It's not easy to list all the people who are involved in your care.

Medication doesn't work on its own. It needs to be taken with other things. It needs to be taken with other things. It needs to be taken with other things.

It's not easy that it's likely off the top of your head to list all the people who are involved in your care. It's not easy to list all the people who are involved in your care. It's not easy to list all the people who are involved in your care.

CHAT

SHARE YOUR STORY

CARE PACKAGE

SOCIAL CARE

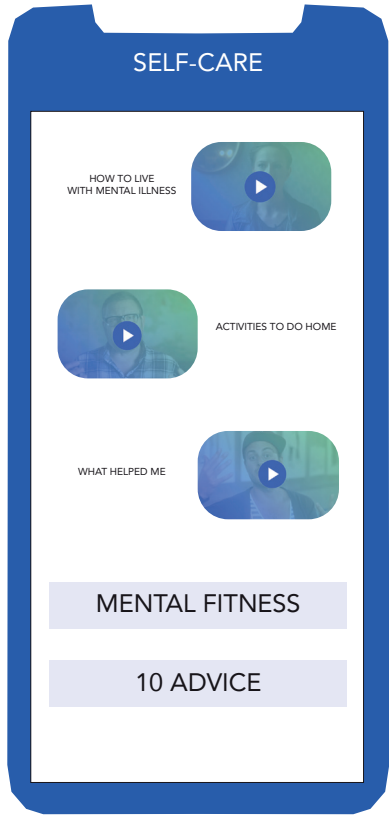
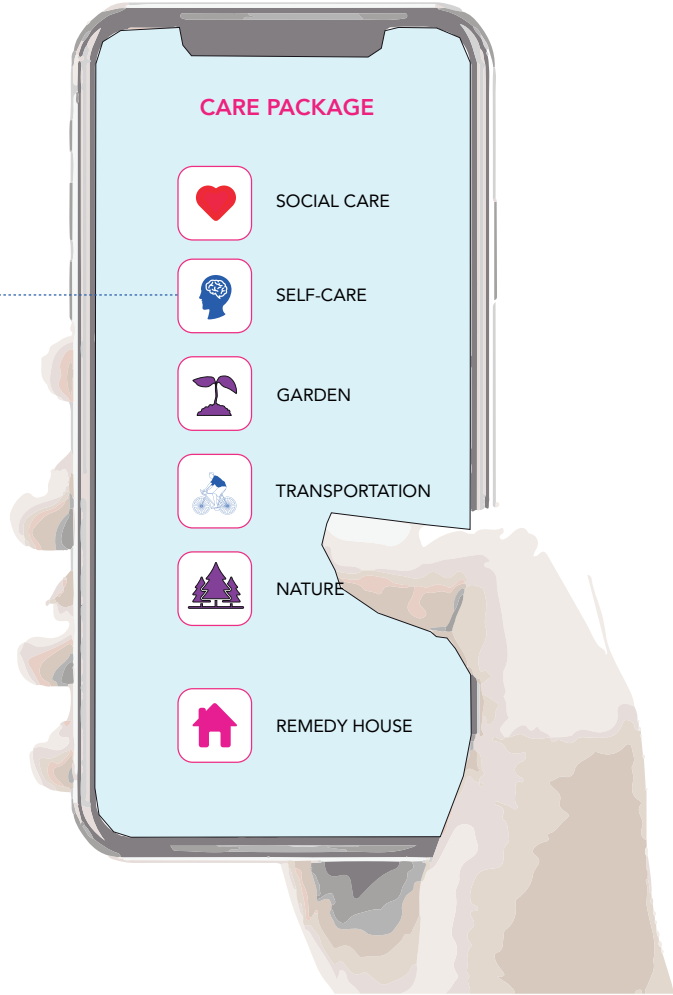
SELF-CARE

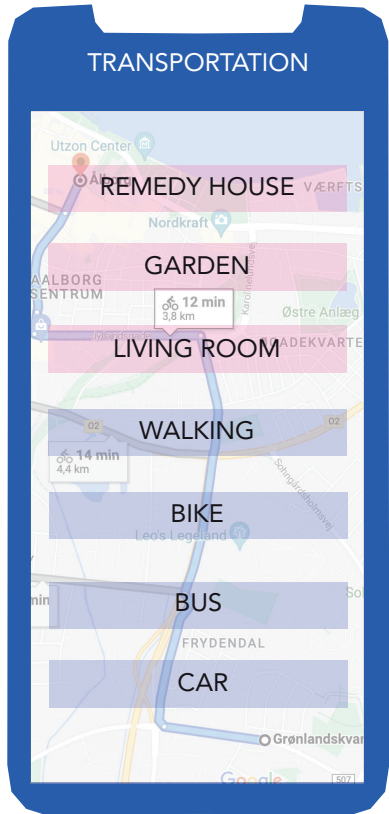
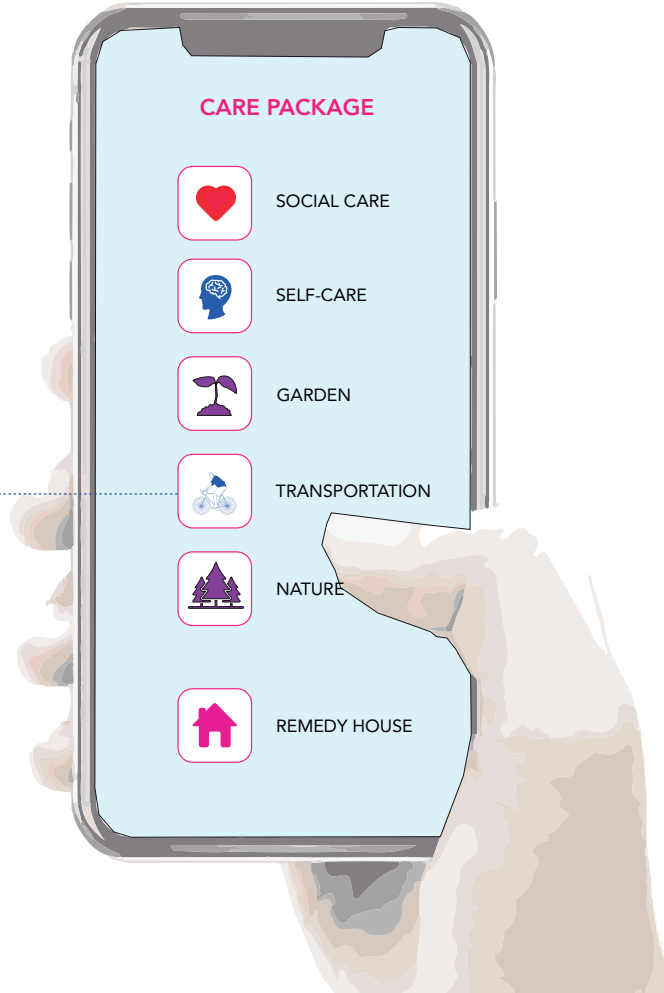
GARDEN

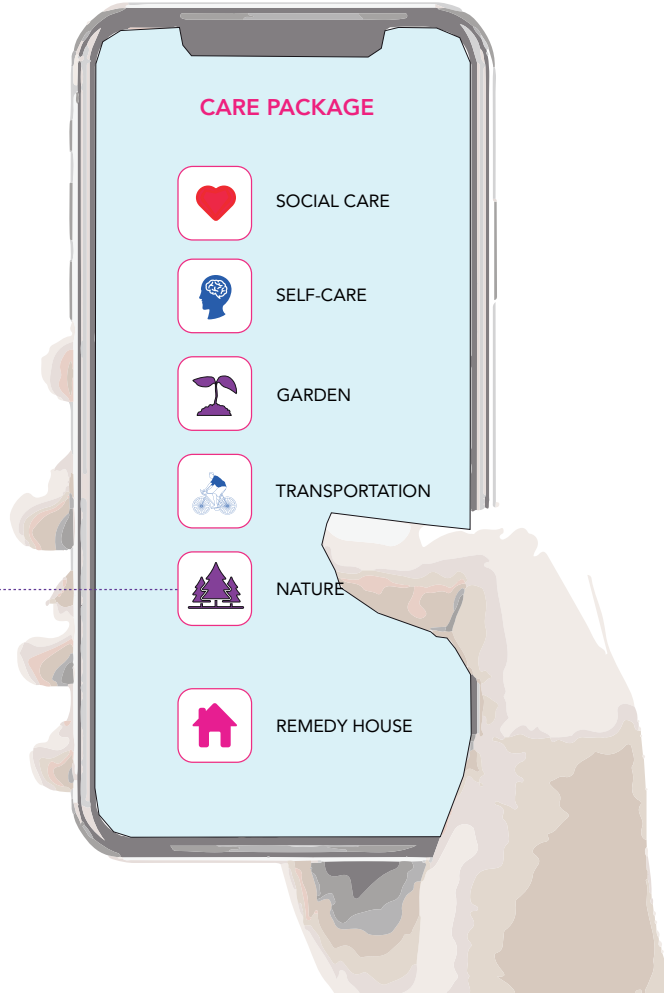
TRANSPORTATION

NATURE

REMEDY HOUSE



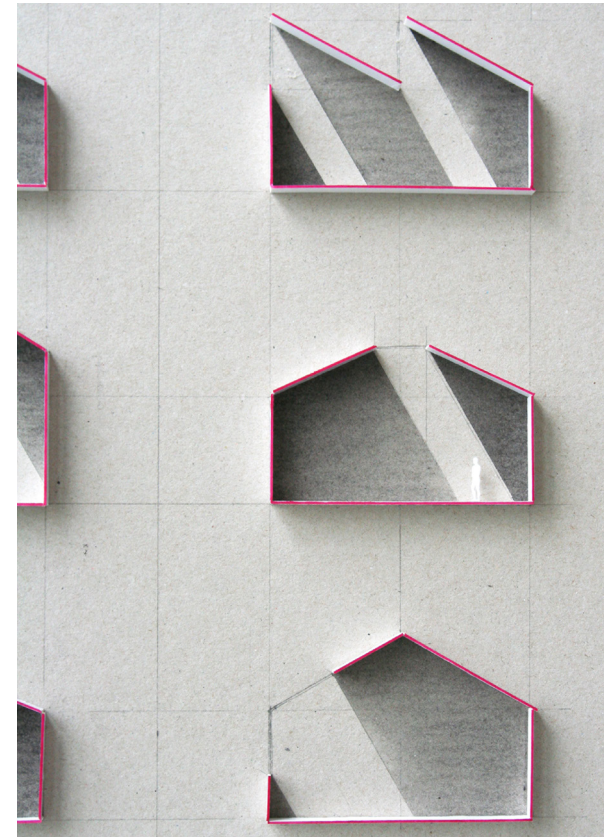




CHAPTER 2.

Working with visual elements

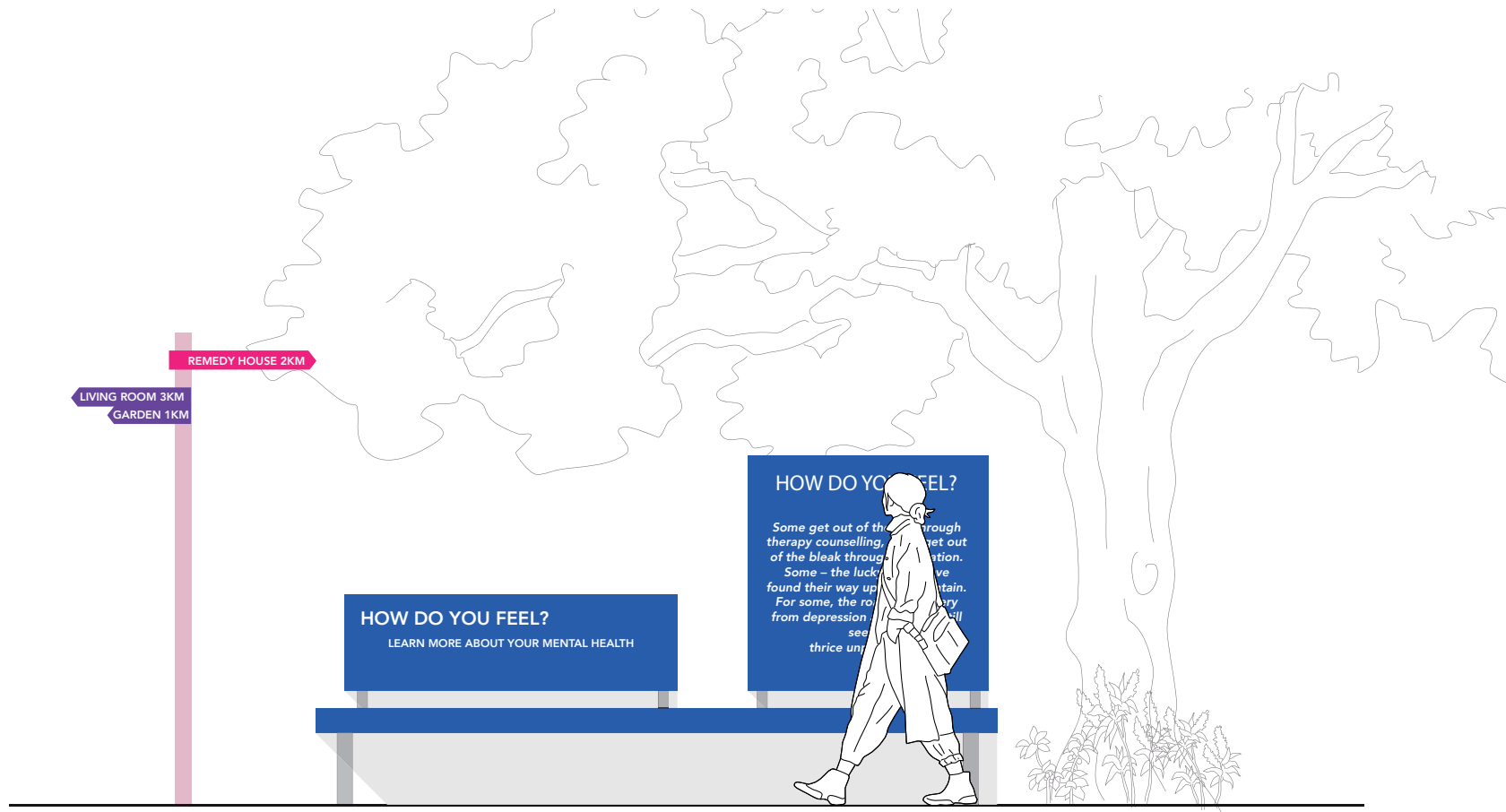
This project was developed through a design process containing studies in healthcare design. During the process I worked with model making, collages and visual references with a goal to get a better understanding of space and light. The importance of light, texture, color and other senses was explored through a series of sketches.



Exploring window settings
Model scale: 1:100



Public interventions taking place at the new Plus-Bus stops that lead to the new super-hospital



Public interventions taking place at the new Plus-Bus stops that lead to the new super-hospital



Billboards to create awareness for the Remedy House and city strategy





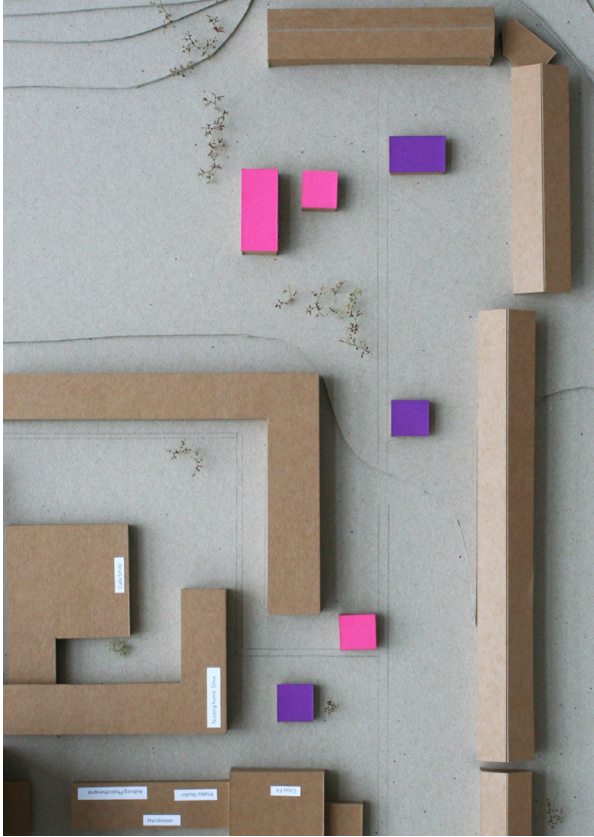
Strategy collage capturing textures and nature



Concept collage

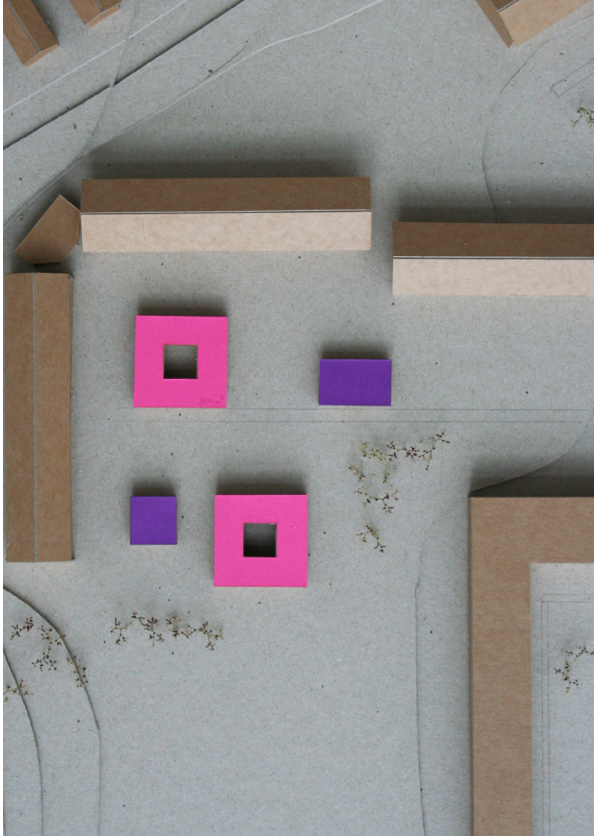


Concept collage

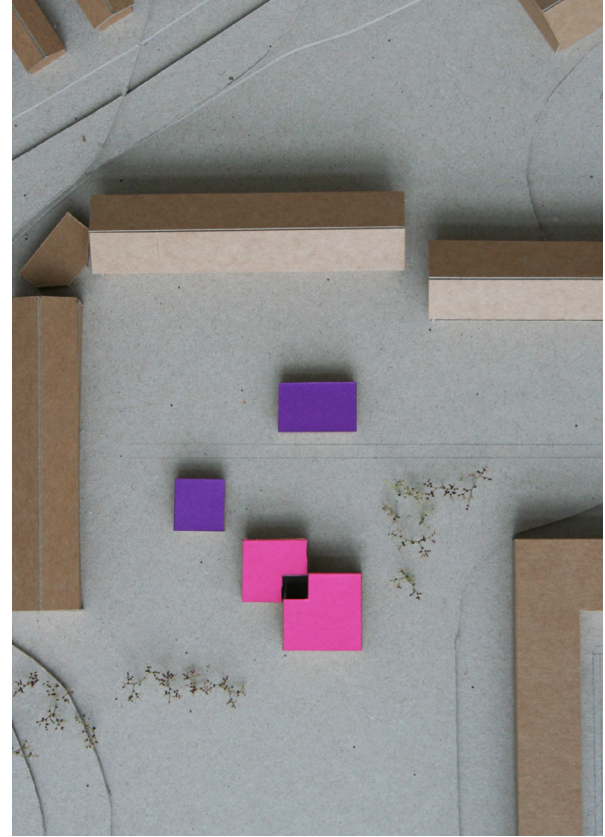


Model scale: 1:500
Studying the space with context

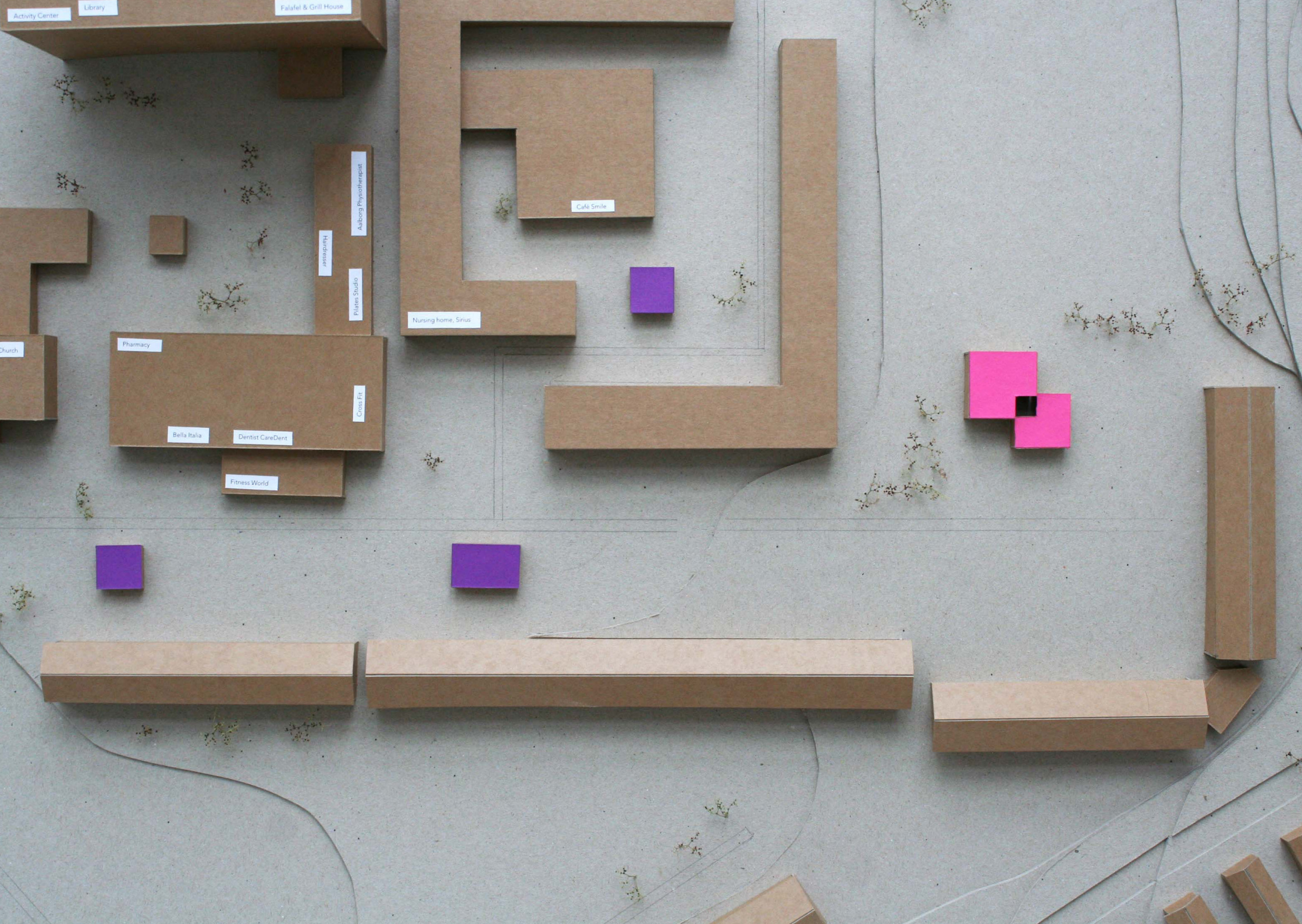




1:500 model







Activity Center
Library
Falafel & Grill

Church
Pharmacy
Bella Italia
Dentist CareDent
Fitness World
Hardware
Aalborg Physiotherapist
Pilates Studio
Cross Fit

Nursing home, Sirius
Cafe Smile

Two overlapping pink sticky notes with a small black square in the center.

Purple sticky note

Purple sticky note

Purple sticky note

Two long, thin cardboard blocks placed horizontally.

Two long, thin cardboard blocks placed horizontally.

Vertical cardboard block on the right side of the model.

Several small, scattered cardboard blocks at the bottom right corner.

CHAPTER 3.

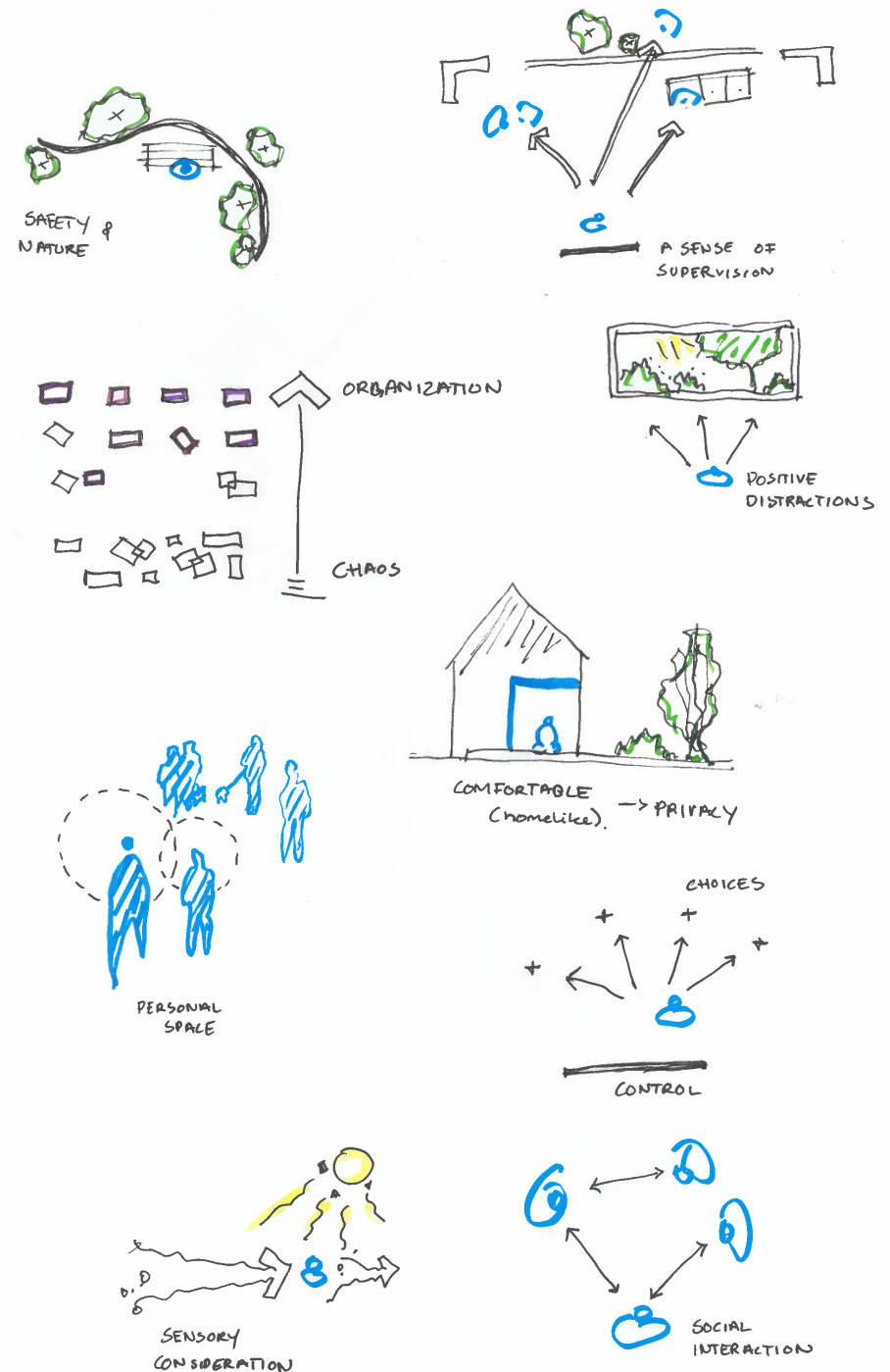
Sketching the Remedy House

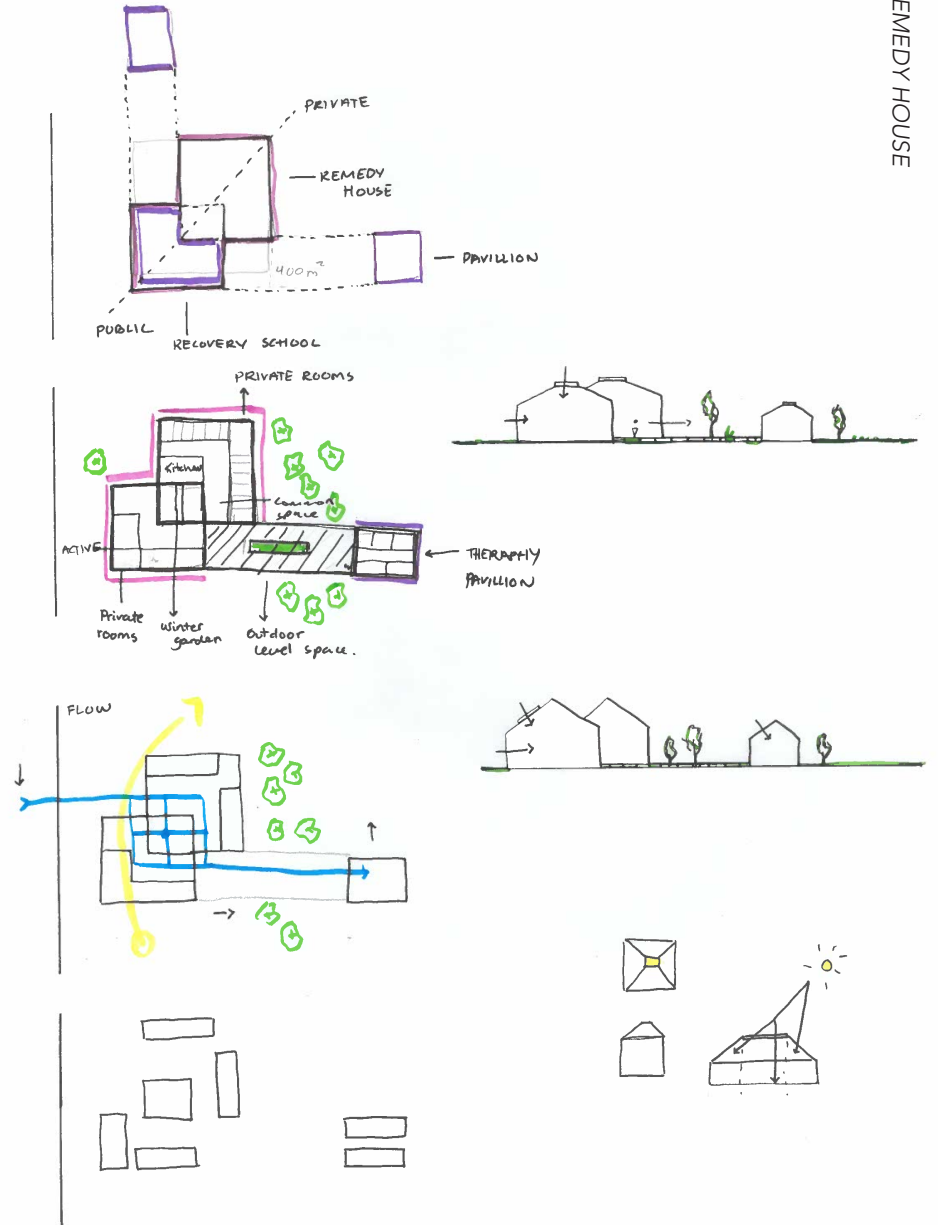
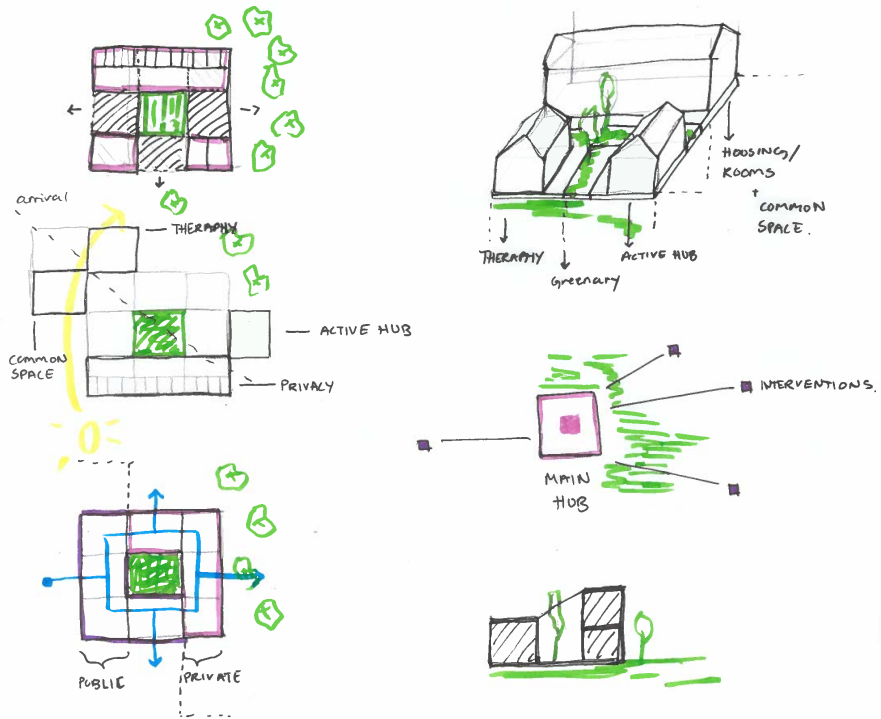
The Remedy House is housing 16 residents to give support and follow-up care after hospitalization. The space is envisioned to be a step between hospital and society – where you can lead back to daily routines and social interaction. The space is therefore designed with your health in mind both for previous psychiatric patients, but also the public by providing a library and café to the neighborhood.

Sketching the Remedy House was a process including design for health and the relationship between architecture and individuality – materiality, space, nature, and light. Creating the Remedy House also included principles for design and space:

- Safety and nature
- A sense of supervision
- Positive distractions
- Organization
- Homelike surroundings
- Personal space
- Control
- Social interaction
- Sensory consideration

Source: Design for mental health and behaviour

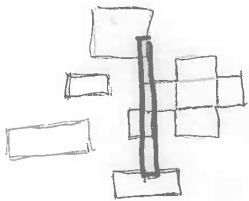




VILLAGE

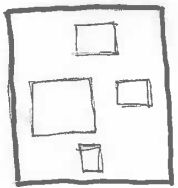
SPINE

- The connection between public and private functions.
- Connected by a green scenario



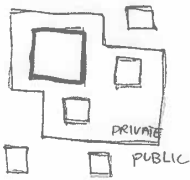
CLOSED CITY

- Enclosed programs by a line or greenery - closed facade/access.



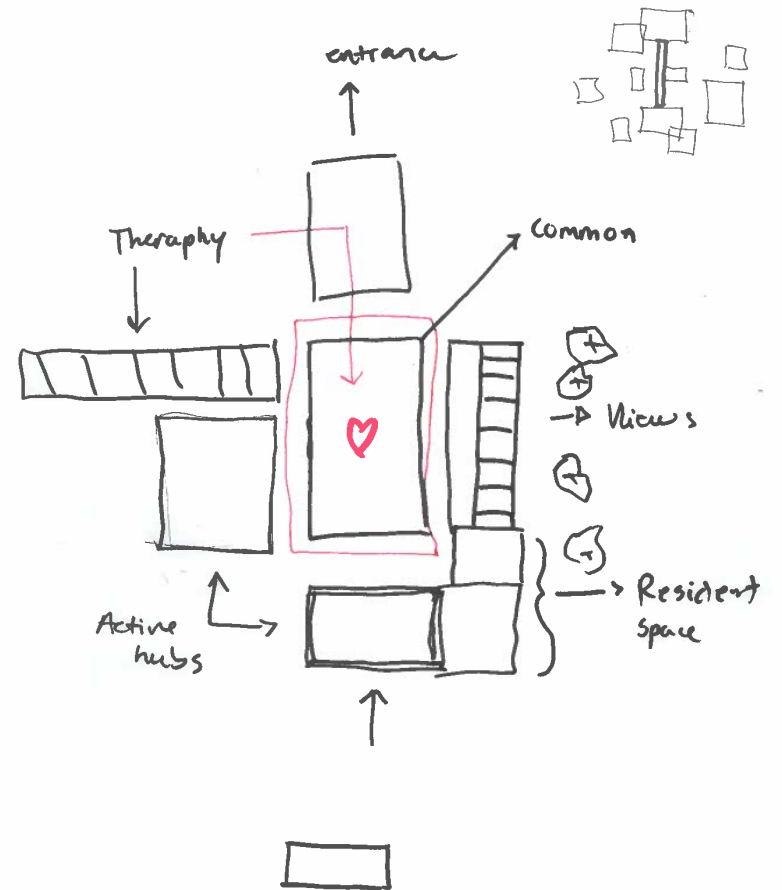
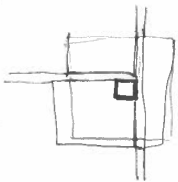
SPLIT CITY

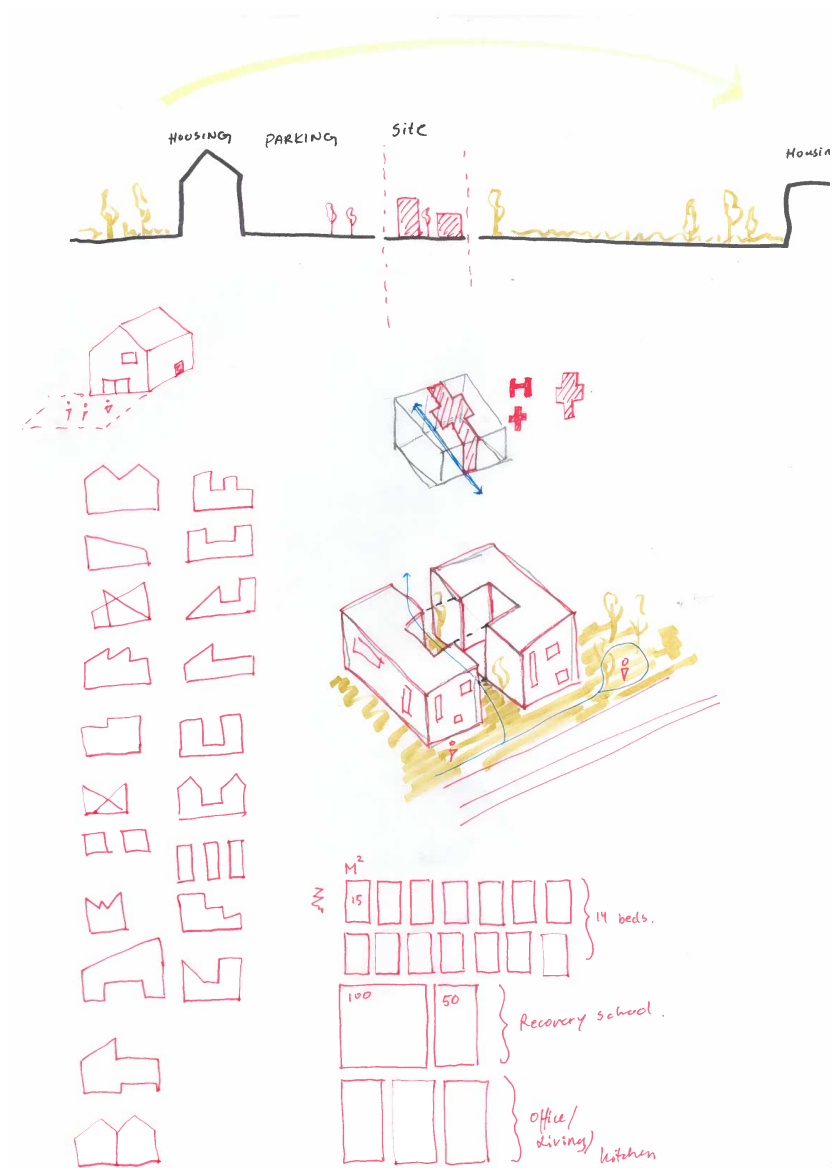
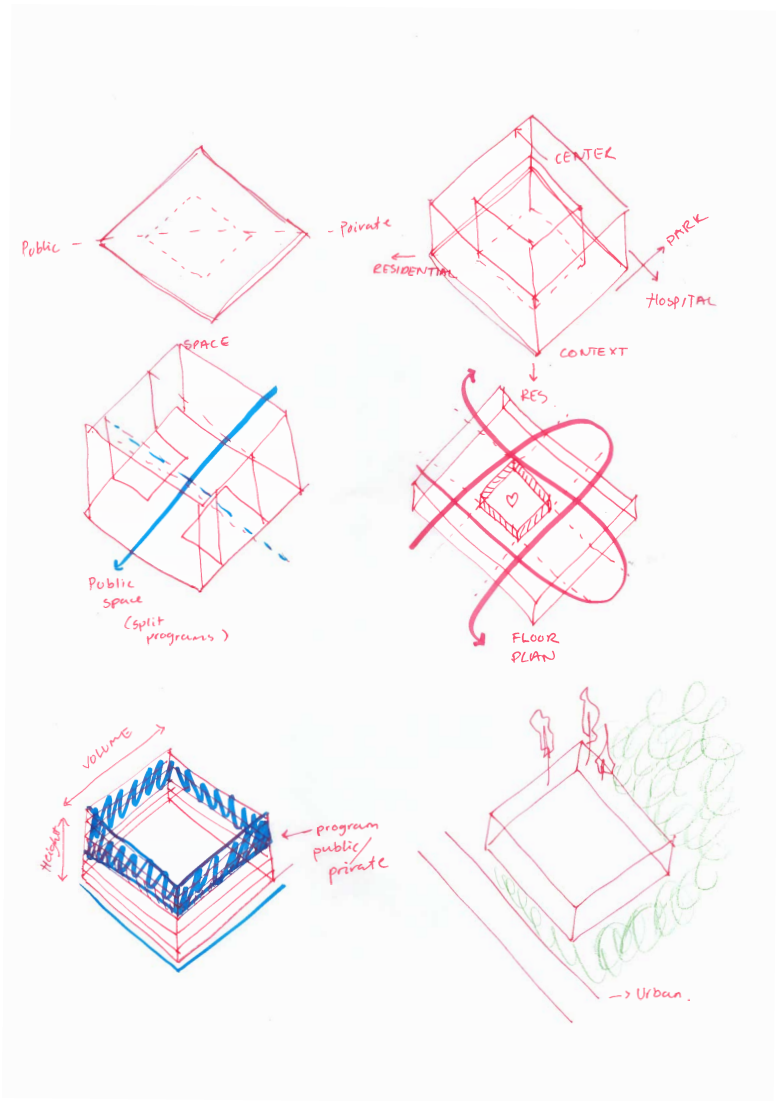
- The city concept in one house/complex
- Spatial interventions outside an private functions inside

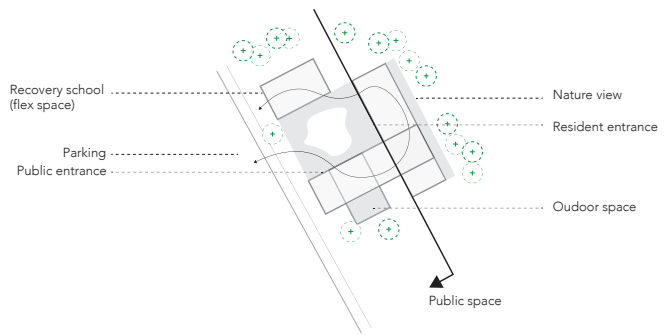
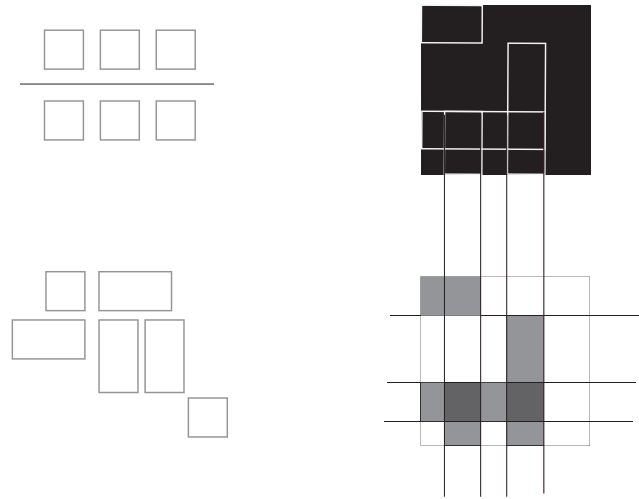


Linear

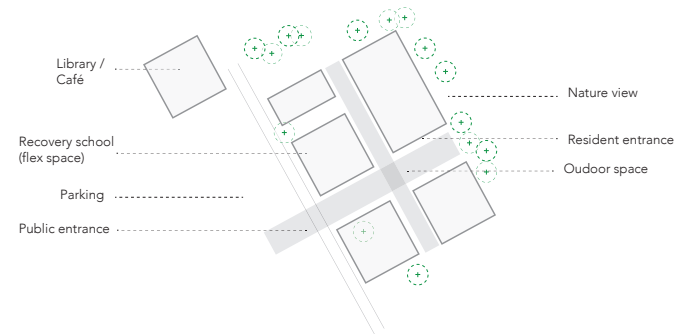
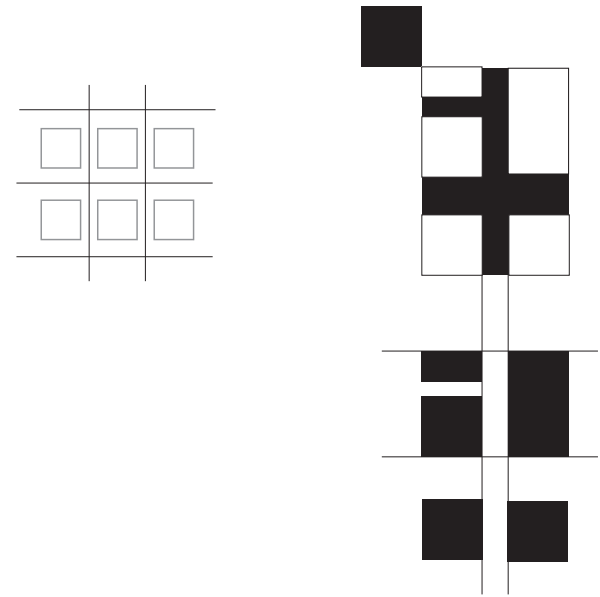
- Split program in same location
- Main bub in the linear view.

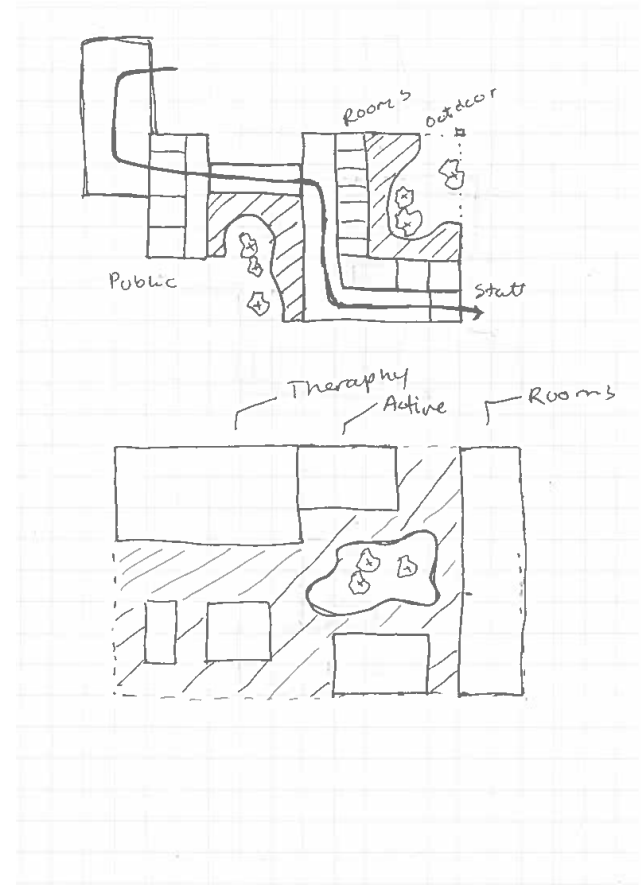
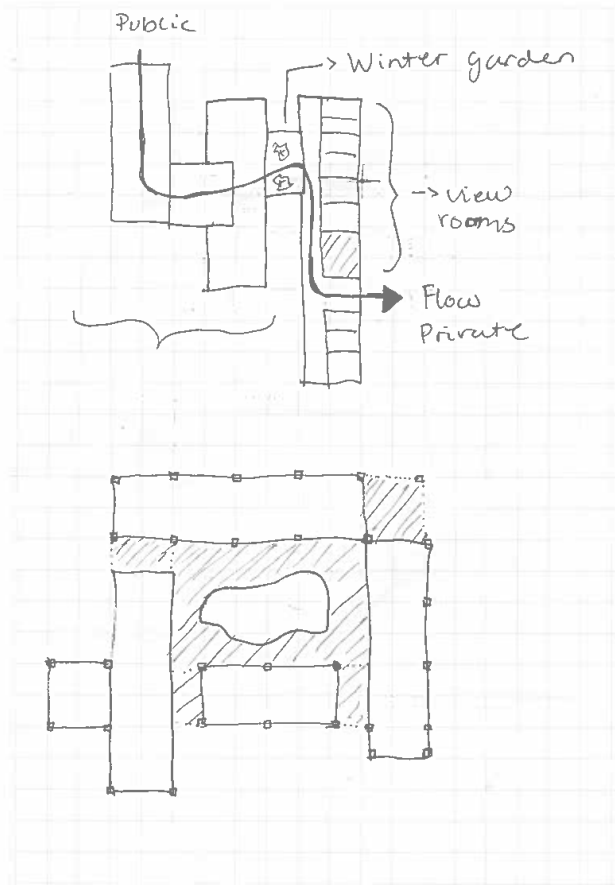


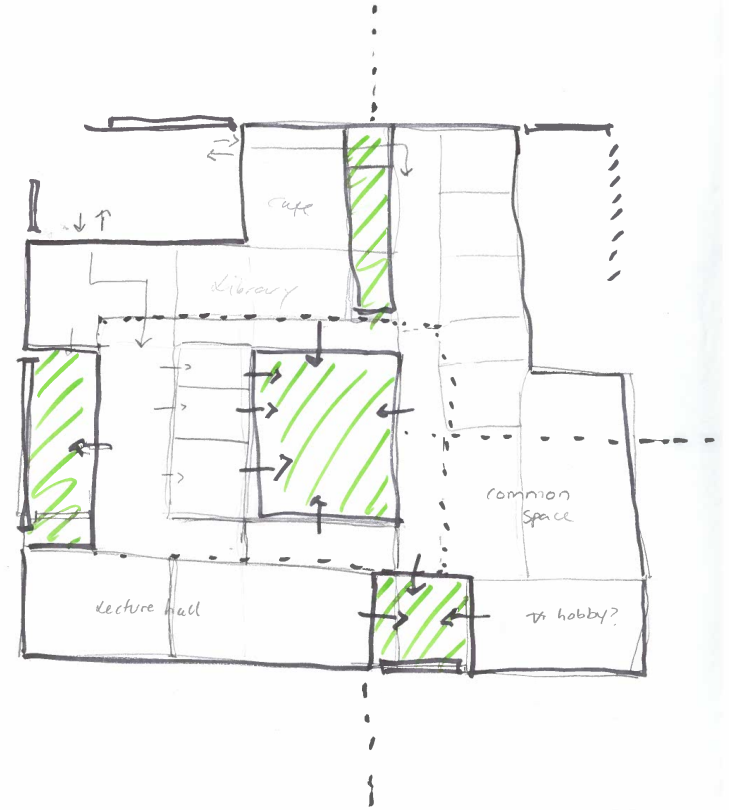


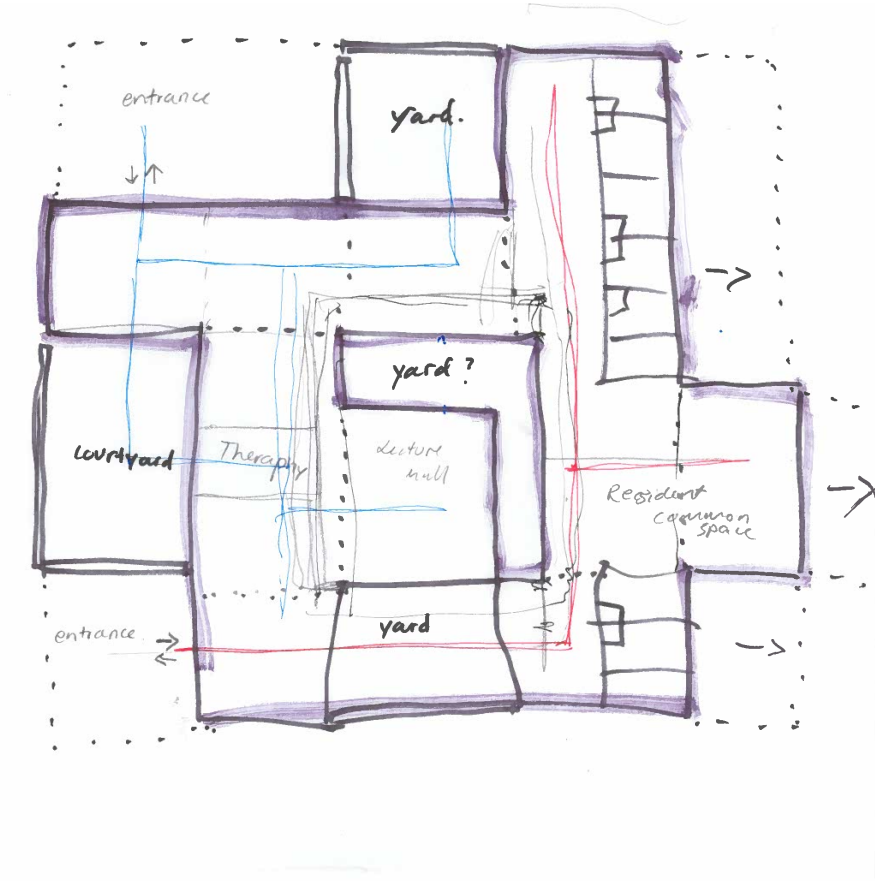
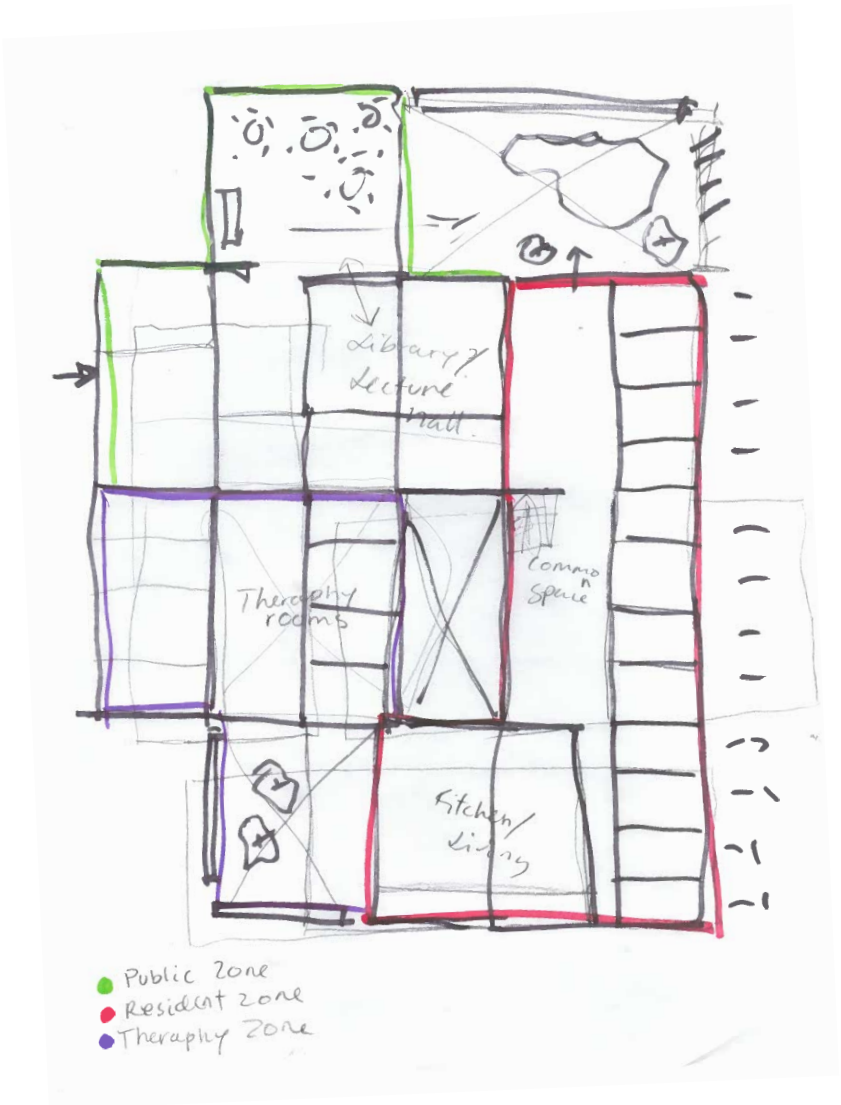


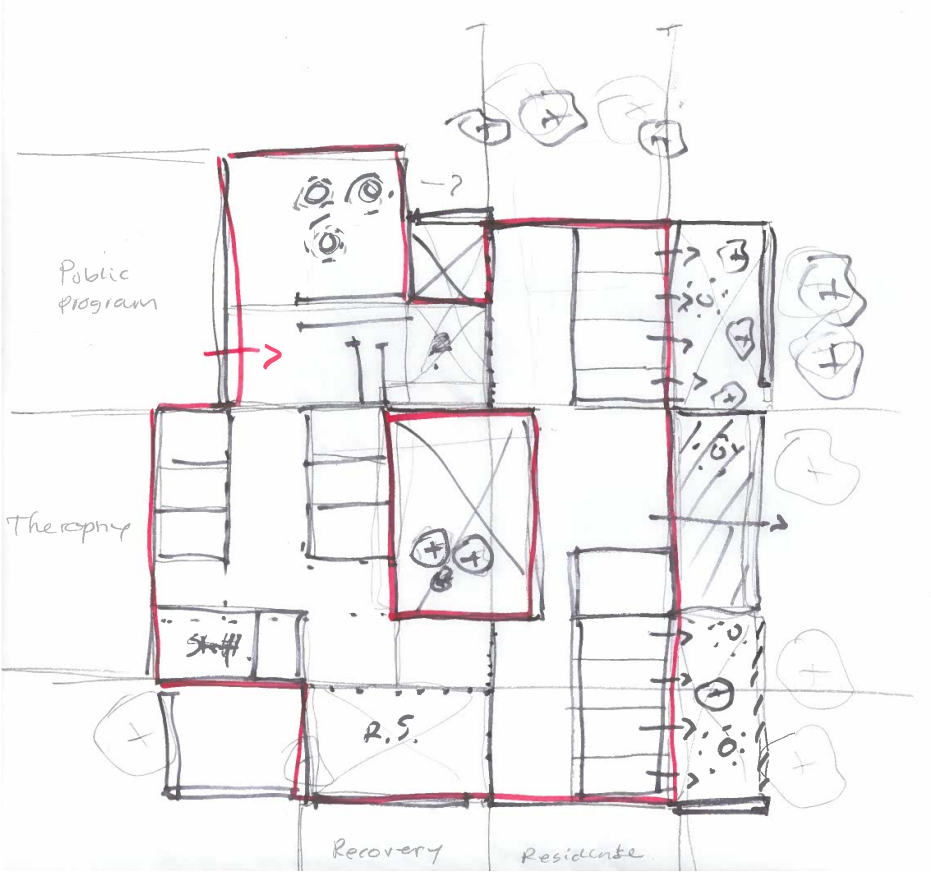
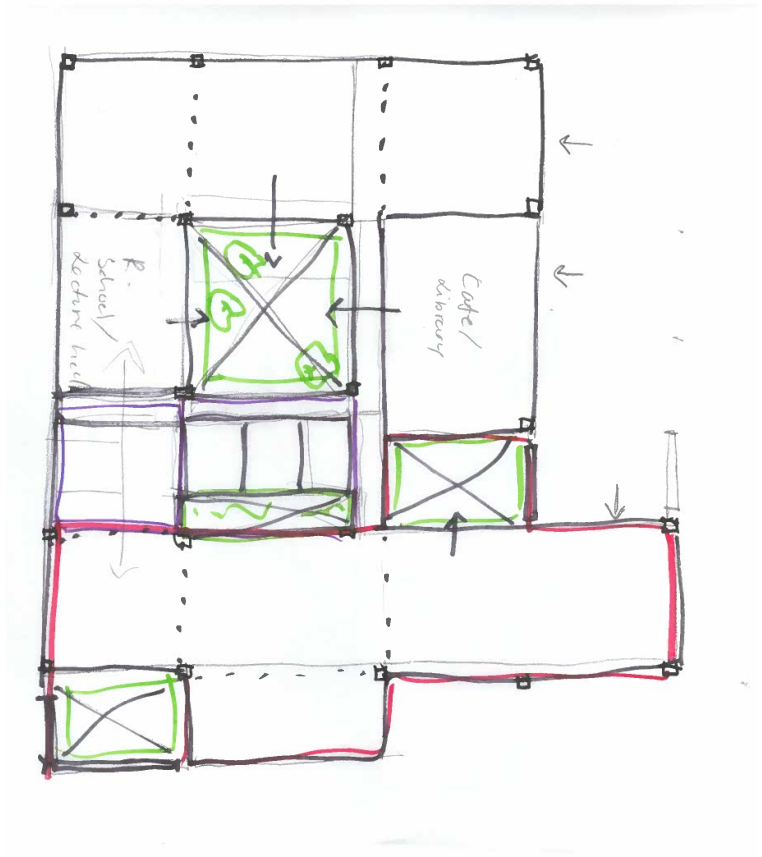
Concept

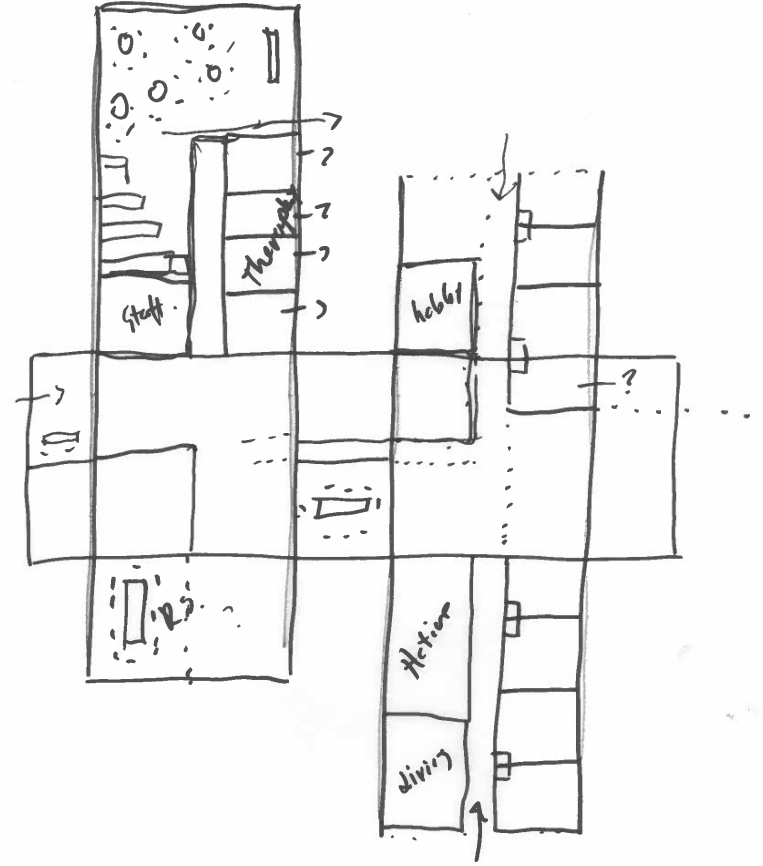
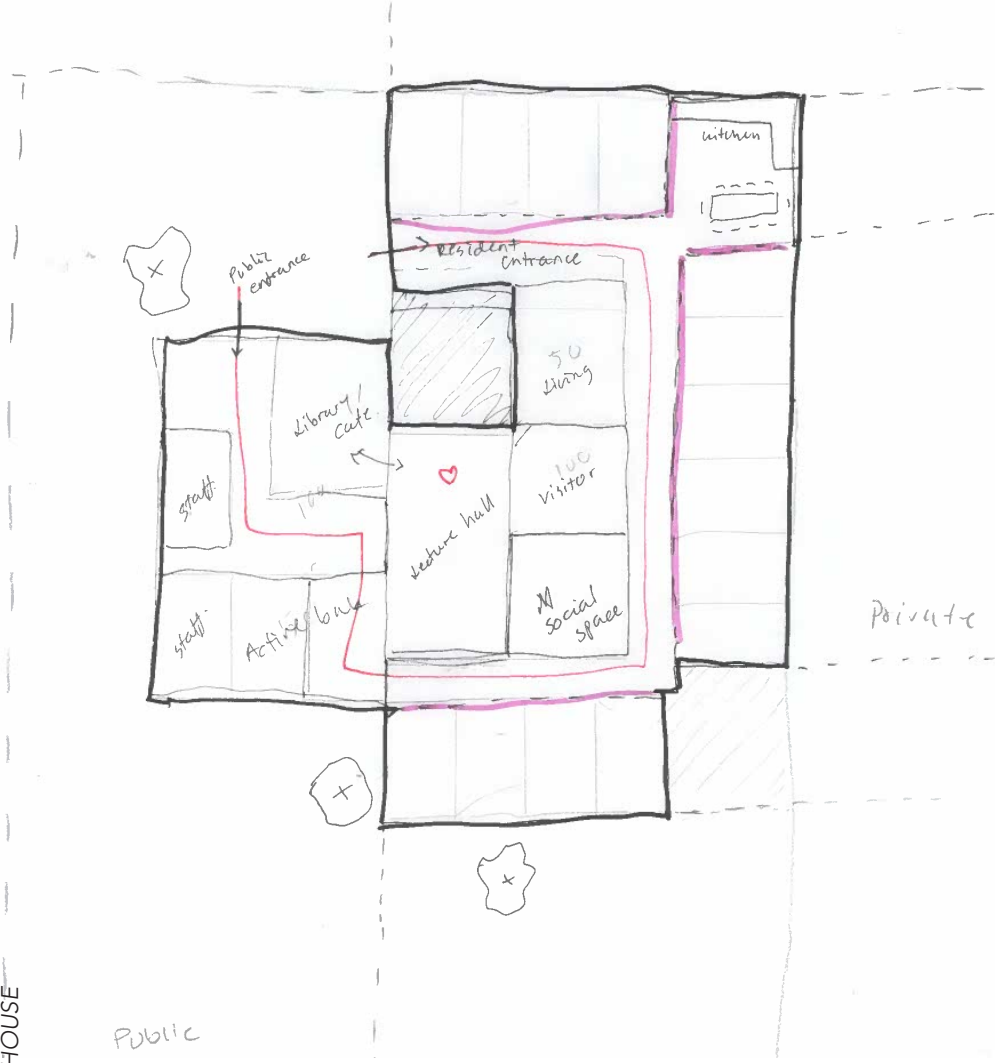




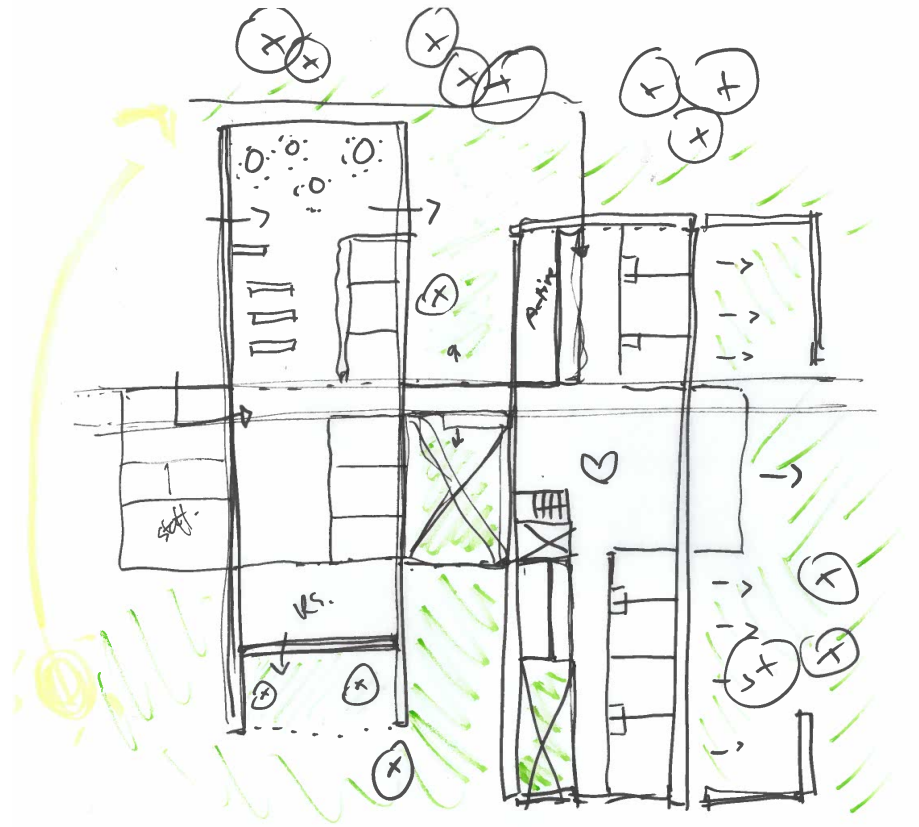
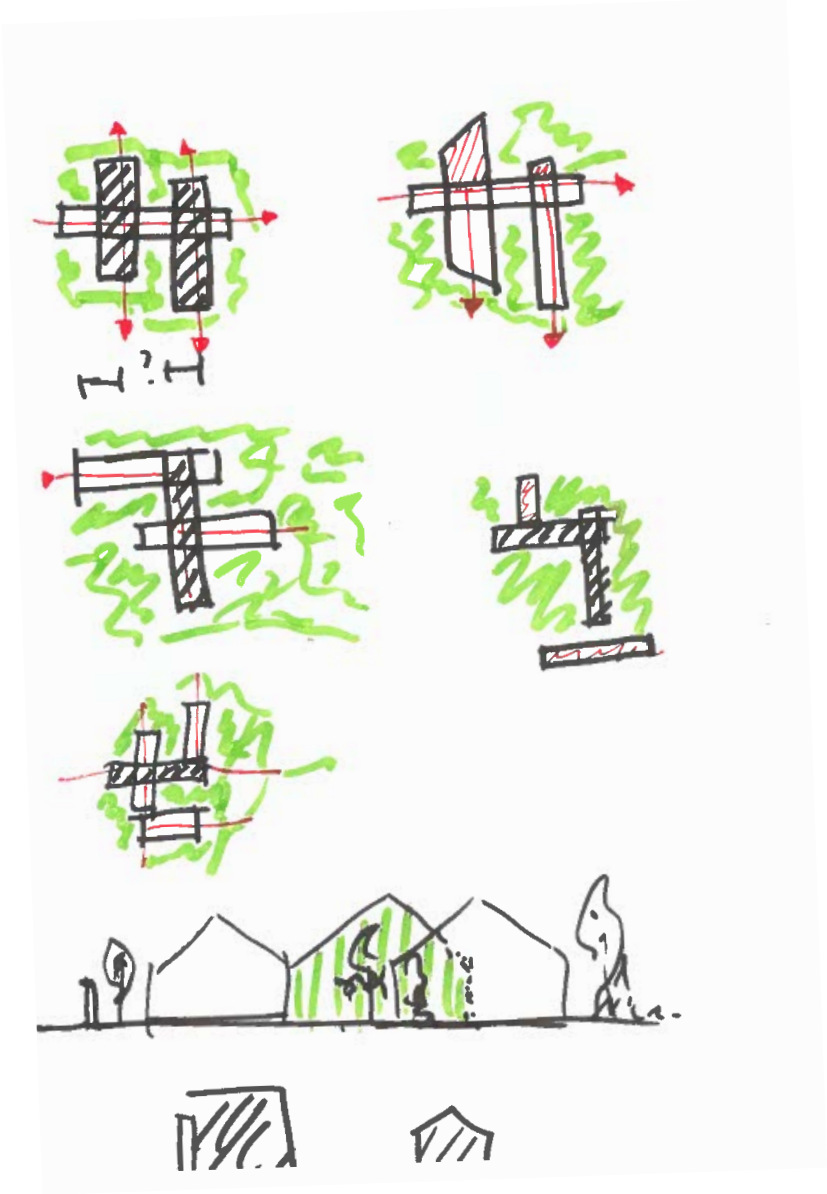


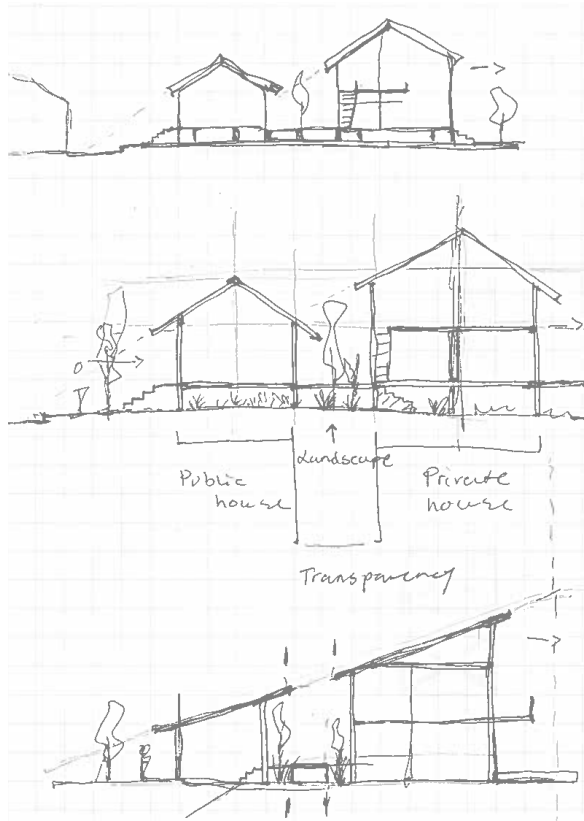




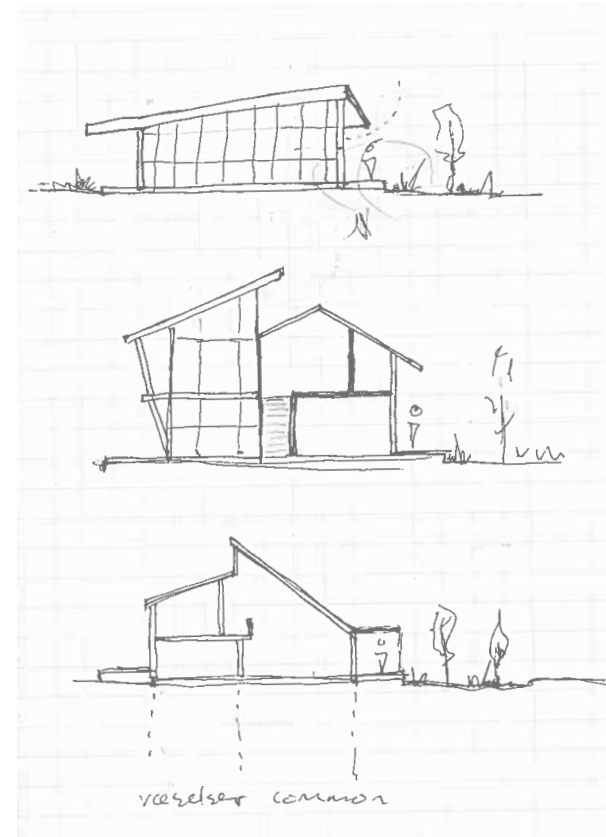




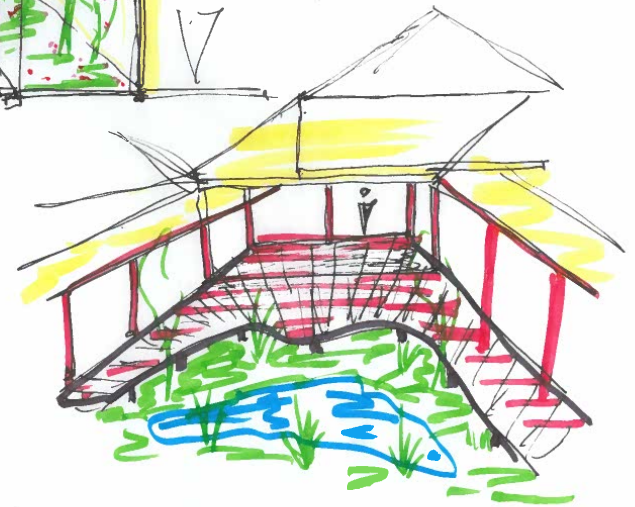
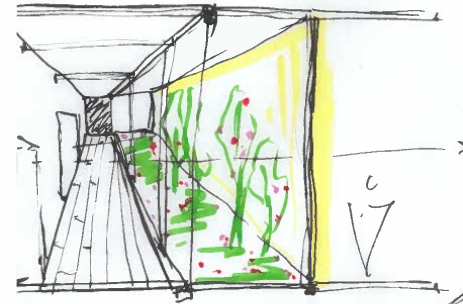
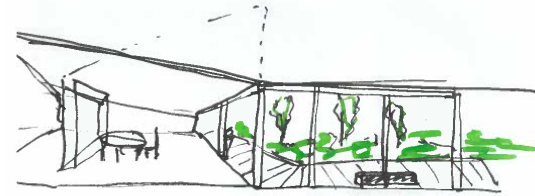
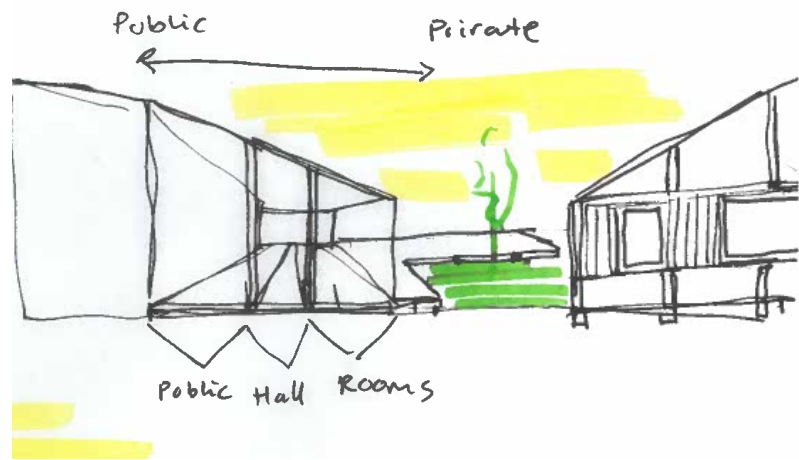


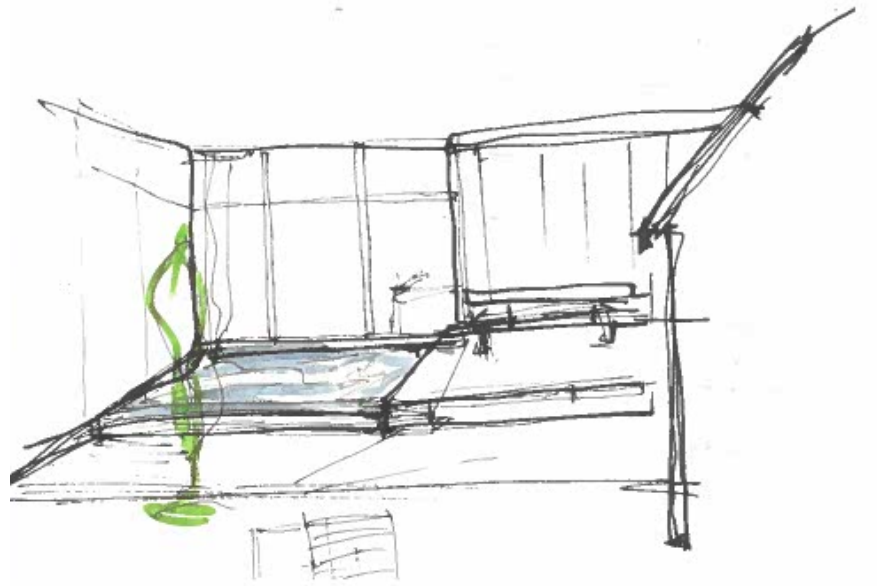
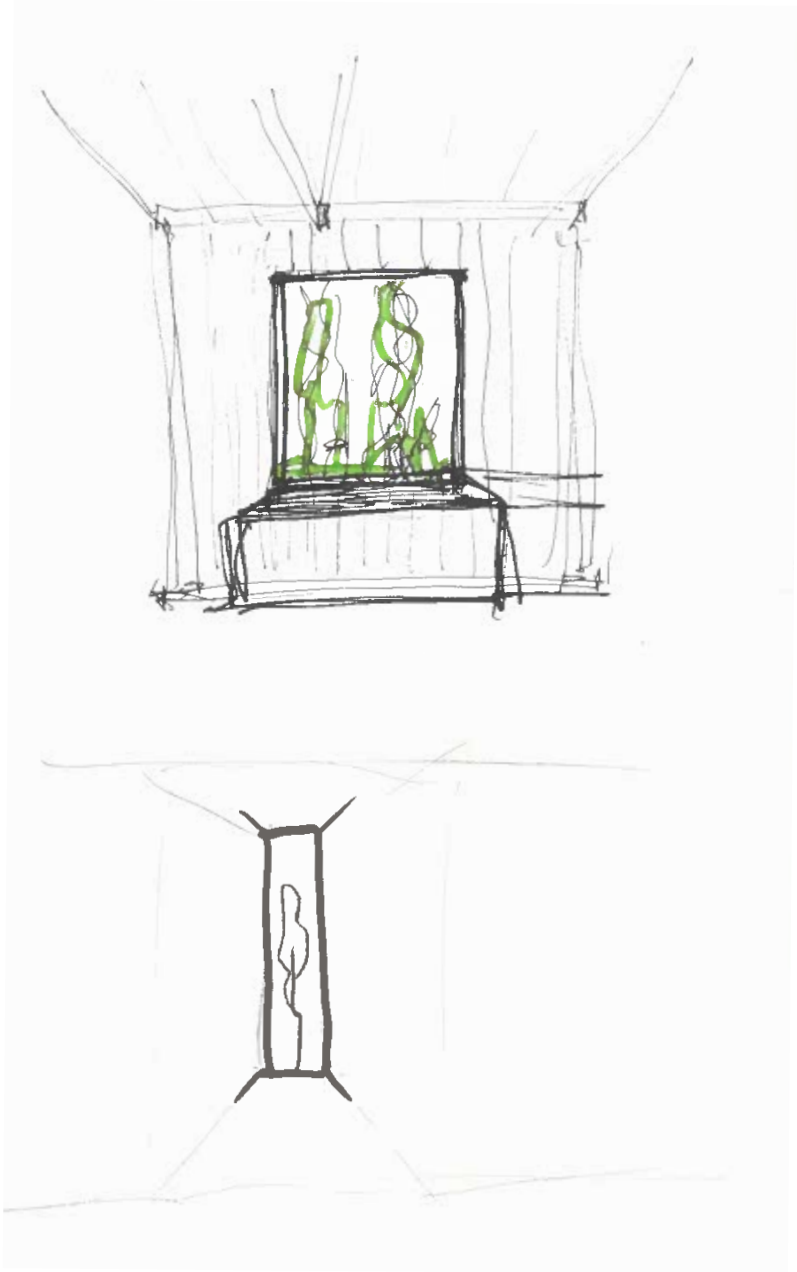


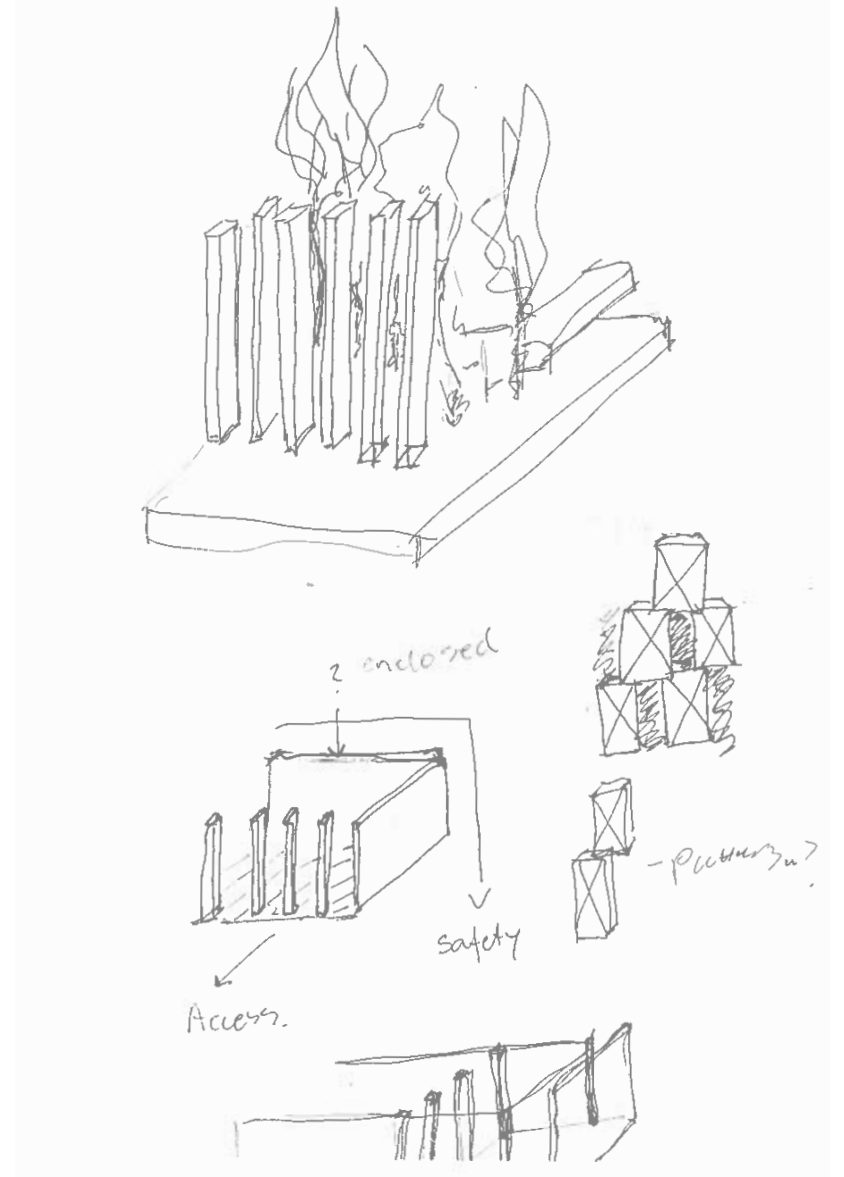
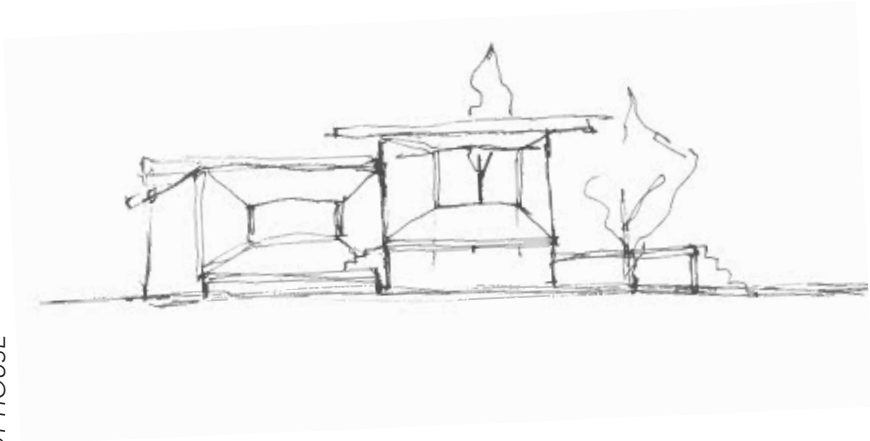
Section exploration



FUNCTION







CHAPTER 4.

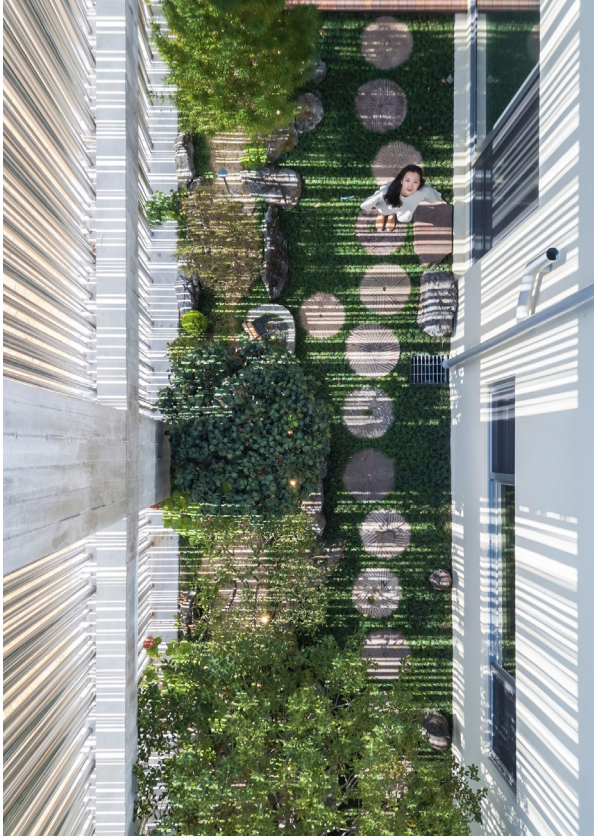
Key references

When creating a strategy and specially sketching a space for your mental health, references connecting to healthcare architecture has been a tool used to get a better understanding of mobility, structure, texture, space, transparency, and design for health. The key references I have used capture moments with nature and social interaction as well as material selection.

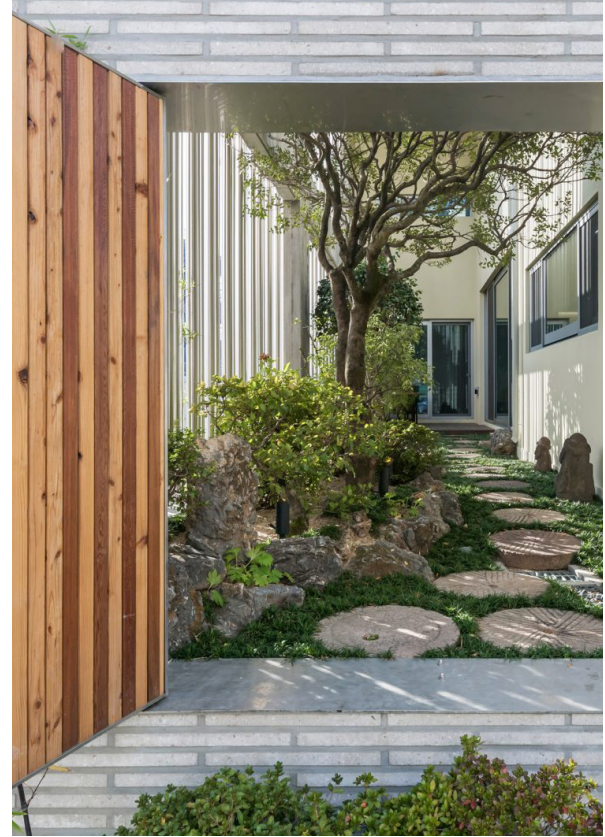
Another method for this project has been observation and interviews conducted at Ballerup Psychiatric unit 1, where I got a better knowledge about the Danish system and patient hierarchy which led to the main elements in the overall strategy.

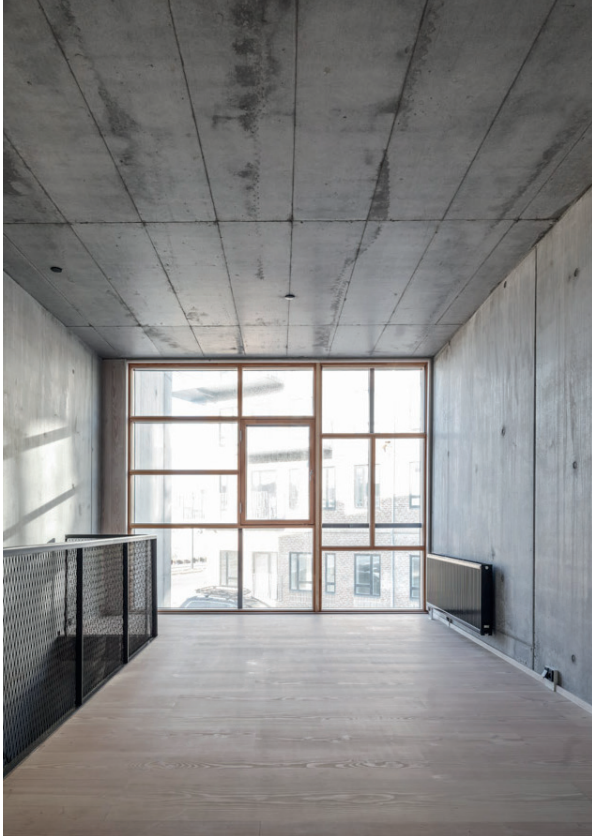


Ballerup Psyciatric - unit 1.

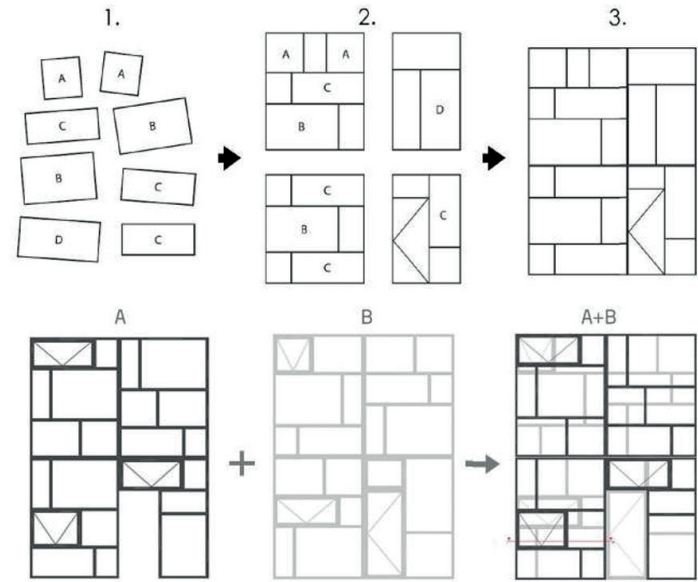


Steel Grove, Augmented Reality Architects





Upcycle Studios, Lendager Group





Louisiana Museum of Modern Art
Vilhelm Wohlert, Jørgen Bo



Alzheimer's respite centre
Niall McLaughlin



Akershus University Hospital
C.F Møller





Doppelkindergarten Sissach
Kast Kaepeli Architects



Diploma 2023, Viktoria Daae
Sketching Extending Care
Process booklet